

Resource Guide

(Coles, Cumberland, Douglas, Effingham, Moultrie
And Shelby Counties)



Hour House Prevention
June 2021

Funding provided in whole or in part by the Illinois
Department of Human Services

Information provided in part by Sarah Bush Lincoln's
Community Online Resource Directory (CORD)

Employment Services

CCAR Industries - Employment Placement
 1600 Lincoln Ave.
 Charleston, IL 61920
 217-348-0127 Ext. 610
<http://www.ccarindustries.org>

CEFS - Adult & Dislocated Worker Training Assistance Program
 305 Richmond Ave. East
 Mattoon, IL 61938
 217-238-8213
 217-238-8212
 217-238-8282
 217-235-2222
<http://www.cefseoc.org>

CEFS Economic Opportunity Corporation- Outreach
 1805 South Banker St.
 P.O. Box 928
 Effingham, IL 62401
 217-342-2193
<http://www.cefseoc.org/>

CEFS - Youth Workforce Training and Education Program
 305 Richmond Ave. East
 Mattoon, IL 61938
 217-238-8213
 217-238-8212
 217-238-8282
 217-235-2222
<http://www.cefseoc.org>

CSBG Scholarship Program
 515 North Cedar St.
 Shelbyville, IL 62565
 217-774-4541
<http://cefseoc.org/>

CTF Illinois - Vocational Services
 6081 Development Dr.
 Charleston, IL 61920
 217-348-3869 Ext. 203
<http://www.ctfillinois.org>

Employment Service/Unemployment Insurance
 305 E. Richmond Ave.
 Mattoon, IL 61938

217-235-2222 Ext. 8340

ERBA - Employment Resource Lab
 400 West Pleasant St.
 Greenup, IL 62428
 217-923-3113
<http://www.erbainc.org>

Experience Works
 Mattoon Office:
 305 Richmond Ave.
 Hours: M, T, W, Th 10am - 3pm and Fr 10 am-2pm
 217-923-5793

GAIL/CIL Personal Training & Referral Program
 205 N. Fourth St.
 Effingham, IL 62401
 217-342-7110

Illinois Coalition for Community Services (ICCS) - Open Door
 825 18th St.
 Charleston, IL 61920
 217-549-2987
<http://www.organizing-communities.org>

Illinois Employment Training Center (Unemployment Office)
 305 Richmond Ave. East
 Mattoon, IL 61938
 217-235-2222
 Monday-Friday 8:30am-5:00pm

Lake Land College - Adult Education
 305 Richmond Ave. East
 Mattoon, IL 61938
 217-238-8292
<http://www.lakeland.cc.il.us/as/ade/ged.cfm>

LifeLinks - Individual Placement and Support (IPS)
 750 Broadway Ave. East
 Mattoon, IL 61938
 217-238-5701
<http://www.lifelinksinc.org/ips.html>

Moultrie County Counseling Center
 12 West Harrison 217-728-4358

Sullivan, IL 61951
<http://www.moultriecounseling.org/>

PACE - Personal Assistant Referral
1317 E. Florida Ave.
Urbana, IL 61801
217- 344-5433
<http://www.pacecil.org/>

SAIL-Community Reintegration Program: Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Community Reintegration Program: Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-774-4322
217-876-8888
<http://www.decatursail.com/>

SAIL-Disability Education & Awareness: Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Disability Education & Awareness: Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-774-4322
217-876-8888
<http://www.decatursail.com/>

SAIL-Family & Youth Services: Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Family & Youth Services: Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-774-4322
217-876-8888
<http://www.decatursail.com/>

SAIL-FIVE CORE SERVICES: Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Independent Living Services- Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Independent Living Services: Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-774-4322
217-876-8888
<http://www.decatursail.com/>

SAIL-Personal Assistant Program- Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Personal Assistant Program- Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-774-4322
217-876-8888
<http://www.decatursail.com/>

Salvation Army of Coles & Cumberland County
1300 Richmond Ave., PO Box 671
Mattoon, IL 61938
217-234-3915
<http://www.usc.salvationarmy.org/Mattoon>

Sarah Bush Lincoln - Employee Wellness
1000 Health Center Dr.
Mattoon, IL 61938
217-348-2140
217-258-2140
<https://www.sarahbush.org/community-resources/classes/wellness>

State of Illinois - Division of Rehabilitation
129 N. 15th St.
Mattoon, IL 61938
217-235-3154

<http://www.dhs.state.il.us/page.aspx?item=29764>

Trafficking Victim Assistance Program - Illinois
Coalition for Community Services (ICCS)
partnering with Heartland Alliance and U.S.
Committee for Refugees and Immigrants
825 18th Street
Charleston, IL 61920
888-373-7888
<http://www.traffickingresourcecenter.org/>

University of Illinois Extension - Coles,
Cumberland, Douglas, Moultrie, and Shelby
County
707 Windsor Rd. Suite A
Charleston, IL 61920
217-345-7034
<http://extension.illinois.edu/>

Addiction Guide

121 South Orange Ave., Suite 1410
Orlando, FL 32801
888-733-5032
<http://www.addictionguide.com/>

Adult Day Care

1610 N. Lakewood
Effingham, IL 62401
217-347-7781
<http://www.petersenhealthcare.net/effingham/>

**Adult Immunization Clinic
Adult Wellness Clinic**

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555
<http://www.shelbyhealth.net/>

AdvantAge 50

1000 Health Center Dr.
Mattoon, IL 61938
217-348-2422
217-258-2422
<https://www.sarahbush.org/advantage50>

**Aetna - Get Active (Sarah Bush Lincoln
Employee)**

1000 Health Center Dr.
Charleston, IL 61920
217-348-2501
217-258-2501
<http://www.aetnagetactive.com>

Aging Network in East Central Illinois

1003 Maple Hill Rd.
Bloomington, IL 61704-9327
309-829-2065
<http://www.eciaaaa.org/>

American Cancer Society

2509 South Neil, Suite 1
Champaign, IL 61820
217-356-9076
<http://www.cancer.org>

**American Diabetes Association, Greater
Illinois Area**

2580 Federal Dr., Suite 403
Decatur, IL 62526

217-875-9011
800-445-1667
<http://www.diabetes.org>

**American Kidney Fund - Financial Aid
Programs**

6110 Executive Blvd., Ste. 1010
Rockville, MD 20852
800-638-8299
<http://www.kidneyfund.org>

American Lung Association - Call Center

3000 Kelly Lane
Springfield, IL 62707
800-548-8252
<http://www.lungusa.org>

Anonymous HIV Counseling and Testing

825 18th St.
Charleston, IL 61920
217-348-0530
<http://www.co.coles.il.us/cchd/index.html>

Aquatic Therapy

100 Professional Plaza
Mattoon, IL 61938
217-235-1245

Baby & Me Tobacco Free

1000 Health Care Dr.
Mattoon, IL 61938
217-238-4691
https://www.sarahbush.org/media/filer_public/93/9b/939b7781-dc25-4089-a154-1a79373cb02e/baby_me.pdf

Body Smart for Women

1000 Health Center Dr.
Mattoon, IL 61938
217-238-4550
<https://www.sarahbush.org/services/womens-healthcare/body-smart-women/>

Bootie Camp! Infant Care Session

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229
<https://www.sarahbush.org/ohbaby/>

Break the Habit

825 18th St.

Charleston, IL 61920
217-348-0530
<http://www.co.coles.il.us/cchd/index.html>

Campaign for Better Health Care
44 E. Main St., Suite 414
Champaign, IL 61820
217-352-5600
<http://www.cbhconline.org>

Caregiver Connections
Childcare providers in Coles Cumberland,
Clark, Edgar, Moultrie, and Shelby Counties
217-549-7565
<http://www.lifelinksinc.org/cas.html>

Care Coordination Unit—Urbana
304 N. Maple, Suite 202
Urbana, IL 61802
217-384-3360

Carle - Auditory Oral School
805 West Park St.
Urbana, IL 61801
217-326-2266
<http://www.carleschool.org>

Carle - Cancer Center, Daytime Cancer Support Group
602 W. University Ave.
Urbana, IL 61801
217-383-4581
<http://www.carle.org>

Carle - Child Diagnostic Clinic (CDC)
1701 W. Curtis Rd.
Champaign, IL 61822
217-365-6214
<http://www.carle-clinic.com/Pediatric>

Carle - Cleft Lip and Palate Team
602 W. University Ave.
Urbana, IL 61801
217-383-4383
<http://www.carle.com>

Carle - ECHO Program
611 W. Park St.
Urbana, IL 61801
217-383-4375
<http://www.carle.org>

Carle - Heart and Vascular Institute, Cardiac Rehabilitation
602 W University Ave.
Urbana, IL 61801
217-383-3484
<http://www.carle.org>

Carle - Interpersonal Domestic Violence Prevention Program
611 West Park St.
Urbana, IL 61801
217-326-6601
<http://www.carle.org>

Carle - Level 1 Trauma Center
611 West Park St.
Urbana, IL 61801
217-383-3311
<http://www.carle.org>

Carle - Mattoon
200 Lerna Rd. South
Mattoon, IL 61938
217-258-5993
217-258-5900
<http://www.carle.org>

Carle - Patient Advisory Nurse
602 W. University Ave.
Urbana, IL 61801
217-383-3233
<http://www.carle.org>

Carpal Tunnel Syndrome—Alternative Approach—Central Illinois Physical Therapy, LTD
100 Professional Plaza
Mattoon, IL 61938
217-235-1245
<https://www.fyzical.com/central-illinois/index.html>

CCAR Industries - Birth Through Two Program
1530 Lincoln Ave.
Charleston, IL 61920
217-348-0127

Central Illinois Physical Therapy, LTD - Carpal Tunnel Syndrome, Alternative Approach
100 Professional Plaza
Mattoon, IL 61938

217-235-1245

http://www.centralillinoispt.com/html/therapist_richard.htm

Catholic Charities - Prescription Medical Program

4217 DeWitt Ave.

Mattoon, IL 61938-6620

217-235-0420

http://www.cc.dio.org/area_offices/mattoon/home.htm

CBHC Health Care Helpline and Story Bank

1325 S. Wabash Ave. Ste 305

Chicago, Illinois 60605

888-544-8271

<http://www.camargotownship.lib.il.us/>

CEFS Emergency Services—Shelby County

515 N. Cedar St.

Shelbyville, IL 62565

217-774-4541

<http://www.cefseoc.org/>

Center for Healthy Living- Sarah Bush Lincoln

1004 Health Center Dr., Ste 110

Mattoon, IL 61938

217-238-3488

<https://www.sarahbush.org/centerforhealthyliving/>

Charleston-Mattoon-Effingham Area Ostomy Association

1902 N. US Highway 45

Mason, IL 62443

217-258-4112

217-238-4413

Child and Family Connections #19

132 S. Water St., Suite 604

Decatur, IL 62523

217-423-6199

Children Immunization Clinics—Shelby County

1700 W. South 3rd St.

Shelbyville, IL 62565

217-774-9555

<http://www.shelbyhealth.net/>

Choices Pregnancy & Health – Charleston

260 W. Locust Ave.

Charleston, IL 61920

217-345-5000

<http://www.choices4pregnancy.com/>

Choices Pregnancy & Health – Mattoon

105 N 10th St., Suite #3

Mattoon, IL 61938

217-234-3312

<http://www.choices4pregnancy.com/>

Choices Pregnancy & Health – Casey

407 NW 3rd St.

Casey, IL 62420

217-932-5900

<http://www.choices4pregnancy.com>

Clinical Respiratory Assessments

695 Castle Dr.

Charleston, IL 61920

217-345-4144

<http://www.dhs.state.il.us/>

Coles County Health Department - Blood Lead Level Testing

825 18th St.

