



**THE D105 DIFFERENCE**

## La Grange School District 105 **Community Resource Guide**

### Counseling and Therapy

#### **Pillars Community Health**

23 Calendar Ave., La Grange, IL 60525  
(708) 745-5277

[pillarscommunityhealth.org](http://pillarscommunityhealth.org)

- Services for counseling, addictions, domestic violence, sexual assault and parenting
- Accepting Medicaid and most major insurance plans
- May experience extended waiting periods for services

#### **The Family Institute**

One Westbrook Corporate Ctr, Ste. 300, Westchester, IL 60154  
(312) 609-5300

[www.family-institute.org](http://www.family-institute.org)

- Counseling services for youth and families
- Accepts sliding-scale payment and limited forms of insurance

#### **Hinsdale Therapy Group**

522 Chestnut Street, Suite 2D Hinsdale, IL 60521  
(630) 321-1073

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

- Individual therapy for adults, adolescents and children around mental health and stress; family therapy to address poor communication, behavioral problems, and conflict; play therapy and coaching for young children; and parenting skills and training
- Anxiety, ADHD, depression, highly emotional child, explosive/disruptive behavior, bipolar, adjustment issues, blended families, separation/divorce, communication issues, high conflict, parenting, wellness

### **The Community House Counseling Center**

415 W 8th Street, Hinsdale, IL 60525

(630) 323-7500 ext. 239

[www.thecommunityhouse.org](http://www.thecommunityhouse.org)

- Individual and group counseling services for adolescents, adults, families and couples
- Accepting most major insurance plans and sliding-scale payment

### **Heritage Professional Associates**

120 E Ogden Avenue, Suite 220, Hinsdale, IL 60521

(630) 325-5300

<https://www.heritageprofessional.com/>

- Counseling services for youth and families

### **The OCD & Anxiety Center**

1100 Jorie Blvd. Suites 132 & 243 Oak Brook, IL 60523

(630) 686-7886 or email [info@theoecdandanxietycenter.com](mailto:info@theoecdandanxietycenter.com)

[theoecdandanxietycenter.com](http://theoecdandanxietycenter.com)

- Treats anxiety, OCD, PTSD, and related disorders with evidence-based, effective, cognitive behavioral therapy and exposure-based therapy

### **Buddy's Place/Childhood Grief**

(708) 995-3751 or email [buddysplace@pchcares.org](mailto:buddysplace@pchcares.org)

- Offers an 8-week support group each spring and fall for bereaved children and their parent
- Monthly support groups offered the second Monday of every month in addition to counseling, presentations & consultations

### **Alder Grove Counseling**

1101 W 31st Street Suite 105 Downers Grove, IL 60515

(63) 206-0272 or email [info@aldergrovecounseling.com](mailto:info@aldergrovecounseling.com)

[aldergrovecounseling.com](http://aldergrovecounseling.com)

- Child, teen, and family therapy
- Uses a variety of treatment approaches including cognitive behavioral therapy, mindfulness based therapy, play therapy, art therapy, and more

### **Center for Creative Arts Therapy**

4336 Saratoga Ave, 2nd floor Downers Grove, IL 60515

(847) 477-8244 or email [info@c4creativeartstherapy.com](mailto:info@c4creativeartstherapy.com)

[www.c4creativeartstherapy.com](http://www.c4creativeartstherapy.com)

- Individual counseling for children and teens, group therapy and family therapy services
- Art therapy, music therapy, drama therapy, dance/movement therapy, expressive arts therapy

**Life Insight Therapy Collective**  
115 S Vine St, Hinsdale, IL 60521  
(630) 563-0044

<https://life-insight.com/hinsdale-services/child-counseling/>

- Child counseling addressing mood disorders, peer pressure, dealing with life changes such as divorce, attention and impulse control, trauma, school refusal, separation anxiety and more!
- Teen counseling for bullying, confidence, identity and gender confusion, behavioral outbursts, academic issues, self-harm and more
- The Social Club is a 6-week group designed to help teach kids ages 8-10 social skills like managing emotions, perspective-taking, and self-confidence in a fun and therapeutic way

**Compass Health Center**  
750 Oakmont Ln Westmont IL 60559  
(844) 576-4634

<https://compasshealthcenter.net/new-patients/child/>

- Treatment for mood and anxiety disorders, school refusal, and OCD
- Offers After-School Intensive Outpatient Program (IOP) treats children struggling with mood and anxiety disorders that require more intensive and wrap-around treatment than would be available in outpatient settings and also do not require a higher level of care such as PHP or hospitalization.

