



**First Call**

May 2011  
Rock County, Wisconsin

# Support Manual

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

## 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 – 314.1090**

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, in Beloit and Janesville. Also, meeting times and places for Women's Group and Unity Group. 402 W. Delavan Dr., Janesville.

### **AA HOTLINE – 364.0520**

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

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

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

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

**AA Orfordville** Fri. 8am. Orfordville Lutheran Church, 201 N. Main St. **608.897.8160** general information. **754-1766** Ken.

### **AA – WOMENS SPIRITUALITY GROUP**

Tue., 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, 201 Kellogg. **756.1720**.

DISTRICT 25 – Hotline, Janesville **756.1720**

NATIONAL HOTLINE – **800.245.4656**

### **ALATEEN HOTLINE-JANESVILLE**

17 S. River St. 2<sup>nd</sup> Floor, Wed, 7pm. Faith Lutheran, 2116 Mineral Pt., Sun. 7pm. Hour Hotline **756.1720**

### **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 **608.283.5800**

ROCKFORD – Sunday, 7pm–9pm. Thurs, 6:30pm.

Rockford Memorial Hospital,

2400 N. Rockton Ave. Roger **815.967.0241**

### **NA-NARCOTICS ANONYMOUS**

Group is called the Home Group meets at Rock Valley, 203 W. Sunny Lane, Janesville and First United Methodist church, 511 Public Ave. Beloit. Information can be obtained through their website, [www.na.org](http://www.na.org)

Rock Valley, **741.4500**. Larry, **715.479.9698**,

Tom, **608.931.5668**.

### **OA (OVEREATERS ANONYMOUS)**

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

ROSCOE, IL – Tuesday 7pm – 8pm. Roscoe United Methodist Church, 10816 Main St. Jean **815.633.3747**

### **RECOVERY INC.**

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. Thur. 11 am and 6pm. First Lutheran Church, 612 N. Randall Ave, Janesville. 3<sup>rd</sup> floor, room 301. Group Leader, Barbara **752.4638**. Church **752.7434**.

### **RESTORE**

Twelve-step Bible-based group to help adults heal hurting relationships. Support for people who have suffered from alcohol and drug abuse, spousal abuse, childhood sexual abuse, etc.

Call 756-4175 during weekdays 9am-4:30pm. After 5pm and weekends, call 752-8323.

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

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

#### **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 or 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**

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. Call for information on groups.. 74 Beloit Mall, Beloit. **313-3120**

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

A co-dependent is characterized by the dependence on another for self-esteem. Open Meeting. First Presbyterian Church, 501 Prospect, Beloit. Tue. 6:30pm. Rick, **365.0743**

#### **MEN'S ANXIETY GROUP**

Gain control over anxiety and dangerous behaviors without substance abuse. Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. To register contact Kathleen at **364-5686**

#### **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 are 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.- Thurs 8am-7pm, Fri, 8am-5pm **754.2264**  
Mercy Beloit Medical Center, 2825 Prairie Ave., Beloit. Mon-Thurs 8am-7pm, Fri, 8am-5pm. **365.2709**

#### **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 in the 12-step process and their involvement in outside support programs. Mercy Hospital, 1000 Mineral Point Ave. Janesville. Mon-Fri, 9am-1:45pm. Sat-Sun 9am-11am. **756.6545 DETOX UNIT**. Private pay or insurance. **756.6508**.

#### **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. Family Services Association 423 Bluff St., Beloit. **365.1244**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

### **SEEKING SAFETY**

Women's group for those who have struggled with substance abuse and experienced trauma. Create increased safety by stopping self-harming and self-destructive behaviors and minimizing risk taking. Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. To register contact Kathleen at **364-5686**

### **THE INTEGRITY COMMITMENT**

Group designed for individuals struggling with anxiety/addiction as a way of masking symptoms. The group can help people overcome social barriers, dangerous and risky behaviors, and thinking and belief patterns that sabotage recovery. Group meets third Wednesday of each month. Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. To register contact Kathleen at **364-5686**

## **ABUSE/DOMESTIC VIOLENCE**

### **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. Helpline **752.2583**

### **BELOIT DOMESTIC VIOLENCE CENTER**

24 hour crisis, information and referral line. Emergency shelter for victims of domestic violence and their children. Legal advocacy, support groups, in house and out reach programs. Crisis Line, **365.1119**

### **CARE HOUSE**

The mission of CARE House is to provide for a coordinated, child-centered response to the prevention, investigation and treatment of child abuse and neglect. also to participate in advocacy efforts in the best interest of children. 1126 Conde St., Janesville **755-4750**

### **CHILD PROTECTIVE SERVICES**

Child abuse and neglect investigations. **757.5401**

### **ELDERLY ABUSE REPORTING**

Calls accepted from by anyone wishing to issue a complaint. Types of issues addressed in addition to Elder Abuse are: Elder Neglect, Self Neglect or Material Abuse. Material Abuse applies to benefit abuse, assets being sold without knowledge of friends or relatives, etc. Long Term Support, 1900 Center Ave., Janesville. **741.3555**

### **MENTAL HEALTH SERVICES**

For individuals, and families addressing: child behavior problems, depression, 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 CHILD ABUSE HOTLINE**

Trained counselors provide crisis intervention, information and referrals for anyone concerned about child abuse issues. Counselors will give phone numbers of appropriate agencies to callers for reporting abusive situations and provide referrals to services for abuse related needs. 24 hour hotline, **800.422.4453**

### **NATIONAL DOMESTIC VIOLENCE HOTLINE**

Provides crisis intervention, information and referrals to local domestic violence programs for callers who are victims, their concerned friends and family members, and the general public. One call summons help in many languages 24 hotline, **800.750.7990**

