

KANE COUNTY RESOURCE GUIDE

**YOUR
MENTAL
HEALTH
MATTERS!!**
during these anxious times



provided by



Updated: October 2022

Acknowledgments

Recently, a group of local Batavia Counselors came together in realization that anxieties and worries have become heightened during the COVID-19 pandemic to see what they can do to help our community get through these tough times. Together they formed the **Batavia Counselors' Collaboration** to build awareness of how they can help. The goal of this group is to provide resources and guidance to individuals and agencies that are overwhelmed, over-stressed and not sure how to manage life during these unknown times. To find out more about this group and their resources, go to their Facebook page: <https://www.facebook.com/BataviaCounselorsCollaboration/> or their website: www.bataviacounselorscollaboration.com.

A special thanks goes to BATV for helping with videos and getting them posted, Margaret Perreault of the Batavia Chamber of Commerce for helping to organize meetings with us and putting us in contact with important organizations and Mary Anne Callahan for keeping us organized.



Members of the Batavia Counselors' Collaboration

- Cheryl Denz, Riverview Counseling Services Ltd
- Matthew Goles, Prairie Wellness Counseling Center, P.C
- Brent Horlock, Horlock Therapeutic Counseling
- Jamie Kruse, Jkruse Therapy Services
- Maria EJ Kuhn, Kuhn Counseling Center, PC
- Brian Rooney, Psychologist, PhD
- Stephanie Weber, Suicide Prevention Services of America
- Jen Brens, Transformative Growth Counseling
- Mary Anne Callahan, Kuhn Counseling Center
- Margaret Perreault, Batavia Chamber of Commerce

Contents

- CRISIS LINES1**
- ABUSE/ADDICTION/RECOVERY2**
- FOOD PANTRIES5**
- HOSPITALS6**
- MENTAL HEALTH SERVICES8**
- SENIOR SERVICES ASSOCIATES12**
- VARIOUS SERVICES13**
- APPS18**
- WEBSITES19**

CRISIS LINES

	<p>Phone: 211 (24/7) Toll-free: 888-865-9903 Website: www.findhelp211.org United Way 2-1-1 can put you in touch with organizations ready to help you with: Assistance Counseling Day Care Disability Resources Disaster Recovery Domestic Abuse Drug/Alcohol Educational/ Vocational Training Elderly Care Emergency Shelter Employment Food Pantries Health Resources Mental Health Services Rehabilitation Rent or Utility</p>		
	<p>988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.</p>		
<p>Association for Individual Development (AID)</p>	<p>Phone: (630) 966-9393 Hours: 24/7</p>		
<p>Batavia Police Department</p>	<p>Phone: (630) 454-2500 non-emergency line CALL 911 IF ITS AN EMERGENCY</p>		
<p>Crisis Text Line Support via text message for everything: anxiety, depression, suicide, school</p>	<p>Text HOME to 741741 to connect with a Crisis Counselor Free, 24/7</p>		
<p>IL Helpline for Opioids and Other Substances</p>	<p>Phone: 1-833-2FINDHELP</p>		
<p>Kane County Crisis Line</p>	<p>Northern Kane: (847) 697-2380 Southern Kane: (630) 966-9393</p>		
<p>Lazarus House</p>	<table border="0"> <tr> <td data-bbox="695 1266 1000 1388"> <p>Emergency Shelter/ Admin/ Transitional: (630) 587-2144 Hours: 24/7</p> </td> <td data-bbox="1094 1266 1461 1356"> <p>Outreach/Emergency Assistance: (630) 587-5872 Hours: 24/7</p> </td> </tr> </table>	<p>Emergency Shelter/ Admin/ Transitional: (630) 587-2144 Hours: 24/7</p>	<p>Outreach/Emergency Assistance: (630) 587-5872 Hours: 24/7</p>
<p>Emergency Shelter/ Admin/ Transitional: (630) 587-2144 Hours: 24/7</p>	<p>Outreach/Emergency Assistance: (630) 587-5872 Hours: 24/7</p>		
<p>Mutual Ground provides programs that focus on Safety, Healing and Prevention for victims of domestic and sexual violence and individuals impacted by substance use disorders.</p>	<p>Domestic Violence: (630) 897-0080 Sexual Violence: (630) 897-8383 Hours: both 24 hours 418 Oak Ave, Aurora, IL 60506</p>		
<p>NAMI IL</p>	<p>Information Line: (800) 950-6264 Available: M-F 10 am – 6pm serves residents across Illinois with free mental health support, online groups, resources and education. Visit our Affiliate page to find the NAMI affiliate closest to you.</p>		
<p>Suicide Prevention Services</p>	<p>Depression Line: (630) 482-9696 Hours: 8am – midnight National suicide prevention lifeline: 1-800-273-8255 (24/7)</p>		

ABUSE/ADDICTION/RECOVERY

Breaking Free

Breaking Free provides exceptional addiction treatment and prevention services to anyone in the community who is struggling with substance use. Services are offered to individuals and families in and around Aurora, including Kane, DuPage, Grundy, Kendall and Will counties.