## **Food Pantries & Nutrition Assistance**

### **West40 Community Resources**

<https://www.west40communityresources.org/calendar>

This food outreach calendar shows locations and times that food banks in the area are open each day

### **St. Cletus Church**

600 West 55<sup>th</sup> Street, La Grange, IL 60525  
(708) 215-5418 or email [foodpantry@stcletusparish.com](mailto:foodpantry@stcletusparish.com)

- Distributes non-perishable groceries
- Every second Thursday of the month from 6:30 - 8:00 p.m.

### **St. Francis Xavier Church**

124 N. Spring Avenue, La Grange, IL 60525  
Please email [mfreeman@sfxlg.org](mailto:mfreeman@sfxlg.org) or call (708) 352-0168 for more information.

- Distributes perishable and nonperishable groceries and toiletries.
- Every Tuesday from 10:00-11:30 a.m.
- Must bring proof of residence of zip codes 60525 or 60526.

### **La Grange Bible Church**

850 S. 7th Avenue, La Grange, IL 60525  
(708) 354-2485

- Distributes fresh food (meat, fruit, canned items), toiletries and clothing
- 10:30-11:30 am every Saturday

### **WIC (Women, Infants and Children)**

7666 W 63rd Street, Summit, IL 60501

(708) 458-0012

- Nutrition education and counseling.
- Provides vouchers for nutritious foods.
- Referrals to other social and health services.
- Mothers with children under age five qualify.

### **First Congregational Church of La Grange**

100 S Sixth Ave, La Grange, IL 60525

(708) 352-0800

- Provides hot breakfast at 8:00am on Saturdays.
- Provides hot lunch at noon and a take home sack meal every Saturday

## **Housing Assistance**

### **BEDS Plus**

9601 East Ogden Avenue La Grange, IL 60525

(708) 354-0858; <https://beds-plus.org/>

- Access to rental and utility assistance programs are available for qualified individuals.
- Emergency overnight shelter and homeless assistance; more info at [beds-plus.org/emergency-shelter](https://beds-plus.org/emergency-shelter)
- Provides health care, mental health services, employment support and legal assistance
- Provides financial assistance in order to quickly get back into stable housing

### **South Suburban PADS**

414 W. Lincoln Highway Chicago Heights, IL 60411

(708) 332-7700; [www.sspads.org](http://www.sspads.org)

- Provides homeless prevention and housing assistance
- For emergency shelter call (877) 426-6515
- Offers supportive services, including mental health services, employment services, youth services, substance abuse services, and referrals

### **Suburban Cook County Services Call Center**

(877) 426-6515; [www.suburbancook.org/prevention](http://www.suburbancook.org/prevention)

- Foreclosure and prevention services (financial assistance with mortgage, rent payments, rent deposits, utility payments, or other housing issues)
- May need to call several times to reach a worker

### **CEDA**

7666 W 63rd Street, Summit, IL 60501

(708) 458-2736; [www.cedaorg.net](http://www.cedaorg.net)

- Services for furnace repair and replacement, home weatherization and water assistance
- Offers family support and community engagement case management services
- Offers rent and utility assistance

### **Catholic Charities**

1400 S. Austin Boulevard Cicero, IL 60804  
(708) 329-4022; [www.catholiccharities.net](http://www.catholiccharities.net)

- Provides a wide variety of services, including counseling, addiction services, homelessness prevention, domestic violence counseling, nutritional support, and many more.

### **Community Action Agencies**

Phone: (833) 711-0374

- Program for eligible Illinoisians seeking emergency assistance to cover cost of utility bills, rent, temporary shelter, food, and other household necessities

Access information about Section 8 or other subsidized programs:

**The Housing Authority of Cook County** – [www.thehacc.org](http://www.thehacc.org)

**Housing and Urban Development** – [www.resources.hud.gov](http://www.resources.hud.gov)

## **24-Hour Crisis Hotlines**

Pillars Crisis Line	(708) 745-5277
National Suicide Prevention Hotline	(800) 273-8255
CARES Crisis Line	(800) 345-9049
Linden Oaks Resource / Referral Line	(630) 305-5027
DuPage County HealthCare	(630) 627-1700
Hotline West Cook County PROCARE	(708) 681-HELP
West Cook County Thrive Counseling	(708) 383-7500
Crisis Text Line	Text NOW to 741741

## **Support Lines**

### **The Warm Line**

Phone: (866) 359-7953; call for mental health support

### **Illinois Call4Calm**

Text Line Service: 552020

- Text “TALK” if you are experiencing stress and in need of a listening ear
- You may also text “Food”, “Shelter”, “Unemployment” for assistance in these areas.

