UNIVERSITY OF ILLINOIS

FACULTY/STAFF ASSISTANCE PROGRAM

LOCAL RESOURCE DIRECTORY
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Purpose of this Guide

The purpose of this guide is to offer you and your family tools to manage through these difficult times. This is a time when many households have members who have lost jobs. In the face of furloughs, job loss, frozen salaries, and budgetary cutbacks at the University of Illinois, it is important to know what resources and assistance is available through our University and the many organizations throughout the Champaign-Urbana community.

Also included are helpful tips for dealing with stress and job loss that you can use or share with family and friends. The list of services and resources do not indicate endorsement by The Faculty/Staff Assistance Program.
Career Services Resources

**University of Illinois Career Center**
715 S. Wright Street
Champaign, IL 61820
(217) 333-0820
Website: [http://www.careercenter.illinois.edu/](http://www.careercenter.illinois.edu/)
Career services (career counseling and advising, resume and cover letter reviews, mock interviews, workshops, job fairs) available only to current U of I students and alumni. However, tools and resources are available on their website for anyone’s use.
- See sample cover letters and resumes on website.
- Look at interview preparation tips and interview strategies on website.

**Parkland Career Center**
2400 W. Bradley, Room A175
Champaign, IL 61821
(217) 351-2536
Website: [http://www2.parkland.edu/careercenter/index.html](http://www2.parkland.edu/careercenter/index.html)
Career services available to Parkland students as well as district residents. Career counselors can assist with tasks such as job searches, career decisions, and resume and cover letter reviews. Call or email careercenter@parkland.edu to set up an appointment.

**O*NET Resource Center**
Website: [www.onetcenter.org](http://www.onetcenter.org)
An online resource site that contains assessment tools and an occupation database to assist those who are choosing or changing careers.

**Work 4 Illinois – Champaign Office**
State Regional Office Building
2125 South First Street
Champaign, IL 61820
(217) 278-3435
Website: [http://work.illinois.gov/carsrvcs.htm](http://work.illinois.gov/carsrvcs.htm)
Career counseling services available for individuals seeking State of Illinois employment. Call to schedule an appointment.

**Illinois Department of Employment Security**
1307 N. Mattis Ave
Champaign, IL 61821 
(217) 278-5700
Website: http://www.ides.state.il.us/ism/default.asp
Local office processes unemployment benefits and their free public employment service provides job referrals and placements. Online career services and listings of Illinois job fairs and special events. Illinois Skills Match (ISM) database matches job seekers and employers, no fee to register. Specific services also available for veterans http://www.ides.illinois.gov/page.aspx?item=37.
Drug and Alcohol Resources

**Alcoholics Anonymous (AA)**
(217) 373-4200
Email: aa-ecior@aa-eci.org
Website: [http://www.aa-eci.org/](http://www.aa-eci.org/)
Call or email for local AA meetings and events in your area.

**Narcotics Anonymous (NA)**
(800) 539-0475
Email: webservant@ppana.org
Website: [http://www.ppana.org/](http://www.ppana.org/)
Call or email for local NA meetings and events in your area.

**Al-Anon Family Group**
This is a mutual support group that is comprised of members who share the same problem and support each other voluntarily as they work through the recovery process of living with someone who is chemically dependent.
Website: [http://district12afg.org/meetings.htm](http://district12afg.org/meetings.htm)

**Canaan Development Foundation S.A.F.E. (Substance Abuse Free Environment) House**
404 W Main Street
Urbana, IL 61801
(217) 344-7233 (crisis phone)
Email: cbc@canaanurbana.org (general information)
Website: [www.canaansafehouse.org](http://www.canaansafehouse.org)
Separate 12-month live-in Men’s SAFE House and Women’s SAFE House programs that incorporate a structured daily regimen of GED and/or adult education, devotion, group therapy, personal counseling, volunteer work projects, evening community-wide personal enrichment courses, and weekly workshop services.

