



February 2015

PARENTING

PARENTING GROUPS

This list of parenting self-help groups in and around Champaign County is prepared by the staff and volunteers of the Self-Help Center of Family Service. If you don't find the group you are looking for, or if you want to start a group, please contact the Self-Help Center at 352-0099 or by e-mail at lliss@familyservicecc.org.

The following is a key to the coded information that appears before group descriptions: 1. Year group was formed 2. A=Affiliated with a state, national or international group; F=Freestanding group 3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

Inclusion in this list does not constitute an endorsement or evaluation.

General

Champaign County

Family Table, The (2013 A,P) This group has round table discussions on family issues such as life skills, relationships, budgeting, surviving through difficult times, and using community resources. The group's goal is to strengthen families. Each quarter a new group meets for four weeks. Childcare is provided. Meets Thurs. 6:00-8:00 p.m. at Family Advocacy of Champaign County, 310 W. Church St., Ste. 103, Champaign. **Call:** Grace Mitchell (217) 607-0546

E-mail: home@familyadvocacy.org **Website:** familyadvocacy.org **Write:** Family Advocacy of Champaign County, 310 W. Church St., Ste. 103, Champaign, IL 61820

God Embracing Mothers who are Single (GEMS) (2013, F,L) This group is for single mothers of all ages and welcomes new moms at any time. GEMS provides support, resources and encouragement for mothers and their children. Group meetings include a motivational biblical message, family dinner, child care (birth through high-school age), homework help, children's programming and occasional speakers. Meets 1st and 3rd Wed., 6:00-7:45 p.m., Windsor Road Christian Church, 2501 W. Windsor Rd., Champaign. Meeting dates for 2014/15: Sept. 3 and 17, Oct. 1 and 15, Nov. 5 and 19, Dec. 3 and 17, Jan. 7 and 21, Feb. 4 and 18, March 4 and 18, April 1 and 15, May 6. For more information, contact Valena Claiborne. **Call:** Valena Claiborne (217) 402-5088 **E-mail:** valena.georgette@gmail.com


Military Mom's Prayer Support Group (2004 F,L) This group provides prayer, support, and information to people who have had or have, sons or daughters serving in the military. Fathers, families, and friends of members of all branches of the military are welcome. Call for meeting location and schedule. **Call:** Mary Long (217) 621-8146 or Ann Russell (217) 359-8758

E-mail: yemmalong@yahoo.com **or:** anncrussell@comcast.net

Mom2Mom (2013 F,L) This group is for moms with at least one child in the 5th grade or younger. The group provides support, encouragement, and time for discussion to help moms strengthen their relationship with God, and with their husbands, kids, and each other. This Christ-centered meeting includes a time of fellowship, sharing personal testimonies, and listening to speaker while enjoying brunch. Then we move into small group discussion, worship, and ministry. Limited childcare space is available at \$4 per child (preregistration required). Meets Tues., 9:00-11:00 a.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana.

Call: Katie Goulett (217) 384-3070 **E-mail:** katie.goulett@thevineyardchurch.us **Website:** thevineyardchurch.us **Write:** Katie Goulett, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Self-Help Center, 405 S. State St., Champaign, IL 61820 Phone: (217) 352-0099 Website: selfhelp.famservcc.org

A program of Family Service funded in part by  Carle

Mothers & More of Champaign County (2002 A,L) This group provides mothers an opportunity to develop connections with other women. These women may include stay-at-home moms, working mothers, mothers making transitions between work and parenting, and mothers who have altered their career paths to care for their children at home. The group provides educational meetings, parent-child activities, moms-only nights out, leadership opportunities, and e-mail discussion groups. Annual dues are \$45, but interested people may attend two events before becoming a member. Scholarship opportunities also exist. Visit the website for more information. On Facebook, look for Mothers & More - Champaign County.

E-mail: mothersandmorechampaign@gmail.com **Local Website:** sites.google.com/site/mothersandmorechampaign258/

National Website: mothersandmore.org

Our Time (1993 F,P/L) This free community-based support program is for children and teens, ages 4-18, who have experienced the death of a family member or friend. The eight-week group meets throughout the year. A parent group meets at the same time to address how grief is expressed in children and how parents can help their children work through their grief. **Call:** Vera Duncanson (217) 337-2487 **E-mail:** vera.duncanson@presencehealth.org **Write:** Vera Duncanson, Presence Hospice, 1501 Interstate Dr., Champaign, IL 61822

Parent - Child Interaction Group (2007 F,P) This group is for pregnant women and new parents. Parents get feedback from other parents, and discussions include child development, parental stress, and other topics. Child care is available. Meeting days and times vary. Call or visit the website for current information. **Call:** Crisis Nursery (217) 337-2730

Website: www.crisisnursery.net **Write:** Parent - Child Interaction Group, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Parent Support Group (2007 F,P) This group is for mothers and fathers. Kids cannot attend the group but child care is available. Parents get feedback from other parents and discussions include child development, parental stress, and other topics. Meeting days and times vary. Call or visit the website for current information. **Call:** Crisis Nursery (217) 337-2730

