



February 2005  
Rock County, Wisconsin

# Support Manual

PUBLISHED BY UNITED WAY'S FIRST CALL AS A SERVICE OF ROCK COUNTY HUMAN SERVICES DEPARTMENT

## 12-STEP APPROACH

**AA - ALCOHOLICS ANONYMOUS** – Step recovery program for alcoholics

**AL-ANON** - For family members and friends of alcoholic

**ALATEEN** – Teens between the ages of 12 and 18 affected by alcohol problems in the family

**CLOSED MEETING** – persons who have a desire to stop drinking

**OPEN MEETING** – Can Be attended by any interested person.

### 12 & 12 DROP IN CENTER

Provides a club atmosphere for recovering alcoholics. Several Twelve Steps and AA meetings are held at this location. Drop-ins welcome for support. Offers contact numbers for Al-Anon, both Beloit and Janesville, and meeting times and places for Women's Group and Unity Group. 212 N. Jackson, Janesville. Brian **756-1990**

### 12 FOOTSTEPS TO FREEDOM

Biblically based, Christ-centered 12 step group is for anyone who wants freedom from an addiction of any kind. The group is structured, yet conversational, supportive and confidential. Faith Community Church, 2931 Lucerne, Janesville. Dr. Mark **758-4867**

### AA HOTLINE - BELOIT

418 Pleasant St., Beloit. Call for information on Al-Anon Big Book Study and other AA meetings. **364-0520**

### AA – EDGERTON

Open, Closed, twelve step recovery program for alcoholics, at Elm Drive Apartments, 800 Elm Dr, bldg #1 (upstairs), at 7:00pm, every Mon. Larry **884-8211** or Rocky **884-4555**

### AA – EVANSVILLE

Evansville area contact Dick **882-4431**

### AA HOTLINE – JANESVILLE

AA 24 – hour hotline Janesville area **754-1766**

### AA – WOMENS SPIRITUALITY GROUP

Tue, 7pm. First Lutheran Church, 100 W. Rolling, Edgerton. Church **884-8211**, Larry **884-8211**

### AL-ANON – BELOIT

AA Hotline Beloit area **364-0520**

### AL- ANON DISTRICT 25

Hotline Janesville **756-1720**

### AL-ANON - JANESVILLE

Group meets Sat., 10am, at Our Savior's Lutheran Church, 2015 Kellogg, Janesville. Jane **756-1720**

### ALATEEN HOTLINE - JANESVILLE

24-hour hotline. **756-1720**

### CODA -CO-DEPENDENCY SUPPORT GROUP

Group meets Tuesday, 6:30pm at the Presbyterian Church, 501 Prospect St., Beloit. Rick **365-0743**

### GAMBLER'S ANONYMOUS - JANESVILLE

Uses twelve-step model for individuals with gambling addiction. Sat. 10am-12 noon, Wed. 7pm-9pm. Mercy Hospital, Room G210, 1000 Mineral Pt. Ave., Janesville. The Family Tree **868-5122**

### GAMBLER'S ANONYMOUS – MADISON

Uses twelve-step model for individuals with gambling addictions. 1050 Regent St. Madison. Bill **276-7765**

### GAMBLER'S ANONYMOUS – ROCKFORD

Uses twelve-step model for individuals with gambling addictions. 2400 N. Rockton Ave, Rockford. Sun. 7-9pm. Roger (Home) **(815) 967-0241**

### NARCOTICS ANONYMOUS-

Mon., Thu., and Fri. 7pm-8:30pm, First United Methodist Church, 511 Public Ave., Beloit. **362-8866**. Tue., Wed. & Sun. 7-8:30pm, Rock Valley Community Program, 203 W. Sunny Lane., Janesville. **741-4500**

### OA (OVEREATERS ANONYMOUS) - BELOIT

Fellowship of men and women sharing experiences, strength and hope, sharing common problem of compulsive overeating. Thu. 7:30pm First United Methodist Church, 511 Public Ave., Beloit. Rosie **362-7446**

### OA (OVEREATERS ANONYMOUS) - JANESVILLE

A 12 step program for people sharing experiences, strength, and hope in recovery of food addiction. Mon. 7:30pm Trinity Episcopal Church (Handicapped Accessible), 409 E. Court, Janesville. **754-0975**

### OA (OVEREATERS ANONYMOUS) – ROSCOE

A 12 step program for people sharing experiences, strength, and hope in recovery of food addiction. Tue, 7pm-8pm. 10816 Main St., Roscoe IL. **(815) 623-2292**

United Way's First Call  
Program of: United Way of  
North Rock County and  
Stateline United Way



## RESTORE

Twelve-step bible-based group aimed to help men & women heal hurting relationships. Support for people who have suffered from alcohol and drug abuse, spousal abuse, childhood sexual abuse, etc.

Sun. 9:30am-10:30am. Thu. 7pm-8pm, New Life Assembly of God Church, 2416 Wright Rd, Janesville. **752-8323** or **756-4175**

## TOUCH OF SERENITY RECOVERY CENTER

A recreational and resource center for persons going through or have been through a 12-step program. 412 Pleasant St., Beloit. Hotline number **364-0520**.

Tammy **361-7302**

## WESLEY AVENUE ALANO CLUB, INC.

Provides a drug and alcohol-free facility for meetings and social activities. Also serves as a drop-in center for anyone in times of need. Mon. thru Sun, 9am – 8:30.

1833 Wesley Ave. Janesville. **754-2828**

# OUT OF AREA

## CENTERS FOR INTERVENTION AND PREVENTION

Provides information on support groups in the Dane County area. Includes recovery programs, as well as programs for youth. 2000 Fordem Ave., Madison.

**608-246-7600**

## SAA (SEX ADDICTS ANONYMOUS)

The goal is to abstain from addictive sexual behavior Two meetings a week. Mon, 5:30pm, Pitchburg Serenity, 6048 McKinney Rd., Rm A. Tue, 7pm, Bethel Lutheran Church, 312 Wisconsin Ave., Room 211, Madison. Thu, 6:30pm, St. John's Lutheran Church, 322 E. Washington (in basement), Madison. Fri, 6:30pm, St. Luke's, 4011 Major Ave, Monona.

**608-845-2309**

# ADDICTIONS

## ALCOHOL & DRUG ABUSE SERVICES

Alcohol and drug abuse services address: alcohol and drug abuse, chemical dependency, co-dependency, ACOA issues, relapse prevention, and ongoing recovery issues. Lutheran Social Services, 749 Bluff St., Beloit –**362-6629**. First Lutheran Church, 612 N. Randall Ave. Suite A, Janesville **756-7660 ext 10**

## BREAK THE CHAINS/ADDICTION MINISTRY

Drugs, alcohol, tobacco. Group and individual counseling. Faith Builders International, 2170 E. Murphy Woods Rd., Beloit. **365-9131**

## BELOIT INNER CITY COUNCIL/TELLURIAN

Offering education and intervention in the areas of alcohol and drug addiction and HIV/AIDS, for at-risk youths and their families. ADULTS – including treatment groups, Mon., Wed. & Fri., 9am-12 noon. Mon., Tue., & Wed. 5:30pm-8:30pm. 403 Prospect St. Beloit. **365-6600**

## HEART TO HEART HEALTHIER LIFESTYLE

Support group for making positive lifestyle changes, i.e. exercise, nutrition, smoking cessation, and stress management. Beloit Memorial Hospital, 1969 W. Hart Rd. Beloit, 4<sup>th</sup> floor classroom. 3<sup>rd</sup> Tue. Sept – May, 6:30pm – 7:30pm. **361-5011**

## PROJECT C.A.R.E.

Coordinate support services to Blackhawk Technical students and staff who are in treatment for or are recovering from dependence. Blackhawk Technical College, 6004 Prairie Rd., Janesville. Nancy **757-7715**

## ROCK COUNTY TOBACCO FREE KIDS

The Tobacco-Free Kids program is sponsored by the Rock County Tobacco-Free Coalition; it is funded through the Thomas T. Melvin Funds, a state tobacco control program. Kids talking to kids. Family Service Association 423 Bluff St, Beloit. **365-1244**

## TOBACCO CESSATION SUPPORT GROUP

All sessions of this tobacco cessation group are free. Beloit Area Community Health Center, 74 Beloit Mall, Beloit. Debbie **365-1244**.

# BEREAVEMENT

## BELOIT REGIONAL HOSPICE, INC.

Open to anyone suffering a loss through death. Groups begin every three months for seven consecutive weeks. Encouragement, coping skills and various aspects of grief are discussed. INDIVIDUAL COUNSELING Sometimes talking to someone helps you to feel better. Short term counseling and referral information, both free of charge, are available to anyone who is dealing with bereavement, loss and end of life issues. LENDING LIBRARY has a wealth of resources available to the public. Books, tapes and videos can be checked out for three-week intervals. *All groups are held at 2958 Prairie Ave. Bereavement services are available at no charge. To register, or for more information, call Beloit Regional Hospice Office, Mary Jane* **363-7421**

## BEREAVEMENT SUPPORT GROUP

Grieving the loss of a loved one? Share and receive support from other individuals facing the challenges associated with the grieving process. 2nd Wed, 3pm-4:30pm. Mercy Assisted Care, 901 Mineral Pt. Ave., Janesville. Melissa **754-2201**.

