



First Call

February 2010
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

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

AA HOTLINE

BELOIT – Call for information on Al-Anon, Big Book Study and other AA meetings. 412 Pleasant St., Beloit. **364.0520**
Banyan Tree, 550 E. Grand Ave., Beloit
361.1358

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

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

EVANSVILLE – Evansville area **754.1766**

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

AA – WOMENS SPIRITUALITY GROUP

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

AL – ANON

BELOIT – AA hotline Beloit area **364.0520**

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

DISTRICT 25 – Hotline, Janesville **754.2828**

NATIONAL HOTLINE – **800.245.4656**

ALATEEN HOTLINE-JANESVILLE

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

CELEBRATE RECOVERY

12-STEP, Bible-based group aimed to help men and women heal hurting relationships. Support for people who have suffered from alcohol and drug abuse, spousal abuse, childhood sexual abuse, etc. New Life Assembly

of God Church, 2416 N. Wright Rd., Janesville. Thurs, 7pm-8pm. **Lee, 752.8323 (Evenings)** or **756.4175 (Days)**.

EMOTIONS ANONYMOUS

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

For meeting corrections, questions regarding meeting information or finding a meeting, please contact: info@EmotionsAnonymous.org.

FOOTSTEPS TO FREEDOM

Biblically-based, Christ-centered 12 step group is for anyone who wants freedom from an addiction of any kind. The group is structured, yet conversational, supportive and confidential. Thurs, 7pm. Faith Community Church, 2931 Lucerne Dr., Janesville. 758.4867 or 608.359.5935

GAMBLER'S ANONYMOUS

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

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

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

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

NARCOTICS ANONYMOUS

BELOIT – Monday, Thursday, Friday, 7pm–8:30pm, First United Methodist Church, 511 Public Ave. **362.8866**

JANESVILLE – Sun, Tues & Wed; 7pm-8:30pm. Rock Valley Community Program, 203 W. Sunny Lane. **931.5668**

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

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

OA (OVEREATERS ANONYMOUS)

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

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

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

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

ROSCOE, IL – Tuesday 7pm – 8pm. Roscoe United Methodist Church, 10816 Main St. **815.623.2292**

SEX ADDICTS ANONYMOUS

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

SURVIVORS OF INCEST ANONYMOUS, INTERNATIONAL HOTLINE

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

WESLEY AVENUE ALANO CLUB, INC.

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

ADDICTIONS

ALCOHOL/DRUG ABUSE ASSESSMENTS

By appointment. Beloit Counseling Center, 64 Eclipse Center, Beloit. **363.6300**

Counseling Care Center (Beloit Hospital), 1969 W. Hart Rd., Beloit. Tom, **364-5686**.

Janesville Counseling Center, 3056 US Hwy 51 North, Janesville. **757.5215**

ALCOHOL & DRUG ABUSE SERVICES-BELOIT

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

ALCOHOL & DRUG ABUSE SERVICES-JANESVILLE

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

BREAK THE CHAIN/ADDICTION MINISTRY

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

BELOIT INNER CITY COUNCIL/TELLURIAN

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

CO-DEPENDENCY SUPPORT GROUP

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

MERCY OPTIONS- CLINIC OUTPATIENT ADDICTION SERVICES

Offers a variety of programs that allow individuals to remain at work and involved with their families while participating in addictions treatment. Treatment is primarily group oriented while individual and family sessions are available as needed, both determined by an initial AODA assessment. Group Treatment includes Extended-Care, which generally begins at eight hours per week and gradually tapers over several months. Relapse Prevention and Continuing Care services are integrated into the Extended-Care group. Dual Diagnosis treatment focuses on individuals with both mental health and addictions diagnoses. Services for people with gambling problems are individualized. Individual and family sessions are available for adolescents that are struggling with addiction issues.

Mercy Options, 903 Mineral Point Ave. Janesville. Mon-Thurs 8am-7pm, Fri, 8am-5pm **754.2264**

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

MERCY OPTIONS – ADDICTIONS DAY HOSPITAL

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

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

ADOPTION

CHILDREN'S SERVICE SOCIETY OF WISCONSIN

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

COMMUNITY ADOPTION CENTER, Inc.

Adoption Service and birth parent counseling. Mon-Fri, 9am-3:30pm M-TH 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. 124th St. New Burlin, **608.758.2055**.
24 Hour Hotline **800.686.3232**

ROCK COUNTY FOSTER & ADOPTIVE PARENTS ASSOCIATION

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

WISCONSIN ADOPTION INFORMATION CENTER

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

BEREAVEMENT

BELOIT REGIONAL HOSPICE, INC.