E-mail: ann@crisisnursery.net **Website:** www.crisisnursery.net **Write:** Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Parent Wonders (1990 A,P) This program partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from birth to 36 months. It focuses on at-risk pregnant women and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens. **Call:** Felicia Gooler, Developmental Service Center (217) 359-0287

E-mail: fgooler@dsc-illinois.org **Website:** dsc-illinois.org **Write:** 1304 W. Bradley Ave. Champaign, IL 61821

Parenting with Love and Limits (2009 A,P) This program is committed to helping improve family communication and to offer parents step-by-step tools they need to stop teen's extreme behaviors of disrespect, ditching school, violence, alcohol or drug use, sexual promiscuity, or threats of suicide. This is done through individual family sessions and group therapy sessions. Group sessions are free and are held at either The Prairie Center in Urbana or The Juvenile Detention Center in Urbana. The program is for teens 10-17 years old, and their families. Call for a brief intake interview before attending the group. **Call:** Leon Bryson Jr. (217) 328-4500 **E-mail:** lbryson@prairie-center.com **Website:** gopll.com

Rainbows For All Children (1983 A,P/L) This program offers groups to help children who are grieving the loss of a parent or guardian due to death, divorce, deployment or other loss. Contact Rainbows to find groups. **Call:** (847) 952-1770

E-mail: info@rainbows.org **Website:** rainbows.org **Write:** Rainbows for All Children, 1007 Church St., Ste. 408, Evanston, IL 60201

Spanish Parent Support Group, Grupo de Apoyo a la Paternidad para Familias Hispanohablantes (2014 F,P) Este grupo inicia una nueva sesión entre cada 1 y 2 meses, las fechas varían, pero tan pronto como se tengan se hacen saber. El lugar: Crisis Nursery. 1309 W. Hill St., Urbana. Requisitos: Ser miembro de la comunidad, con hijos de cualquier edad, hablar Español y estar interesada en participar! La asistencia a este grupo te garantiza dos horas de cuidado semanal para tus hijos (sujeto a disponibilidad) Eso significa, tiempo libre para ti, con la ventaja de que tú y pareja se divertirán, aprenderás cosas nuevas y conocerás a otros padres! Se estas interesada en participar favor de comunicarte con Azucena Campos. Se habla Español. **Call:** Llamar al Teléfono: (217) 337-2731 ext. 226 **E-mail:** acampos@crisisnursery.net **Website:** www.crisisnursery.net

Support Group for Pregnant Mothers and Mothers Raising Infants (2011 A,P) This group is funded by the Beyond Blue grant which comes from the Champaign County Mental Health Board. The program exists as a support to mothers in Champaign County who may be at risk for postpartum and perinatal depression. It is a supportive and confidential space for mothers to share the ups and downs they are experiencing. Groups meet at Crisis Nursery and in rural areas such as Rantoul and Tolono at varying times throughout the year. Child care is available and the groups are always free. Contact Crisis Nursery or check the website for specific dates and times. No prior registration necessary. **Call:** Ann Ambrose (217) 337-2730

E-mail: ann@crisisnursery.net **Website:** www.crisisnursery.net **Write:** Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

McLean

Butterfly Project, The (2012 A,P) This group is for women and their children who have experienced, or are currently involved in, domestic violence. Meets Thurs., 5:30-7:00 p.m., Healthy Start House, Bloomington. **Call:** Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org **or:** jhigdon@childrenshomeandaid.org **Website:** childrenshomeandaid.org
Write: Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Hyped-Up (2003 A,L) This support group is for parents with children birth to 5 years old. Free child care and snacks are provided. Meets Mon., 4:00-5:30 p.m., Healthy Start House, Bloomington. **Call:** Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org **Website:** childrenshomeandaid.org **Write:** Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Latina Women's Group (2003 A,P/L) This group is a supportive environment for mothers and their children. A children's program runs while mothers meet. The group is held in Spanish. Este es un grupo de apoyo para las madres y sus niños. Hay un programa y cuidado para los niños durante el reunión de las madres. El grupo se conduce en español. El grupo se reúne todos los viernes a las 6:30-9:00 de la noche. Meets Fri., 6:30-8:00 p.m., Western Avenue Community Center, 600 N. Western, Bloomington. **Call:** Llame: Liz Acevedo-Alstum (309) 262-6608 or (309) 829-4807 **E-mail:** aceals2002@yahoo.com
Write: Liz Acevedo-Alstum, 809 N. School St., Normal, IL 61761

SOS (Strike Out Stress) (F,P/L 2013) This group is for parents to discuss parenting-related stress. Meets Fridays 11:30 a.m.-12:30 p.m., at the Healthy Start House, Bloomington **Call:** Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org **Website:** childrenshomeandaid.org **Write:** Jenn Rients, Childrens Home + Aid, 403 S. State St., Bloomington, IL 61701