## CHILDREN'S SUPPORT GROUP

Children and their caregivers meet in separate groups to gain a better understanding of the grief experience. Beloit Regional Hospice, 655 Third St., Beloit. 363-7421

## THE COMPASSIONATE FRIENDS

A national non-profit, self-help support organization for bereaved parents, grandparents, and siblings following the death of a child. 3<sup>rd</sup> Thu, 7pm-8:30pm. Door Creek Church, 6602 Dominion Dr., Madison. **(608) 663-3562**

## **GRIEF GROUP IN SPANISH**

Free series of grief support. Tue. 6-7:30pm. The series offers a supportive, sharing environment to individuals coping with the death of a loved one. Covers topics such as understanding grief, relations of loss and healing strategies. YWCA of Rock County 1735 S. Washington St. **755-1871**

## **GRIEF SUPPORT GROUP – ROSCOE**

Anyone struggling with the loss of a loved one is invited to join this group. Meets every Tue., call for time. Roscoe United Methodist Church, 10816 Main St., Roscoe. **815-623-2292**

## **HOSPICECARE, INC.**

JOURNEY THROUGH GRIEF SUPPORT GROUP for any one who has had a death related loss: spouse, parent, grandparent, sibling, or close friend. This group meets for eight consecutive weeks. Evening and morning groups are available. Call for dates and times. CHILDREN'S GRIEF GROUP (KIDS HURT TOO) is a support group for eight to ten children, ages five to twelve years old who have experienced a death related loss. The parents of registered children will meet simultaneously in a separate room. Group meets for six consecutive weeks from 7-8:30pm.

MOTHERLOSS GROUP offers support for women who have lost a mother to death as an adult. Group meets for four consecutive weeks; offered twice a year.

SANANDO EL PESAR is a healing support group for the Hispanic/Latino community. Held four times a year, call for more information.

TEEN BEREAVEMENT GROUP (TEENS TOGETHER) is a support group designed for teenagers PARENTS GROUP is a component of Kids Hurt Too and Teens Together. SURVIVING THE HOLIDAYS is a bereavement holiday support group scheduled to meet November. Group meets at the HospiceCare, Inc. Grief Center, 3001 W. Memorial Dr., Janesville. *There isn't a charge for any group. Contact the bereavement counselors for more information and to register for any of these groups.* Janesville **755-1871**

## **KYRA II**

An interdenominational group providing spiritual, mental, and social aid and encouragement to the widowed. 3<sup>rd</sup> Wed, 2:30pm. Janesville Senior Center, 69 S. Water St., Janesville. Peggy **752-7357**

## **SOS OF DANE COUNTY**

Family and friends who have lost a loved one to suicide. 2<sup>nd</sup> & 4<sup>th</sup> Tue, 7pm-9pm. 625 W. Washington, Madison. **(608) 280-2580** Crisis Line **(608) 280-2600**

# **PET LOSS**

## **PET LOSS GROUP**

Offers a support group twice a year. Call for Details. Rock County Humane Society, 222 S. Arch St., Janesville. **755-5622, or 755-1871**

## **C.A.R.E. PET LOSS HELPLINE**

Those having trouble dealing with the loss of a pet can call for hours of operation. Helpline was developed to provide a supportive outlet for people experiencing loss of the bond they share with their cherished companion animal. Toll Free **1-877-394-2273**

# **CARE GIVERS**

## **ALZHEIMER'S DISEASE CAREGIVERS/FAMILIES SUPPORT GROUP – BELOIT MEMORIAL HOSPITAL**

2<sup>nd</sup> and 4<sup>th</sup> Tue. of the month, 1 – 2 p.m.  
1969 W. Hart Rd., Beloit. Tammy **314-8500**

## **ALZHEIMER'S DISEASE AND CAREGIVERS SUPPORT GROUP – BRODHEAD**

2<sup>nd</sup> Tue. of the month, 6pm-7:30pm. Bank of Brodhead, 806 E. Exchange St., Brodhead. Kathy **(608) 328-9355**.

## **ALZHEIMER'S DISEASE AND CAREGIVERS SUPPORT GROUP – MERCY**

3<sup>RD</sup> Thu, 1pm-2:30pm. Mercy Health Mall, 1010 N. Washington St., Janesville. Allison **754-2201**

## **ALZHEIMER'S DISEASE CAREGIVERS SUPPORT GROUP – ROCKTON**

Support group is for caretakers and family members of those with Alzheimer's disease. 4<sup>th</sup> Wed, 7pm- 8:30pm. High view in the Woodlands, 1000 Falcon Pt., Rockton. Tabatha **(815) 624-6700** or Carol **(815) 389-2157**

## **BASIC CAREGIVER TRAINING –RED CROSS**

Designed by local community professionals to help those who have friends or family members who are chronically ill, recovering from surgery permanently disabled or are in need of long-term care. Contact American Red Cross for times and dates. Red Cross, 211 N. Parker Dr. **754-4497**

## **CAREGIVER SUPPORT GROUP**

Providing care for a person with a chronic or serious long-term illness can be physically and emotionally draining. Caregivers can share feelings, frustration and helpful information. Mercy Health Mall, 1010 N. Washington, Janesville. Contact Allison **754-2201**

## **FAMILY RESPITE CARE SERVICES OF ROCK CO.**

The Respite Registry is a listing of direct care workers who provide respite care in Rock County. Provides the Respite Program, an alternative to traditional respite care. **758-0956**

### **NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

Offers information, assistance, respite care, supplemental services, counseling, and support groups. Rock County Council on Aging, 3328 HWY 51 North, Janesville.

**758-8455**

### **SAFE RETURN**

A nationwide identification, support and registration program working at the community level. Assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who wander and become lost. Alzheimer's Support Center, 20 S. Main St. Janesville.

**756-8205**

### **VISITING FRIENDS PROGRAM**

Provides companionship and socialization to those people who are homebound. Mercy Assisted Care, 901 Mineral Pt. Ave., Janesville.

## **CHILDREN**

### **1<sup>ST</sup> WISCONSIN YOUNG MARINES**

Provides an alternative for youth to instill a sense of pride in them selves, in their community, and in their country. Young Marines makes a pledge to maintain a drug-free lifestyle and are encouraged to influence family, friends and schoolmates to share this commitment. Ages 8 – 18. Fourteen week boot camp is held twice a year.

Rita **(608)-295-3295**

### **BIG BROTHERS/BIG SISTERS OF ROCK, WALWORTH, & JEFFERSON COUNTY**

Primary focus is to match children from single parent homes with adult role models who spend 3 to 4 hours a week. Children 6 through 14. Mentors do everyday types of activities with these children. Jefferson, Rock, and Walworth County. 2433 S. Riverside Dr., Beloit. Nancy or Jean **362-8223**

### **CHILDREN'S GRIEF GROUP (KIDS HURT TOO)**

Support group for eight to ten children, ages five to twelve years old who have experienced a death related loss. The parents of registered children will meet simultaneously in a separate room. Group meets for six consecutive weeks from 7-8:30pm. HospiceCare, Inc. Grief Center, 3001 W. Memorial Dr., Janesville. **755-1871**

### **CHILDREN'S GROUP AND ACTIVITIES**

Beloit Domestic violence Center offers children's groups. Mon 5pm-6pm, 356 S. Locust St, Beloit. Tue 5pm-6pm, Mercy Lodge, 21865 Shopiere Rd, Beloit. Girls of all ages and boys under the age of twelve. **364-1083**

### **CHILDREN'S SUPPORT GROUP**

Children and their caregivers meet in separate groups to gain a better understanding of the grief experience. Children use art, games, and storytelling to express their loss. Beloit Regional Hospice, 655 Third St., Suite 200, Beloit. **363-7421**

### **FINDING MY BEST WAY**

A "Kids with ADD" Group. Wed. 5pm – 6pm. Lutheran Social Services, 612 N Randall Ave., 3<sup>rd</sup> floor., Janesville.

Becky **752-7660 ext. 16**. Marcia **ext. 10**.

