



TRI-COUNTY OPPORTUNITIES COUNCIL

Community Action Agency

RESOURCE BOOK

Whiteside County

Tri-County Opportunities Council
405 Emmons Avenue
PO Box 610
Rock Falls, IL 61071
PH: 815/625-7830
TOLL-FREE: 1-800-323-5434
www.tcochelps.org

Building opportunities to transform communities.



Tri-County Opportunities Council

Mission Statement

Tri-County Opportunities Council will investigate the impact of poverty throughout our nine county service area and will work, in partnership with individuals, families and communities to provide opportunities that supports movement towards stability and self-sufficiency.



Community Services Block Grant Program (CSBG)

- Provides comprehensive needs assessments, information, referrals, and numerous programs that offer engagement activities to eligible customers to obtain self-sufficiency for employment, youth, education, housing, medical, and emergency needs.
- Offers various housing programs to those facing homelessness or on the verge of becoming homeless. In addition, engagement activities are provided to ensure housing is affordable and sustained to prevent future homelessness.
- Awards annual educational scholarships to income-eligible residents attending an Illinois institution of higher learning.
- Bureau County Food Pantry provides food to meet meal gaps for families residing in Bureau County.

Foster Grandparent Program

- Provides meaningful volunteer opportunities for limited-income seniors 55 years of age and older.
- Offers supportive one-on-one services to children in an educational setting, boosting the child's overall success in reading, math, spelling, art, and other constructive projects.

Early Head Start/Head Start Program

- Provides comprehensive early childhood education, health, nutrition, and parent engagement services to children from birth to 5 years of age, expectant mothers, and their families.
- The program's services and resources are designed to foster stable family relationships, heighten family resiliency, enhance children's physical and emotional well-being, and establish an environment to develop skills toward school readiness and a love of life-long learning.
- Families must meet the eligibility criteria established by the federal government.

Percentage of Income Payment Plan (PIPP)

- Helps customers manage their utility bills by making monthly utility payments more affordable year-round. Payments are based on a percentage of household income and stay consistent every month.

Low-Income Home Energy Assistance Program (LIHEAP)

- Helps eligible households stay safe and healthy by providing financial assistance to meet immediate home energy needs and offset energy costs.
- Provides heating assistance, crisis assistance, and emergency furnace repair and replacement.

Weatherization Program

- Provide home energy upgrades to income-eligible homeowners and renters to help save energy and ensure the home is a healthy and safe place to live.
- Evaluate the home to determine if weatherization is needed. Opportunities to make the house more energy efficient include but are not limited to sealing air leaks, adding insulation, and using a safe working furnace.

TRI-COUNTY OPPORTUNITIES COUNCIL OFFICES:

Main Office

405 Emmons Avenue
Rock Falls, IL 61071
PH: 815-625-7830
PH: 1-800-323-5434

LaSalle Satellite Office

308 N. 30th Road
LaSalle, IL 61301
CSBG: 815-224-0028
CSBG: 815-224-3939
LIHEAP: 815-223-2333
HEAD START: 815-224-2533
HEAD START: 815-220-1602
HEAD START: 815-220-1603