Adoption/Foster Care

McLean

Healing Hearts (1991 F,L) This adoption search/support group is for all of those touched and separated by the adoption process. The group is a member of The Illinois Adoption Registry. This group provides search help and support for all members of the adoption triad and most birth family members. A lending library is available. Meets 4th Thurs., Jan. - Oct.; 3rd Tues., Nov. (no meeting in Dec.), 7:00 p.m., St. John's Lutheran Church, Rm. 200, 1617 E. Emerson St., Bloomington. **Call:** Marilyn (309) 820-0230 (home) or (309) 530-8969 (cell) **E-mail:** digger719@aol.com **Write:** Healing Hearts, 2814 Scarborough St., Bloomington, IL 61704

Children with Disabilities / Illnesses

Champaign County

C-U Autism Network (1995 F,P/L) C-U Autism Network is a support group for anyone living or working on the autism spectrum. Phone support, education, and networking opportunities for individuals living with or supporting those with autism spectrum disorders are provided. The group sponsors meetings, workshops, and family/caregiver events, offers opportunities to exchange information on resources, trainings, interventions, legislation, advocacy, and more via e-mail, website, and listserv. C-U Autism Network is a project of the Autism Society of Illinois. Check the website for information on meetings, family events, and workshops. Meets 1st Thurs., 6:30-8:00 p.m., Sept.-May, (not in Jan.), Stephens Family YMCA, 2501 Fields S. Dr., Champaign. **Call:** Teresa O'Connor (217) 621-8429 **E-mail:** teresa@autismillinois.org **Website:** cuautismnetwork.org
Write: C-U Autism Network, P.O. Box 107, Savoy, IL 61874

Down Syndrome Network (1989 A,L) This group improves the quality of life of people with Down syndrome and their families through support, education, and public awareness. Meets monthly for activities and events throughout the year. Calendar can be accessed through the website. **Call:** (217) 778-6702 **E-mail:** president@champaigndsn.org **or:** secretary@champaigndsn.org
Website: champaigndsn.org **Write:** P.O. Box 1143, Champaign, IL 61824

Illinois Early Intervention (EI) Clearinghouse This clearinghouse identifies and collects research-based early-intervention best-practice information to share with families. It provides a free lending library of parenting and special needs DVDs, books, and journals related to the development of young children with special needs, including autism, Down syndrome, and speech disorders. The staff can help families and service providers find resources. The website has links to other resources in the state and nation. **Call:** Sarah Isaacs (217) 333-1386 or toll free (877) 275-3227 **E-mail:** Illinois-eic@illinois.edu **or:** isaacs@illinois.edu **Website:** eicclearinghouse.org **Write:** Illinois Early Intervention Clearinghouse, Early Childhood and Parenting Collaborative, University of Illinois at Urbana-Champaign, Children's Research Center, Rm. 20, 51 Gerty Dr., Champaign, IL 61820

Linking Educators and Parents (LEAP) (2006 F,P) This study group focuses on strategies to help children cope with dyslexia and find ways to overcome the stress that accompanies it. Meets 4th Tues., 6:30-8:00 p.m., Urbana Free Library, 210 W. Green St., Urbana. **Call:** Marilyn Kay (217) 367-0398 or the International Dyslexia Association (410) 296-0232
E-mail: mfkay@sbcglobal.net **Website:** interdys.org **Write:** Marilyn Kay, 607 W. Nevada St., Urbana, IL 61801

Parents of Adults with Disabilities (2007 F,P/L) This group brings together parents of adults with disabilities to share ideas and information to improve the quality of life of family members. The group is sponsored by Community Choices, Inc. Speak Out! is a group for teens and young adults with disabilities that meets at the same time. Meets 2nd Thurs., Sept.-May, 7:00-8:30 p.m., St. Matthew Church, 2200 Philo Rd., Urbana. **Call:** Ryan Thompson at Community Choices (217) 621-1090
E-mail: jen.advocacy@gmail.com **or:** ryan.communitychoices@gmail.com **Website:** communitychoicesinc.org
Write: Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

Rural Champaign County Special Ed Cooperative (RCCSEC) This group only provides phone support and a lending library for parents of children who are visually impaired. **Call:** Pam Golden (217) 892-8877, ext. 164 **E-mail:** goldenp@rccsec.org
Website: rccsec.org **Write:** Pam Golden, Rural Champaign County Special Ed Cooperative, 201 S. Sheldon, Rantoul, IL 61866

Speak Out! (2008 F,P/L) This group is for teens and young adults with disabilities. The group helps youth to speak up for their rights, socialize, and have a good time. It meets at the same time as the Parents of Adults with Disabilities support group. The group is sponsored by Community Choices, Inc. Bring snacks and drinks to share. Meets 2nd Thurs., 7:00-8:30 p.m., Sept.-May, St. Matthew Lutheran Church, 2200 Philo Rd., Urbana. **Call:** Ryan Thompson at Community Choices (217) 621-1090
E-mail: jen.advocacy@gmail.com **or:** ryan.communitychoices@gmail.com **Website:** communitychoicesinc.org
Write: Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

