

# COLES COUNTY ROSC COUNCIL NEWSLETTER

March 2025

*ROSC Councils build collaborations in their communities that connect everyone who can support recovery.*



## NEWSLETTER HIGHLIGHTS

2. Defining ROSC
3. ROSC Council meetings
4. ROSC Educational Group
5. ROSC Faith in Community Subcommittee
6. Engaging the Illinois Faith Community
8. Events
11. ROSC Laundry Days
12. Anti-Stigma Campaign
13. Transportation
14. Harm Reduction Resources
18. Hotline Resources
19. Peer Support Group Resources
20. Area Support Meetings
21. Food Assistance
22. Circle of Care
23. Gambling Awareness Month

Funding for this project is provided in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

# We Need You!

**AGENCIES AND PERSONS WITH LIVED EXPERIENCE, WORKING TOGETHER TO BUILD COMMUNITIES SUPPORTIVE OF THOSE IN RECOVERY FROM SUBSTANCE USE DISORDERS.**  
(Community based services or individuals that are considered key stakeholders for a ROSC)

Family and Parents  
Businesses  
Volunteer & Civic Groups  
State, Local, Tribal Government  
Education & Schools

Persons with lived experience  
Mental Health  
Law enforcement  
Youth-Serving Organizations  
Service Providers

Healthcare  
Media  
Recovery Supports

Faith Based Groups  
Substance Use Treatment Organizations  
Judicial

## Defining ROSC

A Recovery Oriented Systems of Care (ROSC) is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or -co-occurring conditions. The central focus of a ROSC is to create an infrastructure, or "systems of care", with the resources to effectively address the full range of substance use and/or co-occurring disorders within communities.

For additional information, please contact:

Lisa Blackwell

Coles County ROSC Coordinator

[lisab@hourhouserecovery.org](mailto:lisab@hourhouserecovery.org)

Jasmine Gast

Coles County Recovery Navigator

[jasmineg@hourhouserecovery.org](mailto:jasmineg@hourhouserecovery.org)



# COLES COUNTY ROSC COUNCIL



**APRIL 07 12 PM**

**LIFE SPAN CENTER AUDITORIUM**

For additional information or Zoom link, contact:  
Lisa Blackwell, Douglas County ROSC Coordinator



**(217) 549-7632**



**lisab@hourhouserecovery.org**



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# Coles County ROSC COUNCIL

**MAY 5TH 12 PM**

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**lisab@hourhouserecovery.org**

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# Financial Health and Recovery

Coles County ROSC Educational Group: March

Financial stress is common in recovery, often due to past habits or addiction-related expenses. This discussion provides strategies for managing finances, setting realistic budgets, and reducing financial stress. Budgeting can promote a sense of control and reduce triggers related to financial strain.

## Key Points

- Identify Income and Expenses
- Create a Budget
- Set Manageable Goals

### Location and Time

Mattoon Library: First  
Wednesday of the Month  
3pm-4pm

Charleston Library: 3rd  
Wednesday of the Month  
3pm-4pm

*Recovery*  
is possible!

East Central Illinois ROSC

COLES COUNTY ROSC COUNCIL'S

# Faith

## IN COMMUNITY SUBCOMMITTEE

**EVERY 3RD THURSDAY AT 10AM  
NEXT MEETING:**

**March 20th, 2025**

**10:00 AM - 11:00 AM**



**Life Span Center  
11021 E. CR. 800 N.**

For additional information or Zoom link, contact:  
Lisa Blackwell, Coles County ROSC Coordinator



(217) 549-9045



[lisab@hourhouserecovery.org](mailto:lisab@hourhouserecovery.org)

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# Center for Community Engagement

at Chestnut Health Systems



## Engaging the Illinois Faith Community to Increase Recovery and Mental Health Community Support

Illinois is a diverse State with nearly 13 million residents, 73% of whom identify as being part of roughly 11,800 communities of faith.<sup>1</sup> Often, faith communities are one of the first places individuals and families impacted by substance use disorders and other mental illnesses turn to for help.

### COMMUNITIES OF FAITH CAN MAKE A BIG IMPACT!



**4.2 Million**

Illinois residents attend a religious service at least once per week<sup>2</sup>



**3,013**

Illinois residents died from a drug overdose in 2021<sup>1</sup>

For every life lost to an overdose, there are 1,393 faith-based community members.

