

Community Resource Guide Live Doc

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	Veteran's Assistance Commission	901 S 11th St, Springfield, IL 62703 [P: (217) 753-6680]	Mon-Thur 8:00 AM-12 PM & 1-5 PM AM-1:00 PM	Friday: 8:00	www.myvac.org/information/va-work-study-program/	VA Work Study Program										
MAR PROVIDERS	Central Counties Health Centers	2239 E Cook St, Springfield, IL 62703 [P: (217) 788-2300]	Mon, Tue, Thurs, Fri 8 AM-5 PM AM-7 PM & Sat. 9 AM-1 PM	Wed: 10:00	www.centralcounties.org	General Health Care and MAR services; Buprenorphine & Vivitrol										
	Family Guidance Centers INC	120 N 11th St, Springfield, IL 62703 [P: (217) 588-9858]	Mon-Fri 8:00 AM-4:30 PM		www.fgcinc.org/medication-assisted-treatment-mat/	MAR Services; Methadone, Buprenorphine, Vivitrol, Mobile MAR unit										
	Gateway Foundation	2323 Adlai Stevenson Dr, Springfield, IL 62703 2200 Lake Victoria Dr, Springfield, IL 62703 [P: (855) 586-3912]	Mon-Thur 8:30 AM-9 PM & Friday 9 AM-5 PM		www.gatewayfoundation.org/programs-services/programs/medication-assisted-treatment-program/	MAR Services; Methadone, Buprenorphine, Vivitrol & Detox Unit										
	Rose Medical Association Inc	3535 Mayflower Blvd Springfield, IL 62711 [P: (217) 670-0654]	Mon-Sat 6:00 AM-11:00 AM		www.rosemedical.org/	MAR Services; Methadone and Buprenorphine										
	Medmark Treatment Centers	1227 S 9th St Springfield, IL 62703 [P: (217) 858-4340]	Mon-Fri 5:30 AM-2:00 PM & Sat 7:00 AM-11:00 AM		www.medmark.com/locations/illinois/springfield	MAR Services; Methadone										
	SIU START Clinic	319 E. Madison St., Springfield, IL 62702 [P: (217) 545- 4781]	Mon-Fri 8:00 AM-4:30 PM		www.siumed.org/treatment/medication-assisted-recovery-mar	MAR Services for adults and youth; Suboxone, Sublocade, Brixadi, Vivotrol										
HARM REDUCTION	Family Guidance Centers INC	120 N 11th St, Springfield, IL 62703 [P: (217) 588-9858]	Mon-Fri 8:00 AM-4:30 PM		www.fgcinc.org	MAR Services, Distributes Naloxone + Xylazine and Fentanyl Testing Strips, condoms, etc										
	Gateway Foundation	2323 Adlai Stevenson Dr, Springfield, IL 62703 2200 Lake Victoria Dr, Springfield, IL 62703 [P: (855) 586-3912]	Mon-Thur 8:30 AM-9 PM & Friday 9 AM-5 PM		www.gatewayfoundation.org	Detox Services, MAR services										
	Phoenix Center	109 E Lawrence Ave Springfield, IL 62704 [P: (217) 528-5253]	Office: M-F 8:30 AM-4:30 PM Testing & Syringe Exchange Hours: Mon-Thur 9:00 AM-4:30 PM		www.phoenixcenterspringfield.org	Distributes Naloxone, Xylazine and Fentanyl Testing Strips, condoms, Safe syringe exchange, HIV and STD testing, PrEP, SHaRI Project										
	Sangamon County Health Dept	2833 S Grand Ave E Springfield, IL 62703 [P: (217) 535-3100]	M 8:30 AM-6:00 PM ; Tue-Fri 8:30 AM-3:45 PM		www.sangamonil.gov/departments/m-r/public-health/home	STD testing, treatment, and education; PrEP, Pregancy testing, Medication and Sharps disposal, Naloxone Distribution										
	Fifth Street Renaissance	1315 N 5th St, Springfield, IL 62702 [P: (217) 544-5040]	Monday-Thursday 9:00 AM-4:00 PM		www.fsr-sara.org	STD and HIV testing + education, Naloxone distribution, overdose education, syringe exchange, condoms distribution, mobile testing services, other harm reduction supplies										
	Intricate Minds	619 N Grand Ave E, Springfield, IL 62703 [P: (217) 670-3520]	Monday-Thursday 12-8 PM		www.facebook.com/p/Intricate-Minds-61554189538298/	Clean Syringe supply, period products, condom distribution, pregnancy testing, Plan B, and Sexual Health classes, HIV and HEP C testing, covid tests										
	SIU START CLINIC	319 E. Madison St., Springfield, IL 62702 [P: (217) 545- 4781]	Mon-Friday 8 AM-4:30 PM		www.siumed.org/treatment/medication-assisted-recovery-mar	MAR Services for Adults and youth; Suboxone, Sublocade, Brixadi, Vivotrol, Daily Support Groups for adults and youth, individual therapy, EMDR Trauma Therapy, wound care etc.										
	Planned Parenthood	601 N. Bruns, Springfield, IL 62702 [P: (217) 546-1060]	Mon & Tue 8 AM-4 PM; Wed 10 AM-5 PM; AM-6 PM; Fri 8 Am-1 PM	Thurs 10	www.plannedparenthood.org/health-center/illinois/springfield/62702/springfield-health-center-3284-90430?utm_campaign=springfield-health-center&utm_medium=organic&utm_source=local-listing	Sexual education, pregnancy testing, Birth Control, STD testing, emergency contraception, abortion services, HIV services										
	TASC	2141 W. White Oaks Dr. Unit A., Springfield, IL 62704 [P:(217)544-0842]	Call for hours		www.tasc.org	Screening, assessment, treatment, case management, recovery support for individuals with substance use and mental health concerns										
Mental Health	ABC Counseling & Family Services	2160 S 6th St, Springfield, IL 62703 [P: (217) 528-9820]	Mon-Thur 8 AM-5 PM; Friday- 8 AM-1 PM		www.abccounseling.org	Sexual Abuse counseling for youth, Adoption Service provider, resources for unplanned pregnancies, education for parents and community members.										
	Pregnancy Care Center of Springfield	700 N 7th St B, Springfield, IL 62702 [P: (217) 525-5630]	Tue-Thurs 9 AM-4:30 PM		www.springfieldpregnancycare.org	Counseling services for pregnant women and expecting Fathers; Support for parenting, adoption, Post-Partum depression, relationship issues, and grief support for infant loss.										
	Family Service Center	919 S Spring St, Springfield, IL 62704 [P: (217) 528-8406]	Mon-Fri 9 AM-4 PM		www.service2families.com	Counseling Services & adoption and Fostering services										
	Family Guidance Centers INC	120 N 11th St, Springfield, IL 62703 [P: (217) 588-9858] 2924 Stanton St Springfield, IL 62703	Mon-Fri 8 AM-4:30 PM		www.fgcinc.org	Inpatient and outpatient SUD Counseling										
	Gateway Foundation	2323 Adlai Stevenson Dr, Springfield, IL 62703 2200 Lake Victoria Dr, Springfield, IL 62703 [P: (855) 586-3912] [P: (855) 496-1830]	Mon-Thur 8:30 AM-9 PM & Friday 9 AM-5 PM		www.gatewayfoundation.org/locations/springfield/?utm_source=google&utm_medium=organic&utm_campaign=GMB_Springfield	Addiction Therapy Services										
	Lutheran Child and Family Services	400 S 9th St Suite 202, Springfield, IL 62701 [P: (217) 544-4631]	Mon-Fri 8:30 AM-4:30 PM		www.lcfs.org/program/counseling/	Counseling Services for children, parent, families in child welfare										
	Memorial Behavioral Health Center	710 N 8th St Springfield, IL 62702 [P: (217) 525-1064]; 901 N 1st St #225 Springfield, IL 62702 [P: (217) 788-4065] Mobile Crisis Response [P: (217) 788-7070]	Mon-Fri 8:30 AM-5:00 PM Crisis Response 24/7	Mobile	www.memorial.health/medical-services/behavioral-health/	Counseling Services and intensive CBT outpatient Partial Hospitalization Program; 24/7 Mobile Crisis Response Team										
	Prairie Center Against Sexual Assault	3 W Old State Capitol Plaza, Springfield, IL 62701 [P: (217) 744-2560]	Mon-Fri 9:00 AM-6:00 PM		www.prairiecasa.org	Counseling Services for survivors of sexual abuse; Adult and children										
	SIU Survivor Recovery Center	401 N Walnut St, Springfield, IL 62702 [P: (217) 545-7815]	Mon-Fri 8:30 AM-4:30 PM		www.siumed.org/buildings/walnut-building/survivor-recovery-center?utm_source=gmb&utm_medium=Yext	Psychiatry, Trauma Informed Yoga + Individual, family, and group therapy for survivors of crime; domestic violence, gang violence, sexual abuse, human trafficking,										
	Pure Haven Family Resource Center	215 W S Grand Ave E Suite B, Springfield, IL 62702 [P: (217) 679-4009]	Mon-Wed 1-4 PM; Thursday 1-5 PM		www.purehaven.org	Christian-Based Counseling and workshops & Domestic Violence Survivor advocacy										
	Living Hope Counseling Center	2200 S. 6th St Springfield, IL 62703 [P: (217) 698-7150]	Mon-Fri 9 AM-5 PM & Saturday 9 AM-1 PM		www.livinghopecounselingcenter.org	Faith Based Counseling services- Individual counseling, couples counseling, child and teen counseling, Addiction Counseling										
	Youth Service Bureau	2901 Normandy Rd, Springfield, IL 62703 [P: (217) 529-8300]	Mon-Fri 8 AM-4:00 PM		www.ysbi.com	For Youth; 24 Hr Crisis Intervention, Individual and Family Counseling, Outreach, Emergency Shelter										
	Lincoln Prairie Behavioral Center	5230 S 6th Street Frontage Rd E, Springfield, IL 62703 [P: (217) 585-1180]	Open 24/7		www.lincolnprairiebhc.com	Inpatient and Outpatient mental health services for children and youth; child and teen therapy groups, psychiatry and counseling										
	SIU Child and Adolescent Psychiatry	319 E Madison St Floor 2, Springfield, IL 62702 [P: 217-545-8000]	Mon-Fri 8:00 AM-4:30 PM		www.siumed.org/buildings/centrum-building/siu-child-adolescent-psychiatry?utm_source=gmb&utm_medium=Yext	Child Psychiatry and Behavioral Health Services										
	SIU Adult Psychiatry	319 E Madison St Springfield, IL 62702 3rd Floor 545-8000 [P: (217)]	Mon-Fri 8:00 AM-4:30 PM		www.siumed.org/buildings/centrum-building/siu-psychiatry	Adult Psychiatric Services										
	Intricate Minds	619 N Grand Ave E, Springfield, IL 62703 [P: (217) 670-3520]	Mon-Thurs 12:00 PM-8:00 PM		www.facebook.com/p/Intricate-Minds-61554189538298/	Mutual Aid support groups; free individual and group therapy										
	Behavioral Health Center of Illinois	1220 S 7th St, Springfield, IL 62703 [P: (217) 679-5379]	Mon-Fri 9:00 AM-5:00 PM		www.behavioralhealth.center	Individual Counseling, Couple's counseling, Psychotherapy, psychological testing, psychiatric diagnosis; Child, Adolescent, and Adult services										
	Memorial Specialty Care Psychiatry & Behavioral Health	3225 Hedley Rd Springfield, IL 62711 [P: (217) 726-7300]	Mon-Fri 8 AM-4:30 PM		www.memorial.health/memorial-specialty-care-psychiatry-behavioral-health-clinic/overview/	Counseling services, Psychiatry services, case management, crisis intervention										
	Thrive Center for Wellness	435 W. Washington Springfield, IL 62702 [P:(217)203-6600]	Mon-Thurs. 9AM-6PM, Fri. 9AM-5PM		www.thrivecenterforwellness.com	Individual therapy, group therapy, substance use disorder mental health specialists *Private Insurance/Self-Pay only										
Legal & Advocacy	Catholic Charities Legal Services	120 S 11th St Springfield, IL 62703 [P: (217) 523-4551]	Mon-Fri 9 AM-4 PM		www.cc.dio.org/programs/catholic-charities-legal-services	Assists people in Springfield with little to no income in obtaining Pro bono legal assistance from area attorneys in specialized fields while also providing compassion, empathy, and a listening ear to all who come seeking help.										
	Land of Lincoln Legal Aid	3085 Adlai Stevenson Dr Ste. 202, Springfield, IL 62703 529-8400 [P: (217)]	Mon-Fri 9 AM-12 PM; 1:00-5:00 PM		www.lincolnlegal.org	free legal aid to families and individuals in need										
	Sangamon County Public Defender	200 S 9th St # 301B, Springfield, IL 62701 [P: (217) 753-6699]	Mon-Fri 8:30 AM-4:30 PM		www.sangamonil.gov/departments/m-r/public-defender	Free legal representation in criminal and related proceedings										

	Sangamon County Court Services	200 S 9th St #38, Springfield, IL 62701 [P: (217) 753-6780]	Mon-Fri 8:00 AM-4:30 PM	www.sangamonil.gov/departments/m-r/probation-and-court-services	Probation and court services, Administration, Adult Services, Juvenile Services, and Detention Services.										