Hospice care is a special way of caring for a patient whose illness cannot be cured. Hospice uses a team approach that includes family, nurses, social workers, physicians, clergy and volunteers, all working together to plan and coordinate care. Family or friends providing care in the home can call for the help of the hospice nurse 24 hours a day 7 days a week. A team nurse will come to the patient's home whenever needed and appropriate. The hospice team can arrange for a transfer to another setting when necessary. Individual Counseling. Sometimes talking to someone helps. Short term counseling and referral information, both free of charge are available to anyone who is dealing with

bereavement, loss and end of life issues. Lending Library has a wealth of resources available to the public. Books, tapes and videos can be checked out for three week intervals. Office hours are Mon-Fri, 8am-4:30pm. All groups are held at 655 Third St., Suite 200. Bereavement services are available at no charge. To register or for more information call **363-7421**.

BELOIT REGIONAL HOSPICE BEREAVEMENT SERVICES

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

BEREAVEMENT SUPPORT GROUP-MERCY

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

CHILDREN'S SUPPORT GROUP

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

GRIEF SUPPORT GROUP – ROSCOE

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

GRIEF GROUP IN SPANISH

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

HOSPICECARE, INC,

Bereavement programs offer support to family members after the loss of a loved one, GRIEF'S STEPPING STONES informative and supportive series examining the grief process. Participants may attend any or all three sessions in the series. Locations differ for each series. Pre-registration is not required. JOURNEY THROUGH GRIEF

SUPPORT GROUP is a multiple-week series for those grieving the death of someone important in their lives. Attendance at all three sessions is recommended. Groups meet for six weeks at HospiceCare. Men's Grief Support Group open to any man who has or

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

is experiencing a death related loss.

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

KAYRA

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

PARENTS OF MURDERED CHILDREN, INC

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

SOS OF DANE COUNTY (SURVIVORS OF SUICIDE)

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

SURVIVORS OF SUICIDE ROCK COUNTY

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

CARE GIVERS

SUPPORT GROUPS FOR FAMILY CAREGIVERS

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

BELOIT

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

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

EDGERTON

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

JANESVILLE

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

2nd Thursday of the month, 10:00 am - 11:30 am
Job Center 1900 Center Ave., Janesville
Facilitators: Julie Seeman & Paulette Steinke, **608. 758.8455**

MILTON

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

ROCKTON, IL

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

ROSCOE, IL

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

WHITEWATER

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

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

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

ALZHEIMER'S INFORMATION & TRAINING CENTER

Provides education to families and care providers through seminars, workshops, and publications. There is an annual conference to provide opportunity to families and care providers to learn about latest research, etc. Mon-Fri, 8:30am-5pm. 24 hour helpline. Multicultural Outreach, Dementia Care Network. 6130 W. National Ave., Suite 200, Milwaukee, **800.272.3900**

ALZHEIMER'S SUPPORT CENTER, INC.

Information, education, support and outreach for Alzheimer's and other forms of dementia. Mon—Fri, 8am-5pm. Council on Aging Conference room 3328 Hwy 51 N, Janesville. **608.314.8500.**

ALZHEIMER'S FAMILY AND CAREGIVERS SUPPORT GRANT PROGRAM

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

CAREGIVER SUPPORT GROUP

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

FAMILY RESPITE CARE SERVICES OF ROCK CO.

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

INDEPENDENT DISABILITY SERVICES

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

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

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

RESPITE CARE – BELOIT

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

SAFE RETURN

Assists in the safe and timely return of individuals with Alzheimer's disease and related dementedly who wander and become lost. Assistance is provided whether a person becomes lost locally or far from home. Alzheimer Support Center, 20 S. Main St., Suite 5, Janesville. **314.8500.** National 24 Hour Helpline **800.272.3900.**

VISITING FRIENDS PROGRAM

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

CHILDREN & TEENS

1st WISCONSIN YOUNG MARINES

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

ANGER MANAGEMENT FOR CHILDREN

Group is designed to help children ages 6-10 and 11-15 who have problems controlling anger and are causing disruptions in their home, school or community. Topics include self-expression, redirection and control of feelings, communication and more. Parents are required to attend with their children, as the information learned will teach parents how to better manage their child's difficult behaviors. Mercy Options, 903 Mineral Point Ave., Janesville. **756.5555. Ext 213**

ANGER MANAGEMENT (Beloit Memorial Hospital)

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

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

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

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

BELOIT DOMESTIC VIOLENCE CENTER

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

CHILDREN'S DIABETES SUPPORT GROUP

This support group will help your child feel less isolated through encouragement and support of other children with this disease. Parents also have the opportunity to share their experiences with one another. Facilitators will lead discussions and coordinate speaking presentations of the struggles and triumphs of kids with diabetes. Mercy Options, 903 Mineral Point Ave., Janesville.