***That's 1,393 chances to make a difference.***

Substance use and mental health disorders do not discriminate, they can affect anyone in any community. In 2023, 28.7% of adults in Illinois reported symptoms of anxiety or depressive disorders, which means over 1 in every 4 Illinois residents is impacted by a mental health disorder.

This number increases when including family members and loved ones of individuals suffering from mental health disorder symptoms or diagnosis. Statistically, this also means that these individuals and families are participants in faith communities across the state.

The Illinois Faith & Recovery Collaborative seeks to support and empower the work faith communities are doing to support individuals and families by providing information, trainings, toolkits, and networking opportunities.



## Goals of the Illinois Faith & Recovery Collaborative:

- Increase awareness of mental health and substance use challenges
- Identify and decrease stigma against substance use and mental health disorders
- Enhance collaboration between faith and recovery communities
- Increase community supports for individuals in recovery
- Increase recovery program participation and referrals
- Provide local resources
- Promote local prevention efforts
- Decrease deaths by overdose and suicide

### Become a Certified Recovery Congregation

#### CERTIFICATION REQUIREMENTS FOR FAITH COMMUNITIES:

- Complete four specified trainings on mental health and substance use issues within one calendar year.
- Additional trainings every two years



#### CERTIFIED RECOVERY CONGREGATIONS ARE KNOWN & PROMOTED PUBLICLY AS:

- Safe and welcoming to those in recovery and their families.
- Equipped and informed communities for those facing substance use and mental health challenges.
- A resource hub for substance use and mental health assistance.



#### CERTIFIED RECOVERY CONGREGATIONS ARE ELLIGIBLE FOR:

- Additional training opportunities
- Printed materials, resources, and local support program development toolkits
- Engagement in advisory and collaborative groups
- Technical assistance and support from the CCE



To inquire about resources, training, assistance or for further information, please contact us at: [CoalitionSupport@chestnut.org](mailto:CoalitionSupport@chestnut.org)

The Illinois Faith and Recovery Collaborative is part of the Center for Community Engagement project; funded in whole or in part by a State Opioid Response Grant to the Illinois Department of Human Services, Division of Substance Use, Prevention, and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.



FAMILY FRIENDLY  
AND OPEN TO THE  
PUBLIC

# Together in Tune

LIVE MUSIC & OPEN MIC



**MARCH 13, 2025**  
**1:30-4:30**

**JACKSON AVENUE COFFEE SHOP**  
**708 JACKSON AVENUE**  
**CHARLESTON IL 61920**

*FREE SNACKS*  
*AND COFFEE*

Funding for this project is provided in whole or in part by the  
Illinois Department of Human Services, Division of Substance Use Prevention and  
Recovery.



Food trucks  
available

K-12  
resources  
available

Door  
prizes

Childcare  
available

Magic  
Show



# FAMILY RESOURCE FAIR

At: Charleston High School



Wednesday, March 26th  
Thursday, March 27th  
6-8 p.m.



**WHAT IS A FAMILY RESOURCE FAIR?**  
A one-stop opportunity for CUSD #1 families to have fun together AND learn more about community and school resources to support your whole family!

**RESOURCES AVAILABLE:**

- mental health
- academics
- future planning
- and more!

**FUN FOR KIDS:**

- Children's activities/games
- Prizes
- Artwork displayed from all CUSD #1 schools

**FOR ANY QUESTIONS, PLEASE CONTACT:**  
Kristen Holly:  
hollyk@charlestonk12.il.us  
Call: 217-639-1000

**More information coming soon!**



# SEXUAL ASSAULT AWARENESS

## Drug Court Project

The Coles County Drug Court is leading a powerful community initiative to educate and raise awareness about sexual assault. The project aims to bring the community together to stand in solidarity with survivors, promote education, and support local organizations dedicated to combating sexual violence.

01



### Benefit

Proceeds from donations will be directed to Prevail, formerly known as SACIS, a community organization that offers advocacy, counseling, and prevention services for sexual assault survivors.

## Public Service Walk

Weekly public service walk dedicated to raising awareness and educating the community about sexual assault. Taking place every Thursday in March—on March 6th, 13th, 20th, and 27th—the walk will run from 10:00 AM to 11:00 AM along Lincoln Avenue in Charleston, Illinois.

