



February 2009  
Rock County, Wisconsin

# Support Manual

PUBLISHED BY UNITED WAY'S FIRST CALL AS A SERVICE OF ROCK COUNTY HUMAN SERVICES DEPARTMENT

## First Call

## 12-STEP APPROACH

**AA – ALCOHOLICS ANONYMOUS** – Step recovery program for alcoholics.

**AL – ANON** – For family members and friends of alcoholics.

**ALATEEN** – Teens between the ages of 12 and 18 affected by alcohol problems in the family.

**CLOSED MEETING** – Persons who have a desire to stop drinking.

**OPEN MEETING** – Can be attended by any interested person.

### 12 & 12 DROP IN CENTER

Provides a club atmosphere for recovering alcoholics. Several Twelve Steps and AA meetings are held at this location. Drop-ins welcome for support. Offers contact numbers for Al-Anon, both Beloit and Janesville. Also, meeting times and places for Women's Group and Unity Group. 402 W. Delavan Dr., Janesville. **314.1090**

### AA HOTLINE

**BELOIT** – Call for information on Al-Anon, Big Book Study and other AA meetings. 412 Pleasant St., Beloit. **364.0520**

Banyan Tree, 550 E. Grand Ave., Beloit  
**361.1358**

**JANESVILLE** – AA 24 – hour hotline **754.1766**

**AA EDGERTON** - Open, closed, twelve step recovery programs for alcoholics. **754.1766.**

**EVANSVILLE** – Evansville area **754.1766**

**AA National** Mon-Fri. 8:30am-4pm. **212.870-3400**

### AA – WOMENS SPIRITUALITY GROUP

Tuesday, 7pm. Central Lutheran Church, 100 W. Rollin, Edgerton. **754.1766**

### AL – ANON

**BELOIT** – AA hotline Beloit area **364.0520**

**JANESVILLE** – Our Savior's Lutheran Church, 2015 Kellogg, Janesville **756.1720**

**DISTRICT 25** – Hotline, Janesville **754.2828**

**NATIONAL HOTLINE** – **800.245.4656**

### ALATEEN HOTLINE-JANESVILLE

17 S. River St. 2<sup>nd</sup> Floor, Wed, 7pm. 24 – Hour Hotline **756.1720**

### CODA – CO-DEPENDENCY SUPPORT GROUP

Group meets Tuesday, 6:30pm at Presbyterian Church, 501 Prospect St., Beloit. Rick **365.0743**

### EMOTIONS ANONYMOUS

For depression, anxiety and emotional pain. Fear, daydreaming, apathy? Talk about it. Meets Mondays 8pm-9:30pm. Park at rear and enter by back door. All other entrances are locked. St. Paul's Episcopal Church, 212 W. Grand Ave., Beloit. **Church 362.4312. John 362.4643**

**John 362.4643**

*For meeting corrections, questions regarding meeting information or finding a meeting, please contact: [info@EmotionsAnonymous.org](mailto:info@EmotionsAnonymous.org).*

### FOOTSTEPS TO FREEDOM

Biblically-based, Christ-centered 12 step group is for anyone who wants freedom from an addiction of any kind. The group is structured, yet conversational, supportive and confidential. Thurs, 7pm. Faith Community Church, 2931 Lucerne Dr., Janesville. 758.4867

### GAMBLER'S ANONYMOUS

**JANESVILLE** – Saturday 10am–12 noon, room G210.

Wednesday 7pm–9pm. Call for room number. Mercy Hospital, 1000 Mineral Point Ave. **868.5122**

**MADISON** – Wil-Mar Center, 953 Jenifer St. Hotline Number **283.5800**

**ROCKFORD** – Sunday, 7pm–9pm. Thurs, 6:30pm. 2400 N. Rockton Ave. Roger **815.967.0241**

### NARCOTICS ANONYMOUS

**BELOIT** – Monday, Thursday, Friday, 7pm–8:30pm, First United Methodist Church, 511 Public Ave.

**362.8866**

**JANESVILLE** – Sun, Tues & Wed; 7pm-8:30pm.

Rock Valley Community Program, 203 W. Sunny Lane. **931.5668**

### OA (OVEREATERS ANONYMOUS)

A 12-step program for people sharing experiences, strength, and hope in recovery from food addiction.

**BELOIT**–Thursday, 7:30pm. River of Life United Methodist Church, 511 Public Ave. Linda Lou **756.1455**

**JANESVILLE**– Monday 7:00pm. Trinity Episcopal Church (Handicapped Accessible), 409 E. Court St. Linda Lou **756.1455**

**JANESVILLE** – Wed 12 noon. Cargill United Methodist Church, 2000 Wesley Ave. Linda Lou **756.1455**

**ROSCOE, IL** – Tuesday 7pm – 8pm. Roscoe United

Methodist Church, 10816 Main St. **815.623.2292**

### **RESTORE**

12-STEP, Bible-based group aimed to help men and women heal hurting relationships. Support for people who have suffered from alcohol and drug abuse, spousal abuse, childhood sexual abuse, etc. New Life Assembly of God Church, 2416 N. Wright Rd., Janesville. Thurs, 7pm-8pm. **Lee, 752.8323 (Evenings) or 756.4175 (Days).**

### **SEX ADDICTS ANONYMOUS**

A fellowship of men and women who share their experience, strength and hope with each other, so they may overcome their sexual addictions and help others recover from sexual addiction and dependency. Meetings are closed/mixed Janesville psychiatric Clinics, 2624 Milton Ave., Janesville. 531-1765 (Dan) Madison **608.845.2309**

### **SURVIVORS OF INCEST ANONYMOUS, INTERNATIONAL HOTLINE**

When a survivor calls, an SIA member will call them back to help establish contact and to assure the survivor he/she is not alone and to blame. Survivors or family members may call or write for info and referral. This is a 12 step program for anyone 18 and older. **410.893.3322**

### **WESLEY AVENUE ALANO CLUB, INC.**

Provides a drug and alcohol-free facility for meetings and social activities. Also serves as a drop-in center for anyone in times of need. Monday thru Sunday, 9am to 8:30pm. 1833 Wesley Ave, Janesville. **754.2828**

## **ADDICTIONS**

### **ALCOHOL/DRUG ABUSE ASSESSMENTS**

By appointment. Beloit Counseling Center, 64 Eclipse Center, Beloit. **363.6300**  
Counseling Care Center (Beloit Hospital), 1969 W. Hart Rd., Beloit. Tom, **364-5686.**  
Janesville Counseling Center, 3056 US Hwy 51 North, Janesville. **757.5215**

### **ALCOHOL & DRUG ABUSE SERVICES-BELOIT**

749 Bluff St. Intakes Monday Eve, and Saturday morning. **362.6629**

### **ALCOHOL & DRUG ABUSE SERVICES-JANESVILLE**

Alcohol and drug abuse services address: alcohol and drug abuse, chemical dependency, co-dependency, ACOA issues, relapse prevention, and ongoing recovery issues. First Lutheran Church, 612 N. Randall Ave., 3<sup>rd</sup> floor, Suite A. **752.7660 ext. 10**

### **BREAK THE CHAIN/ADDICTION MINISTRY**

Drug, alcohol, tobacco. Group and individual counseling. Faith Builders International, 2170 E. Murphy Woods Rd., Beloit. Every Friday, 6pm-8:30pm. **365.9131 ext 11**

### **BELOIT INNER CITY COUNCIL/TELLURIAN**

Offering education and intervention in the areas of

alcohol and drug addiction and HIV/AIDS, for at-risk youths and their families. Office Hours Monday through Friday 8am to 4pm. Group counseling is from 9am to 12 noon, Monday, Wednesday & Friday. Evening group, Monday, Tuesday, Wednesday 5:30pm to 8:30pm. 403 Prospect St., Beloit. **365.6600**

### **CO-DEPENDENCY SUPPORT GROUP**

A co-dependent is characterized by the dependence on another for self-esteem. Open Meeting. First Presbyterian Church, 501 Prospect St., Beloit. Rick, **365.0743**

### **MERCY OPTIONS- CLINIC OUTPATIENT ADDICTION SERVICES**

Offers a variety of programs that allow individuals to remain at work and involved with their families while participating in addictions treatment. Treatment is primarily group oriented while individual and family sessions are available as needed, both determined by an initial AODA assessment. Group Treatment includes Extended-Care, which generally begins at eight hours per week and gradually tapers over several months. Relapse Prevention and Continuing Care services are integrated into the Extended-Care group. Dual Diagnosis treatment focuses on individuals with both mental health and addictions diagnoses. Services for people with gambling problems are individualized. Individual and family sessions are available for adolescents that are struggling with addiction issues. Mercy Options, 113 S. Franklin St. Janesville. Mon-Thurs 8am-7pm, Fri, 8am-5pm **754.2264**  
Mercy Beloit Medical Center, 2825 Prairie Ave., Beloit. Mon-Thurs 8am-7pm, Fri, 8am-5pm. **754.2264**

### **MERCY OPTIONS – ADDICTIONS DAY HOSPITAL**

Assist adults with primary addictions issues who need more intense treatment than outpatient counseling. The program consists of daily participation in a series of groups covering such topics as; understanding chemical dependency (tolerance, progression, loss of control), the physical, social and legal consequences of their use, nutrition, spirituality, pain management, medication education and relapse prevention. The program uses both cognitive and solution focused therapy to assist individuals to the 12-step process and involvement in outside support programs. Mercy Hospital, 1000 Mineral Point Ave. Janesville. Mon-Fri, 9am-1:45pm. Sat-Sun 9am-11am. **756.6545**

### **ROCK COUNTY YOUTH2YOUTH**

The Youth2Youth program strives to create a drug-free community by encouraging young people to live free of tobacco, alcohol and other drugs. 423 Bluff St., Beloit. **365.1244**

### **SEEKING SAFETY**

For those who have struggled with substance abuse and experienced trauma. Create increased safety in your life by identifying and managing triggers, discontinuing substance abuse, letting go of dangerous relationships,

gaining control over extreme symptoms like depression and anxiety, stopping self-harming and self-destructive behaviors and minimizing risk taking. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Kathleen **364.5686**

#### **TOBACCO CESSATION SUPPORT GROUP**

All sessions of this tobacco cessation group are free. Beloit Area Community Health Center, 74 Eclipse Center, Beloit. Debbie **365.1244**

## **ADOPTION**

#### **CHILDREN'S SERVICE SOCIETY OF WISCONSIN**

Locates loving, stable homes for children in need of a family through foster care and adoption. Mon-Fri, 8am-5pm. 2800 Royal Ave., Suite 310, Madison, WI 53713. Toll free Madison, **800.653.2779**. Janesville, **314.9006**

#### **COMMUNITY ADOPTION CENTER, Inc.**

Adoption Service and birth parent counseling. Mon-Fri, 9am-3:30pm. 15 W. Milwaukee, Suite 204, Janesville. **756.0405**

#### **EVANGELICAL CHILD AND FAMILY AGENCY**

Post adoption counseling. Referrals provided for insurance assistance, medical bills, infant foster care, and assistance in choosing an adoptive family. 5117 Hwy 51, South, Janesville, **608.758.2055**. 24 Hour Hotline **800.686.3232**

#### **ROCK COUNTY FOSTER & ADOPTIVE PARENTS ASSOCIATION**

Recruitment, licensing, and supervision of foster homes for children. Also provides information and resources. Rock County Human Services, 3530 N. Cty. Trk. Hwy F., Janesville. **757.5476**.

#### **WISCONSIN ADOPTION INFORMATION CENTER**

Primary service is information and referral. AIC is a resource for birthparents considering the adoption option, professionals working with birth and adoptive parents and prospective adoptive families interested in infant, independent, international and special needs adoption. Services provided include confidential and toll-free information and referrals about the adoption process, licensed Wisconsin adoption agencies, rights and responsibilities of birthparents, and birthparent counselor referrals. Mon & Tues 8am-5pm, Wed 8am-5pm, Thurs 8am-5pm, Fri 9am-noon, or by appointment. 6682 W. Greenfield Ave. Suite 310, Milwaukee. **800.762-8063**.

## **BEREAVEMENT**

#### **BELOIT REGIONAL HOSPICE, INC.**

Hospice care is a special way of caring for a patient whose illness cannot be cured. Hospice uses a team approach that includes family, nurses, social workers, physicians, clergy and volunteers, all working together to plan and coordinate care. Family or friends providing care in the home can call for the help of the hospice nurse 24 hours a day 7 days a week. A team nurse will

come to the patient's home whenever needed and appropriate. The hospice team can arrange for a transfer to another setting when necessary. Individual Counseling. Sometimes talking to someone helps. Short term counseling and referral information, both free of charge are available to anyone who is dealing with bereavement, loss and end of life issues. Lending Library has a wealth of resources available to the public. Books, tapes and videos can be checked out for three week intervals. Office hours are Mon-Fri, 8am-4:30pm. All groups are held at 655 Third St., Suite 200. Bereavement services are available at no charge. To register or for more information call **363-7421**.

#### **BELOIT REGIONAL HOSPICE BEREAVEMENT SERVICES**

Open to any community member who has suffered a loss through death. Groups are held in January, April, July, and October, for seven consecutive weeks. Encouragement, coping skills and various aspects of grief are discussed. Children support groups are held for those who are experiencing the loss of a loved one. 655 Third St., Suite 200, Beloit. Mary Jane **363.7421**.

#### **BEREAVEMENT SUPPORT GROUP-MERCY**

Grieving the loss of a loved one? Share and receive support from other individuals facing the challenges associated with the grieving process. Second Wednesday, 3pm-4:30pm. Mercy Assisted Care, 901 Mineral Pt. Ave., Janesville. Melissa **754.2201**

#### **CHILDREN'S SUPPORT GROUP**

Children and their caregivers meet in separate groups to gain a better understanding of the grief experience. Spring & Fall only; Mon-Fri, 8am-4:30pm. Beloit Regional Hospice, 655 Third St., Suite 200. **363.7421**

#### **GRIEF SUPPORT GROUP – ROSCOE**

Anyone who is struggling with the loss of a loved one is invited to join this group. Call the church for times and dates. United Methodist Church, 10816 Main St., Roscoe. **815.623.2292**

#### **GRIEF GROUP IN SPANISH**

Free series of grief support. Tuesday 6–7:30pm. The series offers a supportive, sharing environment to individuals coping with the death of a loved one. Covers topics such as understanding grief, relations of loss and healing strategies. YWCA Hispanic Outreach Program, 1735 S. Washington St. **752.5445 ext. 222**

#### **HOSPICECARE, INC,**

Bereavement programs offer support to family members after the loss of a loved one, GRIEF'S STEPPING STONES informative and supportive series examining the grief process. Participants may attend any or all three sessions in the series. Locations differ for each series. Pre-registration is not required. JOURNEY THROUGH GRIEF SUPPORT GROUP is a multiple-week series for those grieving the death of someone important in their lives. Attendance at all three sessions is recommended.

Groups meet for six weeks at HospiceCare.

Men's Grief Support Group open to any man who has or is experiencing a death related loss.

MOTHERLOSS GROUP for women who have lost a mother to death as an adult. Groups meet for four consecutive weeks. Offered twice a year. PARENTS GROUP meets simultaneously with the children's group. Basic concepts of grief are discussed along with issues that are specific to parenting after a loss. SANANDO EL PESAR healing grief support group for the Hispanic/Latino community. Four sessions per year. TEENS TOGETHER gives teenagers who are dealing with grief an opportunity to find support by sharing their feelings with other teens who have had similar loss experiences. HospiceCare Inc., 3001 W. Memorial Dr., Janesville. **755.1871**

#### **KAYRA**

An interdenominational group providing spiritual, mental, social aid and encouragement to the widowed. Meets the 1st Friday of the month for a fish fry then meets at the United Way Building. 205 N. Main St., Janesville. And the 3<sup>rd</sup> Wednesday at 1:00pm. Janesville Senior Center, 69 S. Water St., Janesville. Delores **752.1914**

#### **PARENTS OF MURDERED CHILDREN, INC**

To provide support and assistance to all survivors of homicide victims (family or friend), while working to create a world free of murder. Provides telephone support network, organizes a speaker's bureau, and provides accompaniment for survivors who must attend court proceedings. Publishes a monthly newsletter. Membership is open to those who have been cruelly bereaved by a murder of a loved one. Professionals who are in frequent contact with grieving families are also welcome to join. 3<sup>rd</sup> Sunday, 1pm-3pm. Conference Room A, Meriter Hospital, 202 S. Park St., Madison. Bill, **608.821.0050**.