### **P.L.A.Y.\* (Problem Solving Learning About Yourself)**

Group experience for children who struggle emotionally with everyday activities. Children 6 – 12 will learn problem solving, anger management, relaxation techniques, goal setting, social and effective communication skills. Mercy Options, 113 S. Franklin St., Janesville. Chantel **756-1475**

## **DIVORCE**

### **CHILDREN OF DIVORCE \***

Eight-week class for children ages 7 – 12. They will be assisted in moving through six significant developmental tasks as they recover from the effects of their parents' divorce. -Individual cases will be considered. 20 E. Milwaukee St. Suite 210, Janesville. **755-1475**

### **DIVORCE CARE**

This group focuses on divorce recovery topics. Those who are separated, going through and divorce, or have been divorced for some time are welcome. Meet Thu 7pm – 9pm at New life Assembly of God. 2416 N. Wright Rd, Janesville. Steve **289-5558** or Cheryl **757-1529**

### **PARENTS FOREVER**

Eight Week program for parents who are recently separating or divorced, who would like to learn how to co-parent their children more effectively. Topics include: effect of conflicts on children, negotiating transitions, communication, legal information, and positive vision for your child's future. Lutheran Social Services 612 N. Randall, Suite A. Sarah **752-7660 ext 12**

### **REBUILDING FROM DIVORCE\***

10-week program for adults recovering from the pressures and emotional affects of divorce. Thu, 6pm-8:30pm. Janesville Psychiatric Clinic. 20 E. Milwaukee St. Suite 210, Janesville. Bill Hollingsworth **755-1475**

### **RESTORE**

Twelve-step bible-based group aimed to help men & women heal hurting relationships. Support for people who have suffered from alcohol and drug abuse, spousal abuse, childhood sexual abuse, etc. Sun. 9:30-10:30am. Thu. 7pm-8pm, New Life Assembly of God Church, 2416 Wright Rd, Janesville. Lee **752-8323** or **756-4175**

## **EDUCATION**

### **CESA 2 DEPT. OF SPECIAL EDUCATION**

Provides services to handicapped individuals, hearing impaired clinics, occupational therapist, physical therapist, adults with special needs, instructional materials for special education.

\*EEN DIRECTORS/LEADERSHIP TEAM - Provides special education administrative and support services in the areas of emotional, learning, and cognitive disabilities, early

childhood, and transition.

**\*SEIMC/TEACHER RESOURCE CENTER(TRC)** Special Education Library which offers support and information for Special Education teachers as well as material for loan and preview with their EEN students.

**\*EEN SUPPORT SERVICES** - Cognitive disabilities, early childhood, emotional disturbance, and learning disabilities.

**\*DEAF AND HARD OF HEARING** - Diagnostic, consultation, instruction, parent support, program support, in services, liaison, educational audiology, and sign languages classes.

**\*REGIONAL STAFF DEVELOPMENT** - Provides staff development opportunities.

**\*PROGRAM FOR THE VISUALLY IMPAIRED** - Provides direct and indirect services to children with visual impairments, schools, and parents.

**\*TRANSITION SERVICES** - Transition Consultants to help districts facilitate best practices and procedures for the transition of students in the school district.

**\*YOUTH TRANSITION CONSORTIUM(YTC)** - Offers at-risk students and individualized education in an alternative setting. 448 E. High St., Milton **758-6232**

### **CHILDREN ARE OUR SPECIALTY**

Open to all Rock County family daycare providers. Mentor program and training opportunities for in-home childcare providers. Monthly News Letter. 1544 S. Grant Ave, Janesville.

Lori **757-0372** or Donna **676-4146**

### **DEAN ON CALL**

Patients are put in touch with an experienced registered nurse any time they have healthcare questions, concerns, or just want to know more about their nearest Dean provider. **800-576-8773**

### **EARLY CHILDHOOD SPECIAL EDUCATION PROGRAM**

Provides programming for children ages 3-6 years in a public school setting. Children must be developmentally delayed. 527 S. Franklin St., Janesville. **743-5059**

Beloit. 1633 Keeler Ave. **361-4125**

### **EARLY HEAD START**

Offers parent involvement events, child development, health, nutrition, social services, and transportation services. 514 S. Main St., Janesville. **758-3300**

### **EVAN START FAMILY LITERACY**

A federal and state funded, non-profit Family Literacy Program. A chance for parents and children to learn together at school and home. Call for times and dates. Beloit Kolar Education Center, 1633 Keeler Ave. Beloit. **361-6186**. Wilson Elementary School, 465 Rockport Rd. Janesville. **757-7620**

### **EXCHANGE FAMILY RESOURCE CENTER**

Enhances the quality of family life by offering resources, referrals, play groups, supportive parenting classes, and lending library for Rock County families. Levi-Leonard Elementary School, 401 S. Third St, Evansville. **882-3161**. 2020 E. Milwaukee St., Suite 5, Janesville. **314-9006**

### **FACT PROGRAM**

Families and Center Together, a fun program for families to get together and learn about helping their early childhood and preschool children to be more successful about building stronger families, creating stronger communities and much more. Call information on when the next program is offered. Family Exchange Center, 2020 E. Milwaukee St., Suite 5, Janesville. **314-9006**

### **FAST PROGRAM**

Families and School Together is an innovative early intervention and prevention program aimed at strengthening and empowering families. It is offered to families through the Exchange Family Resource Center, 2020 E. Milwaukee St., Suite 5, Janesville. **314-9006**

### **FAMILY LIVING**

The Rock County Extension office brings the resources and knowledge base of the University of Wisconsin to people who live or work in the county. Address's the issues and concerns facing families, youth, local government, farmers, industry, and other businesses as well as interest organizations. Rock County Court House, 51 S. Main St., Janesville. **757-5694**

### **JANESVILLE HOME SCHOOL GROUP**

Support group for parents and children in home-based education programs. Frequent field trips. 606 S. Locust St., Janesville. **756-2195**

### **MADD OF ROCK AND WALWORTH COUNTIES**

**(Mother's Against Drunk Drivers)**

Rock /Walworth Chapter, open to women, men and children concerned about drunk driving. Meets Mon. & Wed. 10am – 12:30pm Shopko Plaza, 2739 Prairie Ave., Beloit **365-8100**

### **MEN STOPPING RAPE**

Communicates and educates through workshops, consciousness raising discussions, published materials and videos, support groups, and direct political activism. 306 N. Brooks St., Madison. Stephen **(608) 257-4444**

### **MERCY HEALTHLINE**

People may telephone 8am – 9pm seven days a week to ask health-related questions. **741-2403**

### **ROCK PRAIRIE MONTESSORI SCHOOL**

Non-profit corporation offering quality education based on the principles of the Montessori philosophy. **5246 E. Rotamar Rd., Janesville.** 868-4844

### **ROCK VALLEY HOMESCHOOL SUPPORT GROUP**

For families that home school. Monthly meetings, field trips, and activities. Laura **758-9502**

### **WINGSPAN**

Ongoing, campus-based support groups are held periodically for single parents, non-traditional adult students, and displaced homemakers to share experiences and concerns regarding school, employment, finances, family, ect. Speakers are utilized for special programs.

Blackhawk Technical College. 6004 Prairie Ave., Janesville.  
**757-7656**

### **WISCONSIN PARENTS ASSOCIATION**

Provides information and support for home-based education. For information call Janet **876-6311**

## **MENTAL HEALTH**

### **ALLIANCE FOR THE MENTALLY ILL OF ROCK COUNTY (NAMI)**

Advocacy and information for mental health consumers, family members, and professionals. Meets the 4<sup>th</sup> Mon., 7pm – 9pm. Calvary Lutheran Church, 1992 Shopiere Rd., Beloit. **800-236-2988**. [www.namiwisconsin.org](http://www.namiwisconsin.org). 24 hour Crisis Intervention **757-5025**

### **ALTERNATIVES TO VIOLENCE**

24 Hour Crisis Line **752-2583**

DOMESTIC VIOLENCE SUPPORT GROUP Tue. Evenings from 6 – 7:30pm. Children's Support Group held at same time. Call agency Helpline for more information.