	Legal Advice and Referral Center	Address N/A (Hotline) [P: (877) 342-7891]	Mon-Thurs 9:00 AM-4:00 PM; Friday 9 AM-1:30 PM	www.lincolnlegal.org/contact-us/	Hotline to assist individuals with applying for legal services										
	Eviction & Fresh Start Project	Address N/A (Hotline) [P: (855) 601-9474]	Mon-Fri 9:00 AM-4:00 PM	www.lincolnlegal.org/contact-us/	Hotline to assist individuals with applying for legal services related to eviction										
	IL Court Help- Legal Aid Self Help Center	Address N/A (Hotline and Website) [P: (833) 411-1121]	Hotline Hours: Mon-Fri 8:30 AM-3:00 PM	www.ilcourthelp.gov/hc/en-us	Court guides connecting individuals with local legal aid										
	TASC	2141 W. White Oaks Dr. Unit A., Springfield, IL 62704 [P:(217)544-0842]	Call for hours	www.tasc.org	Screening, assessment, treatment, case management, recovery support for individuals with substance use and mental health concerns										
Clothing & Furniture Resources	Contact Ministries- Boutique	Basement 1100 E Adams St, Springfield, IL 62703 [P: (217) 753-3939] EXT 10	Boutique: [Wednesday 9 am-12 pm *Appointment only.] Mon-Thurs 9 AM-1:00 Red Carts items outside	www.contactministries.com/basement-boutique/	Basement boutique- Supplying women in need with gently used clothing, bedding, towels, household items, baby items and small appliances. & Free item giveaway outside in red carts on designated days										
	BB Boutique	Facebook Group	N/A	https://www.facebook.com/share/g/1AFwA9DzzD/	Facebook Group titled, "BB Boutique"; provides loaner prom and homecoming attire in the Springfield area free of charge, for youth in need.										
	Fifth Street Renaissance	1315 N 5th St Springfield, IL 62702 [P: (217) 544-5040]	Wednesdays 9 AM-1 PM; clothing only	www.fsr-sara.org/programs-and-services	Provides clothing and household items to clients in need. 1 visit per month-per client										
	Clean Slate Advocates	801 South Grand Avenue East, Springfield, IL, United States, Illinois [P: Phone: 217-610-5844]	Call for Free laundry day hours	https://csanfp.org/laundry/	offering free laundry services for community members in need										
	Freedom in Holiness Mission	1430 S Loveland Ave. Springfield, IL 62703 [P: (217) 522-2527]	2nd & 4th Sat of the month 7 AM-2 PM	N/A	Womens clothing resale										
	Goodwill	2531 N Dirksen Parkway Springfield, IL [P: (217) 679-7845] 2001 Wabash Ave Springfield, IL [P: (217) 220-1036] Plummer Blvd, Chatham, IL 62629 [P: (217) 220-9431]	For Wabash and West Plummer location: Mon-Sat 9 AM-9 PM & Sunday 11 AM-7 PM N Dirksen location: Mon-Sat 10 AM-7 PM Sunday 10 AM-6 PM	& www.llgi.org	Thrift Store selling clothing, housewares, small appliances, furniture, holiday and seasonal items, books, toys, etc.										
	Habitat for Humanity ReStore	2744 S 6th St Springfield, IL 62703 [P: (217) 523-2710]	Tue-Fri 10 AM-6 PM & Sat 10 AM-5 PM	www.habitatsangamon.com	Store selling affordable new and used housewares, furniture, building supplies, small and large appliances, flooring, home decor, outdoor tools, windows and doors, household fixtures, etc										
	Harvest Park Baptist Church														
	Community Center Clothing Closet	2401 s 9th St Springfield, IL 62703 [P: (217) 522-6202]	Sunday 10:30 AM–12 PM	www.harvardparkbaptist.com/community-center/	gently used clothing, supplied to men, women and children in need										
	Hope Thrift Store	1800 S Dirksen Pkwy, Springfield, IL 62703 [P: (217) 527-8414]	Mon-Fri 10 AM-6 PM & Sat 10 AM-5 PM	www.hopethriftcenter.org	Thrift store selling affordable gently used clothing, household items, furniture										
	Salvation Army Thrift Store	1762 W Wabash Ave Springfield, IL 62704 [P: (217) 546-1218]	Mon-Sat 9 AM-8:00 PM	https://satruck.org/	Thrift store selling furniture, clothing, household goods, and appliances										
	Springfield Urban League	100 N 11th St Springfield, IL 62703 [P: (217) 789-0830]	Mon-Fri 8:30 AM-5:00 PM	www.springfieldul.org	Provide clothes for careers to individuals in need										
	Washington Street Mission	408 N 4th St Springfield, IL 62702 [P: (217) 544-9011]	Tues and Thursdays 7:30-10:30 AM & 12:30-4 PM	www.washingtonstreetmission.org	free, gently used clothing for adults										
	Hangers of Hope	<u>179 E Jackson St, Virden, IL 62690 [P: (217) 381-9431]</u>	Tues, Wed, Fri, Sat 10:00 AM-6:00 PM	www.facebook.com/people/Hangers-of-Hope/100089592169888/?mibextid=ZbWKwL	Providing free gently used clothing and household items to community members in need										
	Cornerstone Clothing Connection	215 W VanBuren, Auburn, IL, 62615 [P: (217) 438-4073]	Rotating Hours; Call or visit website for current hours	www.facebook.com/p/Cornerstone-Clothing-Connection-100066691617344/	Free clothing and shoes for individuals in need										
	Intricate Minds	619 N Grand Ave E, Springfield, IL 62703 [P: (217) 670-3520]	Monday-Thursday 12-8 PM	www.facebook.com/p/Intricate-Minds-61554189538298/	Supplying clothing and shoes, haircuts, hair kits and hygiene kits to individuals in need										
Health Support Services	Access to Care for Enos and Pillsbury Neighborhoods	Address- N/A (Jim Medley Community Health Worker) 666-4851] [P: (217)	N/A	N/A	Access to Care Collaborative in Enos and Pillsbury neighborhoods										
	IDHS: Better Birth Outcomes	2833 South Grand Ave East Springfield, IL 62703 535-3102] [P: (217)	Mon 8:30-6 PM; Tues-Friday 8:30 AM-3:45 PM	www.dhs.state.il.us/page.aspx?item=118798	IDHS program providing case management, provides prenatal health education to pregnant women, linkage/enrollment in WIC, home visits, referrals for medical transport										
	Pregnancy Care Center	700 N 7th St B, Springfield, IL 62702 [P: (217) 525-5630]	Tues-Thurs 9:00 AM-4:30 PM	www.springfieldpregnancycare.org	Early prenatal care/ OB/GYN										
	First Step Woman's Center	215 S Grand Ave W Suite A, Springfield, IL 62704 523-0100] [P: (217)	Mon 9 AM-4:30 PM, Wed 11 AM-5:30 PM, 9 AM-4:30 PM	Thurs www.firststepwomenscenter.org	Pregnancy testing, OB ultrasounds, STI testing, Sexual Health education										
	Planned Parenthood-Springfield Health Center	601 N. Bruns, Springfield, IL 62702 [P: (217) 546-1060]	Mon & Tues 8 AM-4 PM, Wed 10 AM-5 PM, 10 AM-6 PM, Fri 8 AM-1 PM	Thurs www.plannedparenthood.org/health-center/illinois/springfield/62702/springfield-health-center-3284-90430?utm_campaign=springfield-health-center&utm_medium=organic&utm_source=local-listing	Reproductive Health, Pregnancy Testing and planning, HIV services, STD testing and treatment, Prenatal and Postpartum Services, vaccines, wellness and preventative care, mental health care, birth control, abortion services										
	Central Counties Health Centers	2239 E Cook St, Springfield, IL 62703 [P: (217) 788-2300]	Mon, Tues, Thurs, Fri 8 AM-5 PM; Wed 10 AM-7 PM; 9 AM-1 PM	Sat www.centralcounties.org	School/ Sports Physicals, Well child exams, Child Immunizations, chronic disease management, acute illness care, lab services, pharmacy services, telehealth, dental services, behavioral health										
	SIU Medicine Outpatient Clinics	751 N Rutledge St, Springfield, IL 62702 [P: (217) 545-8000]	Mon-Fri 8 AM-4:30 PM	www.siumed.org	General Medical Care and Speciality Clinics										
	Family Medicine Outpatient Clinic	520 N 4th St, Springfield, IL 62702 [P: (217) 545-8000]	Mon-Fri 8 AM-5 PM	www.siumed.org/family-medicine-springfield?utm_source=gmb&utm_medium=Yext	General Medical Care and Speciality Clinics										
	HSHS Medical Group Priority Care	1836 S MacArthur Blvd Springfield, IL 62704 [P: (217) 789-1403]	Mon-Sun 8 AM-8 PM	www.hshs.org/medical-group/hshs-medical-group-occupational-health-wellness-springfield	Walk in urgent care										
	HSHS Medical Group Family Health	125 E Plummer Blvd., Suite A, Chatham, IL 62629 483-3333] [P: (217)	Mon-Fri 7:30 AM-5:00 PM	www.hshs.org/medical-group/hshs-medical-group-family-health-chatham	General Medical Care										
	Memorial Care Urgent Care on South Sixth	2950 S 6th St, Springfield, IL 62703 [P: (217) 588-2600]	Daily 8 AM-8:00 PM	www.memorial.health/medical-services/urgent-care/	Walk in general medical care; for non emergency needs i.e colds, flu, minor injuries, etc										
	Memorial Care Urgent Care in Chatham	101 E. Plummer Blvd. Chatham, IL 62629 [P: (217) 588-2600]	Daily 8 AM-8:00 PM	www.memorial.health/memorial-care-urgent-care-in-chatham/overview/	Walk in general medical care; for non emergency needs i.e colds, flu, minor injuries, etc										
	Memorial Care Urgent Care on Koke Mill	3132 Old Jacksonville Rd Springfield, IL 62704 588-2600] [P: (217)	Daily 8 AM-8:00 PM	www.memorial.health/memorial-care-urgent-care-on-koke-mill/overview/	Walk in general medical care; for non emergency needs i.e colds, flu, minor injuries, etc										
	Memorial Care Urgent Care on N. Dirksen	3220 Atlanta St, Springfield, IL 62707 [P: (217) 588-2600]	Daily 8 AM-8:00 PM	www.memorial.health/memorial-care-north-dirksen-urgent-care/overview?y_source=1_MjM0MDExOTETNzE1LWxvY2F0aW9uLndIYnNpdGU%3D	Walk in general medical care; for non emergency needs i.e colds, flu, minor injuries, etc										
	Nurse Family Partnership- SIU	401 N walnut Springfield, IL 62794 [P: (217) 545-0175]	Mon-Fri 8 AM-4:30 PM	www.siumed.edu/communitycare/nurse-family-partnership	Free service for women who are pregnant with their first baby. Connects women to a registered nurse who will provide support, advice and information about healthy pregnancy and parenting.										
	Healthy Families Illinois	2833 South Grand Ave East Springfield, IL 62703 535-3102] Ext 3770 [P: (217)	M 8:30 AM-6:00 PM ; Tue-Fri 8:30 AM-3:45 PM	www.sangamonil.gov/departments/m-r/public-health/health-services#9712	Free home visiting program for eligible first and second time parents. Giving parents the tools and resources to create healthy, nurturing environments for their children.										
	Phoenix Center	109 E Lawrence Ave Springfield, IL 62704 [P: (217) 528-5253] 1999 Wabash Ave Ste 202 Springfield, IL 62704 (855) 879-4096] [P:	Monday-Thursday 9 a.m. to 4:30 p.m. by appointment	or www.phoenixcenterspringfield.org/free-testing/	HIV/STD Testing										
	Safe Haven Hospice	1315 N 5th St, Springfield, IL 62702 [P: (217) 544-5040]	24/7	N/A	Provides end-of-life services in the home										
	Fifth Street Renaissance	600 E Ash St, Building 500, 1st Floor Springfield, IL 62703 782-0400] [P: (217)	Monday-Thursday 9:00 AM-4:00 PM	www.www.fsr-sara.org/programs-and-services	HIV/STD Testing and Health Education										
	DHS Family Community Resource Center in Sangamon County	2833 South Grand Ave East Springfield, IL 62703 535-3102] [P: (217)	Mon-Friday 8:30 AM-4:30 PM	www.illinois.gov	Early intervention assessments for developmental delays, family case management, medical education to pregnant women, coordination of health and social services										
	Sangamon County Dept of Public Health	2833 South Grand Ave East Springfield, IL 62703 535-3102] [P: (217)	M 8:30 AM-6:00 PM ; Tue-Fri 8:30 AM-3:45 PM	www.sangamonil.gov/departments/m-r/public-health/home	STD testing, STD education, vaccines, treatment of STD's, Walk in Clinic, immunizations, school/sports and pre-employment physicals, flu shots, pregnancy testing, TB testing, Walk in Flu clinic, Breast feeding support, WIC, Free mammograms and gynecology services for underinsured women, etc.										
