

# TRI-COUNTY OPPORTUNITIES COUNCIL

Community Action Agency



*Serving the 9 Counties of Bureau, Carroll, LaSalle, Lee, Marshall, Ogle, Putnam, Stark, and Whiteside Illinois*

# Lee County RESOURCE BOOK

Tri-County Opportunities Council

405 Emmons Avenue

P.O. Box 610

Rock Falls, IL 61071

PH: 815/625-7830

TOLL FREE: 1-800-323-5434

[www.tcochelps.org](http://www.tcochelps.org)



# Tri-County Opportunities Council

## *What We Do.....*



Tri-County Opportunities Council has been serving low-income individuals and families since 1965 with a variety of programs designed to strengthen and enable them to become more self-sufficient. The Agency's service area has expanded over the years from the original three counties to the present nine of Bureau, Carroll, LaSalle, Lee, Marshall, Ogle, Putnam, Stark and Whiteside.

Tri-County is governed by a Board of Directors which represents equally the elected officials of the counties served, private interest groups and the low-income community.

### **Community Services Block Grant Program (CSBG)**

- Outreach Services – assessments, information, short-term case management and advocacy, and referral services to eligible customers.
- Homeless Services – help families who are homeless or on the verge of homelessness, become housed or maintain housing.
- Project Employment Program – provide funds for enrollment in a certification program and assist customers with employment counseling, job-readiness and interview skills by participating in case management.
- Scholarship Program – provides scholarships to eligible student enrolled in college so that they may further their education.
- Home Safety Program – provides eligible homeowners with assistance with minor home repairs, to maintain a safe home and remain stably housed.
- Family Rewards Program – provides the opportunity for families to promote self-improvement, family stability, employment, and savings. Families who participate in this program are rewarded for the steps they take to reach their goals.
- Youth Enrichment Program – provides opportunities for eligible youth to participate in community, school and family wellness activities in order to assist in making smarter life choices, building skills, and developing values and relationships that will lead to positive behaviors later in life.
- Intensive Case Management – offers the family/individual the opportunity to reach self-sufficiency by providing intensive case management to a comprehensive range of services.
- Health Assistance Program – provides case management to those seeking health and/or dental assistance.
- Emergency Services – provides direct emergency assistance to meet basic needs. Must provide a current (within 30 days) financial crisis that has caused the need for assistance.
- Bureau County Food Pantry – provide food on an emergency basis to families residing in Bureau County.

## **Foster Grandparent Program**

- Provides meaningful volunteer opportunities for those in the lower income range who are 55 years old and older.
- Offers supportive person-to-person services to school-aged children.

## **Head Start/Early Head Start Program**

- Promote school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services.
- Head Start – available to low-income children between 3 to 5 years of age, or with diagnosed disability regardless of income.
- Early Head Start – available to low-income families with infants, toddlers and pregnant women.

## **Low-Income Energy Assistance (LIHEAP)**

- Assists income eligible households with their utility bills in the winter months.
- LIHEAP – makes a one-time payment to the utility company.
- PIPP – assist applicants with high arrearages.
- Com-Ed Hardship – helps households that may be having a hardship crisis situation.

## **Illinois Home Weatherization Program**

- Make homes more energy efficient, provide safe heating equipment, if needed, replace furnace, and provide clients with safety equipment.

## **Rental Housing**

- Provide subsidized units to extremely low and very low-income clients.