Office Hours

8:00 am – 4:30 pm
Monday-Friday

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BASIC NEEDS

<u>Bear Necessities</u> Rock Falls United Methodist Church 210 4th Avenue Rock Falls, IL 61071 PH: 815-625-0114 www.rockfallsumc.org/bear-necessities/ <i>Assists individuals who need personal care items. It is open on the third Saturday of each month from 10:00 am to 12:00 pm.</i>	<u>CLS Thrift Store</u> 607 First Avenue Rock Falls, IL 61071 PH: 815-625-0517 <i>Monday, Tuesday, Thursday, Friday, 9:00 am - 4:00 pm.</i>	<u>Gianna's House</u> 700 10th Avenue Rock Falls, IL 61071 PH: (815)625-6520 <i>Offers pregnancy resources. Open Monday 9:00 am – 12:00 pm and Wednesday 4:00 pm – 7:00 pm</i>
<u>Goodwill</u> 2216 E. 4th Street Sterling, IL 61081 PH: 815-625-1740 www.goodwillni.org <i>Provides low-cost clothing, household items, furniture, and miscellaneous items.</i>	<u>Happy Tails Thrift Store</u> 206 Dixon Avenue, Suite 3 Rock Falls, IL 61071 PH: 815-626-2994 www.happytailsanimalshelter.org/thrifty-outlet.html	<u>Illinois Department of Human Services</u> 2605 Woodlawn Rd. Sterling, IL 61081 PH: 815-632-4045 www.dhs.state.il.us <i>Receives applications for TANF, SNAP, and Medical Health.</i>
<u>Leydig Center</u> 1107 Warp Road Dixon, IL 61021 PH: 815-284-7772 <i>Offers used clothing and household items at a low cost. Thursday 8:00 am – 2:00 pm and the first Saturday of each month.</i>	<u>Salvation Army</u> 409 Avenue F Sterling, IL 61081 PH: 815-625-1622 <i>Emergency financial assistance, food and nutrition programs, seasonal services, and case management are offered.</i>	<u>St. Andrews Thrift Shop</u> 1100 1st Avenue Rock Falls, IL 61071 PH: 815-622-9181 <i>Monday through Friday, 9:00-3:00; Saturday, 9:00-1:00.</i>
<u>St. Vincent DePaul Society</u> 7 W. 6th Street Sterling, IL 61081 PH: 815-625-0311 www.svdpsaukvalley.org <i>Offers food, financial assistance, and other necessities a family might need. Monday through Friday, 12:00–2:30 pm; Tuesday and Thursday, food distribution; and Wednesday and Friday, financial aid.</i>	<u>The Caring Center</u> 210 1st Avenue Sterling, IL 61081 PH: 815-499-4953 <i>Provides free clothing and household items to those in need. A photo ID is required twice per month. Monday, Tuesday, and Wednesday, 10:00 am – 1:30 pm.</i>	

CHILD CARE ASSISTANCE

<u>4C's Community Coordinated Child Care</u> 155 N. 3rd Street DeKalb, IL 60115 PH: 815-758-8149 www.four-c.org <i>Offers income-based financial assistance for individuals seeking child care.</i>	<u>Jump Start Child Care Center</u> 729 W. Route 30 Rock Falls, IL 61071 PH: 815-626-5867 <i>Child care for children 6 weeks to 5 years of age. Monday through Friday 6:00 am – 4:30 pm.</i>	<u>Morrison Community Day Care</u> 100 E. Lincolnway Morrison, IL 61270 PH: 815-772-3707 www.morrisondaycare.org <i>Daycare for children 6 weeks to 5 years old. Monday through Friday, 6:00 am – 5:30 pm.</i>
<u>Riverdale Preschool</u> Rock Falls District #13 3505 Prophetstown Road Rock Falls, IL 61071 PH: 815-625-5280 <i>Preschool programs for 3-5-year-old children.</i>	<u>Sterling/Rock Falls Child Care Center</u> 1840 E. LeFevre Sterling, IL 61081 PH: 815-626-7397 <i>Provides first and second-shift child care and preschool programs.</i>	<u>The Early Years Academy</u> 508 French Creek Rd. Morrison, IL 61270 PH: 815-772-2017 <i>Provides first and second-shift child care and preschool programs. Monday through Friday, 6:00 am – 5:30 pm.</i>