### **RAPE CRISIS CENTER**

-Supportive counseling: for survivors of sexual assault and their family and friends. No Fee. Confidential.  
-Youth Program: short and long counseling for assault survivors ages 12 years - 18 years. No Fee.  
-Support Groups: for survivors who have developmental disabilities; UW Campus Drop- In Group No Fee - open to the larger public  
-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  
-Incest is a form of sexual assault in which a child is sexually exploited by a trusted person or authority figure. This can include family members, teachers, ministers, and child care providers.  
24/7 Confidential Crisis Line **608-251-7273**

### **SEX ABUSE SPORT GROUP**

A support group for adult and older teenage women who have been sexually assaulted, abused, or victimized. 2103 Roxbury Rd, Janesville. Deb, **921.9250** or **Mary Beth**, 921.5734

### **SEXUAL ASSAULT RECOVERY PROGRAM**

The Sexual Assault Recovery Program provides crisis intervention and support to survivors and their families for all forms of sexual violence. We serve 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.

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

Our on-call volunteer advocates report to the emergency room and support victims with medical and legal advocacy. In addition the program provides support groups and community education. **866.666.4576**

#### **W.A.V.E. WORKING AGAINST VIOLENT ENVIRONMENT.**

Both emergency shelter and walk-in services are offered for victims of domestic violence and their dependent children. Legal advocacy, group and individual counseling and abuser services are available. Rockford, **815.547.4502**

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

Support group for women age 50+ or women under 50 who are no longer caring for children. Call for times and dates, **752.5445 ext. 223**

## **ADOPTIONS**

#### **ADOPTION AVENUES, INC.**

Open counseling, (state required) is free to anyone struggling with an unplanned pregnancy. Application fee is \$500 and the home study fee for adoptive parents is \$2000. Step-parent screenings are \$750. Independent adoptions are billed by the hour. Agency adoptions are \$19,000 plus expenses. 4465 Milton Ave., Suite 104, Janesville. **563-4488**

#### **BIRTH PARENT SUPPORT GROUP**

A group for any one who has voluntarily placed a child for adoption, and is looking for support. Group discusses any issue relevant to people in the group, including relationship with the adoptive family, relationship with the birth child, grief and loss, reunion and search, talking to family members about placing, etc. The group is available on a drop-in basis and is free of charge. We do ask for birth parents to call/email us and register before attending their first meeting, but if they do not feel comfortable doing this, they may just attend the group. Lutheran Social Services, 5 Odana Court, Madison. **608.270.6635**

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

Locates and places children in loving, stable foster care with possible 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 Monday - Thursday Friday appointments only. 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. 1617 S. 124<sup>th</sup> St. New Berlin, **608.758.2055**. 24 Hour Hotline **800.686.3232**

#### **HOLT INTERNATIONAL CHILDREN SERVICES**

International adoption services, family preservation and reunification, microenterprise development, and foster care. 1195 City View St., Eugene, OR 97402. **541.687.2202**.

#### **LUTHERAN COUNSELING & FAMILY SERVICES**

Counseling for couples, families and individuals. Birth parent counseling. Adoption – limited to members of the Lutheran Church-Missouri Synod, Family Life Education, Consultation for professional church workers. Satellite offices are located throughout the state. Call for the nearest location. **800.291.4513 or 414.563.8333**.

#### **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.

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**Safe Place for Newborns of Wisconsin, a state-wide non-profit, sets out to save the lives of newborns in danger of abandonment, and to help preserve the health and future of their parents.**

**State Law Says: You can hand your unharmed newborn, up to 3 days old, to a hospital employee at any hospital in the state. Tell them you want to leave your baby with Safe Place for Newborns. If you can't get to a hospital, you can even dial "9-1-1". It's confidential. You don't even have to give your name. Your baby will be given any needed medical attention, and then placed in foster care for adoption.**

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## **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**.

### **BELOIT REGIONAL HOSPICE TRANSITIONS**

A volunteer driven service focused on support to individuals who face a life-ending illness. Services include emotional and spiritual support, education, practical assistance and timely coordinated referral to a network of community resources and services. The program services are designed to help clients and their families cope with day to day struggles and to find the information they need.

Services offered by the Transitions Program are intended to support individuals who have a life expectancy of two years or less. These individuals may still be seeking curative measures. Admitting to the changes that accompany a life-limiting illness can be difficult, frustrating and sometimes confusing. It can be challenging to rely on others for help, to find necessary help and communicate with family members about an illness.

Transitions does not provide skilled nursing, medical equipment and supplies or medications. Helps them adjust to living with their illness. **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. Call for times and dates. Mercy Assisted Care, 901 Mineral Pt. Ave., Janesville. **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**

### **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. 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**

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**

Provides support and assistance to all survivors of homicide victims (family or friend), while working to create a world free of murder. Provides telephone

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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> Thurs. 6pm.. Conference Room A, Meriter Hospital, 202 S. Park St., Madison. Bill, **608.821.0050**. National Number **888.818.7667**

#### **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**

#### **THE COMPASSIONATE FRIENDS, INC.**

A national non-profit, self-help support organization for bereaved parents, grandparents, and siblings, following the death of a child. **877.969.0010**

## **BEREAVEMENT PET LOSS**

#### **UNIVERSITY OF ILLINOIS C.A.R.E. PET LOSS HELP LINE**

Helpline was developed to provide compassionate support for people experiencing grief over the loss of their cherished companion animal. The help line is staffed by veterinary students who understand the importance of this bond and the emotions involved when that bond is threatened or broken. The veterinary students do not provide medical advice or professional mental health assistance. **877.394.2273**

## **CARE GIVERS & Respite**

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

Support for family caregivers with all health issues to include Alzheimer's and Dementia.