	Access Dental and Orthodontics	2633 Chatham Rd, Springfield, IL 62704 [P: (217) 971-3432]	Mon-Fri 9 AM-5:00 PM	www.accessdentalclinics.com/locations/illinois/springfield-il-on-chatham-rd/	Affordable cosmetic dentist in Springfield IL accepts most major insurance plans, including PPO, DPO, Medicaid, and Medicare + payment plans										
	Familia Dental	802 N 9th St, Springfield, IL 62702 [P: (217) 679-2896]	Mon-Fri 9 AM-6 PM; Sat 9 AM-4 PM	www.familiadental.com/locations/illinois/springfield/	Dental Care provider accepting Medicaid, Private Insurance, and Payment Plans										

	Vision Care Associates	2741 Prairie Crossing Dr, Springfield, IL 62711 [P: (217) 800-272-7393] 121 N Grand Ave W, Springfield, IL 62702 [P: (217) 528-3233]	Mon-Thurs 7 AM-6 PM; Friday 9 AM-5 PM; (Prairie Crossing Location only) 8 AM-12 PM	Sat	www.vision-care.com/home	Eye Exams & vision care accepting most private insurances									
	Bard Optical	3055 Wabash Ave, Springfield, IL 62704 [P: (217) 393-8534]; 2409 N Dirksen Pkwy, Springfield, IL 62702 [P: (217) 393-8609]	Mon-Fri 9 AM-6 PM; Sat 9 AM-1 PM		www.bardoptical.com	Eye Exams & vision care, accepting Medicare, Medicaid, and most private insurances, Contacts and Eyeglasses provider									
	Gailey Eye Clinic	1401 S Koke Mill Rd, Springfield, IL 62711 [P: (217) 529-3937]	Mon-Fri 8 AM-5 PM; Sat of the month 8:30 AM-12 PM	1st	www.gaileyeclinic.com	Eye Exams & vision care accepting Medicare and most private insurances									
	Vision Center (Located in Walmart)	3401 Freedom Dr, Springfield, IL 62704 [P: (217) 793-2020]	Mon-Fri 9 AM-7 PM; Sat 9 AM-6 PM		www.walmart.com/cp/vision-centers/1078944?povid=OMNISRV_D_i_GLOBAL_Nav_ServicesNav_V_C_1078944_SuperDepartment_VisionCenter_VisionHome_1332399668	Eye Exams, Eyeglasses and Contacts provider. Accepts Molina, Kids Connect, IL Partnership cards, and most major insurances.									
Transportation	Access Sangamon	928 S. Ninth St Springfield, IL 62703 [P: (217) 522-8594]	Mon-Fri 6:15 AM-12 AM; Sat 6:15 AM-6 PM on holidays]	[Closed]	www.smtd.org/accessapp	Paratransit service ransportation for persons with disabilities who are unable to use the SMTD fixed-route bus service. Individuals with disabilities must apply to become eligible to use the service									
	R Squared Transport	1700 S. Spring St. Springfield, IL 62704 [P: (217) 525-9069, (217) 891-4238, or (217) 622-9073 (evenings and weekends)]	N/A		www.easypassspringfield.org/visitor-info/Getting-Around/#:::text=Access%20Springfield%20SMTD%20928%20S.%20Ninth%20St.%20Springfield,%20IL%2062703	Wheelchair accessible vans and mini-vans that will accommodate either 1 or 2 passengers in wheelchairs and 3 in seats. Requests to be made 24 hr in advance; cash or check payment only.									
	Senior Services of Central Illinois- Senior Transport	701 W Mason St, Springfield, IL 62702 528-4035] EXT 128 [P: (217)	Mon-Fri 7:30 AM-4:30 PM		www.centralilseniors.org/transportation.htm	Transportation for individuals 60 years of age and over, as well as individuals 18 and over with a disability, living in Sangamon County. Vehicles are wheelchair accessible; Transportation is provided to rural county participants on a weekly basis. Suggested Donation of \$2.50/one way ride for individuals 60+, and a required fee of \$2.50 for individuals under the age of 60 with a disability.									
	Aetna Transportation	320 W. Washington St Springfield, IL 62767 [P: 1-866-212-2851]	Mon-Sat 8 AM-6 PM		www.aetnabetterhealth.com/illinois/members/icp/transportation	Rides to health care visits or to the pharmacy; to be requested 3 days prior to appointment									
	American Cancer Society	687 E Linton, Springfield, IL, 62703 523-4503; 1(800) 227-2345] [P: (217)	Mon-Fri 8:30 AM-5 PM		www.cancer.org/support-programs-and-services/road-to-recovery.html	Transportation for individuals with Cancer; Patients must be traveling to a cancer-related medical appointment									
	Amtrak	100 N Third St, Springfield, IL 62701 [P: (800) 872-7245]	Daily 8 AM-10:00 PM		www.amtrak.com/stations/spi	Train Station/Travel via train; Discounted tickets for seniors, students, passengers with disabilities, veterans, active military and their immediate family, children, etc									
	Angel Flight Central	10 Richards Rd. Kansas City, MO 64116 [P: (866) 569-9464]	Mon-Fri 8:30am-4:00pm		www.angelflightcentral.org/about-us#:~:text=Every%20year,%20Angel%20Flight%20Central%20(AFC)%20volunteer%20pilots%20and%20supporters	Free flights throughout the Midwest for families who need access to specialized health care, camps for special needs, disaster response efforts, and other compassionate reasons									
	AgeLinc- Area Agency on Aging for Lincolnland	2731 S MacArthur Blvd, Springfield, IL 62704 [P: (217) 787-9234]	Mon-Fri 8 AM-12 PM; 1-4 PM		www.agelinc.org	Senior transportation assistance. (For individuals 60 YO and older)									
	Blue Cross Blue Shield of IL- ModivCare	3405 Liberty Dr, Springfield, IL 62704 [P: 1-877-831-3148]	Mon-Fri 8 AM-6 PM		www.bcbsil.com/bcchp/benefits-and-coverage/transportation-services	Blue Cross Community Health Plans (BCCHP) offers members free transportation for medical needs. i.e free rides to and from doctor's office, a health care facility, pharmacy, or BCCHP-sponsored event.									
	Central Illinois HIV Care Connect-SIU Medicine	410 N Walnut St Springfield il, 62794 [P: 217-545-7683]	Mon-Fri 8-4:30 PM		www.hivcareconnect.com/region-3-central-illinois/	Provides Client mileage reimbursement program for those traveling to appointments related to care									
	Transdev (Formerly First Transit)	Helpline [P: 1-877-725-0569]	N/A		www.hfs.illinois.gov/medicalclients/medicaltransportationnonemergency.html	Medical transportation helpline for medicaid recipients not enrolled in a Managed Care Organization									
	HSHS St John's Caregiver Interfaith Volunteer Services	800 E. Carpenter St. Springfield, IL 62769 [P: (217) 757-6621]	N/A		www.hshs.org/st-johns/services/caregiver-interfaith-volunteer-services-(civs)	Providing transportation to and from medical appointments for existing care-receivers - -free of charge to older adults (60 years of age and older) in Springfield, Chatham, Rochester and Sherman regardless of income; Call to schedule ride 3 days in advance									
	Greyhound Bus Stop	111 S 11th St, Springfield, IL 62703 [P: (800) 231-2222]	24/7		www.greyhound.com/bus/springfield-il/springfield-smtd-transfer-center?utm_source=google_maps&utm_medium=organic	Affordable bus travel									
	Lifeline Pilots	[P: (800) 822-7972]	Mon-Fri 9 AM-4:30 PM		www.facebook.com/lifelinepilotsusa	Free flights in the Midwest for medical needs; Must have a financial or medical need for assistance									
	Meridian Healthcare-Transportation Services	[P: 866-796-1165]	Mon-Fri 8 AM-5 PM		www.mmp.ilmeridian.com	Provides non emergent transportation to Dr's appointments, pharmacies, WIC offices; also offers gas reimbursement									
	Molina Healthcare- Transportation Services	[P: (844) 644-6354]	Mon-Fri 8 AM-5 PM		www.molinahealthcare.com/members/il/en-us/hp/medicaid/overvw/coverd/services/transport.aspx	Non emergent medical transportation. Transport to Dr's appointments, medical facilities, pharmacies, WIC office, therapy; Schedule transportation 72 Hrs in advance									
	Sangamon Mass Transit District	928 S 9th St, Springfield, IL 62703 [P: (217) 522-5531]	Office Hours: Mon-Fri 8 AM-4:30 PM		www.smtd.org	Local Bus Lines in Springfield il									
	Sangamon Menard Area Regional Transit (SMART)	1800 E. Adams Springfield, IL 62702 [P: (217) 679-5009]	Mon-Fri 7:30 AM-4 PM		www.sangamonil.gov/departments/s-z/smart	Safe, reliable and cost effective Rural Public Transportation; one end of the trip, origin or destination must be in the rural area									
Education	Fishes and Loaves Vocational and Literacy Center	3519 Sheffield Road, Springfield, IL 62703 [P: (217) 529-3333]	N/A		www.fishesnloaves.org	Offers multiple adult literacy programs & on site Certified Nursing Assistant Program									
	Garvey Tubman Cultural Arts and Research Center	1319 S 13th St, Springfield, IL 62703 [P: (217) 816-0820]	Tues-Fri 11 AM-4 PM		www.facebook.com/people/Garvey-Tubman-Cultural-Arts-Research-Center/100063273247895/	Provides facilitated instruction with professional artist and music classes to assist supporting emerging artist's minds. Empowering creativity, showcasing, prepare for marketing, and sales. We accept applications for students ages 5-13									
	Lincoln Land Community College	5250 Shepherd Rd, Springfield, IL 62703 786-2200; (217) 786-2785] [P: (217)	Mon-Fri 8 AM-5 PM		www.llcc.edu	Local community college offering 'on-campus' and online courses crediting towards college degrees, adult education and literacy, Trades and Workforce Career Training; Certificates and degrees; different payment options- financial aid, scholarships									
	Compass for Kids	1201 S 4th St, Springfield, IL 62703 [P: (217) 691-8103]	Mon-Fri 9 AM-4 PM		www.compassforkids.org	After-school and summer programs-providing resources, academic and social-emotional support to underserved children in Springfield Public Schools									
	Sangamon County Regional Office of Education	2201 S. Dirksen Pkwy Springfield, IL 62703 [P: (217) 753-6620]	Mon-Fri 8 AM-4:30 PM		www.sangamonil.gov/departments/m-r/regional-office-of-education	GED Testing Program, Work permits, Teacher's certificates, Health/Life safety inspections, Truancy case workers									
	Sangamon County Dept of Community Resources	2833 S Grand Ave E, Springfield, IL 62703 [P: (217) 535-3120]	Mon-Fri 8 AM-4:30 PM		www.sangamonil.gov/departments/a-c/community-resources	Illinois Worknet Training Center, job training, assistance for displaced workers and job training through the Workforce Investment Act; referrals that promote economic stability and/or self-motivation. Assist with GED Test Vouchers									
	Land of Lincoln Workforce Alliance	1300 S 9th St, Springfield, IL 62703 [P: (217) 524-5996]	Mon-Fri 8:30 AM-5:00 PM		www.worknet20.org	Funding for job training for dislocated workers; or individuals with low income									
	Lincoln's Challenge Academy	100 N 11th St, Springfield, IL 62703 [P: (217) 528-7875]	Mon-Fri 8 AM-5 PM		www.lincolnschallenge.org/the-academy/	Military school for at risk youth; Tuition at no cost-The Academy combines classroom instruction, service to community, life skills, job skills, computer literacy, physical training, and challenging individual and team activities into one unique experience; Highschool diplomas, GED class, CPR training, Computer classes, food handler certificate, nutrition classes									
	Habitat for Humanity- Homeownership class	2744 S 6th St, Springfield, IL [P: 217-523-2710]	Classes at varying times; call for times		www.habitatsangamon.com/homeownership	Home Ownership Program Informational Sessions/education; home ownership opportunities to families who are unable to obtain conventional house financing									
	Lincoln Library	326 S. 7th Street Springfield, IL 62701 [P: (217) 753-4900]	Mon-Wed 10 AM-8 PM; Thurs-Sat 10 AM-5 PM; 1-5 PM (Open sundays Oct-April)	Sun	www.lincolnlibrary.info	Extensive collection of literature; Brainfuse program- virtual live tutoring, a 24-hour writing assignment review, study groups; Research resources, homeschooling resources, parent and educator resources, educational events									
	Springfield Park District	2500 S 11th St Springfield, IL 62703 [P: (217) 544-1751]	Mon-Fri 8 AM-4:30 PM (Administrative Office)		www.springfieldparks.org/activities-and-events/program-activity-overview/	Educational and Recreational Programs/Classes									
	Springfield Urban League	100 N 11th St Springfield, IL 62703 [P: (217) 789-0830]	Mon-Fri 8:30 AM-5:00 PM		www.springfieldul.org/programs-training	Community Technology Training Center, Community Health Training Center, Early and Head Start Programs- academic, social, mental, health, and nutritional education to children of low income families. Robotics program for youth.									

