

Local Emergency	Address	Phone	Info
Sterling Police		815-632-6640	
Whiteside County Sheriff		815-772-4044	
CGH Medical Center	100 E. LeFevre Rd. Sterling, IL 61081	815-625-0400	
Sterling Fire Dept.		815-632-6680	

GOVERNMENT RESOURCES

City of Sterling See: Services	212 Third Avenue Sterling, IL 61081	815-632-6621	http://ci.sterling.il.us/agencies.cfm
Dept of Human Services (DHS)	2605 Woodlawn Rd Ste 4, Sterling	(815) 632-4045	https://www.financialhelpresources.com/details/dhs_family_community_resource_center_whiteside_county.html
ILL Dept of Children and Family Services	2607 Woodlawn Rd, #3, Sterling	815-625-7594 HotLine: (800) 252-2873	https://www.svcc.edu/community/services-directory/agencies/department-of-children-family-services-dcfs.html
ILL Dept of Labor	900 S Spring St Springfield, IL 62704	312-793-2800	https://www.illinois.gov/idol/Pages/contact.aspx
Jobs Training Partnership Act (JTPA)			http://www.needhelp-payingbills.com/html/illinois_job_training_programs.html
Social Security Adm	3512 E Lincolnway, Suite C, Sterling	(866) 789-1093	https://www.ssa.gov/
Tri County Opportunities Council	108 4th Ave, Sterling Rock Falls, IL 61071	815-625-9323	http://www.tcohelps.org/liheap.html
Veterans Adm. and Clinic	406 Ave C, Sterling	815-625-2495	https://www.iowacity.va.gov/locations/CBOC_Sterling_IL.asp

Whiteside Cnty Senior Ctr/Public Transportation	1207 W 9th St, Sterling Rock Falls, IL 61071	815-622-9230	Aging and Disability Resource Center
Whiteside County Health Dept (WCHD)	1300 W. 2nd St, Rock Falls, IL 61071	815-626-2230	Health Clinic, Maternal Child Health, Dental

COMMUNITY RESOURCES

American Red Cross	112 W 2nd St, Rock Falls	815-625-0382	http://www.redcross.org/
CGH Foundation	100 E LeFevre Rd, Sterling	815-625-0400 ex. 5672	Medical Assistance Program X4433 https://www.cghmc.com/foundation/
Lifescape Community Services (SENIOR SERVICES) MEALS ON WHEELS	1901 First Ave, Sterling Rockford	815-490-1125	http://www.lifescapeservices.org/about/about-lifescape/
Northern ILL. Area Agency on Aging (NIAAA)	1111 S. Alpine Road, Suite 600, Rockford	800- 542- 8402	http://nwilaaa.org/resourcecenter.html
PADS Shelter	111 E 29th St., Sterling	815-626-2210	http://twincitiespads.org/
Pregnancy- Gianna's House	700 10th St., Rock Falls	815-213-0290	http://prolifecorner.com/giannas-house-pregnancy-resource-center-rock-fallssterling-il/
United Way	502 1st Avenue Sterling, IL	815-625-7973	Our Partners: http://uwwhiteside.org/about-us/our-partners

FOOD PANTRIES

Loaves and Fishes/ Fish Food Pantry M- F 9am-11am	501 Broadway/ 902 E 5th St. Sterling	815-625-0244/ 815-626-1734	
Salvation Army Tu- W-F 1-3:30pm	409 Ave F, Sterling	815-625-1622	http://centralusa.salvationarmy.org/sterlingrockfalls/
Sauk Valley Food Bank	1801 Plant Rd	815-626-4556	
St. Vincent DePaul M- F 12- 2pm	7 W 6th St., Sterling	815-625-0311	http://www.svdpsaukvalley.org/

HOSPICES

Hospice of the Rock River Valley	2600 N. Locust, Ste B, Sterling	815-625-3858	http://www.hospicerockriver.org/
Gaffney Home Nursing and Hospice	3408 E. 23rd St., Sterling	815-626-3467	http://gaffeyhomenursingandhospice.com/

SUPPORT GROUPS

Alcoholics Anonymous	See PDF	24 HOUR HOT LINE: 1- 800-452-7990	http://aa-nia.org/wp-content/pdf/meetings/Dist73_schedule.pdf
Al-Anon and Alateen	Thursdays @7pm, St. Lutheran Church 703 3rd Ave Sterling Mondays @7pm 1503 1st Ave, Rock Falls		https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/
Compassionate Friends (Loss of Child)	860 W. Oregon Trail Rd., Oregon, IL	815-441-3710	https://www.compassionatefriends.org/resources/related-organizations/

Grief- Hospice of the Rock River Valley	2706 Ave E, Sterling, Second Mondays Noon-1:30pm	815-625-3858	http://www.hospicerockriver.org/upcoming-events.html
Grief- McDonald Funeral Home	505 1st Ave, Sterling	815-626-6311	http://mcdonaldfuneralhomes.com/aftercare-support
Home Of Hope (Cancer Support)	1637 Plock Rd., Dixon	815-288-4673	http://www.homeofhopeonline.org/home-page.html

MENTAL HEALTH RESOURCES

Lutheran Social Services of Illinois	1901 1st Ave, Sterling	815-626-7333	https://www.lssi.org/
Sinnissippi Center	2611 Woodlawn Rd., Sterling	24 Hr Hotline 800-242-7642, 815-625-0013	http://sinnissippi.org/
Pathways Counseling Services	208 E. 4th St., Sterling	815-625-5583	
National Alliance of Mental Illness (NAMI)	2611 Woodlawn Rd., Sterling	Mary Brokaw 815-284-6417 Tara Wagenknecht 815-303-9386	https://www.nami.org/
AIDS/HIV/STD Hotline		8am-10pm 800-243-2437	https://www.projectinform.org/hotlines/
YWCA	412 1ST Ave, Ste 100, Sterling	815-625-0333, Domestic Violence Hotline 815-626-7277 or 815-288-1011	http://www.ywca.org/site/c.cuIRJ7NTKrLaG/b.8481993/k.4AE9/Services_at_YWCA_Local_Associations.htm
Moeller, Myers and Associates, PC	302 East 5th Street, Sterling	815-626-8760	http://www.mmaccil.com/about-us.html
Donna Ripley, PhD	300 1st Ave Ste 200, Rock Falls	(815) 626-0201	Marriage, Family, Child & Individual Counselors, Counseling Services, Psychologists
Whiteside County Health Dept.	18929 Lincoln Road, Morrison	815-772-7411	