DISABILITIES/MENTAL HEALTH

<u>Bi-County Special Education Cooperative</u> 1900 W. LeFevre Road Sterling, IL 61081 PH: 815-622-0858 www.bi-county.org	<u>Goodwill Supported Employment Program</u> 2216 E. 4th Street Sterling, IL 61081 PH: 815-213-7222 www.goodwillni.org/supported-employment-program-sep/ <i>Adults with disabilities learn job-seeking and retention skills while gaining work experience.</i>	<u>Illinois Department of Human Services – Office of Rehabilitation Services (ORS)</u> 2607 Woodlawn Road, Suite 1 Sterling, IL 61081 PH: 815-625-8885 www.dhs.state.il.us
<u>Jack Mabley Development Center</u> 1120 Washington Avenue Dixon, IL 61021 PH: 815-288-8300 <i>Residential facility for individuals with developmental and sensory disabilities.</i>	<u>Lutheran Social Services (LSSI)</u> 1901 1st Avenue Sterling, IL 61081 PH: 815-626-7333 www.lssi.org <i>Counseling, mental health, and substance abuse services.</i>	<u>Northwestern Illinois Association Hearing Clinic</u> 2002 E. 5th Street Sterling, IL 61081 PH: 815-625-7931 www.thenia.org

<u>Northwestern Illinois Center for Independent Living (NICIL)</u> 412 Locust Street Sterling, IL 61081 PH: 815-625-7860 www.nicil.org <i>Serves individuals with disabilities by offering information, referrals, independent living skills training, advocacy, and peer support.</i>	<u>Pathways Counseling Services</u> 208 E. 4th Street Sterling, IL 61081 PH: 815-625-5583	<u>Self Help Enterprises</u> 2300 W. LeFevre Road Sterling, IL 61081 PH: 815-626-3115 www.self-help.agency <i>Provides programs and services for individuals with disabilities.</i>
<u>Sinnissippi Centers</u> 2611 Woodlawn Road Sterling, IL 61081 PH: 815-625-0013 HOTLINE: 800-242-7642 325 IL Route 2 Dixon, IL 61021 PH: 815-284-6611 www.sinnissippi.com <i>Offers assessment and crisis services and child, adolescent, and adult services.</i>	<u>Whiteside County Behavioral Health Clinic</u> 1300 W. 2nd Street Rock Falls, IL 61071 PH: 815-626-2230 www.whitesidehealth.org <i>Provides support services to persons experiencing problems related to emotional and mental illness or drug and alcohol addiction.</i>	

EDUCATION PROGRAMS

<u>Adult Education and GED Program</u> Sauk Valley Community College 173 IL Route 2 Dixon, IL 61021 PH: 815-835-6310 www.svcc.edu	<u>Parents As Teachers</u> 2214 E. 4th Street, Suite B Sterling, IL 61081 PH: 815-625-1495, ext. 118 www.whitesideroe.org <i>Home-based parent education and family support program; children ages birth to 3.</i>	<u>Nexus Program</u> Regional Office of Education 2214 E. 4th Street, Suite B Sterling, IL 61081 PH: 815-625-1495, ext. 151 www.roe47.org <i>Supports the whole family through personal, respectful, and confidential interactions with a trained Family Support Staff to create goals for social-emotional needs, school readiness, and overall family well-being.</i>
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<u>Project VITAL.</u> Sauk Valley Community College 173 IL Route 2 Dixon, IL 61021 PH: 815-288-5511, ext. 241 www.svcc.edu <i>Tutoring program for students and adults over 17 who want to improve their reading skills, improve their English language speaking skills, or obtain citizenship.</i>	<u>Whiteside Area Career Center</u> 1608 5th Avenue Sterling, IL 61081 PH: (815)626-5810 www.wacc.cc <i>Provides all students with employable skills, academic opportunities, and specialized training to maximize their potential.</i>	
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EMERGENCY SERVICES

<u>American Red Cross</u> 2200 W. Harrison Street Chicago, IL 60612 PH: 312-729-6100 www.redcross.org <i>Disaster assistance with housing, food, and clothing.</i>	<u>Department of Children and Family Services</u> 2607 Woodlawn Road, Suite 3 Sterling, IL 61081 PH: 815-625-7594 HOTLINE: 800-252-2873 www.state.il.us/dcf <i>Protects against child abuse and neglect.</i>	<u>PADS Homeless Shelter</u> Men's 805 W. 1st Street Dixon, IL 61021 PH: 815-288-6818 Women's 203 W. Everett Street Dixon, IL 61021 PH: 815-677-9958 <i>Open 24/7, 365 days per year.</i>
<u>Twin Cities PADS Homeless Shelter</u> 111 E. 29th Street Sterling, IL 61081 PH: 815-626-2210 www.twincitiespads.org <i>Emergency shelter offers housing, dinner, hot showers, and breakfast. Open 7:00 pm – 7:00 am.</i>	<u>YWCA of the Sauk Valley</u> 412 First Ave. Sterling, IL 61081 PH: 815-625-0333 HOTLINE: (815)626-7277 HOTLINE: (815)288-1011 www.ywsauk.org <i>Assists survivors of domestic violence by offering comprehensive services: 24-hour hotline.</i>	