02



03



## Community Awareness Party

Join us on April 5th from 11:00 AM to 1:00 PM at Kiwanis Park in Charleston, IL, for a special event dedicated to raising awareness about sexual assault. This community gathering will feature guest speakers, resource booths, a silent auction, and cupcakes to foster education, support, and solidarity.

Come together to learn, connect, and show your support for survivors as we work toward creating a more informed and compassionate community.

## Contact

Edna Bell- (217) 994-9030  
Maddi Deangelo- (217) 294-4484

**THIS EVENT IS FREE AND OPEN TO THE  
PUBLIC**

# Community Laundry Day

Recovery  
is possible!  
East Central Illinois ROSC

# DONATIONS

NEEDED



NEEDED

Donation Drop Off Location:  
825 18th Street Charleston, IL 61920  
8-4:30

## THE HELP WE NEED:

- Quarters
- Laundry Soap
- Dryer Sheets

## CONTACT

Jasmine Gast  
Jasmineg@hourhouserecovery.org  
217-508-2304  
Lisa Blackwell  
LisaB@hourhouserecovery.org  
217-549-9045

Funding for this project is provided in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

# Ways to Help a Family Member With Substance Use Disorder

## Find a good place and time to talk

Find a quiet place with little distractions to talk with them.

1

## Express concern to them

Ask them how they feel. Let them know why you are concerned.

2

48.5 million (16.7%) Americans (aged 12 and older) a substance use disorder in the past year.

## Listen to them

Acknowledge the feelings they share with you and listen.

3

## Offer them help

Reassure them there is treatment for substance use disorder and help them locate resources.

4

Alcoholics Anonymous (AA) has more than 120,000 groups in more than 175 countries around the world, with almost 2 million members

## Be Patient

Helping may take time. Keep connecting with them listen, and offer help.

5

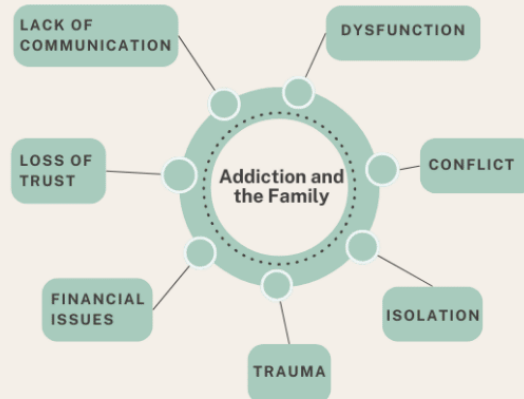
[www.SAMHSA.gov/families](http://www.SAMHSA.gov/families)  
<https://americanaddictioncenter.org/rehab-guide/addiction-statistics-demographics>



Funding for this project is provided in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

# SUD AND RECOVERY EFFECT THE FAMILY AS A WHOLE

Addiction affects not just the individual but the entire family unit, creating cycles of dysfunction, broken trust, and emotional distress. When a loved one struggles with substance use, the family often experiences:



Recovery doesn't just impact the individual — it transforms the entire family. Here are some of the ways life changes when recovery becomes part of the journey:



## REFERENCES

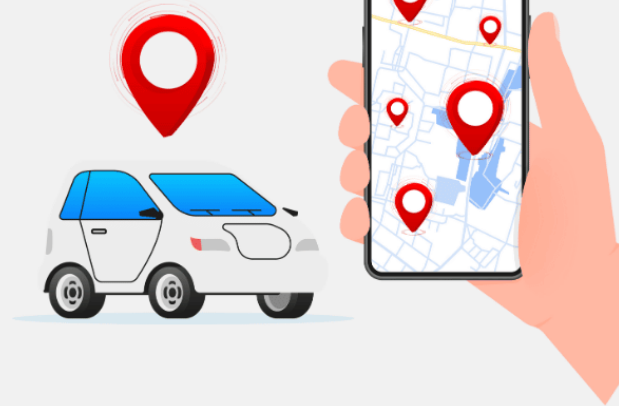
<https://neurolaunch.com/family-disease-model-of-addiction/#:-:text=The%20family%20disease%20model%20of%20addiction%20emerged%20in,and%20involves%20all%20members%20of%20the%20family%20system.>

Funding for this project is provided in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.