#### **SOS OF DANE COUNTY (SURVIVORS OF SUICIDE)**

Family and friends who have lost a loved one to suicide. 2nd and 4<sup>th</sup> Tuesday, 7pm to 9pm. Mental Health Center, 625 W. Washington, Madison. Information, **608.280.2700** Crisis Line, **608.280.2600**

#### **SURVIVORS OF SUICIDE ROCK COUNTY**

Group meeting for those who have lost a loved one or friend to suicide. Rock County Job Center, 1900 Center Ave., Janesville. **Brad 758.2133 or 757.5739**

## **CARE GIVERS**

#### **SUPPORT GROUPS FOR FAMILY CAREGIVERS**

With any health issues and with Alzheimer's disease and other related illnesses.

#### **BELOIT**

2nd and 4th Tuesdays of the month, 1:00 pm - 2:30 pm  
Beloit Memorial Hospital, 1969 W. Hart Road  
Facilitator: Tracy McWilliam, **608. 676.4056**

3rd Tuesday of the month, 7:00 pm - 8:30 pm  
The River of Life United Methodist Church, 511 Public Avenue. Facilitators: Julie Ojeda, **608. 365.5529** and Nancy Toubl, **608.362.8866**

#### **EDGERTON**

3rd Wednesday of the month, 1:00 pm - 2:00 pm  
Edgerton Library, 101 Albion Street  
Facilitator: Tammy Pence, **608.314.8500**

#### **JANESVILLE**

1st Tuesday of the month, 6:00 pm - 7:30 pm  
First Lutheran Church - Room 301, 612 N. Randall Avenue  
Facilitator: Tammy Pence, **608. 314.8500**

2nd Thursday of the month, 10:00 am - 11:30 am  
American Red Cross, 211 N. Parker Drive, Janesville  
Facilitators: Julie Seeman & Paulette Steinke, **608. 758.8455**

#### **MILTON**

4th Friday of the month, 9:00 am - 10:30 am  
The Gathering Place, 715 Campus, Milton  
Facilitator: Paula Schutt & Julie Seeman, **608. 868.3500**

#### **ROCKTON, IL**

4th Wednesday of the month, 4:30 - 5:30 pm  
Highview in the Woodlands, 1000 Falcon Point Place  
Facilitator: Allison Ozolins, **815. 624.6700**

#### **ROSCOE, IL**

1st Thursday of the month, 3:00 - 4:30 pm  
North Point Terrace, 5601 E. Rockton Road  
Facilitators: Tammy Fenger & Virginia Gross, **815. 525.4800**

#### **WHITEWATER**

1st Thursday of the month, 1:30 pm - 3:30 pm  
Fairhaven's Hearthstone, 426 W. North Street, Whitewater  
Facilitators: Darlene Zeise, **262. 473.2140**

**WHILE AN RSVP IS NOT NECESSARY FOR MEETINGS, CALLING AHEAD TO CONFIRM DATES & TIMES CAN BE HELPFUL.**

#### **ALZHEIMER'S INFORMATION & TRAINING CENTER**

Provides education to families and care providers through seminars, workshops, and publications, There is an annual conference to provide opportunity to families

and care providers to learn about latest research, etc. Mon-Fri, 8:30am-5pm. 24 hour helpline. Multicultural Outreach, Dementia Care Network. 6130 W. National Ave., Suite 200, Milwaukee, **800.272.3900**

#### **ALZHEIMER'S SUPPORT CENTER, INC.**

Information, education, support and outreach for Alzheimer's and other forms of dementia. Mon—Fri, 8am-5pm. 20 S. Main St., Suite #15, Janesville. **608.314.8500.**

#### **ALZHEIMER'S FAMILY AND CAREGIVERS SUPPORT GRANT PROGRAM**

This program was created in response to the stress and needs of families caring at home for someone with irreversible dementia. To be eligible a person must have a diagnosis of Alzheimer's disease or a related disorder, and be financially eligible. In Rock County, up to \$2000 per year is made available to each participant in the program. Participants may receive a variety of services through various providers of service throughout the county. No cash grants are given. Due to limited funding, a waiting list may exist for these services. Every effort will be made to provide you with funding as quickly as possible. Mon-Fri 8am-5pm. 1900 Center Ave., Janesville. **741-3500**

#### **CAREGIVER SUPPORT GROUP**

Providing care for a person with a chronic or serious long-term illness can be physically and emotionally draining. At the Caregiver Support Group, caregivers can share feelings, frustration and helpful information. 3<sup>rd</sup> Thurs, 1-2pm. Mercy Mall, 1010 N. Washington, Janesville. **754.2201**

#### **FAMILY RESPITE CARE SERVICES OF ROCK CO.**

The Respite Registry is a listing of direct care workers who provide care in Rock County. Provides an alternative to traditional respite care. Mon-Thurs, 10am-1pm. Fri, 9am-2pm. United Way Building, 205 N. Main St., Suite 102, Janesville. **758.0956**

#### **INDEPENDENT DISABILITY SERVICES**

Provides short-term temporary relief, respite, payee program and Independent Living program. 2100 E. Milwaukee St., L14. Janesville. **754.5552**

#### **NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

Offers information, assistance, respite care, supplemental services, counseling, and support groups. Mon-Fri, 8am-5pm. Rock County Council on Aging, 3328 Hwy 51 North, Janesville. **758.8455**

#### **RESPITE CARE – BELOIT**

Temporary care for persons normally cared for in a home setting. Beloit Health and Rehabilitation Center, 1905 W. Hart Rd. Beloit. **365.2554**

#### **SAFE RETURN**

Assists in the safe and timely return of individuals with Alzheimer's disease and related dementedly who wander and become lost. Assistance is provided

whether a person becomes lost locally or far from home. Alzheimer's Support Center, 20 S. Main St., Suite 5, Janesville. **314.8500.** National 24 Hour Helpline **800.272.3900.**

#### **VISITING FRIENDS PROGRAM**

Provides companionship and socialization to people who are homebound. Mon-Fri, 8am-5pm. Mercy Assisted Care, 901 Mineral Point Ave., Janesville. **756.8205**

## **CHILDREN & TEENS**

#### **1<sup>st</sup> WISCONSIN YOUNG MARINES**

Provides an alternative for youth to instill a sense of pride in them, in their community, and in their country. Young Marines make a pledge to maintain a drug-free lifestyle and are encouraged to influence family, friends and schoolmates to share this commitment. Ages 8–18. Fourteen week boot camp is held twice a year. Meets Mondays, 6 – 8:30 pm, Marine Corp League, 3807 S. Riverside Dr., Beloit. **362.7061** or Lorena **815.670.1001.**

#### **ANGER MANAGEMENT FOR CHILDREN**

Group is designed to help children ages 6-10 and 11-15 who have problems controlling anger and are causing disruptions in their home, school or community. Topics include self-expression, redirection and control of feelings, communication and more. Parents are required to attend with their children, as the information learned will teach parents how to better manage their child's difficult behaviors. Mercy Options, 113 S. Franklin St., Janesville. **756.5555. Ext 213**

#### **ANGER MANAGEMENT (Beloit Memorial Hospital)**

This hands-on group for boys age 9-12 will focus on active problem solving and anger management skills. 1969 W. Hart Road, Beloit. **364.5686**

#### **BIG BROTHERS/BIG SISTERS OF ROCK, WALWORTH, & JEFFERSON COUNTY**

Primary focus is to match children from single parent homes with adult role models who spend 3 to 4 hours a week. Children 6–14. Mentors do everyday types of activities with these children. Jefferson, Rock and Walworth County. 1239 Huebbe Parkway., Beloit. Nancy **362.8223** Toll Free **888.904.5437**

#### **BELOIT DOMESTIC VIOLENCE CENTER**

24 hour crisis, information and referral lines. Emergency shelter for victims of domestic violence and their children. Legal advocacy. Support groups. In house and out reach meet Mon, 5 pm-6pm & Thurs, 10am-11am. Safety, housing and financial planning for victims. Children's services. Hispanic and other minority domestic violence services. Crisis line **365.1119**

#### **CHILDREN'S DIABETES SUPPORT GROUP**

This support group will help your child feel less isolated through encouragement and support of other children with this disease. Parents also have the opportunity to share their experiences with one another. Facilitators

will lead discussions and coordinate speaking presentations of the struggles and triumphs of kids with diabetes. Mercy Options, 113 S. Franklin St., Janesville. **756.5555**

#### **CHILDREN'S SUPPORT GROUP - Grief**

Group is held in the spring and fall. Children and their caregivers meet in separate groups to gain a better understanding of the grief experience. Children use art, games and storytelling to express their loss. Handicap accessible. Mon-Fri, 8am-4:30pm. Beloit Regional Hospice, 655 Third St., Suite 200. **363.7421**

#### **CHALLENGE ACADEMY – WI NATIONAL GUARD**

A 17 month program for at-risk youth ages 16 years 9 months through age 18. Cadets must be free of drugs, mentally and physically healthy, not on probation and not be waiting sentencing, be convicted of, or have charges pending for a felony. 656 S. O Street, Ft. McCoy, **800.292.9464**.

#### **CHILDREN WITH SPECIAL HEALTH CARE NEEDS**

Provide information to parents of children with special health care needs. Mon-Fri, 8am-5pm. Rock County Health Dept. 3328 Hwy. 51 North, Janesville. **757.5440**

#### **EDGERTON TEEN CENTER**

Center offers space for youth to get together and play pool, darts and miniature golf. 512 N. Main St., Edgerton. Fri-Sat, 6pm-11pm (winter hours), or 6:30-11pm (summer hours). [www.nontoxicteencenter.com](http://www.nontoxicteencenter.com) or [info@nontoxicteencenter.com](mailto:info@nontoxicteencenter.com)

#### **HELP YOUR CHILD COPE WITH DIVORCE GROUP**

Focuses on helping children ages 8-11 cope with their parents' separation or divorce. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Nicole, **364.5686**.

#### **LUNCH BUDDIES**

Volunteers spend one lunch hour per week with a child at their school. This one on one time is the source of positive changes in a child's life from increased self-esteem, better grades and stronger communication. Van Buren, Kennedy, Roosevelt, and Jackson elementary schools. Big Brothers Big Sisters, 1239 Huebbe Parkway, Beloit. **362.8223**.

#### **P.L.A.Y. (PROBLEM SOLVING LEARNING ABOUT YOURSELF)**

Group experience for children who struggle emotionally with everyday activities. Children 6-12 will learn problem solving, anger management, relaxation techniques, goal setting, social and effective communication skills. Mon & Thurs, 3pm-4:45pm. Mercy Options, 113 S. Franklin St., Janesville. **756.5555**

#### **SAND CASTLES**

A single, three hour session, non-therapy group, focusing on helping children cope and move through current or past family divorce. There are sessions for four different age groups; ages 4 to 7, 8 to 10, 11 to 13 and ages 14 to 17. Beloit Memorial Hospital, 1969 W.

Hart Rd., Beloit. Nicole **364.5686**

#### **SOCIAL SKILLS**

Does your child struggle with poor social skills? Check out this group which focuses on teaching healthy social skills and improving relationships with peers. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364.5686**.

## **DIVORCE**

#### **CHILDREN OF DIVORCE**

**This program is not offered at this time, but if they get enough interest they could offer it again!**

Eight week class for children ages 7-12. They will be assisted in moving through six significant developmental tasks as they recover from the effects of their parents' divorce. Individual cases will be considered. Mon-Fri, 9am-7pm. Janesville Psychiatric Clinic, 2640 Milton Ave., Janesville. **755.1475**

#### **DIVORCECARE**

This group focuses on divorce recovery topics. Those who are separated, going through a divorce, or have been divorced for some time are welcome. Meets Thursday 7 to 9pm at New Life Assembly of God. 2416 N. Wright Rd., Janesville. **756.4175**

#### **DIVORCE RECOVERY-SUPPORT GROUP**

Everyone is welcome to participate. Meets every Wednesday, 6:30pm-8pm. in room 214 at Central Christian Church, 2460 Milwaukee Road, Beloit. **362.7663**

#### **DIVORCE RECOVERY SUPPORT GROUP-ROSCOE**

DivorceCare focuses on divorce and recovery topics. Those who are separated, going through a divorce or divorced for some time, are welcome. United Methodist Church 10816 Main St., Roscoe. **815.623.2292**

#### **REBUILDING AFTER DIVORCE**

Group helps women facing the end of their marriage or who are already divorced. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Karen **364.5686**.

#### **RESTORE**

Twelve-step Bible-based group aimed to help men and women heal hurting relationships. Support for people who have suffered from alcohol and drug abuse, spousal abuse, childhood sexual abuse, etc. Sunday 9:30am-10:30 am. Thursday 7pm-8pm, New Life Assembly of God, 2416 Wright Rd., Janesville. After 5pm call **752.8323** or 9am - 4:30pm call **756.4175**

#### **SAND CASTLES**

A single, three hour session, non-therapy group, focusing on helping children cope and move through current or past family divorce. There are sessions for four different age groups; ages 4 to 7, 8 to 10, 11 to 13 and ages 14 to 17. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Nicole **364.5686**

# EDUCATION

## **AMERICA READS – RETIRED SENIOR VOLUNTER**

RSVP tutors spend time each week with kindergarten through grade three students in one on one and small group settings. RSVP volunteers are placed at all levels of education. Retired & Senior Volunteer Program of Rock County, Inc., 120 Eclipse Center, Beloit. **362.9593**

## **BELOIT ALTERNATIVE SCHOOL SITES**

All referrals are processed through the School District of Beloit's Disciplinary Hearing office as the result of a serious Code of Conduct violation.

**Eclipse Charter School**, 26 Eclipse Center. **361-3340**

**Roy Chapman Andrews Academy**, 27 Eclipse Center. **361-3335**

## **CESA 2 DEPARTMENT OF SPECIAL EDUCATION**

Provides services to handicapped individuals, hearing impaired clinics, occupational therapist, physical therapist, adults with special needs, and instructional materials for special education.

EEN DIRECTOR/LEADERSHIP TEAM – Provides special education administrative and support services in the areas of emotional, learning, and cognitive disabilities, early childhood, and transition.

SEIMC/TEACHER RESOURCE CENTERS (TRC) – Special education library which offers support and information for Special Education teachers as well as materials for loan and preview with their EEN students.

EEN SUPPORT SERVICES – Cognitive disabilities, early childhood, emotional disturbance, and learning disabilities.

DEAF AND HARD OF HEARING – Diagnostic, consultation, instruction, parent support, program support, in-services, liaison, educational audiology, and sign language classes.

REGIONAL STAFF DEVELOPMENT – Provides staff development opportunities.

PROGRAM FOR THE VISUALLY IMPAIRED – Provides direct and indirect services to children with visual impairments, schools, and parents.

TRANSITION SERVICES – Transition Consultants to help districts facilitate best practices and procedures for the transition of students in the school district.

YOUTH TRANSITION CONSORTIUM (YTC) – Offers at-risk students an individualized education in an alternative setting. Mon-Fri 8am-4pm. 448 E. High St., Milton. **758.6232**

## **CESA 2 THERAPEUTIC LEARNING CENTER**

Provides early intervention assessment and programming to children ages birth to three and their families. Links families with support networks. Programming includes: service coordination, early intervention in group and one-on-one activities, physical therapy, occupational therapy, and speech therapy. Mon-Fri, 8am-4pm. 2020 E. Milwaukee St. #6, Janesville. Anna **756.3147**

## **CHILDREN ARE OUR SPECIALTY**

Open to all Rock County family daycare providers. Mentor program and training opportunities for in-home childcare providers. Monthly newsletter. 1544 S. Grant Ave., Janesville. Lori **757.0372**.