**Carle Addiction Recovery Center**
204 West University Avenue
Urbana, IL 61821
(217) 383-6039
Website: [http://www.carle-clinic.com/Recovery_Center/Pages/home.aspx](http://www.carle-clinic.com/Recovery_Center/Pages/home.aspx)
Services provided include assessment and treatment development, intensive outpatient substance abuse treatment services, medication management, group therapy, adolescent treatment, family support programs, and referrals to outside providers for long term/inpatient care.
The Pavilion New Choice Center for Addiction Recovery
809 West Church Street
Champaign, IL 61820
(217) 373-1700
Website: https://www.pavilionhospital.com/adult_chem.htm
Alcohol and drug treatment services available. Services include residential treatment, medical detoxification, day programs, dual diagnosis treatment, and outpatient services such as individual counseling, family counseling, and continuing care support. Free, confidential assessments are provided 24 hours/day, 7 days/week.

Prairie Center Health Systems
- Adult Residential Services
  122 West Hill Street
  Champaign, IL 61820
  (217) 356-7576
- Outpatient Services
  718 Killarney
  Urbana, IL 61801
  (217) 328-4500
- Vermillion County
  128 North Vermillion
  Danville, IL 61832
  (217) 477-4500
Provides treatment for alcohol and substance addictions. Services include detoxification, inpatient and outpatient programs, DUI-related assistance, drug testing, HIV/AIDS services, and prevention support. Please contact the appropriate office for more information or email at contact@prairie-center.com
Emergency Resources

**A Woman’s Place Domestic Violence Program**
1304 East Main
Urbana, IL 61802
(217) 384-4462 (main office)
(217) 384-4390 (24 hour, domestic violence hotline)
Provides emergency shelter services for **women and children** involved in domestic violence situations. Individuals can either call the 24-hour hotline to speak with a counselor about their options or show up at their office. Legal advocacy and individual counseling services are also offered.

**Catholic Worker House**
317 South Randolph St.
Champaign, IL 61820
(217) 355-9774
Provides emergency shelter services for **single women or single men and their children**. Priority for shelter services is not given to couples without children, but may be considered under special circumstances. Call for overnight shelter services.

**Center for Women in Transition**
508 East Church Street
Champaign, IL 61820
(217) 352-7151
Email: info@cwt-cu.org
Website: www.cuhomeless.com
Provides a two-year case management and transitional housing program for **women and their children**. Additional support services for residents include linkage to other community resources, counseling services, vocational training, and other assistance as needed. Also operates Austin’s Place Women’s Emergency Shelter in conjunction with First United Methodist Church from January to mid-April. Please call the Center for Women in Transition for more information.

**Austin’s Place- Emergency Shelter for Single Women**
First United Methodist Church
210 West Church Street
Champaign, IL 61820
(217)356-9078
Provides overnight shelter for homeless single women in Champaign County from December 31-March 31 only.
**Crisis Nursery**

1309 West Hill
Urbana, IL 61801
(217) 337-2731 (main office)
(217) 337-2730 (crisis line)
Website: [www.crisisnursery.net](http://www.crisisnursery.net)

Provides emergency child care services for **children ages zero to five years** old whose families are experiencing a crisis situation. Emergency childcare services are available 24 hours a day, 7 days a week. It is strongly recommended to call in advance to see if space is available for your child, however, walk-ins are also accepted. Crisis nursery also offers parent-child interaction groups, perinatal depression support services, home visits, and respite care.

**Empty Tomb**

301 North Fourth St.
Champaign, IL 61820
(217) 356-2262
info@emptytomb.org
Website: [www.emptytomb.org](http://www.emptytomb.org)

Free food provided by local church congregations, free donated furniture delivered by volunteers, free clothing on site, limited cash assistance funds for emergencies, and health and home maintenance services for those who qualify.