Charleston, IL 61920

217-348-0530

1404 Broadway

Mattoon, IL 61938

<http://www.co.coles.il.us/cchd/index.html>

Coles County Office of IL Department of Human Services

119 W. State St.

Charleston, IL 61920

217-235-2188

217-345-2188

Communicable Disease Control—Douglas Co. Community Health Education/Health Promotion, Dental Clinic

1250 E. US Hwy. 36

Tuscola, IL 61953

217-253-4137

<http://www.douglascountyhealth.org>

Community Support Services - Life Links

750 Broadway Ave. East

Mattoon, IL 61938

217-238-5702

CSBG Summer Youth Scholarship

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://cefsceoc.org/>

**Cumberland Co. Health Department—
Immunizations, Lead Screening,
Direct Services Program**

200 S. Indiana St.
Toledo, IL 62468
217-849-3211
<http://www.cumberlandhealth.org/>

**Division of Specialized Care for Children
(DSCC)**

1102A S. West St.
Olney, IL 62450-0159
618-395-2902

Douglas County Dental and Health Clinic

1250 E. U.S. Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealth.org>

**East Central Illinois Area Agency on Aging -
Aging Network**

1003 Maple Hill Rd.
Bloomington, IL 61704-9327
309-829-2065
<http://www.eciaaaa.org>

Eastern Illinois Foodbank

2405 North Shore Dr.
Urbana, IL 61802
217-328-3663
<http://www.eifoodbank.org/>

EIU Speech - Language - Hearing Clinic

EIU 600 Lincoln Ave.
Charleston, IL 61920
217-581-2712
<http://www.eiu.edu/commdis/clinicalservices.php>

Environmental Health

107 W. South Central
Tuscola, IL 61953
217-253-4434
<http://erbainc.org/>

ERBA Head Start

107 W South Central
Tuscola, IL 61953
217-253-4434
<http://erbainc.org/>

Family Case Management—Douglas Co.

1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealth.org>

Family Planning - Coles County

825 18th St.
Charleston, IL 61920
217-348-0547
<http://www.co.coles.il.us/cchd/index.html>

Family Therapy/Counseling

17498 N. Livingston Rd.
Marshall, IL 62441
217-826-3477

Feed Me, I'm Yours! Breastfeeding Seminar

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229
<https://www.sarahbush.org/ohbaby/>

Fit Girls

655 W Lincoln Ave., Suite 14
Charleston, IL 61920
217-345-6827
<https://www.sarahbush.org/fitgirls/>

Flu Clinics-Moultrie county Health Department

202 S. Main St.
Sullivan, IL 61951
217-728-4114
<http://www.moultriehealth.org/>

GAIL/CIL Accessibility Assistance

205 N. Fourth St.
Effingham, IL 62401
217-342-7110

Gambro Healthcare Patient Services

200 Richmond Ave. East
Mattoon, IL 61938
217-234-8469

Glaucoma Project
PO Box 429098
San Francisco, CA 94142
877-887-6327
<http://www.eyecareamerica.org/>

Hand Therapy - Central Illinois Physical Therapy, LTD
100 Professional Plaza
Mattoon, IL 61938
217-235-1245
http://www.centralillinoispt.com/html/therapist_richard.htm

Health Alliance Individual Plans
206 W. Anthony Dr.
Champaign, IL 61822
877-686-1168
<http://www.healthalliance.org/>

Health Education Programs
Shelby County Public Health Department
1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555
<http://www.shelbyhealth.net/>

Healthy Moms, Healthy Kids
1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555
<http://www.shelbyhealth.net/>

Healthy Families 4 Life
825 18th St.
Charleston, IL 61920
217-348-0530
<http://www.co.coles.il.us/cchd/index.html>

Heart to Heart
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2238
<https://www.sarahbush.org/heart2heart/>

Hilltop Convalescent Center
910 W. Polk
Charleston, IL 61920
217-345-7066
<http://www.hilltopnursinghomeonline.com/>

Home Care Ombudsman Program
One Natural Way, Suite 100
Springfield, IL 62702
800-252-8966
<https://www.illinois.gov/aging/ProtectionAdvocacy/LTCOmbudsman/Pages/The%20Long-Term%20Care%20Ombudsman%20Community%20Expansion%20Program.aspx>

Home Health Care
1519 University Dr.
Charleston, IL 61920
217-345-4003

Home Medical Supplies and Equipment
695 Castle Dr.
Charleston, IL 61920
217-345-4144

Hour House (formerly CEAD Council)- Adolescent Outpatient Services, Illinois Family Resource Center, and Recovery Oriented Systems of Care
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
<http://hourhouserecovery.org>
<https://illinoisfamilyresources.org/>
<https://www.facebook.com/ILFAMILYRESOURCECENTER>
<https://www.facebook.com/Recoveryispossibleeastcentralillinoisrosc/>

Hour House (formerly CEAD Council)- Charleston Adult Outpatient Office and DUI/Risk Ed.
726 4th St.
Charleston, IL 61920
217-348-8118
<http://hourhouserecovery.org>

Hour House (formerly CEAD Council)-Mattoon Adult Outpatient Office and DUI/Risk Ed.
416 N. 19th St.
Mattoon, IL 61938
217-258-2968
<http://hourhouserecovery.org>

Hour House (formerly CEAD Council)-Adult Men's Residential and Detox Services
635 Division St.

Charleston, IL 61920

217-348-8108

<http://hourhourecovery.org>

Hour House (formerly CEAD Council)-Men's ¾ Recovery Home

657 Division St.

Charleston, IL 61920

217-348-8108

<http://hourhourecovery.org>

Hour House (formerly CEAD Council)-Adult Women's Residential Services

8500 E. Co. Rd. 150N.

Lerna, IL 62440

217-235-1303

<http://hourhourecovery.org>

Hour House (formerly CEAD Council)-Prevention Services (serving Coles, Cumberland, Douglas, Effingham, Moultrie & Shelby Counties)

521 North 13th St.

Mattoon, IL 61938

217-258-6137

<http://hourhourecovery.org>

<https://www.facebook.com/HourHousePrevention/>

https://www.instagram.com/hour_house_prevention/

Hour House (formerly CEAD Council)-Shelbyville Adult Outpatient Office and DUI/Risk Ed.

155 South Morgan St.

Shelbyville, IL 62565

217-774-5566

<http://hourhourecovery.org>

Hour House (formerly CEAD Council)-Women's Recovery Home and Office

1501 1/2 18th St.

Charleston, IL 61920

217-348-5444

<http://hourhourecovery.org>

Hour House (formerly CEAD Council)-Women's Recovery Home

720 4th St.

Charleston, IL 61920

217-348-8651

<http://hourhourecovery.org>

HSHS Good Shepherd Hospital—Home Services

200 S. Cedar St.

Shelbyville, IL 62565

217-774-3961

<http://www.newvision-shelbyville.com/>

HSHS Good Shepherd Hospital - New Vision

200 S. Cedar St.

Shelbyville, IL 62565

217-774-3961

<https://www.hshsgoodshepherd.org/Medical-Services/Substance-Abuse-Treatment>

HSHS Good Shepherd Hospital - Swing Bed Services

200 S. Cedar St.

Shelbyville, IL 62565

217-774-3961

<http://www.mysmh.org/>

HSHS Good Shepherd Hospital - Therapy Services

200 S. Cedar St.

Shelbyville, IL 62565

217-774-6434

<http://www.mysmh.org/>

HUD Permanent Housing for the Disabled

107 W South Central

Tuscola, IL 61953

217-253-4434

<http://erbainc.org/>

Illinois Poison Center

222 S. Riverside Plaza, Ste 1900

Chicago, IL 60606

800-222-1222

TTY: 312-906-6185

<http://www.illinoispoisoncenter.org/>

Illinois Tobacco Quitline

866-784-8937

<http://www.quityes.org/>

Immunization Clinic - Coles County

825 18th St.

Charleston, IL 61920

217-348-0530

1404 Broadway
Mattoon, IL 61938
<http://www.co.coles.il.us/cchd/index.html>

Immunizations—Douglas County
1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealth.org>

Immunization Clinic - Moultrie County
202 S. Main St.
Sullivan, IL 61951
217-728-4114
<http://www.moultriehealth.org>

In Home Support Services - Addus Healthcare
1381 Beech Tree Rd.
Charleston, IL 61920
217-402-9054
<http://www.addus.com/>

Incontinence Program
100 Professional Plaza
Mattoon, IL 61938
217-235-1245
http://www.centralillinoispt.com/html/therapist_richard.htm

Infant/ Child CPR
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229
<https://www.sarahbush.org/ohbaby/>

Introductory Medical Exercise Program
1004 Health Center Dr.
Mattoon, IL 61938
217-238-3488
<https://www.sarahbush.org/centerforhealthyliving/>

Lead Screening—Douglas County
1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealth.org>

Life Center of Cumberland County
507 E. Main St.