Macon

Autism/Asperger Syndrome Support Group for Macon County (2006 F,P) This group provides support for parents, grandparents, relatives, and professionals who live or work with children with autism and Asperger's syndrome. The group provides time to share, listen, and learn from one another about what can be done to help loved ones with autism succeed in life. Meets monthly at Garfield Montessori School. Call for meeting dates and times. An informal coffee group meets to get to know others and make friends who truly understand. Call Jan to be added to the group e-mail or phone list or for information on resources. **Call:** Jan Kriisa (217) 855-9890 **E-mail:** jankriisa@comcast.net **Write:** Jan Kriisa, 2187 Hoyt Dr., Decatur, IL 62522

McLean

Central Illinois Down Syndrome Organization (1978 F,L) This organization provides a support group for parents of children with Down syndrome and works to increase public awareness. Has annual Buddy Walk event and CIDSO Open, a golfing tournament and gala. Facebook page: Central Illinois Down Syndrome Organization. **Call:** Central Illinois Down Syndrome Organization (309) 452-3264 **E-mail:** info@cidso.org **Website:** cidso.org **Write:** P.O. Box 595, Normal, IL 61761

Central Illinois Spina Bifida Support Group (2000 A,L) This group provides support for children and adults with spina bifida and their parents and family members. The meeting format varies from speakers to informal networking. Meetings last about an hour. Meets 3rd Thurs., Sept.-May, 6:45 p.m., OSF, Conference Rm. B, lower level, 1701 E. College Ave., Bloomington. **Call:** Lynn Grabher Bradtke or Illinois Spina Bifida Association (773) 444-0305 **E-mail:** lynn.bradtke@comcast.net **Website:** i-sba.org **Write:** 2211 N. Oak Park Ave., Chicago, IL 60707

Illinois Autism Training and Technical Assistance Project (1998 A,P/L) This group hosts programs for parents and educators on topics related to autism spectrum disorders (ASD). This is an initiative of the State Board of Education which provides training and technical assistance to educate students and support families with ASD. A resource lending library is available. Parent webinars, support meetings and Parent Cafes take place. See website for other information, meeting schedule and location. **Call:** Kathy Gould, Project Director, Lombard State Office (630) 862-1200 **E-mail:** gouldkl@comcast.net
Website: illinoisautismproject.org **Write:** Illinois Autism Training and Technical Assistance Project, 550 Quail Ridge Dr., Westmont, IL 60559

Peoria

TOUCH - The Organization for Understanding Children's Hearts (1985 A,P/L) This group empowers families, children, and adults who have congenital or acquired heart defects. The group makes a difference through emotional support, education, and public awareness. The group provides a "heartline" phone support number, newsletter, and annual picnic. **Call:** Gail Eaton (309) 655-2650 or (800) 443-9898 for information or Cathy Cunningham (217) 239-1440 for Champaign County phone support
E-mail: gail.eaton@osfhealthcare.org **Website:** touchhearts.org **Write:** Gail Eaton, The Children's Hospital of Illinois, 530 N.E. Glen Oak Ave., Peoria, IL 61603

Sangamon

Parent 2 Parent (1999 F,P) This group is for parents of teenagers and young adults with disabilities that focuses on the transition process from school to adult life. These meetings provides an opportunity for parents to become familiar with the agencies and professionals who can ease the transition process. Newsletters and group literature are available. Meets 2nd Tues., 6:00-7:30 p.m., Lawrence Education Adult Center, 101 E. Laurel St., Springfield. **Call:** Carolyn Thorpe (217) 523-2587 V/TTY or Mary Wyman (217)525-3060 **E-mail:** cthorpe@scil.org **or:** mwyman@sps186.org **Local Website:** scil.org
National Website: www.sps186.org/parentmentor/ **Write:** Carolyn Thorpe, Springfield Center for Independent Living, 330 South Grand Ave. West, Springfield, IL 62704

Parent Support Group for Parents Raising Children on the Autism Spectrum (2003 F,P) This support group, sponsored by the Autism Society of Central Illinois, is for parents and caregivers of children with autism spectrum disorders. Group is co-facilitated by Dr. Karen Kirkendall, PhD, a developmental psychologist with a specialty in developmental disabilities, and Catherine Wells, LCPC, a licensed professional counselor specializing in children and families. Meets on the 1st Thurs. of the month, 6:00 to 9:00 p.m., Noll Medical Pavilion, 5220 S. 6th St. Rd., Rm. 1800, Springfield. **Call:** Karen Kirkendall, PhD (217) 206-7246 or Catherine Wells, LCPC (217) 561-1159 **E-mail:** info@autismcil.org **or:** info@autismcil.org **Website:** autismcil.org
Write: Autism Society of Central Illinois, 5220 S. 6th St. Rd., Ste. 1300, Springfield, IL 62703