Phone: (630) 897-1003

Address: 120 Gale Street, Aurora, IL 60506

Email: info@mutualground.org

Website: <https://www.breakingfreeinc.org/>

Family Recovery Centers

Formerly known as the Child, Adolescent and Family Recovery Center

We work with all adolescents, ages 12 to 19, struggling with maladaptive behaviors such as substance abuse, self-injury, defiance and suicidal ideation as well as significant mood and anxiety disorders. Because every adolescent is unique, we develop an individualized treatment plan designed to meet the precise needs of each patient and family.

Phone: (847) 457-6730 ext. 310

Address: 2075 Foxfield Road, Ste 103, St. Charles, IL 60174

Hours: Monday-Friday 10AM - 8PM

Website: <https://www.familyrecoverycenters.com/>

Offices in Lake Bluff and Hoffman Estates as well

Lighthouse Recovery Inc.

Lighthouse Recovery currently offers the following outpatient substance abuse treatment:
 Level I Outpatient for adults and adolescents
 Level II Intensive Outpatient for adults and adolescents
 Medication Assisted Treatment
 Individual & Family Therapy with group services
 DUI Evaluations & Updates
 DUI Risk Education
 DUI Counseling Services
 Secretary of State Evaluations

Phone: (630) 940-2468

Address: 210 South 5th St, Suite 10, St. Charles, IL

Website: <http://lighthouserecoveryinc.com/>

Mutual Ground

Mutual Ground offers support for individuals & families impacted by domestic & sexual violence
 24-Hour Hotline
 Residential Services
 Legal Advocacy
 Medical Advocacy
 Counseling Services
 Family Services
 Substance Use Services
 Prevention Education

Domestic Violence: (630) 897-0080

Sexual Violence: (630) 897-8383

Address: 418 Oak Ave, Aurora, IL 60506

Website: <https://mutualground.org/>

ABUSE/ADDICTION/RECOVERY

Recovery Centers of America – St. Charles

Located in the heart of Kane County, Recovery Centers of America at St. Charles is a rehab center in the Chicago Metropolitan area. As an addiction treatment center in Chicago, we treat patients struggling with addictions. With our full continuum of care, including detoxification services, residential, and evidence-based curriculum, and an alumni association, we provide the resources, tools, and staff to help patients achieve and maintain recovery. Because families are impacted by addiction as well, RCA at St. Charles provides full family programming. We treat the whole family to make the family whole again.

Now in network with: Aetna, Cigna, First Health, Magellan, ComPsych, Humana (not BCBS yet).

Call now to schedule a same day admission:

(331) 901-4225

24/7 Admissions: 1-800-RECOVERY

Address: 41W400 Silver Glen Road, St Charles, IL 60175

Website:

<https://recoverycentersofamerica.com/locations/st-charles-il/>

Ecker Center for Behavioral Health

(formerly Renz Addiction Counseling Center)

Ecker Center’s treatment programs are licensed by the Illinois Department of Human Services, Division of Alcoholism and Substance Abuse, and accredited by The Joint Commission.

Phone: (847) 695-0484

Address: 409 Illinois Avenue, Unit 1A, St. Charles, IL 60174

Website: <https://www.eckercenter.org/>

Call or visit website for other locations

Substance Abuse and Mental Health Services

Administration’s (SAMHSA’s) Disaster Distress Hotline

Phone: 1-800-985-5990

Text TalkWithUs to 66746.

Deafness or hearing loss can use their preferred relay service to call 1-800-985-5990

Suicide Prevention Services

- Our administrative line is open Monday through Friday 8:30am – 4:30pm.
- The National Suicide Prevention Lifeline is always open 24/7.
- Our Depression Line is open 7 days a week from 8:30am through midnight.
- Telehealth appointments for counseling are available through our HIPAA-compliant platform.
- Custom presentations and consultation via virtual platforms (Zoom etc) are available.
- Counseling clients who are not able to be serviced through our telehealth options are asked to arrive at their appointed time and not beforehand.
- We do not have walk-in appointments; please call ahead and we are happy to help.

National Suicide Prevention Lifeline

1-800-273-8255

Depression Line: (630) 482-9696

Administrative phone line: (630) 482-9699
open from 8:30 am through 4:30 pm weekdays

Address: 528 S. Batavia Avenue, Batavia, Illinois 60510

Website: <https://www.spsamerica.org/>

SPS will continue to offer virtual and telehealth options for counseling.

ABUSE/ADDICTION/RECOVERY

Waterford Place Cancer Resource Center

Waterford Place Cancer Resource Center offers services and support, free of charge, to anyone impacted by a cancer diagnosis.