Toledo, IL 62468
217-849-3965

LifeLinks - Adult, Adolescent and Child Counseling
Mental Health Counseling
750 Broadway Ave. East
Mattoon, IL 61938
217-238-5700
<http://www.lifelinksinc.org>

Life's Journey Senior Living of Mattoon
300 Lerna Rd South
Mattoon, IL 61938
217-234-3003
<http://www.lifesjourneymc.com/>

Lincolnland Home Care of Sarah Bush Lincoln
1004 Health Center Dr., Ste 202
Mattoon, IL 61938
217-234-4418
<http://www.sarahbush.org/>

Lincolnland Home Medical Equipment of Sarah Bush Lincoln – Mattoon
300 Coles Centre Parkway
Mattoon, IL 61938
217-235-0660
217-347-7372
<https://www.sarahbush.org/lincolnlandhome/medical/>

Lincolnland Home Medical Equipment of Sarah Bush Lincoln – Effingham
903 N. Maple
Effingham, IL 62401

Lincolnland Hospice of Sarah Bush Lincoln
1004 Health Center Dr., Ste 202
Mattoon, IL 61938
800-454-4055
<http://www.sarahbush.org/>

Living With Diabetes
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2199
217- 238-4808
<https://www.sarahbush.org/livingwithdiabetes>

Long Term Care

1610 N. Lakewood
Effingham, IL 62401
217-347-7781

<http://www.petersenhealthcare.net/effingham/>

Long Term Care and Rehabilitation

3516 Powell Lane
Mattoon, IL 61938
217-234-6401

<http://www.douglasrehab.com/>

Long Term Care Ombudsman Program

1003 Maple Hill Rd.
Bloomington, IL 61704
309-829-2065

<http://www.eciaaa.org/>

Mattoon Area YMCA

221 N. 16th St.
Mattoon, IL 61938
217-234-9494

<http://mattoonymca.org/>

Neal Center YMCA

130 Courthouse Square
Toledo, IL 62468
217-235-2500

<http://mattoonymca.org/>

Mattoon Rehab. and Health Care Center

2121 S. 9th St.
Mattoon, IL 61938
217-235-7138

<http://www.mattoonbytutera.com/>

MDA Clinic

102 E Main St, Suite 201
Urbana, IL 61801
217-351-1853

<http://mda.org/>

MDA Summer Camp

102 E Main St, Suite 201
Urbana, IL 61801
217-351-1853

<http://mda.org/>

MDA Worldwide Research

102 E Main St, Suite 201
Urbana, IL 61801

217-351-1853

<http://mda.org/>

<http://mda.org/research2>

Multiple Sclerosis Support Group

2512 Hurst Dr.
Mattoon, IL 61938
217-258-5933

NAMI - Effingham County

P.O. Box 1726
Effingham, IL 62401
217-690-6583

<http://NAMI.org/>

National Eye Care Project

PO Box 429098
San Francisco, CA 94142
877-887-6327

<http://www.eyecareamerica.org/>

Nebulizer Asthma Medication Program

695 Castle Dr.
Charleston, IL 61920
217-345-4144

Newborn Follow-up Program

200 South Indiana
PO Box 130
Toledo, IL 62468
217-849-3211

<http://www.cumberlandhealth.org/>

Nursing Home - Nursing Services - Nursing Facilities

100 N. E. 15th St.
Casey, IL 62420
217-932-5217

<http://www.petersenhealthcare.net/casey>

Odd Fellow-Rebekah Home

201 Lafayette Ave. East
Mattoon, IL 61938

<http://www.heritageofcare.com/mattoon/>

Oh Baby! - Two Week Comprehensive and Oh Baby! Express

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229

<https://www.sarahbush.org/ohbaby/>

221 W. Madison Ave.
Chrisman, IL 61924
217-269.3911

<http://www.rescue1paramedics.com>

**Outpatient Mental Health Counseling—
Moultrie County**

12 West Harrison
Sullivan, IL 61951
217-728-4358

<http://www.moultriecounseling.org/>

Outreach Program

114 E. Jefferson
Sullivan IL 61951
217-728-8521

Overnight Oximetry Program

695 Castle Dr.
Charleston, IL 61920
217-345-4144

PACE—Equipment Loan

1317 E. Florida Ave.
Urbana, IL 61801
217-344-5433

<http://www.paceil.org/>

Parenting- Earn While You Learn – Casey

407 N.W. 3rd St.
Casey, IL 62420
217-932-5900

<http://www.choices4pregnancy.com/>

Parenting- Earn While You Learn – Charleston

260 W. Locust Ave.
Charleston, IL 61920
217-345-5000

<http://www.choices4pregnancy.com/>

Parenting-Earn While You Learn – Mattoon

105 N. 10th Ste. #3
Mattoon, IL 61938
217-234-3312

<http://www.choices4pregnancy.com/>

Petersen Health Care - Adult Day Care

1610 N. Lakewood
Effingham, IL 62401
217-347-7781

<http://www.petersenhealthcare.net/effingham>

Rehab. Serv. - Central IL Phys. Therapy, LTD

100 Professional Plaza
Mattoon, IL 61938
217-235-1245

http://www.centralillinoispt.com/html/therapists_richard.htm

Rescue 1 Paramedic Services

221 W. Madison Ave
Chrisman, IL 61924
217-269-3911

<http://www.rescue1paramedics.com/>

Respiratory Health Education

695 Castle Dr.
Charleston, IL 61920
217-345-4144

Respite Care

1610 N. Lakewood
Effingham, IL 62401
217-347-7781

<http://www.petersenhealthcare.net/effingham/>

SAIL-Community Reinteg. Prog.: Charleston

707 Windsor Rd Suite B
Charleston, IL 61920
217-345-7245

<http://www.decatursail.com/>

**SAIL-Community Reintegration Program:
Shelbyville**

325 East North 9th St.
Shelbyville, IL 62565
217-774-4322

<http://www.decatursail.com/>

**SAIL-Disability Education & Awareness:
Charleston**

707 Windsor Rd Suite B
Charleston, IL 61920
217-345-7245

<http://www.decatursail.com/>

**SAIL-Disability Education & Awareness:
Shelbyville**

325 East North 9th St.

Shelbyville, IL 62565

217-774-4322

<http://www.decatursail.com/>

SAIL-Family & Youth Services: Charleston

707 Windsor Rd Suite B

Charleston, IL 61920

217-345-7245

<http://www.decatursail.com/>

SAIL-Family & Youth Services: Shelbyville

325 East North 9th St.

Shelbyville, IL 62565

217-774-4322

<http://www.decatursail.com/>

SAIL-FIVE CORE SERVICES: Charleston

707 Windsor Rd Suite B

Charleston, IL 61920

217-345-7245

<http://www.decatursail.com/>

SAIL-Independent Living Services: Charleston

707 Windsor Rd Suite B

Charleston, IL 61920

217-345-7245

<http://www.decatursail.com/>

SAIL Low Vision Support Group—Shelbyville

325 East North 9th St.

Shelbyville, IL 62565

217-774-4322

<http://www.decatursail.com/>

SAIL-Personal Assistant Program: Charleston

707 Windsor Rd Suite B

Charleston, IL 61920

217-345-7226

217-345-7245

<http://www.decatursail.com/>

SAIL-Personal Assistant Program: Shelbyville

325 East North 9th St.

Shelbyville, IL 62565

217-774-4322

<http://www.decatursail.com/>

Sarah Bush Lincoln - Body Smart for Women

1000 Health Center Dr.

Mattoon, IL 61938

217-238-4550

<https://www.sarahbush.org/services/womens-healthcare/body-smart-women>

Sarah Bush Lincoln - Bootie Camp! Infant Care Session

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2229

<https://www.sarahbush.org/ohbaby>

Sarah Bush Lincoln Dental Services

655 W. Lincoln Ave. Suite 14

Charleston, IL 61920

217-345-3555

<http://www.sarahbush.org/>

Sarah Bush Lincoln Employee Wellness

1000 Health Center Dr.

Charleston, IL 61920

217-348-2140

217-258-2140

Sarah Bush Lincoln Weight Watchers at Work

1000 Health Center Dr.

Charleston, IL 61920

217-348-2140

217-258-2140

SBL Lincolnland Homemakers

1004 Health Center Dr., Ste 202

Mattoon, IL 61938

217-348-0463

<http://www.sblhs.org/>

SBL Safe Sitter

1000 Health Center Dr.

Mattoon, IL 61938

217-345-6822

<https://www.sarahbush.org/safesitters/>

SBL Weight Management Program

1004 Health Center Dr., Ste 212

Mattoon, IL 61938

217-238-4774

<https://www.sarahbush.org/weightmanagement/>

SBL A.W.A.K.E. Support Group

1000 Health Center Dr.

Mattoon, IL 61938

217-238-4538

<http://www.sarahbush.org/>

SBLHC Big Brother, Big Sister Pajama Party" Sibling Class"

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2229

<http://www.sarahbush.org/ohbaby>

SBLHC Cancer Center

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2250

<http://www.sarahbush.org/>

SBLHC Case Management

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2392

<http://www.sarahbush.org/>

SBLHC East Central IL Breast and Cervical Cancer Program

PO Box 372

1000 Health Center Dr.

Mattoon, IL 61938

800-331-1689

<http://www.sarahbush.org/>

SBLHC Emergency Medical Technician (EMT) Course

Sarah Bush Lincoln Hospital

Mattoon, IL 61938

217-348-2403

217-258-240

<https://www.sarahbush.org/ems/class-schedule/>

SBLHC Healthy Directions

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2199

<https://www.sarahbush.org/community-resources/classes/healthy-directions/>

SBLHC Heart Smart Series

1000 Health Center Dr.

PO Box 372

Mattoon, IL 61938

217-258-2177

<https://www.sarahbush.org/heartsmart/>

SBLHC Illinois Breast & Cervical Cancer Program (IBCCP)

1005 Health Center Dr., PP1

Mattoon, IL 61938

800-331-1689

<http://www.sarahbush.org/>

SBLHC Lifeline

300 Coles Center Parkway

Mattoon, IL 61938

217-258-2128

217-348-2128

<http://www.sarahbush.org/>

SBLHC Medical Library

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2262

<http://www.sarahbush.org/>

SBLHC Mobile Mammography Services

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2588

<http://www.sarahbush.org/>

SBLHC Patient Psychiatric Unit

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2397

<http://www.sarahbush.org/>

SBLHC Rotarian High School Athletic Heart Scan

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2576

<http://www.sarahbush.org/>

SBLHC Step in the Right Direction

1000 Health Center Dr.

PO Box 372

Mattoon, IL 61938

217-238-4808

<https://www.sarahbush.org/stepintherightdirection/>

Senior Counseling Program

120 Courthouse Sq.

Toledo, IL 62468
217-849-3065

**Senior Information Services-SHIP Counseling
(Senior Health Insurance Program)**
114 E. Jefferson St.
Sullivan, IL 61951
217-728-8521

