

TRI-COUNTY OPPORTUNITIES COUNCIL

Community Action Agency



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

RESOURCE BOOK

Whiteside County

Tri-County Opportunities Council
405 Emmons Avenue
P.O. Box 610
Rock Falls, IL 61071
PH: 815/625-7830
TOLL FREE: 1-800-323-5434
www.tcohelps.org

Building opportunities to transform communities.



Tri-County Opportunities Council

Mission Statement



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

Community Services Block Grant Program (CSBG)

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

Foster Grandparent Program

- Provides meaningful volunteer opportunities for those in the lower income range who are 55 years old and older.
- Offers supportive person-to-person services to at-risk children with special or exceptional needs in reading, math, spelling, art and other constructive projects.

Head Start/Early Head Start Program

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

Low-Income Energy Assistance (LIHEAP)

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

Illinois Home Weatherization Program

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

Rental Housing

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

TRI-COUNTY OPPORTUNITIES COUNCIL OFFICES:

Main Office

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

LaSalle Office

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

Princeton Office

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

Office Hours

8:00 a.m. – 4:30 p.m.
Monday-Friday

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BASIC NEEDS

Bear Necessities – Personal Care Pantry

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

www.rockfallsumc.org/bear-necessities

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

Emporium Thrift Center

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

Provides clothing and household items at low prices. Monday, Tuesday, Thursday, Friday, Saturday, 9:00 a.m. – 4:00 p.m.; Closed - Wednesday and Sunday.

Good Neighbors

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

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

Hope Life Center

2323 E. Lincolnway Suite A
Sterling, IL 61081
PH: (815)625-5300
www.hlcil.org

Offers pregnancy resources for the Sauk Valley area.

CLS Thrift Store

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

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

Gianna's House

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

Offers pregnancy resources. Monday, 12:00 – 3:00 p.m.; Wednesday, 5:00 – 8:00 p.m.; Saturday 9:00 a.m. – 12:00 p.m.

Goodwill

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

Provides low cost clothing, household items, furniture and miscellaneous items. Monday-Friday 9:00 a.m. – 8:00 p.m.; Saturday 9:00 a.m. – 7:00 p.m.; Sunday 10:00 a.m. – 6:00 p.m.

Illinois Department of Human Services

2605 Woodlawn Rd #4
Sterling, IL 61081
PH: (815)632-4045
www.dhs.state.il.us

Receives applications for TANF, SNAP, and Medical Health. Monday – Friday, 8:30 a.m. – 5:00 p.m.

Leydig Center

1107 Warp Road
Dixon, IL 61021
PH: (815)284-7772

*Offers used clothing and household items at a low cost.
Thursday 10:00 a.m. – 2:00 p.m.*

St. Andrews Thrift Shop

1100B 1st Avenue
Rock Falls, IL 61071
PH: (815)622-9181

*Provides clothing and household items at low prices.
Monday – Friday 8:00 a.m. – 3:00 p.m.; Saturday 9:00 a.m. – 1:00 p.m.*

The Caring Center

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

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

Salvation Army

409 Avenue F
Sterling, IL 61081
PH: (815)625-1622

www.centralusa.salvationarmy.org/sterling

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

St. Vincent DePaul Society

7 W. 6th Street
Sterling, IL 61081
PH: (815)625-0311

www.svdpsaukvalley.org

Offers food, financial assistance, and other necessities a family might need.

Abiding Word Christian Center Food Pantry

806 E. Lynn Blvd.
Sterling, IL 61081
PH: 815/626-1827

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

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

CHILD CARE

4C’s Community Coordinated Child Care

155 N. 3rd Street, Suite 300
DeKalb, IL 60115
PH: (815)848-8727

www.four-c.org

Assists families and child care providers with the following services: child care financial assistance, resource and referral for child care, parent and provider professional development, child care food program, family support, nursing, social work, mental health, quality and infant toddler specialists.

Jump Start Child Care Center

729 W. Route 30
Rock Falls, IL 61071
PH: (815)626-5867

Child care for children 6 weeks to 6 years of age.

Morrison Community Day Care

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

Day care for children 6 weeks to 5 years old.