HISPANIC DOMESTIC VIOLENCE SUPPORT GROUP Tue. Evenings from 6 – 7:30pm. Children's Support Group held at same time. Contact Hispanic Outreach Advocate for more information. **752-5445**

GRUPO DE GRUPO de APOYO (AYUDA) PARA MUJERES HISPANAS Martes de 6pm – 7:30pm Programa de niños mientras la madre esta en el grupo. Para más información llama a

nuestra consejera hispana. **752-5445** SEXUAL ASSAULT SUPPORT GROUP Offer the first and third Thu. of each month from 6 – 7:30pm. Children's Support Group held at same time. Contact the Hispanic Outreach Advocate for more information. **752-5445** or Beloit **305-0193**

### **AMERICAN EX-PRISONERS OF WAR, SOUTHERN WISCONSIN CHAPTER**

This program gives information to veterans and spouses to get available benefits. Meets 1<sup>st</sup> Wed or every month except Jan & Feb at 1:30. Elks Club 2100 n. Washington St. Janesville. Karl **752-7027**. Jean **365-3591**

### **ARC OF GREEN COUNTY**

Works to improve the quality of life for children and adults with mental retardation and their families through education, research, and advocacy. 1<sup>st</sup> Tue, 1pm. Public Library, Monroe. **(608) 325-3927**

### **ARC OF MILWAUKEE**

Provides advocacy, education, guardianship, lobbying, prevention, training, and information and referral services to individuals with mental retardation and their families throughout the state. 7203 W. Center St, Wauwatosa. **(414) 774-6255**

### **ARC OF ROCK COUNTY**

Provides advocacy, education, guardianship, lobbying, prevention, training, and information and referral services to individuals with mental retardation and their families. 2332 Mt. Zion Ave. Janesville Dale **752-2731** Steven **752-8803**

### **ARC WISCONSIN**

Provides advocacy, education, guardianship, lobbying, prevention, training, and information and referral services to individuals with mental retardation and their families throughout the state. 600 Williams, Suite J, Madison. **(608) 251-9272**

### **ALZHEIMER'S SUPPORT CENTER OF ROCK COUNTY**

Information, education, support, outreach for Alzheimer's and Dementia. 206 Main St. Suite 5, Janesville. Larisa or Tammy **741-3549**

### **AUTISM SOCIETY OF AMERICA – MADISON CHAPTER**

Information and referrals regarding autism. 2859 Dunston Ct., Madison. **(608) 276-8358**

### **AUTISM SOCIETY OF WISCONSIN**

Offers information and referral support to parents and professionals. **(888) 428-8476**

### **BELOIT DOMESTIC VIOLENCE CENTER**

24 hour crisis line – **365-1119**

Programs to assist families of domestic violence. We currently offer children's groups, parenting groups for mothers, women's support groups, legal advocacy, 24 – hour crisis line, information and referrals, and the transitional living program. CHILDREN'S GROUP & ACTIVITIES -Mon. 6:30 – 8:00pm, Thu. 4 – 5:30pm . WOMEN'S GROUPS – Mon. and Wed.; 6:30 – 8:00pm. PARENTING GROUPS Thu. 4:00 – 5:30 pm.

### **COMMUNITY CONNECTIONS**

Day Care program for adults that includes activities such as daily community outings, occupational, physical and mental therapy, crafts and games. 1425 W. Memorial Dr., Janesville. Matthew **758-8180**

### **COMMUNITY SUPPORT PROGRAM**

Comprehensive and integrated community services to people with serious mental illnesses. 35 S. Main St., Janesville. **757-5566** or 822 Broad St., Beloit. **363-6200**

### **C-U FREE FELLOWSHIP**

A Christian support group for men and women released from prison or jail. Sat. 9am – 10:30am. Marantha Open Bible Church, 2405 Spring Creek Rd. Beloit. Carolyn **608-368-1098**

### **DEVELOPMENTAL DISABILITIES COUNSELING**

Offer developmental disability counseling, family support program, and supported parenting program. Catholic Charities 3311 Prairie Ave., Beloit **365-8787**. 2020 E. Milwaukee St., Suite 9, Janesville. **752-4993**

### **EMOTIONS ANONYMOUS – BELOIT**

For depression, anxiety, and emotional pain. Live a healthier emotional life. St. Paul's Episcopal Church, 212 W. Grand Ave., Beloit. **362-4312** or John **362-4643**

### **FEELING GOOD AGAIN**

Women who have had breast cancer surgery or are facing medical procedures related to breast cancer. Second Wed. 7 –9 p.m. YWCA, 220 St. Lawrence, Janesville. **752-5445** or Sharon **868-4571**

### **FORGIVEN AND SET FREE**

Forgiven and set free ministers God's healing grace to women who are suffering remorse after abortion. This is a twelve week program. Terri **365-5433**

### **HEALING THE WOUNDED CHILD\***

Ten-week course set in a support group setting for anyone age 18 or older that were wounded as a child in a dysfunctional home. Janesville Psychiatric Clinic. 20 E. Milwaukee St. Janesville. **755-1475**

### **IN CONTROL**

A women's anger management group. Tue. 12pm to 1:30pm. Our Savior's Church, 749 Bluff St., Beloit. Marcia ext. 10. Becky ext 16. **752-7660**

### **MENTAL HEALTH SERVICES**

Mental health services for individuals, children, youth and families addressing: child behavior problems, depression and stress, posttraumatic stress, physical and sexual abuse, and relationship concerns. Lutheran Social Services: 749 Bluff St., Beloit. **362-6629**. 612 N. Randall Ave, 3<sup>rd</sup> Floor, Janesville. **752-7660 ext 10. 800-279-6886**

### **NEW BEGINNINGS\***

A recovery group for Depression. Mon. 11:30am-1pm. Lutheran Social Services, 612 N. Randall Ave., Third Floor, Suite A, Janesville. **752-7660** Marcia ext. 10, Becky ext 16.

### **RECOVERY, INC.**

Members learn how to identify and manage the negative thoughts, reactions, beliefs and behaviors that lead to emotional pain and disturbing physical complaint, which have no physical cause. Recovery can help people struggling with nervous symptoms, fears, phobias or unsettling thoughts or sensations. First Lutheran Church 612 N. Randall, Room 301, 3<sup>rd</sup> Floor, Janesville. **774-1053**

### **RESTORE**

Twelve-step bible-based group aimed to help men & women heal hurting relationships. Support for people who have suffered from alcohol and drug abuse, spousal abuse, childhood sexual abuse, etc. Sun. 9:30 to 10:30am. Thu. 7 to 8:0pm., New Life Assembly of God Church, 2416 Wright Rd, Janesville. **752-8323 or 756-4175**

### **RESTORING HEARTS**

Support group for post-abortive individuals, men or women. All calls are confidential. Pregnancy Helpline. 101 S. Main St., Janesville. Cheryl **755-9739**

### **ROAD TO RECOVERY**

Supportive and confidential women's support group for those recovering from abuse. Thur. 7pm. Faith Community Church, 2931 Lucerne Dr., Janesville. Trisha **754-2603**

### **SEXUAL ASSAULT RECOVERY OF ROCK COUNTY/BELOIT**

Created to provide confidential services for victims of sexual assault. Provides free 24hr/7days a week sexual assault victim advocacy in local hospitals and free mental health counseling and advocacy for sexual assault victims and free legal. Family Services Association, 423 Bluff St., Beloit. **(608) 365-1119**

### **SOUTHERN WISCONSIN ATTENTION DEFICIT DISORDER SUPPORT**

2<sup>ND</sup> Wed, 7pm-9pm. New Hope United Methodist Church, 2345 Prairie Ave., Beloit. **(608) 368-3096**

### **SUPER SIXTIES**

A variety of programs of interest for seniors including informative, musical, dramatic, and travelogues. Meets 3<sup>rd</sup> Fri. of Month 10:30am with lunch, Redeemer Evangelical Covenant Church, 2500 Prairie Ave., Beloit. Ruth **365-8584**

### **TREATMENT/RECOVERY GROUP FOR TRAUMA SURVIVORS**

Group for those suffering the effect of grief and loss due to trauma. Includes disasters, accidents, death, physical, sexual, verbal, emotional abuse & neglect. Addiction or alcohol affected family issues from the past or currently, employment or racial issues. Each participant will complete 10 weeks of treatment. The Family Tree, 5027 Rotamer Rd, Milton. Louis **868-5122**

### **VIETNAM VETERANS OF AMERICA, CHAPTER 236**

Services for Veterans and their families, education, and information. Call after in the evening Tim **756-2448**

### **VIETNAM VETS SUPPORT GROUP**

Individual, group, and family counseling for vets. Madison Vets Center 147 S. butler St. Tom **800-842-6355**

### **WOMEN COPING TOGETHER SUPPORT GROUP**

A support group for women coping with chronic depression. Beloit Memorial Hospital, 1969 Hart Rd., Beloit. **364-5686**

## **MENTORING PROGRAMS**

### **1<sup>ST</sup> WISCONSIN YOUNG MARINES**

Provides an alternative for youth to instill a sense of pride in them selves, in their community, and in their country. Young Marines makes a pledge to maintain a drug-free lifestyle and are encouraged to influence family, friends and schoolmates to share this commitment. Fourteen week boot camp is held twice a year. Rita **(608)-295-3295**

### **BIG BROTHERS-BIG SISTERS**

Primary focus is to match children from single parent homes with adult role models who spend 3 to 4 hours a week. Children 6 through 14. Jefferson, Rock, and Walworth County. 2433 S. Riverside Dr., Beloit. Nancy or Jean **362-8223**

## **BIG BROTHERS-BIG SISTERS HIGH SCHOOL PROGRAM**

One on one mentorship program. Program is active in Janesville only. Craig students go to Wilson School after school and spend time with the Wilson School and spend time with the Wilson students, helping with homework, playing games, and hanging out together. 2433 S. Riverside Dr., Beloit. **362-8223**

## **CHILDREN ARE OUR SPECIALTY**

Mentor program and training opportunities for in home child-care providers. Monthly newsletter. 1544 S. Grant Ave., Janesville. Lori **757-0372**