Sexually Transmitted Disease
200 South Indiana
PO Box 130
Toledo, IL 62468
217-849-3211

Shriner's Hospital
PO Box 1411
Mattoon, IL 61938
217-234-3677

Speakers Bureau - Faces of Recovery
750 Broadway Avenue East
Mattoon, IL 61938
217-238-5701
<http://www.lifelinksinc.org/>

Supportive Living Facility
480 W. Polk Ave.
Charleston, IL 61920
217-345-4900
<http://www.hw-charleston-slf.com/>

The Arthur Home
423 Eberhardt Dr.
Arthur, IL 61911
217-543-2103
<http://www.arthur.home.org/>

The Oaks Manor, Senior Living
111 S. Walnut St.
PO Box 974
Oakland, IL 61943
217-346-2042
<http://www.oaklandoaksmanor.com/>

**Trafficking Victim Assistance Program - Illinois
Coalition for Community Services (ICCS)
partnering with Heartland Alliance and U.S.
Committee for Refugees and Immigrants**
825 18th St.
Charleston, IL 61920

1-888-373-7888
<http://www.traffickingresourcecenter.org/>

Tuberculosis Clinic
1700 W. South Third St.
Shelbyville, IL 62565
217-774-9555
<http://www.shelbyhealth.net/>

Tuberculosis Control
1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealth.org>

Tuscola Salvation Army
107 W. South Central
Tuscola, IL 61953
217-253-4434

U of I, DSCC Core Program
1102 S. West St.
Olney, IL 62450
618-395-8461

U of I, DSCC Home Care Program
3135 Old Jacksonville Rd.
Springfield, IL 62704
217-524-2000

Villas of Holly Brook- Effingham
904 West Evergreen Ave.
Effingham, IL 62401
217-342-2345
<http://www.meridiansenior.com/community/effingham>

Vial of Life Program
1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealthy.org>

Vision and Hearing Screening - Coles County
825 18th St.
Charleston, IL 61920
217-348-0530
<http://www.co.coles.il.us/cchd/index.html>

Wellness Check - Coles County
825 18th St.

Charleston, IL 61920
217-348-0530
<http://www.co.coles.il.us/cchd/index.html>

Wellness Clinic—Douglas County
1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://ww.douglascountyhealthy.org>

We've Got Your Back! Epidural Class
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229
<https://www.sarahbush.org/ohbaby/>

Wheelchair Evaluation Program
695 Castle Drive
Charleston, IL 61920
217-345-4144
866-342-4144

Women, Infants and Children—Shelby County
1700 W. South Third St.
Shelbyville, IL 62565
217-774-9555
217-774-5812
<http://www.shelbyhealth.net/>

24 Hour Crisis Line (Coles, Cumberland, Edgar, Clark and Effingham Counties)
 750 Broadway East
 Mattoon, IL 61938
 866-567-2400
<http://www.lifelinksinc.org/>

ABBCON Counseling Cooperation
 603 Monroe Street
 Charleston, IL 61920
 217-345-3156
http://www.abbcounseling.com/Home_Page.html

Abundant Blessings Food Pantry
 3400 DeWitt Ave.
 Mattoon, IL 61938
 217-234-4777
<http://www.mbcmattoon.com/>

Addiction Guide
 121 S. Orange Ave., Ste 1410
 Orlando, FL 32801
 888-733-5032
<http://www.addictionguide.com/>

Adolescent Treatment
 1518 Rudy Ave.
 Mattoon, IL 61938
 217-235-6574

Adult Treatment
 1518 Rudy Ave.
 Mattoon, IL 61938
 217-235-6574

Adult, Adolescent and Child Counseling
 750 Broadway Avenue East
 Mattoon, IL 61938
 217-238-5700
<http://www.lifelinksinc.org/>

Adult and Dislocated Worker Training Assistance Program
 305 Richmond Ave. East
 Mattoon, IL 61938
 217-238-8213
 217-238-8212
 217-238-8282
 217-235-2222
<http://www.cefseoc.org/>

AdvantAge 50
 1000 Health Center Drive
 Mattoon, IL 61938
 217-348-2422
 217-258-2422
<https://www.sarahbush.org/advantage50/>

After School Program
 500 Roosevelt Ave.
 Charleston, IL 61920
 217-348-0230

Agency Funding—United Way
 114 N. 16th St.
 Mattoon, IL 61938
 217-234-8022
<http://www.colesunitedway.org/>

Aging Network in East Central Illinois
 1003 Maple Hill Rd.
 Bloomington, IL 61704-9327
 309-829-2065
<http://www.eciaaa.org/>

Alcoholics Anonymous Websites
<http://www.illinoisdistrict13alcoholicsanonymous.org/>

All Kids Application Site
 1250 E. US Hwy. 36
 Tuscola, IL 61953
 217-253-4137
<http://www.douglascountyhealthy.org>

Alzheimer's Association- Greater Illinois Chapter- 24hr Helpline
 303 N. Hershey Rd., Suite D3
 Bloomington, IL 61704
 800-272-3900
<http://www.alz.org/illinois>

American Cancer Society
 2509 South Neil, Suite 1
 Champaign, IL 61820
 217-356-9076
 800-252-1110
<http://www.cancer.org/>

American Council of the Blind
 2200 Wilson Blvd., Suite 650
 Arlington, VA 22201

800-424-8666
202-467-5081
<http://www.acb.org/>

American Diabetes Association, Greater Illinois Area

2580 Federal Drive, Suite 403
Decatur, IL 62526
800-445-1667
217-875-6849
217-875-9011
<http://www.diabetes.org/>

American Heart Association, Greater Illinois Area

2524 Farragut Drive, Suite A
Springfield, IL 62704
217-698-3838
<http://www.americanheart.org>

American Kidney Fund Financial Aid Program

6110 Executive Blvd., Suite 1010
Rockville, MD 20852
800-638-8299
<http://www.kidneyfund.org/>

American Red Cross Coles & Clark Counties IL Branch Office

825 18th St.
Charleston, IL 61920
217-345-5166
<http://www.il.redcross.org/>

American Red Cross Mid-Illinois Chapter

2674 N. Main St.
Decatur, IL 62526
217-428-7758
<http://www.midillinois.redcross.org/>

Arthur Public Library

225 S. Walnut
Arthur, IL 61911
217-543-2037
<https://www.arthurlibrary.org/>

Attendance Improvement Matters

730 7th St.
Charleston, IL 61920
217-348-0151
<http://www.roe11.k12.il.us/>

BBBS Early Intervention Program

825 18th St.
Charleston, IL 61920
217-348-8741
<http://www.joinssomethingbig.org/>

Birth Through Two Program—CCAR Industries

1530 Lincoln Ave.
Charleston, IL 61920
217-348-0127

Blessings Food Pantry

4217 DeWitt Ave.
Mattoon, IL 61938-6620
217-235-0420
http://www.cc.dio.org/area_offices/mattoon/home.htm

Bootie Camp! Infant Care Session

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229
<https://www.sarahbush.org/ohbaby/>

BRIDGES

730 7th St.
Charleston, IL 61920
217-348-0151
<http://www.roe11.k12.il.us/>

Brief Therapy

1518 Rudy Ave.
Mattoon, IL 61938
217-235-6203

Campaign for Better Health Care

44 E. Main, Ste. 414
Champaign, IL 61820
217-352-5600
<http://www.cbhconline.org/>

Caregiver Advisory Services

114 E. Jefferson
Sullivan, IL 61951
217-728-8521

Care Horizon Inc

120 Courthouse Square
Toledo, IL 62468
217-849-3803
www.carehorizon.org

Carle - AWAKE & AWARE Support Group
 611 West Park
 Urbana, IL 61801
 217-383- 3198
<http://www.carle.org/>

Carle - Bariatric Support Group
 1701 W. Curtis Rd.
 Champaign, IL 61801
 217-383-3240
<http://www.carle.org/>

Carle - Having Your Baby
 611 West Park St.
 Urbana, IL 61801
 217-383-6962
<http://www.carle.org/>

Carle Cancer Center- Cancer Support Group
 602 W. University Ave.
 Urbana, IL 61801
 217-383-4581
 217-383-3010
<http://www.carle.org/>

Carle- Child Diagnostic Clinic (CDC)
 1701 W. Curtis Rd.
 Champaign, IL 61822
 217-365-6214
<http://www.carle-clinic.com/Pediatric>

Carle Heart Center- Heart Disease Prevention Clinic
 509 W. University Ave.
 Urbana, IL 61801
 217-383- 3010
<http://www.carle.org/>

Carole-Interpersonal Domestic Violence Prevention Program
 611 West Park St.
 Urbana, IL 61801
 217-326-6601
<http://www.carle.org/>

Car Seat Program—Douglas County
 1250 E. US Hwy. 36
 Tuscola, IL 61953
 217-253-4137
<http://www.douglascountyhealth.org/>

Case Coordination Unit Community Care Systems, Inc
 1604 W. Main St., Suite 100
 PO Box 152
 Shelbyville, IL 62565
 217-774-7885
<http://www.ccsicare.com/>

Catholic Charities - Boomerang Blessings Thrift Store
 4217 DeWitt Ave.
 Mattoon, IL 61938-6620
 217-235-0420
http://www.cc.dio.org/area_offices/mattoon/home.htm

Catholic Charities- Blessed Baby Program
 4217 DeWitt Ave.
 Mattoon, IL 61938-6620
 217-235-0420
http://www.cc.dio.org/area_offices/mattoon/home.htm

Catholic Charities-Effingham: Food Pantry Ramblin Rose Bus
 1502 E. Fayette Ave.
 Effingham, IL 62401
 217-857-1458
<http://www.cc.dio.org/>

CBHC Health Care Helpline and Story Bank
 1325 S. Wabash Ave., Ste 305
 Chicago, IL 60605
 888-544-8271
<http://www.camargotownship.lib.il.us/>

CEFS Adult Volunteer Literacy Program
 204 W. Washington, Suite 103
 Effingham, IL 62401
 217-347-7033
<http://cefseoc.org/Literacy/Literacy2013.htm>

CEFS Continuum of Care for Homeless Services—Moultrie County
 114 E. Harrison St.
 Sullivan, IL 61951
 217-728-7721
<http://www.cefseoc.org/>