756.5555

CHILDREN'S SUPPORT GROUP - Grief

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

CHALLENGE ACADEMY – WI NATIONAL GUARD

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

CHILDREN WITH SPECIAL HEALTH CARE NEEDS

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

EDGERTON TEEN CENTER

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

HELP YOUR CHILD COPE WITH DIVORCE GROUP

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

LUNCH BUDDIES

Volunteers spend one lunch hour per week with a child at their school. This one on one time is the source of positive changes in a child's life from increased self-esteem, better grades and stronger communication.

Van Buren, Kennedy, Roosevelt, and Jackson elementary schools. Big Brothers Big Sisters, 1239 Huebbe Parkway, Beloit. **362.8223**.

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

Group experience for children who struggle emotionally with everyday activities. Children 6-12 will learn problem solving, anger management, relaxation techniques, goal setting, social and effective communication skills. Mon & Thurs, 3pm-4:45pm. Mercy Options, 903 Mineral Point Ave., Janesville. **756.5555**

SAND CASTLES

A single, **SOcial SKILLS** 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**

DIVORCE

CELEBRATE RECOVERY

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

CHILDREN OF DIVORCE

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

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

DIVORCECARE

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

DIVORCE RECOVERY-SUPPORT GROUP

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

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

DIVORCE RECOVERY SUPPORT GROUP-ROSCOE

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

REBUILDING AFTER DIVORCE

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

SAND CASTLES

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

EDUCATION

AMERICA READS – RETIRED SENIOR VOLUNTEER

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

BELOIT ALTERNATIVE SCHOOL SITES

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

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

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

CESA 2 DEPARTMENT OF SPECIAL EDUCATION

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

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

SEIMC/TEACHER RESOURCE CENTERS (TRC) – Special education library which offers support and

information for Special Education teachers as well as materials for loan and preview with their EEN students.

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

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

REGIONAL STAFF DEVELOPMENT – Provides staff development opportunities.

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

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

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

CESA 2 THERAPEUTIC LEARNING CENTER

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

CHILDREN ARE OUR SPECIALTY

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

CRES ACADEMY CHARTER HIGH SCHOOL

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

EARLY CHILDHOOD SPECIAL EDUCATION PROGRAM-BELOIT

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

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

EARLY CHILDHOOD SPECIAL EDUCATION PROGRAM-JANESVILLE

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

EARLY HEAD START

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

EDGERTON ALTERNATIVE HIGH SCHOOL

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

EVEN START FAMILY LITERACY

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

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

EXCHANGE FAMILY RESOURCE CENTER

Enhances the quality of family life by offering resources, referrals, play groups, support, parenting classes, and lending library for Rock County families. Mon-Fri, 8:30am-5:00pm. Tues, until 8pm. Playgroups, Wed 9am-10:30am. And Fri 9-10:30am. 2020 E. Milwaukee St., Suite 5. **314.9006**. Evansville playgroup is at the library from 10-11am.

EXCHANGE FAMILY RESOURCE CENTER WARM LINE

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

FACT PROGRAM

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

FRESH START PROGRAM – COMMUNITY ACTION

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

HEAD START of Rock & Walworth Co.

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

JANESVILLE ACADEMY FOR INTERNATIONAL STUDIES

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

JANESVILLE HOME SCHOOL GROUP

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

JANESVILLE VIRTUAL ACADEMY

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

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

OPPORTUNITIES, INC. OF JEFFERSON COUNTY

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

PROJECT AHEAD

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

PROJECT SUCCESS

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

ROCK PRAIRIE MONTESSORI SCHOOL

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

ROCK RIVER CHARTER SCHOOL

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

ROCK VALLEY HOMESCHOOL SUPPORT GROUP

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

ST. FRANCIS HOUSE UNIVERSITY EPISCOPAL CENTER

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

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

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

TAGOS Leadership Academy

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

UW-EXTENSION FAMILY LIVING

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

UNDER THE BODHI TREE

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

WINGSPAN-CAREER DEVELOPMENT PROGRAM

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

WISCONSIN PARENTS ASSOCIATION

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

FOSTER CARE

LSS TREATMENT FOSTER CARE

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

ROCK COUNTY FOSTER & ADOPTIVE PARENTS ASSOCIATION

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

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

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 124th 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 **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

ALTERNATIVES TO VIOLENCE

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

DOMESTIC VIOLENCE SUPPORT GROUP

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

ALZHEIMER'S INFORMATION & TRAINING CENTER, WI

Center provides: Family Services through support groups which offer a safe, confidential and caring place. Helpline for support, information and referrals to other agencies by phone, walk-ins or e-mail.