## **CRES ACADEMY CHARTER HIGH SCHOOL**

Provides a safe, sober, restorative and challenging school climate for students who have made a personal commitment to drug and/or alcohol recovery, which have a desire to complete their high school education. 514 S. Main St., Janesville **743.5087**.

## **EARLY CHILDHOOD SPECIAL EDUCATION PROGRAM-BELOIT**

Serves children with disabilities ages 3-5. A screening is provided. Mon-Fri, 8am-4pm. 1633 Keeler Ave. **361.4125**

## **EARLY CHILDHOOD SPECIAL EDUCATION PROGRAM-JANESVILLE**

Provides programming for children ages 3-6 years in a public school setting. The children must have significant delays in their development in at least two of the following areas: gross motor, fine motor, cognition, self-help, socialization, speech and language. Programs are held at various Janesville area schools. Children attend four half-day sessions each week: 8:20am-11:05am or 12:15pm-2:50pm. Educational Services Center, 527 S. Franklin St. **743.5059**

## **EARLY HEAD START**

Accepting infants to age 3 and pregnant mothers. Must meet Federal income guidelines. Program is free of charge for the Home Base option. Center Base option does require payment that may be a self-payment, or child care subsidies. Health records must meet guidelines. Office hours 8am-5pm., 1221 Henry Ave., Beloit **299.1500** Or **800.774.7778**

## **EDGERTON ALTERNATIVE HIGH SCHOOL**

Alternative high school for students at risk of not graduating. Tri-Community Center, 112 N. Swift St., Edgerton. **884.9402**.

## **EVEN START FAMILY LITERACY**

A federal and state funded, non-profit Family Literacy Program. A chance for parents and children to learn together at school and home. Call for times and dates. BELOIT – Mon-Fri., 7:30am-noon. Beloit Kolak Education Center, 1633 Keeler Ave. **361.4131**

JANESVILLE – Classes are held at Wilson Elementary School, 465 Rockport Rd. Mon-Fri, 8:30am-12:30pm. Office is at 6004 Prairie Rd. **757.7620**

## **EXCHANGE FAMILY RESOURCE CENTER**

Enhances the quality of family life by offering resources, referrals, play groups, support, parenting classes, and lending library for Rock County families. Mon-Fri,

8:30am-5:00pm. Tues, until 8pm. Playgroups, Wed 9am-10:30am. And Fri 9-10:30am. 2020 E. Milwaukee St., Suite 5. **314.9006**. Evansville playgroup is at the library from 10-11am.

#### **EXCHANGE FAMILY RESOURCE CENTER WARM LINE**

A link to non-emergency advice on the day-to-day trials of child rearing. Mon-Fri, 8:30am-5:00pm. 2020 E. Milwaukee St. Suite 5, Janesville. **314.9006**

#### **FACT PROGRAM**

An innovative early intervention and prevention program aimed at strengthening and empowering families. It is offered through the Exchange Family Resource Center, 2020 E. Milwaukee St., Suite 5, Janesville. **314-9006**

#### **FRESH START PROGRAM – COMMUNITY ACTION**

Designed to help at risk Beloit youth complete their education. Community Action, 501 Prospect, Beloit. Harold, **365.6765**.

#### **HEAD START of Rock & Walworth Co.**

Head Start considers parent involvement an important part of the program, and parents are considered partners. Head Start services area include involvement events and opportunities, child development, health, nutrition, mental health, social services and transportation (provided according to route and design of program). 1221 Henry Ave., Beloit **299.1500**

#### **JANESVILLE ACADEMY FOR INTERNATIONAL STUDIES**

A charter school that partners with Craig and Parker to provide alternative, effective experiences that focus on global education. 31 W. Milwaukee St., Janesville. **314.1180**

#### **JANESVILLE HOME SCHOOL GROUP**

Information and support services for parents interested in starting or who are currently home schooling their children and/or grandchildren in grades K-12. 606 S. Locust St. Anytime 7am-9pm. Susan **756.2195**

#### **JANESVILLE VIRTUAL ACADEMY**

Certified teaching and mentoring staff brings students, parents, and community together in a standards-based, contemporary learning environment. Students in grades 9-12 have the opportunity to enroll full-time and receive a School District of Janesville Virtual Academy Diploma. **713.5146**

#### **MADD OF ROCK AND WALWORTH COUNTIES (Mother's Against Drunk Driving)**

Rock/Walworth Chapter, open to women, men, and children concerned about drunk driving. N1782 Cty. Rd. K, Sharon **262.736.6233**

#### **MEN STOPPING RAPE**

Communicates and educates through workshops, consciousness-raising discussions, published materials and videos, support groups, and direct political activism.

306 N. Brooks St., Madison. Stephen **608.257.4444**

#### **MERCY HEALTHLINE**

- \*Class registration
- \*General health information
- \*Health service referrals
- \*Health screenings - many types available
- \*Health education classes
- \*Symptom guidance
- \*Support groups
- \*Physician referral
- \*People may telephone to ask health-related questions. 8am-9pm, 7 days a week. **756.6100**

#### **OPPORTUNITIES, INC. OF JEFFERSON COUNTY**

A community rehabilitation program with the mission of providing services to individuals to achieve the purpose of maximizing their success and enhancing their abilities to be independent, contributing members of the community. 200 E. Cramer, Fort Atkinson **920.563.2437**

#### **PROJECT AHEAD**

Assists adults in defining their personal and educational goals through academic and career exploration. UW-Rock County, 2909 Kellogg Ave., Janesville. **758.6523 ext. 200**

#### **PROJECT SUCCESS**

Alcohol and other drug use among middle school and high school students is a concern. Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) offers support and referral services to the student in need of help. Janesville **Craig High School – Mike Guiselman, 743.5222. Parker High School, Lisa Barleen, 743.5638. Rock River Charter School, 290.8265.**

#### **ROCK PRAIRIE MONTESSORI SCHOOL**

Non-profit corporation offering quality education based on the principles of the Montessori philosophy. Mon-Fri., 7:30am-5:30pm. 5246 E. Rotamer Rd., Janesville. **868.4844**

#### **ROCK RIVER CHARTER SCHOOL**

Alternative high school for students at risk of not graduating. 31 W. Milwaukee St., Janesville. **752-8273**

#### **ROCK VALLEY HOMESCHOOL SUPPORT GROUP**

For families that home school. Monthly meetings, field trips, and activities. Liz **563.0327**

#### **ST. FRANCIS HOUSE UNIVERSITY EPISCOPAL CENTER**

Episcopal Campus Ministry serving students, undergraduate and graduate, as well as faculty and staff. Mon-Fri, 8am-2pm. 1001 University Ave., Madison. **608.257.0688**

#### **S.P.A.R. (School Age Parents)**

A support program for pregnant and parenting teens.

Rock River Charter School, 31 W. Milwaukee St., Janesville. **752.8273**

### **TAGOS Leadership Academy**

Provides students the opportunities to learn and grow in a project based, supportive, and safe environment where individuality and community are instilled for lifelong success. 1350 N. Parker Dr., Janesville, **290.0468**

### **UW-EXTENSION FAMILY LIVING**

Rock County Extension office brings the resources and knowledge base of the University of Wisconsin to the people who live or work in the county. They work as a team to help address issues facing families, youth, local government, farmers, industry and other businesses, as well as special interest organizations. Mon-Fri, 8am-5pm. Rock County Courthouse, 51 S. Main St., Janesville. Angela **757.5694**

### **UNDER THE BODHI TREE**

Provides alternative educational opportunities and resources for physical, mental, emotional and spiritual growth information and growth for individuals and groups in an environment free of judgment and limitations. **741.4113**

### **WINGSPAN-CAREER DEVELOPMENT PROGRAM**

Provides services and support to displaced homemakers and individuals in non-traditional occupations. Mon-Fri, 8am-4:30pm. Blackhawk Technical College. 6004 Prairie Ave., Room 2214, Janesville. Lynn **757.7656**

### **WISCONSIN PARENTS ASSOCIATION**

WPA has developed information and suggestions for complying with Wisconsin's home schooling law without increasing the state's power and authority. Self-representation: WPA helps parents join with others to represent themselves and their own best interests when action is needed. Consultation and various other services and information are provided without cost to interested individuals in need. Madison **262.283.3131**

## **FOSTER CARE**

### **LSS TREATMENT FOSTER CARE**

Provides nurturing support, love and security for children and teens. The program is a powerful and unique model of care that provides specialized services to adolescents who have mental illness, behavioral disorder, family issues, alcohol and other drug abuse issues, developmental disabilities or other challenges. Treatment foster families open their hearts and homes to children and teens requiring placement on a short or long-term basis. Lutheran Social Services, 612 N Randall Ave., suite A, Janesville. **752-7660 ext. 11**

### **ROCK COUNTY FOSTER & ADOPTIVE PARENTS ASSOCIATION**

Recruitment, licensing, and supervision of foster homes for children. Also provides information and resources.

Rock County Human Services, 3530 N. Cty. Trk. Hwy F., Janesville. **757.5476**.

## **LOAN CLOSET**

### **ALS ASSOCIATION WISCONSIN CHAPTER**

The ALS Association helps ALS patients, families and caregivers through education, counseling, and support; serves as a local ALS information center; educates the public about ALS; and supports research. There is a variety of medical equipment available for loan at no cost. There is also a limited number of communication aids for loan. 2505 North 124<sup>th</sup> St., Suite 105, Brookfield. **262.784.5257**

### **AMERICAN CANCER SOCIETY (A.C.S.)**

All services free of charge. Loan closet: hospital beds, wheelchairs, over bed tables, commodes, walkers, bath stools, adult diapers, rubber gloves, etc. Mon-Fri, 8am-4:30pm. 8317 Elderberry Rd., Madison. Cancer Society Navigator **800.227.2345**. Madison Patient Support **877.423.9123**

### **EASTER SEALS WISCONSIN**

Provides services for people with physical disabilities. 101 Nob Hill Rd., Suite 301 Madison. Madison Office **800.422.2324**.

### **FIRST LUTHERAN CHURCH LOAN CLOSET**

Loans materials such as wheelchairs, walkers, bath benches, commodes, canes, crutches, and many others, to anyone in need. They do not carry orthopedic supplies due to liability issues. Mon-Fri, 8am-4pm. First Lutheran Church Loan Closet, 612 N. Randall, Janesville **752.7434**

### **NATIONAL MULTIPLE SCLEROSIS SOCIETY-WISCONSIN CHAPTER**

Serves people with MS and their families, health care professionals, and the general public. Services include: educational programs including a series for newly-diagnosed clients, over 70 self-help groups, quarterly newsletter and a lending library. Mon-Fri, 8:00am-4:30pm. 1120 James Dr., Hartland. **800.242.3358**

### **SOCIETY'S ASSETS, INC.**

To ensure the rights of all persons with disabilities to live as independently as possible in the community of their choice, through supporting individuals' efforts to achieve control over their lives and become integrated into community life. Mon-Fri, 8am-5pm. 615 E. Geneva St., Elkhorn. **800.261.8181**

### **WISCONSIN REGIONAL LIBRARY FOR THE BLIND & PHYSICALLY HANDICAPPED**

The library provides books and magazines in three formats: Braille, cassette and downloadable web files. Recorded books must be played or “read” on the two types of cassette players that are loaned to patrons. Other accessories available on loan include extension levers, remote control units and amplifiers. All equipment and services, including the mailing of materials, are free to the print handicapped. Mon-Fri, 9am-5pm. 813 W. Wells St., Milwaukee. **800.242.8822.**

## MENTAL HEALTH

### ALTERNATIVES TO VIOLENCE

24-hour helpline provides information and referral, peer counseling and safety options. 24 Hour Crisis Line **752.2583.**

### DOMESTIC VIOLENCE SUPPORT GROUP

Tuesday evenings from 6-7:30pm. Children’s Support Group held at the same time. Call agency helpline for more information. Business line **752.5445** Hotline **752.2583**

### ALZHEIMER’S INFORMATION & TRAINING CENTER, WI

Center provides: Family Services through support groups which offer a safe, confidential and caring place.

Helpline for support, information and referrals to other agencies by phone, walk-ins or e-mail.

6130 W. National Ave., Suite 200, Milwaukee. **800.272.3900**

### ALZHEIMER’S SUPPORT CENTER OF ROCK COUNTY

Provides supportive and educational services for patients and families living with Alzheimer’s disease and related dementias. Mon-Fri-, 8am-5pm. 24 hour voice mail available. 20 S. Main St., Suite #15, Janesville. **314.8500**

### ANGER MANAGEMENT (Beloit Memorial Hospital)

This hands-on group for boys age 9-12 will focus on active problem solving and anger management skills. 1969 W. Hart Road, Beloit. **364.5686**

### ANGER MANAGEMENT FOR CHILDREN

Group is designed to help children ages 6-10 and 11-15 who have problems controlling anger and are causing disruptions in their home, school or community. Topics include self-expression, redirection and control of feelings, communication and more. Parents are required to attend with their children, as the information learned will teach parents how to better manage their child’s difficult behaviors. Mercy Options, 113 S. Franklin St., Janesville. **756.5555. Ext 213**

### AUTISM SOCIETY OF WISCONSIN

Maintains an office, publishes a state newsletter, sponsors an annual conference on autism, and offers information and referral support to parents and professionals. **888.428.8476**

### BELOIT AREA COMMUNITY HEALTH CENTER ADULT THERAPY GROUPS

Topics covered will be issues related to but not limited to family struggles, relationships, conflicts, depression, anxiety, health, divorce and phase of life issues. 74 Eclipse Center, Beloit. **299.3317**

### BELOIT DOMESTIC VIOLENCE CENTER

Assist families of domestic violence. We currently offer children’s support groups, parenting groups for mothers, women’s support groups, legal advocacy, 24-hour crisis line, information and referrals, and the transitional living program. 24-Hour crisis line. **365.1119**

### COMMUNITY CONNECTIONS

Day Care program for adults that includes activities such as: daily community outings, occupational, physical and mental therapy, crafts and games. Mon-Fri 9am-2:30pm. 1425 W. Memorial Dr., Janesville. Stacie **758.8180**

### COMMUNITY SUPPORT PROGRAM

Comprehensive and integrated community services to people with serious mental illnesses.

JANESVILLE – CSP can only accept referrals that come from the Janesville Counseling Center. Mon-Fri, 7:30am-4pm. 35 S. Main St. **757.5566**

BELOIT– CSP can only accept referrals directly from the Beloit Counseling Center. Mon-Fri, 7:30am-4:00pm. 64 Eclipse Center. **363.6200**

### COUNSELING CARE CENTER

These services are offered at Beloit Memorial Hospital, Hilltop Center in Machesney Park, IL and at the Janesville Family Health Center. For more information call **364.5686.**

### DEVELOPMENTAL DISABILITIES COUNSELING

Offers developmental disability counseling, family support program, and supportive parenting program. Mon-Fri, 8am-4:30pm (Lunch 12:00-1:00.) Catholic Charities 2020 E. Milwaukee St., Suite 9. **752.4993**

### DIALECTICAL BEHAVIOR THERAPY GROUP

Develop skills to help you think, control negative emotions, relate better to others, and learn ways to cope under heavy stress. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Sally **364.5686**

### EMOTIONS ANONYMOUS

For depression, anxiety, and emotional pain. Live a healthier emotional life. St. Paul’s Episcopal Church, 212 W. Grand Ave., Beloit. Mondays 8:00pm-9:30pm. **362-4312** or John **362.4643**

### FEELING GOOD AGAIN

Support group for women who have had breast cancer surgery or are facing medical procedures related to breast cancer. 2<sup>nd</sup> Wed, 5:30pm. YWCA 1735 S. Washington St., Janesville. **752.5445.**

## **MEN'S ANXIETY GROUP**

Gain control of symptoms of anxiety and dangerous behaviors without substance abuse. Learn new coping skills to manage symptoms and strengthen relationships. Ongoing group meets Wed. from 9am – 11:30am. Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd. Contact Kathleen at **364.5686**

## **MENTAL HEALTH SERVICES**

For individuals, children, youth and families addressing: child behavior problems, depression and stress, posttraumatic stress, physical and sexual abuse, and relationship concerns.