CEFS Continuum of Care for Homeless Services—Shelby County

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

CEFS Economic Opportunity Corporation

1805 South Banker St.
PO Box 928
Effingham, IL 62401
217-342-2193
<http://www.cefseoc.org/>

CEFS Emergency Services—Shelby County

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

CEFS Financial Capabilities Workshops-Shelby County

515 North Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

CEFS Headstart-Shelby County

2114 W. S. 3rd St.
Shelbyville, IL 62565
217-774-4541

CEFS Illinois Home Weatherization Assistance Program

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

CEFS Retired Senior Volunteer Program (RSVP)—Douglas County

48 Main St.
Champaign, IL 61820
217-359-6500

CEFS Retired Senior Volunteer Program (RSVP)—Moultrie County

114 E. Harrison St.
Sullivan, IL 61951
217-728-7721
<http://www.cefseoc.org/>

CEFS Retired Senior Volunteer Program (RSVP)—Shelby County

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

Central Illinois Public Transit—Clay, Fayette, Moultrie, Christian, Montgomery and Shelby Counties

1805 South Banker St.
Effingham, IL 62401
855-755-2478
<http://cefseoc.org/>

CFS Financial Capabilities Workshops—Shelby County

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

Champaign Office of The American Red Cross

404 Ginger Bend Dr.
Champaign, IL 61822
217-351-5861
<http://www.redcrossillinois.org/>

Charleston Area Churches Food Pantry

990 W. State St., P.O. Box 411
Charleston, IL 61920
217-508-5390
217-246-3083
217-348-3030
217-549-5451
<http://www.charlestonfoodpantry.org/>

Charleston Collaboration for Youth

825 18th St.
Charleston, IL 61920
217-348-0530

Charleston Community Early Learning Center

2206 4th St.
Charleston, IL 61920
217-345-3111
www.charlestoneyearlylearningcenter.org

Charleston Community Early Learning Center

2206 South 4th St.
Charleston, IL 61920

217-345-3111

<http://www.charlestondaycare.org/>

Charleston Public Library

712 6th St.

Charleston, IL 61920

217-345-4913

<http://charlestonlibrary.org/>

Charleston Rehabilitation & Health Care Center

716 18th St.

Charleston, IL 61920

217-345-7054

<http://www.petersenhealthcare.net/charleston>

Charleston Soup Stop

2175 Harrison St.

Charleston, IL 61920

217-345-7264

<http://soupstop.org/>

Charleston Township General Assistance

511 Jackson Ave.

Charleston, IL 61920

217-345-4013

Checker Top Cab Service

1904 Broadway Ave.

Mattoon, IL 61938

217-234-7474

<http://checkertopcab.weebly.com/>

Child and Family Connections #19

132 S. Water St., Suite 604

Decatur, IL 62523

217-423-6199

800-758-2705

Child Care Resource Service

905 S. Goodwin, 314 Bevier Hall

Urbana, IL 61801

217-333-3252

<http://www.ccrs.illinois.edu>

Children FIRST

750 Broadway Ave. East

Mattoon, IL 61938

217-238-5700

<http://www.lifelinksinc.org/cas.html>

Child Treatment

1518 Rudy Ave.

Mattoon, IL 61938

217-235-6203

Children's Advocacy Center of East Central Illinois

616 6th St., P.O. Box 1012

Charleston, IL 61920

217-345-8250

<http://www.caceci.org/>

Choices Pregnancy & Health—Mattoon

105 N. 10th St., Suite #3

Mattoon, IL 61938

217-234-3312

<http://www.choices4pregnancy.com/>

Clothing/Household Items/Furniture Vouchers- Salvation Army Mattoon Corps

1300 Richmond Ave.

Mattoon, IL 61938

217-234-3915

Coalition for People In Need

990 W State Street.

Charleston, IL 61920

217-345-5099

Coles County Habitat for Humanity

990 W. State St., PO Box 945

Charleston, IL 61920

217-348-7063

<http://www.colescountyhabitat.net/>

Coles County Office of IL Department of Human Services

119 W. State St.

Charleston, IL 61920

217-235-2188

217-345-2188

<http://www.dhs.state.il.us/>

Coles County Shuttle

7616 N. County Road 1800 East

Charleston, IL 61920

217-348-7074

<http://www.shuttleserviceincharlestonil.com/>

Coles County Telecare

LifeSpan Center

11021 E. Co. Rd. 800 N
Charleston, IL 61920-8632
217-639-5150
<http://www.colescouncilonaging.org/>

Communicable Disease Section - Coles County
825 18th St.
Charleston, IL 61920
217-348-0530
<http://www.co.coles.il.us/cchd/index.html>

Community Support Services- Life Links
750 Broadway Ave. East
Mattoon, IL 61938
217-238-5702

Community/Christians Upholding Persons
PO Box 121
Charleston, IL 61920
217-345-5974

Couples Therapy
1518 Rudy Ave.
Mattoon, IL 61938
217-235-6203

Court Appointed Special Advocates- CASA
651 Jackson Ave., Room 13
Charleston, IL 61920
217-348-0599
<http://www.casaeci.org/>

CSBG Emergency Services
CSBG Family Functioning Development
CSBG Home Repair/ Rehab
CSBG Rural Health
CSBG School Supplies
CSBG Skills Training Program
107 W South Central St.
Tuscola, IL 61953
217-253-4434
<http://erbainc.org/>

CTF ILLINOIS—A 24- hour CILA (Residential) Services
6081 Development Dr.
Charleston, IL 61920
217-348-3869
<http://www.ctfillinois.org/>

Developmental Training – CCAR
1600 Lincoln Ave.
Charleston, IL 61920
217-348-0127
<http://www.ccarindustries.org/>

Developmental Training- CTF ILLINOIS
6081 Development Dr.
Charleston, IL 61920
217-348-3869
<http://www.ctfillinois.org/>

DHS Homeless Prevention Services
107 W South Central St.
Tuscola, IL 61953
217-253-4434
<http://erbainc.org/>

Dial-A-Ride ZIP LINE Program
11021 E. County Road 800 N.
Charleston, IL 61920-8632
217-639-5169
<http://www.dialaridetransit.org/>

Diel Counseling-Charleston
903 W Lincoln Ave.
Charleston, IL 61920
217-348-8384
<https://www.dielcounseling.com/location-charleston>

Diel Counseling-Effingham
444 South Willow St., Suite 7
Effingham, IL 62401
217-347-7384
<https://www.dielcounseling.com/>

Division of Specialized Care for Children (DSCC)
1102A S. West St.
Olney, IL 62450-0159
618-395-2902

Divorce Mediation
750 Broadway Ave. East
Mattoon, IL 61938
217-238-5700
<http://www.lifelinksinc.org/>

Doorway to Homeownership: Pre-Purchase Workshop

515 North Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://cefseoc.org/>

Douglas County Grandparents Raising Grandchildren Support Group—Mid-IL Senior Services, Inc.
Newman, IL 61942
217-728-8521

Douglas County Senior Services
107 W. South Central
Tuscola, IL 61953
217-253-3113

Douglas County State's Attorney
401 S. Center, Rm 105
Tuscola, IL 61953
217-253-5471
<http://www.douglascountyil.com/>

Dove, Inc.—Moultrie County
1102 W. Jackson St., Suite #4
Sullivan, IL 61951
217-728-9303
217-728-9334
<http://www.doveinc.org/>

Dove, Inc.—Shelby County
1200 S. Hickory St.
PO Box 564
Shelbyville, IL 62565
217-774-3121
<http://www.doveinc.org/>

Downstate Health Care Justice Campaign
44 East Main St., Ste. 414
Champaign, IL 61820-3649
217-352-5600

Driving Under the Influence (DUI) Evaluation and Risk Education Classes—Life Links
750 Broadway Ave. East
Mattoon, IL 61938
217-238-7500
<http://www.lifelinksinc.org/>

Eastern Illinois Education for Employment System
1617 Lake Land Blvd.

Mattoon, IL 61938
217-258-6283
<http://www.eiefes.k12.il.us/>

Eastern Illinois Foodbank – Foodmobile
2405 North Shore Dr.
Urbana, IL 61802
217-549-8426
217-328-3663
<http://www.eifoodbank.org/>

Eastern Illinois Foodbank- Volunteer Opportunities
Urbana, IL 61802
217-328-3663
<http://www.eifoodbank.org/>

Effingham County Public Transportation
1805 S. Banker St.
Effingham, IL 62401
855-755-2478
<http://effinghamcountypublictransportation.com/>

Effingham Service Center of the American Red Cross
1108 S. Willow
Effingham, IL 62401
217-342-4344
<http://www.ilredcross.org/>

EIU Booth Library
EIU 600 Lincoln Ave.
Charleston, IL 61920
217-581-6072
<http://www.library.eiu.edu/>

EIU Child Care Resource and Referral
1325 Klehm Hall - EIU Campus
Charleston, IL 61920
217-581-6698
800-545-7439
217-581-7081
800-643-1026
<http://www.eiu.edu/ccrr>

EIU Department of Health Studies
164 Lantz Building
Charleston, IL 61920
217-581-5761
<http://www.eiu.edu/healthst>