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**While an RSVP is not necessary for meetings, calling ahead to confirm dates & times can be helpful.**

**We also offer a group for the individual with memory loss, call the office for more information about Circle of Friends group.**

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#### **BELOIT**

2nd & 4th Tuesdays of the month 1:00-2:00 p.m.  
Sun Valley Presbyterian Church  
1650 Sun Valley Dr.  
Facilitator: Tracy McWilliam **676.4056**

3rd Tuesday of the month 7:00-8:00 p.m.  
The River Of Life United Methodist Church  
511 Public Avenue  
Facilitators: Nancy Toubl **632.8866**  
Julie Ojeda **365.5529**

#### **EDGERTON**

3rd Wednesday of the month 1-2:00 p.m.  
Edgerton Library, 101 Albion St.  
Facilitator Lavay Scott, **314-8500**

#### **EVANSVILLE**

2nd Thursday of the month, 1:30-2:30 p.m.  
The Heights at Evansville Manor, 201 N.4th St.  
Facilitator: Jenny Schmidt **882.9995**

#### **JANESVILLE**

1st Tuesday of the month 6-7:00 p.m.  
First Lutheran Church – Room 301  
612 N. Randall Avenue **314.8500**

2nd Thursday of the month 10-11:30 a.m.  
Council on Aging, 3328 Hwy 51 North  
Facilitators: Julie Seeman **758.8455**

#### **MILTON**

4th Friday of the month, 9:30-10:30 a.m.  
The Gathering Place, 715 Campus  
Facilitators: Paula Schutt & Julie Seeman  
**868.3500**

#### **ROCKTON, ILLINOIS**

4th Wednesday of the month 4:30-5:30 p.m.  
Highview in the Woodlands, 1000 Falcon Point  
Facilitator: Allison Ozolins **624-6700**

#### **WHITEWATER**

1st Thursday of the month 1:30-3:00 p.m.  
Fairhaven's Hearthstone, 426 W. North St.  
Facilitator: Darlene Zeise, **262.473.2140**

#### **ALDEN MEADOW PARK HEALTH CARE CENTER**

Provides inpatient respite care. 709 Meadow Park Dr., Clinton. **676.2202**

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

Provides education to families and care providers through seminars, workshops, and publications, There is an annual conference which gives families and care providers an opportunity to learn about latest research, etc. Mon-Fri, 8:30am-5pm. 24 hour helpline. Multicultural Outreach, Dementia Care Network.

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

620 South 76<sup>th</sup> Street, Suite 160 Milwaukee,  
**800.272.3900**

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

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

#### **BELOIT HOME COMPANION REGISTRY**

This registry provides companion care for someone who is growing older and needs help and companionship. Services include: personal hygiene, meal preparation, shopping, errands (.24 per mile), and home management tasks. 423 Bluff St., Beloit. **856.0153**

#### **CAMP WAWBEEK**

Camp for people with physical disabilities, ages 7 through adult. 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. This integrates children who have a disability with children who do not. Office 8am-5pm, camp runs early June through mid August. Wisconsin Dells. . Family camp weekend is offered mid-august. Open to any family that has at least one family member with any type of disability. Family provides care and supervision and camp provides programs. **800.422.2324 ext 124**

#### **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**

#### **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. 2200 w. Court St., Janesville. Stacie **758.8180**

#### **DUTTER HOUSE**

Established in memory of Ryan and Kyle Dutter, our respite care center in the stateline area for children with special needs is a place like "Grandma's house", where children with special needs receive quality care from trained staff, work with volunteers, and interact with others. Parents, meanwhile, gain some relief from caring for a child with disabilities, knowing that their child is being well taken care of.

1981 Luety Parkway, Beloit. **289.7566**

#### **EVANSVILLE MANOR, INC.**

We offer services to maintain living at home:  
470 Garfield Ave., Evansville. **882.5700**

#### **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. Tue. & Thur. 8:30am – 1:30am. United Way Building, 205 N. Main St., Suite 102, Janesville. **758.0956**

#### **HEART WARMING HOUSE**

Provides respite care in a home environment. Services include private room, personal bath, home cooked meals, snacks, transportation in the local area, housekeeping and laundry, activities and social events, medication administration assistance, weekly beauty care, etc. 238 E. Madison Ave. Milton. **868.3040**

#### **INDEPENDENT DISABILITY SERVICES**

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

#### **KELLY HOUSE**

Kelly House provides adult day care. Tues - Fri. - 9am - 3pm. Day care \$40.00 a day. \*Respite care upon request, call for information. 121 S. Franklin St., Evansville. **882.4191**

#### **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**

#### **PICCADILLY PLACE**

Piccadilly Place provides residential respite care. Hours of care can range from a few hours to an entire weekend. Extended periods of time can be discussed. Care is provided to participants with developmental disabilities, medical conditions, and risk of abuse. Age of consumers range from infant to adult. 3049 S. Afton Rd., Beloit **365.8182**

#### **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 dementia who wander and become lost. Assistance is provided whether a person becomes lost locally or far from home.

Alzheimer Support Center, 20 S. Main St., Suite 5, Janesville. **314.8500.** National 24 Hour Helpline **800.272.3900.**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

### **SENIORS VOLUNTEERING FOR SENIORS**

Provides seniors with transportation services, respite relief, phone assurance, and friendly visitation, from people can relate to. 2433 Riverside Dr., Beloit.

**362-9593**

### **THE ENRICHMENT CENTER**

The Enrichment Center 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. Offers a full range of daily living services including bathing and dressing, meals, crafts and other individual, skill development activities, along with coordination of occupational, physical and speech/language therapy services when ordered.