Early Childhood

Champaign County

MOPS (Mothers of Preschoolers) - St. John Lutheran Church (Champaign) (1997 A,L) This nondenominational group is for mothers of children, birth to kindergarten. Meetings have a speaker, discussion, refreshments, and a craft. Preregistration is required. There is a \$20 fee per semester for group expenses and a \$29 registration fee for MOPS International. Scholarships are available. Sponsored by St. John Lutheran Church. There is a MOPPETS program for children. Playgroups are available that are separate from the meetings. There is a waiting list for some ages of children. Call in advance. A newsletter and group literature are available. Call for meeting times. Meets two Mons. per month, weeks vary, Sept.-May, 9:00-11:00 a.m., St. John Lutheran Church, 509 S. Mattis Ave., Champaign. **Call:** St. John Lutheran Church (217) 359-1123 **E-mail:** jennigergely@gmail.com
Local Website: stjoh-lcms.org **National Website:** mops.org **Write:** MOPS, St. John Lutheran Church, 509 S. Mattis Ave., Champaign, IL 61821

Parent Wonders (1990 A,P) This program partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from birth to 36 months. It focuses on at-risk pregnant women and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens. **Call:** Felicia Gooler, Developmental Service Center (217) 359-0287
E-mail: fgooler@dsc-illinois.org **Website:** dsc-illinois.org **Write:** 1304 W. Bradley Ave. Champaign, IL 61821

Tiny Tigers (1981 F,P) This group is for Champaign-Urbana parents and their preschool children, ages 2 1/2 to 5. High school students work under Ms. Perez's supervision to encourage social, emotional, cognitive and physical development. This preschool experience focuses on art, literacy, math, science, and free play. The enrollment fee is \$20 per semester per child. Meets Tues. and Thurs., Sept.-Nov. and Jan.-March, 9:10-10:40 a.m., Urbana High School, 1002 S. Race St., Urbana. **Call:** Amanda Perez (217) 384-3505 **E-mail:** aperez@usd116.org **Write:** Amanda Perez, Tiny Tigers, Urbana High School, 1002 S. Race St., Urbana, IL 61801

McLean

Hyped-Up (2003 A,L) This support group is for parents with children birth to 5 years old. Free child care and snacks are provided. Meets Mon., 4:00-5:30 p.m., Healthy Start House, Bloomington. **Call:** Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org **Website:** childrenshomeandaid.org **Write:** Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Fathers

Champaign County

Fatherhood Initiative (2005 F/P) This free home-visiting program is for fathers with a child under age three or first-time fathers expecting their first child. Information and support are provided to help families prepare their children for success in school. Staff also help support and enrich father-child relationships. Father to father discussion groups are also offered as part of this home-visiting program. **Call:** Jeremy Smith (217) 693-4599 **E-mail:** jsmith@communityelements.org **Write:** Fatherhood Coordinator, Community Elements, 1801 Fox Dr., Champaign, IL 61820

McLean

Dads Helping Dads (2004 A,P/L) This group is for any father wanting to grow in his parenting role. It provides an opportunity to meet other dedicated fathers in a confidential and understanding atmosphere. The group discusses various helpful topics, issues, solutions, and resources. Free food and beverages are available at meetings. Free child care is available by reservation. Meets Mon., 5:30-7:00 p.m., Early Learning Center Conference Rm., Bloomington. **Call:** Henry Alexander (309) 662-9453 or Jenn Rients (309) 834-5266 **E-mail:** jrients@childrenshomeandaid.org **Website:** childrenshomeandaid.org **Write:** Henry Alexander and Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Vermilion

Fathers in Training (2013 F,P) This support and education group is for fathers. It provides an opportunity to connect with others who understand the stress and responsibilities of fatherhood. A meal is provided and transportation is available if needed. A variety of topics are addressed along with occasional guest speakers, activities, and outings. Call Barry Elliott, group facilitator, for an interview before attending. The group is part of the Center for Children's Services home visiting programs. **Call:** Barry Elliott (217) 304-7856 **E-mail:** bellriott@auntmarthas.org **Write:** Barry Elliott, Center for Children's Services, 702 N. Logan, Danville, IL 61832

Parents of LGBT Children

Champaign County

C-U PFLAG (Parents, Families and Friends of Lesbians and Gays) (1996 A,L) This self-help group focuses on supporting parents, families, and friends of gay, lesbian, bisexual, and transgender people. It promotes the education of the general public and advocates for issues concerning LGBT individuals and their friends and family members. The group helps families understand and accept their family members. This group is for adults and some older teens, but is not for young children. Membership with the national organization is encouraged, but is not required. Meets 4th Tues. (no July meeting), but 2nd Tues. in Dec., 6:00 p.m., Wesley United Methodist Church, West Lounge, (corner of Green St. and Goodwin St.), Urbana. **Call:** Cindy Dodd (217) 586-3497 (home) **E-mail:** cupflag@hotmail.com **or:** peggy.whitmer@gmail.com **Website:** pflag.org **Write:** C-U PFLAG, Wesley United Methodist Church, 1203 W. Green St., Urbana, IL 61801.