Online Support Groups Available

Support - <https://www.rushcopley.com/waterford-place/support-services/>

Mind, Body and Spirit - sound healing meditation, guided meditation, arts/crafts
<https://www.rushcopley.com/waterford-place/mind-body-and-spirit/>

Wellness - Yoga, Pilates and Gentle Movement
<https://www.rushcopley.com/waterford-place/wellness/>

FOOD PANTRIES

Aurora Interfaith Food Pantry

1110 Jericho Road

Aurora, IL 60506

(630) 897-2127

www.aurorafoodpantry.org/

Batavia Food Pantry

100 Flinn

Batavia, IL 60510

(630) 879-3784

<https://bataviafoodpantry.org>

Calvary Church Food Pantry

129 West Benton Street

Naperville, IL 60540

(630) 851-7000

<https://calvary.church/food>

Fox Valley Hispanic Pantry

505 E. New York Street

Aurora, IL 60505

(630) 898-0410

[Fox Valley Hispanic Pantry](#)

Holy Angels Food Pantry

204 S. Russell Avenue

Aurora, IL 60506

(630) 897-2478

www.holy-angels.org/food-pantry

Loaves & Fishes Food Pantry

1871 High Grove Lane

Naperville, IL 60540

(630) 355-3663

www.loaves-fishes.org

Marie Wilkinson Food Pantry

834 N. Highland Avenue

Aurora, IL 60506

(630) 897-5431

mariewilkinsonfoodpantry.org

Salvation Army Food Pantry

550 Redwood Dr

Aurora, IL 60506

(630) 897-7265

centralusa.salvationarmy.org/aurorail/

Salvation Army TriCity Corps

1710 S. 7th Ave.

St. Charles, IL 60174

(630) 377-2769

centralusa.salvationarmy.org/tricity/

St. Peter Community Food Pantry

1891 Kaneville Rd

Geneva, IL 60134

(630) 232-0124

Two Rivers Head Start - Aurora

1661 Landmark Rd.

Aurora, IL 60506

(630) 264-1444

www.trhsa.org/food-pantry/

Two Rivers Head Start - Elgin

418 Airport Road

Elgin, IL 60123

(847) 717-6048

www.trhsa.org/food-pantry/

HOSPITALS

<p>AMITA Health Behavioral Medicine Institute: dedicated referral center is on-call Monday through Friday to direct you to the right medical or community resource</p>	<p>Phone: (855) 383-2224 Hours: on-call Monday through Friday</p>
<p>Ascension Mercy Hospital - Aurora</p>	<p>Phone: (630) 859-2222 Address: 1325 North Highland Ave, Aurora, IL 60506 Website: https://healthcare.ascension.org/</p>
<p>Ascension Mercy Mental Health Center (formerly AMITA Presence Mercy Medical Behavioral Health) At Ascension Illinois - Mental Health Center Aurora, our specialists deliver community-based clinical care to children, teens and adults. We provide outpatient services for adults and families with emotional, behavioral and social problems.</p>	<p>Phone: (630) 801-2657 Address: 1330 N Lake St, Aurora, IL 60506 Website: https://healthcare.ascension.org/</p>
<p>Ascension Saint Joseph Hospital - Elgin</p>	<p>Phone: (847) 695-3200 Address: 77 North Airlite St, Elgin, IL 60123 Website: https://healthcare.ascension.org/</p>
<p>Advocate Sherman Hospital - Elgin</p>	<p>Phone: (847) 742-9800 Address: 1425 N Randall Rd, Elgin, IL 60123 Website: https://www.advocatehealth.com/sherman/</p>
<p>Edward-Elmhurst Health Hospital</p>	<p>Edward Hospital - Main Campus Address: 801 S. Washington Street, Naperville, IL 60540 Phone: (630) 527-3200 Elmhurst Hospital - Main Campus Address: 155 E. Brush Hill Road, Elmhurst, IL 60126 Phone: (331) 221-1000 Website: https://www.eehealth.org/</p>
<p>Linden Oaks Behavioral Health Linden Oaks Behavioral Health offers behavioral and mental health services, including inpatient and outpatient treatment plus recovery programs for depression, substance abuse, eating disorders and more.</p>	<p>Phone: (630) 305-5027 Address: 852 South West Street, Naperville, IL 60540 Website: https://www.eehealth.org/</p>

HOSPITALS

<p>Lurie Children's at Northwestern Medicine Delnor Hospital</p> <p>Offers children and their families convenient access to the same expert teams of medical and surgical specialists with the same leading treatments and kid-focused technologies as our main hospital location in downtown Chicago.</p>	<p>Phone: (630) 933-2340</p> <p>Address: 300 Randall Road, Geneva, IL 60134</p> <p>Website: https://www.luriechildrens.org/</p>
<p>Lurie Children's at Northwestern Medicine Central DuPage Hospital Pediatric Outpatient Center</p>	<p>Phone: (630) 933-6631</p> <p>Address: 25 N Winfield Rd, Winfield, IL 60190</p> <p>Website: https://www.luriechildrens.org/</p>
<p>Northwestern Medicine Behavioral Health Services St. Charles</p> <p>Northwestern Medicine Behavioral Health Services (BHS) in St. Charles offers comprehensive diagnostic assessment and treatment for emotional health conditions and disorders affecting adults and adolescents (ages 13+). BHS outpatient services focus on helping patients regain healthy, fully functional daily lives. BHS professional staff helps patients address emotional, behavioral, social, family and work issues through customized programs including evidence-based individual, group and family therapies.</p>	<p>Phone: (630) 933-4000</p> <p>Address: 964 North Fifth Avenue, St. Charles, IL 60174</p> <p>Website: https://www.nm.org/</p>
<p>Northwestern Medicine – Central DuPage Hospital</p>	<p>Phone: (630) 933-1600</p> <p>Address: 25 N Winfield Rd, Winfield, IL 60190</p> <p>Website: https://www.nm.org/</p>
<p>Northwestern Medicine - Delnor Hospital</p>	<p>Phone: (630) 208-3000</p> <p>Address: 300 Randall Road, Geneva, IL 60134</p> <p>Website: https://www.nm.org/</p>
<p>Rush Copley Medical Center</p>	<p>Phone: (630) 978-6200</p> <p>Address: 2000 Ogden Ave, Aurora, IL 60504</p> <p>Website: https://www.rush.edu/</p>