## **TRI-COUNTY OPPORTUNITIES COUNCIL OFFICES:**

### Main Office

405 Emmons Avenue  
P.O. Box 610  
Rock Falls, IL 61071  
PH: 815/625-7830  
PH: 800/323-5434

### LaSalle Office

308 N. 30<sup>th</sup> Road  
LaSalle, IL 61301  
CSBG: 815/224-0028  
LIHEAP: 815/223-2333  
HEAD START: 815/224-2533

### Princeton Office/Food Pantry

1019 N. Main Street  
Princeton, IL 61356  
CSBG: 815/875-6064  
LIHEAP: 815/879-6035

# TABLE OF CONTENTS

T.C.O.C. <i>What We Do</i>	2-4
T.C.O.C. Office Locations	5
<b>ADULT EDUCATION AND EMPLOYMENT SERVICES</b>	
Adult Education and GED Program	8
Burton Placement Services	8
Business Employment Skills Team – BEST/JTPA	8
Corporate Services	8
Dislocated Workers Program	8
Ethical Search Professionals	8
Job Smart	8
Lee/Ogle Regional Superintendent of Schools	8
Manpower	8
Project Vital	8
<b>BASIC NEEDS</b>	
Adult Education Association	9
Amboy Meadows Apartments	9
Canterbury Health Apartments	9
CLS Thrift Shop	9
Countryside Manor Apartments	9
Cummins Place	9
Dixon River Apartments	9
Dixon Square Apartments	9
Gianna’s House – Pregnancy Resource Center	9
Good Fellows	9
Goodwill	9
Habitat for Humanity	9
Home Life Center	10
Housing & McReynolds Towers	10
Lee County Housing Authority	10
Lee County Veteran’s Assistance	10
Lee/Ogle Transportation System (LOTS)	10
Leydig Center	10
Loaves and Fishes	10
Meals on Wheels	10
Nachusa House Apartments	10
Ogle & Lee County Family Community Resources	10
Pineridge Apartments	10
WIC (Women, Infants, & Children)	10
<b>CHILD CARE SERVICES</b>	
Bright Beginnings	11
Early Bird Preschool Program	11
Open Sesame Child Care Center	11

<b>DENTAL HEALTH</b>	
Dental Connections	11
Dental Dreams	11
<b>DISABILITY SERVICES</b>	
Hearing Clinic – Northwestern IL Association	11
Jack Mabley Development Center	11
Kreider Services, Inc.	11
KSB Behavioral Health Care Services	11
Lee County Special Education Association	11
Sauk Valley Interagency Council	11
Self Help Birth to Three	12
The Arc of Lee County	12
<b>EMERGENCY SERVICES</b>	
Dixon Area Emergency Needs Fund	12
Norcare, Inc.	12
PADS Homeless Shelter	12
Recovery Center	12
YWCA of Sauk Valley	12
<b>FOOD PANTRIES</b>	
Amboy Food Pantry	12
Community Food Pantry	12
Smart Choice Food	12
Saint Vincent DePaul	12
<b>LEGAL SERVICES</b>	
CASA, 15 <sup>th</sup> Judicial Circuit	12
Lee County State’s Attorney	12
<b>MENTAL HEALTH SERVICES</b>	
Doorway of Hope	13
Lutheran Social Services (LSSI)	13
Shining Star Children’s Advocacy Center	13
Sinnissippi Centers	13
The Recovery Zone	13
Whiteside County Mental Health Program	13
<b>PHYSICAL HEALTH</b>	
Family Healthcare Center	13
Lee County Health Department	13
Now Care	13
Volunteer Care Center	13
Whiteside County Dental Clinic	13

<b>RECREATION SERVICES</b>			
Al Morrison Baseball Program	14		
Boy Scouts (White Eagle District)	14		
Dixon Bowling Association	14		
Dixon Junior Tackle Football	14		
Dixon Park District	14		
Dixon Public Library	14		
Dixon Wrestling Club	14		
Girls Scouts (Green Hills Council)	14		
Lee County Council on Aging	14		
YMCA Dixon Family	14		
<b>RESOURCES</b>			
Alzheimer's Association – Rock River Chapter	14		
Hospice of the Rock River Valley	14		
United Way of Lee County	14		
University of Illinois Extension	14		

# ADULT EDUCATION AND EMPLOYMENT SERVICES

## **Adult Education and GED Program**

173 IL Route 2  
Dixon, IL 61021  
PH: 815/835-6250

[www.svcc.edu/academics/adult\\_ed/index.html](http://www.svcc.edu/academics/adult_ed/index.html)

*Assist adults who want to pass the GED (General Educational Development) tests in reading, social studies, science, mathematics, writing, and the Constitution.*

## **Burton Placement Services**

629 N. Galena Ave., Suite 115  
Dixon, IL 61021  
PH: 815/288-1009

*Provides employment services.*

## **Business Employment Skills Team - BEST/JTPA**

112 E. 2<sup>nd</sup> Street  
Dixon, IL 61021  
PH: 815/288-1260

[www.best-inc.org](http://www.best-inc.org)