1400 Excalibur Dr., Janesville. **752.4120**

### **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**

### **WISCONSIN ELKS/EASTER SEAL RESPITE CAMPS**

Respite for people with physical, emotional or behavior cognitive disabilities that require one on one supervision. Runs early June through Mid August. Weekends throughout the non-summer months. We provide a sibling camp during all of our weekend and summer sessions. 101 Nob Hill Rd., Suite 301, Madison.

**800.422.2324**

## **CHILDREN & TEENS**

### **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. 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. Kurt, **815.218.7672**

### **ADOLESCENT ANGER MANAGEMENT**

Six week course for adolescents having trouble controlling their anger. Program helps further develop an understanding of themselves and their emotions to make healthier choices in their lives. Ages 12 – 18.

Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit.

Call Laura or Molly to register at **364.5686**

### **ADOLESCENT SERVICES**

Juvenile Justice Services for juveniles as ordered by the court. Additional services include: In-Home Family Therapy, Child Welfare and Children's Community Support Network. Intensive Case Management. No longer handles referrals to probation department for parents. 3530 N. County Trunk US Highway 51, Janesville. **758.3610**

### **ANGEL ON MY SHOULDER**

Angel On My Shoulder is a Cancer Support Foundation whose mission is to improve the quality of life of those affected by or afflicted with cancer.

Angel On My Shoulder's programs include:

**CAMP ANGEL/CAMP TEEN ANGEL**

**COST-FREE** weekend camps for young people who are affected by cancer through a brother, sister, parent/guardian, or grandparent presently living with cancer or who have experienced the loss of a loved one through cancer. 1611 Pine Tree Ln. St. Germaine. **800.860.3431**

### **ANGER MANAGEMENT FOR CHILDREN**

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, 903 Mineral Point Ave., Janesville. **756.5555. Ext 213**

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

Offering education and intervention in the areas of alcohol and drug addiction, HIV/AIDS, for at-risk youths and their families. Office hours Mon-Fri, 8am-4pm. 74 Eclipse Center, Beloit. **313.3120**

### **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 with them. Children 6–14. Mentors do everyday types of activities with these children. Jefferson, Rock and Walworth County. 1239 Huebbe Parkway., Beloit. **362.8223 Toll Free 888.904.5437**

### **BOYS TOWN NATIONAL HOTLINE**

Offers short term crisis counseling and information/referral to children and families. Issues discussed include suicide, abuse, parenting issues, substance abuse, and runaways. **800.448.3000**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

#### **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. **608.251.6211**.

#### **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 waiting sentencing, convicted of, or have charges pending for a felony. 656 S. O Street, Ft. McCoy, **800.292.9464 ext. 3450 or 3152**

#### **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, 903 Mineral Point Ave., Janesville. **756.5555**

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

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**

#### **CHOOSING YOUR BEST ROAD**

Youth ages 13 through 16. For teens who may be struggling with anxiety and making wise choices regarding alcohol, drugs, sex and other life changing decisions. Also for those who have struggled growing up in homes where parents have also struggled with their choices. Teens will learn the skills to make their own decisions with their best future in mind. Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Kathleen, 364.5686.

#### **CHILDREN'S GROUP AND ACTIVITIES**

Offered through Beloit Domestic Violence Center. Girls of all ages, boys under the age of 12. Children must be accompanied by mothers attending Women's Group. **364.1083**

#### **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)

#### **GIRLS THAT ROCK**

After school program, meets for seven sessions to include; How to handle bullying, Personal choices, Healthy living, and Friendship. M & I Bank, 500 W. Grand Ave., Beloit. Cari, **364.3820**. Eliza, **362.8922**

#### **HEAT**

Tries to bring stable home life to homeless youth so they can concentrate on their studies not were they are going to sleep or eat that night. Janesville School District, 527 S. Franklin St., Janesville. Anne Work, **743.6490**. Ann Cell, **751.7779**

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

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

#### **HUB TEEN PARENT CONNECTIONS**

Supports pregnant and parenting teens, 13-23 years of age. 20 Eclipse Center, , **364.9884**.

#### **JOB CORPS**

Education on job training program for at risk low income youth ages 16-24 yrs. Vocational level training in construction field, business field, health occupation and auto mechanics. Also GED or HSED are available. **715.674.2311**

#### **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**.

#### **LUNCH & LEARN PROGRAM**

Group freshmen students with mentors to help them improve their grades and focus on school. Focus on getting them to the next grade level. This program mission is to help improve grades, attitudes and behaviors. Beloit Memorial High School, 1225 Fourth St., Beloit. 361.3017

#### **MAKE A WISH FOUNDATION**

Make-A-Wish fulfills favorite wishes for children living with life threatening illnesses. Wishes range from visiting Disney World to meeting a movie star, rock star or sports celebrity. All medically eligible children regardless of race, religion, ethnic background or family

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

income are eligible to have their wish fulfilled. Immediate family is included in the experience. The Make-A-Wish Foundation of Wisconsin is a chapter of the Make-A-Wish Foundation of America. Call for Intake information. 13195 W. Hampton Ave., Butler. **800.236.9474**

#### **MERRILL COMMUNITY CENTER**

After-School Youth Program:  
for ages 4-13  
After School - 5:30pm  
Includes structured activities, speakers, special celebrations, field trips and nutritional snacks.  
1428 Wisconsin St., Beloit. **365.1488** or **365.5998**

#### **MILTON AREA YOUTH CENTER**

Monday through Friday, 3pm – 6pm. 513 College St., Milton. Nate, **322.8824** or Jon, **290.6465**.  
[miltonyouthcenter@g-mail.com](mailto:miltonyouthcenter@g-mail.com)

#### **PACEMAKERS CHILDREN'S ANXIETY GROUP**

Is anxiety preventing your child from succeeding in or even attending school? Children will develop skills to manage their anxiety. Ages 8 – 12. Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. To register contact Kathleen at **364-5686**

#### **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, 903 Mineral Point Ave., Janesville. **756.5555**

#### **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**.

#### **RAWHIDE BOYS RANCH**

Providing family-based residential treatment and foster care for over 70 court-ordered youth. Professional staff provide ongoing individuals, group and family counseling. Job training, high school diplomas, vocational training in preparation for college, independent living, the military, or return to their family and community schools. E7475 Rawhide Rd., New

London. **920.982.6100**

#### **ROCK COUNTY YOUTH2YOUTH**

Y2Y vision is to create a drug free community, thus improving the health of Rock County residents.

