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LGBTQ+

RAINBOW CAFÉ
1320 S Giant City Rd., Suite F, Carbondale
815-408-6963
Ages 13-19
Every Friday 6p-10p
facebook.com/rainbowcafelgbtymouthcenter/

LGBTQIA YOUTH TALKLINE
800-246-7743
Ages 12-25
11a-4p
help@LGBThotline.org

TRANS LIFELINE
877-565-8860
www.translifeline.org

THE TREVOR PROJECT LIFELINE
Call 866-488-7386
Text 678678
Chat www.thetrevorproject.org/get-help-now
www.thetrevorproject.org

Crisis

PATH CRISIS
Dial 211 or 1-888-865-9903
Jackson County: 855-985-0911
Trained counselors available 24/7

CRISIS TEXT LINE
Text “GO” to 741-741
Trained counselor responds quickly

WOMEN’S CENTER
Domestic Violence Victim/Sexual Assault Services
618-549-4807
Rape Crisis Line 618-993-0803
24-Hour Hotline 1-800-334-2094

BULLYING
www.stopbullying.gov for resources
https://www.stompoutbullying.org/get-help/helpchat-line/
HelpChat - Online support for those being bullied

NATIONAL RUNAWAY SAFELINE
1-800-786-2929
https://www.1800runaway.org/

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255
www.suicidepreventionlifeline.org/chat

CENTERSTONE CRISIS LINE
855-985-0911

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-7233
www.thehotline.org
Emergency/ Transitional Housing

THE FIELD’S APARTMENTS (18+)
700 S. Lewis Ln., Carbondale
618-549-7377

JACKSON COUNTY HOUSING AUTHORITY (18+)
300 N. 7th St., Murphysboro (office)
618-684-3183

Emotional Health

CENTERSTONE
2311 S. Illinois Ave., Carbondale
855-608-3560
https://centerstone.org/

SHAWNEE HEALTH CARE (12+)
400 S. Lewis Ln., Carbondale
618-519-9900
www.shawneehealth.com

Sexual Health and Pregnancy

JACKSON COUNTY HEALTH DEPARTMENT (12+)
415 Health Department Rd, Murphysboro
STD Testing and treatment
HIV/AIDS testing, prevention and case management
Pregnancy tests (birth control not offered)
Access to condoms
http://www.jchdonline.org/

PREGNANCY MATTERS
241 S. Lewis Ln., Carbondale
618-549-2794
Pregnancy testing
Prenatal, Maternity, and Baby items
Food Pantries & Soup Kitchens

UNIVERSITY BAPTIST CHURCH
700 S. Oakland Dr., Carbondale
618-457-0323
Mon 9a-1p; Fri 9a-11:30a
Photo ID & mail w/name & address required

VICTORY DREAM CENTER
607 E. College St., Carbondale
618-351-8018
Wed 10:30a-1:30p; Sun 12:15p-1p

CARBONDALE CHURCH OF GOD
1461 County Line Rd., Carbondale
618-457-6634
1st and 3rd Thursday of each month 9a-12p

BETHEL AME CHURCH – FEED MY SHEEP
316 E. Jackson St., Carbondale
618-520-5278
Meals served Mon-Fri 12p-1p

GOOD SAMARITAN MINISTRIES SOUP KITCHEN
701 S. Marion St., Carbondale
618-457-0323
Daily Meals Served: 8a, 11:30a & 5p

MURPHYSBORO FOOD PANTRY
906 N. 14th St., Murphysboro
618-684-8258
Mon-Fri 9a-11a

DESOOTO FOOD PANTRY
First Baptist Church
301 N. Hickory, Desoto
618-521-0347
Desoto Township residents only
2nd and 4th Thursday of every month
1p-2:30p

ELM STREET BAPTIST CHURCH FOOD PANTRY
1907 Elm St, Murphysboro
618-684-6368
Murphysboro residents only
Call on Tuesday, pick up food on Wednesday
Dates vary month to month
Photo ID needed, must fill out registration form
www.elmstreetchurch.org

ELKVILLE CHRISTIAN CHURCH
114 S. Second St., Elkville
Basement of back building
618-568-1544
Elverado school district residents only
3rd Sunday of every month
5p-6p

SHALOM CO-OP PANTRY
610 Front St., Grand Tower
618-303-7234
Last Saturday of every month
9a-11a
Income guidelines based on family size

Clothing

UNIVERSITY BAPTIST CHURCH
700 S. Oakland Dr., Carbondale
618-457-0323
Monday & Friday
9a-11a

Housing

THE FIELD’S APARTMENTS (18+)
700 S. Lewis Ln., Carbondale
618-549-7377

JACKSON COUNTY HOUSING AUTHORITY (18+)
300 N. 7th St., Murphysboro (office)
618-684-3183
Physical Health

**TERRIER CARE**
1301 E. Walnut St., Rm J120, Carbondale
618-519-9200
Closed when students not in session

**SHAWNEE HEALTH CARE**
400 S. Lewis Ln., Carbondale
618-519-9200
www.shawneehealth.com

Hygiene

**JOHN A. LOGAN COLLEGE COSMETOLOGY (HAIRCUTS)**
700 Logan College Dr., Carterville
618-985-3741
https://www.jalc.edu/allied-health-and-public-service/cosmetology
Services, hours, and pricing listed under additional resources on web page provided above.