Sterling/Rock Falls Child Care Center

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

Provides first and second shift child care, preschool program.

Riverdale Preschool

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

Preschool programs for 3-5 year-old children. Morning Classes 8:20 a.m. – 10:50 a.m.; Afternoon Classes 12:05 – 2:35 p.m.

The Early Years Academy

508 French Creek Rd.
Morrison, IL 61270
PH: (815)772-2017
<https://earlyyearsacademy.org/index.php/about-us/>

Provides first and second shift child care, preschool program.

DISABILITIES

Bi-County Special Education Cooperative

2317 E. Lincolnway, Suite A
Sterling, IL 61081
PH: (815)622-0858
www.bi-county.org

Provides a positive, caring educational experience to all students found eligible under the “Individuals with Disabilities Act.”

Jack Mabley Development Center

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

Residential facility for individuals with developmental and sensory disabilities.

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

2607 Woodlawn Road, Suite 1
Sterling, IL 61081
PH: (815)625-8885
www.dhs.state.il.us

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

Northwestern Illinois Association Hearing Clinic

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

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

Northwestern Illinois Center for Independent Living

(NICIL)

412 Locust Street
Sterling, IL 61081
PH: (815)625-7860

www.nicil.org

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

Self Help Enterprises

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

Provides programs and services for individuals with disabilities. Monday – Friday 8:00 a.m. – 4:00 p.m.

EDUCATION

Adult Education and GED Program

Sauk Valley Community College

173 IL Route 2

Dixon, IL 61021

PH: (815)835-6310

<https://www.svcc.edu/community/adult-education/index.html>

Parents As Teachers

1001 W. 23rd Street

Sterling, IL 61081

PH: (815)625-1495

www.whitesideroe.org

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

Whiteside Area Career Center

1608 5th Avenue

Sterling, IL 61081

PH: (815)626-5810

<http://wacc.cc/index.html>

Provides all students with employable skills, academic opportunities and specialized training that will maximize their future potential.

Healthy Families Illinois

2611 Woodlawn Road

Sterling, IL 61081

PH: (815)625-0013

www.sinnissippi.org

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

Project V.I.T.A.L.

Sauk Valley Community College

173 IL Route 2

Dixon, IL 61021

PH: (815)835-6310

www.svcc.edu/community/adult-education/vital

Tutoring program for students and adults over 17 years of age who want to improve their reading skills, improve their English language speaking skills, or obtain citizenship.

Whiteside County Family Literacy Partnership

Whiteside County Regional Office of Education

1001 W. 23rd Street

Sterling, IL 61081

PH: (815)625-1495

www.roe47.org

Offers educational opportunities to families through the integration of early childhood education, adult education, and parenting education for children, ages 0-5.

EMERGENCY ASSISTANCE

American Red Cross

www.redcross.org

Disaster assistance with housing, food, and clothing.

Dixon PADS Homeless Shelter

805 W. 1st Street

Dixon, IL 61021

PH: (815)288-6818

Open 24/7, 365 days per year. Provides emergency shelter, clothing, food, and daily needs for residents.

YWCA of the Sauk Valley

HOTLINE: (815)626-7277

HOTLINE: (815)288-1011

Assists survivors of domestic violence by offering comprehensive services: 24-hour hotline, legal and medical advocacy, shelter, counseling, support groups, and children's services.

BEST, Inc.

2323 E. Lincolnway

Sterling, IL 61081

PH: (815)625-9648

www.best-inc.org

Provides funding for education in order to find employment.

Department of Children and Family Services

2607 Woodlawn Road, Suite 3

Sterling, IL 61081

PH: (815)625-7594

HOTLINE: (800)252-2873

www.state.il.us/dcfs

Protects against child abuse and neglect.

Twin Cities PADS Homeless Shelter

111 E. 29th Street

Sterling, IL 61081

PH: (815)626-2210

www.tcpads.org

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

Yeshua's Grace Ministries

507 W. 3rd Street

Sterling, IL 61081

PH: (815)622-8463

<https://www.yeshuasgrace.com/safe-haven>

Woman and children's shelter

EMPLOYMENT

Illinois Department of Employment Security (IDEA)

2323 E. Lincolnway

Sterling, IL 61081

PH: (815)625-2313

www.ides.illinois.gov

Provides temporary income for individuals who lost their jobs through no fault of their own.