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

ALZHEIMER'S SUPPORT CENTER OF ROCK COUNTY

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

ANGER MANAGEMENT (Beloit Memorial Hospital)

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

ANGER MANAGEMENT FOR CHILDREN

Group is designed to help children ages 6-10 and 11-15 who have problems controlling anger and are causing disruptions in their home, school or community. Topics include self-expression, redirection and control of feelings, communication and more. Parents are required to attend with their children, as the information learned will teach parents how to better manage their child's difficult behaviors. Mercy Options, 903 Mineral Point Ave., Janesville. **756.5555**. Ext **213**

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

AUTISM SOCIETY OF WISCONSIN

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

BELOIT AREA COMMUNITY HEALTH CENTER ADULT THERAPY GROUPS

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

74 Eclipse Center, Beloit. **299.3317**

BELOIT DOMESTIC VIOLENCE CENTER

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

CELEBRATING RECOVERY

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

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**

COMMUNITY SUPPORT PROGRAM

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

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

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

COUNSELING CARE CENTER

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

DEVELOPMENTAL DISABILITIES COUNSELING

Offers developmental disability counseling, family support program, and supportive parenting program.

Mon-Fri, 8am-4:30pm (Lunch 12:00-1:00.) Catholic Charities 2020 E. Milwaukee St., Suite 9. **752.4993**

DIALECTICAL BEHAVIOR THERAPY GROUP

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

EMOTIONS ANONYMOUS

For depression, anxiety, and emotional pain. Live a healthier emotional life. St. Paul's Episcopal Church, 212 W. Grand Ave., Beloit. Mondays 8:00pm-9:30pm.

362-4312 or John **362.4643**

FEELING GOOD AGAIN

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

MEN'S ANXIETY GROUP

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

MENTAL HEALTH SERVICES

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

BELOIT – Lutheran Social Services. 749 Bluff St.

362.6629

JANESVILLE – Lutheran Social Services. 612 N. Randall Ave, 3rd 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

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**.

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

PFLAG – PARENTS, FAMILIES & FRIENDS OF LESBIANS AND GAYS

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

- *Support, to cope with an adverse society
- *Education, to enlighten an ill-informed public
- *Advocacy, to end discrimination and to secure equal civil rights

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

RACHEL'S VINEYARD RETREAT

Helps women and men work through the grief and regret that clouds their life following abortion. Weekend retreats offer a confidential and emotionally safe environment to work through the pain, guilt, and heartache of the past through God's forgiveness, peace, and healing with others who have been there and understand. Retreats are held twice yearly, Spring and Fall. Pregnancy Helpline of Janesville, 21 S. Jackson, Janesville. **Cheryl, 755.9739**

RAPE CRISIS CENTER

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

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

SUPPORT GROUPS: for survivors who have developmental disabilities; UW Campus Drop- In Group. No fee. **Medical and Legal Advocacy:** for any sexual assault survivor wanting accompaniment or advocacy during police reporting and investigation, legal proceedings, medical exams and procedures. No fee. Confidential 24/7 crisis line. 608.251.7273 Mon-Fri, 9am-5pm, 128 E. Olin Ave. Madison. Crisis Line **608.251.7273**

RECOVERY, INC.

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

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**

SEX ABUSE SUPPORT GROUP

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

SEXUAL ASSAULT RECOVERY OF ROCK COUNTY

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

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 **262.203.0571**.

SOCIAL ANXIETY GROUP

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

SUPER SIXTIES

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

SUPPORT FOR THOSE WITH FAMILIES OR FRIENDS IN JAIL OR PRISON

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

THE FAMILY TREE

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

VIETNAM VETERANS OF AMERICA – CHAPTER 236

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

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

VIETNAM VETS SUPPORT GROUP

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

WOMEN'S DEPRESSION GROUP

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

YWCA ABUSE IN LATER LIFE SUPPORT GROUP

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

MENTORING PROGRAMS

1st WISCONSIN YOUNG MARINES

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

ARC OF 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 3rd 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**

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**

EX-POWS AND WIVES

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

INDEPENDENT DISABILITY SERVICES

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

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

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

Adult Independent Living Program: assists persons with disabilities with independent living skills.

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

Community Integration provides recreational, vacation and other activity opportunities with the goal of getting disabled adults out into the public. Transportation is provided when not available. 2100 E. Milwaukee St., L14, Janesville. **754.5552**

JANESVILLE AREA SPECIAL OLYMPICSP

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

LIVING WATERS MINISTRIES

Was created for the purpose of providing long term mentoring in Christian living while offering transitional housing and assistance to males. 1110 Hamilton, Janesville. Terry **289.5578** Emergencies Scott **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. 3rd Wed, 1-3pm. YWCA Community Service Center, 1735 S. Washington St., Janesville. Vicki **877.423.9123 ext 7579**

LUNCH BUDDIES

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

PARENT TO PARENT OF ROCK COUNTY

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

RIVERFRONT

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

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**

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 **262.203.0571**.