EIU Women's Resource Center

600 Lincoln Avenue
 Charleston, IL 61920
 217-581-5947
 217-581-6970
<http://www.eiu.edu/~wsminor/wrc.php>

Elder Abuse Intervention Services

120 Courthouse Square
 Toledo, IL 62468
 217-849-3065

Environmental Health Programs—Shelby County

1700 W. South 3rd St.
 Shelbyville, IL 62565
 217-774-9555
<http://www.shelbyhealth.net/>

ERBA CSBG Scholarships—Cumberland County

400 W. Pleasant
 PO Box 307
 Greenup, IL 62428
 217-923-3113
<http://www.erbainc.org>

ERBA CSBG Scholarships—Douglas County

107 W. South Central
 Tuscola, IL 61953
 217-276-7128
<http://www.erbainc.org/>

ERBA Emergency Food and Shelter - Coles County

825 18th St.
 Charleston, IL 61920
 217-345-4840
<http://www.erbainc.org/>

ERBA Emergency Food and Shelter - Douglas County

107 W. South Central
 Tuscola, IL 61953
 217-276-7128
<http://www.erbainc.org/>

ERBA Federal Surplus Commodities Distribution—Cumberland County

400 W. Pleasant
 Greenup, IL 62428

217-923-3599
<http://www.erbainc.org>

ERBA Head Start Program

400 W. Pleasant
 PO Box 307
 Greenup, IL 62428
 217-923-5141
<http://www.erbainc.org>

ERBA Homeless Program—Cumberland County

400 W. Pleasant
 Greenup, IL 62428
 217-923-3599
<http://www.erbainc.org>

ERBA - Housing Counseling - Coles County

825 18th St.
 Charleston, IL 61920
 217-345-4840
<http://www.erbainc.org/>

ERBA Housing Counseling - Cumberland County

115 S. Kentucky
 Greenup, IL 62428
 217-276-1728
<http://www.erbainc.org/>

ERBA Housing Counseling—Douglas County

107 W. South Central
 Tuscola, IL 61953
 217-276-7128
<http://www.erbainc.org/>

ERBA- Illinois Hardest Hit Fund- Mortgage Assistance

115 S. Kentucky St.
 Greenup, IL 62428
 217-276-1728
<http://www.erbainc.org/>

ERBA Low Income Home Energy Assistance (LIHEAP)—Cumberland County

400 W. Pleasant
 Greenup, IL 62428
 217-923-3113
<http://www.erbainc.org/>

ERBA Low Income Home Energy Assistance (LIHEAP)- Coles County

825 18th St.
Charleston, IL 62920
217-345-4840
<http://www.erbainc.org/>

ERBA Low Income Home Energy Assistance (LIHEAP)- Douglas County

107 W. South Central
Tuscola, IL 61953
217-276-7128
<http://www.erbainc.org/>

Family Care Insurance/ALL KIDS Insurance

200 South Indiana
PO Box 130
Toledo, IL 62468
217-849-3211
<http://www.cumberlandhealth.org/>

Family Case Management - Coles County

825 18th St.
Charleston, IL 61920
217-348-0530
1404 Broadway
Mattoon, IL 61938
<http://www.co.coles.il.us/cchd/index.html>

Family Life

122 S. Walnut
Arthur, IL 61911
217-543-3755
<http://www.extension.illinois.edu/ccdms/>

Family Therapy

1518 Rudy Ave.
Mattoon, IL 61938
217-235-6203

Feed Me, I'm Yours! Breastfeeding Seminar

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229
<https://www.sarahbush.org/ohbaby/>

First United Methodist Church Counseling Program

1601 Charleston Ave.
Mattoon, IL 61938
217-235-5676

<http://www.mattoonumc.com/>

Fit Girls

655 W Lincoln, Suite 14
Charleston, IL 61920
217-345-6827
<https://www.sarahbush.org/fitgirls/>

Food - Environmental Health Division

825 18th St.
Charleston, IL 61920
217-348-0530
217-258-0530
<http://www.co.coles.il.us/cchd/index.html>

Food Pantry- Salvation Army Mattoon Corps

1300 Richmond Ave.
Mattoon, IL 61938
217-234-3915

Forensic Services

750 Broadway Ave. East
Mattoon, IL 61938
217-238-5700
<http://www.lifelinksinc.org/>

GAIL/CIL—

Advocacy
Independent Live Skills Training
Peer Counseling
205 N. Fourth St.
Effingham, IL 6241
217-342-7110
217-347-2563

Grandparents Raising Children Support Group- Family Caregiver Resource Center

1709 S. 9th St.
Mattoon, IL 61938
217-639-5150
<http://www.colescouncilonaging.org/>

Grief Counseling

17498 N. Livingston Rd.
Marshall, IL 62441
217-826-3477

Health Alliance Individual Plans

206 W. Anthony Dr.
Champaign, IL 61822
877-686-1168

<http://www.healthalliance.org/>

Health Education Programs

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555

<http://www.shelbyhealth.net/>

Healthy Moms, Healthy Kids

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555

<http://www.shelbyhealth.net/>

Health Presentations Program

200 South Indiana
PO Box 130
Toledo, IL 62468
217-849-3211

<http://www.cumberlandhealth.org/>

Heartland Human Services

3000 Sugar Mill Court
Effingham, IL 62401
217-347-7179, Ext. 1061

www.hearlandhs.org

**Home-Based Services for Adults and Children-
CTF ILLINOIS**

6081 Development Dr.
Charleston, IL 61920
217-348-3869

<http://www.ctfillinois.org/>

HOPE of East Central Illinois

PO Box 732
Charleston, IL 61920
217-348-5931
217-348-8815
888-345-3990

<http://www.hope-eci.org/>

**Hour House (formerly CEAD Council)-
Adolescent Outpatient Services, Illinois Family
Resource Center, and Recovery Oriented
Systems of Care**

513 N. 13th St.
Mattoon, IL 61938
217-258-6018

<http://hourhourecovery.org>

<https://illinoisfamilyresources.org/>

[https://www.facebook.com/ILFAMILYRESOUR
CECENTER](https://www.facebook.com/ILFAMILYRESOUR
CECENTER)

[https://www.facebook.com/Recoveryispossibl
eastcentralillinoisrosc/](https://www.facebook.com/Recoveryispossibl
eastcentralillinoisrosc/)

**Hour House (formerly CEAD Council)-
Charleston Adult Outpatient Office and
DUI/Risk Ed.**

726 4th St.
Charleston, IL 61920
217-348-8118

<http://hourhourecovery.org>

**Hour House (formerly CEAD Council)-Mattoon
Adult Outpatient Office and DUI/Risk Ed.**

416 N. 19th St.
Mattoon, IL 61938
217-258-2968

<http://hourhourecovery.org>

**Hour House (formerly CEAD Council)-Adult
Men's Residential and Detox Services**

635 Division St.
Charleston, IL 61920
217-348-8108

<http://hourhourecovery.org>

**Hour House (formerly CEAD Council)-Men's ¾
Recovery Home**

657 Division St.
Charleston, IL 61920
217-348-8108

<http://hourhourecovery.org>

**Hour House (formerly CEAD Council)-Adult
Women's Residential Services**

8500 E. Co. Rd. 150N.
Lerna, IL 62440
217-235-1303

<http://hourhourecovery.org>

**Hour House (formerly CEAD Council)-
Prevention Services (serving Coles,
Cumberland, Douglas, Effingham, Moultrie &
Shelby Counties)**

521 North 13th St.
Mattoon, IL 61938
217-258-6137

<http://hourhourecovery.org>

[https://www.facebook.com/HourHousePreve
ntion/](https://www.facebook.com/HourHousePreve
ntion/)

https://www.instagram.com/hour_house_prevention/

**Hour House (formerly CEAD Council)-
Shelbyville Adult Outpatient Office and
DUI/Risk Ed.**

155 South Morgan St.
Shelbyville, IL 62565
217-774-5566

<http://hourhourecovery.org>

**Hour House (formerly CEAD Council)-Women's
Recovery Home and Office**

1501 1/2 18th St.
Charleston, IL 61920
217-348-5444

<http://hourhourecovery.org>

**Hour House (formerly CEAD Council)-Women's
Recovery Home**

720 4th St.
Charleston, IL 61920
217-348-8651

<http://hourhourecovery.org>

**Housing Counseling Program
HUD Permanent Housing for the Disabled
HUD Permanent Housing—Rapid Rehousing**

107 W. South Central
Tuscola, IL 61953
217-253-4434

<http://erbainc.org/>

HUD Continuum of Care (Homeless Services)

515 N. Cedar St.
Shelbyville, IL 62465
217-774-4541

<http://cefseoc.org/>

**Illinois Coalition for Community Services
(ICCS) - Open Door**

825 18th St.
Charleston, IL 61920
217-549-2987

<http://www.organizing-communities.org/>

**Illinois Coalition for Community Services
(ICCS)- Comprehensive Community Based
Youth Services (CCBYS)**

825 18th St.
Charleston, IL 61920

217-345-1221

<http://www.organizing-communities.org/>

**Illinois Coalition for Community Services
(ICCS)- Donated Fund Initiative (DFI)**

825 18th St.
Charleston, IL 61920
217-522-2378

<http://www.organizing-communities.org/>

**Illinois Coalition for Community Services
(ICCS)- Teen REACH**

825 18th St.
Charleston, IL 61920
217-210-2301

217-549-2106

<http://www.organizing-communities.org/>

Illinois Department of Human Services

100 Grand Avenue East
Springfield, IL 62762
217-557-1601

<http://www.dhs.state.il.us/>

Illinois Hunger Coalition Hotline

1-800-359-2163

www.ilhunger.org

Illinois Poison Center

222 S. Riverside Plaza, Ste 1900
Chicago, IL 60606
800-222-1222

<http://www.illinoispoisoncenter.org/>

Illinois Tobacco Quitline

866-784-8939

<http://www.quityes.org/>

Individual Counseling

17498 N. Livingston Rd.
Marshall, IL 62441
217-826-3477

Individual Therapy

1518 Rudy Ave.
Mattoon, IL 61938
217-235-6203

Infant/ Child CPR

1000 Health Center Dr.
Mattoon, IL 61938

217-258-2229

<https://www.sarahbush.org/ohbaby/>

Intermittent CILA (Residential) Services- CTF ILLINOIS

6081 Development Dr.

Charleston, IL 61920

217-348-3869

<http://www.ctfillinois.org/>

IREAD

14 N. Main St.

Villa Grove, IL 61956

217-832-5211

<http://www.camargotownship.lib.il.us>

Lake Land College Adult Education

305 Richmond Ave.

Mattoon, IL 61938

217-238-8292

<http://www.lakeland.cc.il.us/as/ade/ged.cfm>

Lake Land College Community and Professional Programs

LLC - Workforce Dev. Center

305 Richmond Ave.

Mattoon, IL 61938

217-238-8260

<http://www.lakelandcollege.edu/cpp>

Lake Land College Cosmetology Clinic

5001 Lake Land Blvd.

Mattoon, IL 61938

217-234-5343

<http://www.lakeland.cc.il.us/as/bus/cosmetology/index.cfm>

Lake Land College Library

5001 Lake Land Blvd.

Mattoon, IL 61938

217-234-5367

217-234-5440

<http://www.lakeland.edu/library>

Lake Land College Project PAL-Workforce Development Center

305 Richmond Ave. East

Mattoon, IL 61938

217-235-2222

<http://www.lakeland.cc.il.us/>

Life Center of Cumberland County

507 E. Main St.

Toledo, IL 62468

217-849-3965

Life's Journey Senior Living of Mattoon

300 Lerna Road South

Mattoon, IL 61938

217-234-3003

<http://www.lifesjourneymc.com/>

LifeSpan Volunteer Program- LSVP

11021 ECR 800 N.

Charleston, IL 61920

217-639-5150

<http://www.colescouncilonaging.org/>

LIHEAP Emergency Furnace

LIHEAP Energy Assistance

107 W. South Central

Tuscola, IL 61953

217-253-4434

<http://erbainc.org/>

Lincolnland Hospice Volunteer Program

1004 Health Center Dr., Ste 202

Mattoon, IL 61938

800-454-4055

<https://www.sarahbush.org/hospice/lincolnland-hospice-volunteer-class/>

Low Income Home Energy Assistance Program

515 N. Cedar St.

Shelbyville, IL 62565

217-774-4541

<http://cefseoc.org/>

Making an Informed Decision About Sex (MIDAS)

