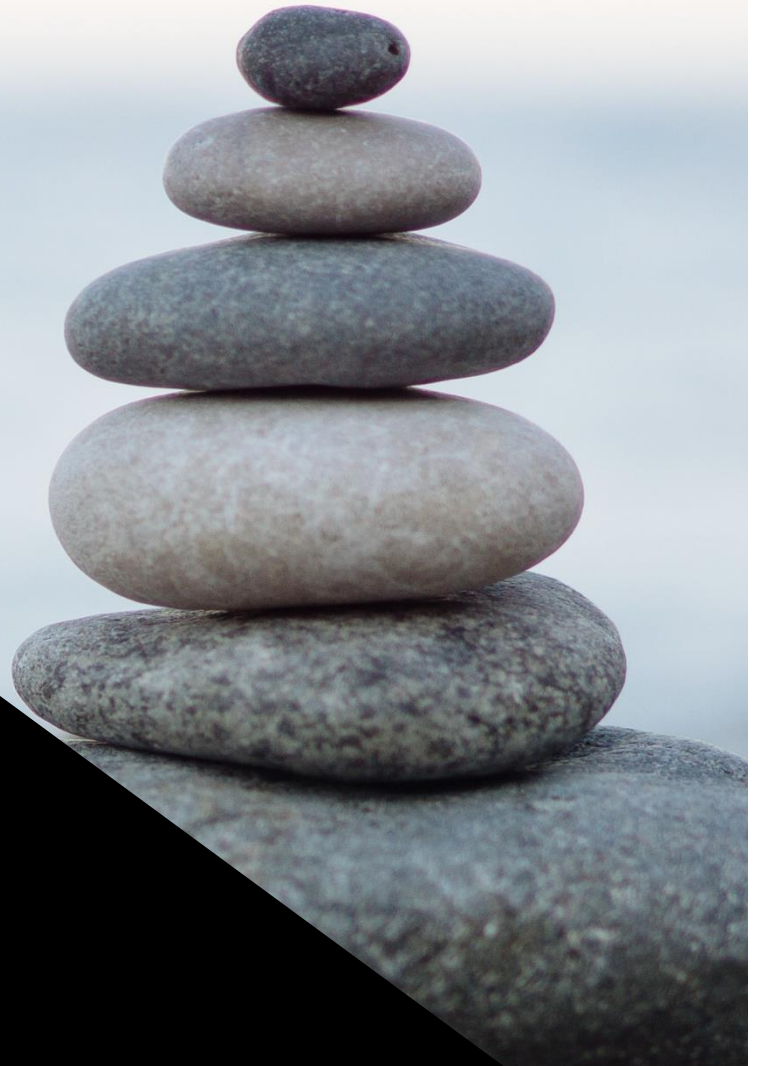


Resource Guide

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



Hour House Prevention
June 2022

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 Ins.
 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

The Job Center
 515 N. Cedar
 Shelbyville, IL 62565
 217-774-5550
Jobcenter1@consolidated.net

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>

Life Links - Individual Placement & Support
 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.eciaaa.org/>

Alzheimer's Support Group – Charleston Villas of Holly Brook

738 18th St.
Charleston, IL 61920
217-512-2773
<http://www.villasofhollybrook.com/>

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
Email: generalinfo@centralillinoispt.com

The Arthur Home

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

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

Blood work-Coles County and Surrounding Area

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

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>

Care Coordination Unit-Urbana

304 N. Maple, Suite 202
 Urbana, IL 61802217-384-3360

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>

Catholic Charities – Effingham: Med Assist Program

1502 E. Fayette Ave.
Teutopolis, IL 62467
217-857-1458

<http://www.cc.dio.org/>

Catholic Charities – Effingham: Dental Voucher Program

1502 E. Fayette Ave.
Teutopolis, IL 62467
217-857-1458

<http://www.cc.dio.org/>

Catholic Charities – Effingham: Diabetic Medical Program

1502 E. Fayette Ave.
Teutopolis, IL 62467
217-857-1458

<http://www.cc.dio.org/>

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

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/therapists_richard.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
<https://www.dchealthil.org/>

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

Copper Creek Cottages – Assisted Living Community
 920 Country Club Road
 Mattoon, IL 61938
 217-235-0001
<https://www.coppercreekcottages.com/>

CSBG Summer Youth Scholarship
 515 N. Cedar St.