MENTAL HEALTH SERVICES

Aunt Martha's

Aunt Martha's is a health and wellness not-for-profit organization serving children and adults throughout communities in Illinois. Through our Integrated Care Model, we provide primary and family health care, including behavioral health, pediatrics, family planning, parent support, and women's health. We are also a licensed child welfare provider with foster care and intact family services. Our Integrated Care Center serves to stabilize DCFS involved youth and prepare them for long term placement.

Phone: (877) 692-8686

Website: <https://www.auntmarthas.org/>

See website for local locations

Centennial Counseling Center

If you have questions or are interested in beginning therapy, please reach out to our support staff. For individuals currently involved in therapy, please reach out to your therapist to discuss the questions you have.

Website: <https://www.centennialcounseling.com/>

ST. CHARLES

Address: 1120 E Main St, St. Charles IL 60174

Phone: (630) 377-6613

SANDWICH

Address: 207 E Church St., Suite A, Sandwich IL 60548

Phone: (815) 786-8606

YORKVILLE

Address: 110 E Countryside Parkway, Yorkville IL 60560

Phone: (630) 553-1600

Creating Space Therapy

Specializing in grief and loss counseling for children, teens, and adults. Services are available in Spanish and are available in-person and online. Visit our website to schedule a free, 15-minute consultation.

Phone: (630) 601-3460

Address: 34 N. Island Ave., Ste F, Batavia, IL 60510

Website: <https://www.creatingspacetherapy.com/>

Creekwood and Associates

Creekwood Associates provides comprehensive behavioral healthcare for preschoolers, children, adolescents, and adults in a patient-friendly, warm, and welcoming environment.

Phone: (630) 377-1414

Address: 240 S 5th Avenue, St. Charles, IL 60174

Website: <https://www.creekwoodassociates.com/>

Dabrowska Therapy

Dabrowska Therapy provides Hypnotherapy, Anxiety & Stress Management, First love Yourself (F.L.Y.) Program as well as Theraplay techniques to help individuals heal from their past.

Phone: (630) 402-7757

Address: 603 Geneva Rd. St. Charles, IL 60174

Email: hello@dabrowskatherapy.com

Website: <https://dabrowskatherapy.com/>

MENTAL HEALTH SERVICES

<p>Debbie Carsten, MSW, LCSW</p> <p>Receive Counseling in the Comfort of Your Own Home - HIPPA compliant telehealth services are now available</p>	<p>Phone: (630) 999-8151</p> <p>Facebook at https://www.facebook.com/LivingYourInspiration/?modal=admin_todo_tour</p> <p>Website: https://www.debbiecarsten.com/</p>
<p>Ecker Center: Behavioral Health</p> <p>Services provided:</p> <ul style="list-style-type: none"> • Psychiatric Emergency Program (PEP) • 24 HR Crisis Residential Support Program • Collaborative Crisis Service Unit (CCSU) • Psychiatric & Behavioral Health Services • Substance Use & Gambling Disorder Services • HIV/STI Testing & Prevention Services • DUI Services • NAMI Drop-in Center • Wellness Center 	<p>Phone: (847) 888-2211 (847) 695-0484) ext. 1898</p> <p>Website: https://www.eckercenter.org/</p> <p>Check website for locations</p> <p>Ecker Center is a proud partner of the Illinois Call4Calm Text Line Service. Text “TALK” TO 552020 (or “HABLAR”) for Spanish. The Illinois Call4Calm Text Line is not a crisis hotline, but is a source of support for anyone experiencing stress and in need of a listening ear. We are here to serve you.</p>
<p>Family Counseling Service</p> <p>Family Counseling Service’s psychiatric medication providers and other counseling professionals are available to see clients for virtual, or “telehealth” sessions.</p>	<p>Phone: (630) 844-2662)</p> <p>Address: 70 S. River Street, Aurora, Illinois 60506</p> <p>Website: https://aurorafcs.org/telehealth-services/</p>
<p>Horlock Therapeutic Counseling</p> <p>Horlock Therapeutic Counseling offers a variety of treatment modalities including visits in the office, over the phone and through video sessions. When needed or desired, in-person visits are occurring and we are working on maintaining the health of all individuals who enter the office. Teletherapy sessions have been covered by all insurance companies that we are contracted with as well and provides for effective treatment from the safety and comfort of your home.</p>	<p>Phone: (630) 464-4104</p> <p>Address: 106 W. Wilson St., Suite 10L, Batavia, IL 60510</p> <p>Website: horlocktherapeuticcounseling.com</p>
<p>Kane County Mental Health Council</p> <p>This alliance is dedicated to improving mental health services for children, adults, and families in their communities. The alliance formed in response to community demand, and to the findings of the Kane County Health Department’s IPLAN (Illinois’ Project for Local Assessment of Needs).</p>	<p>Phone: (630) 208-3140</p> <p>Address: 1240 N Highland Avenue, Aurora IL 60506</p> <p>Website: https://www.wesupportmentalhealth.org/</p> <p>Email: isaacsonmichael@co.kane.il.us</p>
<p>Jody Kanikula, Clinical Social Worker</p> <p>Specializes in In-home Senior Care</p>	<p>Phone: (630) 482-9182</p> <p>Email: kanikulajody@gmail.com</p>