	University of Illinois Springfield	One University Plaza, Springfield, IL 62703 [P: (217) 206-6600]	Mon-Fri 8:00 AM-5:00 PM		www.uis.edu	Public local university; applications available for financial aid programs and scholarships to pay for courses; on-campus and online courses; Bachelors, Undergraduate, Master's Degree, and Graduate Certificate Programs									
	Parents As Teachers	3063 Fiat Ave Springfield, IL 62703 [P: (217) 525-3315]	N/A		www.sps186.org/page/parents-as-teachers/	FREE parent education program in the Springfield Public School District for prenatal families and families with children ages 0-3; Program increases parent knowledge of early childhood development and improve parent practices, Provide early detection of developmental delays and health issues of children, Prevent child abuse and neglect, Increase children's school readiness and success.									
	Sylvan Learning of Springfield	2735 S 6th St, Springfield, IL 62703 [P: (217) 280-8963]	Mon-Thurs 10 AM-8 PM; & Sat 9 AM-1 PM; Sunday 12-3 PM	Fri	www.sylvanlearning.com/locations/us/il/springfield-tutoring/springfield/?utm_source=google&utm_medium=local&utm_campaign=localmaps&utm_content=3204	Personalized tutoring services, homework support, Test preparation, Teaching study skills, academic camps; Payment plans available									
	Primed for Life, Inc.	816 S. College St., Springfield, IL 62704 [P: (217) 789-2980]	Mon.-Fri. 8:30 AM - 5 PM		www.primed4life.org	Offers advocacy, education, strength-based support through social practices and programs. Leadership Advocacy and Decelopment (L.E.A.D), Child Welfare Specialist (CWS), Amplified Fathers, Birth Parent Mentors, Parnering with Parents (PWP)									
Child Care	Community Child Care Connection	2801 W Lawrence Ave, Springfield, IL 62704 [P: (217) 525-2805]	Mon 8 AM-4 PM; Wed 8 AM-12 PM; Fri 8 AM-4 PM		www.4childcare.org	Child Care Assistance Program; assists low-income families with child care payments									
	Springfield Urban League-Head Start & Head Start	Early 770 E Apple Orchard Rd Springfield, IL 62703 [P: (217) 528-0899]; 1108 E Cook St. Springfield, IL 62703 [P: (217) 528-0893]	Mon-Fri 8:30 AM-5 PM		www.springfieldul.org/program/head-start	Early Head Start (EHS) Program- academic, social, mental, health, and nutritional education program for children (0-3 years of age) and their families of low income; Center base or home base program. Head Start program- low income preschool children (3-5 yrs of age)									
	Mini O Beirme Crisis Nursery	1011 N 7th St, Springfield, IL 62702 [P: (217) 525-6800]	24/7		www.miniobeirme.org	Crisis childcare; Stress breaks-for recovery after medical care, death in the family, and personal time for parents; Childcare in case of temporary loss of regular child care, childcare for persons affected by domestic violence or being unhoused, Childcare for court and medical appointments									
	Safe Families for Children	700 North 7th St, Suite A Springfield, IL 62702 [P: (217) 953-1141]	N/A		www.springfield.safe-families.org	Safe Families for Children hosts vulnerable children Keep children safe during a family crisis such as homelessness, hospitalization, or domestic violence in an effort to prevent child abuse and/or neglect. Reunite families and reduce the number of children entering the child welfare system. Alternative to foster care, where appropriate.									
	Home Day Care Providers Association	914 S 5th St, Springfield, IL 62703 [P: (217) 788-1959]	Mon-Fri 9 AM-6 PM		www.springfieldhomedaycares.wordpress.com	Professional association of licensed home and group home day care providers									
	Springfield Urban League-Wee Grow Before and After Care Program	1108 East Cook St Springfield, IL 62703 [P: (217) 528-0893]	Mon-Fri 6:45am-8:45am; 3:30pm -5:30pm		www.springfieldul.org/programs/wee-grow	Wrap around program for working parents or who are enrolled in school. Provides care before and after Head Start /Early Head Start hours and is open throughout the summer, when traditional Head Start is not in session. Financial Assistance Available for qualifying individuals									
	Better Life Bettter Living For Kidz	1507 E. Cook St., Springfield, IL 62703 [P:(217)717-1114]	Call for hours		www.blbl4k.org	Youth program that provides education support, wellness initiatives, and mentorship programs to help children overcome challenges and thrive. Provides A/V studio, financial literacy classes, chess club, gaming lab, after school, and summer programs.									
Recreation	Abraham Lincoln Presidential Library and Museum	212 N 6th St, Springfield, IL 62701 [P: (217) 558-8844]	Daily 9 AM-5 PM		www.presidentlincoln.illinois.gov	Museum about President Abraham Lincoln and The Civil War. Immersive displays, historical artifacts, immersive experiential theater, Holavision® theater, theatre shows and productions, gift shop, research library, Illinois gallery.									
	Auburn Community Center	118 N 5th St Auburn, IL 62615; [P: (217) 438-6151] Ext 2304	Monday-Friday from 7:30 a.m. to 4:00 p.m.		www.auburnillinois.us/our-community	available to rent for special occasions, such as baby or bridal showers, family gatherings, birthday parties, and group meetings									
	Bank of Springfield Center	1, Convention Center Plaza, Springfield, IL 62701 [P: (217) 788-8800]	Office Mon-Fri 9 AM-4:30 PM		www.theboscenter.com	Convention center and event arena; conferences, trade shows, circuses, sporting events, concerts									
	Chatham Community Center	109 W Mulberry St, Chatham, IL 62629 [P: (217) 483-2488]	N/A		www.chathamil.gov/business/chatham-community-center	Available to rent for special occasions, such as baby or bridal showers, family gatherings, birthday parties, and group meetings; Game Room and Gym also available									
	Caritas Bingo Hall Association	909 E Converse St, Springfield, IL 62702 [P: (217) 523-3021]	Tues-Sat 4-9 PM; Sunday 10 AM-3 PM		www.facebook.com/CaritasBingoHall/	Bingo Hall; Cafeteria available									
	Eisenhower Aquatic Center	2351 E Cornell Ave, Springfield, IL 62703 [P: (217) 525-8847]	Office Hours: Mon-Fri 8am - 4pm		www.springfieldparks.org/locations/42/eisenhower-indoor-pool/springfield/facility-details#tabs4tab1	Heated indoor swimming pools, swimming lessons, aerobic classes, host birthday parties									
	FitClub	3631 S 6th St Springfield, IL [P: (217) 787-8348]; 2811 W Lawrence Ave [P: (217) 787-1111]; 2701 E Sangamon Ave [P: (217) 788-8250]	24/7		www.fitclub.net	Gym; Fitness Classes, Group and Personal Training, Free Childcare during workouts, free-weights, cardio equipment, Pool and Aqua classes, Nutritional Counseling, Parkinson's Group personal Training, Free trials offered									
	YMCA of Springfield	601 N 4th St Springfield, IL 62702 [P: (217) 544-9846]; 4550 W lles Ave Springfield, IL 62711 [P: (217) 679-1625]	4th St location hours: Mon-Thurs 5 AM-8 PM, 5 AM-7 PM, Sat 7 AM-4 PM, Sun 1-5 PM Location Hours: Mon-Thurs 5 AM-8 PM, AM-7 PM, Sat 7 AM-4 PM, Sun 8 AM-12 PM	Fri lles Fri 5	www.springfieldymca.org	Gym; fitness classes, personal training, Free childcare during workouts, Swimming Lessons, Swim team, Sports, Kids Summer camp, Scholarship programs for membership									
	Planet Fitness	1756 Wabash Ave Springfield, IL 62704 [P: (217) 546-4910] 1879 E Sangamon Ave Springfield, IL 62702 [P: (217) 408-4878]	Mon-Thurs open 24 hours; Fri 12 AM-10 PM; 7 AM-7 PM; Sunday 7 AM-12 AM	Sat	www.planetfitness.com	Gym with low cost gym memberships, fitness classes, fitness trainers available, variety of equipment									
	Lincoln Library	326 S 7th St, Springfield, IL 62701 [P: (217) 753-4900]	Mon-Wed 10 AM-8 PM; Thurs-Sat 10 Am-5 PM		www.lincolnlibrary.info	Borrow books, movies, games, electronics, musical instruments with library card; meeting room rental available, wifi and mobile hotspots, book clubs, crafting events, educational events/classes,									
	Pure Performance Fitness Center	320 S 4th St, Springfield, IL 62701 [P: (217) 891-0691]	24/7		www.pureperformancefitnesscenter.com	Gym; Personalized fitness plan, small group coaching, personal trainers									
	Rochester Public Library & Community Center	1 Community Dr, Rochester, IL 62563 [P: (217) 498-8454]	Mon-Thurs 10 AM-7 PM; Fri 10 AM-5 PM; Sat 10 AM-4 PM		www.rochesterlibrary.org	Book Borrowing, book clubs, social events, craft classes, technology classes, "Story Time" for kids, Knitting and Crochet groups, and more									
	Springfield Art Association/ Edwards Place Historical Home	700 North 4th Street Springfield, IL 62702 [P: (217) 523-2631]	Mon-Fri 9 AM-5 PM; Sat 10 AM-3 PM		www.springfieldart.org/about.html	Community Based Non-profit that promotes and supports visual arts; open studio, art galleries, art camps, art classes, art outreach, school workshops, events and festivals, space rental, community events									
	The Salvation Army Community Center	1600 Clear Lake Ave., Springfield, IL 62703 [P: (217) 525-2196]	Daily 8 AM-9 PM		www.facebook.com/TheSalvationArmyGym/	Sports leagues and events									
	Springfield Civic Garden Club	Meeting Address: 533 S Walnut St Springfield, IL 62704 [P: N/A]	Scheduled monthly meetings and events; see Website		www.scgc-il.org	Local Garden Club									
	Springfield Park District	2500 S 11th St, Springfield, IL 62703 [P: (217) 544-1751]	Mon-Fri 8 AM-4:30 PM		www.springfieldparks.org	Municipal Government Agency over several local public parks; provides accessible, memorable recreational opportunities that enrich the community									
	Springfield Racquet and Fitness Center	3725 Chatham Rd, Springfield, IL 62704 [P: (217) 787-2460]	Mon-Thurs 6 AM-10 PM; Fri 6 AM-9 PM; & Sun 7 AM-7 PM	Sat	www.springfieldracquetandfitness.com	Full service indoor tennis, pickleball, and fitness facility									
	The Pharmacy Gallery and Art Space	623 E Adams St, Springfield, IL 62701 [P: N/A]	Friday and Saturday 12-6 PM		www.pharmacygallery.com	Art and Music events; Art gallery									
	The Recreation and Athletic Center	Richard Wright Dr, Springfield, IL 62703 [P: (217) 206-7103]	Mon-Thurs 7 AM-11 PM; Fri 7 AM-9 PM; 10 AM-9 PM; Sun 1-9 PM	Sat	www.uis.edu/campusrec/facilities/recreation-and-athletic-center-trac	Indoor sports, general fitness areas, free weights, multipurpose room, racquet ball and Squash courts, Arena, Golf simulator; Must be UIS student or TRAC member									
	Skyzone	3454 Liberty Dr, Springfield, IL 62704 [P: (217) 331-6600]	Tues/Thurs 12-8 PM; Fri 12-10 PM; Sat 9 AM-10 PM; 11 AM-6 PM	Sun	www.skyzone.com/springfieldil/	Indoor trampoline Park									
	Bounce Tag	3720 Hollis Dr, Springfield, IL 62711 [P: (217) 288-4386]	Tue/Wed 4-8 PM; Thurs 10 AM-8 PM; Fri 1-9 PM; 10 AM-9 PM	Sat	www.bouncetag.com	Family entertainment center; Bounce Houses, Laser Tag, Arcade, Indoor Playpark, Food									
	Malibu Jacks	2501 Wabash Ave, Springfield, IL 62704 [P: (217) 280-4787]	Mon-Thurs 11 AM-9 PM; Fri/Sat 11 AM-11 PM; Sun 12-9 PM		www.malibujacksspringfield.com	indoor themepark; rides, Go Karts, bowling, arcade games, laser tag, Golf, bounce houses									
	Kidzeum of Health and Science	412 E Adams St, Springfield, IL 62701 [P: (217) 679-2123]	Wed, Sat, Sun 9 AM-4 PM		www.kidzeum.org	Children's Museum									
	Dumb Records	418 E Monroe St, Springfield, IL 62701 [P: (217) 691-8991]	Daily 10 AM-7 PM		www.dumbrecs.com	Vinyl Record store; Arcade; Concert/Show venue with local and touring bands/artists									
	Dabble Springfield	1704 E Sangamon Ave, Springfield, IL 62702 [P: (217) 687-1904]	Wed-Sun 12-7 PM		www.64340b5842755.site123.me	Public Art Studio- Crafting areas, Assistance available to help wth art projects									
	Downtown Springfield Inc	3 W Old State Capitol Plaza, Springfield IL 62701 [P: (217) 544-1723]	N/A		www.downtownspringfield.org	Guide to Festivals, Restaurants, activities, Farmers Markets, Holiday events, and concerts happening in Downtown Springfield, IL									

	Levitt Amp Springfield Music Series	(Y-block near the Governor’s Mansion) between 4th and 5th streets and Capitol Avenue; Downtown Springfield, IL [P: (217) 544-1723]	Thursday evenings [Summer only]	www.heritagefoundationspi.org/levitt-amp-springfield	Seasonal, Free, family-friendly outdoor Concert Series; kids activities, Live Music and Food trucks										
	Illinois State Museum	502 S Spring St, Springfield, IL 62706 [P: (217) 782-7386]	Mon-Sat 9 AM-4:30 PM; Sun 12-4:30 PM	www.illinoisstatemuseum.org	Local museum; exhibitions and public programs that tell the story of the land, life, people, and art of Illinois.										