*Provides job assessments, goal setting, labor market information, college assistance, job search and placement, work experience, job training, and retention services for adults.*

## **Corporate Services**

609 W. 3<sup>rd</sup> Street  
Dixon, IL 61021  
PH: 815/288-7402

[www.corpserv.com](http://www.corpserv.com)

*Provides employment services.*

## **Dislocated Workers Program**

Sauk Valley Community College  
173 IL Rt. 2  
Dixon, IL 61021  
PH: 815/288-5511

[www.svcc.edu](http://www.svcc.edu)

*Provides employment related services to both employers and job seekers.*

## **Ethical Search Professionals**

508 Depot Avenue  
Dixon, IL 61021  
PH: 815/285-4773

*Recruiters for engineering, manufacturing management and maintenance management for industries.*

## **Job Smart**

110 E. 1st Street  
Dixon, IL 61021  
PH: 815/288-2103

*Provides employment/vocational training.*

## **Lee/Ogle Regional Superintendent of Schools**

7772 Clinton Street  
Dixon, IL 61021  
PH: 815/652-2054

*Apply to take GED classes*

## **Manpower**

1678 S. Galena Avenue, Suite C100  
Dixon, IL 61021  
PH: 815/288-7800

[www.manpower.us/en/index.htm](http://www.manpower.us/en/index.htm)

*Employment agency.*

## **Project Vital**

Sauk Valley Community College  
173 IL Rt. 2  
Dixon, IL 61021  
PH: 815/288-5511, ext. 241 or ext. 363

[www.svcc.edu](http://www.svcc.edu)

*Provides free adult tutoring service to adults who aspire to improve their reading skills, master English language, obtain citizenship or pass GED.*

## **BASIC NEEDS**

### **Adult Education Associates**

748 Timbercreek Road

Dixon IL 61021

PH: 815/284-3940

[www.adulteducationassociates.com](http://www.adulteducationassociates.com)

*Substance abuse treatment services and provide alcohol and drug counseling*

### **Amboy Meadows Apartments**

121 W. Wasson Road

Amboy, IL 61310

PH: 815/857-4911

[www.amboymeadowapartments.com](http://www.amboymeadowapartments.com)

*Rents apartments based on income guidelines.*

### **Canterbury Health Apartments**

1501 Lowell Park Road

Dixon, IL 61021

PH: 815/288-4100

*Low and Subsidized Rent*

### **CLS Thrift Shop**

607 First Ave

Rock Falls, IL 61071

PH: 815/625-0517

*Provides clothing and knickknacks at a low price*

### **Countryside Manor Apartments**

625 Countryside Lane

Dixon, IL 61021

PH: 815/288-6444

*Subsidized Housing*

### **Cummins Place**

2104-2124 Cummins

Dixon, IL 61021

PH: 815/857-4911

*Low and Subsidized Rent*

### **Dixon River Apartments**

624 Marclare Street

Dixon, IL 61021

PH: 815/284-6782

*Low and Subsidized Rent*

### **Dixon Square Apartments**

1540 Freedom Walk

Dixon, IL 61021

PH: 815/284-3409

*Low and Subsidized Rent*

### **Gianna's House – Pregnancy Resource Center**

700 10th Ave.

Rock Falls, IL 61071

PH: 815/625-6520

[www.giannashouse.com](http://www.giannashouse.com)

### **Good Fellows**

113 S. Peoria Avenue

Dixon, IL 61021

PH: 815/284-6427

[www.goodfellowsfleecounty.com](http://www.goodfellowsfleecounty.com)

*Provides Christmas baskets that include toys, clothing, food and decorations.*

### **Goodwill**

2216 East Lincolnway

Sterling, IL 61081

PH: 815/625-1740

*Provides low cost clothing, households items, furniture and miscellaneous items.*

### **Habitat for Humanity**

P.O. Box 11 / 924 West 1<sup>st</sup> Street

Dixon, IL 61021

PH: 815/288-4957

[www.dixonhabitat.org](http://www.dixonhabitat.org)

