<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clothing</td>
<td>3</td>
</tr>
<tr>
<td>Community Youth Services</td>
<td>3</td>
</tr>
<tr>
<td>Crisis</td>
<td>3</td>
</tr>
<tr>
<td>Dental</td>
<td>4</td>
</tr>
<tr>
<td>Emergency/Transitional Housing</td>
<td>4</td>
</tr>
<tr>
<td>Emotional Health</td>
<td>4</td>
</tr>
<tr>
<td>Employment</td>
<td>4</td>
</tr>
<tr>
<td>Family</td>
<td>4</td>
</tr>
<tr>
<td>Food Pantries</td>
<td>5</td>
</tr>
<tr>
<td>GED Classes</td>
<td>6</td>
</tr>
<tr>
<td>Housing</td>
<td>6</td>
</tr>
<tr>
<td>LGBTQ+</td>
<td>6</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>6</td>
</tr>
<tr>
<td>Peer Support</td>
<td>7</td>
</tr>
<tr>
<td>Physical Health</td>
<td>7</td>
</tr>
<tr>
<td>Recreation</td>
<td>8</td>
</tr>
<tr>
<td>Sexual Health &amp; Pregnancy</td>
<td>8</td>
</tr>
<tr>
<td>Spiritual</td>
<td>9</td>
</tr>
<tr>
<td>Substance Use Prevention</td>
<td>9</td>
</tr>
<tr>
<td>Substance Use Treatment</td>
<td>9</td>
</tr>
<tr>
<td>Transportation</td>
<td>9</td>
</tr>
<tr>
<td>Utility Assistance</td>
<td>9</td>
</tr>
</tbody>
</table>
Clothing

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

Community Youth Services

Magdalena Dul
Community Youth Services Program Organizer
Magdalena.Dul@centerstone.org
618-305-4618

Edrica McDowell
Community Services Manager
edrica.mcdowell@centerstone.org
855-608-3560, ext. 7863

Crisis

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

CENTERSTONE CRISIS LINE
855-985-0911

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

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-7233
www.thehotline.org

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

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

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

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

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/
Emergency/Transitional Housing

CARBONDALE WARMING CENTER
608 E. College, Carbondale
314-312-2539

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

Employment

50 YARD CHALLENGE
https://weareraisingmen.com/
the-50-yard-challenge/

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

INDEED.COM

Family

FAMILYSEARCH.ORG
Find your roots, your gang, your history.

FAMILY VACATION NIGHT
https://www.facebook.com/FamilyVacationNight/
https://familyvacationnight.weebly.com/
Food Pantries & Soup Kitchens

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

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

DESGOTO 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

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

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

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

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.

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
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

LGBTQ+

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

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

Miscellaneous

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

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

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

ONLINE BULLYING & ABUSE AWARENESS
www.athinline.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.cchs165.jacksn.k12.il.us/academics/rebound

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

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

TRANSLIFE LINE
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
Peer Support – 12-step Programs

THE CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS (QUIT SMOKING SUPPORT)
618-203-9677 OR 573-576-8454
Videos to help you assist a family member or friend
www.churchofjesuschrist.org/study/life-help?lang=eng

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

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

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

Physical Health

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

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

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

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)

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

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

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

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

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

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

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

Substance Use Treatment

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

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

Transportation

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

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

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

Spiritual

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

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

Substance Use Prevention

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

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

Utility Assistance

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

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

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