Manpower

2401 E. Lincolnway

Sterling, IL 61081

PH: (815)622-2814

www.manpower.com

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

Sedona Staffing

1515 A W. Route 30

Rock Falls, IL 61071

PH: (815)716-8901

www.sedonagroup.com

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

FOOD

Abiding Word Christian Center

806 E. Lynn Blvd.

Sterling, IL 61081

PH: (815)626-1827

www.abidingwordchurch.org

Provides a weeks' worth of groceries to those who register and attend one weekend service.

Erie Food Pantry

9107 Moline Road

Erie, IL 61250

PH: (309)659-2565

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

First Christian Church

506 5th Avenue

Rock Falls, IL 61071

PH: (815)626-2271

www.fccrockfalls.blogspot.com

Monday 10:30 a.m. – 1:00 p.m. and Friday 9:00 – 11:30 a.m.

FISH Food Pantry

902 E. 5th Street

Sterling, IL 61081

PH: (815)626-1734

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

Helping Hands

First Church of Nazarene

1208 E. 4th Street

Sterling, IL 61081

PH: (815)625-1146

www.sterlingnaz.com/ministries/helping-hands

Tuesday 9:30 a.m. – 12:00 p.m.; Thursday 9:30 a.m. – 12:30 p.m.

Morrison Food Pantry

United Methodist Church

200 W. Lincolnway

Morrison, IL 61270

PH: (815)772-4030

www.morrisonfoodpantry.org

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

Prophetstown/Lyndon Food Pantry

American Legion Hall
218 Washington Street
Prophetstown, IL 61277
PH: (815)537-2555

Eligible once every month, must live in Lyndon or Prophetstown. One basket per month. Tuesday 9:00 – 11:00 a.m.

Tampico Food Pantry

Community Building
106 Market Street
Tampico, IL 61283

Eligible once every month. Must have proof of a 30-day income for initial registration. Serves Tampico, Deer Grove, and Yorktown. 1st Tuesday of the month 5:00 – 5:30 p.m.

Rock River Christian Center

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

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

Trinity United Methodist Church

205 E. 10th Street
Sterling, IL 61081
PH: (815)626-7777

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

HEALTH

All Star Dental

1261 N. Lake Street
Aurora, IL 60506
PH: (630)801-0002
www.allstardentalclinic.org

Accepts Medicaid and most dental insurance coverage.

Dental Dreams

6215 E. State Street
Rockford, IL 61108
PH: (815)399-7777
www.dentaldreams.com

Accepts Medicaid and all other forms of dental insurance. Offers evening and weekend hours to accommodate a busy family's schedule and family-friendly office setting to put children at ease.

CGH Ready Care Clinic

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

Appointments are appreciated, but not required. Monday-Friday 8:30 a.m. – 5:30 p.m. Saturday-Sunday 9:00 a.m. – 1:30 pm.

Malcolm Pediatric Dentistry

163 Cadillac Court, Suite 3
Belvidere, IL 61008
PH: (815)544-0909
www.mpd4kids.com

Accepts and works with most insurance companies. Monday-Thursday 7:30 a.m. – 4:30 p.m.

Morrison Family Health Clinic

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

<https://www.morrisonhospital.com/clinic/family-care-clinic/>

Accepts most insurance including Medicaid and Medicare. Walk-ins welcome, appointment appreciated. Open seven days a week, 8:00 a.m. – 6:00 p.m.

Whiteside County Health Department

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

www.whitesidehealth.org

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

HOUSING

Crown Hill Estates

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

Low-income housing.