# Go anywhere with Uber 24/7 Transportation

SCAN  
ME

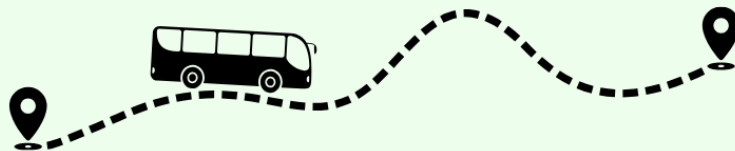


## Dial-A-Ride

*For all ages and abilities Rural*

*Public Transportation*

1-800-500-5505



**TRAVEL WITHIN CITY LIMITS OR RURAL TOWN - \$2.00  
EACH ONE WAY TRIP**

**TRAVEL OUTSIDE CITY LIMITS OR RURAL TOWN WITH  
SAME COUNTY - \$4.00 EACH ONE WAY TRIP**

**TRAVEL OUTSIDE COLES COUNTY TO COLES COUNTY,  
CHAMPAIGN, OR MACON - \$7.00 EACH ONE WAY TRIP.**

**CHILDREN - AGES 5 AND UNDER - FREE EACH ONE  
WAY TRIP, AGES 6 TO 10 YEARS OF AGE - \$1.00 EACH  
ONE WAY TRIP**

[dialaridetransit.org](http://dialaridetransit.org)

## FREE HARM REDUCTION RESOURCES IN COLES COUNTY

COLES COUNTY ROSC COUNCIL IS OFFERING SEVERAL FREE VITAL RESOURCES TO HELP MANAGE AND PREVENT OPIOID AND DRUG OVERDOSES. HERE'S A QUICK OVERVIEW OF SOME OF WHAT IS AVAILABLE.

### XYLAZINE TEST STRIPS (XTS)

XYLAZINE IS A VETERINARY TRANQUILIZER THAT HAS BEEN FOUND IN SOME ILLICIT DRUG SUPPLIES. PEOPLE OFTEN USE XYLAZINE WITHOUT KNOWING IT WHEN IT IS ADDED TO OTHER DRUGS.

XYLAZINE TESTING STRIPS CAN HELP DETECT THE PRESENCE OF THIS SUBSTANCE IN OTHER DRUGS.

### FENTANYL TEST STRIPS (FTS)

FENTANYL IS A SYNTHETIC OPIOID RESPONSIBLE FOR OVER HALF OF OVERDOSE DEATHS IN ILLINOIS.

FENTANYL TESTING STRIPS CAN HELP DETECT THE PRESENCE OF THIS SUBSTANCE IN OTHER DRUGS.

### NARCAN (NALOXONE) - NASAL SPRAY

NARCAN IS A MEDICATION USED TO BLOCK OR REVERSE THE EFFECTS OF AN OPIOID OVERDOSE. IT WORKS ON OPIOIDS SUCH AS HEROIN, FENTANYL AND PRESCRIPTION PAINKILLERS (E.G. OXYCONTIN® OR PERCOCET®).

NARCAN CAN BE ADMINISTERED AS A NASAL SPRAY. IT IS SIMPLE TO USE

IF YOU OR YOUR AGENCY WOULD LIKE ADDITIONAL TRAINING ON HOW TO USE NARCAN, PLEASE CONTACT THE DOUGLAS ROSC COORDINATOR AT [LISAB@HOURHOUSERECOVERY.ORG](mailto:LISAB@HOURHOUSERECOVERY.ORG).

### DETERRA® DRUG DEACTIVATION DISPOSAL SYSTEM

THIS IS A SAFE WAY TO DISPOSE OF UNUSED, UNWANTED, OR EXPIRED MEDICATIONS. THE SYSTEM INVOLVES PLACING THE MEDICATIONS INTO A POUCH WITH WATER, WHICH DESTROYS THE DRUGS AND MAKES DISPOSAL SAFE.

HOW TO USE IT: SIMPLY ADD WATER TO THE POUCH CONTAINING THE MEDICATIONS, SEAL IT, THEN DISPOSE OF IT IN YOUR HOUSEHOLD TRASH.

