

TRI-COUNTY OPPORTUNITIES COUNCIL

Community Action Agency



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

RESOURCE BOOK

Whiteside County

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.tcohelps.org

Building opportunities to transform communities.



Tri-County Opportunities Council

Mission Statement



Tri-County Opportunities Council will investigate the impact of poverty throughout our nine county service area and will work, in partnership with individuals, families and communities to provide opportunities that supports movement towards stability and self-sufficiency.

Community Services Block Grant Program (CSBG)

- Provides comprehensive needs assessments, information and referrals and numerous case management programs to eligible customers to obtain self-sufficiency for employment, youth, education, housing, medical, and emergency needs.
- Offers various housing programs to those facing homelessness or on the verge of becoming homeless. In addition, case management is provided to ensure housing is affordable and sustained to prevent future homelessness.
- Annually awards educational scholarships to income-eligible service area residents attending an Illinois institution of higher learning.
- Bureau County Food Pantry – provides food to meet meal gaps 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 at-risk children with special or exceptional needs in reading, math, spelling, art and other constructive projects.

Head Start/Early Head Start Program

- The EHS/HS programs are federal programs that provides comprehensive early childhood education, health, nutrition, and parent engagement services to children from birth to 5 years of age, expectant mothers, and their families.
- The program's services and resources are designed to foster stable family relationships, heighten family resiliency, enhance children's physical and emotional well-being, and establish an environment to develop skills toward school readiness and a love of life-long learning.
- Families must meet the eligibility criteria established by the federal government.

Low-Income Energy Assistance (LIHEAP)

- LIHEAP – makes a one-time payment to the utility company, bills must be in the name of the person applying.
- LIHEAP Furnace Program – Repair or replace furnaces to homeowners who are current on their mortgage and taxes and be within the LIHEAP guidelines.
- PIPP – The Percentage of Income Payment Plan (PIPP) is designed to help client’s pay their own bill with a manageable budget bill. Eligibility for this program included being within the LIHEAP guidelines and must have a participating utility company, such as, Ameren, Com-Ed, and Nicor.
- Com-Ed Hardship – helps households that may be having a hardship crisis situation. Income guidelines are 200% of poverty level.
- Neighbor to Neighbor – helps households with utility assistance. Income guidelines are 300% of poverty level.

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

- Provides decent, safe and affordable housing to low-income clients.

TRI-COUNTY OPPORTUNITIES COUNCIL OFFICES:

Main Office

405 Emmons Avenue
Rock Falls, IL 61071
PH: 815-625-7830
PH: 1-800-323-5434

LaSalle Office

308 N. 30th Road
LaSalle, IL 61301
CSBG: 815-224-0028
CSBG: 815-224-3939
LIHEAP: 815-223-2333
HEAD START: 815-224-2533
HEAD START: 815-220-1602
HEAD START: 815-220-1603

Princeton Office

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

Office Hours

8:00 a.m. – 4:30 p.m.
Monday-Friday

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BASIC NEEDS

Bear Necessities – Personal Care Pantry

Rock Falls United Methodist Church
210 4th Avenue
Rock Falls, IL 61071
PH: 815/625-0114

<http://www.rockfallsumc.org/bear-necessities>

Assists individuals who need personal care items; 3rd Saturday of each month; 10:00 a.m. – 12:00 p.m. Must show SNAP card to be eligible.

CLS Thrift Store

607 First Avenue
Rock Falls, IL 61071
PH: 815/625-0517

Tuesday-Saturday, 9:00 a.m. – 4:00 p.m. Provides clothing and household items at a low price.

Emporium Thrift Center

115 W. 3rd Street
Sterling, IL 61081
PH: 815/535-0368

Monday-Saturday, 9:00 a.m. – 4:00 p.m.

Gianna's House

700 10th Avenue
Rock Falls, IL 61071
PH: 815/625-6520

Offers pregnancy resources

Good Neighbors

St. Paul Lutheran Church
1701 16th Avenue
Sterling, IL 61081
PH: 815/625-5111

Tuesday-Thursday 9:00 a.m. – 11:30 a.m. Offers assistance to individuals in need.

Hope Life Center

2323 E. Lincolnway
Sterling, IL 61081
PH: 815/625-5300
<http://hlcil.org>

Offers pregnancy resources for the Sauk Valley area.

Illinois Department of Human Services

2605 Woodlawn Road, Suite 1
Sterling, IL 61081
PH: 815/632-4045
www.dhs.state.il.us

Receives applications for TANF, SNAP, and Medical Health.