Sterling Townhomes

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

Low-income housing

Whiteside County Housing Authority

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

www.wcophya.org

Low-income housing

LEGAL SERVICES

Prairie State Legal Services

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

www.pslegal.org

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

Whiteside County State’s Attorney

200 E. Knox Street
Morrison, IL 61270
PH: (815)772-5194

PH: (815)535-4540

EMAIL: statesattorney@whiteside.org

MENTAL HEALTH

Sinnissippi Centers

2611 Woodlawn Road
Sterling, IL 61081
PH: (815)625-0013
HOTLINE: (800)242-7642
www.sinnissippi.com

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

Pathways Counseling Services

208 E. 4th Street
Sterling, IL 61081
PH: (815)564-2740
www.pathwayscounselingservices.net

Lutheran Social Services (LSSI)

1901 1st Avenue
Sterling, IL 61081
PH: (815)626-7333
www.lssi.org

Counseling, mental health, and substance abuse services.

Whiteside County Behavioral Health Clinic

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

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

RESOURCES

Big Brothers/Big Sisters

506 W. 4th Street, Suite 27
Sterling, IL 61081
PH: (815)716-8987
www.bbbsmv.org

Provides one-on-one mentoring relationships that are professional supported to help change the lives of a child for the better, forever.

Odell Public Library

307 S. Madison Street
Morrison, IL 61270
PH: (815)772-7323
www.odellpubliclibrary.com

Sterling Public Library

102 W. 3rd Street
Sterling, IL 61081
PH: (815)626-1370
www.sterlingpubliclibrary.org

Henry C. Adams Memorial Library

209 W. 3rd Street
Prophetstown, IL 61277
PH: (815)537-5462
www.prophetstownlibrary.com

Rock Falls Public Library

1007 7th Avenue
Rock Falls, IL 61071
PH: (815)626-3858
www.rockfallslibrary.com

United Way of Whiteside County

502 1st Avenue
Sterling, IL 61081
PH: (815)625-7973
www.uwwhitesidecounty.org

SENIOR OUTREACH

Greenview Estates

701 Melody Court
Morrison, IL 61270
PH: (815)626-5043

Housing for seniors 62 years or older

Whiteside County Senior Center

1207 W. 9th Street
Sterling, IL 61081
PH: (815)622-9230

www.wc-seniorcenter.org

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

SUBSTANCE ABUSE

Recovery Zone

707 1st Avenue, Suite A
Rock Falls, IL 61071
PH: (815)626-2800

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

TOWNSHIPS/CITY OFFICIALS

Coloma Township

1200 Prophetstown Road
Rock Falls, IL 61071
PH: (815)625-5981

Sterling Township

108 4th Avenue
Sterling, IL 61081
PH: (815)625-3990, ext. 101

www.sterlingtownship.com

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

TRANSPORTATION

Whiteside County Public Transportation

1207 W. 9th Street
Sterling, IL 61081
PH: (815)625-7433
www.ridewcpt.net

VETERAN'S ASSISTANCE

Shelves of Hope

Trinity United Methodist Church
205 E. 10th Street
Sterling, IL 61081
PH: (815)626-7777

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

Whiteside County Veteran's Assistance Office

2319 E. Lincolnway
Sterling, IL 61081
PH: (815)626-2468

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

YOUTH

Blackhawk Area Council Boy Scouts

Tumilowicz Center for Boy Scouts and Girl Scouts
2820 McFarland Road
Rockford, IL 61107
PH: (815)397-0210
www.blackhawkscouting.org

Girl Scouts of Northern Illinois

229 1st Avenue, Suite 1
Rock Falls, IL 61071
PH: (844)GSNI-4-ME
www.girlscoutsni.org

Sterling/Rock Falls YMCA

2505 YMCA Way
Sterling, IL 61081
PH: (815)535-9622
www.srfymca.org

Woodlawn Arts Academy

3807 Woodlawn Road
Sterling, IL 61081
PH: (815)626-4278
www.woodlawnartsacademy.com

Coloma Park District

508 E. 11th Street
Rock Falls, IL 61071
PH: (815)625-0272
www.colomatownshipparkdistrict.com

Sterling Park District

1913 3rd Avenue
Sterling, IL 61081
PH: (815)622-6200
www.sterlingparks.org

Sterling Township Center for Youth

312 W. 4th Street
Sterling, IL 61081
PH: (815)716-8665
www.sterlingtownship.com

University of Illinois Extension Office

12923 Lawrence Road
Sterling, IL 61081
PH: (815)632-3611
www.web.extension.illinois.edu/clw