EMPLOYMENT SERVICES

<u>BEST, Inc.</u> 406 Avenue C Sterling, IL 61081 PH: 815-625-9648 www.best-inc.org <i>Provides funding for education to find employment.</i>	<u>Illinois Department of Employment Security (IDEA)</u> 406 Avenue C Sterling, IL 61081 PH: 217-558-0401 www.ides.illinois.gov <i>Provides temporary income for individuals who lost their jobs through no fault.</i>	<u>Manpower</u> 2401 E. Lincolnway, Unit 2 Sterling, IL 61081 PH: 815-622-2814 www.manpower.com <i>Provides career opportunities by helping people develop their careers through planning, work, coaching, and training.</i>
<u>Sedona Staffing</u> 1515 A W. Route 30 Rock Falls, IL 61071 PH: 815-716-8901 www.sedonagroup.com <i>Provides job placement: industrial, administrative, temp to hire, direct hire.</i>		

FOOD ASSISTANCE

<u>Abiding Word Christian Center</u> 806 E. Lynn Blvd. Sterling, IL 61081 PH: (815)626-1827 www.awc815.com <i>Provides Aldi gift cards for food to those who register and attend one-weekend service.</i>	<u>Erie Food Pantry</u> 9107 Moline Road Erie, IL 61250 PH: 309-659-2332 <i>Erie school district residents. Wednesday 6:00 pm – 7:00 pm and the third Friday of the month 9:00 am – 10:00 am</i>	<u>First Christian Church</u> 506 5th Avenue Rock Falls, IL 61071 PH: 815-626-2271 <i>Monday 10:30 am – 1:00 pm and Friday 9:00 – 11:30 am.</i>
<u>FISH Food Pantry & Soup Kitchen</u> 902 E. 5th Street Sterling, IL 61081 PH: 815-626-1734 <i>Provides groceries every three months. Monday-Friday 9:00 am – 11:00 am. Must call before you go.</i>	<u>Helping Hands</u> First Church of Nazarene 1208 E. 4th Street Sterling, IL 61081 PH: (815)625-1146 www.sterlingnaz.com <i>Drive up food pantry; First and third Thursdays, 9:30 am – 12:00 pm.</i>	<u>Morrison Food Pantry</u> United Methodist Church 629 E. Lincolnway Morrison, IL 61270 PH: 815-441-2733 www.morrisonfoodpantry.org <i>Eligible once every month. Must be a resident of Morrison. Thursday 8:30 – 10:00 am.</i>

<u>Prophetstown/Lyndon Food Pantry</u> American Legion Hall 215 Washington Street Prophetstown, IL 61277 PH: 815-537-2555 <i>Eligible once every month, must live in Lyndon or Prophetstown. One basket per month. Tuesday 9:00 – 11:00 a.m.</i>	<u>Rock River Christian Center</u> 1800 Prophetstown Road Rock Falls, IL 61071 PH: 815-625-4371 <i>First and third of the month, 1:00–3:00 pm or until food runs out.</i>	<u>Trinity United Methodist Church</u> 205 E. 10th Street Sterling, IL 61081 PH: 815-626-7777 <i>Tuesday, and Thursday, 9:00 – 11:00 am.</i>
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HEALTH/DENTAL SERVICES