	Washington Park	1501 S Grand Ave W, Springfield, IL 62704 [P: (217) 544-1751]	Daily 6 AM-10 PM	www.springfieldparks.org/locations/40/washington-park/springfield/location-details	Local public park. Includes walking paths, botanical garden, wooded areas with off-road trails, tennis courts, playgrounds, pavilions, and Carillon										
	Henson Robinson Zoo	1100 E Lake Shore Dr, Springfield, IL 62712 [P: (217) 585-1821]	Daily 10 AM-5 PM	www.springfieldparks.org/locations/3/henson-robinson-zoo/springfield/facility-details	local zoo with over 96 species of native and exotic animals; events, gardens, playground, birthday parties, volunteer opportunities										
	Knight's Action Park	1700 Knights Recreation Dr, Springfield, IL 62711 546-8881] [P: (217)	General office hours: Daily 9 AM-9 PM; Water Park- Summer; Amusement Park-Daily 9 AM-6 PM;	www.knightsactionpark.com	Water park with float river, wave pool, kids water attractions, various thrilling attractions, pedal boats; Amusement park with ferris wheel, Go Karts, mini golf, batting cages, driving range, large outdoor playground, arcade games, and more.										
	Route 66 Drive In Theatre	1700 Knights Recreation Dr, Springfield, IL 62711 698-0066] [P: (217)	Open summer and early fall- Evenings	www.route66-drivein.com	Outdoor movie theater where patrons can watch films from the comfort of their own vehicles. Featuring two Large screens each playing different films; Concessions available for purchase										
	Lincoln Memorial Gardens and Nature Center	2301 E Lake Shore Drive Springfield, IL 62712 529-1111] [P: (217)	Open Daily from Sunrise-Sunset	www.lincolnmemorialgarden.org	Hiking trails in wooded areas and lakeside, gardens, nature center, gift shop, events										
	Skateland South	1500 Knights Recreation Dr, Springfield, IL 62711 546-4543] [P: (217)	Varying hours; see website for public skate times	www.skatelandsouth.com	Roller Skating rink with Arcade games and Prize store; concessions, birthday parties, and events										
	The Virden Community Center	101 W Jackson St, Virden, IL 62690 [P: (217) 965-5805]	Mon-Fri 8 AM-5 PM	www.virden.municipalimpact.com/community-center	event rental space										
	Southwind Park	4965 S 2nd St, Springfield, IL 62703 [P: (217) 585-2941]	Daily 6 AM-10:30 PM	www.springfieldparks.org/locations/36/southwind-park/springfield/location-details	Public community park; ADA accessible; playgrounds, walking paths, pavilions, fishing piers, gazebo, sports courts, sensory gardens, Erin's Pavilion-indoor event rental space										
	Centennial Park	5529 Bunker Hill Rd, Springfield, IL 62711 544-1751] ext. 1004 [P: (217)	Open Daily from Dawn to Dusk	www.springfieldparks.org/locations/9/centennial-park/springfield/location-details	walking paths, playgrounds, 100 ft high hill for sledding, picnic shelters, baseball fields, pet friendly-dog park, skateboarding park, tennis courts, outdoor fitness equipment										
	Iles Park	2000 S 6th St, Springfield, IL 62703 544-1751 ext. 1004] [P: (217)	Daily 6 AM-10 PM	www.springfieldparks.org/locations/21/iles-park/springfield/location-details	local public park. Baseball fields, outdoor pavilions, pickleball, picnic areas, playgrounds, skatepark										
	Lincoln Park	1601 N 5th St, Springfield, IL 62702 544-1751] ext. 1004 [P: (217)	Open Daily from Dawn to Dusk	www.springfieldparks.org/locations/30/Lincoln%20Park/location-details	historic local public park; walking paths, gardens, soccer field, baseball fields, tennis courts, shuffleboard courts, horseshoe courts, The Nelson Recreation Center, stone pavilions, disc golf course,										
	Duncan Park	500 N MacArthur Blvd, Springfield, IL 62702 544-1751] ext. 1004 [P: (217)	Daily 5 AM-10:30 PM	www.springfieldparks.org/locations/12/duncan-park/springfield/location-details	local public park; walking paths, brick shelters, playground with zipline and musical instruments, pickleball courts, disc golf course, sledding hill, Bandshell musical performance space.										
	Enos Park	1000 North 7th Springfield, IL 62703 544-1751] ext. 1004 [P: (217)	Open Daily from Dawn to Dusk	www.springfieldparks.org/locations/14/Enos%20Park/location-details	local public park; playgrounds, walking paths, picnic shelter, pollinator garden										
	Carpenter Park	1 Carpenter Park Trl, Springfield, IL 62707 544-1751] ext. 1004 [P: (217)	Open Daily from Dawn to Dusk	www.springfieldparks.org/locations/8/carpenter-park/springfield/location-details	local public park; wooded area with hiking trails alongside The Sangamon River, nature trails, river rock trails, picnic tables										
	Union Square Park	500 E Madison St, Springfield, IL 62701 [P: (217) 558-8948]	Open Daily 8 Am-10 PM	www.presidentlincoln.illinois.gov/visit/whats-inside/venue-rentals/event-venues/union-square-park/	interurban park adjacent to Abraham Lincoln Presidential Library and Museum; Featuring bronze Lincoln Statues, garden,										
	Southern View Community Park	3483-3499 S 4th St, Southern View, IL 62703 529-3352] [P: (217)	Open Daily 6 AM-2 PM	www.southernview.us/community-park	walking paths, playgrounds, tennis courts, several pavilions available for event rental										
	Comer Cox Park	301 Martin Luther King Dr, Springfield, IL 62703 544-1751] ext. 1004 [P: (217)	Open Daily 6 AM-10:30 PM	www.springfieldparks.org/locations/10/Comer%20Cox%20Park/location-details	local community park; splash pads, walking paths, outdoor fitness court, basketball courts, playground with rock climb wall, pollinator garden, picnic shelters, tennis courts, bike sports										
	Illinois State Fairgrounds	801 E Sangamon Ave, Springfield, IL 62706 [P: (217) 782-2172]	Mon 8:30 AM-7 PM; Tuesday-Fri 8:30 AM-4:30 PM; Annual IL State Fair event hours August 7 AM-12 AM; See website calendar for specific event times	www.statefair.illinois.gov/info.html	Year-round events and Expositions; Annual IL State Fair every summer, campground, demolition derby, concerts, motorcross events, automobile races, horse racing, parade in the summer, dog shows, indoor market events, model train shows etc, Sensory friendly exhibits										
	The Nelson Center	1601 N 5th St, Springfield, IL 62702 753-2800] [P: (217)	Varying hours; see website and schedule for times	www.springfieldparks.org/locations/47/nelson-center-ice-rink/springfield/facility-details	Ice skating rink, Outdoor public pool, birthday party rentals, concessions, outdoor pavillion, ice sports, events										
	Lost Bridge Trail	Trail end points: Behind IL Dept of Transportation building on, South Dirksen Parkway (Springfield) and Walnut St. at SR 29 (Rochester) [P: (217) 544-1751]	Open Daily from Dawn to Dusk	https://www.springfieldparks.org/locations/61/lost-bridge-trail/springfield/location-details	Hiking Trail, stretching 5 miles from Springfield's eastside to Rochester, IL; Built on the old Baltimore and Ohio Railroad line. Asphalt surface trail, bordered by dense tree lines, woodland and prairie flowers, is open to trail users including walkers, runners, bicyclists, rollerbladers, strollers and wheelchairs.										
	Hoogland Center for the Arts	420 S 6th St, Springfield, IL 62701 [P: (217) 523-2787]	See tickets on website for specific show times	www.hcfta.org	Venue with plays and live theatre productions										
	Springfield Muni Opera	815 E Lake Shore Dr, Springfield, IL 62712 [P: (217) 793-6864]	See tickets on website for specific show times (Seasonally Spring/Summer)	www.themuni.org	Outdoor amphitheater with live theatre productions; plays and musicals. Discounted tickets for seniors, military, and students.										
	AMF Springfield Lanes	2660 W Lawrence Ave, Springfield, IL 62704 [P: (217) 787-6111]	Mon-Thurs 4-10 PM; Fri 4 PM-12 AM; Sat 11 AM-12 AM; Sun 11 AM-10 PM	www.amf.com/location/amf-springfield-lanes	Open bowling, bowling leagues, concessions										
	King Pin Lanes	3115 E Sangamon Ave, Springfield, IL 62702 [P: (217) 544-0838]	Mon-Thurs 9 AM-10 PM; Fri & Sat 9 AM-11 PM; 9 AM-9 PM	www.kingpinlanesspringfield.com	Open bowling lanes, bowling leagues, restaurant service										
	AMC Classic Springfield 12	3141 Mercantile Dr, Springfield, IL 62711 [P: (217) 793-6440]	See website for specific showtimes	www.amctheatres.com/movie-theatres/springfield-il/amc-classic-springfield-12?utm_medium=organic&utm_source=google&utm_campaign=local	Indoor movie theatre; Concessions										
	AMC Springfield 8	2945 S Dirksen Pkwy, Springfield, IL 62703 [P: (217) 529-9448]	See website for specific showtimes	www.amctheatres.com/movie-theatres/springfield-il/amc-springfield-8?utm_medium=organic&utm_source=google&utm_campaign=local	Indoor movie theatre; Concessions										
	Creekside Arcade	1081 Jason Place Chatham, IL 62629 [P: (217) 483-8282]	Mon, Wed, Thurs, Fri, Sat, Sun 11 Am-9 PM	www.thecreekpub.com/creekside-arcade	Arcade games, Skee-ball, Prizes, Restauraunt attached										
Children/Youth	Family Service Center	919 S Spring St, Springfield, IL 62704 [P: (217) 528-8406]	Mon-Fri 9 AM-4:00 PM	www.service2families.com	Adoption and post-adoption services, foster care services; Resources for Adoptive parents/foster Caregivers and the children in their care										
	Better Birth Outcomes	2833 South Grand Ave East Springfield, IL 62703 (217) 535-3102] [P:	Mon 8:30-6 PM; Tues-Friday 8:30 AM-3:45 PM	www.dhs.state.il.us/page.aspx?item=118798	IDHS program providing case management, provides prenatal health education to pregnant women, linkage/enrollment in WIC, home visits, referrals for medical transport										
	Birth to Five Illinois: Region 51	[P: (309) 393-2545]	N/A	https://www.birthtofiveil.com/region51	Unites families and community leaders across Illinois to assess early childhood needs, address service gaps, and ensure equitable access to quality care and education.										
	Boys and Girls Club of Springfield	300 S 15th St, Springfield, IL 62703 [P: (217) 544-0548]	Mon-Fri 9 AM-6:30 PM	www.bgccil.org	Programs that help youth turn into leaders of tomorrow through education, career development, art, technology, fitness, life skills and character building.										
	Computer Banc	1545 N 11th St, Springfield, IL 62702 [P: (217) 528-9506]	Mon-Fri 9 AM-4 PM	www.computerbanc.org	Program providing 'At Risk' individuals and students in need with computers										
	Mini O Bierne Crisis Nursery	1011 N 7th St, Springfield, IL 62702 [P: (217) 525-6800]	24/7	www.miniobeirne.org	Crisis childcare; Stress breaks-for recovery after medical care, death in the family, and personal time for parents; Childcare in case of temporary loss of regular child care, childcare for persons affected by domestic violence or being unhoused, Childcare for court and medical appointments; Basic Needs Pantry										
	Bureau of All Kids	201 S Grand Ave E, Springfield, IL 62763 [P: (217) 524-7156]	Mon-Fri 8:30 AM-4:30 PM	www.hfs.illinois.gov/medicalprograms/allkids.html	Healthcare program for kids										
	Parent Help Line	Address-N/A (Helpline) [P: (888) 727-5889 or (217) 544-5808]	24/7	Helpline	24-hour service that advocates the prevention of physical, emotional and sexual child abuse										
	Sangamon County Child Advocacy Center	1101 E Monroe Springfield, IL 62703 [P: (217) 522-2241]	Mon-Fri 8:30 AM-4:30 PM	www.sangamonil.gov/departments/a-c/child-advocacy-center	Coordinated, multidisciplinary approach to child abuse investigations in Logan, Sangamon, Christian and Menard counties. Provides a safe, child focused setting for investigations of child abuse, ensure victims and their families receive quality services, and raise awareness in the community to combat child abuse.										