Families Group (2012 F,P) This group focuses on specific needs of LGBTQA (lesbian, gay, bi-sexual, transgendered, questioning, allied) parents and children. This group provides separate programming opportunities for children of LGBTQA parents, LGBTQQA parents, and the family. Call for more information. **Call:** Sara Heumann (217) 550-4248 or The UP Center (217) 550-4248 **E-mail:** families@unitingpride.org **or:** info@unitingpride.org **Website:** unitingpride.org **Write:** The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

Pregnancy / Childbirth / Breastfeeding

Champaign County

Breastfeeding Friends (BFF) Moms Group (2012 F, P) This weekly support group is for breastfeeding mothers. Meets Fri., 10:30-12:30 a.m., C-U Public Health District in the Conference Rm. **Call:** Karima Isberg, MA, CLC (217) 721-0475 **E-mail:** kisberg@c-uphd.org **Write:** Karima Isberg, CUPHD, 201 W. Kenyon Rd., Champaign, IL 61820

La Leche League of Champaign Urbana (1971 A,L) This international, nonprofit, nonsectarian organization is dedicated to providing education, information, support, and encouragement to women who want to breastfeed. La Leche League of Champaign Urbana offers informal discussions open to any woman interested in breastfeeding. Pregnant women are encouraged to attend. Babies are always welcome at our meetings. A lending library is available. Meets 2nd Mon., 6:30-7:30 p.m., Urbana Free Library Auditorium, 210 W. Green St., Urbana; and 3rd Wed., 10:00-11:00 a.m., Developmental Services Center, 1304 W. Bradley Ave., Champaign. **Call:** Jodi (217) 725-8060 **E-mail:** fanwoman68@yahoo.com **Website:** llii.org

Parent - Child Interaction Group (2007 F,P) This group is for pregnant women and new parents. Parents get feedback from other parents, and discussions include child development, parental stress, and other topics. Child care is available. Meeting days and times vary. Call or visit the website for current information. **Call:** Crisis Nursery (217) 337-2730
Website: www.crisisnursery.net **Write:** Parent - Child Interaction Group, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

Prenatal Group for Teen Parents (2007 F,P) This group offers support to soon-to-be teen mothers and fathers who attend a six-week group to: learn about pregnancy, prepare for childbirth, meet other pregnant mothers and fathers, learn about parent-child bonding, learn basic infant care, and ask questions. Transportation is available and a snack is provided. This group is a collaborative project of the Healthy Young Families Program at Community Elements and the All About Baby Prenatal and Family Education Program at Carle Foundation Hospital. Meets quarterly, Weds., 4:00-5:30 p.m. Location varies. **Call:** Teen Parent Group Coordinator (217) 693-4581 or (217) 398-8080 **E-mail:** ajackson@communityelements.org
Website: communityelements.org **Write:** Community Elements, 1801 Fox Dr., Champaign, IL 61820

Support Group for Pregnant Mothers and Mothers Raising Infants (2011 A,P) This group is funded by the Beyond Blue grant which comes from the Champaign County Mental Health Board. The program exists as a support to mothers in Champaign County who may be at risk for postpartum and perinatal depression. It is a supportive and confidential space for mothers to share the ups and downs they are experiencing. Groups meet at Crisis Nursery and in rural areas such as Rantoul and Tolono at varying times throughout the year. Child care is available and the groups are always free. Contact Crisis Nursery or check the website for specific dates and times. No prior registration necessary. **Call:** Ann Ambrose (217) 337-2730
E-mail: ann@crisisnursery.net **Website:** www.crisisnursery.net **Write:** Ann Ambrose, Crisis Nursery, 1309 W. Hill St., Urbana, IL 61801

McLean

La Leche League (McLean County) (1956 A,P) This support and educational group is for breastfeeding mothers and pregnant women. The group has informal discussions. People are encouraged to bring their babies and young children. There is a \$40 fee for membership in La Leche League International, but mothers may attend the meetings for free. A lending library and bimonthly magazine are available. Meets 1st Tues., 6:30 p.m., La Leche League, McLean County Health Department, 200 W. Front St., Bloomington. La Leche League of Bloomington-Normal, Illinois is also on Facebook. **Call:** Catherine Preston-Schreck (309) 846-4734 **E-mail:** cpressch@yahoo.com **or:** llofbn@gmail.com **Website:** lalecheleague.org **Write:** La Leche League, McLean County Health Department, 200 W. Front St., Bloomington, IL 61701