Substance Use Prevention

**SUBSTANCE USE PREVENTION**
Generation Rx—Opioid Awareness Classes
To set up a session contact Christie Rodgers
618-922-7152

Dental

**SIUC COMMUNITY DENTAL CENTER**
1365 Douglas Dr., Carbondale
618-453-2353
Prices range ($20-$130)
17 and under must be accompanied by adult
https://sah.siu.edu/cdc.php

**SIUC DENTAL HYGIENE CENTER**
1365 Douglas Dr., Carbondale
618-453-8826
Prices listed on web page
17 and under must be accompanied by adult
https://sah.siu.edu/dhc.php

**SIUC FREE DENTAL CLINICS**
Watch for upcoming events.
https://news.siu.edu/

Substance Use Treatment

**CENTERSTONE (12+)**
2311 S. Illinois Ave., Carbondale
855-608-3560
https://centerstone.org/

**TOBACCO QUITLINE**
1-866-784-8937
www.quit4es.org
www.Smokefree.gov

**GATEWAY FOUNDATION**
1080 E. Park St., Carbondale
618-319-7505
www.gatewayfoundationcarbondale.org
GED Classes

JOHN A. LOGAN COLLEGE
618-985-3741
https://www.jalc.edu/adult-basic-secondary-education/adult-basic-education-ged

REBOUND
205 N. Oakland Ave, Carbondale
618-549-8232
http://www.chs165.jacksn.k12.il.us/academics/rebound

YOUTHBUILD
618-242-6723
Assists with GED
Construction classes
Mt. Vernon/Centralia locations

Transportation

SALUKI EXPRESS
618-549-2877
SIUC ID, bus pass or $1 fee

JACKSON COUNTY MASS TRANSIT
618-549-0304
Advanced notice required

CARBONDALE TOWNSHIP
618-457-3366
Free rides to Murphysboro Food Pantry,
Jackson County Health Department,
Department of Human Services, Western
Egyptian and Jackson County Probation
Office

Utility Assistance

WESTERN EGYPTIAN E.O.C. (18+)
342 North St., Suite B, Murphysboro
618-443-5231

CARBONDALE TOWNSHIP (18+)
217 E. Main St., Carbondale
618-457-3366

MURPHYSBORO TOWNSHIP
1410 Walnut St., Murphysboro
618-684-6711

Employment

MAN-TRA-CON
628 E. Walnut St, Carbondale
618-457-6460

ILLINOIS WORKNET
Interest assessments
Job search
www.IllinoisWorkNet.com

ILLINOIS DEPARTMENT OF LABOR
Worker’s Permit for ages 14-15
https://www2.illinois.gov/idol/FAQs/Pages/
child-labor-faq.aspx
Peer Support - 12-step Programs

UNITED METHODIST CHURCH (ALCOHOLICS ANONYMOUS)
1500 Pine St., Murphysboro
618-687-2317
Monday & Wednesday 7p
Saturday 10a

THE VIEW CHURCH (ALCOHOLICS ANONYMOUS)
725 S. Lewis Ln, Carbondale
618-351-0811
Thursday 6:30p

SAINT FRANCIS XAVIER CHURCH (NARCOTICS ANONYMOUS)
303 S. Poplar, Carbondale
618-457-4556
Tuesday 7:30p

WESLEY FOUNDATION (NARCOTICS ANONYMOUS)
816 S. Illinois Ave, Carbondale
618-457-8165
Friday 8p

Spiritual

INTERFAITH CENTER
913 S. Illinois Ave, Carbondale
618-549-7387

CARBONDALE UNITARIAN FELLOWSHIP
105 N. Parrish Ln, Carbondale
618-529-2439
Recreation

CARBONDALE PARK DISTRICT
618-549-4222
www.cpkd.org/recreation/youth-activities/
- Martial Arts ($40-$50)
- Soccer clinics ($24-$30)
- Archery ($24-$30)
- T-ball clinics ($24-$30)
- Basketball leagues ($25-$31.25)

Life Community Center
2500 W. Sunset Dr, Carbondale
Swimming pool ($3.25-$4.50)

Super Splash Park
625 S. Lewis Ln, Carbondale
$5-$750

Hickory Ridge Golf Center
2727 W. Glenn Rd, Carbondale
$15-$26

Disc Golf
Evergreen Park
1205 W. Pleasant Hill Rd, Carbondale

Softball Field
Lenus Turley Park
Corner of W. Main and Glenview Dr, Carbondale

Crispus Attucks Park
800 North Wall St.
Football, Basketball, Tennis, Soccer Fields/Courts

CARBONDALE LIBRARY TEEN PGM
405 W. Main, Carbondale
618-457-0354
carbondalepubliclibrary.org

SIU RECREATION CENTER
300 E. Grand Ave, Carbondale
618-453-1277
www.rec.siu.edu

SIU STUDENT CENTER
1255 Lincoln Dr, Carbondale
618-536-3351
Craft Workshops, Bowling & Billiards

Miscellaneous

DEPARTMENT OF HUMAN SERVICES
SNAP & Medicaid
www.dhs.state.il.us

BOYS AND GIRLS CLUB
Service Program
250 N. Springer St., Carbondale
618-457-8877

LAND OF LINCOLN LEGAL ASSISTANCE
509 S. University St., Carbondale
618-457-7800
Advisement on legal matters
http://lollaf.org/

ONLINE BULLYING & ABUSE AWARENESS
www.athinline.org

NEIGHBORHOOD CO-OP LINK MATCH
1815 W. Main St., Carbondale
618-529-3533
Co-op will match Link purchases up to $25 towards your next purchase of local fruits and vegetables at the Co-op

Community Youth Services

Magdalena Dul
Community Youth Services Program Organizer
Magdalena.Dul@centerstone.org
618-305-4618
or
Edrica McDowell
Community Services Manager
edrica.mcdoowell@centerstone.org
855-608-3560, ext. 7863