	SIU Pediatrics	400 N. 9th Street Springfield, IL 62702 [P: (217) 545-8000]	Mon-Fri 8:00 AM-4:30 PM; in clinic for existing clients-7:30-10 AM	Walk-	www.siumed.org/buildings/women-and-childrens-clinic	lab and pharmacy; pediatric rehabilitation with an expanded therapy gym; pediatric cardiology services and diagnostic testing; mammography and other imaging tests; pediatric orthopedics and general surgery; maternal-fetal medicine for high-risk pregnancy care; pediatric multi-specialty clinic; as well as obstetrics and gynecology, walk-in clinic for non-emergent needs for pediatric clients										
	Parents As Teachers- District 186	3063 Fiat Ave Springfield, IL 62703 [P: (217) 525-3315]	Mon-Fri 8:00 AM-4:30 PM		www.sps186.org/page/parents-as-teachers/	Free parent education program in the Springfield Public School District for prenatal families and families with children ages 0-3										
	Phoenix Center Youth Group	109 E Lawrence Ave, Springfield, IL 62704 [P: (217) 528-5253]	Fridays 6-8 PM (Sign up required before; on website)		www.phoenixcenterspringfield.org/lgbtqa-youth-group/	Support group for LGBTQA (lesbian, gay, bisexual, transgender, questioning youth and allies) individuals ages 13-17. The purpose of the group is to provide a safe environment to meet people and make new friends and to learn about and discuss other issues of interest. This group meets every Friday night from 6-8 p.m.										
	Youth Service Bureau	2901 Normandy Rd, Springfield, IL 62703 [P: (217) 529-8300]	Mon-Fri 8:00 AM-4:00 PM		www.ysbi.com	Comprehensive community based youth services, 24-hour crisis intervention, individual and family counseling, outreach, emergency shelter for youth, information and referral, and linkage to other agencies. Trained counselors provide youth with face-to-face crisis intervention, individual, group, and family counseling, Unhoused Youth Program for ages 18-24 YO										
	The Outlet	3306 South 6th Rd. Springfield, IL 62703 St, Springfield, IL 62703 [P: (217) 843-7475]	2525 S 12th Mon-Thurs 4:30-7:30 PM		www.theoutletillinois.org	Mentorship programs providing youth males (Ages 8-22 YO) the emotional, educational, and spiritual passage from boyhood to manhood										
	Compass for Kids	1201 S 4th St, Springfield, IL 62703 [P: (217) 691-8103]	Mon-Fri 9 AM-4:00 PM		www.compassforkids.org	Club Compass-afterschool elementary program focuses on social-emotional skill development, life skills, enrichment, and reading. The Youth Leadership Development Program (YLDP) for middle and high school alumni of Club Compass- Leadership development, college prep, prep for vocational / trade school, the military, and/or to enter the workforce. Summer Learning Camp available too										
	Rutledge Youth Foundation	151 Bruns Ln, Springfield, IL 62702 [P: (217) 525-7757]	Mon-Sat 8 AM-7:00 PM		www.rutledgeyouthfoundation.org	Foster Care programs, case management, Intensive Placement Services, Intact Family Services, Individual and family therapy to youth receiving case management services, as well as education, support, and therapy for biological parents and foster parents										
	Springfield Urban League	100 N 11th St, Springfield, IL 62703 [P: (217) 789-0830]	Monday-Friday 8:30 AM – 5:00 PM		www.springfieldul.org	Educational programs for Children; and Afterschool programs										
	The Parent Place	314 S Grand Ave W, Springfield, IL 62704 [P: (217) 753-8730]	Mon-Thurs 8:30 AM-5:00 PM; Fri 8:30 AM-12:00 PM		www.tppos.org	Providing Classes to Develop & Enhance Parenting Skills, Equipping Parents with Parenting Techniques and Support, Facilitating Child-Focused Mediation & Positive Co-Parenting, Diapers & Support for Babies & Their Families, Support for Grandparents Raising Grandchildren.										
	Garvey Tubman Cultural Arts and Research Center	1319 S 13th St, Springfield, IL 62703 [P: (217) 816-0820]	Tuesday-Friday 11 AM-5 PM		www.facebook.com/p/Garvey-Tubman-Cultural-Arts-Research-Center-100063273247895/	Provides facilitated instruction with professional artist and music classes to assist supporting emerging artist's minds. Empowering creativity, showcasing, prepare for marketing, and sales. We accept applications for students ages 5-13.										
	Better Life Bettter Living For Kidz	1507 E. Cook St., Springfield, IL 62703 [P:(217)717-1114]	Call for hours		www.blbl4k.org	Youth program that provides education support, wellness initiatives, and mentorship programs to help children overcome challenges and thrive. Provides A/V studio, financial literacy classes, chess club, gaming lab, after school, and summer programs.										
	Solid Rock Youth Transitional Services	Call regarding location(s) [P:(217)572-1269]	Mon.-Fri. 9 AM - 5 PM Sunday School: Sunday 9:15 AM; Worship: Sunday, 10:30 AM		www.solidrockyts.org	Program offering transitional housing and support for youth aging out of foster care, personalized case management plans, and supportive services like foster parent stipends, life skills training, workforce training, transportation, and referrals to partner organizations.										
Spirituality	The Salvation Army	1600 E. Clear Lake Ave, Springfield, IL 62703 [P: (217) 525-2196]	Christian Education, Worship services- Church, Women's Ministries, Men's Ministries, Sunday School, Children and Teen's Worship services,		www.centralusa.salvationarmy.org/springfield/	Christian Education, Worship services- Church, Women's Ministries, Men's Ministries, Sunday School, Children and Teen's Worship services,										
	Faith Coalition for the Common Good	2208 E Kansas St, Springfield 62703 [P: (217) 544-2297]	A coalition of faith communities, community organizations and individuals working collaboratively for racial equity, civic engagement, a fair economy and participatory decision-making.		www.faithcoalition-il.org	Serves Dozens of Churches, Ministries, & Non-Profits by helping these organizations combine their resources to extend the reach of christian based resources in Springfield and the Surrounding Communities										
	Ministerial Alliance of Springfield and Vicinity	919 S Wheeler, Springfield, Illinois 62703 [P: (217) 306-3533]	See website for specific events		www.springfieldministerialalliance.com	Adult ministries, Men's Ministries, Women's ministries, Marriage ministry, Seniors ministry, Young adult ministry, student ministries, music ministry, small groups; multiple campuses and online options available										
	Abundant Faith Christian Center	2525 Taylor Ave, Springfield, IL 62703 [P: (217) 585-4000]	Tues 10 AM-4:30 PM; Wed 10 AM-6 PM; 10:30 AM-4:30 PM; Fri 10 AM-2 PM	Thurs	www.abundantfaith.org	A non-denominational christian church; ministry work, worship services, sermons in person and online; and events; recovery programs										
	BYO Church	2901 Sangamon Ave Springfield, 62702 [P: (217) 971-6078]	In-Person Service Saturdays 6:00 PM Sermons see website for online sermon times	+Online	www.byochurch.com	A Christian church with in-person and online services; infant and children ministries, Pre-teen and teen ministries, various support groups, 12 step recovery group, "Buddies Ministry" to provide inclusion for those with special needs.										
	Westside Christian Church	2850 Cider Mill Ln, Springfield, IL 62702 [P: (217) 793-2800]	Sunday Services: 8 AM, 9:30 AM, 11 AM; Hours- Mon, Tue, Thurs 8 AM-4:30 PM; 8 PM	Office Wed 8 AM-	www.wschurch.org/	Pentecostal Church; children's ministry, youth ministry, small groups; events										
	The Pentecostals of Springfield	2600 S MacArthur Blvd, Springfield, IL 62704 [P: (217) 544-4715]	Sunday 2–4:30 PM, 6–8 PM; Tuesday 7 PM		www.tps.church/	Baptist Church; in person sermons										
	Holy City Church Missionary Baptist Church	1601 E Carpenter St, Springfield, IL 62702 [P: (217) 789-4567]	Mon-Fri 9 AM-5 PM; Sat & Sun 9 AM-6 PM		www.facebook.com/p/Holy-City-Missionary-Baptist-Church-100064567613299/	Worship Services, Sunday School, Monthly Potluck Dinner										
	Harvard Park Baptist Church	2401 S 9th St, Springfield, IL 62703 [P: (217) 522-6202]	Sunday 10:30 AM-12:00 PM		www.harvardparkbaptist.com	In-person and online church sermons, Words of hope podcast, community outreach										
	Hope Presbyterian Church	2211 Wabash Ave, Springfield, IL 62704 [P: (217) 546-6951]	Office: Mon-Fri 9 AM-1 PM; Services-Sun 9:30 AM	Worship	www.hopeforspringfield.org	Worship services in-person and online; youth and children's ministries, faith based classes, events										
	Lakeside Christian Church	225 Toronto Rd, Springfield, IL 62711 [P: (217) 529-2513]	Sunday Services: 9 AM; 10:30 AM		www.lakesidechristian.com/Home	Unity self describes as a positive, practical, progressive approach to Christianity and the power of prayer. Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path.										
	Unity of Springfield	417 E Cordelia St, Springfield, IL 62703 [P: (217) 523-5897]	Sunday Services 10 AM		www.unityofspringfieldil.org	Weekly worship services, children's and youth ministries										
	Cherry Hills Church	2125 Woodside Rd Springfield, IL 62711 [P: (217) 546-4818]	Office: Mon-Thur 8:30 AM-4:30 PM; Fri 8:30 AM-3 PM; Sunday Services: 8 AM, 9:30 AM, 11:00 AM		www.cherryhillsfamily.org	weekly worship services/sermon, Bible Study										
	Radiant Church	3200 Shaler Rd, Springfield, IL 62707 [P: (217) 522-5632]	Sunday Service- 10 AM; Wed at 6:30 PM		www.radiantspringfield.com	Non-denominational church; worship services, outreach ministries, nursery, children's and youth ministry, Women's ministries, men's ministries, events										
	Destiny Church	1425 N 6th St, Springfield, IL 62702 [P: (217) 685-4124]	Office Hours: Mon-Fri 9 AM-4:30 PM; Sun 9-11:30 AM Sunday Service- 10 AM		www.destiny217.org	The Mission of the Jewish Federation of Springfield, Illinois is to serve the Jewish people locally, in Israel and throughout the world through coordinated fundraising, communitywide programming, social services and educational activities.										
	Springfield Jewish Federation	1999 Wabash Ave #206, Springfield, IL 62704 [P: (217) 787-7141]	N/A		www.shalomspringfield.org	Jewish Temple; Services with liturgy readings; children and family services 1st Fri of the month										
	Temple B'rith Sholom	1004 S 4th St Springfield, IL 62703 [P: (217) 525-1360]	1st & 2nd Fri evenings of the month services at 5:30 PM 3rd, 4th and the occasional fifth Fridays services at 6:00 PM	3rd,	www.templebrithsholom.com	Temple Israel is a Conservative synagogue- self described as a warm, sociable congregation with members from diverse professional and religious backgrounds.										
	Temple Israel	1140 W Governor St Springfield, IL 62704 [P: (217) 546-2841]			N/A	Shabbos services,and services on all Jewish holidays; events										
	Chabad Jewish Center of Springfield	1045 Outer Park Dr, Springfield, IL 62704 [P: (773) 870-7770]	Sat- 10:30 AM Prayer Service, 11:30 Torah reading, Kiddush lunch	12:30	www.chabadspringfield.com	Messianic synagogue; Services, music, practices conducted according to those of the synagogue, Observance of Holy Days and Festivals, His Sabbath and customs of Judaism										
	Temple Petah Tikvah	2801 N Peoria Rd in Springfield, IL 62702 [P: (217) 528-8075]	Sat 10:30 AM-6:30 PM		www.petahtikvah.org	Serves as a community and religious hub for Muslims; provides full 5 daily, Jummah, Eid, Taraweeh, and Janazah prayers. Islamic and Quran studies classes, Community Halaqa and interfaith events. Islamic funeral service advice and community outreach is also conducted.										