914 Monroe

Charleston, IL 61920

217-345-8000

217-234-3312

217-463-7800

Marriage Counseling

17498 N. Livingston Rd.

Marshall, IL 62441

217-826-3477

Marital Therapy

1518 Rudy Ave.

Mattoon, IL 61938
217-235-6203

Marriage and Individual Counseling
617 4th St.
Charleston, IL 61920
217-345-9273

Master Gardener Volunteer Program
122 S. Walnut
Arthur, IL 61911
217-543-3755
<http://www.extension.illinois.edu/ccdm/>

Mattoon Community Food Center
600 Moultrie Ave.
Mattoon, IL 61938
217-258-8321

MDA Summer Camp
102 E. Main St., Suite 201
Urbana, IL 61801
217-351-1853
<http://mda.org/>

Memory Loss Support Group- Family Caregiver Resource Center
11021 E CR 800N
Charleston, IL 61920
217-639-5150
<http://www.colescouncilonaging.org/>

Mental Health Counseling
114 W. Houghton St.
Tuscola, IL 61953
217-253-4731
<https://www.risedoco.com>

Mid Illinois Big Brothers Big Sisters Core Program
825 18th St., Suite 5
Charleston, IL 61920
217-348-8741
<http://www.joinssomethingbig.org/>

Ministerial Alliance
107 W. South Central
Tuscola, IL 61953
217-253-4434

Mothers Against Drunk Driving (MADD) - Coles County
PO Box 1691
Mattoon, IL 61938
217-235-2831

Moultrie County Beacon Inc.
401 West Water St.
Charleston, IL 61951
217-728-7396
<http://www.mcbeacon.org/>

Moultrie County Caregiver Support Group
Arthur, IL
217-728-8521
800-736-4675

Moultrie County Grandparents Raising Grandchildren Support
Sullivan, IL 61951
217-728-8521
800-736-4675

Moultrie County Health Department
202 S. Main St.
Sullivan, IL 61951
217-728-4114
<http://www.moultriehealth.org/>

Moultrie County Senior Center
114 E. Jefferson
Sullivan, IL 61951
217-728-8521
800-736-4675

Multiple Sclerosis Support Group
2512 Hurst Dr.
Mattoon, IL 61938
217-258-5933

NAMI—Effingham County
PO Box 1726
Effingham, IL 62401
217-690-6583
<http://NAMI.org/>

Neoga Community Food Pantry
641 W. 6th
Neoga, IL 62447
217-273-1198
<https://www.facebook.com/pages/Neoga-Community-Food-Pantry>

New Vision

HSHS Good Shepherd Hospital
200 S. Cedar St.
Shelbyville, IL 62565
217-774-6436

<https://www.hshsgoodshepherd.org/Medical-Services/Substance-Abuse-Treatment>

Newman Catholic Center

500 Roosevelt Ave.
Charleston, IL 61920
217-348-0188

<http://www.eiuneman.org/stvincentdepaulsociety.html>

Oakland Food Pantry

22 W. Main St Oakland, IL 61943
oaklandfoodpantry@hotmail.com

Oh Baby! - Two Week Comprehensive and Oh Baby! Express

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229

<https://www.sarahbush.org/ohbaby/>

One Stop Community Christmas

5001 Lake Land Blvd.
Mattoon, IL 61938
217-234-3915

<http://www.OneStopCC.org/>

Opioid Helpline—Ending Opioid Misuse

833-2FINDHELP
www.HelplineIL.org

Outpatient Mental Health Counseling

12 West Harrison
Sullivan, IL 61951
217-728-4358

<http://www.moultriecounseling.org/>

Outreach-CEFS Economic Opportunity Corporation

1805 S. Banker St.
Effingham, IL 62401
217-347-7514
217-774-4541
217-728-7721

<http://www.cefseoc.org/>

Outreach and Referral Service

107 W. South Central
Tuscola, IL 61953
217-253-4434

<http://erbainc.org/>

PACE- Disability Awareness Speakers DEAF Services

Independent Living Skills Training
Personal Assistant Program
Universal Community Access Network (UCAN)
Vision Impairment Services

1317 E. Florida Ave.
Urbana, IL 61801
217-344-5433

<http://www.pacecil.org/>

PACE—Douglas County White Caners

612 N. Main St.
Tuscola, IL 61953
217-253-3753

<http://www.paceil.org/>

Parent 2 Parent

1000 Health Center Dr.
Mattoon, IL 61938
217-962-0765

<http://www.sarahbush.org/ohbaby>

Parenting- Earn While You Learn – Charleston

260 W. Locust Ave.
Charleston, IL 61920
217-345-5000

<http://www.choices4pregnancy.com/>

Parenting-Earn While You Learn – Mattoon

105 N. 10th St., Suite #3
Mattoon, IL 61938
217-234-3312

<http://www.choices4pregnancy.com/>

Parenting Skills Counseling

17498 N. Livingston Rd.
Marshall, IL 62441
217-826-3477

Parkinson's Disease Support Group

11021 E CR 800 N.
Charleston, IL 61920
217-639-5150

<http://colescouncilonaging.org/>

Pathway of Hope- Salvation Army Mattoon Corps

1300 Richmond Ave.
Mattoon, IL 61938
217-234-3915

Pathways

305 Richmond E.
Mattoon, IL 61938
217-238-8383

<http://www.lakeland.edu/as/alt>

Post Abortion Stress Support (PASS)- Casey

407 N.W. 3rd St.
Casey, IL 62420
217-932-5900

<http://www.choices4pregnancy.com/>

Post Abortion Stress Support (PASS)- Charleston

260 W. Locust Ave.
Charleston, IL 61920
217-345-5000

<http://www.choices4pregnancy.com/>

Post Abortion Stress Support (PASS)- Mattoon

105 N 10th St., Suite #3
Mattoon, IL 61938
217-234-3312

<http://www.choices4pregnancy.com/>

Prairie Association of Home and Community Education

122 S. Walnut
Arthur, IL 61911
217-543-3755

Pregnancy and Labor Support (PALS)

260 W. Locust Ave.
Charleston, IL 61920
217-345-8000
217-234-3312
217-463-7800

Premarital Coaching and Marriage Enrichment

1600 Wabash Ave.
Mattoon, IL 61938
217-234-2928

<http://www.mattoonfcc.com/>

Pregnancy and Labor Support (PALS)

260 W. Locust Ave.
Charleston, IL 61920
217-345-8000
217-234-3312

Pre-Marital Counseling

17498 N. Livingston Rd.
Marshall, IL 62441
217-826-3477

Prenatal Classes

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555

<http://www.shelbyhealth.net/>

Protecting Your Homeownership Investment: Post-Purchase Workshop

515 N. Cedar St.
Shelbyville, IL 62565
217-744-3532
217-774.4541

<http://sefseoc.org/>

Rape Crisis Services at A Woman's Fund

501 W. Church
Champaign, IL 61820
217-355-5214

RBHN Crisis Line

750 Broadway Ave. East
Mattoon, IL 61938
866-567-2400

<http://www.lifelinksinc.org/>

Regional Behavioral Health Network (RBHN)- A 24 Hour Crisis Line

Coles, Cumberland, Edgar, Clark, and Effingham Counties
866-567-2400

<http://www.lifelinksinc.org/>

Rescue 1 Paramedic Services

221 W. Madison Ave.
Chrisman, IL 61924
217-269-3911

<http://www.rescue1paramedics.com/>

Rides Mass Transit District

30 Veterans Dr.
Harrisburg, IL 62946
618-253-8761
<http://www.ridesmtd.com/>

Rides Plus
30 Veterans Dr.
Harrisburg, IL 62946
844-718-1882
<http://www.ridesmtd.com/>

RISE Behavioral Health and Wellness
114 W. Houghton St.
Tuscola, IL 61953
217-253-4731
<https://www.risedoco.com/>

Safe Kids Chapter
1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealth.org/>

SAIL—Community Reintegration Program—Charleston
7070Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL—Community Reintegration Program—Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-876-8888
217-774-4322
<http://www.decatursail.com/>

SAIL—Disability Education and Awareness—Charleston
7070Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL— Disability Education and Awareness – Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-876-8888
217-774-4322

<http://www.decatursail.com/>

SAIL—Family and Youth Services—Charleston
7070Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL— Family and Youth Services –Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-876-8888
217-774-4322
<http://www.decatursail.com/>

SAIL—Independent Living Services—Charleston
7070Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL— Independent Living Services – Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-876-8888
217-774-4322
<http://www.decatursail.com/>

SAIL—Personal Assistant Program—Charleston
7070Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL— Personal Assistant Program – Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-876-8888
217-774-4322
<http://www.decatursail.com/>

SAIL—FIVE CORE SERVICES: Charleston
7070Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

Salvation Army of Coles & Cumberland County
1300 Richmond Ave.