<u>All-Star Dental</u> 1261 N. Lake Street Aurora, IL 60506 PH: 630-801-0002 2239 W. Jefferson Joliet, IL 60435 PH: 815-207-4442 www.allstardentalclinic.com <i>Accepts Medicaid and most dental insurance coverage.</i>	<u>CGH Ready Care Clinic</u> 15 W. 3rd Street – Lower Level Sterling, IL 61081 PH: 815-564-1999 www.cghmc.com <i>Appointments are appreciated but not required. Monday-Friday 8:30 am – 5:30 pm Saturday-Sunday 9:00 am – 1:30 pm.</i>	<u>Dental Dreams</u> 6215 E. State Street Rockford, IL 61108 PH: 815-399-7777 www.dentaldreams.com <i>Accepts Medicaid and all other forms of dental insurance. Offers evening and weekend hours to accommodate a busy family's schedule and a family-friendly office setting to put children at ease.</i>
<u>Malcolm Pediatric Dentistry</u> 163 Cadillac Court, Suite 3 Belvidere, IL 61008 PH: 815-544-0909 www.mpd4kids.com <i>Accepts and works with most insurance companies. Monday-Thursday 7:30 am – 4:30 pm.</i>	<u>Morrison Family Health Clinic</u> 303 N. Jackson Street Morrison, IL 61270 PH: 815-772-5511 <i>Accepts most insurance, including Medicaid and Medicare. Walk-ins are welcome; an appointment is appreciated.</i>	<u>Whiteside County Health Department</u> 1300 W. 2nd Street Rock Falls, IL 61071 PH: 815-626-2230 www.whitesidehealth.org <i>Offers medical, dental clinic, behavioral health, family planning, and immunizations, and WIC accepts medical insurance, Medicaid, and self-pay.</i>

HOUSING ASSISTANCE/PROGRAMS

<u>Crown Hill Estates</u> 1101 W. 24th Street, Suite 100 Rock Falls, IL 61071 PH: (815)626-5043 <i>Income-based housing</i>	<u>Greenview Estates</u> 701 Melody Court Morrison, IL 61270 PH: (815)626-5043 <i>Housing for seniors 62 years or older</i>	<u>Lawrence Lofts</u> 218 1 st Avenue Sterling, IL 61081 PH: 815-213-7953 <i>Offers a few income-based units for rent.</i>
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<u>Sterling Townhomes</u> 2105 Freeport Road Sterling, IL 61081 PH: (815)626-5043 <i>Income-based housing</i>	<u>Sterling Towers</u> 2403 E. 19 th Street Sterling, IL 61081 PH: 844-334-2704 <i>Income-based housing</i>	<u>Whiteside County Housing Authority</u> 401 W. 18th Street Rock Falls, IL 61071 PH: (815)625-0581 www.wcophi.org
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LEGAL SERVICES

<u>Prairie State Legal Services</u> 1515 5 th Ave., Suite 210 Moline, IL 61265 PH: 309-794-1328 www.pslegal.org	<u>Whiteside County State's Attorney</u> 101 E. 3 rd Street Sterling, IL 61081 PH: 815-535-4540	
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LOCAL GOVERNMENT

<u>City of Fulton</u> 415 11 th Avenue Fulton, IL 61252 PH: 815-589-2616 www.cityoffulton.us	<u>City of Morrison</u> 200 W. Main Street Morrison, IL 61270 PH: 815-772-7657 www.morrisonil.org	<u>City of Prophetstown</u> 339 Washington Street Prophetstown, IL 61277 PH: 815-537-5598 www.prophetstownil.org
<u>City of Rock Falls</u> 603 W. 10 th Street Rock Falls, IL 61071 PH: 815-622-1100 www.rockfalls61071.net	<u>City of Sterling</u> 212 Third Ave. Sterling, IL 61081 PH: 815-632-6621 www.sterling-il.gov	<u>Coloma Township</u> 300 1 st Avenue Rock Falls, IL 61071 PH: 815-625-5981
<u>Sterling Township</u> 505 W. Lynn Blvd. Sterling, IL 61081 PH: 815-625-3990 www.sterlingtownship.com	<u>Village of Erie</u> 740 Main Street Erie, IL 61250 PH: 309-659-7740 www.villageoferie.com	<u>Village of Lyndon</u> 605 W. Commercial Street Lyndon, IL 61261 PH: 815-778-4484 www.villageoflyndon.org
<u>Village of Tampico</u> 202 W. Second Street Tampico, IL 61283 PH: 815-438-2505 www.tampicoil.com		