## **Mental Health Assessments**

Community Nurse Health Center	(708) 352-0081
AMITA Hinsdale Hospital	(630) 856-9000
Alexian Brothers Behavioral Health Hoffman Estates	(800) 432-5005
Lurie Children’s Hospital	(312) 227-4000
DuPage County Health Department	(630) 682-7400
Linden Oaks Hospital	(630) 305-5500
AMITA Glen Oaks Hospital	(630) 545-6160

AMITA Health Adventist Medical Center La Grange	(708) 245-9000
Advocate Good Samaritan Hospital	(630) 275-6000
AMITA Health Adventist Medical Center GlenOaks	(630) 545-8000

## **Domestic Violence & Sexual Assault Services**

National Domestic Violence Hotline	(800) 799-SAFE
Mujeres Latinas en Accion	(312) 738-5358
Pillars Domestic Violence Hotline	(708) 485-5254
Pillars Sexual Violence Hotline	(708) 482-9600
Family Shelter Service	(630) 469-5650
RAINN	(800) 656-4673
Illinois Domestic Violence Helpline	(877) 863-6338
Crisis Center for South Suburbia	(708) 429-7233
South Suburban Family Shelter, Inc.	(708) 335-3028

## **Resource & Referral Lines**

NAMI Metro Suburban (West Cook)	(708) 524-2582	<a href="http://www.namimetsub.org">www.namimetsub.org</a>
Linden Oaks Resource & Referral Line	(630) 305-5027	<a href="http://www.edward.org/lindenoaks">www.edward.org/lindenoaks</a>
Alexian Brothers AMITA Health	(855) 383-2224	
The HUB		<a href="http://healthconnectionhub.org/">healthconnectionhub.org/</a>

## **Treatment and Case Management**

The Community House in Hinsdale	(630) 323-7500 ext. 239	<a href="http://thecommunityhouse.org">thecommunityhouse.org</a>
Healthcare Alternative Systems Inc.	(773) 252-3100	<a href="http://www.hascares.org">www.hascares.org</a>
Pillars	(708) 745-5277	<a href="http://www.pillarscommunity.org">www.pillarscommunity.org</a>
Proviso Leyden Community	(708) 450-3500	<a href="http://www.plcca.homestead.com">www.plcca.homestead.com</a>
Youth Outreach Services	(773) 777-7112	<a href="http://www.yos.org">www.yos.org</a>

## **Educational, Prevention and Support Groups**

LaGrange Area Department of Special Education [www.ladse.org](http://www.ladse.org)  
*Visit the LADSE website and click on the "Parents" tab for access further resources.*

Mental Health First Aid Training	(630) 654-4729	<a href="http://www.cmfdn.org">www.cmfdn.org</a>
NAMI DuPage	(630) 752-0066	<a href="http://www.namidupage.org">www.namidupage.org</a>
NAMI West Cook County	(708) 524-2582	<a href="mailto:www.namiil@sbcglobal.net">www.namiil@sbcglobal.net</a>
Robert Crown Center	(630) 325-1900	<a href="http://www.robertcrown.org">www.robertcrown.org</a>
Sertoma Centre, Inc.	(708)748-1951 ext. 420	<a href="http://sertomacentre.org">sertomacentre.org</a>

## Treatment for Substance Abuse and Addiction

Northwestern Medicine	(630) 933-4000	<a href="http://www.nm.org">www.nm.org</a>
Breaking Free	(630) 897-1003	<a href="http://www.breakingfree.org">www.breakingfree.org</a>
Linden Oaks Hospital	(630) 305-5500	<a href="http://www.edward.org">www.edward.org</a>
Pillars	(708) 745-5277	<a href="http://www.pillarscommunity.org">www.pillarscommunity.org</a>
Proviso Leyden Community	(708) 450-3500	<a href="http://www.plcca.homestead.com">www.plcca.homestead.com</a>
Serenity House, Inc.	(630) 620-6616	<a href="http://www.serenityhouse.com">www.serenityhouse.com</a>
Way Back Inn & Grateful House	(708) 345-8422	<a href="http://www.waybackinn.org">www.waybackinn.org</a>

Additional community resources may be accessed at <https://www.west40communityresources.org/>