**First Call For Help**

Family Service of Champaign County
405 South State Street
Champaign, IL 61820
(217) 352-0099
Email: info@familyservicecc.org
Website: [www.famservcc.org](http://www.famservcc.org)

A free information and referral service that provides callers with assistance in locating community resources and services throughout Champaign County. [http://helpbook.famservcc.org/](http://helpbook.famservcc.org/)

**Community Service Center of Northern Champaign County**

First Call for Help
520 E Wabash Ave. Ste 1
Rantoul, IL 61866
(217) 893-1530

Provides info and referrals for clothing, food and other needs to residents of nine Northern Champaign County townships. Food Pantry is M-F 10 a.m.-4 p.m. and qualifying residents may receive food once a month. Utility and prescription assistance when funds are available.

**Restoration Urban Ministries**

1213 Parkland Court
Champaign, IL 61821-1825
(217) 355-2662
info@restorationurbanministries.net
Website: http://restorationurbanministries.net/about-us/facilities
Operates a food pantry from 10am-1pm on Mondays, Tuesdays, Thursdays, and Fridays. They also have a clothing pantry on those days from 10am-3pm. Walk-ins are welcome. Call to see if space is available for emergency housing.

Salt & Light Ministry
1512 West Anthony Drive
Champaign, IL 61821
(217) 355-5654
Email: info@saltandlightministry.org
Website: www.saltandlightministry.org/
Operates a free food pantry on Wednesdays from 1-5pm as well as a free clothing and furniture closet on Mondays from 1-5pm. Also provides free financial counseling by appointment to address budget concerns.

Salvation Army
2212 N. Market
Champaign, IL 61820
(217) 373-7825
Email: http://www.usc.salvationarmy.org/champaign
Operates an emergency men’s shelter to provide temporary and transitional housing for homeless men ages 18 years and older on a nightly basis (picture ID required). Evening and breakfast meals are available. Scheduled evening intake begins at 7 pm. Other household assistance (clothing, utility) is available through their social services program. Please call their social services department for more information.

City of Urbana – Transitional Housing Program for Homeless Families
400 S Vine Street
Urbana, IL 61801
217-328-8263
Website: www.urbanaillinois.us
This program is by application only and available to homeless families with dependent children who have been residents of Champaign County for at least three months. Applications are available only when there are vacancies.

Times Center
70 East Washington Street
Champaign, IL 61820
(217) 398-7785
Soup kitchen serves hot meals twice a day from 12-12:30pm and 6-6:30pm. Showers are also available during these times. Anyone is welcome, no documentation required. Transitional housing also available for up to one year for men 18 years of age and older. Call or stop by office for more information.
**Vineyard Food Ministry**
The Vineyard Church  
922 West Bradley Ave  
Champaign, IL 61821  
(217) 384-3076  
Email: paula.barickman@thevineyardchurch.us  
Website: [http://urbana.thevineyardchurch.us/connect/compassion/food-pantry/](http://urbana.thevineyardchurch.us/connect/compassion/food-pantry/)  
Food pantry is open to walk-ins on Wednesdays from 10am-12pm. Wednesdays 5-6 p.m., Express Distribution. Individuals will receive one bag of food as well as two items of their choice. This service may be utilized once per month.

**Wesley Evening Food Pantry**
1203 West Green Street  
Urbana, IL 61801  
(217) 344-1120  
Email: info@wesleypantry.org  
Website: [www.wesleypantry.org/](http://www.wesleypantry.org/)  
Food pantry operates the third Thursday of every month from 3:30-7:30pm. Doors open at 3:30pm, registration begins at 4:00pm, and distribution begins at 5:00pm. Distribution is based on a lottery system so no need to arrive before 3:30. Walk-ins welcome and no documentation is required.

**Emmanuel Episcopal Church Sack Lunch Program**
208 West University  
Champaign, IL 61820  
(217) 352-9827 (church)  
Sack lunches given out to adults, homeless, and low income. 9 am Monday through Friday until lunches are gone. Only two dozen lunches available per day.