*Provides simple, decent homes for families in need.*



### **Hope Life Center**

2323 E. Lincolnway  
Sterling, IL 61081  
815-625-5376  
[www.hopelifecenter.com](http://www.hopelifecenter.com)

*Free family planning*

### **Housing & McReynolds Towers**

1000 Washington Avenue  
Dixon, IL 61021  
PH: 815/284-2759

*Low and Subsidized Rent*

### **Lee County Housing Authority**

1000 Washington Avenue  
Dixon, IL 61021  
PH: 815/284-2759

*Rental Housing/Section 8*

### **Lee County Veteran's Assistance**

309 South Galena Suite 101  
Dixon, IL 61021  
PH: 815/288-5683

*Assists in transporting sick veterans to hospitals, Helps out needy veterans, Provides a resource department for all veterans.*

### **Lee/Ogle Transportation System (LOTS)**

210 E Progress Drive  
Dixon, IL 61021  
PH: 815/288-2117  
[www.lotsil.org](http://www.lotsil.org)

*Provides public transportation to everyone.*

### **Leydig Center**

1101 Warp Road  
Dixon, IL 61021  
PH: 815/284-7772  
[www.leydigonline.com](http://www.leydigonline.com)

*Offers used clothing, furniture and small appliances at a minimal charge*

### **Loaves and Fishes**

St. Patrick's Church  
612 Highland Avenue  
Dixon, IL 61021  
PH: 815/284-7719  
[www.stpatrickdixon.org](http://www.stpatrickdixon.org)

*Provides a free meal and fellowship for anyone who is hungry in the Dixon area. Monday 5:00 p.m. – 6:30 p.m.*

### **Meals on Wheels**

403 E. First Street  
Dixon, IL 61021  
PH: 815/284-0333

### **Nachusa House Apartments**

215 S. Galena Avenue  
Dixon, IL 61021  
PH: 815/284-0190

*Low and Subsidized Rent*

### **Ogle & Lee County Family Community Resource**

106 N. 2<sup>nd</sup> Street  
Oregon, IL 61061  
PH: 815/732-2166

*Helps low-income residents with medical assistance, food stamps and cash assistance.*

### **Pineridge Apartments**

Haun Management  
601 Countryside Lane  
Dixon, IL 61021  
PH: 815/339-2140

*Low and Subsidized Rent*

### **WIC (Woman, Infants, & Children)**

309 S. Galena Avenue  
Dixon, IL 61021  
PH: 815/284-3371

## CHILD CARE SERVICES

### **Bright Beginnings**

1033 Franklin Grove Road  
Dixon, IL 61021  
PH: 815/285-1033  
[www.brightbeginningsdixon.com](http://www.brightbeginningsdixon.com)

### **Early Bird Preschool Program**

Reagan Middle School  
620 Division Street  
Dixon, IL 61021  
PH: 815/285-7725

### **Open Sesame Child Care Center**

1101 Middle Road  
Dixon, IL 61021  
PH: 815/288-5905  
[www.opensesamechildcarecenter.com](http://www.opensesamechildcarecenter.com)

## DENTAL HEALTH

### **Dental Connections**

2661 W. Stephenson Street  
Freeport, IL 61032  
PH: 815/233-1215

*Accepts the Illinois Medical Card and other insurance plans.*

### **Dental Dreams**

6215 E. State Street  
Rockford, IL 61102  
PH: 815/399-7777

*Accepts the Illinois Medical Card and other insurance plans.*

## DISABILITY SERVICES

### **Hearing Clinic – Northwestern IL Association**

2002 East 5th Street  
Sterling, IL 61081  
PH: 815/625-7931  
[www.thenia.org](http://www.thenia.org)

### **Jack Mabley Developmental Center**

1120 Washington Ave.  
Dixon, IL 61021  
PH: 815/288-8300

*Serves those with developmental disabilities*

### **Kreider Services, Inc.**

500 Anchor Road  
Dixon, IL 61021  
PH: 815/288-6691  
[www.kreiderservices.org](http://www.kreiderservices.org)

*Provides direct care programs to persons with developmental disabilities.*

### **KSB Behavioral Health Care Services**

403 E. First Street  
Dixon, IL 61021  
PH: 815/285-5629

*Provides in and outpatient mental health services.*

### **Lee County Special Education Association**

1335 Franklin Grove Road, Suite B  
Dixon, IL 61021  
PH: 815/284-6651

*Prepares students with disabilities to be functional members of society and provides specialized programs and services.*