	Islamic Society of Greater Springfield	3000 Stanton St, Springfield, IL 62703 [P: (217) 529-8970]	Friday Prayer Service: Khutbah 1:15pm; Iqama 1:45pm **Additional service times updated on website under announcements		www.isogs.org	Community Center holding interfaith events, after school programs, space to hold Eid prayers, Iftars and Taraweh prayers, hub for our Islamic education & events										
	An-Noor Islamic Community Center	3255 Mathers Rd, Springfield, IL 62711 [P: (217) 529-8970]	See website for specific events		www.isogs.org/an-noor-center/	A non-denominational Chinese Christian church										
	Chinese Bible Church of Springfield	716 N Amos Ave, Springfield, IL 62702 [P: (217) 953-4579]	See website for service times: www.cbcsil.org/schedule		www.cbcsil.org											

	Shri Mahalakshmi Temple - The Hindu Temple of Greater Springfield	1001 W Walnut St, Chatham, IL 62629 [P: (217) 697-8174]	See website for service times: www.springfieldtemple.org/#/home/default/b9b87cba-c59a-4fc7-b490-8caf32faaa39	www.springfieldtemple.org/#/home	Temple with daily worship services, religious education classes, study circles, discourses, celebration of Hindu festivals and religious activities, and cultural events, community service activities												
	Shree Swaminarayan Gurukul	3150 Chatham Rd, Springfield, IL 62704 [P: (217) 223-4567]	Daily 7 AM-12:00 PM; 4:00-7:30 PM	www.springfield.rajkotgurukul.org	Hindu Temple												
	Chanmyay Satipatthana Vihara	525 Bruns Ln, Springfield, IL 62702 [P: (217) 726-9601]; Ln Springfield, IL 62702	9 Harriet	www.chanmyayusa.org	Buddhist Temple; retreats, Buddha's Dhamma (teachings), meditation												
	Baha'i Center	1131 S 8th St, Springfield, IL 62703 [P: (217) 544-9595]	See website for service times: https://calendar.google.com/calendar/u/0/embed?src=springfieldbahaievents@gmail.com&ctz=America/Chicago	www.facebook.com/spfdilbahai/about_details	Baha'i Faith; Devotionals, Study circles, classes, Fireside discussions, interfaith devotions, events												
	Abraham Lincoln Unitarian Universalist Congregation	745 Woodside Rd, Springfield, IL 62711 [P: (217) 585-9550]	Sun 9:30 AM-12:30 PM; Tues & Wed 10 AM-5 PM; Thurs 10 AM-2 PM	www.aluuc.org	Sunday morning worship services; Spoken word, music, quiet time, fellowship, guest speakers, nursery care												
	The Church of Jesus Christ of Latter-day Saints	3601 Buckeye Dr, Springfield, IL 62712 [P: (217) 529-7844]	Office Hours: Daily 9 AM-6 PM	www.local.churchofjesuschrist.org/en/us/il/springfield/3601-buckeye-drive?utm_source=gmb&utm_medium=yext&y_source=1_NjcwODg0NDYtNzE1LWxvY2F0aW9uLndiYnNpdGU%3D	Sacrament meetings, songs, prayers, and sermons (or "talks") given by different members of the congregation												
	Kingdom Hall of Jehovah's Witnesses	3076 Normandy Rd, Springfield, IL 62703 [P: (217) 529-2409]; 4800 Old Jacksonville Rd, Springfield, IL 62711 [P: (217) 793-0188]	Sunday 9:30 AM & 12:30 PM; Tues & Thursday 7:00 PM	www.jw.org/en/	Worship meetings twice a week, biblical teachings, music and prayer												
	Springfield First Seventh-day Adventist Church	3300 W Jefferson St, Springfield, IL 62707 [P: (217) 787-7089]	Saturday 9:15 AM-8 PM; [Sat	www.springfieldfirstil.adventistchurch.org	worship services, bible study, prayer, sabbath school												
	Real Life Church	2701 Hermitage Rd, Springfield, IL 62703 [P: (217) 528-2299]	Worship services: 11:00 AM] Wednesday 6:15-8 PM														
	Cathedral of the Immaculate Conception	524 E Lawrence Ave, Springfield, IL 62703 [P: (217) 522-3342]	Office Hours: Sun 8 AM-1 PM, Mon & Tue 8:30 AM-4:30 PM; Wed 8:30 AM-4:30 PM; Thurs 8:30 AM-4:30 PM [Services: Sun 9 AM & 10:45 AM]	www.rlcspringfield.com	Worship services, biblical teachings, children's and youth ministries, events												
	Southern View Chapel	4500 S 2nd St, Springfield, IL 62703 [P: (217) 529-1876]	Open Daily 6 am-6 PM; Sat. Mass 8 AM; Vigil 4 PM; Sunday Mass: 7 AM, 10 AM, 5 PM; Weekday Mass 7 AM, 5:15 PM	www.spicathedral.org	Daily Mass services, Confessions, adoration, Liturgical Ministries, grief support group, bible study, events												
	Third Presbyterian Church	1030 N 7th St, Springfield, IL 62702 [P: (217) 528-0457]	Sunday sermons 9 AM, Sunday School 10:30 AM; Wed 6:30 PM	www.svchapel.org	Weekly sermons, small groups, children's and youth ministries, women's ministries, men's ministries, outreach, senior ministries.												
	St Paul AME Church Springfield	1130 S 16th St, Springfield, IL 62703 [P: (217) 522-4796]	Daily 8 AM-4 PM; Sunday Services 9 AM	www.third-presbyterian.org	Worship services- child care available during church services												
	First United Methodist Church	2941 S Koke Mill Rd, Springfield, IL 62711 [P: (217) 793-9760]	Sunday School 9:30 AM; Sunday Worship 10:45 AM	www.stpaulame.net	African Methodist Episcopal Church; Worship services, Bible study, special events												
	Mt. Zion Apostolic Church	2637 S 10th St, Springfield, IL 62703 [P: (217) 523-1325]	Sunday Services: 9 AM; 10:30 AM	www.springfieldfirst.org	Sunday worship services; children's ministries, youth ministries, small groups, support groups												
	Saint Anthony Greek Orthodox Church	1600 S Glenwood Ave, Springfield, IL 62704 [P: (217) 522-7010]	Sunday School 9:30 AM; Sunday Worship 10:45 AM; Wednesday Bible Study- 5:30 PM	www.mtzionapostolicchurch.com	Sunday worship services; sunday school, bible based teachings												
	St John A.M.E. Church	1529 E Capitol Ave, Springfield, IL 62703 [P: (217) 523-3969]	Sunday at 8:30 AM for Matins; 9:30 AM for Divine Liturgy	www.stanthony.il.goarch.org	In-person Worship services and Online sermons												
	St Aloysius Catholic Church	2000 E Sangamon Ave, Springfield, IL 62702 [P: (217) 544-4554]	Sunday worship service 10:30 AM	www.stjohnsame.org	worship services, youth church, women's ministries, men's ministries												
	Korean United Presbyterian Church	2501 E Sangamon Ave, Springfield, IL 62702 [P: (217) 525-3525]	Mass services: Sat 4 PM, Sun 7 & 11 AM, Tue 8:20 AM, Wed/Thurs 7 AM, Fri 6 PM	www.saintalloysius.org	Mass services, several types of ministries, street ministry and community work												
	Corpus Christi Priory	4867 Laverna Rd, Springfield, IL 62707 [P: (217) 572-9200]	Sunday services: 11 AM	http://www.kupcs.org/	Korean Presbyterian Church; see website for full list of services												
	Wholeself Healing Resilience Center	1340 S State St, Springfield, IL 62704 [P: (217) 803-1139]	See website for list of service times	www.corpuschristipriory.com	Holy Mass, Liturgy of the Hours, Recitation of the Rosary, Adoration of the Blessed Sacrament, and Benediction, Confessions												
	Flow Midwest Yoga and Meditation Satipatthana Vipassana Association	1921 W Illes Ave, Springfield, IL 62704 [P: (217) 670-2388]	Mon 9 AM-6:30 PM, Tue 1-5 PM, Wed 9 AM-5 PM, Thurs 8 AM-7 PM, Sat 8 AM-3 PM, Sun 8 AM-3 PM	www.wholeselfhealing.org	Yoga, Mindfulness class, meditation classes, Somatic Supportive Touch												
	Chan Myae Monastery	9 Harriet Ln, Springfield, IL 62702 [P: (217) 726-9601]	Mon 9 AM-7 PM, Tue 6 AM-7 PM, Wed 8:30 AM-6:30 PM, Thurs 6 AM-6:30 PM, Fri 9 AM-6:30 PM, Sat 9 AM-1:30 PM, Sun 9 AM-1 PM	www.flowspace.com	Yoga, energetic alignment, pranayama and meditation, Sanskrit, chants, and mantra.												
	Yokore Yoga & Wellness	Three, Lawrence Square Suite 1, Springfield, IL 62704 [P: (217) 440-9026]	Daily 3:30 AM-9:30 PM	www.chanmyayusa.org	Vipassana meditation, Retreats and special teachings as teachers become available to travel and stay at the Vihara, Buddha's Dhamma (teachings)												
	Jubilee Farm	6760 Old Jacksonville Road Springfield, IL [P: (217) 787-6927]	Call for class times	www.alignable.com/springfield-il/yokore-yoga-wellness	individual and small group classes in yoga and beyond												
	Villa Maria Retreat Center	1903 E Lake Shore Dr, Springfield, IL 62712 [P: (217) 529-2213]	Varying seasonal hours; see website for current hours	www.jubileefarm.info	An oasis for spirituality, a special gift to those who seek solace and spiritual enrichment in nature. A setting where individuals and groups can nurture their spiritual and emotional growth. Walking trails, home to farm animals and wildlife, outdoor labyrinth, creek and ponds offer tranquil settings for reflection.												
	Ahh Yoga	2201 W White Oaks Dr, Springfield IL 62704 [P: (217) 725-2373]	Daily 7:30 AM-5 PM	www.villa.dio.org	The Villa Maria Catholic Life Center exists to serve the people of the Roman Catholic Diocese of Springfield in Illinois, its Bishop, parishes, offices, organizations and institutions. Villa Maria provides a setting for retreats, ministry and faith formation, meetings and workshops												
Support Groups			Visit website for schedule of classes	www.ahhyoga.net	Yoga, mindfulness and meditation class, workshops												
	SIA 21 District 19 Alcoholic Anonymous	No Address; Website and phone number. [P: (217) 525-5795]	See website for different meeting times	www.aaspringfield.org	Website guide to local Alcoholics Anonymous meetings- Serving Springfield, Chatham, Petersburg, Virden-Girard & Mason City- 12 Step based support												
	Alano Hall	516 Bryn Mawr Blvd, Springfield, IL 62703 [P: (217) 789-0789]	See website for different meeting times	www.aaspringfield.org/?meeting=mid-morning-madness-3	Holds several Alcoholic's Anonymous Meetings daily; See Website for meeting times-12 step based support												
	Easy Does It Club	514 N Walnut St, Springfield, IL 62702 [P: (217) 528-0332]	See website for different meeting times	www.aaspringfield.org/?meeting=friendship	Holds several Alcoholic's Anonymous Meetings daily; See Website for meeting times-12 step based support												
	Discovery	313 W Cook St, Springfield, IL 62704 [P: (217) 544-9049]	See website for different meeting times	www.aaspringfield.org/?meeting=noon-group-discussion-last-friday-of-every-month-is-open-speaker	Holds several Alcoholic's Anonymous Meetings daily; See Website for meeting times-12 step based support												
	The Salvation Army-Recovery Breakfast & Speaker Meeting	1600 E Clear Lake Ave, Springfield, IL 62703 [Located at the old "Gold's Gym" building 1st Floor]	The LAST Saturday of each month (except December); 8:00 AM	www.aaspringfield.org/?meeting=recovery-breakfast-speaker-meeting	Monthly Alcoholics Anonymous Meeting- Speaker meeting with breakfast served before speaker												
	We Agnostics-Art Association	700 N 4th St, Springfield, IL 62702 [Located in mixed media studio] [P: N/A]	Sunday 10:30 AM	www.aaspringfield.org/?meeting=we-agnostics	Weekly Secular Alcoholics Anonymous Meeting												
	Corner of 11th and Clay Street	930 S 11th St, Springfield, IL 62703 [P: N/A]	Sunday 5:00 PM	www.aaspringfield.org/?meeting=a-vision-for-you	Alcoholics Anonymous meeting-12 step based support												
	Free to Be Me	611 E Jackson St, Springfield, IL 62701 [Christ Episcopal Church] [P: N/A]	Sunday 7:00 PM	www.aaspringfield.org/?meeting=free-to-be-me	LGBTQ+ Alcoholics Anonymous meeting-12 step based support												
	Presbyterian Church	1835 E Walnut St, Chatham, IL 62629 [P: N/A]	See website for different meeting times	www.aaspringfield.org/?meeting=happy-destiny	Several Alcoholics Anonymous meetings throughout the week- 12 step based support												
	Unity Church	417 E Cordelia St, Springfield, IL 62703, USA [P: N/A]	See website for different meeting times	www.aaspringfield.org/?meeting=women-of-worth	Several Alcoholics Anonymous meetings throughout the week- 12 step based support												
	Cherry and Bates	2100 S Bates Ave, Springfield, IL 62704 [First Congregational Church] Enter through the door that faces the parking lot. Meets in the basement at the end of the hall. [P: N/A]	Mon 7 PM; Thursday 7:30 PM	www.aaspringfield.org/?meeting=primary-purpose-2	Alcoholics Anonymous meetings 2 days a week- 12 step based support												
	Friends of Bill W.	IL-104 & 7th St, Pawnee, IL 62558 [P: N/A]	Tues 6 PM; Thurs 7 PM	www.aaspringfield.org/?meeting=friends-of-bill-w	Alcoholics Anonymous meetings 2 days a week- 12 step based support												
	Wizard's Wonders	1122 E Pine St, Springfield, IL 62703 [Second Timothy Baptist Church] [P: N/A]	Tues & Thurs 8 PM	www.aspringfield.org/?meeting=wizards-wonders	Alcoholics Anonymous meetings 2 days a week- 12 step based support												
	Serenity Group	600 W Birch St, New Berlin, IL 62670 [Central Baptist Church] [P: N/A]	Wednesday 7 PM	www.aaspringfield.org/?meeting=serenity-group	Weekly Alcoholics Anonymous meeting- 12 step based support												

	The Living the Dream Area of Narcotics Anonymous 217 Group	Website and hotline guide to NA meetings [P: (800) 539 0475] 217 North Grand West, Springfield, IL, 62702 [Entrance in Rear] [P: N/A]	See website for different meeting times Daily Meetings 7 PM	http://ltdana.org/ www.ltdana.org/local-meeting-schedule/	Local Guide to Narcotics Anonymous Meetings (12 step based support)- The Living the Dream Area of Narcotics Anonymous (LTDANA) centers around Springfield and the surrounding cities of Jacksonville, Taylorville, Lincoln, Virden, Petersburg and Mechanicsburgh ; NA World service site: www.na.org										
	The Ties That Bind	2401 S. 9th St., Springfield, IL, 62703 [Harvard Baptist Church] [P: N/A]	Mondays 7 PM	www.http://ltdana.org/local-meeting-schedule/#	Daily Narcotics Anonymous meetings- 12 step based support										
	Free to Be Me	Thursday- 2450 Taylor Ave., Springfield, IL, 62703 Friday- 2401 S. 9th St., Springfield, IL, 62703 [Harvard Park Baptist Church- basement] [P: N/A]	Thursday 7 PM 8 PM	Friday www.ltdana.org/local-meeting-schedule/	2X Weekly Narcotics Anonymous Meetings- 12 step based support										
	Just For Tuesday- Springfield Based NA Zoom meeting	Zoom Meeting [Meeting ID: 730 5948 3134 Passcode: LTDNA] [P: N/A]	Tuesday 12:00 PM	https://us04web.zoom.us/j/73059483134?pwd=boT3CVTH3jIAURbxNaMXady95Wufbk.1	Weekly Springfield-Based Narcotics Anonymous Zoom meeting- 12 step based support										
	Addicts Helping Addicts Group	704 7th St., Pawnee, IL, 62558 [Pawnee Food Pantry] [P: N/A]	Tuesday 7:30 PM	www.ltdana.org/local-meeting-schedule/	Weekly Narcotics Anonymous Meeting- 12 step based support										
	Free At Last	301 W Reynolds St Springfield, IL 62702 [P: (312) 834-3784]	Sunday 5:00 PM; Thursday 7 PM	www.illinoisareaca.org	2x Weekly Cocaine Anonymous Meetings- 12 step based support										
					Guide to local Al-anon meetings; Hybrid and in-person meetings; The Al-Anon Family Groups are a 12 step fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Al-anon believes alcoholism is a family illness and that changed attitudes can aid recovery.										