BELOIT – Lutheran Social Services. 749 Bluff St.

**362.6629**

JANESVILLE – Lutheran Social Services. 612 N. Randall Ave, 3<sup>rd</sup> Floor. **752-7660** ext. 10 **800.279.6886**

## **NATIONAL ALLIANCE ON MENTAL ILLNESS OF ROCK COUNTY (NAMI)**

Advocacy and information for mental health consumers, family members, and professionals. Meets the second Monday, 7–9pm. The River of Life United Methodist Church, 511 Public Ave., Beloit. Call for information about the meetings. **608.879.9224**. National

**800.950.6264** [www.namiwisconsin.org](http://www.namiwisconsin.org)

## **OPTIONS FOR MOMS**

\*Parenting issues and challenges

\*Ways to enhance personal growth in relationships

\*Communication and assertiveness issues

\*Family of origin issues

\*Stress management techniques

\*Mental health issues, including postpartum depression

For more information, or to set up an initial consultation contact Mercy Options, Mon-Fri, 8:00am-5:00pm, 113 S. Franklin St., Janesville. **756.5555**.

## **PFLAG – PARENTS, FAMILIES & FRIENDS OF LESBIANS AND GAYS**

Promotes the health and well being of gay, lesbian, bisexual and transgender persons, their families and friends through:

\*Support, to cope with an adverse society

\*Education, to enlighten an ill-informed public

\*Advocacy, to end discrimination and to secure equal civil rights

PFLAG provides opportunity for dialogue about sexual orientation, and acts to create a society that is healthy and respectful of human diversity. Meets 3<sup>rd</sup> Sunday, September through May, 2 to 4pm. Friends Meeting House, 1704 Roberts Court, Madison. 24/7 Voice Mail **608.848.2333**.

## **RACHEL'S VINEYARD RETREAT**

Helps women and men work through the grief and regret that clouds their life following abortion. Weekend retreats offer a confidential and emotionally safe environment to work through the pain, guilt, and heartache of the past through God's forgiveness, peace,

and healing with others who have been there and understand. Retreats are held twice yearly, Spring and Fall. Pregnancy Helpline of Janesville, 21 S. Jackson, Janesville. **Cheryl, 755.9739**

## **RAPE CRISIS CENTER**

Supportive counseling for survivors of sexual assault and their family and friends. No fee. Confidential.

**Youth Program:** short and long term counseling for assault survivors ages 12 - 18 years. No fee.

**SUPPORT GROUPS:** for survivors who have developmental disabilities; UW Campus Drop- In Group.

No fee. **Medical and Legal Advocacy:** for any sexual assault survivor wanting accompaniment or advocacy during police reporting and investigation, legal proceedings, medical exams and procedures. No fee. Confidential 24/7 crisis line. 608.251.7273 Mon-Fri, 9am-5pm, 128 E. Olin Ave. Madison. Crisis Line **608.251.7273**

## **RECOVERY, INC.**

Members learn how to identify and manage the negative thoughts, reactions, beliefs, and behaviors that lead to emotional pain and disturbing physical complaint which have no physical cause. Recovery can help people struggling with nervous symptoms, fears, phobias or unsettling thoughts or sensations. Thurs, 11am-1pm. First Lutheran Church, 612 N. Randall, Room 301, 3<sup>rd</sup> floor. **774.1053**

## **RESTORE**

Twelve-step Bible-based group aimed to help men and women heal hurting relationships. Support for people who have suffered from alcohol and drug abuse, spousal abuse, childhood sexual abuse, etc. Thursday 7 to 8:00pm. New Life Assembly of God, 2416 N. Wright Rd., Janesville. **752-8323** after 5pm, or **756.4175** Mon – Fri, 9am to 4:30pm.

## **RESTORING HEARTS**

Support group for post-abortive individuals, men or women. All calls are confidential. Pregnancy Helpline. 21 S Jackson St., Janesville. Cheryl **755.9739**

## **SEEKING SAFETY PROGRAM**

For those who have struggled with substance abuse and experienced trauma. Create increased safety in you life by identifying and managing triggers, discontinuing substance abuse, letting go of dangerous relationships, gaining control over extreme symptoms like depression and anxiety, stopping self-harming and self-destructive behaviors and minimizing risk taking. Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364.5686**

## **SEX ABUSE SUPPORT GROUP**

A support group for adult and older teenage women who have been sexually assaulted, abused or victimized. Thursdays 7pm to 8pm. Roxbury Road Church of Christ, 2103 Roxbury Rd., Janesville. Deborah **921.9250**, Mary Beth **931.5734**

### **SEXUAL ASSAULT RECOVERY OF ROCK COUNTY**

Provides crisis intervention and support to survivors and their families for all forms of sexual violence. Serves victims of recent sexual assault, past sexual assault, incest (past or present), and sexual harassment. These services are bilingual (Spanish and English) and include crisis intervention and support through our 24-hour Crisis Line. On-call volunteer advocates respond to the emergency room and support victims with medical and legal advocacy. Mon-Fri, 8:30am-5:00pm. Family Services Association, 423 Bluff St., Beloit. **365.1244**, 24 – Hour Hotline **866.666.4576**

### **SOCIAL ANXIETY GROUP**

Group focuses on helping adults overcome symptoms of anxiety in social situations. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Shelly, **364.5686**.

### **SUPER SIXTIES**

A variety of programs for seniors including informative, musical, dramatic, and travelogues. Meets third Friday of the month, 10:30am with lunch. Redeemer Evangelical Covenant Church, 2500 Prairie Ave., Beloit. Ruth, **365.8584**

### **SUPPORT FOR THOSE WITH FAMILIES OR FRIENDS IN JAIL OR PRISON**

Dismas Support Group for family and friends of those who are in jail or prison. People of all faiths are welcome to attend the group. Dismas does not have regular meeting times, and meets at various places. Call St. Mary's Catholic Church for time and place. 837 Parkview Dr., Milton. **868.3339**

### **THE FAMILY TREE**

The Family Tree is a private marriage and family therapy practice dedicated to providing the highest standard on mental health and addiction treatment. 8:00am-8:00pm (By Appointment.) Mental Health Clinic, 508 Campus St., Suite 6, Milton. **868.5122**

### **TREATMENT/RECOVERY FOR TRAUMA SURVIVORS**

Treatment for those suffering the effect of grief and loss due to trauma. Includes disasters, accidents, death, physical, sexual, verbal, emotional abuse and neglect. Addiction or alcohol affected family issues from the past or present employment or racial issues. Each participant will complete 10 weeks of treatment. Referrals are accepted at any time. The program is not ongoing, but will be provided as needs arise. Family Tree Mental Health Clinic, 508 Campus Lane, Milton. **868.5122**

### **VIETNAM VETERANS OF AMERICA – CHAPTER 236**

Services for veterans and their families, education, and information. Sunday 6:00pm. Bob **754.2706**

### **VIETNAM VETS SUPPORT GROUP**

Individual, group, and family counseling for veterans. Call for time and place. Madison. Tom **800.842.6355**

### **WOMEN'S DEPRESSION GROUP**

Learn the signs and symptoms of depression, and learn effective ways to manage and break the depression, all in a supportive environment. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Claudia **364.5686**

### **YWCA ABUSE IN LATER LIFE SUPPORT GROUP**

Support group for women 50+ or women under 50 who are no longer caring for dependent children. Wed, 11:30am-1:30pm. YWCA, 1735 S. Washington St., Janesville **752.5445 ext. 223**

## **MENTORING PROGRAMS**

### **1<sup>st</sup> WISCONSIN YOUNG MARINES**

Provides an alternative for youth to instill a sense of pride in themselves, in their community, and in their country. Young Marines make a pledge to maintain a drug-free lifestyle and are encouraged to influence family, friends, and schoolmates to share this commitment. Fourteen-week boot camp is held twice a year. Monday 6:00pm-8:30pm. Marine Corp, 3807 S. Riverside Dr. Beloit. **362.7061** Loren **815.670.1001**.

### **ARC OF ROCK COUNTY**

Rock County Association for Retarded Citizens. "Advocacy, Respect and Choices for Citizens with Disabilities." Advocacy and recreation programs. Pat Poffenberger is recreation coordinator. ARC offers different functions including dancing, movies, bowling, games, bingo, talent show, picnic, etc., in Beloit and Janesville. Call for specific information. Janet **756.9155** Pat **752.4993**

### **ARC OF WISCONSIN**

Provides advocacy, education, guardianship, lobbying, prevention, training and information and referral services to individuals with mental retardation and their families throughout the state. 2800 Royal Ave., #209, Madison. **608.222.8907**

### **BIG BROTHERS – BIG SISTERS**

Provides a Mentoring Program that develops a one-to-one child/volunteer relationship to assist children from primarily single parent families in reaching their full potential. They spend 3 to 4 hours a week together. Children 6–14. Jefferson, Rock, and Walworth counties. Mon-Fri, 8am-4pm. 1239 Huebbe Parkway, Beloit. Nancy, **362.8223**

### **BLACKHAWK PIONEERS**

A support group for the visually impaired and blind. The group is sponsored by the Lions Club, with Lions Club members providing transportation and the Lionesses providing meals. Meetings are held the 3<sup>rd</sup> Monday at 7:30pm. Beloit Salvation Army Senior Center, 628 Broad St., Beloit. James, **365.9750**

### **CHALLENGE ACADEMY – WISCONSIN NATIONAL GUARD**

A 17-month program for at-risk youth ages 16 years 9

months through 18. Academy cadets complete a 22-week residential phase during which the cadets can earn their High School Equivalency Diploma and change their outlooks and viewpoints on life and character. Mon-Fri, 7:30am-5pm. Ft. McCoy, **608.269.9000**.

### **CHILDREN ARE OUR SPECIALTY**

Open to all Rock County family daycare providers. Mentor program and training opportunities for in-home childcare providers. Monthly newsletter. 1544 S. Grant Ave., Janesville. Lori **757.0372**

### **DEVELOPMENTAL DISABILITY COUNSELING**

We provide counseling and case management to people with developmental disabilities and their families. We help with residential supports, vocational supports, school programming and various financial and legal resources and offer a supportive parenting program. Mon-Fri, 8am-4:30pm, except lunch 12:00-1:00.

BELOIT - 3311 Prairie Ave., **365.8787**

JANESVILLE - 2020 E. Milwaukee St., Ste. 9, **752.4993**

### **EVANGELICAL CHILD AND FAMILY AGENCY**

24-hour, counseling. Housing available during pregnancy, infant care provided in licensed homes. Post adoption counseling, referrals provided for insurance, assistance for medical bills, infant foster care, and assistance in choosing an adoptive family. Call for explanation of options. Crisis pregnancy counseling. Office Mon-Fri, 8:30am-4:30pm, by appointment only. 5117 S. Hwy 51, Janesville. Hotline **800.686.3232** Information **758.2055**

### **EXCHANGE FAMILY RESOURCE CENTER – WARM LINE**

Your link to non-emergency advice on the day-to-day trials of child rearing. Mon-Fri, 8:30am-5:pm. Exchange Family Resource Center. 2020 E. Milwaukee St. Suite 5, Janesville. **314.9006**

### **EX-POWS AND WIVES**

Aid and support to Ex-POWs and wives. Meets first Wednesday of the month, 11am. Elks Club, 2100 N. Washington, Janesville. **752.7027**

### **INDEPENDENT DISABILITY SERVICES**

Respite at Risk provides short-term temporary relief for families of children and adults, who may be at risk of neglect/abuse or who are medically fragile.

**Representative Payees Program:** provides complete management of finances for adults with disabilities.

**Respite Program:** for developmentally disabled persons, provides a break for the family under stress.

**Adult Independent Living Program:** assists persons with disabilities with independent living skills. Community Integration provides recreational, vacation and other activity opportunities with the goal of getting disabled adults out into the public. Transportation is provided when not available. 2100 E. Milwaukee St., L14, Janesville. **754.5552**

### **JANESVILLE AREA SPECIAL OLYMPICSP**

Provides year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. 941 Hawthorne Ave., Janesville. **752.8117**

### **LIVING WATERS MINISTRIES**

Was created for the purpose of providing long term mentoring in Christian living while offering transitional housing and assistance to males. 1110 Hamilton, Janesville. Scott **322.4313**, Guy **373.9615**, Emergencies Terry **289.5578**

### **LOOK GOOD, FEEL BETTER**

Patients can learn about skin care, make-up applications, and nail care by licensed cosmetologists certified by the American Cancer Society. 3<sup>rd</sup> Wed, 1-3pm. YWCA Community Service Center, 1735 S. Washington St., Janesville. Vicki **877.423.9123 ext 7579**

### **LUNCH BUDDIES**

Volunteers spend one lunch hour a week with a child at their school. This one on one time is the source of positive changes in a child's life from increased self-esteem, better grades and stronger communication. Van Buren, Kennedy, Roosevelt, and Jackson elementary schools. Big Brothers Big Sisters, 1239 Huebbe Parkway, Beloit. **362.8223**.

### **PARENT TO PARENT OF ROCK COUNTY**

Assist parents in Rock County who recently had a child diagnosed with special needs. Parents give each other one-on-one support. 588 Garfield Ave., Janesville. Michelle **882.4826**

### **RIVERFRONT**

Serves the employment and independent living needs of people with disabilities. Offers a variety of services which include: job placement, work skills and interest assessment, production plant employment, community supported employment, mobility training, parent partner support, and much more. Program hours 8:30am-3:30pm. 1107 Barberry Dr., Janesville. **757.0909**

### **SENIOR SERVICES OF ROCK COUNTY, INC.**

**BENEFIT SPECIALISTS** – Advocate and assist elderly with public and private benefits.

**HOME REPAIR** – Provides referrals of screened qualified workers for home maintenance and repair.

**STOP GAP** – Registry of home health aides to care for elderly clients who are on Rock County Long Term support funding and who cannot find workers from other agencies, etc.

**SENIOR COMPANION PROGRAM** – matches well

senior to care for frail seniors.