**Women, Infants & Children Program**
201 W Kenyon Road, Champaign, IL  
520 E Wabash Street, Rantoul, IL  
Multicultural Health Center, University of IL, 2040 S Orchard St, Urbana  
[http://www.c-uphd.org/wic.html](http://www.c-uphd.org/wic.html)

Nutrition assessment, counseling, and supplemental food vouchers for pregnant and postpartum women, infants and children up to age 5 who are residents of Champaign County and who meet income and eligibility guidelines listed on website.
Emotional Resources

Center for Youth and Family Services
1315A Curt Drive
Champaign, IL 61821-1168
(217) 352-5179
Website: www.cyfsolutions.org
Provides counseling services on a sliding fee scale for individuals, couples, and families. This agency, formerly known as Catholic Charities, also has a variety of other services to assist with adoption, crisis situations, family preservation and foster care, pregnancy planning and education, and programs for seniors.

Family Service of Champaign County
405 South State Street
Champaign, IL 61820
(217) 352-0099
Email: info@familyservicecc.org
Website: www.famservcc.org
Provides individual, couples, and family counseling services on a sliding fee scale. Family Service also has a variety of other services such as programs for divorcing parents, grandparents raising grandchildren, families taking care of senior family members, homecare and outreach services for individuals 60 and older, meals on wheels, and information and referral services for access to other community resources.

Faculty/Staff Assistance Program
1011 W. University
Urbana, IL 61801
(217) 244-5312 (main office)
(217) 244-7739 (24-hour crisis line)
Email: fsap@illinois.edu
Website: www.fsap.illinois.edu
Provides free, confidential, short-term counseling for UI employees and members of their household as well as retirees and members of their household. FSAP staff is also able to provide clients with referrals to mental health providers in the community. Additional services include assessments, family and couples counseling, supervisory consults and trainings for supervisors, and outreach to campus units.

Community Elements
1801 Fox Drive
Champaign, IL 61820
(217) 693-4590 (access department)
(217) 359-4141 (24-hour crisis line)
Website: www.communityelements.org
Provides a variety of services for adults, youth, and families. Services include assessments, counseling, case management, crisis intervention, respite care, programs for mothers and their children, as well as
transitional and residential living facilities to name a few. Please call their access department (693-4590) for questions regarding what services may be most appropriate for your needs.

The Pavilion Behavioral Health System
809 W. Church Street
Champaign, IL 61820
(217) 373-1700
Toll Free: 1-800-373-1700
Website: www.pavilionhospital.com
Mental health programs for adults, youth, and their families. Both inpatient and outpatient services available. The Pavilion also offers group therapy and support groups. Free, confidential assessments 24 hours/day, 7 days/week.

Rape Advocacy Counseling & Education Services (RACES)
145A Lincoln Square
Urbana, IL 61801-3442
(217) 344-6298 (main office)
(217) 384-4444 (24-hour crisis line)
Email: admin@cu-races.org
Website: www.cu-races.org
Provides counseling services for sexual assault survivors and their significant others or loved ones. RACES also has legal and medical advocates to assist with legal proceedings and accompanying survivors to the hospital if they wish. All services are free.

International Women's Connection
Twin City Bible Church
806 W Michigan Avenue
Urbana, IL 61801
(217) 344-0641
The IWC is an informal gathering of American and international women from around the world. Meetings take place on Wednesday mornings from 9-11 a.m. during the school year in the TCBC Fellowship Hall. The schedule includes a one hour conversational English class, a half hour coffee time, followed by an hour of programs that could include anything from cooking classes to introductory Bible discussions and even an annual free garage sale. IWC was established in 1987 as a place where international women could form friendships and share and learn from one another. Any woman is welcome to attend!
Financial Resources

**Consumer Credit of the Quad Cities**
Website: [www.toomuchdebt.com](http://www.toomuchdebt.com)
Toll Free: 1-800-833-8830
Provides free budget counseling and free debt management analysis. Certified credit counselors will review your financial situation and suggest options to help you resolve your debt. Financial counseling services are provided over the phone.

**Novadebt**
Website: [www.novadebt.org](http://www.novadebt.org)
Toll free: 1-800-99-BILLS
Provides a variety of financial services including: budgeting, financial education, debt management plans, housing counseling, bankruptcy counseling, and a credit report review service. Financial counseling services are provided over the phone.