## **C-U FREE FELLOWSHIP**

A Christian support group for men and women released from prison or jail. Sat. 9am – 10:30am. Marantha Open Bible Church, 2405 Spring Creek Rd. Beloit. Carolyn **608-368-1098**

## **DISABILITY PROGRAM NAVIGATOR**

Helps people with disabilities with employment – gaining, returning, or retaining. Also assists with other barriers they may face. Rock and Green County Job Center 1518 ½ 11<sup>th</sup> St., Monroe. Dave **608-325-7681 ext 202**

## **EVANGELICAL CHILD AND FAMILY AGENCY**

24-hour availability, confidential counseling. Housing available during pregnancy, infant care provided in licensed homes. Post Adoption counseling, referrals provided for other services, referrals for insurance assistance for medical bills, infant foster care, and assistance in choosing adoptive family. Call for explanation of options. Crisis pregnancy counseling. 5117 S. Hwy 51, Janesville. Hotline **800-686-3232** Information **758-2055**

## **EXCHANGE FAMILY RESOURCE CENTER – WARM LINE**

Your link to non-emergency advice on the day-to-day trials of child rearing. We are just a phone call away. Exchange Family Resource Center. 2020 E. Milwaukee St. Suite 5, Janesville. **314-9006**

## **HUB YOUTH CONNECTIONS**

An attempt to raise positive self-esteem in young teens and prevent unhealthy choices. It does this by matching at-risk middle school students with high school teen mentors. These mentors act as a role model, tutor, and friend. 501 Prospect St., Beloit. **364-9884**

## **LIVING WATERS MINISTRIES**

Living Water Ministries was created for the purpose of providing long term mentoring in Christian living while offering transitional housing and assistance to those in need. 717 S. Main St., Janesville. **931-2462**

## **MENTORING MOMS**

Volunteer Mentors are matched with Mothers of newborns and young children up to five years of age, to provide friendship, support and encouragement. Families are offered resources to help deal with everyday needs and stress they face, and to make choices that are the best for their family. For all of Rock County. 2020 E. Milwaukee St. Suite 5, Janesville. Phyllis **754-0197**

## **PARENT TO PARENT OF ROCK COUNTY**

Assist parents, in Rock County, who recently had a child diagnosed with special needs. Parents give each other one on one support. A joint program of Beloit Health Dept. and Family Respite Services for Rock County. 588 Garfield Ave, Janesville. Michelle **882-4826**.

## **PROJECT BREAK THROUGH**

Designed to offer motivated families an opportunity to break the cycle of homelessness through transitional housing, mentoring, and casework services. The Salvation Army, 514 Sutherland, Janesville. **757-8300 ext. 11**

## **RIVERFRONT**

Serves the employment and independent living needs of people with disabilities. Offers a variety of services which include: job placement, work skills & interest assessment, production plant employment, community supported employment, mobility training, parent partner support, and much more. 120 N. Crosby Ave., Janesville. **757-0909**

## **SENIOR SERVICES OF ROCK COUNTY, INC.**

Benefit Specialists – Advocate and assist elderly with public and private benefits. HOME REPAIR – Provides referrals of screened qualified workers for home maintenance and repair. STOP GAP – Registry of home health aides to care for elderly clients who are on Rock County Long Term Support Funding and who cannot find workers from other agencies. RESPIRE CARE – provides screened workers to sit with the dependent elderly so the caregiver can run errands, keep appointments, visit friends etc. SENIOR COMPANION PROGRAM – Matches well seniors to care for frail seniors. ASSISTIVE DEVICE DISPLAY - Telecommunications Equipment Purchases Program- Vouchers provided to consumers with telephone limitations. Have display of devices for demonstration. 120 N. Crosby Ave., Janesville. **757-5940**

## **SPECIAL OLYMPICS**

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with mental retardation. Giving them continuing opportunities to: develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills, friendship with their families, other Special Olympics athletes and the community. 3809 E. County N, Milton. **868-4227**

## **TOPS – JANESVILLE**

Weight loss program. Call for dates, times, and any other additional information. St. Peter's Church, 1422 Center Ave., Janesville. Leona **754-4949**

### **TOPS 415**

Weight loss program. Fri, 8:30am. First United Methodist Church, 511 Public Ave., Beloit. JoAnn **362-6360**

### **VICTIM/WITNESS ASSISTANCE PROGRAM**

Our program is available to any person who is a victim of a crime, a witness to a crime or a family of a homicide victim. 51 S. Main St., Janesville. **757-5569**

### **WEIGHT WATCHERS**

Holds group meetings in the following areas, Beloit, Edgerton, Evansville, and Janesville. Contact the national number for more information. **800-651-6000**

### **WISCONSIN VICTIM RESOURCE CENTER**

The Wisconsin Department of Justice provides statewide services to victims of crimes, including counseling, referrals, victim/witness services, victim advocacy, problem solving assistance and victims of crimes who suffer financial hardship because of medical and other personal expenses caused by crime. Madison Office **(608) 264-9497**

## **MULTI-CULTURAL**

### **BRIDGE BUILDERS OF ROCK COUNTY**

Church based racial reconciliation group. Prayer, conversation and action. Neil **752-8342**

### **GRIEF GROUP IN SPANISH**

Free series of grief support. Tue. 6-7:30pm. The series offers a supportive, sharing environment to individuals coping with the death of a loved one. Covers topics such as understanding grief, relations of loss and healing strategies. YWCA of Rock County 1735 S. Washington St., Janesville. **755-1871**

### **HISPANIC ORGANIZATIONS**

Help with employment, housing and assist with filling out paperwork. Youth programs. Spanish Newsletter.

LA VOZ LATINA: 412 Market St. Rockford. Mon – Fri 8:30am – 5pm. **(815) 965-5784**

CENTRA HISPANO OF DANE COUNTY: 835 W. Badger Rd Madison. Mon – Fri 8am – 12pm and 1pm – 5pm. **(608) 255-3018**. CONEXIONES LATINAS: 520 Handeyside Lane, Ft Atkinson. **(920) 568-5018**

### **LABOR COUNCIL FOR LATIN AMERICAN ADVANCEMENT**

Membership organization to promote Latin American in business, community, and other services. UAW Hall, 1795 LaFayette, Janesville. **755-5120**, Jose **756-9771**

### **MINORITY PARENT ORGANIZATION OF BELOIT**

Works in conjunction with the Beloit School District in attempting to narrow the achievement gap and increase parent involvement. Two scholarships awarded each year to two high school seniors. Mary **365-0914**

### **NAACP**

National Association for the Advancement of Colored People. Theresa **368-1407**

### **UNITED REFUGEE SERVICES OF WISCONSIN, Inc.**

Provides supportive services focused on community assistance to help refugees, former refugees and their descendent to overcome barriers to self-sufficiency through transportation, translation, interpretation, advocacy, housing assistance, job placement, seniors, food pantry, education workshops, and health related issues. Services focuses on youth and family issues include helping increase school attendance, improve school performance, preventing racism, and promote job placement. Janesville **754-1238**, Madison **(608)-256-6400**

### **YWCA HISPANIC OUTREACH PROGRAM**

Helps abused Hispanic/Latina women and their children by providing emergency housing, food and clothing for up to 30 days, legal assistance, housing referrals, and individual and group support for victims of domestic violence and sexual assault. The program also helps clients, men and women, with life and cultural issues such as: job placement, doctor appointments, understanding their children's education, and daily communication. The program offers presentations to schools, pre-employment planning and help completing job applications, interpretations and translation of legal documents, and community events that help raise awareness of cultural differences. Provides citizenship classes and classes to assist in taking writing drivers license tests. 1735 S. Washington St. **752-5445 ext. 215**

### **UNITED MIGRANT OPPORTUNITY SERVICES, Inc.**

Promotes and provides access to culturally appropriate and language specific, comprehensive health promotion and disease prevention, intervention and treatment services. **(414)-671-5700**

## **PARENTING**

### **BELOIT MOTHERS OF TWINS**

Meetings Tue, 7pm. Members rotate meeting place within their own homes. Various activities include social activities, trips and support. The group can be a source for sale or loan of baby items for twins. Nancy **365-9093**

### **BRIDGES TO MOTHERHOOD**

Pregnancy support program to meet needs encountered during an unplanned pregnancy. It is for any young woman who is either pregnant or has recently had a baby and is looking for support, friendship and assistance. Meets 1<sup>st</sup> and 3<sup>rd</sup> Thu. of the month. Stateline Pregnancy Center, 347 W. Grant Ave., Beloit. **365-5433**

### **BUREAU OF CHILD SUPPORT**

Provides general policy information on any child support issue, including: locating a parent, establishing paternity, court order for payment. Mon – Fri, 7:45am – 4:30pm. 201 E. Washington St. Suite E 200, Madison **(608) 266-9909**, Rock County **757-5700**. KIDS **800-991-5530**