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

Cumberland Co. Health Department— Direct Services Program, Health Works Program, Immunizations, Lead Screening, Risk Infant Program-APORS, Newborn Follow-Up Program
 200 South Indiana, PO Box 130
 Toledo, IL 62468
 217-849-3211, Ext. 224
<http://www.cumberlandhealth.org/>

Cumberland Co. Health Department— Communicable Disease Program
 200 South Indiana, PO Box 130
 Toledo, IL 62468
 217-849-3211, Ext. 234
<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
<https://www.dchealthil.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>

East Central Illinois District 12 Alcoholics Anonymous – AA
 217-373-4200 (24/7 hotline)
<http://aa-eci.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
 1250 E. US Hwy. 36
 Tuscola, IL 61953
 217-253-4137
<https://www.dchealthil.org/>

ERBA Head Start (Greenup)
 400 W. Pleasant St.
 Greenup, IL 62428
 217-923-3113
<http://erbainc.org>

ERBA Head Start (Tuscola)
 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
<https://www.dchealthil.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 - 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/ILFAMILYRESOURCECENTER>
<https://www.facebook.com/Recoveryispossibleeastcentralillinoisrosc/>

Hour House - Charleston Adult Outpatient Office and DUI/Risk Ed.

726 4th St.
Charleston, IL 61920
217-348-8118
<http://hourhourecovery.org>

Hour House - Mattoon Adult Outpatient Office and DUI/Risk Ed.

416 N. 19th St.
Mattoon, IL 61938
217-258-2968
<http://hourhourecovery.org>

Hour House - Adult Men's Residential and Detox Services

635 Division St.
Charleston, IL 61920
217-348-8108
<http://hourhourecovery.org>

Hour House - Men's ¾ Recovery Home

657 Division St.
Charleston, IL 61920
217-348-8108
<http://hourhourecovery.org>

Hour House - Adult Women's Residential Services

8500 E. Co. Rd. 150N.
Lerna, IL 62440
217-235-1303
<http://hourhourecovery.org>

Hour House - 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 - Shelbyville Adult Outpatient Office and DUI/Risk Ed.

155 South Morgan St.
Shelbyville, IL 62565
217-774-5566
<http://hourhourecovery.org>

Hour House - Women's Recovery Home and Office

1501 1/2 18th St.
Charleston, IL 61920
217-348-5444
<http://hourhourecovery.org>

Hour House - 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://specialcarecorp.com/new-vision-shelbyville.aspx>

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/>

Immediate Meds

4217 DeWitt Ave.
Mattoon, IL 61938
217-235-0420
E-mail: burns_matt@cc.dio.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
<https://www.dchealthil.org/>

Immunization Clinics - 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/>

International Travel Program

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

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
<https://www.dchealthil.org/>

Life Center of Cumberland County

507 E. Main St.
 Toledo, IL 62468
 217-849-3965

Life Links - Adult, Adolescent and Child Counseling

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

Life Links - Caregiver Connections

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

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/>

Mattoon Lions Club

Box 242
Mattoon, IL 61938
<http://e-clubhouse.org/sites/mattoon/index.php>

Nail Clinic

1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<https://www.dchealthil.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/> or <http://mda.org/research2>

Moultrie County Health Department

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

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>

The Oaks Manor, Senior Living

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

Odd Fellow-Rebekah Home

201 Lafayette Ave. East
 Mattoon, IL 61938
<http://www.heritageofcare.com/mattoon/>

**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
 E-mail: mid-ilseniors@hotmail.com

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/therapist_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 Home Care
1004 Health Center Drive, Suite 202
Mattoon, IL 61938
217-234-4418
1-800-879-3212
<https://www.sarahbush.org/homecare>

Sarah Bush Lincoln Hospice
1004 Health Center Drive, Suite 202
Mattoon, IL 61938
800-454-4055
<https://www.warabush.org/hospice/>

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

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 Marketplace (Insurance) Assistance
 1000 Health Center Drive
 Mattoon, IL 61938
 217-238-4994
<http://www.sarahbush.org/>

SBL Mobile Mammography Services
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2588
<http://www.sarahbush.org/>

SBL Patient Psychiatric Unit
 1000 Health Center Drive
 Mattoon, IL 61938
 217-258-2397
http://www.sarahbush.org

SBL Regional Cancer Center
 1001 Health Center Dr.
 Mattoon, IL 61938
 217-258-2250
<http://www.sarahbush.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 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 Oh Baby! - Two Week Comprehensive and Oh Baby! Express

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

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/>

SBLHC We've Got Your Back! Epidural Class

1000 Health Center drive
Mattoon, IL 61938

217-238-4994
<http://sarahbush.org/>

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
E-mail: mid-ilseniors@hotmail.com

Senior Services - Effingham

209 S. Merchant St.
Effingham, IL 62401
217-347-5569
800-283-4070 (after hours or weekends)
<http://www.seniorservices-eccoa.org/>

Sexually Transmitted Disease

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

Shelby County Public Health Department

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

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/>

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
<https://www.dchealthil.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

UIC, DSCC Home Care Program
3135 Old Jacksonville Rd.
Springfield, IL 62704
217-524-2000
E-mail: dmanders@uic.edu

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

Villas of Holly Brook and Reflection's Memory Care - Charleston
738 18th St.
Charleston, IL 61920
217-512-2773
<https://www.villasofhollybrook.com/>

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

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

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/>

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

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.abbcouncounseling.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