### EMERGENCY AND LEGAL INFORMATION

GOOD SAMARITAN LAW: THIS LAW PROTECTS INDIVIDUALS WHO SEEK EMERGENCY HELP FOR SOMEONE EXPERIENCING A DRUG OVERDOSE FROM BEING CHARGED WITH POSSESSION OF PARAPHERNALIA. NOTE THAT THIS PROTECTION DOES NOT COVER THE PERSON WHO OVERDOSED OR OTHER CRIMES COMMITTED AT THE SCENE.  
ADDITIONAL INFORMATION

**IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING AN OVERDOSE, CALL 911 IMMEDIATELY FOR HELP.**

BY UTILIZING THESE RESOURCES, YOU CAN CONTRIBUTE TO SAFER COMMUNITIES AND HELP PREVENT DRUG-RELATED OVERDOSES AND HARM.

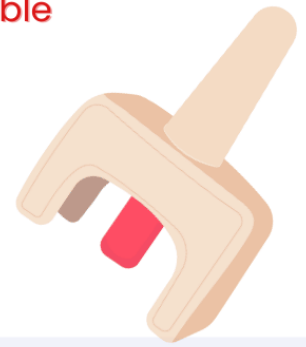
**DISTRIBUTION LOCATIONS ON PAGE 15-17**

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF SUBSTANCE USE PREVENTION

## DOPP Sites & Narcan Distribution: Coles County, IL

Additional harm reduction supplies may be available

# Mattoon



- **A Twisted Little Art, 3320 Marshall Ave.**
- **ABBCON Counseling, 201 N Logan St. Suite A**
- **\*Adolescent Out Patient (Hour House), 513 N. 13th St.**
- **Akasha Zamora, 1604 Broadway Ave.**
- **Auto Truck and Farm Repair, 1416 Moultrie Ave.**
- **Arcola Food Pantry**
- **Arcola Public Library (Coming Soon)**
- **C & C Kettlecorn, 700 Broadway Ave #18**
- **Central Roofing, 317 Dewitt Ave. E.**
- **Faith, Art, and Ink, 1402 Broadway Ave.**
- **Family Worship Center Mattoon, 5475 Lerna Rd.**
- **Farmers Grain Co. of Dorans, 6877 E Co Rd 1200 N**
- **First Presbyterian Church, 10 Charleston Ave.**
- **Homestead Church, 2220 Champaign Ave.**
- **House Brothers, 2009 Western Ave.**
- **Lakeland College Health Services, 5001 Lake Land Blvd. Room 512**
- **Lakeland College Workforce Development, 5001 Lake Land Blvd.**
- **Legacy Roofing, 1001 Dewitt Ave.**
- **Lifelinks, 750 Broadway Ave. East**
- **Mattoon American Legion, 1903 Maple Ave.**
- **Mattoon Chamber of Commerce, 500 Broadway Ave.**
- **Mattoon Eagles, 1917 Oak Ave.**
- **Mattoon Food Pantry, 600 Moultrie Ave.**
- **Mattoon Library, 1600 Charleston Ave.**
- **Mattoon Moose Lodge #803, 1212 Broadway Ave.**
- **\*Mattoon Out Patient (Hour House), 416 N. 19th St.**
- **Milk and Honey Coffee House, 621 Charleston Ave.**
- **Pat's Lounge, 2019 Western Ave.**
- **Saunders Sweet Details, 2201 Lafayette Ave.**
- **Slumberland, 222 Broadway Ave. E.**
- **Spanky's, 1920 Oak Ave.**
- **The Breakroom, 1005 N 15th St.**
- **The Haven, 1812 Western Ave.**
- **\*The Mission House, 2321 Prairie Ave.**
- **TJ's on Hair, 1000 Lake Land Blvd.**
- **United Christian Church, 200 Lafayette Ave.**
- **Wingman Ministries, 216 Essex Ave.**
- **Wishard's Fit to a Tee, 1320 Lafayette Ave.**
- **Mattoon Lake**
- **Lake Mattoon Marina, 1282 3600., Neoga, IL**