MENTAL HEALTH SERVICES

<p>Kuhn Counseling Center, PC</p> <p>We realize the importance of your mental health during this time. Our therapists are still seeing clients, in the office and via telehealth. Please contact our office or your therapist directly.</p>	<p>Phone: (630) 879-1091</p> <p>Address: 1001 E. Wilson Street, Ste 180, Batavia, IL 60510</p> <p>Website: https://kuhncounselingcenter.com</p>
<p>Prairie Psychotherapy Services</p>	<p>Phone: (630) 879-8164</p> <p>Address: 335 N. River St., Suite 210, Batavia, IL 60510</p> <p>Website: https://www.prairiepsychotherapybatavia.com/</p>
<p>Prairie Wellness Counseling Center, P.C.</p> <p>Now Offering: Telemedicine and in-person counseling sessions. We offer counseling to children, adolescents, adults, couples and families.</p>	<p>Phone: (630) 715-5740</p> <p>Address: 12 W. Wilson Street, Batavia, IL 60510</p> <p>Website: https://prairiwellness.org/</p>
<p>Riverview Counseling Services</p> <p>A child and family counseling agency located in historic downtown St. Charles, Riverview Counseling Services offers group, individual, family, and behavioral therapy in addition to parenting support and individualized home behavior plans.</p>	<p>Phone: (630) 587-3777</p> <p>Address: 13 E. Wilson Street, Batavia, IL 60510</p> <p>Website: https://riverviewcounselingservices.com/</p>
<p>Red Tail Clinical Counseling</p> <p>Red Tail Clinical Counseling works with fire, EMS, medical professionals & their families</p>	<p>Phone: (224) 366-7793</p> <p>Address: 515 N. River Street, Batavia, IL</p> <p>Website: https://www.redtailclinicalcounseling.com/</p>
<p>Brian Rooney, Psychologist, PhD</p> <p>Brian is a psychologist in Batavia, a sole practitioner within the Prairie Psychotherapy Services group. His therapy practice includes primarily adults and older adolescents, as well as some couples. He addresses struggles with depression, anxiety and chronic pain including posttraumatic/post-adversity elements. He also works with EMDR (Eye movement desensitization and reprocessing).</p>	<p>Phone: (630) 557-6443</p> <p>Address: 335 N. River St., Suite 210, Batavia, IL 60510</p> <p>Website: http://www.drbrianrooney.com/</p>
<p>Shifa Therapeutics LLC</p> <p>Shifa Therapeutics LLC has numerous staff members to help with your mental health needs as well as knowledgeable staff to assist you in finding the right treatment option for you or your loved one.</p>	<p>Phone: (630) 397-8347</p> <p>Address: 201 Houston Street, Suite 200A, Batavia, IL 60510</p> <p>Website: https://www.shifatherapeuticsllc.com/</p>

MENTAL HEALTH SERVICES

Stone Manor Counseling

We provide counseling for a variety of issues frequently linked to suicidal ideation, including mood disorders, anxiety, and trauma. We also offer counseling for grief and loss. We service counseling services to children, families and adults whose lives have been disrupted by situational, emotional or mental health issues. Most health insurance plans are accepted for counseling.

Phone: (630) 482-9699

Address: 528 S Batavia Ave UNIT A, Batavia, IL 60510

Website: <http://www.stonemanorcounseling.com/>

Stronger Therapeutic Counseling Services

We strive to offer services that are tailored specifically to meet you exactly where you are on your journey of self-improvement and personal growth.

Phone: (847) 707-1049

Address: 201 Houston St., Batavia IL

Website: www.yourstrongerself.me

Torus Therapy LLC

Torus Therapy is a team of psychotherapists and healers that provide individual and group therapy. We offer Yoga, Zen Shiatsu, Sound/Energy Healing, Hypnotherapy, and Chiropractic services to provide multimodality healing approach

Phone: (224) 803-2295

Address: 117 Flinn Street, Batavia, IL 60510

Website: <https://torus-therapy.com/>

Transformative Growth Counseling

We are a non-profit organization that is committed to reducing the stigma of mental health and therapy to support families and our community.