Pregnancy and Beyond (2012 A,P) This group is open to all expectant moms and dads in the community who wish to gain support, education, and encouragement in a safe, confidential environment. Topics include breastfeeding, labor and delivery, infant massage, and Happiest Baby on the Block. Free snacks and child care are provided. Meets Tues., 4:00 p.m.-5:30 p.m., Healthy Start House, Bloomington. **Call:** Amy Sloan-Gray (309) 834-5226 or Jennifer Rients, BSW (309) 834-5266
E-mail: jrients@childrenshomeandaid.org **Write:** Jennifer R. Rients, Children's Home + Aid, Mid-Central Region, 403 S. State St., Bloomington, IL 61701

Relatives Raising Children

Macon

Family Ties (Macon County) (1999 F,P) This group is for anyone raising relatives in Macon or Piatt Counties. Child care is available. Meets last Thurs., 6:30-8:30 p.m. **Call:** Ginny Karl (217) 423-6961, ext. 138 **E-mail:** gkarl@webstercantrell.org
Website: webstercantrell.org

Hope Grows Kinship Support Group (2012 F,P) This group provides support for relatives raising children. Meets 2nd Wed., 1:00-2:00 p.m., Macon County Health Department, 1221 E. Condit St., Decatur. **Call:** Sally Williams (217) 423-6550
E-mail: swilliams@maconcountyhealth.org **Write:** Macon County Health Department, 1221 E. Condit St., Decatur, IL 62521

McLean

R.O.C.K. (Raising Our Children's Kids) - McLean County (1986 A,P/L) This support group is for grandparents and other relatives who are raising relatives' children. It provides resources and a time to share ideas, concerns, and experiences. Child care is provided. A newsletter and group literature are available. Enter the building from the back parking lot. Meets 1st and 3rd Wed., 5:30-7:00 p.m., Children's Home + Aid, 403 S. State St., Bloomington. **Call:** Jenn Rients (309) 834-5266
E-mail: jrients@childrenshomeandaid.org **Website:** childrenshomeandaid.org **Write:** Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Sangamon

Relatives as Parents Network (RAPN) (1995 F,P/L) This educational support group is for all caregivers who are relatives of children. Lunch is provided during meetings. Group literature is available. Please call before attending. Meets 2nd Tues., 11:45 a.m. to 1:00 p.m., The Parent Place, 314 S. Grand Ave. W., Springfield. **Call:** Pieretta Patterson (217) 753-8730, ext. 103 **Website:** tppos.org/services.html **Write:** Pieretta Patterson, The Parent Place, 314 S. Grand Ave. W., Springfield, IL 62704-3716

Separation / Divorce (Adults)

Champaign County

DivorceCare (Meadowbrook Church) (2009 A,L) This divorce recovery seminar and support group is nondenominational, but does feature biblical teachings. Optional workbook fee is \$20. Meets Wed., 6:00-8:00 p.m., Meadowbrook Church, 1902 S. Duncan Rd., Champaign. **Call:** Ron and Deb Bailey (217) 359-9636 or Stacy (217) 351-3019 **E-mail:** sbates@meadow.org **Local Website:** meadow.org **National Website:** divorcecare.com **Write:** DivorceCare, Meadowbrook Church, 1902 S. Duncan Rd., Champaign, IL 61822

DivorceCare (New Horizon Methodist Church) (A,L) This group provides a divorce recovery seminar and support group. It is nondenominational, but does feature biblical teachings. Meets Mon., 6:30-8:30 p.m., New Horizon United Methodist Church, 3002 W. Bloomington Rd., Champaign. **Call:** Mike Potts, New Horizon Methodist Church (217) 359-8909 **E-mail:** mike@newhorizonchurch.org **Local Website:** newhorizonchurch.org **National Website:** divorcecare.com

DivorceCare (The Vineyard Church) (1997 A,L) This group provides a recovery seminar and support group that is nondenominational, but does feature biblical teachings. Child care is available for \$1 per hour per child, maximum of \$10 per family. For directions to the meeting room, look for signs or go to the Welcome Desk in the church. Meets Tues., 7:00-9:00 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana. **Call:** Thad Sweet or The Vineyard Church (217) 384-3070 **E-mail:** thad.sweet@thevineyardchurch.us **Website:** divorcecare.com **Write:** Bob or Maureen Peck, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

Divorce/Separation Support Group (Our Lady of the Lake Catholic Church, Mahomet) (2010 F,L) This group is open to all who are divorced or separated. Topics include grief, anger, loneliness, healing, etc. The group features biblical teachings and prayers. Meets Weds. evenings in Mahomet. It is offered periodically. Contact Liz Clawson for information on the next group sessions. **Call:** Liz Clawson (217) 586-2846 **E-mail:** clawson@illinois.edu **Write:** Liz Clawson, Our Lady of the Lake Catholic Church, 501 W. State St., Mahomet, IL 61853

Separation / Divorce (Children)

Champaign County

Rainbows For All Children (1983 A,P/L) This program offers groups to help children who are grieving the loss of a parent or guardian due to death, divorce, deployment or other loss. Contact Rainbows to find groups. **Call:** (847) 952-1770 **E-mail:** info@rainbows.org **Website:** rainbows.org **Write:** Rainbows for All Children, 1007 Church St., Ste. 408, Evanston, IL 60201