## **DOPP Sites & Narcan Distribution: Coles County, IL**

Additional harm reduction supplies may be available

### **Charleston**

- Axis Lion, 820 Lincoln Ave. Suite 4
- Casa Del Mar, 1410 4th St.
- Charleston Carnegie Library, 6th St. & Van Buren Ave.
- Charleston Elks Lodge, 720 6th St.
- Charleston Food Pantry, 990 W. State St.
- Charleston Moose Lodge, 615 7th St.
- Charleston Outpatient (Hour House), 635 Division St.
- Coles County Health Services, 845 18th St.
- EIU Police Department, 600 Lincoln Ave.
- EIU School of Extended Learning, 1920 9th St.
- Family Worship Center Charleston, 411 Jackson Ave.
- First Presbyterian Church, 311 7th St.
- Hour House, 635 Division St.
- Jackson Avenue Coffee, 708 Jackson Ave.
- Lefty's Holler, 727 7th St.
- Lifespan Center, 11021 E Co Rd 800 N
- Mack Moore Shoes, 305 W. Lincoln Ave.
- Mighty Jacks, 303 Lincoln Ave.
- Nola's Naturals, 422 Madison Ave.
- Praise Assembly of God, 1300 Osage Rd.
- Prevail Illinois, 825 18th St. Suite 409
- Standing Stone Community Center, 375 14th St.

### **Gays, Ashmore, Lerna, Humbolt**

#### **Ashmore**

- Down the Street, 107 W. Ashmore St.
- I&I Deli, 304 W. Ashmore St.

#### **Lerna**

- Newman Regional Library District

#### **Gays**

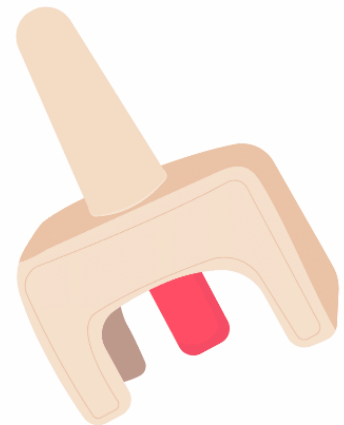
- Arthur Public Library District

#### **Humboldt**

- Pleasant Grove Baptist Church, 14447 Cooks Mills Rd.

#### **Okaland**

- Atwood Area Food Pantry
- Atwood-Hammond Public Library
- Williams Cafe, 19442 Danville Rd.





## DOPP Sites & Narcan Distribution: Coles County, IL

Additional harm reduction supplies may be available

NARCAN is a medication that can block or reverse the effects of an opioid overdose. Anyone can easily use NARCAN to save the life of someone overdosing on opioids, including fentanyl, heroin or prescription medicines like OxyContin® or Percocet®.



If you or your agency would like to receive additional training on using NARCAN, please get in touch with the Coles County ROSC at [lisab@hourhouserecovery.org](mailto:lisab@hourhouserecovery.org).

If you or someone you know is overdosing and needs immediate attention, please call 911. In the instance you are with that individual, the Good Samaritan Law states that anyone who calls for help or drops off someone experiencing a drug overdose will not receive charges for possession of paraphernalia. One limitation of this law is that the person who overdosed is not covered, and any other crime committed at the scene is not protected by law.

# Grief Support

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

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

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



# LIFE LINKS

... your connection to mental health and wellness

**Crisis Services  
Toll free Crisis Line  
1-866-567-2400**

## WHAT IS THE DIFFERENCE BETWEEN THE HOTLINES?



	<b>988</b>	<b>Suicide Prevention &amp; Mental Health Crisis Lifeline</b> Free, confidential and available 24/7/365
	<b>911</b>	<b>Medical &amp; Public Safety Emergencies</b> Free and available 24/7/365
	<b>211/311</b>	<b>Resource Support Line (Housing, Food, Etc.)</b> 311 is for Chicago and Cook County 211 is available in select Illinois counties Free and available 24/7/365
	<b>1-866-359-7935</b> Illinois Warm Line	<b>For non-emergency emotional support, recovery education, self-advocacy support and referrals</b> Free and available Mon-Sat, 8am-8pm
	<b>Local Mental Health/ Substance Use Hotlines</b>	<b>Non-emergency resource for individuals who need help finding behavioral health services</b> Various hours of operation

## 4 REASONS TO CALL, TEXT, AND CHAT 988

- 1 Thoughts of suicide
- 2 Drinking too much or drug use
- 3 Feeling depressed or anxious
- 4 Trauma

**Veterans Crisis Line**  
DIAL 988 then **PRESS 1**

# HOPE OF EAST CENTRAL ILLINOIS

**24 Hour tollfree crisis line  
1-888-345-3990**

Services include shelter, transitional housing, legal advocacy, counseling, referrals, a 24-hour crisis line, children's services and public education. All services are free and confidential.