Phone: (630) 423-6010

Website: <https://transformativegrowth.org/>

Check our website for our locations

SENIOR SERVICES ASSOCIATES is serving as a pass-through for this important information; this list was not written by their staff. Information subject to change

24hr Emergency: (800-339-3200),

Main Office in Elgin: ((847) 741-0404)

Website: <https://seniorservicesassoc.org/>

Shopping Hours for Vulnerable Populations

ALDI	8:30am on Tuesdays and Thursdays; the first hour is reserved for vulnerable shoppers
Caputo's	Tues/Weds/Thurs, 6:00am – 7:30am, for seniors and immunocompromised
Costco	Tuesdays and Thursdays, 8:00am – 9:00am
County Market	6:00am – 8:00am
Dollar General	First hour of operations daily dedicated to seniors; closing an hour earlier to clean
Food 4 Less	Senior citizen shopping is designated for Tuesday/Friday, 7:30am – 8:00 am
Heinen's	8:00am – 9:00am daily
Illinois Valley Food & Deli	7:00am – 9:00am, 7 days a week for elderly and immunocompromised
Jewel-Osco	Priority shopping on Tuesdays and Thursdays, 7:00am – 9:00am
Kroger	7:00am – 8:00am, Monday through Thursday
Local Market Foods	6:00am – 7:00am daily
Mariano's	6:00am – 8:00am daily
Meijer	Tuesdays and Thursdays from 7:00am – 8:00am
Pete's Fresh Market	7:00am – 8:00am Monday through Friday
Shop & Save Market	6:00am-7:00am daily
Sunset Foods	7:00am – 8:00am
Target	First hour each Wednesday; closing at 9:00pm daily so stores to replenish/deep clean
Tony's	Tuesdays and Thursdays, 7:00am – 9:00am
Trader Joe's	Until further notice, stores will be open from 9:00am until 7:00pm
Walgreens	8:00am – 9:00am on Tuesdays
Walmart	Hour-long senior shopping every Tuesday, including pharmacies and Vision Centers
Whole Foods	Serving seniors one-hour before opening to the general public
Valli Produce	Tuesdays and Thursdays, 6:00am – 8:00am for seniors, beginning March 31

- In the interest of public safety regarding Coronavirus, and as an effort to reduce group events, Senior Services is cancelling all Senior Center activities until further notice. Each of our offices will remain open during regular business hours (8 am- 4 pm / Mon-Fri), if you have questions or needs.
- For the safety of all involved, we are temporarily suspending in-home visits. Please check in with your senior via friendly phone calls on your regular schedule, or even more often if you have time available. If you would like to help out in any way, you can offer to drop off pharmacy or grocery supplies at their front door.

VARIOUS SERVICES

2-1-1:

- If you need services in Kane County during this taxing time call 2-1-1. Live specialists are on hand 24 hours a day, 7 days a week to discuss your needs and concerns and connect you to a wide range of local and state-wide resources.
- This includes food, shelter, help with aging parents, legal assistance, domestic abuse and much more. This also includes the most accurate and up-to-date information regarding the Coronavirus from our most reliable and trusted local and national experts. Calls are confidential and help is available in over 150 languages.

Phone: 2-1-1 (24/7)

Toll-free: 888-865-9903

Website: www.findhelp211.org



Association for Individual Development (AID)

AID Crisis Line of the Fox Valley: (630) 966-9393 Available 24 hours a day, 7 days a week

Phone: (630) 966-4000

Website: www.aidcares.org

Email: info@AIDcares.org

Batavia Ministerial Association

We are a non-profit collaboration of Batavia, IL pastors, ministers, and leaders from various denominations and faiths. We exist to foster the unity of our congregations, promote faith, and coordinate our efforts for the benefit of the community.

Facebook:

www.facebook.com/BataviaMinisterialAssociation/

Batavia Park District

Phone: (630) 879.5235

Address: 327 West Wilson Street, Batavia, IL 60510

Website: bataviaparks.org

CDC Information on COVID-19

Go to our website for vaccine information for fully vaccinated or not; Covid cases and data; workplace and schools and so much more.

Website: multiple languages

<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

YouTube: Playlist for individuals who use American Sign Language

<https://www.youtube.com/playlist?list=PLvrp9iOILTQatwnqm61jqFrSfUB4RK6J>

Changing Children's Worlds Foundation

Our dedicated team and partners are working hard to support the Parents, Youth & Children we serve in our communities, through New Virtual Programming.