Y2Y mission is to harness the powerful influence of peer pressure - making it a positive force that encourages young people to live free of tobacco, alcohol and other drugs.

There are many program areas of Y2Y that Rock county youth can participate in, they are:

##### **\*Too Good For Drugs**

An elementary age, after school model program. This program begins working with youth about self esteem and goal setting, then moves on into decision making about substance abuse primarily tobacco use, and help them understand how goal setting and decision making are essential when deciding about using substances.

##### **\*NIKE(Nicotine Is Kids Enemy)**

A middle school peer-education program that is currently implemented in seven middle schools throughout Rock County. The youth are trained about the harmful effects of tobacco and marijuana use and how the tobacco industry is trying to get them hooked through different media outlets. They then develop a presentation that is presented to elementary youth in the county. 423 Bluff St., Beloit. **365.1244**

#### **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**

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

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. Hotline **800.924.7238** Janesville **752.7660**.

#### **TEEN PARENT CONNECTIONS (TPC)**

TPC program provides support services that assist Beloit-area pregnant and parenting teen in achieving greater family stability, stronger skills in daily living & parenting, and increased self-sufficiency today and into the future. The TPC Program is open to any Beloit-area pregnant female or parenting teen-male or female between the ages of 13 and 21.20 Eclipse Center, 1701 Riverside Dr., Beloit. **364.9884**

#### **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

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

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

### **SAND CASTLES SOCIAL SKILLS**

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**

### **UP STREET**

Bus Ministry to children in Janesville area that live in the target areas. New Life Assembly of God, 2416 N. Write Rd., Janesville. **756.4175**

### **WISCONSIN COUNCIL ON CHILDREN & FAMILIES**

A voice for children. It is a multi-issue, child advocacy organization working to improve the lives of children through research, education, technical assistance and advocacy. 555 W. Washington Ave., Suite 200, Madison, WI. **608.284.0580**

### **YELLOW RIBBON SUICIDE PREVENTION PROGRAM**

Because of the internal nature of depression and loneliness, thousands of youth who appear to be happy are screaming silently in the deepest emotional pain, what can we do? We can help you with the Yellow Ribbon Suicide Prevention Program  
Crisis Line, **800.784.2433**

## **DIVORCE**

### **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**

Divorce Care 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**

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

Focuses on helping children ages 8 - 11, cope with their parents separation or divorce. Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit General, **364.5011** or Nicole, **364.5686**

### **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**.

### **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**

### **AMERICORPS**

Voluntary Programs include some opportunities in education, public safety, human needs, and environment. 310 W. Wisconsin Ave., Room 1240E. Milwaukee, WI **800.942.2677**

### **AMERICA READS – RETIRED SENIOR VOLUNTEER**

RSVP tutors spend time each week with kindergarten through grade three students in one on one or small group settings. RSVP volunteers are placed at all levels of education. Office is open Mon. – Fri. 8am – 4pm. Retired & Senior Volunteer Program of Rock County, Inc., 120 Eclipse Center, Beloit. **362.9593**  
Janesville **756-428**

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

Provides services to disabled 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, 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.

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

**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**

**CHESTNUT HOUSE OCCUPATIONAL & INDEPENDENT COMMUNITY EDUCATION.**  
CHOICE is a community based transition program, designed to assist in the transition from school to adult life. CHOICE is an option to young adults with cognitive disabilities, ages 18-21. This program is a collaborative effort between young adults, parents, the Janesville School District, adult service providers and community volunteers.

Young adults participating in CHOICE will be eligible for graduation, (i.e. the young adult has met the minimum requirements for graduation, but continues to have transition needs); be at least 18 years of age, and have mild to moderate disability with continued transitional needs. Young adults may enter CHOICE after completing at least three years of high school, and still being eligible for special education services. The program is open to both young men and young women. They report to CHOICE each school morning. 628 Chestnut St., Janesville. **756.3598**

**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** Screening appointments – **361-4039**

**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. **743.5043**

**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. Cindy **361.4146**.

**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 JANESVILLE**  
Enhances the quality of family life by offering resources, referrals, play groups, support, parenting classes, and lending library for Rock County families. Offers:

- Play groups
- Developmental screenings for children birth to 5
- Ask-The-Expert Workshops

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

- Nurturing Parent Classes
- In-home parent education by Parent Educators
- Lending Library of books, videos, DVDs and toys
- Computer with Internet access for parents
- Resource and referral to community agencies
- Volunteer Opportunities
- Family Events

2020 E. Milwaukee St., Suite 5, Janesville. **314.9006**

#### **EXCHANGE FAMILY RESOURCE CENTER EVANSVILLE**

Play groups are held at Eager Free Public Library, 39 W. Main St. Evansville. **608.314.9006**

#### **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, Eclipse Center, 20 Pathways Center, Beloit. **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. 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 **756.4065**

#### **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, Jefferson Elementary School, 1831 Mt. Zion Ave **743.6654**