**Salt & Light**
1512 W. Anthony Drive
Champaign, IL 61821
(217) 355-5654
Email: info@saltandlightministry.org
Website: [www.saltandlightministry.org/](http://www.saltandlightministry.org/)
Provides free financial counseling services to individuals and families to address budget concerns, paying off debt, and other financial issues. Contact their office to set up an appointment or for further information.

**University of Illinois Employees Credit Union**
2201 South 1st Street
Champaign, IL 61820-7402
(217) 278-7700
Email: info@uiecu.org
Website: [www.balancepro.net/partners/uiecu/index.html](http://www.balancepro.net/partners/uiecu/index.html)
UIECU’s website identifies relevant programs and services for assisting customers in tough financial times. See their BALANCE program for resources on money management counseling, debt management, credit report review, housing counseling, identity theft solutions, and financial education.

**University of Illinois Extension**
Website: [www.toughtimes.illinois.edu](http://www.toughtimes.illinois.edu)
UI Extension’s website on “Getting Through Tough Financial Times” has information readily accessible on the following topics: managing finances, controlling spending, dealing with foreclosure, and using credit wisely. Select “other web resources” for information on choosing a financial professional, financial security, credit card smarts, thrifty living, and retirement.
Health Care Resources

All Kids Health Insurance
P.O. Box 19122
Springfield, IL 62794-9122
(866) 468-7543 [All Kids Hotline]
(877) 204-1012 [TTY only]
Website: [http://www.allkidscovered.com/](http://www.allkidscovered.com/)
State health insurance plan that provides health care coverage to children through age 18 and pregnant women. Call for an application, visit the nearest office of the Illinois Department of Human Services, a local health department, a Woman, Infants and Children (WIC) site, a participating hospital or clinic, or download the application from the Web site: www.kidcare.illinois.com. Eligibility is based on family size and income. In Champaign County, the following agencies distribute and assist with filling out All Kids applications: Illinois Department of Human Services, Developmental Services Center, Frances Nelson Community Health Center. Planned Parenthood enrolls pregnant women and their children. C-U Public Health District enrolls pregnant women and their children.

Champaign-Urbana Public Health District
201 West Kenyon Rd
Champaign, IL 61820
(217) 532-7961 [Main Office]
Website: [http://www.c-uphd.org/](http://www.c-uphd.org/)
Offers a full spectrum of disease prevention programs, health screening, and referrals. Services include dental care for children; testing for HIV, tuberculosis, and sexually transmitted diseases; screenings for lead poisoning, high blood sugar and cholesterol levels; school physicals; immunizations and vaccinations; food, sewage, and other environmental inspections; communicable disease surveillance; health education; smoking cessation; emergency preparedness; health visits to homebound adults; Medicaid applications and medical screenings; services and education to pregnant women, new mothers and families.

Frances Nelson Community Health Center
819 Bloomington Road
Champaign, IL 61820
(217) 356-1558 [Receptionist will answer]
(217) 383-4993 [After Hours]
Provides primary medical services, prenatal program, immunizations, health education, and social services to medically under-served and uninsured adults and children of Champaign County. Priority is given to pregnant women, infants, children, adults and children with chronic health conditions (diabetes, hypertension, asthma, heart disease, etc.). Patients must complete the intake process to establish care. A sliding-fee scale is offered to clients without insurance with verification of financial status. Spanish-speaking staff is available to assist patients.
**Champaign County Christian Health Center**
507 S. 2nd Street Unit 1-A
Champaign, IL 61820
(217) 766-6666 (to schedule an appointment)
Clinic Hours: Tuesday 5:30-9 pm and first Wednesday of the month 6-8 pm
A non-profit corporation formed by healthcare professionals and social workers to provide free healthcare and social services to uninsured families. Services include: General medical care, school physicals, basic psychiatric healthcare, medication management, screening for common diseases, health education, and healthcare advocacy. To make an appointment call (217) 766-6666, or leave a detailed message including your contact information after business hours.