Phone: (630) 909-9411

Address: 411 Stevens Street, Geneva, IL 60134

Website: <https://www.changingchildrensworlds.org/>

VARIOUS SERVICES

<p>CHIP IN Batavia C.H.I.P. I.N. - Community Helpers Impacting People In Need</p> <p>Supports students of BPS District 101 who find themselves in temporary housing situations and to support them while they are transitioning to permanent housing and to ensure that students who are facing poverty can be successful in school. To support students in BPS District 101 who are in low-income families and have a difficult time with basic needs.</p>	<p>E-mail: chipinbatavia@gmail.com</p> <p>Website: https://www.chipinbatavia.org/</p> <p>Address: P.O. Box 1003, Batavia, IL 60510</p> <p>Co-Chairs: Joanne Spitz and Melinda Kintz</p>
<p>Community Crisis Center, Inc.</p> <p>If you are experiencing an emergency, please call 911. To speak with a case manager, call our 24-hour hotline at 1-847 697-2380</p>	<p>Phone: CRISIS HOTLINE: (847) 697-2380 EN ESPANOL: (847) 697-9740 AIP office: (847) 622-8888</p> <p>Website: https://www.crisiscenter.org/</p>
<p>Errand Up</p> <p>Errand Up is a NEW way to do Delivery! We are a trusted, local shopping & delivery professionals who specializes in quick errand runs for people in a pinch. My team and I pick up and deliver virtually anything within a 10-mile radius from downtown Geneva. TEXT our shoppers on-demand & we'll bring you anything you want!!</p>	<p>Phone: (630) 309-3101</p> <p>Website: www.errandup.com</p>
<p>Family Service Association of Greater Elgin (FSA)</p> <p>FSA staff is set-up to work remotely allowing us to continue providing care for our families. We are here and we are 100% operational. We know people are struggling right now.</p>	<p>Phone: (847) 695-3680</p> <p>Address: 1140 N. McLean Blvd. Suite 1, Elgin, IL. 60123</p> <p>Website: https://www.fsaelgin.org/</p>
<p>Foltos Tonsorial Parlor</p> <p>In this time of financial uncertainty, Foltos is offering a special deal for those in need. Call (630) 879-5253 and ask for Joe! for more details.</p>	<p>Phone: (630) 879-5253</p> <p>Address: 7 E Wilson St , Batavia, IL 60510</p> <p>Website: http://foltos.com/wp/services/</p>
<p>Food Delivery for Seniors</p>	<p>Meals on Wheels (Senior Services Associates): (630) 879-4035</p> <p>Local Salvation Army Drive Up Food Pantry: (630) 377-2769</p> <p>Northern Illinois Foodbank: (630) 443-6916</p>

VARIOUS SERVICES

Fox Valley Hands of Hope

Although the FVHH Support Center is currently closed for the safety of our community, we are still continuing to remain connected to our clients and supporters as best we can.

Phone: (630) 232-2233

Website: <https://www.fvhh.net/>

Email: info@fvhh.net

Address: 200 Whitfield Drive, Geneva IL 60134

Fox Valley Special Recreation Association (FVSRA)

FVSRA provides a diverse range of year-round recreational activities to enable residents with disabilities to experience active, healthy and playful lifestyles. The FVSRA also provides a sensory bus, SootheSpace, to our communities people with disabilities - and their family and friends - will have a safe space where light, texture and sound create an ideal environment for recentring.

Phone: (630) 907-1114

Address: 2121 West Indian Trail, Aurora, IL 60506

Email: info@fvsra.org

Website: www.fvsra.org

Greater Family Health

Formerly Greater Elgin Family Care Center

Greater Family Health offers a comfortable, welcoming, inclusive, and personal approach to health care for all in nine different locations. Our practitioners and staff take the time to understand each patient's physical, emotional and financial needs.

Phone: (847) 608-1344

Website: <https://gefcc.org/>

Information available in Spanish at
<https://gefcc.org/2020/04/virtual-visits-now-available/>

Check our website for locations.

Lazarus House

Lazarus House provides safe shelter, food, and a range of support services for men, women and children in need of help. We serve people who are connected to Batavia, Geneva, St. Charles, and western rural Kane County by address, employment, school district or immediate family member.

Phone: (630) 587-2144 - Main Number, Emergency Shelter, and center for Transitional Living
(630) 587-5872 - Rent/Utility Assistance

Address: 214 Walnut Street, St. Charles, IL 60174

Website: <https://lazarushouse.net/>

Little Brothers – Friends of the Elderly

Little Brothers – Friends of the Elderly has been dedicated to relieving isolation and loneliness among Chicago's elders. Women and men 70 and older who are aging alone have a family in Little Brothers. For over 60 years, we've been providing steadfast friendship to thousands of elders who no longer have friends and family to rely on. All of our programs and services are always offered at no cost, and our organization receives no government assistance. We depend on the generosity of donors to bring conversation, companionship, celebration and connection to the elders we serve.

Website: <https://lbfechicago.org/>

VARIOUS SERVICES

Mercy Housing - Batavia Apartments

Batavia Apartments is a 290-unit multifamily housing development, comprised of one, two and three-bedroom apartments. Of our apartments, 258 are subsidized through the HUD Section 8 Program under which our residents pay only 30% of their adjusted income for rent. The remaining 32 apartments are Market Rate apartments. Batavia Apartments also offers a Resident Resource Center with computer lab, where our residents can gather for tutoring services, educational programs and many other personal enrichment activities. A Resident Service Coordinator is on staff to provide our residents with support and advocacy while linking them to the community services available in your area.