**RESPIRE CARE** – Provides screened workers to sit with the dependent elderly so the caregiver can run errands, keep appointments, visit friends etc. Mon-Fri, 8am-12pm, 1pm-5pm. Senior Services, 120 N. Crosby Ave., Janesville. **757.5940**

**TOPS**

Taking Off Pounds Sensibly weight loss program. There are numerous TOPS classes offered in the Rock County area. Call for info on the times, days and locations. Lisa **884.7050**

**VICTIM/WITNESS ASSISTANCE PROGRAM**

Our program is available to any person who is a victim of a crime, a witness to a crime, or a family of a homicide victim. Mon-Fri, 8am-5pm (Lunch 12pm-1pm). 51 S. Main St., Janesville. **757.5569**

**WEIGHT WATCHERS**

Holds group meetings in the following areas, Beloit, Edgerton, Evansville, and Janesville. Contact the national number for more information. **800.651.6000**

**WISCONSIN FAMILY TIES, INC.**

Wisconsin Family Ties is a statewide, private non-profit, parent-run organization for families who have children and adolescents with serious emotional and behavioral disorders. Provides a variety of parent-to-parent support, education and advocacy services to parents. 16 N. Carroll, Suite 640, Madison. Mon-Fri, 9am-4pm, voice mail available. **608.267.6888 or 800.422.7145**

**WISCONSIN VICTIM RESOURCE CENTER**

Provides statewide services to victims of crime, including referrals, victim/witness services, victim advocacy, problem solving assistance and victims of crime who suffer financial hardship because of medical and other personal expenses caused by crime. It is a requirement, however, that the crime be reported to a police agency within five days after occurrence of the offense or incident, for victims to be considered for this service. Funds from this program cannot be used to cover property damage or loss. Mon-Fri, 7:45am-4:30pm. Madison **800.446.6564 or 608.264.9497.**

**YOUTH INDEPENDENT LIVING PROGRAM**

Specialized program to assist youth to live independently after age 21. Target group is children in foster-care or child-care institutions. Human Services Dept., 3530 N. Cty. Trk. Hwy. F, Janesville. **757.5275.**

**MILITARY**

- AIR FORCE** **703.697.4720**
- AIR FORCE AID SOCIETY, INC.** **800.769.8951**
- ARMED FORCES EMERGENCY SERVICECS**  
**800.696.3873**
- ARMY** **703.681.7395**

- ARMY EMERGENCY RELIEF** **866.878.6378**
- COAST GARD** **800.368.5647**
- COAST GUARD MUTUAL ASSISTANCE** **800.881.2462**
- FISHER HOUSE FOUNDATION, INC.** **888.294.8560**
- ILLINOIS ARMY NATIONAL GUARD** **815.636.4729**
- MARINE CORPS** **800.627.4637**
- MILITARY ONE SOURCE** **800.342.9647**
- MILWAUKEE VA REGIONAL OFFICE** **800.827.1000**
- NAVY** **703.614.1879**
- NAVY – MARINE CORPS RELIEF** **703.696.4904**
- WISCONSIN ARMY NATIONAL GUARD** **608.755.1222**
- SOLDIERS’ ANGELS** **262.529.5114**
- USO OF ILLINOIS, INC.** **312.923.7070**
- USO OF WISCONSIN, INC** **414.271.3133**
- WISCONSIN NATIONAL GUARD FAMILY PROGRAM**  
**800.292.9464**
- WOUNDED SOLDIER AND FAMILY HOTLINE**  
**800.984.8523**

**MULTI-CULTURAL**

**BRIDGE BUILDERS OF ROCK COUNTY**

Church based support group and prayer group. Offers opportunities to get together and join in prayer and conversation. Neil **752.8342**

**DIVERSITY ACTION TEAM OF ROCK COUNTY**

Purpose is to bring people together from all backgrounds, to promote equality and understanding between peoples of different races. Offer study circles, to promote understanding, interactions, and dialogue between people. 1<sup>st</sup> Tues, 7:15am, 1<sup>st</sup> Thurs, 6:30pm. Janesville Academy for International Studies, 31 W. Milwaukee, Janesville. email [dat\\_janesville@yahoo.com](mailto:dat_janesville@yahoo.com) or phone **752.8342**

**GRIEF GROUP IN SPANISH**

Free series of grief support. Tuesday 6pm–7:30pm. The series offers a supportive, sharing environment to individuals coping with the death of a loved one. Covers topics such as understanding grief, relations of loss, and healing strategies. YWCA of Rock County, 1735 S. Washington St., Janesville. **752.5445 ext. 222**

**HISPANIC ORGANIZATIONS**

Services vary according to group. Help with employment, housing and assist with filling out paperwork. Youth program and program to help people stay out of jail. Newsletter in Spanish. Provides support, shelter, whatever needs are.

La Voz Latina  
412 Market St.  
Rockford, IL 61107  
**815.965.5784**  
Mon - Fri, 8:30am - 5pm

Centra Hispano of Dane County  
835 W. Badger Rd.  
Madison, WI 53713  
**608.255.3018**

Mon - Fri, 8am - 12noon, 1pm - 5pm

Conexiones Latinas

520 Handeyside La.  
Ft Atkinson, WI 53538  
**920.568.5018**

Jesus V. Panalez

Case Manager  
Job Placement Specialist  
**414-389-6636**  
[Jesus.panalez@umos.org](mailto:Jesus.panalez@umos.org)

Mariana Rodriguez

Program Manager  
The Latina Resource Center  
**414-389-6508**  
[Mariana.rodriquez@umos.org](mailto:Mariana.rodriquez@umos.org)

Janesville YWCA Immigrant Outreach

1735 S. Washington St.  
Janesville, WI 53546  
**752.5445 ext. 222**  
Mon-Fri 8am-4:30pm

**LABOR COUNCIL FOR LATIN AMERICAN  
ADVANCEMENT**

Membership organization to promote Latin Americans in business, community and other services. 3<sup>rd</sup> Sat, 10:30am. UAW Hall, 1795 LaFayette, Janesville.  
**608.563.4193**

**LATINO SERVICE PROVIDERS COALITION**

Serves as a clearing house for information for the Latino community in the Rock County and Stateline area. Operates out of the Stateline Literacy Council, 822 Broad St., Beloit. **313.8248.ext 3**

**MINORITY PARENT ORGANIZATION OF BELOIT**

Works in conjunction with the Beloit School District in attempting to narrow the achievement gap and increase parent involvement. Two scholarships awarded each year to two high school seniors. Meets once a month. 1745 Summit Ave., Beloit. Mary **365.0914**

**NAACP – National Association for the Advancement of Colored People.**

Striving to ensure the political, educational, social and economic equality of minority group citizens of the United States. Beloit Chapter, OIC bldg., 1872 Porter Ave. Beloit. Meets second Thursday of the month at 7pm, but no meetings in July and August. Sadie **365.0314**. Mary **365.0914**

**UNITED ASIAN SERVICES OF WI. INC.**

Provides supportive services focused on assistance to help refugees, former refugees and their descendents to overcome barriers to self-sufficiency through transportation, translation, interpretation, advocacy, housing assistance, job placements, seniors, food pantry, education workshops, and health related issues. Services focus on youth increasing school attendance, improving school performance, preventing racism, and

promoting job placement. Mon-Fri, 8am-4:45pm. 312 North 3<sup>rd</sup> St., Madison **608.256.6400 or 800.404.8779**

**VOCES DE LA FRONTERA**

Has organized immigrant and low wage workers to become the "voice of change" in the Immigration Rights Movement. Offers Citizenship Classes; Saturday Legal Clinic: Immigration and Worker's Rights; Labor Rights Workshops; Referrals to Community Resources & Agencies. . Mon-Fri, 9am-5pm, Sat, 9 am-noons, Sun. closed. 1027 South 5<sup>th</sup> St., Milwaukee, WI.  
**414.643.1620**

## PARENTING

**ANGER MANAGEMENT FOR CHILDREN (Mercy Health Mall)**

This group helps children ages 6-10 and 11-15 who have problems controlling their anger and are causing disruptions in their home, school or community. Parents are required to attend with their children, as the information learned will teach parents how to better manage their child's difficult behaviors. Mercy Options, 113 S. Franklin St., Janesville **756.5555 ext 213**

**BELOIT FAMILY RESOURCE CENTER**

Community outreach, group education and support, individual assistance, and resource and referrals are provided to parents and their children, free of charge. The Family Resource Center is a safe place for families and their children to gather to receive support and assistance that enhances their own strengths and abilities. Books, toys, and video check out library.

STAR Parenting class, a free eight week series of classes, uses the STAR discipline method designed for children up to 8 years old. Childcare and lunch provided. Offers three weekly play groups age one to five. Also offers a Baby and Me group for ages birth to nine months. Mon-Thurs., 9am-3pm. 1221 Henry Ave. Beloit. **313.9253**

**BELOIT FAMILY RESOURCE CENTER WARM LINE**

For non-emergency parenting questions during office hours. Monday through Thursday 9am – 3:00pm. 1221 Henry Ave., Beloit. **313.9253**

**BELOIT MOTHERS OF TWINS**

Meet Tuesdays at 7pm. Various activities include social activities, trips and support. The group can be a source for sale or loan of baby items for twins. 3578 S. Riverside Dr., Beloit. Nancy **365.9093**

**BIRTH PARENT SUPPORT GROUP**

A group for any persons who has voluntarily placed a child for adoption, and is looking for support. Registration is preferred but group is available on a drop in basis and is free of charge. 2nd Tue., 6pm-7:30pm. Lutheran Social Services, 5 Odana Court, Madison. Alice **608.270.6635**, Trish **608.833.4800 ext. 109**

**BUREAU OF CHILD SUPPORT**

Provides general policy information on any child support issue, including: locating a parent, establishing paternity, court order for payment. Mon–Fri, 7:45 am–4:30pm. 201 E. Washington St. Suite E200, Madison. **608.266.9909**

**CHILDREN WITH SPECIAL HEALTH CARE NEEDS**

Provide FREE and confidential assistance to providers and children/youth with special health care needs. Mon-Fri, 8am-5pm. Rock County Health Department, 3328 Hwy 51 North, Janesville. **757.5440**

**CREATIVE ALTERNATIVES RESOURCES AND EDUCATION – CARE**

Incentive program offered to women who are pregnant or have had a baby in the past one year. Participants attend classes on budgeting, relationships and breast-feeding to earn CARE cash that can be spent in the CARE Closet, an in-house store.

CARE Cash is earned by completing a variety of activities such as going to school or work, attending church, Bible study and community parenting classes or programs.

The CARE Closet is filled with new and gently used baby and maternity items. Participants save and budget their CARE Cash to purchase cribs, car seats, strollers, diapers, baby/maternity clothing or other essentials.

After Care Program - for mothers with children over 12 month of age. Meets twice a month on Tuesdays. Pregnancy Helpline of Janesville, 21 S. Jackson St., Janesville. **755.9739**

**EVANGELICAL CHILD AND FAMILY AGENCY**

Compassionate and biblical counseling at no charge. 24-hour availability & confidential. Housing referrals during pregnancy. Short-term and respite foster care. Incentive program, “Fruits of Your Labor”, to earn new baby items and used furniture when available. Post adoption and post abortion counseling. Referrals for insurance assistance for medical bills. Call for information of options, crisis pregnancy counseling. 24 hour hotline; Office Mon-Fri, 8:30am-4:30pm, by appointment only. 5117 Hwy 51 South, Janesville. Linda **758.2055 or 800.686.3232**

**EXCHANGE FAMILY RESOURCE CENTER**

Enhances the quality of family life by offering resources, referrals, supportive parenting classes, and lending library for all Rock County families. JANESVILLE – Play groups are Wednesday and Friday from 9am–10:30am. 2020 E. Milwaukee St., Suite 5. **314.9006**

EVANSVILLE – Playgroups meet every Monday 10am-11am. Exchange Family Resource Center, 112 Church St. **314.9006**

**EXCHANGE FAMILY RESOURCE CENTER WARM LINE**

Non-emergency advice on the day-to-day trials of child rearing. Monday–Friday 8:30am–5pm. 2020 E. Milwaukee St., Janesville. **314.9006**

**FAMILY RESOURCE CENTERS-SCHOOL DISTRICT OF JANESVILLE**

Our Family Resource Centers vision is to be a neighborhood center for all families that focuses on providing materials and opportunities to strengthen the child’s ability to succeed in school and increases the family’s ability to succeed in today’s society.

- ~Adams..... **743.6322**
- ~Jackson..... **743.6593**
- ~Jefferson..... **743.6615**
- ~Kennedy..... **743.7511**
- ~Lincoln..... **743.6746**
- ~Madison..... **743.6827**
- ~Roosevelt..... **743.7074**
- ~Van Buren..... **743.7119**
- ~Washington..... **743.7249**
- ~Wilson..... **743.7343**

**GAY-BI FATHERS SUPPORT GROUP**

Collective experiences help each other cope with being ourselves, dealing with our children and relationships. Meets the fourth Sunday of the month at 4pm. **754.4101**

**JANESVILLE MOTHERS OF MULTIPLES**

Speakers attend meetings and give advice for health issues for twins. Call for meeting dates & time. Rock Prairie Presbyterian Church, 8605 E. County Trunk A, Janesville. Lisa **884.4887**

**LA LECHE LEAGUE OF ROCK COUNTY**

Our mission is to help mothers and families worldwide to breastfeed through mother-to-mother support, education, information, and encouragement, and to promote a better understanding of breastfeeding as an important element of the healthy development of the baby and mother. 1<sup>st</sup> Thurs, 7pm-8:30pm. YWCA 1735 S. Washington, Janesville. Bobbie **359.9409**

**LEARNING ESSENTIALS ABOUT PARENTING**

Ongoing parent education class that runs in 10-week cycles. Build on your parenting skills. Free on-site childcare. Every Tuesday night from 6:30–8pm. Exchange Family Resource Center 2020 E. Milwaukee St. Suite 5. **314.9006**

**LSS CO PARENTING: PARENTING FOREVER**

Eight week program that helps separated or divorced parents work together as partners to better raise their children from two separate households. Children ages 7-10 are also welcome to attend classes created especially for them. Free childcare is available for children six years or younger. Janesville & Beloit. For more information or to register **752-7660** or **295-8964**.

**LSS TREATMENT FOSTER CARE**

Provides specialized services to adolescents who have mental illness, behavioral disorder, family issues, alcohol and other drug abuse issues, developmental disabilities or other challenges.

Lutheran Social Services, 612 N. Randall Ave, Suite A, Janesville. **752.7660**.

### **LSS PARENTS AND TEENS TOGETHER**

This class offers adults and adolescents a chance to discuss in a safe and open environment the issues facing today's youth. Sessions include separate teen and parent groups as well as joining together in a large group discussion. Goal of the class is to improve family communication and strengthen the way parents and teens relate to each other. First Lutheran Church, 612 N. Randall, Suite A, Janesville. **752.7660 ext. 11.**

### **LSS POSITIVE PARENTING PROGRAM**

An 8-week program that offers education and support for parents who are feeling overwhelmed, stressed, or frustrated, yet want to be nurturing parents. The program uses a variety of teaching techniques such as guest speakers, discussions, group work and videos. There is also a free children's program (ages 5-12 years) that mirrors the adult parenting topics. Facilitators promote a positive sense of self and expression of feelings through a variety of child-friendly activities. Free childcare for children birth to four years old is available. Lutheran Social Services, 612 N. Randall Ave., 3<sup>rd</sup> floor, Janesville. Donna **752.7660 ext. 17**

### **LSS RUNAWAY AND YOUTH SERVICES**

24 hour Crisis Hotline. Family Mediation and Counseling; Emergency Shelters; Educational Programs; Groups on Anger Management, Health Relationships, Conflict Resolution, Depression, Gay, Lesbian and Bisexual Support, Runaway Prevention, HIV/STD/AIDS Education and Awareness, and Self-Esteem for Girls. Services are available to teens, parents, school personnel and police. All services are confidential and voluntary; most services are free or low cost. Lutheran Social Services 612 N. Randall Ave., Suite A, Janesville. **800.924.7238, Office 752.7660**

### **MOPS (MOTHERS OF PRESCHOOLERS) Beloit**

A non-denominational Christian organization for anyone who is expecting, or who has a child, newborn through kindergarten age. Pre-register before attending first meeting. Different topics each month, Childcare is provided. Second Monday, 7pm-9p.m. Our Savior's Lutheran Church, 749 Bluff St., Beloit. Brenda **815.389.8930.**

### **MOPS (MOTHERS OF PRESCHOOLERS) Janesville**

A non-denominational Christian organization for anyone who is expecting, or who has a child, newborn through kindergarten age. Discusses different topics each month, Childcare is provided. 1<sup>st</sup> & 3<sup>rd</sup> Thurs, 9am-11am. Bethel Baptist Church, 3300 Mt. Zion Ave., Janesville. Melinda **449.4667**

### **MOPS (MOTHERS OF PRESCHOOLERS) Janesville**

Support group for women with children younger than six that allows them to gather and share their experiences of raising young children. Meetings feature a speaker and crafts. Free child care is available with two-week notice. 1<sup>st</sup> Mon, 6-8:30pm. Sept-May. New Life Assembly of God Church, 2416 N. Wright Rd., Janesville. **756.4175**

### **S.A.P.A.R. (SCHOOL AGE PARENTS)**

Support program for pregnant and parenting teens. Mon-Fri, 8:30am-12pm. Classes are held at Rock River Charter School, 31 W. Milwaukee St., Janesville. **752.8273.**

### **STATELINE MOMS**

Pregnancy support program to meet needs encountered during an unplanned pregnancy. It is for any young woman who is either pregnant or has recently had a baby and is a first time mom looking for support, friendship and assistance. Meets the first and third Thursday of the month. Steline Pregnancy Center, 347 W. Grant Ave., Beloit. **365.5433**

### **WISCONSIN FAMILY TIES, INC.**

Statewide private non-profit, parent-run organization for families who have children and adolescents with serious emotional and behavioral disorders. Provides a variety of parent-to-parent support, education and advocacy to parents. Mon-Fri, 9am-4pm, voice mail available. 16 N. Carroll, Suite 640, Madison. Outside of Madison only **800.422.7145, or 608.267.6888.**

## **PET LOSS**

### **PET LOSS GROUP**

Offers a support group twice a year. Call for details. Rock County Humane Society, 222 S. Arch St., Janesville. **752.5622 or 755.1871**

## **PHYSICAL HEALTH**

### **A.W.A.K.E. (Alert, Well, and Keeping Energetic)**

This is a support group for people with sleep apnea and is offered free of charge. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. For more info call Bonnie at **364.5481.**

### **A.W.A.K.E. (Alert, Well, and Keeping Energetic)**

This a support group for people with sleep apnea. Open to anyone anywhere, and is free of charge. 6:30-7:30pm (meets quarterly). 903 Mineral Point Ave., Janesville. **758.5765**

### **AIDS HOTLINE**

State-wide information and referral hotline on AIDS, all sexually transmitted diseases, hepatitis C and HIV. Provides referrals to counseling, testing, medical care, pastoral care, and emotional support. Provides information about HIV transmission, antibody testing, prevention, disease progression and needle exchange. Wis. HIV/STD/Hepatitis C – IRC, 820 N. Plankinton Milwaukee. 24 hours hotline. **800.334.2437**

### **AIDS NETWORK**

HIV Prevention services including HIV testing and counseling, HIV prevention outreach, community education, peer education/advocacy programs,

individual and group risk reduction planning, harm reduction and care services for persons using alcohol and other drugs.