#### **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. **758.6565 ext. 260. Beloit 364.3024**

#### **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**

#### **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**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

### **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**

### **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. **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 **608.283.3131**

## **FOSTER CARE**

### **BEGGINS GROUP FOSTER HOME**

A facility which increases independent living skills and teaches appropriate social skills so youths can be empowered to succeed in family, community and school areas. Structured living has internal and external counseling and family therapy. There is also group counseling on criminal thought processes. State licensed facility. 502 E. Homes St., Janesville. **755.4900**

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

The state's largest private, not-for-profit provider of child welfare services. The mission of Children's Service Society is to build, sustain and enhance a nurturing environment for Wisconsin children. Works to find foster and adoptive homes for children in need and works to make their existing homes better by preventing or alleviating the conditions that threaten their health and happiness. Offers activities and programs in three core service areas: out-of-home care; counseling and case management; and prevention services.

### **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. **800.653.2779**

### **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**.

## **LGBT**

### **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: **608.251.6211**

### **Genesis Counseling Services**

Provides a wide range of confidential services to address a variety of personal concerns which includes gay and lesbian issues. 1 S. Main St., Second Floor, Janesville. **757.0404**

### **LGBT Safe Space**

This safe space will allow for a SAFE, SUPPORTIVE and CONFIDENTIAL meeting place to discuss and share life experiences.

Discuss and explore topics which could include relationships, sexuality, gender identity, stress management, social issues and more.

Meetings are sponsored by OutReach, Madison and South Central Wisconsin's LGBT Community Center. First Christian Church, 1909 Highland Ave., Janesville. Contact Angie Rehling for more information, **608.255.8582**.

### **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

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

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**.

## 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**

### SEVENTH DAY BAPTIST CHURCH LOAN CLOSET

Seventh Day Baptist Church in Milton has medical equipment/supply loan closet. Items are free to use by people in need 720 Madison Ave. Milton **868.2741**

### 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 TALKING BOOK AND BRAILLE LIBRARY

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

### 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**

### AUTISM SOCIETY OF WISCONSIN

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**

### COMMUNITY SUPPORT PROGRAM

Comprehensive and integrated community services for people with serious mental illnesses. JANESVILLE – CSP can only accept referrals that come from the Janesville Counseling Center. Mon-Fri, 7:30am-4pm. 113 S Franklin St. Janesville. **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**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

### **COUNSELING CARE CENTER**

These services are offered at Beloit Memorial Hospital, 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. Counseling Care Center, Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. Sally **364.5686**

### **EDGERTON AUTISM GROUP**

Edgerton Autism Group, a community support group for area families who are living with autism or other related development disorders. The group is open to anyone with a disability and anyone who wants to learn more about autism. 605 Swift St., Edgerton. Call for times and dates. **884.8481**

### **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**.

### **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, 903 Mineral Point Ave. St., Janesville. **756.5555**.

### **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**

### **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. Barbara **752.4638**.

### **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**

### **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. **868.3338**

### **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**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

#### **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**

## **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** Kurt, **815.218.7672**

#### **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. 511 Public Ave. 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**

#### **CONNECTIONS: YOUTH MENTORING**

A project of the Janesville School District in partnership with Big Brothers, Big Sisters.

For information on becoming a Connection Mentor, please contact Project Coordinator at Edison Middle School.

Mentors are expected to make a time commitment of one year in order to support the student's transition from middle school to high school. Training will be provided by the school staff and the Big Brothers, Big Sister program. No contacts are expected during the summer break from school. Mentors must pass background check to participate in the program. Mentors will meet with students at school weekly to talk and engage in fun activities. Mentors will be invited to participate in large group activities periodically. **Gail 743.5831**

#### **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.

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**

#### **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

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

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 OLYMPICS**

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. Janesville, 758.1476, 743.0128. For emergencies Terry at **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. Greta, **877.423.9123**.

#### **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**

#### **ROCK COUNTY RECREATIONAL PROGRAM**

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**

#### **SPECIAL OLYMPICS**

Special Olympics 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.

Training and competitions are offered in the following sports: athletics; Aquatics; basketball skills; team basketball; bowling; softball; volleyball; power lifting; gymnastics; alpine skiing, Bocce..

Eligibility requirements: Athletes must be diagnosed with mental retardation. They can begin training at age eight.

\*Beloit, **362.7801**

\*Janesville, **752.8117**

\*Racine, **262.598.9507**

#### **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 230, Madison. Mon-Fri, 9am-4pm, voice mail available. **608.267.6888** or **800.422.7145**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

#### **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. **758.8471**

## **MULTI-CULTURAL**

#### **BLACK MALE ROLE MODEL GROUP**

To help men be productive citizens, focusing on the family as a whole.

Raise funds, give back to the community, teach life skills, give students rental music equipment, mentoring program.

Volunteers of all colors and ages would like to partner with area organizations.

#### **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.

##### 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**

##### La Voz Latina

412 Market St.  
Rockford, IL 61107

**815.965.5784**

Mon - Fri, 8:30am - 5pm

##### Latina Resource Center

Mariana Rodriguez  
Program Manager

**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

##### MANA-A National Latina Organization

1146 19<sup>th</sup> St. N.W.  
Suite 700

Washington DC 20036

**202-833-0060**

#### **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, 417 Harrison Ave., Beloit. **313.8733**.

#### **MINISTERIO LATINO DE ESPIRITU DE ESPERANZA**

Bilingual worship services - Sunday 11am; bible studies 4th Friday of month, 6pm - 8pm. Parroquia San Jose, 717 Bluff St, Beloit, WI 53511. **361-0198**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

**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. 2132 Fordem Ave., Madison **608.256.6400 or 800.404.8779**

**UNITED MIGRANT OPPORTUNITY SERVICES, INC.**

Advocacy organization which provides programs and services which improve the employment, educational, health and housing opportunities of under-served populations. UMOS advocates for and provides services to Hispanic migrants and seasonal farm workers. Mon – Fri, 8am – 5:30pm. 2317 International Lane, Madison, WI **800-279-8667**

**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, 903 Mineral Point Ave., 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. **361.4197**.