TOPS

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

VICTIM/WITNESS ASSISTANCE PROGRAM

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

WEIGHT WATCHERS

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

WISCONSIN FAMILY TIES, INC.

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

WISCONSIN VICTIM RESOURCE CENTER

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

YOUTH INDEPENDENT LIVING PROGRAM

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

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

MULTI-CULTURAL

BRIDGE BUILDERS OF ROCK COUNTY

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

DIVERSITY ACTION TEAM OF ROCK COUNTY

Purpose is to bring people together from all backgrounds, to promote equality and understanding between peoples of different races. Offer study circles, to promote understanding, interactions, and dialogue between people. 1st Tues, 7:15am, 1st Thurs, 6:30pm. Janesville Academy for International Studies, 31 W. Milwaukee, Janesville. email 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

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 19th 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. 3rd Sat, 10:30am. UAW Hall, 1795 LaFayette, Janesville. **608.563.4193**

LATINO SERVICE PROVIDERS COALITION

Serves as a clearing house for information for the Latino community in the Rock County and Stateline area. Operates out of the Stateline Literacy Council, 822 Broad St., Beloit. **313.8733.**

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**

MINORITY PARENT ORGANIZATION OF BELOIT

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

NAACP – National Association for the Advancement of Colored People.

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

UNITED ASIAN SERVICES OF WI. INC.

Provides supportive services focused on assistance to help refugees, former refugees and their descendants 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**

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

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-noon, Sun. closed. 1027 South 5th 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. **313.9253**

BELOIT FAMILY RESOURCE CENTER WARM LINE

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

BELOIT MOTHERS OF TWINS

Meet Tuesdays at 7pm. Various activities include social activities, trips and support. The group can be a source for sale or loan of baby items for twins. 1122 Milwaukee Ave., Beloit. Martha 364.4566 Emergencies: Nancy **365.9093**

BIRTH PARENT SUPPORT GROUP

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

BUREAU OF CHILD SUPPORT

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

CHILDREN WITH SPECIAL HEALTH CARE NEEDS

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

CREATIVE ALTERNATIVES RESOURCES AND EDUCATION – CARE

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

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

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

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

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

EVANGELICAL CHILD AND FAMILY AGENCY

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

EXCHANGE FAMILY RESOURCE CENTER

Enhances the quality of family life by offering resources, referrals, supportive parenting classes, and lending library for all Rock County families. JANESVILLE – Play groups are Wednesday and Friday from 9am–10:30am. 2020 E. Milwaukee St., Suite 5. **314.9006**
EVANSVILLE – Playgroups meet every Monday 10am-11am. Exchange Family Resource Center, 112 Church St. **314.9006**

EXCHANGE FAMILY RESOURCE CENTER WARM LINE

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

FAMILY RESOURCE CENTERS-SCHOOL DISTRICT OF JANESVILLE

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

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

GAY-BI FATHERS SUPPORT GROUP

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

JANESVILLE MOTHERS OF MULTIPLES

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

LA LECHE LEAGUE OF ROCK COUNTY

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

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**

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., 3rd 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 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. 1st & 3rd 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. 1st Mon, 6-8:30pm. Sept-May. New Life Assembly of God Church, 2416 N. Wright Rd., Janesville. **756.4175**

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

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

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 **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. Stateline 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**.

PET LOSS

PET LOSS GROUP

Offers a support group for those who have lost a pet. Call for details. Pet memorial services Middleton. **608.327.7265**

PHYSICAL HEALTH

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

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

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

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

AIDS HOTLINE

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

AIDS NETWORK

HIV Prevention services including HIV testing and counseling, HIV prevention outreach, community education, peer education/advocacy programs, individual and group risk reduction planning, harm reduction and care services for persons using alcohol and other drugs.

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

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

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

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

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. 124th St., Suite 105, Brookfield. **262.784.5257**, Patient Services **414.817.1541.**

AMERICAN CANCER SOCIETY (A.C.S.)

We offer many free services including a loan closet, wigs for chemo patients, transportation, information, and support groups. Mon-Fri, 8am-4:30pm. 8317 Elderberry Road, Madison. Cancer Society Navigator **800.227.2345.** Patient Support **877.423.9123.**

AMERICAN DIABETES ASSOCIATION

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

AMERICAN HEART ASSOCIATION OF WISCONSIN

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

AMERICAN TRAUMA SOCIETY

Has materials and literature for prevention of physical trauma. Mon-Fri, 8:30am-4:30pm; Eastern time. 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. 108th St., West Allis. **800.242.9945**

AURORA HEALTH CARE

Support groups include Before and After Breast Cancer, Breast Feeding, Cardiac Support Group, Diabetes, Grief Recovery, Headaches, Multiple Sclerosis, PMS, Stroke Support. Mon-Fri, 8am-4pm. Community Education Department, 300 McCanna Pkwy., Burlington. **262.767.8000**