BELOIT - Mon-Fri, by appointment only. 136 W. Grand Ave. Suite 202. **364.4027**

JANESVILLE - Mon-Fri, 8am-5pm. Answering machine. 101 E. Milwaukee St. Suite 96 **756.3010**

MADISON - Mon-Fri, 8:30am-5pm. 600 Williamson St. **608.252.6540 or 800.486.6276**

#### **AIDS RESOURCE CENTER OF WISCONSIN**

Works to confront and alleviate the effects of HIV disease. Provides aggressive HIV education and prevention; access to comprehensive services, clinical research on treatment, and advocacy. Mon-Fri, 8:30am-6pm. 121 S. Pinckney St., Suite 320, Madison. **800.518.9910.**

#### **ALS ASSOCIATION SOUTHEAST WI CHAPTER**

Helps ALS patients, families, and caregivers. Offers support groups, equipment loans, communication aids, and Patient Services Coordinator, 2505 N. 124<sup>th</sup> St., Suite 105, Brookfield. **262.784.5257**, Patient Services **414.817.1541.**

#### **AMERICAN CANCER SOCIETY (A.C.S.)**

We offer many free services including a loan closet, wigs for chemo patients, transportation, information, and support groups. Mon-Fri, 8am-4:30pm. 8317 Elderberry Road, Madison.

Cancer Society Navigator **800.227.2345.**

Patient Support **877.423.9123.**

#### **AMERICAN DIABETES ASSOCIATION**

Assist the American Diabetes Association in fulfilling its mission to prevent and cure diabetes and improve the lives of those affected by the disease. Mon-Fri, 8:30am-5pm, Eastern Time. South Towne Office Park Bldg 4, 6400 Gisholt Dr., Ste 213, Monona. **800.342.2383 or 608.222.7785.**

#### **AMERICAN HEART ASSOCIATION OF WISCONSIN**

Supports Wisconsin research, community health programs, school and work site programs, public and professional education to reduce premature death and disability caused by heart disease and stroke. The AHA uses the results of medical research to develop programs to help people of all ages adopt heart healthy lifestyles. Mon-Fri, 8:30am-5pm. 2850 Dairy Dr., Suite 300, Madison. **800.242.9236 or 608.221.8866**

#### **AMERICAN TRAUMA SOCIETY**

Has materials and literature for prevention of physical trauma. Mon-Fri, 8:30am-4:30pm; Eastern time. 8903 Presidential Pkwy, Suite 512, Upper Marlboro, MD. **800.556.7890**

#### **ANGEL ON MY SHOULDER**

A Cancer Support Foundation whose mission is to improve the quality of life of those affected by or afflicted with cancer. 1611 Pine Tree Lane, St. Germaine, WI, **800.860.3431**

#### **ARTHRITIS FOUNDATION WISCONSIN CHAPTER**

The mission is to support research to find the cure for and prevention of arthritis and quality of life for those affected by arthritis. Mon-Thurs, 8am-4pm. Summer Hours: 8am-2pm Memorial Day to Labor Day. 1650 S. 108<sup>th</sup> St., West Allis. **800.242.9945**

#### **AURORA HEALTH CARE**

Support groups include Before and After Breast Cancer, Breast Feeding, Cardiac Support Group, Diabetes, Grief Recovery, Headaches, Multiple Sclerosis, PMS, Stroke Support. Mon-Fri, 8am-4pm. Community Education Department, 300 McCanna Pkwy., Burlington. **888.926.5490**

#### **AUTISM SOCIETY OF AMERICA**

Receive information about autism, autism-related topics, and ASA with a phone call! Fax-On-Demand service 24 hours a day, 7 days a week. Easy instructions walk you through the system. Quick access to autism information, membership, ASA activities and special events. Just request an index of documents, look for 3-digit document number, then call the toll-free Fax line to place your order. Mon- Fri, 9am-5pm Eastern Time. 7910 Woodmont Ave., Suite 300, Bethesda, MD. **800.328.8476.**

#### **AUTISM SOCIETY OF AMERICA-MADISON CHAPTER**

Madison chapter offers information and referrals regarding autism. It services families of those with autism and professionals who treat those with autism. Support group (also attended by professionals) meets every third Monday every month except December. 2935 S. Fish Hatchery Rd. #101, Madison. **608.213.8519.**

#### **AUTISM SOCIETY OF WISCONSIN**

Maintains an office, publishes a state newsletter, sponsors an annual conference on autism, and offers information and referral support to parents and professionals. Two Rivers. **888.428.8476 or 920.553.0278**

#### **BELOIT DIABETES ADULT SUPPORT GROUP**

Support group for people with diabetes and their families. 1<sup>st</sup> wed, 5pm. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364.5137**

#### **BELOIT EVENING LIONS CLUB SIGHT PRESERVATION PROGRAM**

Lions Clubs conduct vision and health screenings, build parks, support eye hospitals, award scholarships, assist youth, provide help in time of disaster and much more. Provides assistance for Sight and Hearing impaired. 2<sup>nd</sup> and 4<sup>th</sup> Tues, 7pm. Liberty Inn, 1901 Liberty Ave., Beloit. Jim **365.8505**

#### **BLACKHAWK PIONEERS**

A support group for the visually impaired and blind. Sponsored by the Lions Club, with Lions Club members providing transportation and Lionesses providing meals. The Blackhawk Pioneers are affiliated with the Wisconsin Council of the Blind. Meets the 3<sup>rd</sup> Mon, 7:30pm. James **365.9750**

#### **CANCER SUPPORT GROUP**

Beloit Memorial Hospital, 1969 W. Hart Rd. Beloit. **364.5130**.

#### **CARDIOPULMONARY REHAB**

Preventative/Rehabilitative Exercise, Nutrition, and Education Programs. Mon-Thu, 7am-7pm. Fri, 7am-6pm. Mercy Mall, 1010 N. Washington, Janesville. Stephanie **755.7996**

#### **CENTER FOR SIGHT & HEARING IMPAIRED**

Offers various services for visually or hearing impaired and information and referral. Mon-Fri, 8am-4:30pm. 8038 Macintosh Ln., Rockford. **815.332.6800**

#### **CHILDREN AND ADULTS WITH ATTENTION DEFICIT DISORDERS**

If you have a question about AD/HD, our Information Specialists are ready to help. Information Specialists can answer questions on a broad range of topics, including educational rights, treatment options, diagnostic procedures, and how to locate local supports and services. Please note that we are not able to provide referrals to individual professionals, including doctors, mental health professionals, and attorneys; or answer individual medical questions about your or your child's medical treatment. 8181 Professional Place, Landover, MD **800.233.4050**.

CHADD National Office **301.306.7070**

#### **CHRONIC PAIN SUPPORT GROUP**

First Monday at 1 to 2:30pm. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Sharon **364.5686**

#### **COURAGEOUS SURVIORS**

Support group for those with physical disabilities resulting from stroke, head injury, amputation, multiple sclerosis, and neurological diseases. Meets 3<sup>rd</sup> Thurs, 5-6pm. Beloit Memorial Hospital, Occupational Health Center, 1969 W. Hart Rd., Beloit. Andrea **364.5203**

#### **DEVELOPMENTAL DISABILITY COUNSELING**

Provides counseling and case management to people with developmental disabilities and their families. We help with residential supports, vocational supports, school programming and various financial and legal resources. Mon-Fri, 8am-4:30pm (Lunch 12:00-1:00). 2020 E. Milwaukee St., Suite 9, Janesville. **752.4993**

#### **DIABETES SUPPORT GROUP**

This group is open to all people with diabetes, or wishing information on diabetes. 1st Wed, 5pm. Beloit Memorial Hospital, 1696 W. Hart Rd. Call Barb or Nancy at **364.5138**.

#### **DIABETES SUPPORT GROUP (SOUTHERN WI**

#### **DIABETES ASSOCIATION)**

This group is open to all people with diabetes, or wishing information on diabetes. Call for locations and times. Mercy Health Mall 1010 N. Washington, Janesville. Lynnette or Loran **741.2459**

#### **DIABETICS EXERCISE CLASS**

Exercise program for people with diabetes. The program will be supervised by medical staff, and a physician referral is required to participate. Mercy Cardiac Fitness Center, 1010 N. Washington, Janesville. Tue & Thurs, 9:30am-10:30am. **755.7996**

#### **DISABILITY NAVIGATOR SERVICES**

Assist individuals with disabilities to gain access to the workforce development system to return to work, while linking the individual with Social Security Administration to help educate individuals on various work incentive programs available through Social Security. Green County Job Center, N3152 State Rd. 81, Monroe **608.328.9660**

#### **EASTER SEALS WISCONSIN**

Provides services for people with physical disabilities. 101 Nob Hill Rd., Suite 301 Madison. Madison Office **800.422.2324**.

#### **EPILEPSY FOUNDATION OF SOUTHERN WI**

Provides services for people with epilepsy and those concerned with epilepsy. Client services include: education, advocacy, employment assistance and guidance on specific issues related to epilepsy and seizure disorders. 205 N. Main St., Suite 106, Janesville. **755.1821 or 800.693.2287**

#### **FIBROMYALGIA AND CHRONIC PAIN SUPPORT GROUPS**

Learning to live with chronic pain from Fibromyalgia is a challenging, but achievable goal. Fibromyalgia is a frequently diagnosed condition, which is often associated with concurrent Major Depression and Anxiety. Educational and supportive groups will be offered by a skilled psychotherapist. Mon, 1-3pm. Every other Wed, 10am-12pm or Thurs, 10am-12pm. Mercy Options, 113 S. Franklin St., Janesville. **756.5555**

#### **GILDA'S CLUB**

The mission of Gilda's Club is to provide meeting places where men, women and children living with cancer, and their families and friends, join with others to build emotional and social support as a supplement to medical care. The focus of Gilda's Club is on LIVING with cancer, to plan and build life-changing emotional and social support. Free of charge and nonprofit, Gilda's Club offers support and networking groups, lectures, workshops and social events in a nonresidential, homelike setting. Mon-Fri, 8:30am-5pm. 3000 Cahill Main, Suite 201, Madison **608.273.8880**

#### **HEALTHY IMAGE WEIGHT MANAGEMENT**

Cardiac information, education, and support. 1<sup>st</sup> Fri, 8:30am. Mercy Mall, 1010 N. Washington St., Janesville.

Stephanie **755.7996**. 3rd Wed, 5pm. Mercy Edgerton Medical Center, 217 N. Main St., Edgerton **884.9431**

#### **HEARTS OF MERCY – (CARDIAC FITNESS CENTER)**

Support group for those affected by heart disease. They offer classes and courses for all ages. 3<sup>rd</sup> Mon. of each month at 5pm except for June-August. Mercy Health Mall, 1010 N. Washington St., Janesville. Stephanie **755.7996**

#### **HIV SUPPORT GROUP**

Support groups for those who are HIV infected, and their friends, family, and partners. AIDS Network, 101 E. Milwaukee St., Suite 96, Janesville. **756.3010**

#### **HOPE CHEST BREAST CANCER SUPPORT GROUP**

The Hope Chest Support Group provides individual and group support for women in all stages of treatment for breast cancer. 3rd Mon, 6 - 7:30pm. Stoughton Hospital Board Room, 900 Ridge St., Stoughton. Judy **608.873.3930**, Jeanie **608.873.2306**

#### **HOSPICE**

The mission of Hospice is to provide quality hospice care to patients with a limited life expectancy, as well as support to their caregivers. The quality of life for those we serve is enhanced through palliative and specialized supportive care designed to meet the physical, psychosocial and spiritual needs of patients and caregivers.

Beloit Regional Hospice **608.363.7421**

Edgerton Hospital Hospice **608.884.3441**

Janesville HospiceCare Inc. **608.755.1871**

Janesville Mercy Hospice **608.755.6920**

Rockford Heartland Hospice Services **815.227.4917**

#### **JANESVILLE NOON LIONS CLUB**

Scholarship dollars for eyeglass replacement and vision screenings. Collaborate with Rock County Health Department and school nurses. Every Tues, at 12 noon, Sept. thru June. Elks Club. 2100 N. Washington St., Janesville. Darlene **756.1111**

#### **LSS/ADULT DAY-BELOIT**

Supervised activity programs in Janesville, Beloit, and Whitewater are available weekdays to adults of varying ages who may have health issues such as physical and/or developmental disabilities, dementia, mental illness, or age-related conditions. Mon-Fri, 8am-5pm. 2222 Advance Dr., Beloit. **362.861**

#### **LSS/ADULT DAY-JANESVILLE**

Supervised activity programs in Janesville, Beloit, and Whitewater are available weekdays to adults of varying ages who may have health issues such as physical and/or developmental disabilities, dementia, mental illness, or age-related conditions. Mon-Fri, 8am-5pm. 740 N. Randall Ave., Janesville. **741.6434**.

#### **LAP-BAND SUPPORT GROUP**

This group is for patients who have had Lap-Band

surgery. They meet the 3<sup>rd</sup> Wed. from 6:00-7:00pm in the back of the hospital's auditorium. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364.5686**

#### **LEUKEMIA & LYMPHOMA SOCIETY**

Financial and co-pay assistance is given by the Society to outpatients being treated for leukemia, lymphoma, multiple myeloma and specific myelodysplastic syndromes. Mon-Fri, 8:30am-4:30pm. 4125 N. 124<sup>th</sup> St., Brookfield. **800.955.4572** or **414.256.4020**.