### **Sauk Valley Interagency Council Child & Family**

206 S. Galena Avenue, Suite 40	2319 E. Lincolnway
Freeport, IL 61032	Sterling, IL 61081
PH: 888/297-1041	815/626-2572

*Serves as the single access point to Early Intervention Services.*

### **Self Help Birth to Three**

2300 West Lefevre Road  
Sterling, IL 61081  
PH: 815/626-3115

*Early intervention program for children under three years of age who show evidence of a developmental disability, a developmental delay, or a high probability of a developmental delay*

### **The Arc of Lee County**

500 Anchor Road  
Dixon, IL 61021  
PH: 815/288-6691  
[www.thearcofil.org](http://www.thearcofil.org)

*Advocates people with disabilities and their families.*

## **EMERGENCY SERVICES**

### **Dixon Area Emergency Needs Fund/Lee County Salvation Army**

Marty & Randall Bartelt  
PH: 815/857-7022

*Help on an emergency basis.*

### **Norcare, Inc.**

325 IL Route 2  
Dixon, IL 61021  
PH: 815/284-7621

### **PADS Homeless Shelter**

805 W. 1<sup>st</sup> Street  
Dixon, IL 61021  
PH: 815/288-6818

### **YWCA of Sauk Valley**

412 1<sup>st</sup> Avenue  
Sterling, IL 61081  
PH: 815/626-7277  
[www.ywca.org](http://www.ywca.org)

*Assists with domestic violence and sexual assault.*

## **FOOD PANTRIES**

### **Amboy Food Pantry**

32 N. Jones Avenue  
Amboy, IL 61310  
PH: 815/757-0815

*Food is distributed on the 3rd Wednesday of each month from 9:00 AM to 10:00 AM.*

### **Community Food Pantry**

2001 W. 4<sup>th</sup> Street  
Dixon, IL 61021  
PH: 815/288-4848

*Monday, Wednesday and Friday; 1:00 p.m. – 3:00 p.m.*

### **Smart Choice Food**

Ashton United Methodist Church  
906 Richardson Avenue  
Ashton, IL 61006  
PH: 815/453-2328

### **Saint Vincent DePaul**

7 West Sixth Street  
Sterling, IL 61081  
PH: 815/625-0311  
<http://www.svdpusa.org/>

*Provides food for those people with limited income*

## **LEGAL SERVICES**

### **CASA, 15<sup>th</sup> Judicial Circuit**

113 S. Peoria Avenue  
Dixon, IL 61021  
PH: 815/288-1901

*Advocates for the best interests of abused and neglected children within the Juvenile Court system*

### **Lee County State's Attorney**

309 S. Galena Avenue  
Dixon, IL 61021  
PH: 815/284-5245

# MENTAL HEALTH SERVICES

## **Lutheran Social Services (LSSI)**

1901 First Avenue      1261 IL Route 38  
Sterling, IL 61081      Nachusa, IL 61057  
PH: 815/626-7333      PH: 815/284-7796

[www.LSSI.org](http://www.LSSI.org)

*Provides services for addictions (gambling/cutting/drugs/ alcohol), Counseling/Mental Health*

## **Shining Star Children's Advocacy Center**

215 E. 1<sup>st</sup> Street  
Dixon, IL 61021  
PH: 815/284-1891  
<http://www.shiningstarcac.org/>

*Provides a coordinated multi-agency approach and prompt response to child abuse investigations by bringing together specially trained collaborative team members.*

## **Sinnissippi Centers**

325 IL Route 2  
Dixon, IL 61021  
PH: 800/242-7642 / 815-284-6611  
[www.sinnissippi.org](http://www.sinnissippi.org)

*Provides mental health services to those who are experiencing situational crisis or emotional, school, work or family problems.*

## **The Recovery Zone**

707 First Ave. Suite A  
Rock Falls, IL 61071  
PH: 815/626-2800

*Provides services for substance abuse, anger management, outpatient treatment and DUI services.*