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 who treat those with autism. Support group (also attended by professionals) meets every third Monday every month except December. 2935 S. Fish Hatchery Rd. #101, Madison. **608.213.8519.**

AUTISM SOCIETY OF WISCONSIN

Maintains an office, publishes a state newsletter, sponsors an annual conference on autism, and offers information and referral support to parents and professionals. Menasha. **888.428.8476** or **920.558.4602**

BELOIT DIABETES ADULT SUPPORT GROUP

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

BELOIT EVENING LIONS CLUB SIGHT PRESERVATION PROGRAM

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

For more information on these and other Rock County programs, go to our website at 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 3rd Mon, 7:30pm. James **365.9750**

CANCER SUPPORT GROUP

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

CARDIOPULMONARY REHAB

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

CENTER FOR SIGHT & HEARING IMPAIRED

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

CHILDREN AND ADULTS WITH ATTENTION DEFICIT DISORDERS

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

CHADD National Office **301.306.7070**

CHRONIC PAIN SUPPORT GROUP

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

COURAGEOUS SURVIORS

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

DEVELOPMENTAL DISABILITY COUNSELING

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

DIABETES SUPPORT GROUP

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

DIABETES SUPPORT GROUP (SOUTHERN WI DIABETES ASSOCIATION)

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

DIABETICS EXERCISE CLASS

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

DISABILITY NAVIGATOR SERVICES

Assist individuals with disabilities to gain access to the workforce development system to return to work, while linking the individual with Social Security Administration to help educate individuals on various work incentive programs available through Social Security. 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**

GILDA'S CLUB

The mission of Gilda's Club is to provide meeting places where men, women and children living with cancer, and their families and friends, join with others to build emotional and social support as a supplement to medical

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

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

HEALTHY IMAGE WEIGHT MANAGEMENT

Cardiac information, education, and support. 1st 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. 3rd 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** Georgean **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 **608.363.7421**

Edgerton Hospital Hospice **608.884.3441**

Janesville HospiceCare Inc. **608.755.1871**

Janesville Mercy Hospice **608.755.6920**

Rockford Heartland Hospice Services **815.227.4917**

JANESVILLE NOON LIONS CLUB

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

LSS/ADULT DAY-BELOIT

Supervised activity programs in Janesville, Beloit, and Whitewater are available weekdays to adults of varying ages who may have health issues such as physical and/or developmental disabilities, dementia, mental illness, or age-related conditions. Mon-Fri, 8am-5pm. 2222 Advance Dr., Beloit. **362.8611**

LSS/ADULT DAY-JANESVILLE

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

LAP-BAND SUPPORT GROUP

This group is for patients who have had Lap-Band surgery. They meet the 3rd 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. 124th St., Brookfield. **800.955.4572 or 414.256.4020**.

LIVING WITH CANCER SUPPORT GROUP

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

LUPUS FOUNDATION OF AMERICA

Provides information to patients with Lupus and their families, either over the phone or through their free information packet. Mon-Fri, 8am-11am; afternoons by appointment. 2600 N. Mayfair Rd., Ste 320, Milwaukee. WI Chapter **866.587.8794**, Free Information Packet **800.558.0121**

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**

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

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. 1st Wednesday at 8is, Meriter Hospital, 202 S. Park St., Madison. Call the national number for information. **800.227.2345**

MERITER COMMUNITY HEALTH EDUCATION CENTER

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

MUSCULAR DYSTROPHY ASSOCIATION

A voluntary health agency working to defeat 40 neuromuscular diseases through research, education, and other services. Mon-Fri, 9am-5pm (Cheryl-Madison office). 2744 Agricultural Dr., Madison. **608.222.3269**, National Office **800.334.4863**

NATIONAL ASSOCIATION FOR VISUALLY HANDICAPPED

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

NATIONAL KIDNEY FOUNDATION OF WISCONSIN

Provide programs, public education, advocacy, and fund-raising. Will send information upon request. *Education seminars and workshops for kidney disease patients, their families, and health care professionals.

*Support group for individuals with kidney disease, their family members or friends.

*Annual family camp.

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

*Donation of used vehicles.

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

Donation of used vehicles 800.488.2277

NEW BEGINNINGS INCONTINENCE SERVICE

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

PARKINSON'S SUPPORT GROUP

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

POST POLIO SUPPORT GROUP

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

RAPE CRISIS CENTER

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

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. 2nd 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 4th Tues, 1pm-3pm, Board Room, Beloit Memorial Hospital, 1969 Hart Rd, Beloit. Call **363.5705**

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

SICKLE CELL DISEASE ASSOCIATION OF AMERICA

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

SOCIETY'S ASSETS, INC.