### CHILDREN WITH SPECIAL HEALTH CARE NEEDS

Provides information to parents with children who have special health care needs. Rock County Health Department, 3328 Hwy 51, Janesville. Matt **757-5440**

### EXCHANGE FAMILY RESOURCE CENTER

Enhances the quality of family life by offering resources, referrals, supportive parenting classes, and lending library for all Rock County Families. Play groups are Wed. & Fri. 9am – 10:30am. 2020 E. Milwaukee St., Suite 5, Janesville. **314-9006**. Evansville Playgroups every Mon. Eager Free Library, 39 W. Main St. Evansville. **314-9006**

### EXCHANGE FAMILY RESOURCE CENTER “CAN WE COME OVER TO YOUR HOUSE?”

Let us bring our program to you. We can provide support, parenting information, activities for you and your child and links to community resources. Toys, books and videos from our lending library can also be brought to you. Call to schedule you visit, Mon. – Fri. 8:30am – 5pm. Tue. 8:30am – 8pm. **314-9006**

### EXCHANGE FAMILY RESOURCE CENTER WARM LINE

Non-emergency advice on the day-to-day trials of child rearing. Mon. – Fri. 8:30am – 5pm. Tue. 8:30am – 8pm. Janesville. **314-9006**

### FAMILY RESOURCE CENTERS – SCHOOL DISTRICT OF JANESVILLE

For families living in the Janesville School district. The following programs and services are available. Parent Education Series, Workshops, Support Groups, Individual Parenting, Education Meetings, “Warmline”, Toy Lending Library, Parent Advisory, Family events and Celebrations, Parent Advisory Committee. Information, resource and Referral Service. **743-5054**

- \*Adams..... **743-6322**
- \*Jackson..... **743-6593**
- \*Jefferson..... **743-6615**
- \*Kennedy..... **743-7511**
- \*Lincoln..... **743-6739**
- \*Madison..... **743-6827**
- \*Roosevelt..... **743-7074**
- \*VanBuren..... **743-7119**
- \*Washington..... **743-7249**
- \*Wilson..... **743-7343**

### FATHERS FOR EQUAL JUSTICE

A support source to develop, protect, and maintain parenting rights between fathers and their children. Mike **756-0103**

### GAY-BI FATHERS SUPPORT GROUP

Collective experiences help each other cope with being ourselves, dealing with our children and relationships. Meets 4<sup>th</sup> Sun. **754-4101**

### GRANDPARENTS RAISING GRANDCHILDREN

Support and education for grandparents raising grandchildren. Meetings are held 7pm-8: 30pm the 2nd & 4<sup>th</sup> Mon., St. Johns Lutheran Church, Conference Room, 302 N. Parker Dr., Janesville. Larry **752-4547**

### JANESVILLE MOTHERS OF MULTIPLES

Meets the first Tue. of the month 7pm. Rock Prairie Presbyterian Church, 8625 E. City. Trunk A, Janesville. Lisa **884-4887**

### LEARNING ESSENTIALS ABOUT PARENTING

On going parent education class that runs in 10-week cycles. Build on your parenting skills. Free onsite childcare. Every Tue. night 6:30-8pm. Exchange Family Resource Center 2020 E. Milwaukee St. Suite 5. **314-9006**

### MOPS (MOTHERS OF PRESCHOOLERS)\* JANESVILLE

Group meets during school year (September – May) to help meet the needs of mothers of preschoolers. Group provides ideas and help toward positive child rearing and encouragement toward personal growth as a mother and leader from a Christian perspective. \$5.00 per meeting, includes childcare and craft materials. New life Assembly of God, 2416 N. Wright Rd, Janesville. Shelly **743-0875**

### MOPS (MOTHERS OF PRESCHOOLERS)\* BELOIT

For all women with preschoolers, birth to 6. Discuss different topics each month. Childcare is provided. 2<sup>nd</sup> Wed, 9:30am-11: 30am. Our Savior’s Lutheran Church, 749 Bluff St., Beloit. Kelly **365-1585** or Alison **362-8857**

### PARENTS AND TEENS TOGETHER \*

Parents and/or their teens will attend 12 weekly three-hour sessions, meeting in one adolescent and one parent group for part of each class, as well as together in one large group. Class topics include: communication, dealing with stress and anger, problem solving, decision making, family rules, and meeting our own needs. On-going group. Call for registration. Lutheran Social Services 612 N. Randall, Suite A, Janesville. **752-7660 ext. 11**

### PARENTS FOREVER

Eight Week program for parents who are recently separating or divorced, who would like to learn how to co-parent their children more effectively. Topics include: effect of conflicts on children, negotiating transitions, communication, legal information, and positive vision for your child’s future. Lutheran Social Services 612 N. Randall, Suite A., Janesville. Sarah **752-7660 ext 12**

### POSITIVE PARENTING PROGRAM

Positive Parenting Program offers education and support for parents with children birth to 12. This class meets for 12, two hour weekly sessions and provides strategies for nurturing yourself and your family. Format includes discussion, activities and relaxation exercises. Topics such as handling anger and stress, building positive self-esteem, developmental expectations, and choices and consequences are covered. Childcare (birth to 3) and a coordinating children’s program (ages 4 to14) are provided. Classes start in January, June, and September. Lutheran Social Services 612 N. Randall Suite A, Janesville. **752-7660 ext. 17**

## **RUNAWAY AND YOUTH SERVICES**

24 hour Crisis Hotline. Family Mediation and Counseling; Emergency Shelters; Educational Programs; Youth Outreach and Free Educational Presentations; Groups on Anger Management, Healthy Relationships, Conflict Resolution, Depression, Gay, Lesbian and Bisexual Support, Runaway Prevention, HIV/STD/AIDS Education and Awareness, and Self-Esteem for Girls. Services are available to teens, parents, school personnel and police. All services are confidential and voluntary; most services are free or low cost. Lutheran Social Services 612 N. Randall Ave, Suite A, Janesville. **752-7660 ext 11 or 12.** 24 Hour Crisis Hotline **800-924-7238**

## **S.A.P.A.R. (SCHOOL AGE PARENTS)**

Support program for pregnant and parenting teens. Classes are held at Rock River Charter School, 31 W. Milwaukee St., Janesville. **752-8273**

## **WISCONSIN FAMILY TIES, INC.**

Organizations run by parents for families who have children and adolescents with serious emotional and behavioral disorders. 16 N. Carroll, Suite 640, Madison. Outside of Madison only **(800) 422-7145** Madison – **267-6888**

# **PHYSICAL HEALTH**

## **AMERICAN CANCER SOCIETY (A.C.S.)**

We offer many free services including a loan closet, wigs for chemo patients, transportation, information, and support groups. 8317 Elderberry Rd., Madison. **(800) 227-2345**

## **AMERICAN DIABETES ASSOCIATION**

Is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. 2323 N. Mayfair Rd. Wauwatosa. **800-342-2383**

## **AMERICAN TRAUMA SOCIETY**

Has materials and literature for prevention of physical trauma. 8903 Presidential Pkwy, Ste 512, Upper Marlboro, MD. **800-556-7890**

## **AIDS NETWORK**

Prevention services for youth identified as at risk for HIV infection. Support and assistance to meet the needs of HIV clients, 136 W. Grand Ave. Suite 202; Beloit. **364-4027**  
101 E. Milwaukee St. Suite 96, Janesville **759-3010**  
600 Williamson St.; Madison. **(608) 252-6540**  
Toll Free **800-486-6276**

## **ALS ASSOCIATION SOUTHEAST WI CHAPTER**

Helps ALS patients, families, and caregivers. Offer support groups, equipment loan program, communication aids, and a Patient Services Coordinator. 2421 N. Mayfield Rd. #212, Wauwatosa. **(414) 771-9400**

## **ARTHRITIS FOUNDATION WISCONSIN CHAPTER**

The mission of the Arthritis Foundation is to support research to find the cure for and prevention of arthritis and quality of life for those affected by arthritis.  
1650 S. 108<sup>th</sup> St, West Allis. **(800) 242-9945**

## **AWAKE**

Support group for people with sleep apnea. 903 Mineral Point Ave, Janesville. **758-5765**

## **BELOIT DIABETES ADULT SUPPORT GROUP**

Support group for people with diabetes and their families. Meets first Wed. 7pm-8pm. Beloit Memorial Hospital, 1969 West Hart Road, Beloit. Barb or Layana **364-5137**

## **BELOIT EVENING LIONS CLUB SIGHT PRESERVATION PROGRAM**

Provides financial help for Sight & Hearing Impaired. Currently offers free vision screenings to all day care centers in Beloit, for children ages 3 to 5. Jim **365-8505**

## **BRAIN TRAUMA SUPPORT GROUP**

Support group for survivors, families and friends of anyone who has experienced harm to the brain. Meets second Tue., 7pm (except July and August). United Way, 205 N. Main St., Janesville. John **752-4993.**