PO Box 671
 Mattoon, IL 61938
 217-234-3915
<http://www.usc.salvationarmy.org/Mattoon>

Sarah Bush Community Online Resource Directory (CORD)
 1-866-511-2673
cord@sblhs.org

Sarah Bush Lincoln Weight Watchers at Work
 1000 Health Center Dr.
 Charleston, IL 61920
 217-348-2140
 217-258-2140

SBL Employee Assistance Program
 1005 Health Center Dr., Ste 101
 Mattoon, IL 61938
 217-258-2417
<http://www.sarahbush.org/>

SBL Financial Assistance
 1000 Health Center Dr.
 Charleston, IL 61920
 800-381-0040
<https://www.sarahbush.org/patients-visitors/financial-assistance/>

SBL Peace Meal Senior Nutrition Program
 915 Lincoln Ave.
 Charleston, IL 61920
 217-345-1800
<http://www.sarahbush.org/peacemeal>

SBL Safe Sitter
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-345-6822
<https://www.sarahbush.org/safesitters/>

SBL Tobacco Cessation Services
 1000 Health Center Dr.
 Mattoon, IL 61938
 217 348-4691
<http://www.sarahbush.org/your-health/tobacco-cessation-services/>

SBLHC A.W.A.K.E. Support Group
 1000 Health Center Dr.
 Mattoon, IL 61938

217-238-4538
<http://www.sarahbush.org/>

SBLHC Big Brother, Big Sister Pajama Party “Sibling Class”
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2229
<http://www.sarahbush.org/ohbaby>

SBLHC Cardiac Rehabilitation
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2177
<http://www.sarahbush.org/>

SBLHC Community CPR Course
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2403
 217-348-2403
<http://www.sarahbush.org/>

SBLHC Community First Aid Course
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2403
 217-348-2403
<http://www.sarahbush.org/>

SBLHC Diabetes Nutritional Counseling
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2199
<http://www.sarahbush.org/>

SBLHC Diabetic Support Group
 1000 Health Center Dr.
 PO Box 372
 Mattoon, IL 61938
 217-258-2199
 217-348-2199
<http://www.sarahbush.org/>

SBLHC Emergency Medical Technician (EMT) Course
 Sarah Bush Lincoln Hospital
 Mattoon, IL 61938
 217-258-2403
 217-348-2403

<https://www.sarahbush.org/ems/class-schedule/>

SBLHC First Aid for Emergencies and Adult & Pediatric CPR

1000 Health Center Dr.
PO Box 372
Mattoon, IL 61938
217-258-2403

<http://www.sarahbush.org/>

SBLHC Hopeful Horizons Grief Support Group

800-454-4055

<http://www.sarahbush.org/cordlink>

SBLHC Ostomy Support Group

1000 Health Center Dr.
PO Box 372
Mattoon, IL 61938
217-258-4112
217-348-4112

<http://www.sarahbush.org/>

SBLHC Outpatient Nutritional Counseling

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2199

<http://www.sarahbush.org/>

SBLHC Parent to Parent Breastfeeding Support Group

1000 Health Center Dr.
PO Box 372
Mattoon, IL 61938
217-258-2229

<http://www.sarahbush.org/>

SBLHC Pathways Through Grief Support Group

1004 Health Center Dr., Ste 202
Mattoon, IL 61938
800-454-4055
217-234-4075

<http://www.sarahbush.org/>

SBLHC Pulmonary Rehabilitation

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2177

<http://www.sarahbush.org/>

SBLHC Safe and Snug " Car Seat Class"

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229

<http://www.sarahbush.org/>

SBLHC Step in the Right Direction

1000 Health Center Dr.
PO Box 372
Mattoon, IL 61938
217-238-4808

<https://www.sarahbush.org/stepintherightdirection/>

School Assistance and Support

730 7th St.
Charleston, IL 61920
217-348-0151

School Based Mentoring

825 18th St.
Charleston, IL 61920
217-348-8741

<http://www.joinssomethingbig.org/>

Screening Assessment and Supportive Services (SASS) For Children and Adolescents

750 Broadway Ave. East
Mattoon, IL 61938
800-345-9049
866-567-2400

<http://www.lifelinksinc.org/>

Senior Citizen Counseling

Senior Living
17498 N. Livingston Rd.
Marshall, IL 62441
217-826-3477

<http://www.meridiansenior.com/marshall>

Senior Counseling Program

120 Courthouse Square
Toledo, IL 62468
217-849-3065

Sexual Assault Counseling and Information Service- SACIS

1505 18th St., Suite 2
Charleston, IL 61920
217-348-5033

<http://www.sacis.org/>

**Shelby Co. Community Services -
Developmental Training**

1810 W. S. 3rd St.
Shelbyville, IL 62565
217-774-5587
<http://www.sccsil.com/>

**Shelby Co. Community Services - DUI and
Substance Abuse Program**

101 East North 12th St.
Shelbyville, IL 62565
217-774-1400
217-774-5587
<http://www.sccsil.com/>

**Shelby Co. Community Services - Outpatient
Services**

314 North Cedar, PO Box 650
Shelbyville, IL 62565
217-774-2113
217-774-3961
<http://www.sccsil.com/>

**Shelby Co. Community Services - Residential
Services**

PO Box 650
Shelbyville, IL 62565
217-744-3112
217-774-5587
<http://sccsil.com/>

**Shelby County Grandparents Raising
Grandchildren Support Group**

Shelbyville, IL
217-728-8521
800-736-4675

Shelby County Public Health Department

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555

Shelby County Senior Center

325 E. North Ninth Street
Shelbyville, IL 62565
217-774-2251

Shelbyville Public Library

154 N. Broadway
Shelbyville, IL 62565

217-774-4432

<http://www.shelbyville.lib.il.us>

Smoking Cessation Program

1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealth.org/>

Soup Kitchen

311 7th St.
Charleston, IL 61920
217-345-7264
<http://soupstop.org/>

Speakers Bureau- Faces of Recovery

750 Broadway Ave. East
Mattoon, IL 61938
217-238-5701
<http://www.lifelinksinc.org/>

Standing Stone and Carpenters Table

375 North 14th St.
Charleston, IL 61920
217-549-3378
www.standingstoneecc.com

State of Illinois Division of Rehabilitation

129 N. 15th St.
Mattoon, IL 61938
217-235-3154
<http://www.dhs.state.il.us/page.aspx?item=29764>

**St. Louis District Dairy Council - Springfield
Office**

3600 Wabash Avenue
Springfield, IL 62711
217-726-8480
<http://www.stldairycouncil.org/>

Story-time/Music-time

14 N. Main St.
Villa Grove, IL 61956
217-832-5211

**Supplemental Nutrition Assistance Program-
SNAP**

122 S. Walnut
Arthur, IL 61911
217-543-3755

<http://www.extension.illinois.edu/ccdms>

Supportive Living Facility

480 W. Polk Ave.
Charleston, IL 61920
217-345-4900
<http://www.hw-charleston-slf.com/>

Tanning, Well and Septic Program

200 S. Indiana
PO Box 130
Toledo, IL 62468
217-849-3211
<http://www.cumberlandhealth.org>

The Autism Program of CTF Illinois

6081 Development Dr.
Charleston, IL 61920
217-348-3869
<http://www.ctfillinois.org/tap/>

The Counseling Connection

506 W. Lincoln Ave., Suite 500
Charleston, IL 61920
217-348-3334

The Haven

2017 Broadway Ave.
Mattoon, IL 61938
217-234-7237
<http://mattoonhaven.org/>

Thrif-T-Boutique – Sullivan

14 South Washington St.
Sullivan, IL 61951
217-728-8521

Tobacco-Free Program

200 S. Indiana
PO Box 130
Toledo, IL 62468
217-849-3211
<http://www.cumberlandhealth.org/>

Trafficking Victim Assistance Program - Illinois

Coalition for Community Services (ICCS)
partnering with Heartland Alliance and U.S.
Committee for Refugees and Immigrants
825 18th St.
Charleston, IL 61920
888-373-7888

<http://www.traffickingresourcecenter.org/>

Tuscola Public Library

112 E. Sale St.
Tuscola, IL 61953
217-253-2812
217-253-4024

Tuscola Salvation Army

107 W. South Central
Tuscola, IL 61953
217-253-4434

Tuscola Township Clothing Bank

104 N. Main
Tuscola, IL 61953
217-253-2222

United Methodist Children's Ministry

1601 Charleston Ave.
Mattoon, IL 61938
217-235-5676
<http://www.mattoonumc.com/>

**University of Illinois Extension Agriculture:
Local Food Systems and Small Farms**

122 -S. Walnut St.
Arthur, IL 61911
217-543-3755
<http://www.extension.illinois.edu/ccdms/>

**University of Illinois Extension - Coles,
Cumberland, Douglas, Moultrie, and Shelby
County**

707 Windsor Rd., Suite A
Charleston, IL 61920
217-345-7034
<http://extension.illinois.edu/>

**University of Illinois Extension –
Cumberland/Jasper Unit**

130 Courthouse Square
Toledo, IL 62468
217-849-3931

**University of Illinois Extension – Shelby
County**

1125 W. N. Second St.
Shelbyville, IL 62565
217-774-9546
<http://www.extension.illinois.edu/ccdms/>

University of Illinois Extension Youth Development
 122 S. Walnut
 Arthur, IL 61911
 217-543-3755
<http://www.extension.illinois.edu/ccdms/>

Utility/Rental Assistance- Salvation Army Mattoon Corps
 1300 Richmond Ave.
 Mattoon, IL 61938
 217-234-3915

Villas of Holly Brook–Effingham
 904 W. Evergreen Ave.
 Effingham, IL 62401
 217-342-2345
<http://www.meradiansenior.com/community/effingham>

Villas of Holly Brook-Shelbyville
 2201 W. Main St.
 Shelbyville, IL 62565
 217-774-1040
<http://meradiansenior.com/>

Vision and Hearing Screening–Douglas County Health Department
 1250 E. US Hwy. 36
 Tuscola, IL 61953
 217-253-4137
<http://www.douglascountyhealth.org/>

VITA–Volunteer Income Tax Assistance
 515 N. Cedar St.
 Shelbyville, IL 62565
 217-774-4541
<http://cefseoc.org/>

Vocational Services–CTF ILLINOIS
 6081 Development Dr.
 Charleston, IL 61920
 217-348-3869
<http://www.ctfillinois.org/>

Weatherization
 107 W. South Central
 Tuscola, IL 61953
 217-253-6133
<http://www.erbainc.org>

WEIU FM & TV
 1521 Buzzard Hall
 600 Lincoln Ave.
 Charleston, IL 61920
 217-581-9348
<http://www.weiu.net/>

We've Got Your Back! Epidural Class
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2229
<https://www.sarahbush.org/ohbaby/>

Women, Infants and Children - Coles County
 825 18th St.
 Charleston, IL 61920
 217-348-0526
 1404 Broadway Ave.
 Mattoon, IL 61938
<http://www.co.coles.il.us/cchd/index.html>

Women, Infants and Children - Shelby County
 1700 W. South Third St.
 Shelbyville, IL 62565
 217-774-9555
 217-774-5812
<http://www.shelbyhealth.net/>

Workforce Investment Act
 515 N. Cedar
 Shelbyville, IL 62565
 217-774-5559

Youth Workforce Training and Education Program
 305 Richmond Ave. East
 Mattoon, IL 61938
 217-238-8213
 217-238-8212
 217-238-8282
 217-235-2222
<http://www.cefseoc.org/>