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

STROKE SURVIVOR'S AND FRIENDS SUPPORT GROUP

For survivors and family members. Stroke information provided and supportive group discussion. 1st Wed 4:30pm-5:30pm except January and July. Mercy Hospital-Room 1128A, 1000 Mineral Point Ave., Janesville. **756.6842**

THE ENRICHMENT CENTER

The program provides alternative day services to adults with significant and multiple physical disabilities. The program stresses skill development, access to assistive technologies for growth opportunities, and community integration in wheelchair accessible vans. It continues to offer respite to primary caregivers, and enhances the quality of life for the participants. Mon-Fri, 10am-3pm. 1400 Excalibur Dr., Janesville. **752.4120**

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**

BELLA PREGNANCY MEDICAL CLINIC

Pregnancy testing, Pregnancy education, exchange services for baby needs. **920.231.6006**

CARE (CREATIVE ALTERNATIVES RESOURCES AND EDUCATION)

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

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

EVANGELICAL CHILD AND FAMILY AGENCY

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

GENESIS HOUSE

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

GERALD HALL

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

HEALTHY START

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

HUB TEEN PARENT CONNECTIONS

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

LA LECHE LEAGUE OF ROCK COUNTY

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

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**

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

NUTRITION AND HEALTH ASSOCIATES

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

BELOIT – 362.1566

JANESVILLE – 754.3722

PREGNANCY HELPLINE OF JANESVILLE, INC.

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

PRENATAL CLASS

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

BELOIT MEMORIAL HOSPITAL – 364.5237

MERCY HOSPITAL – 756-6100 Nurse Helpline, Registration

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

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

ST. CATHERINE'S RIGHT START PROGRAM

Women stay until the baby is a year old, must be 18 or older and be in an educational program or work. Milwaukee, WI 414.272.8470

STATELINE MOMS GROUP

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

STATELINE PREGNANCY CLINIC

FREE CRISIS PREGNANCY SERVICES: Emotional support, pregnancy testing, adoption information, abortion alternatives, post-abortion counseling, nutritional counseling, maternity & baby clothes, layette items, ultrasound, and support groups.

SERVICES WE CAN ARRANGE FOR: Prenatal care, long & short term housing, legal counseling, psychological counseling, adoption assistance, childbirth classes. 347 W. Grand Ave., Beloit. 365.5433

RESPIRE CARE

CAMP WAWBEEK

Camp for people with physical disabilities. Ages 7 through adult by different sessions. Camp offers a program staff to camper ratio 1-3. Camp provides a buddy camp where a camper can bring a buddy/sibling

for a fee to come to camp with the camper (to integrate children who have a disability with children who do not). Office 8am-5pm, camp runs early June through mid August. Wisconsin Dells. 608.277.8288

FAMILY RESPITE CARE SERVICES OF ROCK COUNTY

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

INDEPENDENT DISABILITY SERVICES

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

NATIONAL FAMILY CAREGIVER SUPPORT GROUP

This program offers five basic services for family caregivers: (1) Information to caregivers about available services; (2) Assistance to caregivers in gaining access to these supportive services; (3) Individual counseling, support groups and programs, and training to assist the caregiver; (4) Respite care to enable caregivers to get temporary relief from their caregivers responsibilities; (5) Supplemental services, on a limited basis, to complement care provided by caregivers. Office hours: Mon-Fri, 8am-5pm. Rock County Council on Aging, 3328 Hwy 51 N., Janesville. 758.8455

RESPIRE CARE

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

VISITING FRIENDS PROGRAM

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

WISCONSIN CHRONIC FATIGUE SYNDROME ASSOCIATION, INC.

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

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

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**

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 include your address if you would like to receive this online. Game nights, Sept-June, 2nd and 4th Sat. Grace Lutheran Church, 343 Grand Ave., Loves Park, IL. **815.962.4279**

TEEN GROUPS

BELOIT INNER CITY COUNCIL SUPPORT GROUPS

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

BRIARPATCH

Primary contact for direct services and information and referral for runaway and homeless teens and their families. Gay and Lesbian Teens support group. 1955 Atwood Ave., Madison. **608.251.6211.**

CHALLENGE ACADEMY – WISCONSIN NATIONAL GUARD

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

HUB TEEN PARENT CONNECTIONS

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

HUB TRANSITIONAL LIVING PROGRAM-SUBSIDIZED HOUSING

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

PARENTS AND TEENS TOGETHER

This class offers adults and adolescents a chance to discuss in a safe and open environment the issues facing today's youth. Each session includes separate teen parent groups as well as joining together in a large

group discussion. A major goal of the class is to improve family communication and strengthen the way parents and teens relate to each other. Teens ages 11-18 years old. First Lutheran Church, 612 N. Randall Ave., Suite A, Janesville. **752.7660 ext. 11.**

RAFT (RUNAWAY AND FAMILY TREATMENT)

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

ROCK VALLEY YOUTH FOR CHRIST

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

Juvenile Justice program that is designed for working with troubled youths. Staff visits the Juvenile Detention

Facility of the Rock County Jail each week.