**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. 1122 Milwaukee Ave., 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**. Madison, **800.532.3321**

**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

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

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. 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**

Vision is to be a neighborhood center for all families focusing 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. Fourth Sunday of the month at 4pm, call for location. **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**

#### **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**.

#### **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**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

### **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** or **295.8964**

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

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. Roscoe United Methodist Church, 10816 Main St., Roscoe. Andrena, **815.623.5975** Church **815.623.2292**.

### **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. Shelly **758.1855**

### **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. Karen, **868.9175**. Church, **756.4175**

### **NUTURING PARENT**

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**

### **PARENTING SINGLE, TOGETHER**

Single moms and their children. Our mission is to support and encourage single moms throughout this journey. Open to everyone regardless of your faith. The plan is for small group discussions, educational events and social activities. This is a place to discuss struggles, fears and joys in a non-judgmental atmosphere. Child care/activities will be available. July and August, the meetings may involve other activities and locations. Church, **755.1450**

### **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**.

### **SINGLE PARENT SUPPORT GROUP**

Support group for single Mom's and Dad's of all ages, who are raising children on their own. Meet at the Milton Public Library 403 E. High St., Milton. **262.203.0571**.

### **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. 16 N. Carroll, Suite 230, Madison. Outside of Madison only **800.422.7145**, or **608.267.6888**.

## **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**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

#### **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. National, **800.342.2383.** Madison, **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**

#### **AMERICAN TRAUMA SOCIETY**

Has materials and literature for prevention of physical trauma. Mon-Fri, 8:30am-4:30pm; Eastern time. 7611 S. Osborne Ave., Suite 202, Upper Marlboro, MD. **800.556.7890 or 301.574.4300**

#### **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**

#### **AUTISM GROUP OF EDGERTON**

A community support group for area families who are living with autism or other related development disorders. The group is open to anyone with a disability and anyone who wants to learn more about autism. **884.8481**

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

Information about autism, autism-related topics, and ASA. 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. 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. Menasha . **888.428.8476 or 920.558.4602**

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

Support group for people with diabetes and their families. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364.5137**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

### **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**

Counseling Care Service, Beloit Memorial Hospital, 1969 W. Hart Rd. Beloit. **364.5130**.

### **CANCER HOTLINE**

Anyone who has questions regarding prevention, early detection, screening of cancer, for information for themselves or any of their friends and family. Anyone newly diagnosed, return of disease, wanting second opinion. Mails out information from their resource library. **800.252.2990**

### **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**

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. Beloit Memorial Hospital, Occupational Health Center, 1969 W. Hart Rd., Beloit. Call for times & dates, **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. Beloit Memorial Hospital, 1696 W. Hart Rd. **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. Rock County Job Center, 1900 Center Ave., Janesville **608.741.3564**

### **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, 903 Mineral Point Ave., Janesville. **756.5555**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

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

The mission 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 is on LIVING with cancer, to plan and build life-changing emotional and social support. Free of charge. Offers support, networking groups, lectures, workshops and social events in a nonresidential, homelike setting. Mon-Fri, 8:30am-5pm. 7907 UW Health Court, Middleton **608.828.8880**

#### **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. Kareleen **608.873.6041** Georgan **608.873.6174** Judy **608.873.7829**

#### **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 **363.7421**  
Edgerton Hospital Hospice **884.3441**  
Janesville HospiceCare Inc. **755.1871**  
Janesville Mercy Hospice **755.6920**  
Rockford Heartland Hospice Services **815.227.4917**

#### **LSS/ADULT DAY Care - -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. **362.8611**

#### **LSS/ADULT DAY Care - -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**.

#### **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. 2600 N. Mayfair Rd., Ste 320, Milwaukee. WI Chapter **866.587.8794**, Free Information Packet **800.558.0121**

#### **LYMPHEDEMA SUPPORT GROUP**

Tues 10am – 11:30am. Beloit Memorial Hospital, 1969 W. Hart Rd, Beloit. For more information call **363-5173**

#### **LYMPHEDEMA MANAGEMENT PROGRAM**

Comprehensive treatment for management of Lymphedema is provided. Includes outpatient treatment and provision of self-management programs. Services provided by occupational and physical therapist. Beloit Memorial Hospital, 1969 W. Hart Rd. Beloit, **364-3517**

#### **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**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

### **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**

### **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. Judy, **754-5749**. Darlene, **884.0800**

### **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**

### **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> Thurs, 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**

### **SIGHT PRESERVATION PROGRAM – LIONS CLUBS**

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. **365.8505**  
Edgerton: **756.9782**  
Janesville: **751.1958**

### **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

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

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. **756.6842**

#### **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**

## **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**

#### **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. 20 Eclipse Center, 1701 Riverside Dr., 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**

#### **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**

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

### **PRENATAL CLASS**

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

BELOIT MEMORIAL HOSPITAL – **364.5237**

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

### **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**

## **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**

### **KAYRA**

An interdenominational group providing spiritual, mental, and social aid and encouragement to the widowed. Meets the 1st Friday of the month for a fish fry, then at the United Way Building, 205 N. Main St., Janesville; and also meets the 3rd Wednesday of the month at the Janesville Senior Center, 69 S. Water St., Janesville, Peggy, **752.4357** or Mary, **756.2818**

### **PARENTING SINGLE, TOGETHER**

Single moms and their children.