McLean

Kids' Turn (2012 A,P) This group is for parents and children going through divorce or separation. The group helps children learn to understand and cope with the changes taking place within the family. Kids' Turn is facilitated by professionals familiar with the dynamics of divorce. Parent's groups and children's groups are run at the same time. Snacks are provided. Meets Wed., 5:30-6:30 p.m., Children's Home + Aid, Healthy Start House, 403 S. State St., Bloomington. **Call:** Lori Boline (309) 827-0374 ext. 4299 **E-mail:** lboline@childrenshomeandaid.org **Website:** childrenshomeandaid.org **Write:** Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

Stepfamilies

Champaign County

Stepfamily (1998 F,L) This group provides phone support only to discuss issues about stepfamilies and make referrals to mental health professionals. **Call:** Debra or Darell Hart (217) 469-7889 **E-mail:** debrajoyhart@gmail.com

Teen Parents

Champaign County

GOALS (Going On Against Life's Struggles) (2011, F,L) This support and empowerment group inspires, motivates and encourages teen parents to set life goals. Monthly group meetings for teen moms, ages 13 to 21, include discussion, support and "mentor and mommy time". The groups are about empowering minds, inspiring dreams and encouraging healthy relationships. Free meal, child care and transportation are provided. Meets 2nd Mon., 6:00-8:00 p.m., McKinley Foundation, 809 N. 5th St., Champaign. **Call:** Tasha Thompson (217) 819-1976 **E-mail:** thegoalsproject@gmail.com **Website:** thegoalsproject.org **Write:** GOALS Project, McKinley Foundation, 809 N. 5th St., Champaign, IL 61801

Healthy Young Families Teen Parent Support Group (1990 A,P/L) This support group provides mutual support, information, and parenting education for teen mothers. Child care, transportation, and dinner is provided. Urbana group meets Tues., 5:00-7:00 p.m., Philo Road Church of Christ, 2601 S. Philo Rd., Urbana. Champaign group meets Thurs., 5:00-7:00 p.m., Temple Baptist Church, 1100 Broadmoor Dr., Champaign. Call for an interview to attend the groups. **Call:** Teen Parent Coordinator (217) 693-4573 or (217) 398-8080 **Website:** communityelements.org **Write:** Teen Parent Group Coordinator, Community Elements, 1801 Fox Dr., Champaign, IL 61820

Parent Wonders (1990 A,P) This program partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from birth to 36 months. It focuses on at-risk pregnant women and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens. **Call:** Felicia Gooler, Developmental Service Center (217) 359-0287 **E-mail:** fgooler@dsc-illinois.org **Website:** dsc-illinois.org **Write:** 1304 W. Bradley Ave. Champaign, IL 61821

Prenatal Group for Teen Parents (2007 F,P) This group offers support to soon-to-be teen mothers and fathers who attend a six-week group to: learn about pregnancy, prepare for childbirth, meet other pregnant mothers and fathers, learn about parent-child bonding, learn basic infant care, and ask questions. Transportation is available and a snack is provided. This group is a collaborative project of the Healthy Young Families Program at Community Elements and the All About Baby Prenatal and Family Education Program at Carle Foundation Hospital. Meets quarterly, Weds., 4:00-5:30 p.m. Location varies. **Call:** Teen Parent Group Coordinator (217) 693-4581 or (217) 398-8080 **E-mail:** ajackson@communityelements.org **Website:** communityelements.org **Write:** Community Elements, 1801 Fox Dr., Champaign, IL 61820

Real Life Young Moms Group (2008 A,L) This group for teen parents provides education and support to help teenagers with the real issues of raising children. A free meal and free child care are provided. Meets Mon., 6:00-8:00 p.m. (except 5th Mon.), First Christian Church on Staley and Curtis Rd., Champaign **Call:** Willie Comer **E-mail:** willie_comer@comcast.net

Young Lives Group (Champaign) (2008 A,L) This group offers teen moms support and education, relief from the isolation and struggle of their daily lives, and hope for the future. Each meeting includes a free meal, child care, and fun activities. Meets 1st and 3rd Thurs., First Presbyterian Church, 302 W. Church St., Champaign. **Call:** Erin Grace (217) 493-9537 **E-mail:** gracee321@aol.com **Website:** younglife.org

McLean

Heart-2-Heart (2012 F,P) This group is for young moms up to age 22. It provides information on healthy relationships for children and on how to keep themselves and their children safe from abuse. Meets Tues., 4:00-5:30 p.m., at the Healthy Start House. The group runs in ten-week sessions. A light meal and child care are provided. **Call:** Jenn Rients (309) 834-5266 **E-mail:** jrients@childrenshomeandaid.org **Website:** childrenshomeandaid.org **Write:** Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

*For a complete listing of area support groups, visit the Self-Help Center website at
selfhelp.famservcc.org*