Leydig Center

1107 Warp Road
Dixon, IL 61021
PH: 815/632-4045
<http://www.leydigionline.com/>

Monday/Thursday/Saturday, 10:00 a.m.- 4:00 p.m. Offers used clothing, furniture, and small appliances at a minimal charge.

Goodwill

2216 E. Lincolnway
Sterling, IL 61081
PH: 815/625-1740

Provides low cost clothing, household items, furniture and miscellaneous items.

St. Vincent De Paul Society

7 W. 6th Street
Sterling, IL 61081
PH: 815/625-0311
<http://www.svdpsaukvalley.org>

Mondays-Friday 12:00 p.m. – 2:30 p.m. Offers food from our own food pantry, referrals to other neighborhood food banks, financial assistance, and other necessities a family might need.

Salvation Army

409 Avenue F
Sterling, IL 61081
PH: 815/625-1622
<https://centralusa.salvationarmy.org/sterling>

Offers emergency financial assistance, food and nutrition programs, seasonal services, and case management.

The Caring Center

210 1st Avenue
Sterling, IL 61081
PH: 815/499-4953

*Monday and Wednesday 10:00 a.m. – 3:00 p.m.
Provides free clothing and household items to those in
need. Twice per month, phot ID required. 20 item limit.*

Rock Falls Day Care Center

729 W. Route 30
Rock Falls, IL 61071
PH: 815/625-0106

Day care for children 6 weeks to 6 years.

Sterling/Rock Falls Child Care Center

1840 E. LeFevre
Sterling, IL 61081
PH: 815/626-7397

CHILD CARE

4C's Community Coordinated Child Care

155 N. 3rd Street, Suite 300
DeKalb, IL 60115
PH: 815/785-8149
PH: 800/848-8727

<http://www.four-c.org/>

*Assists families and child care providers with the
following services: Child Care Financial Assistance,
Resource and Referral for Child Care, Parent and
Provider Professional Development, Child Care Food
Program, Family Support, Nursing, Social Work, Mental
Health, Quality and Infant Toddler Specialists*

Morrison Community Day Care

100 E. Lincolnway
Morrison, IL 61270
PH: 815/772-3707
www.morrisondaycare.org

*Provides supervised care for children whose
parents/guardians are away from home during the
work day. Accepts 4C's.*

Riverdale Preschool

Rock Falls District #13
3505 Prophetstown Road
Rock Falls, IL 61071
PH: 815/625-5280
[http://rfsd13.org/index.php/schools/riverdale-
preschool](http://rfsd13.org/index.php/schools/riverdale-preschool)

*Preschool program for 3-5 year olds. Morning Classes,
8:20 a.m. – 10:50 a.m. Afternoon Classes, 12:05 p.m. –
2:35 p.m.*

DISABILITIES

Bi-County Special Education Cooperative

2317 E. Lincolnway, Ste. A
Sterling, IL 61081
PH: 815/622-0858
www.bi-county.org

*Provides a positive, caring educational experience,
rendered in the least restrictive environment, to all
students found eligible under the Individuals with
Disabilities Act.*

Illinois Department of Human Services – Office Rehabilitation Services (ORS)

2607 Woodlawn Road
Sterling, IL 61081
PH: 815/625-8885
www.dhs.state.il.us

*Works in partnership with people with disabilities and
their families to assist them in making informed choices
to achieve full community participation through
employment, education, and independent living
opportunities.*

Jack Mabley Developmental Center

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

*Residential facility for individuals with developmental
and sensory disabilities. As part of its mission the Center
attempts to provide its residents with meaningful job
opportunities.*

Northwestern Illinois Association Hearing

Clinic

2002 E. 5th Street
Sterling, IL 61081
PH: 815/625-7931
www.thenia.org

Serves children with special needs ages birth-21 years in the 10 northwestern counties of Illinois (Boone, Carroll, DeKalb, Jo Daviess, Kane, Lee, Ogle, Stephenson, Whiteside, and Winnebago).

Northwestern Illinois Center for Independent

Living (NICIL)

412 Locust Street
Sterling, IL 61081
PH: 815/625-7860
www.nicil.org

Serves individuals with disabilities by offering information and referral, independent living skills training, advocacy and peer support.

Self Help Enterprises

2300 W. LeFevre Road
Sterling, IL 61081
PH: 815/626-3115

Provides programs and services for individuals with disabilities.

EDUCATION

Healthy Families Illinois

2611 Woodlawn Road
Sterling, IL 61081
PH: 815/625-0013
<http://sinnissippi.org>

Program to support new parents and their children get off to a healthy start.