Phone: (630) 879-3117
TTY: 800-877-8973 or 711

Address: 1259 E. Wilson Street, Batavia, IL, 60510
Office Hours: Monday - Friday 8:30 a.m. - 5:30 p.m.

Website:
<https://www.mercyhousing.org/lakefront/batavia-apartments/>

Mid-Valley Special Education Cooperative

MVSEC serves students with special needs and staff from Batavia District 101, Central District 301, Kaneland District 302, St. Charles District 303, and Geneva District 304.

Phone: (331) 228-4873

Address: 1304 Ronzheimer Avenue, St. Charles, IL 60174

Website: <https://www.mvse.org/>

National Alliance on Mental Illness (NAMI)

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

Website: <https://nami.org/>

[NAMI COVID-19 Resources](#)

NAMI KDK

NAMI KDK provides mental health education, support, and advocacy for individuals, family members, and communities in Kane-so, DeKalb, and Kendall counties. All programs are provided free to the public, and are facilitated by an individual living with a mental health condition, their family members, or their significant others.

Phone: (630) 896-6264

Address: 400 Mercy Lane, Aurora, IL 60506

Website: <https://www.namikdk.org/>

NAMI Illinois

NAMI Illinois serves residents across the state with free mental health support, online groups, resources, and education.

NAMI Help Line: (800) 950-6264
Monday-Friday, 9:00 a.m. to 5:00 p.m.

Website: <https://namiillinois.org/>

Open Door Health Center of Illinois

Patient-centered health care organization providing services including education, prevention, diagnosis and treatment services to the great LGBTQ community.

Phone: (847) 695-1093

Address: 1665 Larkin Ave., Elgin, IL 60123

Website: <https://odhcil.org/>

Check our website for all our locations

VARIOUS SERVICES

TriCity Family Services

TriCity Family Services provides counseling and other mental health services to clients of all ages and all income levels.

Phone: (630) 232-1070

Address: 1120 Randall Court, Geneva, IL 60134

Website: <https://www.tricityfamilyservices.org/>

Tri City Health Partnership Medical and Dental Clinic

We provide quality health care in an environment of mutual respect, to members of the community without the ability to pay for services.

Phone: (630) 377-9277

Address: 318 Walnut St., St Charles IL 60174

Website: <https://tchpfreeclinic.org/>

VNA Health Care

VNA is a humanitarian, not-for-profit organization dedicated to providing compassionate, dependable and comprehensive primary care and community health services regardless of an individual's ability to pay for services.






















Phone: (630) 892-4355

Website: <https://www.vnahealth.com/>

Check our website for all our locations.

APPS

APP STORE & GOOGLE PLAY

 <p>Calm Harm (self-harm prevention)</p>	 <p>Clear Fear (for anxiety)</p>	 <p>Waking Up (for mindfulness)</p>	 <p>Calm (for mindfulness)</p>
 <p>Youper (for mindfulness)</p>	 <p>MyLife (for mindfulness)</p>	 <p>Headspace (for mindfulness)</p>	 <p>Insight Timer (meditation/ mindfulness)</p>
 <p>Daylio (mood tracker)</p>	 <p>Recovery Record (for eating disorders)</p>	 <p>My3 (for suicide prevention)</p>	 <p>Virtual Hope Box (coping skills)</p>
 <p>Sanvello (stress reliever)</p>	 <p>Sober Sidekick (substance abuse recovery)</p>	 <p>Sober Grid (substance abuse recovery)</p>	 <p>Breathe Easy (meditation / relaxation)</p>
 <p>Recovery Box (substance abuse recovery)</p>	 <p>Pause: daily mindfulness</p>	 <p>Recovery Path (substance abuse recovery)</p>	 <p>12 Step AA Toolkit (substance abuse recovery)</p>
 <p>Mood Meter (Emotional self-awareness)</p>			

WEBSITES

WWW.FINDHELP211.ORG

United Way 2-1-1 can put you in touch with organizations ready to help

WWW.KANEHEALTH.COM

Information for where testing sites are, caregivers, businesses, school district distribution, emergency childcare for communities & providers

WWW.MEDICAREPLANS.COM

Medicare is the federal health insurance plan for seniors 65 and over, along with younger people with certain disabilities. Go to our website to learn more about Medicare plans in Illinois and find information on the resources available to help you find the right coverage.

WWW.MENTALHEALTH.GOV

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information. MentalHealth.gov aims to educate and guide the general public, health and emergency preparedness professionals, policy makers, government and business leaders, school systems and local communities.

WWW.MENTALHEALTHFIRSTAID.ORG

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.

WWW.WESUPPORTMENTALHEALTH.ORG

The Kane County Mental Health Council is dedicated to improving mental health services for children, adults and families in their communities. The alliance formed in response to community demand, and to the findings of the Kane County Health Department's IPLAN (Illinois' Project for Local Assessment of Needs). The independent Council formed to coordinate services and to make the system more responsive by bringing together provider organizations, mental health authorities, major funders of mental health services, mental health advocacy groups and public officials.

To receive paper copies of this document or to get more information about this group, contact Mary Anne Callahan at mcallahan@kuhncounselingcenter.com