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

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

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

VETERANS/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 2nd Wednesday at 7pm. **365.4802.**

Auxiliary meets 2nd Saturday at 2pm. **362.4744.**

CAMP AMERICAN LEGION

If you are a veteran who could use friendly, expert care, good food, fresh air and a peaceful rest, investigate staying at Camp American Legion. You do not need to be a member of American Legion to qualify. You do need to be a veteran of World War II, Korean, Vietnam, Lebanon, Grenada, Panama, or a Persian Gulf veteran, and a Wisconsin resident, whose physician certifies that you require rest and recuperation to aid in your recovery from an operation, illness, breakdown or other affliction. Veterans are admitted for 10 days, but may be granted an extension of time if the Camp Physician feels that a longer stay would gain future benefits. **THERE IS NO CHARGE FOR THE CAMP!** The veteran does not have to be a member of any veteran's organization. The Camp does not provide transportation to the Camp, but participants can be picked up and returned to the

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

Wausau bus station. The camp consists of 19 well maintained modern cabins, handicapped accessible, plus dining, recreation and health care facilities, a main lodge, therapy building, chapel. Many sports and leisure time activities are offered for residents to participate in. Applications are accepted April 1 to August 1. Application forms may be obtained from any American Legion Post or from American Legion State Headquarters, P.O. Box 388, Portage, WI 53901. Or you can write to Camp American Legion directly. American Legion Posts and County Veterans Officers can help fill out the application. The applications are mailed directly to the Camp Physician. The Camp Physician approves the application and the veteran is then notified and given a date on which to report to the Camp. Camp American Legion, 8529 W. County Road D., Lake Tomahawk, WI 54539. **715.277.2510**

JANESVILLE PATRIOTIC SOCIETY, INC.

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

MILITARY ORDER OF THE PURPLE HEART

Combat veteran's organization for people who were injured in combat and have received the Purple Heart. 1st 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, 2nd 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. 3rd Wed, 6pm. Madison Public Library, 2001 W. Mifflin St., Madison. Francis **608.231.9171**.

VIETNAM VETERANS OF AMERICA – CHAPTER 236

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

MILITARY NUMBERS

AIR FORCE 703.697.4720
AIR FORCE AID SOCIETY, INC. 800.769.8951

ARMED FORCES EMERGENCY SERVICES

800.696.3873
ARMY 703.681.7395
ARMY EMERGENCY RELIEF 866.878.6378
COAST GARD 800.368.5647
COAST GUARD MUTUAL ASSISTANCE 800.881.2462
FISHER HOUSE FOUNDATION, INC. 888.294.8560
ILLINOIS ARMY NATIONAL GUARD 815.636.4729
MARINE CORPS 800.627.4637

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

MILITARY ONE SOURCE	800.342.9647
MILWAUKEE VA REGIONAL OFFICE	800.827.1000
NAVY	703.614.1879
NAVY – MARINE CORPS RELIEF	703.696.4904
WISCONSIN ARMY NATIONAL GUARD	608.755.1222
SOLDIERS’ ANGELS	262.529.5114
USO OF ILLINOIS, INC.	312.923.7070
USO OF WISCONSIN, INC	414.271.3133
WISCONSIN NATIONAL GUARD FAMILY PROGRAM	800.292.9464
WOUNDED SOLDIER AND FAMILY HOTLINE	800.984.8523

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

SUICIDE AWARENESS RESOURCES ON THE INTERNET

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

800 NUMBERS

ABC for Health.....	800.585.4222
AIDS Hotline.....	800.334.2437
Alliant Energy	800.862.6222
Alzheimer’s Association.....	800.272.3900
American Assoc. of Kidney Patients	800.749.2257
American Cancer Society.....	800.227.2345
American Council of the Blind.....	800.424.8666
American Diabetes Association	800.342.2383
American Heart Association	800.242.9236
American Holistic Nurses.....	800.278.2462
American Kidney Fund	800.638.8299
American Liver Foundation.....	800.223.0179
American Lung Association of WI.....	800.586.4872
American Trauma Society.....	800.556.7890
Amyotrophic Lateral Sclerosis	800-782-4747

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

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

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

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.

**ROCK COUNTY
VOLUNTEER CENTERS**

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

Voluntary Action Center	365.1278
Volunteer Network of North Rock County	757.3051
Retired & Senior Volunteer Program	362.9593
Retired & Senior Volunteer Program	756.4281

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

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.

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 or call 757.3051

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