**Confidential hotline available 24/7  
888-345-2846**

**Offers free and confidential crisis intervention services, counseling, and advocacy for victims of sexual assault and their significant others.**

# Alcoholics Anonymous

For additional information and meetings in surrounding areas, visit website for more information

Find A.A. Near You (North America)  
| Alcoholics Anonymous

<http://www.aa-eci.org>  
Phone: (217) 373-4200

Closed meetings are for A.A. members only, or for those who have a drinking problem and "have a desire to stop drinking."



# Narcotics Anonymous

For additional information and meetings in surrounding areas, visit website for more information

<http://www.na.org>  
+1 800.539-0457

Closed meetings are for N.A. members only, or for those who have a substance use issue and "have a desire to stop"



## FREE PARENT SUPPORT GROUP

For families of adult children dealing with substance use disorder

*Participants must be 18 or older.*

## Parents of Addicted Loved Ones (PAL) PROVIDES HOPE

through education and peer-to-peer support

### YOU ARE NOT ALONE

*Supporting families dealing with the pain of an adult loved one suffering from addiction*

*"PAL brought back hope, sanity and purpose in our lives. We have learned to live again."*  
- PAL parent



Find a Meeting

#### TOPICS INCLUDE:

- The addiction cycle • Enabling behaviors • Delayed emotional growth • Role of the family • Setting realistic boundaries • Emotional detachment • Financial strings • Steps of recovery • Recognizing relapse

[www.palgroup.org](http://www.palgroup.org) • 602-512-1454 • [info@palgroup.org](mailto:info@palgroup.org)

[f](#) @PALGivesHope [@](#) @PALGivesHope [X](#) @PALGivesHope [in](#)



# CELEBRATE RECOVERY®

<https://celebraterecovery.com>

Celebrate Recovery is a safe place to find freedom from your hurts, hang-ups, and habits.

## AREA SUPPORT MEETINGS

# Sun

**NA: 10:30 AM @ Journey Counseling, 121 W State St, Charleston**  
**AA: 6:30 PM @ First Presbyterian Church, 311 7th St, Charleston**

# Mon

**AA: 12:00 PM Broadway Christian Church, Mattoon**  
**AA: 6 PM @ Lutheran Church, 902 Cleveland Ave, Charleston**  
**AA: 6 PM @ The Barn, 5679 Co Rd 1020 E, Mattoon**  
**AA: 6 PM @ First Presbyterian Church, 311 7th St, Charleston**  
**Spiritual Recovery: 7 PM @ New Mercy Worship Center, 1208 Moultrie Ave, Mattoon**  
**Apostolic Center Church: 7 PM @ 205 N Country Rd, Mattoon**

# Tue

**NA: 7 PM @ First Presbyterian Church, 311 7th St, Charleston**  
**AA: 7 PM @ Methodist Church, 13 E Washington St, Oakland**  
**AA: 6:30 PM @ IC Parish Center, 1801 Richmond Ave, Mattoon**

# Wed

**NA: 11 AM & 7 PM @ First Presbyterian Church, 311 7th St, Charleston**  
**AA: 12 PM @ Broadway Christian Church, 1205 S 9th St, Mattoon**  
**AA: 6:30 PM @ New Hope Worship Center, 2175 Harrison Ave, Charleston**  
**CR: 6:30 PM @ Family Worship Center, 411 Jackson Ave, Charleston**

# Thu

**NA: 6:30 PM @ Immaculate Conception Church, 320 N 21st St, Mattoon**  
**NA: 7 PM @ Online Zoom, Zoom Code: 593 291 3961**  
**AA: 12 PM @ Jackson Avenue Coffee, 708 Jackson Ave, Charleston**  
**AA: 7 PM @ First Church of God, 1225 Montgomery Ave, Charleston**  
**Refuge Recovery: 7 PM @ First Presbyterian Church, 311 7th St, Charleston**  
**Al-Anon: 7 PM @ First Presbyterian Church, 311 7th St, Charleston**

# Fri

**AA : 12 PM @ Broadway Christian Church**  
**AA: 10 AM @ Jackson Avenue Coffee, 708 Jackson Ave, Charleston**  
**AA: 6:30 PM @ Destination Church, 1505 7th St, Charleston**  
**AA: 8 PM @ First Presbyterian Church, 311 7th St, Charleston**