<https://www.dchealthil.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/>

The Autism Program of CTF Illinois
6081 Development Dr.
Charleston, IL 61920
217-348-3869
<http://www.ctfillinois.org/tap/>

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 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 - Having Your Baby

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

Carle Heart Center- Heart Disease Prevention Clinic

509 W. University Ave.
Urbana, IL 61801
217-383- 3010
<http://www.carle.org/>

Carle-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
<https://www.dchealthil.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.ccsicares.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/>

Catholic Charities – Effingham: Professional Counseling Solutions

1502 E. Fayette Ave.
Teutopolis, IL 62467
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/>

Choices Pregnancy & Health—Charleston
 260 W. Locust Ave.
 Charleston, IL 61920
 217-345-5000
<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

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

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

Cumberland County Health Department - Breastfeeding Program
200 South Indiana, PO Box 130
Toledo, IL 62468
217-849-3211, Ext. 234
<http://www.cumberlandhealth.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/>

East Central Illinois District 12 Alcoholics Anonymous-AA

217-373-4200 (24/7 hotline)
<https://aa-eci.org/>

East Central Illinois ROSC – Hour House
 513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
<https://www.govst.edu/ROSC-GSU/ROSCC/>

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 Asst

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 Caregiver Services

304 East Main St.
Shelbyville, IL 62565
217-774-7885

E-mail: angela.levitt@ccsicares.com

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

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

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.heartlandhs.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 - 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/ILFAMILYRESOURCECENTER>
<https://www.facebook.com/Recoveryispossibleeastcentralillinoisrosc/>

Hour House - Charleston Adult Outpatient Office and DUI/Risk Ed.

726 4th St.
Charleston, IL 61920
217-348-8118
<http://hourhourecovery.org>

Hour House - Mattoon Adult Outpatient Office and DUI/Risk Ed.

416 N. 19th St.
Mattoon, IL 61938
217-258-2968
<http://hourhourecovery.org>

Hour House - Adult Men's Residential and Detox Services

635 Division St.
Charleston, IL 61920
217-348-8108
<http://hourhourecovery.org>

Hour House - Men's ¾ Recovery Home

657 Division St.
Charleston, IL 61920
217-348-8108
<http://hourhourecovery.org>

Hour House - Adult Women's Residential Services

8500 E. Co. Rd. 150N.
Lerna, IL 62440
217-235-1303
<http://hourhourecovery.org>

Hour House - 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 - Shelbyville Adult Outpatient Office and DUI/Risk Ed.

155 South Morgan St.
Shelbyville, IL 62565
217-774-5566
<http://hourhourecovery.org>

Hour House - Women's Recovery Home and Office

1501 1/2 18th St.
Charleston, IL 61920
217-348-5444
<http://hourhourecovery.org>

Hour House - Women's Recovery Home

720 4th St.
Charleston, IL 61920
217-348-8651
<http://hourhourecovery.org>

HUD Continuum of Care (Homeless Services)

515 N. Cedar St.
Shelbyville, IL 62465
217-774-4541
<http://cefseoc.org/>

**HUD - Housing Counseling Program,
Permanent Housing for the Disabled,
Permanent Housing—Rapid Rehousing**
107 W. South Central
Tuscola, IL 61953
217-253-4434
<http://erbainc.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-communitites.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
217549-2106
<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, 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://specialcarecorp.com/new-vision-shelbyville.aspx>

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/>

Outreach Program

114 E. Jefferson St.
Sullivan, IL 61951
217-728-8521
200-736-4675
E-mail: mid-ilseniors@hotmail.com

**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 Advocacy Counseling and Education Services

301 S. Vine, Suite 211
Urbana, IL 61801
217-344-6298
<https://www.cu-races.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
<https://www.dchealthil.org/>

SAIL—Community Reintegration Program—Charleston
 7070 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
 217-876-8888
 217-774-4322
<http://www.decatursail.com/>

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

SAIL—Independent Living Services—Charleston
 7070 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
 217-876-8888
 217-774-4322
<http://www.decatursail.com/>

SAIL—Personal Assistant Program—Charleston
 7070 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
 217-876-8888
 217-774-4322
<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 Hopeful Horizons Grief Support Group
 Prairie Pavilion 2 - 1004 Health Center Drive
 Mattoon, IL 61938
 800-454-4055
<http://www.sarahbush.org/cordlink>

SBL Pathways Through Grief Support Group
 1004 Health Center Dr., Ste 202
 Mattoon, IL 61938
 800-454-4055
 217-234-4075
<http://www.sarahbush.org/>

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 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 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

**Senior Information Services-Ship Counseling
(Senior Health Insurance Program)**

114 E. Jefferson St.
Sullivan, IL 61951
217-728-8521
800-736-4575

E-mail: mid-ilseniors@hotmail.com

**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

<https://www.dchealthil.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.standingstonecc.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>

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
 E-mail: christinaw@erbainc.org

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
<https://www.dchealthil.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/>