**Office of Financial and Professional Regulation**
Illinois Division of Insurance
320 W. Washington St.
Springfield, IL 62767
Toll Free: 1-888-473-4858
Website: [www.idfpr.com/Consumers.asp](http://www.idfpr.com/Consumers.asp)
Explains rights to health care consumers, answers questions about health insurance, helps consumers understand coverage provisions of specific health care plans, and assists with problems or complaints.

**State of Illinois Health & Wellness – Illinois Healthcare Portal**
Website: [http://health.illinois.gov/](http://health.illinois.gov/)
The Healthcare Portal can help parents sign-up their children for our affordable health insurance program (All Kids), help seniors sign-up for one of our affordable prescription drug programs, and help women find free breast and cervical cancer screenings. Also provides links to other affordable health insurance programs and comprehensive programs for individuals living in the State of Illinois.

**Wal-Mart’s $4 Prescriptions Program**
Wal-Mart offers a 30-day supply of certain generic drugs at commonly prescribed dosages for $4 as well as a 90-day supply of certain generic drugs for $9. See their website for more information including a complete list of the medications covered.

**American Cancer Society**
Phone: 217-356-9076
A Patient Support Coordinator is available for assistance with resources including financial assistance to families who are battling cancer. There is a [wig boutique](http://www.walmart.com/catalog/catalog.gsp?cat=546834) for women. All services are free.
Housing Resources

**Novadebt**
1-800-99-BILLS
Website: www.novadebt.org
This non-profit agency provides assistance with the following services: Home equity conversion mortgage counseling, homebuyer education programs, loss mitigation, money debt management, mortgage delinquency and default resolution counseling, post-purchase counseling, predatory lending, pre-purchase counseling, and renter’s assistance.

**Champaign County Regional Planning Commission**
1776 E. Washington
P.O. Box 17760
Urbana, IL 61803
(217) 328-3313
Website: www.ccrpc.org
- The **Emergency Rent Assistance Program** provides rent assistance to homeless or near-homeless households who have steady income to pay future rent, but are unable to pay first month’s rent or past-due rent. Contact Dawn Rear at (217) 384-1226 for more information or a program application.
- The **Community Action Program** provides grants and loans for housing rehabilitation in rural areas of Champaign County, housing counseling to low-income households, and help for homeless or near homeless persons with first month rental payments. The program may also help with past due rent.
- The **Low-Income Home Energy Assistance Program (LIHEAP)** provides winter heating assistance (from Sept. 1st – May 31st), and assists with up to 150% of the Federal poverty guideline with payment towards gas and electric bills. Please call the RPC office in the Brookens building in Urbana to schedule appointments Monday-Friday 8:00am-4:00pm. Clients may also be seen at the Salvation Army and the Community Center in Rantoul.
- The **Tenant-Based Rent Assistance Program** is a program that improves household self-sufficiency for low-income or homeless households over a two-year period. Preference is given to applicants living or working in the City of Champaign, or who are near homeless and/or living with a relative or a friend. Household median income must be near or less than $27,400 for a single person, or $39,100 for a family of four. Participants work with case managers to develop and implement goals that may include budget and credit management, completing educational classes and improving employment. Contact Nicole Martin at (217) 328-3313 for more information on this program.
- The **Homebuyer Assistance Program**, in association with the Illinois Housing Development Authority and participating lenders, offer several programs to assist first home time buyers or individuals who have not owned a new home within the past three years. Phone 217-819-4058 for intake. 217-328-2426 (fax)
City of Champaign Neighborhood Services Department
Kevin Jackson
102 N. Neil Street
Champaign, IL 61820
(217) 403-7070
E-mail: neighborhoodservices@ci.champaign.il.us
Website: www.ci.champaign.il.us
Develops and manages programs to address neighborhood needs including rental and home ownership programs in the City and has income restriction eligibility requirements.

Illinois Housing Development Authority (IHDA)
Website: www.illinoishardesthit.org
Mortgage Assistance program for Illinois residents who are unemployed or underemployed but are working to regain sufficient income to keep their home.

Welcome Home Heroes
Website: www.ihda.org/homeowner/heroes.htm
This program for veterans and active military personnel offers homebuyer financing packages at low interest rates. The program is available based on income and purchase price limits.