Parents As Teachers

1001 W. 23rd Street
Sterling, IL 61081
PH: 815/625-1495
www.whitesideroe.org

Home-based parent education and family support program for families in Whiteside County with children ages birth to 3.

Project V.I.T.A.L.

Sauk Valley Community College
173 IL Route 2
Dixon, IL 61021
PH: 815/835-6241
<https://www.svcc.edu/community/adult-education/vital/>

Tutoring program for adults wanting to improve their reading skills, improve their English language speaking skills, or obtain citizenship. For students 17 years or older, who are NOT enrolled in high school, and read below the 9th grade reading level.

Sauk Valley Community College

Adult Education and GED Program
173 IL Route 2
Dixon, IL 61021
PH: 815/835-6310
www.svcc.edu

Assists adult's who want to pass the GED tests in reading, social studies, mathematics, writing and the Constitution.

Whiteside Area Career Center

1608 5th Avenue
Sterling, IL 61081
PH: 815/626-5810

C.N.A. Classes, Monday-Friday 7:00 a.m. – 4:00 p.m.

Whiteside County Family Literacy Partnership

Whiteside County Regional Office of Education
1001 W. 23rd Street
Sterling, IL 61081
PH: 815/625-1495
www.whitesideroe.org

Offers educational opportunities of low-income families through the integration of early childhood education, adult education, parenting education, and parent/child literacy interaction activities into a unified family literacy program for ESL parents and children, ages 0-5. Families who live in Whiteside County, who are learning English, and who have a child ages birth to five years qualify for services.

EMERGENCY ASSISTANCE

American Red Cross

112 W. 2nd Street
Rock Falls, IL 61071
PH: 815/625-0382
www.redcross.org

Disaster assistance with housing, food, and clothing.

Department of Children and Family Services

2607 Woodlawn Road, Suite 3
Sterling, IL 61081
PH: 800-252-2873 Hotline
www.state.il.us/dcfs

Protects against child abuse and neglect.

EMPLOYMENT

BEST, Inc.

2323 E. Lincolnway
Sterling, IL 61081
PH: 815/625-9648
www.best-inc.org

Provides funding for employment education in order to find work.

Illinois Department of Employment Security (IDES)

2323 E. Lincolnway
Sterling, IL 61081
PH: 815/224-0370
www.ides.illinois.gov

Provides temporary income-replacement for individual workers who lose their jobs through no fault of their own.

Manpower

2401 E. Lincolnway
Sterling, IL 61081
PH: 815/622-2814
<https://www.manpower.com/>

Provides career opportunities by helping people develop their careers through planning, work, coaching and training.

Sedona Staffing

1515 A W. Route 30
Rock Falls, IL 61071
PH: 815/716-8901
www.sedonagroup.com

Provides job placement: industrial, administrative, temp to hire, direct hire.

FOOD

Abiding Word Christian Center

806 E. Lynn Blvd.
Sterling, IL 61081
PH: 815/626-1827
<http://www.abidingwordchurch.org/>

Provide a week's worth of groceries to those who register and attend one weekend service.

Erie Food Pantry

9107 Moline Road
Erie, IL 61250
PH: 309/659-2565

3rd Friday of the month 9:00 a.m. – 10:00 a.m. Eligible once every month, must be a resident of Erie.

First Christian Church

506 5th Avenue
Rock Falls, IL 61071
PH: 815/626-2271
<https://fccrockfalls.blogspot.com/>

Food Pantry is funded 100% by donations from our members and others who care about the hungry. Mondays 10:30a.m. -1:00 p.m. and Fridays 9:00 a.m. - 11:30 a.m.

FISH Food Pantry

902 E. 5th Street
Sterling, IL 61081
PH: 815/626-1734

Provides groceries every three months. Monday - Friday 9:00 a.m.- 11:00 a.m. Must call before you go.

Helping Hands

First Church of Nazarene
1208 E. 4th Street
Sterling, IL 61081
PH: 815/625-1146
<http://www.sterlingnaz.com/ministries/helping-hands/>

Tuesdays 9:30 a.m. – 12:00 p.m., Thursdays 9:30 a.m. – 12:00 p.m.

Morrison Food Pantry

United Methodist Church
200 E. Lincolnway
Morrison, IL 61270
PH: 815/772-4030
<http://www.morrisonfoodpantry.org/>

Thursday 8:30 a.m. – 9:30 a.m. Eligible once every month. Must be a resident of Morrison.

Prophetstown/Lyndon Food Pantry

215 Washington Street
Prophetstown, IL 61277
PH: 815/537-2758

Tuesday 9:00 a.m. - 11:00 a.m. Eligible once every month, must live in Hoophole, Lyndon, or Prophetstown.