#### **LIVING WITH CANCER SUPPORT GROUP**

Open to any person dealing with cancer or family who supports the individual. Free of charge and offered to anyone. 1st & 3<sup>rd</sup> Tues, 6:30pm-7:30pm. Mercy Regional Breast Center, 1000 Mineral Point Ave., Janesville. **756.6100**

#### **LUPUS FOUNDATION OF AMERICA**

Provides information to patients with Lupus and their families, either over the phone or through their free information packet. Mon-Fri, 8am-11am; afternoons by appointment. 1109 N. Mayfair Rd., Ste 208, Milwaukee. WI Chapter **866.587.8794**, Free Information Packet **800.558.0121**

#### **LYMPHEDEMA SUPPORT GROUP**

Lymphedema is a swelling of a body part, most often an extremity, caused by abnormal accumulation of lymph fluid. Meets 2nd Tues of every other month: 3:30pm-5pm February, June, October; 10:00am-11:30am April, August, and December. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364.5173**

#### **MAKING CONNECTIONS**

On-going skill building treatment group for adults with developmental disabilities. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Shelly at **364.5686**

#### **MAN TO MAN PROSTATE CANCER SUPPORT GROUP**

Shares experiences and information about treatment, side effects and how to cope. Speakers often have various topics concerning Prostate Cancer. Wives and partners are invited to attend some of the support group meetings. 3rd Wednesday at 7pm, American Cancer Society, 8317 Elderberry Rd., Madison. 1<sup>st</sup> Wednesday at 8is, Meriter Hospital, 202 S. Park St., Madison. Call the national number for information. **800.227.2345**

#### **MERITER COMMUNITY HEALTH EDUCATION CENTER**

Support groups offered by Meriter vary seasonally. Some of the groups include; Amputee Support Group, After Breast Surgery, Breast Implants Support Group, Midlife Issues Support Group, Fibromyalgia Education and Support, Fibromyalgia Support Circle. Mon-Thu, 8am-6pm, Fri, 8am-4:30pm. Meriter's Women's Center, 202 S. Park. Madison. **608.417.5900**

#### **MUSCULAR DYSTROPHY ASSOCIATION**

A voluntary health agency working to defeat 40 neuromuscular diseases through research, education,

and other services. Mon-Fri, 9am-5pm (Cheryl-Madison office). 2744 Agricultural Dr., Madison. **608.222.3269**, National Office **800.334.4863**

### **NATIONAL ASSOCIATION FOR VISUALLY HANDICAPPED**

We are committed to ensuring that impaired vision does not result in impaired life. Our mission is to help the "hard of seeing", worldwide cope with the psychological effects of visual impairment and to provide low vision services, visual aids and training to anyone in need of these services. 9am-5pm, Mon-Fri, ET. 22 West 21<sup>st</sup> St., 6<sup>th</sup> floor, New York. **888.205.5951** or **212.255.2804**

### **NATIONAL KIDNEY FOUNDATION OF WISCONSIN**

Provide programs, public education, advocacy, and fund-raising. Will send information upon request. \*Education seminars and workshops for kidney disease patients, their families, and health care professionals. \*Support group for individuals with kidney disease, their family members or friends.

\*Annual family camp.

\*Literature on kidney disease, prevention, and organ tissue donation. Speaker's Bureau.

\*Donation of used vehicles.

Mon-Fri, 8am-5pm. 16655 Blue Mounds Rd., Suite 240, Brookfield. **800-543-6393**

**Donation of used vehicles 800.488.2277**

### **NEW BEGINNINGS INCONTINENCE SERVICE**

Individualized treatments of urine and stool incontinence. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364.5173**

### **PARKINSON'S SUPPORT GROUP**

Supportive of all Parkinson patients, and updates on the latest medications. 1st Wed, 2pm. Does not meet in August. First Baptist Church, 3414 Woodhall Dr., Janesville. **752.5206**

### **POST POLIO SUPPORT GROUP**

Provides support and information for individuals experiencing the limitations of the symptoms of post polio, open to the public. 1st Fri, 1pm-3pm, Apr, May, June, Aug, Oct, Nov. Mercy Mall, 1010 N. Washington St., Janesville. Kathleen **289.8343**

### **RAPE CRISIS CENTER**

Counseling services for survivors of sexual assault and for their friends and family. Mon-Fri, 9am-5pm; Crisis line 24 hrs. 7 days a week. 128 E. Olin Ave., Madison, Business line **251.5126** Crisis line **251.7273**

### **REACH TO RECOVERY**

Breast Cancer survivors share experiences on a one-to-one basis to help the patient deal with recovery process. YWCA Community Building, 1735 S. Washington St., Janesville. Sharon **868.4571**

### **ROCK COUNTY AUTISM SPECTRUM DISORDER**

Meet other parents; collect resource material, discussions on insurance filing, respite care, medical

intervention, holistic approaches, school advocacy, and more. 2<sup>nd</sup> Thurs, 6:30pm-8pm. 1013 N. Osborne Ave, Janesville. Tami **758.9074**

### **ROCK COUNTY DIVISION OF VOCATIONAL REHABILITATION**

Primary provider of employment services to people with disabilities. Objective is to obtain, and/or maintain employment that leads to independence, self sufficiency and full inclusion in society, in the career of their choice. Services available include: Medical and Psychological Evaluation, Comprehensive Vocational Evaluation, Job Seeking Skills, Job Placement, Job Training and Education, Business Development and Self Employment Assistance, Specialized Services for individuals who are deaf and blind. Funds and services can be provided for a wide range of training, job development or accommodation services. Mon-Fri, 7:45am-4:30pm. Rock County Job Center, 1900 Center Ave., Janesville. **741.3583** or **800.228.2648**

### **ROCK COUNTY LONG TERM SUPPORT**

Individualized programs that provide alternatives to nursing home care. These programs allow individuals to remain in their community (often in their own homes), preserving their dignity and self respect. Mon-Fri, 8am-5pm. 1900 Center Ave., Janesville. **741-3500**

### **ROCK COUNTY OSTOMY SUPPORT GROUP**

Support for Ostomy patients, their family and friends. Meets 4<sup>th</sup> Tues, 1pm-3pm, Board Room, Beloit Memorial Hospital, 1969 Hart Rd, Beloit. Call **363.5705**

### **SICKLE CELL DISEASE ASSOCIATION OF AMERICA**

Information on sickle cell disease and where to turn. Mon-Fri, 8:30am-5pm. 231 E. Baltimore St., Suite 800, Baltimore, MD. **800.421.8453**

### **SOCIETY'S ASSETS, INC.**

Work to ensure the rights of all persons with disabilities to live and function as independently as possible in the community of their choice, through supporting individual efforts to achieve control over their lives and become integrated into community life. Mon-Fri, 8am-5pm. 615 E. Geneva St., Elkhorn. **800.261.8181**.

### **STROKE SURVIVOR'S AND FRIENDS SUPPORT GROUP**

For survivors and family members. Stroke information provided and supportive group discussion. 1<sup>st</sup> Wed 4:30pm-5:30pm except January and July. Mercy Hospital-Room 1128A, 1000 Mineral Point Ave., Janesville. **756.6845**

### **THE ENRICHMENT CENTER**

The program provides alternative day services to adults with significant and multiple physical disabilities. The program stresses skill development, access to assistive technologies for growth opportunities, and community integration in wheelchair accessible vans. It continues to offer respite to primary caregivers, and enhances the quality of life for the participants. Mon-Fri, 10am-3pm.

## **PREGNANCY**

### **A PLACE OF REFUGE**

Long term support for those who are pregnant and in need of housing. Clients must be involved with W-2 and Healthy Start if they qualify. Shelter, food and transportation are provided. Milwaukee, **414.476.6333**

### **BETH-BIREI MATERNITY HOME**

Housing regardless of ability to pay. Pregnant women without children. May stay up to 90 days after birth of child. Wisconsin Rapids, **888.227.6725**

### **CARE (CREATIVE ALTERNATIVES RESOURCES AND EDUCATION)**

Incentive program offered to women who are pregnant or have had a baby in the past year. After Care Program for mothers with children over 12 months.

Pregnancy Helpline of Janesville, 21 S. Jackson St., Janesville. **755-9739**

### **EVANGELICAL CHILD AND FAMILY AGENCY**

Housing referrals during pregnancy. Short-term and respite foster care. Earn new baby items and used furniture when available. Post adoption, abortion counseling, and crisis pregnancy counseling. 5117 Hwy 51 South, Janesville. **800.686.3232** 24 hour hotline.

### **GENESIS HOUSE**

Offers help to women whom are pregnant age 15-25 years old. Existing children are preferred to be under the age of 5. Bible study weekly, attendance is required. 25% of resident income is required, this amount shall not exceed \$250. Women are allowed to stay up to 9 months after delivering their baby. Pleasant Prairie, WI. **262.697.1510**

### **GERALD HALL**

Home for women who are pregnant or parenting, or have AODA or mental health issues. If under 18 must have a court order to be involved at the home. La Crosse, WI. **608.791.3985**

### **HEALTHY START**

An extension of the Medical Assistance program, allows pregnant women and children under six years of age to be tested at higher income limits than the regular MA program does. 1900 Center Ave, Janesville. **741.3488**

### **HUB TEEN PARENT CONNECTIONS**

For pregnant and parenting teens 13-23 years of age. 501 Prospect St., Beloit. **364.9884**

### **LA LECHE LEAGUE OF ROCK COUNTY**

Help mothers to breastfeed through mother to-mother support, education, information, and encouragement, and to promote a better understanding of breastfeeding, an important element of the healthy development of the baby and mother. Janesville. Bobbie, **359.9409** or Margot, **359.9541**

### **LABOR OF LOVE, INC.**

Women must be working, seeking employment, or in school. Accepts girls 17 or older without children. Able to stay up to 90 days after delivery. **920.231.6006**

### **MARION HOUSE**

A group home for adolescent teens with or without children, pregnant or parenting. Green Bay, WI. **920.496.1478**

### **MATERNAL & CHILD HEALTH HOTLINE**

Provides information on various programs for pregnant women, children and families. **800.722.2295**

### **MATERNAL AND CHILD HEALTH SERVICES**

Be pregnant, a new mom, have an infant under a year of age. Rock County Health Department, Public Health Nurse. **754.5441**

### **MEDICAID**

Help in paying medical bills. 1900 Center Ave., Janesville. **741.3488**

### **NORTHERN ILLINOIS WOMEN'S CENTER**

Offers many services for women in the Northern Illinois area, which include: pregnancy testing, counseling, abortion, information & referral, abortion services and post-abortion counseling. 1400 Broadway, Suite 201, Rockford, IL. **815.963.4101**

### **NUTRITION AND Health Associates**

WIC Program, supplemental food and nutrition program for women, infants, and children.

BELOIT – **362.1566**

JANESVILLE – **754.3722**

### **PREGNANCY HELPLINE OF JANESVILLE, INC.**

21 – Hour Hotline. Advocacy, counseling and supportive services for clients. Baby & maternity items, crisis pregnancy intervention, free pregnancy tests, educating women and men on all pregnancy options, education on pregnancy prevention and lifestyle issues, post-abortion education. 21 S. Jackson St. Janesville. **755.9739**

### **PRENATAL CLASS**

Learn how to care for yourself and your baby during pregnancy.

BELOIT MEMORIAL HOSPITAL – **364.5237**

MERCY HOSPITAL – **756-6100** Nurse Helpline, Registration

### **S.A.P.A.R (School Age Parents)**

A support program for pregnant and parenting teens through the Rock River Charter School, 31 W. Milwaukee St., Janesville. **752.8273**

### **ST. CATHERINE'S RIGHT START PROGRAM**

Women stay until the baby is a year old, must be 18 or older and be in an educational program or work.

Milwaukee, WI **414.272.8470**

### **STATELINE MOMS GROUP**

Free pregnancy support program to meet needs encountered during an unplanned pregnancy. It is for any young woman who is either pregnant or has recently had a baby and is looking for support, friendship and assistance. Enrollment is limited and for first time moms only. Stateline Pregnancy Center, 347 W. Grand Ave., Beloit. **365.5433**

### **STATELINE PREGNANCY CLINIC**

**FREE CRISIS PREGNANCY SERVICES:** Emotional support, pregnancy testing, adoption information, abortion alternatives, post-abortion counseling, nutritional counseling, maternity & baby clothes, layette items, ultrasound, and support groups.  
**SERVICES WE CAN ARRANGE FOR:** Prenatal care, long & short term housing, legal counseling, psychological counseling, adoption assistance, childbirth classes. 347 W. Grand Ave., Beloit. **365.5433**

## **RESPITE CARE**

### **CAMP WAWBEEK**

Camp for people with physical disabilities. Ages 7 through adult by different sessions. Camp offers a program staff to camper ratio 1-3. Camp provides a buddy camp where a camper can bring a buddy/sibling for a fee to come to camp with the camper (to integrate children who have a disability with children who do not). Office 8am-5pm, camp runs early June through mid August. Wisconsin Dells. **608.277.8288**

### **FAMILY RESPITE CARE SERVICES OF ROCK COUNTY**

Respite care is an alternative to traditional respite care. It provides respite care when no other funding exists through collaborations with local businesses that agree to provide lodging, activities, and dining opportunities. Mon-Thurs, 10am-1pm. Fri, 9am-2pm. 205 N. Main St., Suite 102, Janesville. **758.0956**

### **INDEPENDENT DISABILITY SERVICES**

RESPITE PROGRAM Provides a break for families under stress caring for developmentally disabled family members. REPSITE AT RISK provides short-term temporary relief for families of children and adults, who may be at risk of neglect and/or abuse or who are medically fragile. Representative Payees Program provides complete management of finances for adults with disabilities and other conditions that prevent their managing of money. Independent Living Program assists persons with disabilities with independent living skills. 2100 E. Milwaukee St., L14, Janesville. **754.5552**

### **NATIONAL FAMILY CAREGIVER SUPPORT GROUP**

This program offers five basic services for family caregivers: (1) Information to caregivers about available services; (2) Assistance to caregivers in gaining access to these supportive services; (3) Individual counseling,

support groups and programs, and training to assist the caregiver; (4) Respite care to enable caregivers to get temporary relief from their caregivers responsibilities; (5) Supplemental services, on a limited basis, to complement care provided by caregivers. Office hours: Mon-Fri, 8am-5pm. Rock County Council on Aging, 3328 Hwy 51 N., Janesville. **758.8455**

### **RESPITE CARE**

Temporary care for persons normally cared for in a home setting. 1905 W. Hart Rd., Beloit. **365.2554**

### **VISITING FRIENDS PROGRAM**

Provides companionship and socialization to those people who are homebound. Mon-Fri, 8am-5pm. Mercy Assisted Care, 901 Mineral Point Ave. Janesville. **756.8205**

### **WISCONSIN CHRONIC FATIGUE SYNDROME ASSOCIATION, INC.**

Free information materials and support for those who suffer from Chronic Fatigue Syndrome. 747 Louis Dr., Sun Prairie. Office **608.834.1001**, Barb **608.271.7757**, Theresa **608.837.0778**

## **SINGLES GROUPS**

### **JANESVILLE AREA SINGLES**

For singles 18 and over. Meet at different times and different places. Call for more information. Always looking for new people. Pauline **754.0046**

### **OVER 40 SOCIAL SINGLES**

Social, recreational group for divorced, widowed, or never married singles. Contact for a list of activities. Second Sunday at 5pm at Hhffrrrggh Inn, 731 S. Wuthering Hills Dr., Janesville. Carol **362.1369**.