# Sat

**NA: 10:30 AM @ New Hope Worship Center, 2175 E Harrison St, Charleston**  
**AA: 10 AM @ Broadway Christian Church, 1205 S 9th St, Mattoon**  
**AA: 10 AM @ Apostolic Church, 2055 Harrison Ave, Charleston**  
**AA: 6:30 PM @ First Presbyterian Church, 311 7th St, Charleston**  
**AA: 8 PM Fire Circle Meeting @ 211 Monroe Ave, Charleston**

# FOOD ASSISTANCE



## Charleston

Charleston Area Churches Food Pantry  
Open Mon, Wed, Fri 1:30 - 4 PM, Thu 5:30 - 7 PM  
990 W State St, Charleston, IL  
Serves Residents of Coles County

Standing Stone Community Center  
Open Wed - Sat 9 AM - 2 PM  
375 N 14th St, Charleston, IL  
Serves Residents of Coles County

EIU Campus Food Pantry  
Contact for Current Hours: (217) 581-3967  
McAfee Gym, EIU, Charleston, IL  
Serves EIU Students and Staff



## Oakland


Oakland Food Pantry  
Open second and fourth Thursday of the month  
4 - 6:30 PM  
22 W Main St, Oakland, IL  
Serves Residents of Coles County

## Ashmore

Ashmore Food Pantry  
Open first and third Saturday of the month  
9 - 11 AM  
212 N Oakland Rd, Ashmore, IL  
Serves Residents of Coles County




## Mattoon



Mattoon Community Food Center  
Open Mon, Wed, Fri 1:30 - 3:30 PM, Thur 6 - 8 PM  
600 Moultrie Ave, Mattoon, IL  
Serves Residents of Coles County


Salvation Army of Coles County  
Open Mon - Thur 9 AM - 3 PM  
1300 Richmond Ave, Mattoon, IL  
Serves Residents of Coles County



Catholic Charities (Blessings Food Pantry)  
Open Tue - Fri 9 AM - 1 PM  
4217 Dewitt Ave, Mattoon, IL  
Serves Residents of Coles County



Mattoon Christian Church Food Pantry  
Mon & Thurs 12:30 - 6 PM  
Tue 2:30 - 7 PM  
Wed & Fri 2:30 - 6 PM  
Sat 10 AM - 12 PM  
221 N 19th St, Mattoon, IL  
Serves Residents of Coles County




## Eastern Illinois Foodbank's Foodmobile

Humboldt, Oakland, Ashmore,  
and Lerna

Second Wednesday of each month

- Humboldt: Fire Department (400 Commercial St), 8:45 - 9:15 AM
- Oakland: Corner of Main & Walnut St, 10 - 10:30 AM
- Ashmore: Ashmore Community Center (211 S Illinois St), 11 - 11:30 AM
- Lerna: Corner of Main & 5th St, 12:30 - 1 PM



If you know of additional resources  
please contact:



LISA BLACKWELL  
COLES COUNTY ROSC COORDINATOR  
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COLES COUNTY ROSC NAVIGATOR  
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# Circle of Care

Support for children, youth, and families  
grieving loss due to  
substance use related death and disorders

## What is Circle of Care?



Online  
Resource  
Toolkits



Grief Support  
Services  
Directory



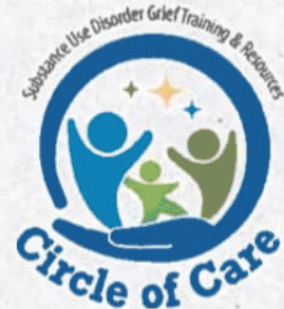
Training for First  
Responders &  
Community Helpers



Comfort Bags  
for Kids

- ✓ Increase the protective factors of youth who face grief related to substance use disorder
- ✓ Educate communities to decrease stigma that creates barriers for families
- ✓ Resource equip first responders, communities, and families

The Circle of Care is a statewide initiative to develop trained helpers throughout Illinois to better meet the emotional needs of youth who have been impacted by substance use related death and disorders.



**Launched in partnership with Illinois Family Resource Center and Hour House**

Funding for this program is provided in whole or in part through the Substance Use Prevention, Treatment, and Recovery Block Grant through the American Rescue Plan Act.



MARCH IS

# PROBLEM GAMBLING AWARENESS MONTH

[Learn More](#)

#PGAM2025



Gambling Services

217-348-8108