Illinois Foreclosure Prevention Network
Website: www.keepyourhomeillinois.org
This website provides helpful facts and information on how to cope with foreclosures. The site also includes a link that provides a comprehensive listing of HUD approved counseling agencies throughout the state of Illinois.

Champaign-Urbana Tenant Union
44 E Main Street Suite 208
Champaign, IL 61820
217-352-6220
Website: www.tenantunion.uiuc.edu/index.asp
The Tenant Union provides free services including lease review, landlord complaint records, assistance locating housing, and help with landlord problems.
Legal Services

**Illinois Legal Aid Online**
Website: [www.illinoislegalaidonline.org](http://www.illinoislegalaidonline.org)
Provides free referrals to free and low cost legal aid offices, as well as forms and instructions for representing yourself.

**Land of Lincoln Legal Assistance Foundation**
302 N First Street
Champaign, IL  61820
(217) 356-1351
Website: [www.lollaf.org](http://www.lollaf.org)
Provides free civil legal services to low-income persons and senior citizens. This office serves the counties of Champaign, Clark, Coles, Crawford, Cumberland, DeWitt, Douglas, Edgar, Effingham, Ford, Jasper, Moultrie, Piatt, and Vermilion.
LGBT Resources

UP (Uniting Pride) Center of Champaign County
202 S Broadway Avenue, Suite 102
Urbana, IL  61801
(217) 550-4248
Website:  www.unitingpride.org

A multi-service agency for youth and adults that provides support and resources for the LBGT community.
Senior Resources

**Family Service of Champaign County Senior Resource Center**
405 S State Street
Champaign, IL 61820
(217) 352-5100
Website: src@familyservicecc.org
Resource center for seniors age 60 and older and their caregivers providing counseling, advocacy, homecare services, transportation, and meals. There are also resources for grandparents age 55 and older who are raising a dependent who is 18 years of age or younger.

**Illinois Department on Aging**
Website: [http://www.state.il.us/aging/](http://www.state.il.us/aging/)

**Serving Champaign, DeWitt, Douglas, and Piatt Counties**

**Cumberland Associates, Inc.**

**Cumberland Associates Senior Programs**
304 North Maple
Urbana, Illinois 61802
**217-384-3360**
(877) 626-7911
Fax: 217-384-3380
Website: [http://www.state.il.us/aging/1directory/ccpccu.pdf](http://www.state.il.us/aging/1directory/ccpccu.pdf) (for agencies servicing other counties in IL)
Cumberland Associates Senior Programs will assess seniors to determine if they qualify for free in home, non-medical services, an Emergency Home Response system, or Adult Day services. The senior must qualify for services. Assets and needs will be assessed.

**Provena Senior Services**
Provena home care services (217) 355-4120
Website: [http://www.provena.org/lifeconnections/body.cfm?id=2408](http://www.provena.org/lifeconnections/body.cfm?id=2408)
Home health aids, medical social services, lifeline medical alert, medication dispersers, skilled nursing care.

**Regional Planning Commission**
(217) 819-4054
Website: [http://www.ccrpc.org/socialservices/senior.php](http://www.ccrpc.org/socialservices/senior.php)
Assistance with applying for resources, advocacy with other agencies and home visits.

**2012 Mini Senior Resource Guide**
Published by the Champaign County Regional Planning Commission
Support Group Information

*Family Service of Champaign County Self Help Center*
Website:  [http://selfhelp.famservcc.org/](http://selfhelp.famservcc.org/)
Provides a local listing of support groups and contact information.
University of Illinois Resources

State Universities Retirement System of Illinois (SURS)
1901 Fox Drive
Champaign, IL 61820
(217) 378-8800
Website: [http://www.surs.com](http://www.surs.com)

University of Illinois Center for Training and Professional Development
505 East Green Street, Suite 204
Champaign, IL 61820
(217) 333-8342
Fax: (217) 333-2643
Website: [http://www.trainingcenter.illinois.edu/](http://www.trainingcenter.illinois.edu/)