## **CANCER SUPPORT GROUP**

Meetings held 3rd Wed. Topics vary. Family and friends encouraged to attend. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364-5130**

## **CARDIOPULMONARY REHAB**

Support group for anyone who has heart disease or has a friend or relative with heart disease. 1010 N. Washington, Janesville. Stephanie **755-7996**

## **CHRONIC PAIN SUPPORT GROUP**

1<sup>st</sup> Wed, 2pm - 3:30pm. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364-5686**

## **COURAGEOUS SURVIVORS**

Support group for those with physical disabilities resulting from stroke, head injury, amputation, multiple sclerosis, and neurological diseases. Meets 3rd Thu. of each month, 5:30 – 7pm, Beloit Memorial Hospital's Occupational Health Center, 1650 Lee Lane, Beloit. Deb **364-5174** or Andrea **364-5203**

## **DEVELOPMENTAL DISABILITIES BOARD**

Provide a wide variety of services for persons of all ages who have developmental disabilities. **757-5050**

## **DEVELOPMENTAL DISABILITY COUNSELING**

Provides counseling and case management to people with developmental disabilities and their families.  
3311 Prairie Ave., Beloit. **365-8787**  
2020 E. Milwaukee St, Suite 9, Janesville. **752-4993**

## **DIABETES SUPPORT GROUP**

This group is open to all people with diabetes, or wishing information on diabetes. First Wed 5pm. Beloit Memorial Hospital, 1696 W. Hart Rd. **364-5137**

## **DIABETES SUPPORT GROUP (SOUTHERN WI DIABETES ASSOCIATION)**

Diabetes educational and support group meets 2nd Thu., 6:45pm-8pm, Mercy Health Mall 1000 N. Washington, Janesville. Lynnette **756-6830**

**DIABETICS EXERCISE CLASS**

Exercise program for people with diabetes. Mercy Cardiac Fitness Center, 1010 N. Washington, Janesville. Tue & Thu, 9:30am-10:30am. **755-7996**

**EPILEPSY FOUNDATION OF SOUTHERN WI**

Group aids with employment, parents' issues, adult group and youth group. Groups held at Epilepsy Office, 205 N. Main St., Suite 106, Janesville. Lynda **755-1821**  
**800-693-2287**

**EPILEPSY SUPPORT GROUP**

Support group for those with epilepsy. Dates and times change month to month, so call for information. Epilepsy Office, 205 N. Main St., Suite 106, Janesville. **755-1821**

**FIRST CONNECTION**

A peer – to – peer and family support program through the Leukemia Society of America. Referral center will refer you to a local chapter. Leukemia Lymphoma Society, 1311 Mamaroneck Ave., White Planes. **(914) 949-5213**

**FORT ATKINSON MEMORIAL HOSPITAL**

Offer multiple support groups. 611 E. Sherman, Ft. Atkinson. **(920) 568-5000**

**HEALTHY IMAGE WEIGHT MANAGEMENT**

Cardiac Information, education and support. Mercy Mall, 1010 N. Washington St. Janesville. **755-7996**

**HEART TO HEART HEALTHIER LIFESTYLE SUPPORT GROUP**

Support group for making positive lifestyle changes, i.e. exercise, nutrition, smoking cessation, and stress management. Beloit Memorial Hospital 1969 W. Hart Rd. Beloit. 3<sup>rd</sup> Tue, Sept – May 6:30 – 7:30. **364-5011**

**HEARTS OF MERCY SUPPORT GROUP**

Support group for those affected by heart disease. Mercy Health Mall, 1010 N. Washington St., Janesville. Stephanie **755-7996**

**HIV SUPPORT GROUP**

Support groups for those who are HIV infected, and their friends, family and partners. Contact AIDS Network for details. 101 E. Milwaukee St., Suite 96, Janesville. **756-3010**

**JANESVILLE NOON LIONS CLUB**

Scholarship Dollars for eyeglass replacement and vision screenings. Collaborate with Rock County Health Department and school nurses. Every Tue. at noon, at Elks Club. 2100 N. Washington St, Janesville. Jean **755-4219**

**LIVING WITH CANCER SUPPORT GROUP**

Open to any person dealing with cancer or family and friend who support the individual. 1<sup>st</sup> & 3<sup>rd</sup> Tue, 6:30 - 8:30pm. Mercy Regional Breast Center, 1000 Mineral Point Ave. **756-6100** or Jeri **756-6142**

**LOOK GOOD, FEEL BETTER**

Cancer patients can learn about skin care, make-up applications, and nail care by licensed cosmetologists. 3<sup>rd</sup> Wed, 1pm-3pm. YWCA Community Service Center, 1735 S. Washington, Janesville. Vicki **(608) 662-7579**

**LUTHERAN SOCIAL SERVICES/CEDAR ACRES**

Supervised activity programs in Janesville and Beloit. Weekdays to adults of varying ages who may have health issues such as: physical and/or development disabilities, dementia, mental illness, or age – related conditions. The adult day care program includes: activities that encourage social interaction. Also, offered are lunch and snacks, group exercise, medication monitoring and administration, hobbies and crafts, and personal care. Van transportation is available to participants. 2222 Advance Dr. Beloit. **362-8611**. 740 N. Randall Ave., Janesville. **741-6434**

**LYMPHEDEMA SUPPORT GROUP**

2<sup>ND</sup> Tue, 3:30pm-5pm every other month. Beloit Memorial Hospital, 1969 W. Hart Rd., Beloit. **364-5173**

**MAN TO MAN PROSTATE CANCER SUPPORT GROUP**

Wed, 7pm. American Cancer Society, 8317 Elderberry Rd., Madison. **752-3963**, National **800-227-2345**

**MERCY HEALTH CANCER SUPPORT GROUP**

Cancer support group open to all persons dealing with cancer, either diagnosed, family member or a friend. First and third Tue, 6:30pm-7:30pm. Mercy Regional Breast Care Center, 1000 Mineral Pt. Ave., Janesville. Information **756-6100**, Cancer Center **756-6500**

**MERCY KIDNEY DISEASE EDUCATION & SUPPORT GROUP**

This group is open to all kidney patients, their families and friends. We have monthly discussion topics. First Thu., 4pm-5pm. Mercy Regional Dialysis Center. 1000 Mineral Point Ave., Janesville. **741-3814**

**MULTIPLE SCLEROSIS MUTUAL SUPPORT GROUP**

Information and confidential support group for those with MS, family members, friends, and caregivers are also welcome to attend. 205 N. Main St. Conference Room, Janesville. Loretta **756-1634** or Judy **752-3171**

**MUSCULAR DYSTROPHY ASSOCIATION**

A voluntary health agency working to defeat 40 neuromuscular diseases through research, education, and other services. 2744 Agricultural Dr, Madison. Cate **(608) 222-3269**, **800-572-1717**

**NATIONAL ASSOCIATION FOR VISUALLY HANDICAPPED**

Our mission is to help to cope with the psychological effects of low vision, provide low vision services, visual aids and training to anyone regardless of his/her ability to make a donation. NAVH offers the adult visually impaired the chance to continue to live as productively in the sighted world as they did before their vision changed. 22 W. 21<sup>st</sup> St. 6<sup>th</sup> Floor, New York. **888-205-5951** or **(212) 255-2804**

### **NEW BEGINNINGS INCONTINENCE SERVICE**

Individualized treatments of urine and stool incontinence.  
1969 W. Hart Rd, Beloit. **364-5173**

### **PARKINSON'S SUPPORT GROUP**

First Wed. of each month, 2pm. First Baptist Church, 3414  
Woodhall Dr., Janesville. **752-5206**

### **POST POLIO SUPPORT GROUP**

1<sup>st</sup> Fri, 1pm-3pm. Job Center, 1900 Center Ave., Janesville.  
Kathleen, **752-4464**

### **RAPE CRISIS CENTER**

Counseling services for survivors of sexual assault and for  
their friends and family. 128 E. Olin Ave, Madison. Business  
Line **251-5126** and Crisis Line **251-7273**

### **REACH TO RECOVERY**

Breast Cancer survivors share experiences on a one-to-one  
basis to help the patient deal with recovery process. 560 E.  
Applewood Rd., Edgerton. Sharon **868-4571**

### **ROCK COUNTY AUTISM SPECTRUM DISORDER**

Meet other parents, collect resource material, discussions  
on insurance filing, respite care, medical intervention,  
holistic approaches, school advocacy, and more. 1735 S.  
Washington St., Janesville. Tami **758-9074**

### **ROCK COUNTY OSTOMY ASSOCIATION**

Support for Ostomy patients and their friends and family.  
Beloit Memorial Hospital 1969 Hart Rd. **362-5539**

### **SOCIETY'S ASSETS, INC.**

Work to ensure the rights of all persons with disabilities to  
live and function as independently as possible in the  
community of their choice, through supporting individual  
efforts to achieve control over their lives and become  
integrated into community life. 615 E. Geneva St., Elkhorn.  
**800-261-8181**