	Alanon Meetings	Local Website Guide to Al-Anon meetings [P: N/A]	See website for different meeting times	www.spi-alanon.weebly.com	A Christ-centered recovery program; Large group meetings, Open Share support groups. Support for variety of topics: substance-use disorder, gambling addiction, other types of addictions, divorce, abuse, abandonment, codependency, relationship issues, grief, anger, depression, etc										
	Celebrate Recovery	2800 Stevenson Dr. Springfield, IL 62703 (First Church of God) [P: (217) 529-1902]	Tuesday evenings; Large Group meeting: 6:30 PM Share Groups: 7:30 PM	Open www.fcgspringfield.org/celebrate-recovery.html											
	Illinois Problem Gambling Helpline	Address: N/A (Helpline) Call [1-800-426-2537] Text "GAMB" 833234	24/7	www.illinoisproblemgambling.org	24 hour helpline to connect individuals struggling with problem gambling with resources										
	Springfield Gamblers Anonymous	2211 Wabash Ave Springfield, IL 62704 (Hope Presbyterian Church) [P: N/A]	Sunday, Wednesday- 6:30 PM	www.gamblersanonymous.org/ga/locations/state/table/IL/Springfield/na/na/na/10?#gmap-nodemap-gmap0	12 Step based support group for struggles with gambling										
	HSHS Grief Support Group	800 E Capenter St Springfield, IL 62702 [P: (217) 525-5675] (Location: St. Clare Room next to Chapel)	Wednesdays 4:30 PM	www.hshs.org/st-johns/patients-guests/support-groups	Grief support for families and friends who have experienced the death of a loved one.										
	HSHS Survivors of Suicide (SOS) Support Group	800 E Capenter St Springfield, IL 62702 [P: (217) 525-5675] (Location: St. Clare Room next to Chapel)	Meets first and third Tuesdays of each month- 5:30 PM	www.hshs.org/st-johns/patients-guests/support-groups	Support group for family and friends of those who have had someone die by suicide.										
	HSHS Share Support Group	800 E Capenter St Springfield, IL 62702 [P: (217) 306-4653] (Location: St. Clare Room next to Chapel)	Meets first Wednesday of each month-7 PM	www.hshs.org/st-johns/patients-guests/support-groups	Support group for people who have experienced pregnancy loss, stillbirth or infant loss.										
	Art Therapy Group	4481 Ash Grove Drive Suite B Springfield, IL 62711 (Still Waters Counseling) [P: (217) 773-5975]	Contact to register for groups	www.stillwaterstherapy.org/services	Adult Art Therapy Groups; Children's art therapy group- This group incorporates mindfulness exercises and art creation to support attendees' mental health. Zero art experience is necessary, just an open heart to what may be created.										
	West Side Christian Church- Group	2850 Cider Mill LN Springfield, IL 62702 (Upper Room; 2nd FLR) [P: (217) 793-2800]	Tuesdays- 6 PM	www.wschurch.org/page/414?EventOccurrenceId=6	12 Step Group welcomes anyone who is struggling with addiction or compulsive behaviors.										
	LGBTQ+ and Allies Young Adult Group	120 E Scarritt Springfield, IL 62704 [Phoenix Center Out on 2nd] Contact: andy.phoenixcenter@gmail.com [P: N/A]	2nd & 4th Mondays- 6 PM	www.phoenixcenterspringfield.org/out-on-second-2/	A drug and alcohol free, safe space, for young adults (18-26 YO) to be themselves and meet other young lgbtq+ folks. Snacks and coffee provided.										
	Step into Recovery Group	120 E Scarritt Springfield, IL 62704 [Phoenix Center Out on 2nd] Contact: outonsecond@gmail.com [P: N/A]	Thursdays 5:30 PM	www.phoenixcenterspringfield.org/event/step-into-recovery-group-2/2024-11-07/	This is a LGBTQ+ and allies 12-step recovery group. It is open to anyone struggling with alcohol, chemical, or process addictions. Process addictions are non-substance addictions such as gambling, eating, spending, and sex, that are defined by a compulsion to engage in a behavior.										
	Neurodiverse Group	120 E. Scarritt Springfield, IL 62704 [Phoenix Center Out on 2nd] Contact: outonsecond@gmail.com [P: N/A]	Second Tuesday of the month 5:30 pm	www.phoenixcenterspringfield.org/event/neurodiverse-group/2024-11-12/	Offers a safe and supportive space for lgbtq+ neurodivergent individuals to socialize, discuss their unique challenges, and build skills for personal growth and mindfulness. ND can include: Autism Spectrum Disorder Attention Deficit Disorder Tourette's & Tic Disorders Dyslexia Dyscalculia Synesthesia.										
	LGBTQ+ 'yOUTH Group'	109 East Lawrence Ave Springfield, IL 62704 [P: (217) 528-5253]	Fridays-6 PM	www.phoenixcenterspringfield.org/event/lgbtq-youth-group/2024-11-08/	A lesbian, gay, bisexual, transgender, questioning youth and allies support group. Individuals ages 13-17. The purpose of the group is to provide a safe environment to virtually meet people and make new friends and to learn about and discuss other issues of interest. in person and zoom; Sign up on website prior to meeting to recieve Zoom link.										
	TranSupport Group- Phoenix Center	[Contact: kate.hubbard1010@gmail.com] [P: N/A]	To get more information on the group, including dates and times, please complete the application on the Website	www.phoenixcenterspringfield.org/am-i-transgender/	The TransSupport Group is for individuals 18+ who are dealing with issues related to their gender identity and the transition process										
	Bi+ Group	[Contact: dean@inspectedby12.com] [P: N/A]	To get more information on the group, including dates and times, please complete the application on the Website	www.phoenixcenterspringfield.org/bisexual-group/	The Bi-Sexual Group is for bi-sexual adults. The purpose of the group is to bring individuals together to discuss issues, share services and information, and meet other like-minded people.										
	TransParent Group	Zoom- For Zoom link, Email: springfield.il@transparentusa.org [P: N/A]	6:30-8 pm the first Monday of the month	www.phoenixcenterspringfield.org/groups/	The TransParent Group is a virtual support group for parents of children who identify as transgender and/or gender non-binary. In this group you will find other parents dealing with the same issues, questions, and struggles as well as those looking for ways to better support their child(ren) and to advocate on their behalf.										
	Lincoln Land Down Syndrome Society	One North Old State Capitol Plaza, Suite 501 Springfield, IL 62701 [P: (217) 415-8716]	Contact to learn about scheduled monthly group	www.ildss.org	Lincoln Land Down Syndrome Society is a support network for families residing in and around Sangamon County to promote awareness, acceptance, inclusion and education of people with Down syndrome. LDSS holds regular monthly meetings in Springfield at which there are general discussions amongst group members regarding their particular life experiences and the activities in which they and their family are involved. We also present programs and provide speakers regarding subjects which are of particular interest to our members, as well as other families having a member with disabilities other than Down syndrome.										
	Care Groups at Hope Evangelical Free Church Of Springfield	3000 Lenhart Rd. Springfield, IL 62711	Divorce Care Group- 2xmonth Monday- 6:30 PM Grief Care Group- Thursday-6 PM Recovery Care Group- Contact: szenk@myhope.church for different group times	www.myhope.church/care-groups	Care groups offer help and support for specific concerns or needs; including divorce care group, grief care group, recovery care group										
	April's Flowers	619 North Grand Ave East Springfield, IL 62703 (At Intricate Minds) [P: (217) 670-3520]	The 3rd Sunday every month- 8 PM	www.facebook.com/p/Intricate-Minds-61554189538298/	Support group for the children of people who use drugs and alcohol										
	Group Therapy at Intricate Minds	619 North Grand Ave East Springfield, IL 62703 (At Intricate Minds) [P: (217) 670-3520]	Thursdays 7 PM [Pre-registration required]	www.tinyurl.com/intricate-group	Weekly group therapy session focused on generational trauma										
Community Supports															
	211 [Helpline]	[P: 211; or 1-888-421-1266] Helpline	24/7	https://www.wiregrass211.com/	Free, easy-to-remember 24/7 helpline connecting you to trained specialists who link you to local, state, federal, faith-based, and nonprofit services. Helps with basic needs, community resources, health, employment, senior and disability support, family programs, and disaster aid.										
	Springfield Families Helping Families	Facebook Group	N/A	https://www.facebook.com/share/g/1EskdvaSX2/	Families Helping Families is a mutual-aid networking Facebook group based in Springfield, Illinois. Its purpose is to provide a place for Springfield-area residents to offer support to one another and share information/resources. Information about community supply giveaways, micro pantries, and other community offerings are shared.										
	Intricate Minds	619 North Grand Ave East Springfield, IL 62703 (At Intricate Minds) [P: (217) 670-3520]			Community Center offering a wide range of free services and resources to support and uplift the community, including: Free haircuts, food pantry, microwave, coffee bar, Warm Meal Wednesdays, public computers, Wi-Fi, charging stations, notary services, group therapy, scheduled community events, Creation Station, harm reduction supplies, hygiene and multicultural hair care kits, clothing and shoe pantry, period products, pregnancy tests, Plan B pills, condoms, lube, COVID testing, HIV testing, and free gun locks.										

	Washington Street Mission	408 N Fourth Street Springfield, IL. 62702 [P: (217) 544-9011]	Open Daily; 7:30AM-10:30AM and 12:30 PM – 4:00 PM	https://washingtonstreetmission.org/	Warming/cooling center, supportive services for individuals who are unhoused, free meals & beverages, resource referrals, showers & laundry, clothing assistance, treatment & recovery support, ID & benefits help, employment programs, support groups, spiritual services, shelter & housing assistance.							