## **Whiteside County Health Department – Mental Health Program**

1300 West Second Street  
Rock Falls, IL 61071  
PH: 815/626-2230, ext. 1267

*Promotes positive social and emotional health, in adults and children, contributing to a healthy, balanced and productive life.*

# PHYSICAL HEALTH

## **Family Healthcare Center**

320 N. 1<sup>st</sup> Street  
Ashton, IL 61006  
PH: 815/453-1212

## **Lee County Health Department**

309 S. Galena Avenue  
Dixon, IL 61021  
PH: 815/284-3371  
[www.lchd.com](http://www.lchd.com)

## **Now Care**

841 North Galena Avenue, Suite 200  
Dixon, IL 61021  
PH: 815/285-2273  
[www.nowcare-dixon.com](http://www.nowcare-dixon.com)

*The clinic is open 7:30 AM to 6:30 PM on Mondays through Fridays and 7:30 AM to 3:30 PM on Saturdays.*

## **Volunteer Care Center**

KSB Towne Square Center  
101 W. 2<sup>nd</sup> Street  
Dixon, IL 61021  
PH: 815/284-9555

## **Whiteside County Health Department – Dental Clinic**

1300 West Second Street  
Rock Falls, IL 61071  
PH: 815/626-2230  
[www.whitesidehealth.org](http://www.whitesidehealth.org)

*The Dental Clinic at Whiteside County Community Health Clinic provides preventative dental treatment for children and adults who do not have a dentist in Bureau, Carroll, Lee, Ogle, and Whiteside counties*

# RECREATION SERVICES

## **Al Morrison Baseball Program**

P.O. Box 388  
Dixon, IL 61021  
PH: 815/288-1160

## **Boy Scouts (White Eagle District)**

1531 W. Demeter  
Freeport, IL 61032  
PH: 815/297-8247

## **Dixon Bowling Association**

401 Hancock  
Dixon, IL 61021  
PH: 815/288-1198

## **Dixon Junior Tackle Football**

1119 W. 6<sup>th</sup> Street  
Dixon, IL 61021  
PH: 815/284-4117

## **Dixon Park District**

804 Palmyra Street  
Dixon, IL 61021  
PH: 815/284-3306  
[www.dixonparks.com](http://www.dixonparks.com)

## **Dixon Public Library**

221 S. Hennepin Avenue  
Dixon, IL 61021  
PH: 815/284-7261  
[www.dixonpubliclibrary.org](http://www.dixonpubliclibrary.org)

## **Dixon Wrestling Club**

134 Fieldstone Lane  
Dixon, IL 61021  
PH: 815/440-0806

## **Girl Scouts (Green Hills Council)**

234 Palmyra Road  
Dixon, IL 61021  
PH: 815/288-1000

## **Lee County Council on Aging**

100 West 2nd Street  
Dixon, IL 61021  
PH: 815/288-9236

## **YMCA Dixon Family**

110 N. Galena Avenue  
Dixon, IL 61021  
PH: 815/288-9622  
[www.dixon.saukvalleyymcas.org](http://www.dixon.saukvalleyymcas.org)

# RESOURCES

## **Alzheimer's Association – Rock River Chapter**

93 S. Hennepin  
Dixon, IL 61021  
PH: 815/285-1100  
[www.alz.org](http://www.alz.org)

## **Amboy Community Building**

280 W. Wasson Road  
Amboy, IL 61310  
PH: 815/857-2324

## **Hospice of the Rock River Valley**

2600 Locust St  
Sterling, IL 61081  
PH: 815/625-3858  
[www.hospicerockriver.org](http://www.hospicerockriver.org)

## **United Way of Lee County**

P.O. Box 382  
Dixon, IL 61021  
PH: 815/284-3339  
[www.unitedwayofleecounty.org](http://www.unitedwayofleecounty.org)

## **University of Illinois Extension**

Sauk Valley Community College  
173 IL Route 2  
Dixon, IL 61021  
PH: 815/835-2070  
[www.web.extension.illinois.edu/clw/](http://www.web.extension.illinois.edu/clw/)

*Provides recreational, educational and wellness activities for seniors age 50 and older.*