Rock River Christian Center

1800 Prophetstown Road
Rock Falls, IL 61071
PH: 815/625-4371

Food Pantry Monday Friday, 1:00 p.m. – 4:00 p.m. Eligible once every three months; must have ID for all household members. Call first.

Tampico Food Pantry

Community Building
Market Street
Tampico, IL 61283
PH: 815/718-0915

1st Tuesday of the month 4:30 p.m. – 5:30 p.m. Eligible once every month. Must have proof of 30-day income for initial registration.

Trinity United Methodist Church

205 E. 10th Street
Sterling, IL 61081
PH: 815/626-777

Tuesday, Wednesday, Thursday 9:00 a.m. – 11:30 a.m. Need voucher/referral from Good Neighbor Emergency Center.

HEALTH

All Star Dental

1261 N. Lake Street
Aurora, IL 60506
PH: 630/801-0002
<https://allstardentalclinic.com/>

2239 W. Jefferson
Joliet, IL 60435
PH: 815/207-4442

Accepts Medicaid, & Most Dental Insurance Coverage

CGH Ready Care Clinic

15 W. 3rd Street
Lower Level
Sterling, IL 61081
PH: 855/460-2273
www.cghmc.com

Monday through Friday, 8:30 a.m. to 5:30 p.m. Saturday and Sunday, 9 a.m. to 1:30 p.m. Appointments are appreciated but not required.

Dental Dreams

6215 E. State Street
Rockford, IL 61108
PH: 815/399-7777

<https://www.dentaldreams.com/>

Offers evening and weekend hours to accommodate a busy family's schedule and family-friendly office settings to put children at ease. Welcome all forms of dental insurance, including PPO and Medicaid.

Malcolm Pediatric Dentistry

163 Cadillac Court, Suite 3
Belvidere, IL 61008
PH: 815/544-0909

<http://www.mpd4kids.com/index>

Monday –Thursday, 7:30a.m. - 4:30 p.m. Accept and work with most insurance companies.

Morrison Family Health Clinic

303 N. Jackson Street
Morrison, IL 61270
PH: 815/772-5511

www.morrisonhopsital.com

*Walk-ins welcome, appointment appreciated
Clinic hours: 8:00 a.m. – 8:00 p.m. Accept most insurance including Medicaid and Medicare.*

Whiteside County Health Department

1300 W. 2nd Street
Rock Falls, IL 61071
PH: 815/626-2230

www.whitesidehealth.org

Offers medical, dental clinic, behavioral health, family planning, immunizations, and WIC. Accepts medical insurance, Medicaid, and self-pay.

HOUSING

Crown Hill Estates

1101 W. 24th Street, Suite 100
Rock Falls, IL 61071
PH: 815/626-5043

Low-income housing

Sterling Townhomes

2105 Freeport Road
Sterling, IL 61081
PH: 815/626-5043

Low-income housing

Twin Cities PADS Homeless Shelter

111. E. 29th Street
Sterling, IL 61081
PH: 815/626-2210

www.tcpads.org

Open 7:00 p.m. - 7:00 a.m. October 1st through April 30th. Emergency shelter offers housing, dinner, hot showers and breakfast.

Whiteside County Housing Authority

401 W. 18th Street
Rock Falls, IL 61071
PH: 815/625-0581

www.wcoph.org

Low-income housing.

YWCA Domestic Violence Shelter

PH: 815/626-7277

Assists survivors of domestic violence by offering the following comprehensive services: 24-hour hotline, Legal Advocacy, Medical Advocacy, Shelter, Counseling and Support Groups, Children's Services.

LEGAL SERVICES

Prairie State Legal Services

1600 4th Avenue, Suite 200
Rock Island, IL 61201
PH: 309/794-1328

www.pslegal.org

Provides legal services that impact the ability of clients to meet their basic needs; physical safety, access to health care, adequate housing, and similar needs.

Whiteside County State's Attorney

200 East Knox Street

Morrison, IL 61270

PH: Phone: (815) 772-5194

Phone: (815) 535-4540

E-Mail: statesattorney@whiteside.org

MENTAL HEALTH

Sinnissippi Centers

2611 Woodlawn Road

Sterling, IL 61081

PH: 815/625-0013

24 Hour Hotline: 800/242-7642

www.sinnissippi.com

325 IL Route 2

Dixon, IL 61021

PH: 815/284-6611

Offers assessment and crisis services, child, adolescent and adult services.