University of Illinois Faculty/Staff Assistance Program
1011 West University Avenue
Urbana, IL 61821
(217) 244-5312
Email: [fsap@illinois.edu](mailto:fsap@illinois.edu)
Website: [http://www.fsap.illinois.edu/](http://www.fsap.illinois.edu/)

University of Illinois OBFS University Payroll & Benefits Service Center
506 S. Wright Street
Room 177 HAB
Urbana, IL 61801 (Mail Code 318)
(217) 333-3111
Toll-Free: 866-669-4772
Fax: (217) 244-3135
Website: [https://nessie.uihr.uillinois.edu/cf/benefits/index.cfm](https://nessie.uihr.uillinois.edu/cf/benefits/index.cfm)

University of Illinois Office of Academic Human Resources
807 S. Wright Street, Suite 420
Champaign, IL 61820 (Mail Code 310)
(217) 244-2400 [Processing]
(217) 333-6747 [Policy]
Fax: (217) 333-4019
E-mail: [AHR@illinois.edu](mailto:AHR@illinois.edu)
Website: [http://www.ahr.uiuc.edu/](http://www.ahr.uiuc.edu/)

University of Illinois Staff Human Resources
52 East Gregory Drive
Champaign, IL 61820 (Mail Code 562)
(217) 333-2137
Website: [http://www.shr.illinois.edu/](http://www.shr.illinois.edu/)
Veteran Resources

VA Illiana Health Care System
1900 E Main Street
Danville, IL  61832
(217) 554-3000     (800) 320-8387
Website:  www.danville.va.gov

Welcome Home Heroes
Website:  www.ihda.org/homeowner/heroes.htm
This program for veterans and active military personnel offers homebuyer financing packages at low interest rates. The program is available based on income and purchase price limits.
Yoga/Mindfulness Resources

Amara Yoga and Arts
300 S Broadway Ave.  Ste 156B (Lincoln Square)     Urbana, IL 61801  217.328.9642
http://www.amarayoga.com/contact.php

Campus Recreation
http://www.campusrec.illinois.edu/fitness/descriptions.html

evolve Fitness Club (Yoga and Piyo)
508 N Neil Street  Champaign, IL  61820  217.378.8714
http://www.clubevolve.com/health-club-contact.html

Mettler Center
2906 Crossing Court  Champaign, IL 61822  217.356.6543
http://www.mettlercenter.com/about/location.html

Living Yoga Center
115 W Main Street, Urbana, IL  61801  217.351.8359  115 West Main Street Urbana,
http://livingyogacenter.net

Yoga Institute of Champaign-Urbana (Iyengar Method)
407 W Springfield Ave.  Urbana, IL  61801  217.344.9642
http://www.yoga-cu.com/
Credit Card Money Management Tips

It is becoming easier and easier to use credit cards for all your purchases instead of carrying cash. Carrying a great deal of credit card debt can lead to guilt, anxiety and/or depression. Here are some tips to avoid going into credit card debt.

- Use only one major credit card, and don’t use it for unnecessary purchases.

- If you own more than one credit card, don’t carry more than one when you’re out shopping.

- Contact your card carrier and request a low credit limit so that you are not tempted to charge more than you really need.

- Do not charge more on your credit card than you can pay in full each month. If you find yourself unable to pay off your credit card bill one month, do not use the card again until it returns to a zero balance.

- Shop around when it comes to applying for a credit card. Some interest rates are negotiable.

- Don’t carry cards with annual fees.

- Always know your current interest rates, and your credit card balance to keep from making impulse purchases.

- If possible, don’t use a card to get cash advances. Many companies charge an additional fee when you use your card for a cash advance.

- Always pay on time, even if you can’t cover your balance. Late fees will only add to your debt, and hurt your credit score in the process.

- Do not use your cards to cover tuition. There are other options out there, even if you need to contact private student loan agencies, that won’t charge you the outrageous interest rates credit card companies will.

- If possible, use a debit card instead of a credit card and closely monitor your banking online.

Adapted from www.scholarships.com