### **SINGLES TOGETHER ACROSS ROCKFORD**

Purpose of group is to provide fellowship opportunities for singles in a safe, comfortable environment. For a monthly newsletter e-mail [RALMmail@aol.com](mailto:RALMmail@aol.com) include your address if you would like to receive this online. Game nights, Sept-June, 2<sup>nd</sup> and 4<sup>th</sup> Sat. Grace Lutheran Church, 343 Grand Ave., Loves Park, IL. **815.962.4279**

### **STATELINE SINGLES**

All single seniors age 55 and over are welcome. Call for info as location/etc, may change. Bowling night, every Monday, 6pm, Diamond Lanes, Beloit. 1<sup>st</sup> and 3<sup>rd</sup> Thurs, 5:45pm. Backyard Grill and Bar, 5390 Elevator Rd., Roscoe, IL. **815.624.7025**

### **YANA (YOU ARE NOT ALONE)**

A social and spiritual help group. For persons age 40 and older that are widowed, divorced, or single who wish to partake in social activities, trips, good fellowship, and enlightening talks. Meets Tues, 7pm. Emmanuel Free

Methodist Church, 2618 Mt. Zion Ave., Janesville. Curt,  
**758.4198.**

## TEEN GROUPS

### **BELOIT INNER CITY COUNCIL SUPPORT GROUPS**

Offering education and intervention in the areas of alcohol and drug addition, HIV/AIDS, and for at-risk youths and their families. Office hours Mon-Fri, 8am-4pm. 403 Prospect Rd., Beloit. **365.6600**

### **BRIARPATCH**

Primary contact for direct services and information and referral for runaway and homeless teens and their families. Gay and Lesbian Teens support group. 1955 Atwood Ave., Madison. **608.251.611.**

### **CHALLENGE ACADEMY – WISCONSIN NATIONAL GUARD**

The Wisconsin National Guard Challenge Academy is a 17-month program for at-risk youth ages 16 years 9 months through 18. Academy cadets complete a 22-week residential phase during which the cadets can earn their High School Equivalency Diploma and change their outlooks and viewpoints on life and character. 656 South O St., Ft. McCoy, WI. **608.269.900.**

### **HUB TEEN PARENT CONNECTIONS**

Supports pregnant and parenting teens, 13-23 years of age. 501 Prospect St., Beloit. Tammie, **364.9884.**

### **HUB TRANSITIONAL LIVING PROGRAM-SUBSIDIZED HOUSING**

HUB Transitional Living Program-Subsidized Housing. Offers case management and supportive services for homeless teen parent families. 501 Prospect St., Beloit. Tammie, **364.9884.**

### **PARENTS AND TEENS TOGETHER**

This class offers adults and adolescents a chance to discuss in a safe and open environment the issues facing today's youth. Each session includes separate teen parent groups as well as joining together in a large group discussion. A major goal of the class is to improve family communication and strengthen the way parents and teens relate to each other. Teens ages 11-18 years old. First Lutheran Church, 612 N. Randall Ave., Suite A, Janesville. **752.7660 ext. 11.**

### **RAFT (RUNAWAY AND FAMILY TREATMENT)**

24-hour hotline available to anyone in crisis or calling for support. RAFT provides client advocacy and service connections with local health and social service providers. Free Hotline **800.924.7238** Janesville **752.7660.**

### **ROCK VALLEY YOUTH FOR CHRIST**

Weekly Campus Life meetings for senior high and Junior Varsity and middle school youth.

Juvenile Justice program that is designed for working with troubled youths. Staff visits the Juvenile Detention Facility of the Rock County Jail each week.

Mon-Fri, 10am-5pm. 5117 Highway 51 S., Janesville. **758.3610**

### **S.A.P.A.R. (SCHOOL AGE PARENTS)**

Support program for pregnant and parenting teens. Mon-Fri, 8:30am-12:00pm. Classes are held at Rock River Charter School, 31 W. Milwaukee St., Janesville. **752.8273**

## VETERANS

### **AMERICAN LEGION POST 48**

Have programs to help/support our veterans, our community, children and youth. The auxiliary program is to support hospitalized veterans, Veteran's Hospitals, clinics and Veteran's Homes in Wisconsin. 236 St. Lawrence Ave., Beloit. Vets meet 2<sup>nd</sup> Wednesday at 7pm. **365.4802.**

Auxiliary meets 2<sup>nd</sup> Saturday at 2pm. **362.4744.**

### **CAMP AMERICAN LEGION**

If you are a veteran who could use friendly, expert care, good food, fresh air and a peaceful rest, investigate staying at Camp American Legion. You do not need to be a member of American Legion to qualify. You do need to be a veteran of World War II, Korean, Vietnam, Lebanon, Grenada, Panama, or a Persian Gulf veteran, and a Wisconsin resident, whose physician certifies that you require rest and recuperation to aid in your recovery from an operation, illness, breakdown or other affliction. Veterans are admitted for 10 days, but may be granted an extension of time if the Camp Physician feels that a longer stay would gain future benefits. **THERE IS NO CHARGE FOR THE CAMP!** The veteran does not have to be a member of any veteran's organization. The Camp does not provide transportation to the Camp, but participants can be picked up and returned to the Wausau bus station. The camp consists of 19 well maintained modern cabins, handicapped accessible, plus dining, recreation and health care facilities, a main lodge, therapy building, chapel. Many sports and leisure time activities are offered for residents to participate in. Applications are accepted April 1 to August 1. Application forms may be obtained from any American Legion Post or from American Legion State Headquarters, P.O. Box 388, Portage, WI 53901. Or you can write to Camp American Legion directly. American Legion Posts and County Veterans Officers can help fill out the application. The applications are mailed directly to the Camp Physician. The Camp Physician approves the application and the veteran is then notified and given a date on which to report to the Camp. Camp American Legion, 8529 W. County Road

D., Lake Tomahawk, WI 54539. **715.277.2510**

**JANESVILLE PATRIOTIC SOCIETY, INC.**

This is an umbrella group for all Janesville veterans groups. This united group plans community veteran-related activities such as the Memorial Day parade and Veterans Day ceremonies. Any veteran is welcome to join. 1<sup>st</sup> Wed of each quarter 7pm. VFW Club, 1015 Center Ave., Janesville. Tom **756.1127**, Richard **290.4619**

**MILITARY ORDER OF THE PURPLE HEART**

Combat veteran's organization for people who were injured in combat and have received the Purple Heart. 1<sup>st</sup> Sun. 4pm. VFW Club, 1015 Center Ave., Janesville. Herb **365.6515**

**PERSIAN GULF INFORMATION CENTER**

This is a helpline which provides information on services, medical benefits and disability compensation for Persian Gulf veterans. The automated system is available 7 days a week, 24 hours a day. PO Box 66826, St. Louis, MO. Voice or TDD **800.749.8387**

**ROCK COUNTY VETERANS SERVICE OFFICE**

Serving veterans and dependents. County, State, Federal benefits, i.e., home loan certificates, pension, compensation, burial, headstone applications, widow's benefits, grants and various other benefits. Will refer to drug and alcohol treatment centers and homeless shelters.

Personal Loan Program may borrow up to \$5,000 with a co-signer and up to \$25,000 with a mortgage, with 10 years to repay loan.

If eligible, they can assist with training and education.

BELOIT Mon-Fri, 8am-noon, 1pm-5pm. 62 Eclipse Center. **363.6280**

JANESVILLE Mon-Fri, 8am-noon, 1pm-5pm. 51 S. Main St., Courthouse, 2<sup>nd</sup> floor, S. Wing. **757.5552**

**VET CENTER**

Readjustment counseling for combat veterans and their families. Client referrals made when needed. Local support groups are available (Beloit). Call for information and referral. Mon-Fri, 8am-4:30pm. 147 S. Butler, Madison. **608.264.5342**

**VETERANS FOR PEACE**

Veterans For Peace is a national official Non-Governmental Organization (NGO) represented at the U.N. The organization includes men and women veterans of all eras and duty stations. We draw on our personal experiences and perspectives gained as veterans to raise public awareness of the true costs and consequences of militarism and war, and seek peaceful, effective alternatives. 3<sup>rd</sup> Wed, 6pm. Madison Public Library, 2001 W. Mifflin St., Madison. Patrick **608.669.0772**.

**VIETNAM VETERANS OF AMERICA – CHAPTER 236**

Services for veterans and their families, education, and information. Sun, 6pm. Bob **754.2706**

**VIETNAM VETS SUPPORT GROUP**

Individual, group, and family counseling for vets in combat or in Vietnam. Meetings are every other Thursday in Beloit. Madison Vets Center, 147 S. Butler St., Madison. Tom **800.842.6355**

**CRISIS HOTLINES  
24-HOUR INFORMATION**

- AA Hotline Beloit .....**364.0520**
- AA Hotline Janesville .....**754.1766**
- Alternatives to Violence ..... **752.2583**
- AMBER Alert .....**911**
- Beloit Domestic Violence Center .....**365.1119**
- Crisis Intervention .....**757.5025**
- Equal Rights Advocates .....**800.839.4372**
- National Runaway Switchboard .....**800.621.4000**
- Runaway & Family Services .....**800.924.7238**
- Safe Return (Alzheimer's).....**800.272.3900**
- Sexual Assault Recovery .....**866.666.4576**
- Stateline Pregnancy Helpline .....**365.5433**

**SUICIDE AWARENESS RESOURCES  
ON THE INTERNET**

- [www.hopes-wi.com](http://www.hopes-wi.com)
- Helping Others Prevent and Educate About Suicide
- [www.suicidology.org](http://www.suicidology.org)
- American Association of Suicidology
- [www.spanusa.org](http://www.spanusa.org)
- Suicide Prevention Action Network
- [www.siec.ca](http://www.siec.ca)
- Suicide Information and Education Center
- [www.nimh.nih.gov/research/suicide.htm](http://www.nimh.nih.gov/research/suicide.htm)
- NIMH: Suicide Research Consortium
- [www.yellowribbon.org](http://www.yellowribbon.org)
- Light for Life Yellow ribbon Program (Focus on Teen Suicide)
- [www.ndmda.org](http://www.ndmda.org)
- National Depressive & Manic Depressive Association
- [www.nami.org](http://www.nami.org)
- National Alliance on Mental Illness

**800 NUMBERS**

- ABC for Health ..... **800.585.4222**
- AIDS Hotline ..... **800.334.2437**
- Alliant Energy ..... **800.862.6222**
- Alzheimer's Association ..... **800.272.3900**
- American Assoc. of Kidney Patients ..... **800.749.2257**
- American Cancer Society ..... **800.227.2345**
- American Council of the Blind ..... **800.424.8666**
- American Diabetes Association ..... **800.342.2383**

American Heart Association .....800.242.9236  
 American Holistic Nurses.....800.278.2462  
 American Kidney Fund .....800.638.8299  
 American Liver Foundation.....800.223.0179  
 American Lung Association of WI.....800.586.4872  
 American Trauma Society .....800.556.7890  
 Amyotrophic Lateral Sclerosis ..... 800-782-4747  
 Angel On My Shoulder.....800.860.3431  
 Arson Tip Line .....800.362.3005  
 Arthritis Foundation WI .....800.242.9945  
 Banking Complaints/Information.....800.452.3328  
 Better Business Bureau of WI.....800.273.1002  
 Big Brothers/Big Sisters of Rock, Walworth &  
 Jefferson Counties.....888.904.5437  
 Boy's Town National Hotline.....800.448.3000  
 Cancer Information Service .....800.422.6237  
 Cancer Research Institute.....800.223.7874  
 Community Action Inc. ....800.424.8297  
 Consumer Fraud Protection IL .....800.386.5438  
 Crime Victim Services .....800.446.6564  
 Cystic Fibrosis Foundation.....800.472.7720  
 Dean on Call .....800.576.8773  
 Division of Securities Complaint Line ....800.472.4325  
 Eldercare Locator.....800.677.1116  
 Epilepsy Foundation of S. Wisconsin ....800.693.2287  
 Equal Rights Advocates .....800.839.4372  
 Evangelical Child and Family Agency ....800.686.3232  
 Federal Communications Commission ..888.225.5322  
 GAO FraudNet .....800.424.5454  
 GM Mobility Program .....800.323.9935  
 Golden Care.....800.505.5995  
 HEAR NOW .....800.648.4327  
 HIV, STD, Hepatitis C I & R Line.....800.334.2437  
 International Hearing Society .....800.521.5247  
 Landlord/Tenant Program .....800.422.7128  
 Lawyer Referral .....800.362.9082  
 Lead Information Center.....800.424.5323  
 Lyme Disease foundation.....800.232.4636  
 Lutheran Counseling & Family Service ..800.291.4513  
 March of Dimes Birth Defects .....800.747.3463  
 Marriage Encounter .....800.366.2104  
 Medical Assistance Recipient Service....800.362.3002  
 Medigap Insurance Helpline.....800.242.1060  
 Missing & Exploited Children Hotline .....800.843.5678  
 Mothers Against Drunk Driving (MADD) 800.799.6233  
 National Cancer Institute.....800.422.6237  
 National Center for Fathering .....800.593.3237  
 National Center for Stuttering.....800.221.2483  
 National Child Abuse Hotline.....800.422.4453  
 National Domestic Violence Hotline.....800.799.7233  
 National Health Information Center.....800.336.4797  
 National Institute on Substance Abuse ..800.662.4357  
 National Kidney Foundation of WI.....800.543.6393  
 National Multiple Sclerosis Society .....800.242.3358  
 National Psoriasis Foundation .....800.723.9166  
 National Runaway Switchboard .....800.621.4000  
 New Lifestyles .....800.869.9549  
 Organ Donor Registry.....800.528.2971  
 Parkinson's Disease Foundation .....800.457.6676  
 Physician Referral/Medical Cards .....800.947.9627

Riverfront..... 800.949.7380  
 Rogers Memorial Hospital ..... 800.767.4411  
 Reach Out ..... 800.362.8028  
 Road Conditions in Wisconsin.....800.762-3947  
 Runaway and Youth Services..... 800.924.7238  
 SeniorCare..... 800.657.2038  
 Sexually Transmitted Infection Resource Center  
 ..... 800.227.8922  
 Spinal Bifida Hotline ..... 800.621.3141  
 Telephone Equipment (TEPP) ..... 888.435.6106  
 Vehicle Emission Inspection ..... 800.242.7510  
 W-2 Disabilities Hotline ..... 608.741.3488  
 Weight Watchers..... 800.651.6000  
 WHEDA ..... 800.334.6873  
 WI AIDSLINE..... 800.334.2437  
 WI Council Problem Gambling ..... 800.426.2535  
 WI Dental Association ..... 800.364.7646  
 WI Department of Tourism..... 800.372.2737  
 WI Dept. of Agriculture Trade & Consumer  
 Protection Division ..... 800.422.7128  
 WI Guardianship Support Center ..... 800.488.2596  
 WI Medicaid ..... 800.362.3002  
 WI Telecommunications Relay ..... 800.947.3529  
 WI Victim Resource Center ..... 800.446.6564  
 Women's Health America..... 800.222.4767

**For the most current information on Rock County  
 Community Services, call our phone service:**

**Beloit Area: 363-8800  
 Evansville Area: 882-9966  
 Janesville: 752-3100**

Other ways you can access First Call's data base:  
 Specialized printed directories can be printed directly  
 from our website, <http://www.firstcallrock.com>

If you have a support group or mentor program that you  
 would like to have listed in the Support Manual, contact  
 United Way's First Call office at 757-3051 or email  
[bwien@uwnrc.org](mailto:bwien@uwnrc.org).

## **ROCK COUNTY VOLUNTEER CENTERS**

Contact one of the volunteer centers to link your skills and/or  
 interests with community Needs.  
 Youth to senior volunteer opportunities are available  
 countywide.

<b>Voluntary Action Center</b>	<b>365.1278</b>
<b>Volunteer Network of North Rock County</b>	<b>757.3051</b>
<b>Retired &amp; Senior Volunteer Program</b>	<b>362.9593</b>
<b>Retired &amp; Senior Volunteer Program</b>	<b>756.4281</b>

## United Way's First Call's ROCK RESPONDS

Rock Responds was created in an attempt to reduce the unmet needs experienced by individuals and not for profit organizations within our community.

Rock Responds has three types of messages:

A – Give A Ways

B – Needs

C – Community Service Announcements

Rock Responds Needs can only be accessed through case managers and non-profits. We never take requests directly from the client and the case manager is the contact person when someone can meet that need. To make a request e-mail [bwien@uwnrc.org](mailto:bwien@uwnrc.org).

Rock Response never takes requests for money. The need is too great. Household appliances and furniture have been the largest unmet need that has been met.

Rock Responds puts all donations out on Rock Responds list serv. To make a donation e-mail First Call at: [bwien@uwnrc.org](mailto:bwien@uwnrc.org) or call 757.3051

To place a Community Service Announcement e-mail: [bwien@uwnrc.org](mailto:bwien@uwnrc.org)

**GIVE. ADVOCATE. VOLUNTEER.**  
**LIVE UNITED.** 