Lutheran Social Services (LSSI)

1901 1st Avenue

Sterling, IL 61081

PH: 815/626-7333

www.lssi.org

Counseling and mental health services

Pathways Counseling Services

208 E 4th Street

Sterling, IL 61081

PH: 815/625-5583

<https://pathwayscounselingservices.net/>

Whiteside County Behavioral Health Clinic

1300 W. 2nd Street

Rock Falls, IL 61071

PH: 815/626-2230

Provides support services to persons experiencing problems related to emotional and mental illness, or drug and alcohol addiction.

RESOURCES

Big Brothers/Big Sisters

PH: 815/716-8987

www.bbbsmv.org

To provide children facing adversity with strong and enduring, professionally supported 1-to-1 relationships that change their lives for the better, forever.

Henry C. Adams Memorial Library

209 W. 3rd Street

Prophetstown, IL 61277

PH: 815/537-5462

www.prophetstownlibrary.com

Odell Public Library

307 S. Madison Street

Morrison, IL 61270

PH: 815/772-7323

www.odellpubliclibrary.com

Rock Falls Public Library

1007 7th Avenue

Rock Falls, IL 61071

PH: 815/626-3858

www.rockfallslibrary.com

Sterling Public Library

102 W. 3rd Street

Sterling, IL 61081

PH: 815/625-1370

www.sterlingpubliclibrary.org

United Way of Whiteside County

502 1st Avenue

Sterling, IL 61081

PH: 815/625-7973

www.unitedwayofwhitesidecounty.org

SENIOR OUTREACH

Greenview Estates

701 Melody Court

Morrison, IL 61270

PH: 815/626-5043

Housing for seniors 62 years or older

Whiteside County Senior Center

1207 W. 9th Street

Sterling, IL 61081

PH: 815/622-9230

<https://www.wc-seniorcenter.org/>

Provides programs that advocate opportunities for ages 60 and over to create a higher quality of life, free amplified phones for hearing impaired, Bingo/Euchre, outreach, Medicare information, trips to anyone.

SUBSTANCE ABUSE

Recovery Zone

1503 1st Avenue

Rock Falls, IL 61071

PH: 815/626-2800

Substance abuse treatment - outpatient programs for DUI/DWI offenders.

TOWNSHIPS/CITY OFFICIALS

Coloma Township

1200 Prophetstown Road

Rock Falls, IL 61071

PH: 815/625-5981

Sterling Township

108 4th Avenue

Sterling, IL 61081

PH: 815/625-3990, ext. 101

<http://www.sterlingtownship.com/>

Provides emergency and general assistance based off of income and family size.

TRANSPORTATION

Whiteside County Public Transportation

1207 W. 9th Street

Sterling, IL 61081

PH: 815/ 625-7433

<https://www.ridewcpt.net>

VETERAN'S ASSISTANCE

Shelves of Hope

Trinity United Methodist Church

205 E. 10th Street

Sterling, IL 61081

PH: 815/626-7777

Provides household cleaning supplies, small furniture, bedding, etc. to veteran's.

Whiteside County Veterans Assistance Office

2319 E Lincolnway

Sterling, IL 61081

PH: 815/626-2468

Assist veterans, servicemen, their dependents and survivors in obtaining any benefits or advantages due to such person under the law of the United States, the State of Illinois, or any other state or governmental agency by reason of the veteran's military service.

YOUTH

Blackhawk Area Council Boy Scouts

Tumilowicz Center for Boy Scouts & Girls Scouts

2820 McFarland Rd.

Rockford, IL 61107

PH: 815/397-0210

<http://www.blackhawkscouting.org/>

Center for Youth

312 W. 4th Street

Sterling, IL 61081

PH: 815/716-8665

<http://www.sterlingtownship.com/center%20for%20youth.htm>

Coloma Park District

508 E. 11th Street

Rock Falls, IL 61071

PH: 815/625-4753

www.colomatownshipparkdistrict.com

Girl Scouts of Northern Illinois

229 1st Avenue, Suite 1

Rock Falls, IL 61071

PH: 1-844-GSNI-4-ME

<https://www.girlscoutsni.org/>

Sterling Park District

1913 3rd Avenue

Sterling, IL 61081

PH: 815/622-6200

<http://www.sterlingparks.org/>

Sterling-Rock Falls YMCA

2505 YMCA Way

Sterling, IL 61081

PH: 815/535-9622

<https://srfymca.org/>

Woodlawn Arts Academy

3807 Woodlawn Road

Sterling, IL 61081

PH: 815/626-4278

<https://www.woodlawnartsacademy.com/>

University of Illinois Extension Office

12923 Lawrence Road

Sterling, IL 61081

Phone: 815-632-3611

<https://web.extension.illinois.edu/clw/>