Our mission is to support and encourage single moms throughout this journey. Open to everyone regardless of

your faith. The plan is for small group discussions, educational events and social activities. This is a place to discuss struggles, fears and joys in a non-judgmental atmosphere. Child care/activities will be available. July and August, the meetings may involve other activities and locations. Church, **755.1450**

### **SINGLES PARENTS SUPPORT GROUP**

Single parents raising children. Milton Public Library, 430 E. High St., Milton. **262.203.0571**

### **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**

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

A social and spiritual help group. For persons age 40 and older who are widowed, divorced, or single who wish to partake in social activities, trips, good fellowship and enlightening talks. Emmanuel Free Methodist, 4224 Whilden Court, Janesville. Doris, **752.1098**

## **VETERANS/MILITARY**

### **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**.

### **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

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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!** 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 ONESOURCE**

Provided at no cost to Active Duty, Guard and Reserve (regardless of activation status) and their families. Service is provided by phone, on-line and face to face through private counseling session in your local community. To access a counselor call **800.342.9647**

#### **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**

#### **POINT MAN INTERNATIONAL MINISTRIES-EDGERTON**

Groups are for mutual support and fellowship. All veterans are welcome. Primary focus is on healing from PTSD Group meets at the Edgerton United Methodist Church parsonage 304 W. Rollin St., Edgerton **884.3132**

#### **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. 706 Williamson St., Suite 4, 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. 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**

#### **WISCONSIN DEPT. OF VETERANS AFFAIRS**

State veterans benefits, veterans cemeteries, homes, memorials, museums, service offices, women veterans, and veterans links. Provides services to Wisconsin veterans, unmarried spouses and dependent children of deceased veterans. **800.947.8387**

## **MILITARY NUMBERS**

<b>AIR FORCE</b>	<b>703.697.4720</b>
<b>AIR FORCE AID SOCIETY, INC.</b>	<b>800.769.8951</b>
<b>ARMED FORCES EMERGENCY SERVICECS</b>	<b>800.696.3873</b>
<b>ARMY</b>	<b>703.681.7395</b>
<b>ARMY EMERGENCY RELIEF</b>	<b>866.878.6378</b>
<b>COAST GARD</b>	<b>510.437.3088</b>
<b>COAST GUARD MUTUAL ASSISTANCE</b>	<b>800.881.2462</b>
<b>FISHER HOUSE FOUNDATION, INC.</b>	<b>888.294.8560</b>
<b>ILLINOIS ARMY NATIONAL GUARD</b>	<b>815.636.4729</b>
<b>MARINE CORPS</b>	<b>800.627.4637</b>
<b>MILITARY ONE SOURCE</b>	<b>800.342.9647</b>
<b>MILWAUKEE VA REGIONAL OFFICE</b>	<b>800.827.1000</b>
<b>NAVY</b>	<b>703.614.1879</b>
<b>NAVY – MARINE CORPS RELIEF</b>	<b>703.696.4904</b>
<b>WISCONSIN ARMY NATIONAL GUARD</b>	<b>608.755.1222</b>
<b>SOLDIERS' ANGELS</b>	<b>262.529.5114</b>
<b>USO OF ILLINOIS, INC.</b>	<b>312.923.7070</b>
<b>USO OF WISCONSIN, INC</b>	<b>414.271.3133</b>

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

**WISCONSIN NATIONAL GUARD FAMILY PROGRAM**  
800.292.9464  
**WOUNDED SOLDIER AND FAMILY HOTLINE**  
800.984.8523

## **VISUALLY HANDICAPPED**

### **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**

### **GUIDE DOGS FOR THE BLIND**

\*Guide Dogs for the Blind, Inc  
PO Box 151200  
San Rafael, CA 94915  
**800.295.4050**

\*Guiding Eyes for the Blind  
611 Granite Springs Rd.  
Yorktown Heights, NY 07960  
**914.245.4024**

\*Guide Dog of Texas  
1503 Allena Dr.  
San Antonio, TX 78213  
**210.366.4081**

\*Leader Dogs for the Blind  
1039 S. Rochester Rd.  
Rochester Hills, MI 48307  
**888.777.5332**

\*The Seeing Eye, Inc  
Washington Valley Rd.  
Morristown, NJ 07960  
**800.539.4425**

### **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**

### **WISCONSIN CENTER FOR THE VISUALLY HANDICAPPED**

Offers full educational opportunity to visually

handicapped children from kindergarten through high school. Summer sessions for adults is primarily for those who have lost their vision. 1700 W. State St., Janesville, WI. **758.6100**

### **WISCONSIN COUNCIL OF THE BLIND, INC.**

Provides a variety of services for people with vision loss including:

\*White cane

\*Braille Watch for those who are blind and deaf.

\*Braille Writer

\*CCTV

\*Voice Synthesized Computer with a Print Scanner and Braille Printer.

\*House calls by a rehabilitation teacher to a newly blinded person.

\*Low vision therapist on staff.

\*Assistive devices for sale.

\*Low cost loans available.

\*Recreation.

754 Williams St., Madison **800.783.5213**

### **WISCONSIN TALKING BOOK AND BRILLE LIBRARY**

Offers: Reading Material, Equipment and Accessories, Reaching out news letter. 813 W. Wells St., Milwaukee, WI. **800.242.8822**

## **SUICIDE AWARENESS RESOURCES ON THE INTERNET**

[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](http://www.nimh.nih.gov)

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

For more information on these and other Rock County programs, go to our website at [www.firstcallrock.com](http://www.firstcallrock.com) or call us at: United Way First Call: 752-3100

## 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

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

**Rock County: 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).

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### **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

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