RESOURCES

<u>Henry C. Adams Memorial Library</u> 209 W. 3rd Street Prophetstown, IL 61277 PH: 309-714-2699 www.prophetstownlibrary.com	<u>Odell Public Library</u> 307 S. Madison Street Morrison, IL 61270 PH: 815-772-7323 www.odellpubliclibrary.com	<u>Rock Falls Public Library</u> 1007 7th Avenue Rock Falls, IL 61071 PH: 815-626-3858 www.rockfallslibrary.com
<u>Sterling Public Library</u> 102 W. 3rd Street Sterling, IL 61081 PH: 815-626-1370 www.sterlingpubliclibrary.org	<u>United Way of Whiteside County</u> 100 West 1st Street, Suite A Rock Falls, IL 61071 PH: 815-625-7973 www.uwwhiteside.org	

SENIOR OUTREACH

<u>Lifescape</u> 206 Dixon Ave., Suite 100 Rock Falls, IL 61071 PH: 815-490-1125 www.lifescapeservices.org <i>Promotes independent living and enhances the quality of life for individuals by providing affordable nutrition and other services, emphasizing the aging population.</i>	<u>Whiteside County Senior Center</u> 1207 W. 9th Street Sterling, IL 61081 PH: 815-622-9230 www.wc-seniorcenter.org <i>Provides programs that advocate opportunities for ages 60 and over to create a higher quality of life, free amplified phones for people who are hard of hearing, Bingo, outreach, Medicare information, and trips to anyone.</i>	
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TRANSPORTATION

<u>Whiteside County Public Transportation</u> 1207 W. 9th Street Sterling, IL 61081 PH: 815-625-7433 www.ridewcpt.net		
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VETERAN ASSISTANCE

<u>Goodwill's Veteran's Program</u> 2216 E. 4th Street Sterling, IL 61081 PH: 815-632-3908 www.goodwillni.org <i>Assists US Military veterans in providing job readiness training, supportive services, referrals, and assistance in finding and retaining employment.</i>	<u>Whiteside County Veteran's Assistance Commission</u> 15 W. 3rd Street Sterling, IL 61081 PH: 815-626-8640	<u>Veteran's Assistance Office</u> 716 6th Ave. Rock Falls, IL 61071 PH: 815-626-2468 <i>Assist veterans, servicemen, their dependents, and survivors in obtaining benefits.</i>
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YOUTH PROGRAMS

<u>Blackhawk Area Council Boy Scouts</u> 2820 McFarland Road Rockford, IL 61107 PH: 815-397-0210 www.blackhawkscouting.org	<u>Coloma Park District</u> 508 E. 11th Street Rock Falls, IL 61071 PH: 815-625-0272 www.colomatownshipparkdistrict.com	<u>Morrison Park District</u> 200 W. Main Street Morrison, IL 61270 PH: 815-535-1105
<u>Prophetstown Park District</u> 410 W. Riverside Drive Prophetstown, IL 61277 PH: 815-537-2093 www.prophetstownparkdistrict.com	<u>Sterling Park District</u> 1913 3rd Avenue Sterling, IL 61081 PH: 815-622-6200 www.sterlingparks.org	<u>Sterling/Rock Falls YMCA</u> 2505 YMCA Way Sterling, IL 61081 PH: 815-535-9622 www.srfymca.org
<u>University of Illinois Extension Office</u> 12923 Lawrence Road Sterling, IL 61081 PH: 815-632-3611 www.web.extension.illinois.edu/clw	<u>Woodlawn Arts Academy</u> 3807 Woodlawn Road Sterling, IL 61081 PH: 815-626-4278 www.woodlawnartsacademy.com	