### **STROKE SURVIVOR'S AND FRIENDS SUPPORT**

For survivors and family members. Stroke information  
provided and supportive group discussion, first Wed. of  
each month, 4:30 – 6:30pm. Mercy Center, 1000 Mineral  
Pt. Room 1128A. Janesville. **756-6845**

### **WOMEN WITH PHYSICAL DISABILITIES**

Group shares common problems and solutions. First Tue.,  
noon-2pm at local restaurants. Call for location. Loretta  
**756-1634**

## **RESPITE CARE**

### **ALZHEIMER RESPITE GRANT**

A program of long term support. Provides companion care  
for someone who has been diagnosed with Alzheimer. 100  
State St., Beloit **364-6631**

### **CAMP WAUBEEK**

A family camp weekend is offered mid-August. Open to  
any family that has at least one family member with any  
type of disability. Family provides care and supervision and  
camp provides programs. N9888 Highway 13, Wisconsin  
Dells. **608-277-8288**

### **VISITING FRIENDS PROGRAM**

Provides companionship and socialization to those people  
who are homebound. Mercy Assisted Care,  
901 Mineral Pt. Ave., Janesville. **756-8205**

### **ENRICHMENT CENTER**

The Enrichment Center Program provides alternative day  
services to adults with significant and multiple physical  
disabilities. The program stresses skill development,  
access to assistive technologies for growth opportunities,  
and community integration in wheelchair accessible vans.  
It continues to offer respite to primary caregivers, and  
enhances the quality of life for the participants. 1400  
Excalibur Dr., Janesville. **752-4120**

### **FAMILY RESPITE CARE SERVICES OF ROCK COUNTY**

Respite care is an alternative to traditional respite care. It  
provides respite care when no other funding exists through  
collaboration with local businesses that agree to provide  
lodging, activities, and dining opportunities. 115 E. Court  
St., Suite 270, Janesville. **758-0956**

### **INDEPENDENT DISABILITY SERVICES**

RESPITE PROGRAM for developmentally disabled persons  
provides a break for family under stress. RESPITE AT  
RISK provides short-term temporary relief for families of  
children and adults, who may be at risk of neglect and or  
abuse or who are medically fragile. APARTMENT LIVING:  
Provides assistance for living independently. 2100 E.  
Milwaukee St., Lower Level 10, Janesville. **754-0847**

### **NATIONAL FAMILY CAREGIVER SUPPORT GROUP**

This program offers five basic services for family  
caregivers: (1) information to caregivers about available  
services, (2) Assistance to caregivers in gaining access to  
these supportive services, (3) Individual counseling, support  
groups and programs, and training to assist the caregiver,  
(4) Respite care to enable caregivers to get temporary relief  
from their caregivers responsibilities, (5) supplemental  
services, on a limited basis, to complement care provided by  
caregivers. Rock County Council on Aging 3328 Hwy 51  
N., Janesville. **758-8455**

## **SINGLES GROUPS**

### **EUREKA SINGLES GROUP**

For any and all singles ages 18 and up. Fun events on the  
2<sup>nd</sup> and 4<sup>th</sup> Sat. of the month. Weekly community group on  
Wed. nights.  
Christina **868-7337**

### **JANESVILLE AREA SINGLES**

For Singles 18 and over. Many social activities. Call for details. Pauline **754-0046**

### **OVER 40 INTERFAITH SINGLES**

Social, recreational group for divorced, widowed or never married singles. Contact for a list of activities. 2<sup>nd</sup> Sun, 5pm. Hhffrrgh Inn, 731 S. Wuthering Hills Dr., Janesville. Carol **362-1369**

### **SINGLES TOGETHER ACROSS ROCKFORD**

Purpose of group is to provide fellowship opportunities for singles in a safe, comfortable environment. For a monthly newsletter e-mail [RALMmail@aol.com](mailto:RALMmail@aol.com) include your address if you would like to receive this online. Cindy **(815)-397-5771**

### **STATELINE SINGLES**

Monthly calendar of group activities for seniors over 55. First and third Thu. 5:45pm. Call for location. **(815) 624-7025**

### **YANA (You Are Not Alone)**

A social and spiritual help group. For persons age 45 and older that are widowed, divorced, or single who wish to partake in social activities, trips, good fellowship and enlightening talks. Meets Thu., 7 to 9pm. First Lutheran Church, 612 N. Randall Ave, Community Room. Janesville. Doris **752-1098**

## **TEEN GROUPS**

### **BELOIT INNER CITY COUNCIL SUPPORT GROUPS**

Offering education and intervention in the areas of alcohol and drug addiction and HIV/AIDS, for at-risk youths and their families. 403 Prospect, Beloit. Emma **365-6600**

### **EDGERTON TEEN CENTER**

Offers an area for youth to get together and play pool, darts, and miniature golf. Summer hours: 6:30 – 11 p.m. Winter hours: 6 – 11 p.m. 512 N. Main St., Edgerton. **884-6167**

### **CHALLENGE ACADEMY – WISCONSIN NATIONAL GUARD**

Military style program designed to build self-esteem, confidence, and discipline in its 16-18 year old participants who are at risk of not graduation from high school. Youth Conservation Corp, 656 South O Street. Ft. Mc Coy, WI. **(608) 269-9000**

### **HUB CLUB**

Serving sixth through eight grade boys and girls of Aldrich and McNeel Middle Schools. 501 Prospect St., Beloit. **364-9885**

### **PARENTS AND TEENS TOGETHER \***

Parents and their teens will attend 12 weekly three-hour sessions, meeting in one adolescent and one parent group for part of each class, as well as together in one large group. Class topics include: communication, dealing with stress and anger, problem solving, decision making, family rules, and meeting our own needs. On-going group. Lutheran Social Services, 612 N. Randall Ave, Suite A, Janesville. **752-7660 ext. 11**

### **RAFT (RUNAWAY AND FAMILY TREATMENT)**

24-hour hotline available to teens, parents, school personnel and police in crisis or calling for support. Short term support groups via schools for issues such as depression and anger management. Hotline **800-924-7238**, Janesville **752-7660 ext 11 or 12**

### **S.A.P.A.R. (SCHOOL AGE PARENTS)**

A support program for pregnant and parenting teens. Rock River charter School, 31 W. Milwaukee St., Janesville. **752-8273**.

### **STEP (SKILLS TRAINING ENRICHMENT PROGRAM)**

Specialized program to assist youth to live independently after age 21. Target group is on children in foster-care or child-care institutions. 37 S. Main St. Janesville. **757-5780**

### **TAMING TAZ**

Six-week class on anger management. RAFT provides a wealth of activities to display positive alternatives to violence when dealing with conflicts and anger. 11 – 14 year olds, participation is free and confidential. Lutheran Social Services, 612 N. Randall Ave, Suite A, Janesville. **752-7660 ext 11**

### **YOUTH FOR CHRIST**

Juvenile Justice program that is designed for working with troubled youths. **758-3610**

## **OUT OF AREA**

### **AURORA LAKELAND MEDICAL CENTER**

Support Groups include Before and After Breast Cancer, Breast Feeding, Cardiac Support Group, Diabetes, Grief Recovery, Headaches, Multiple Sclerosis, PMS, Stroke Support. . W3985 County Rd, Elkhorn. **262-741-2833**

### **ALZHEIMER'S INFORMATION & TRAINING CENTER, WI**

Information and referral on Alzheimer's. 6130 W. National Ave., Suite 200, Milwaukee. **(414) 479-8819. 800-922-2413**

### **AMERICAN HEART ASSOCIATION OF WISCONSIN**

We offer programs to educate people about their heart. Some programs are Jump Rope for Heart, Heart at Work, Heart Treasure Closet, American. Heart Walk. 759 N. Van Buren, Milwaukee **800 242-8721**

### **A VIEW BEYOND**

A support group to assist survivors of gynecologic cancers. Second and fourth Tue. 1pm-3pm. UW Clinics and Hospital, 600 Highland Ave., Rm K4/618, Madison. Susan **262-8081**

**BREAST CANCER SUPPORT GROUP**

1<sup>st</sup> Tue. 7 – 8:30pm. Women's Health Center, W3985 County HWY NN, Elkhorn. Ann **(262) 741-2432**

**BRIAR PATCH**

Primary contact for direct services and information and referral for teen and there families. Gay and Lesbian Teens support Group. 512 E. Washington Ave., Madison. **608-251-6211**

**BURLINGTON WELLNESS CENTER**

Offer multiple support groups. Community Education Department, 300 McCanna Pkwy, Burlington. **(800) 499-5736**

**CENTER FOR SIGHT & HEARING IMPAIRED**

Offers various services for visually or hearing impaired as well as information and referral. 8038 Macintosh Ln., Rockford. **(815) 332-6800**

**CHILDREN & ADOLESCENTS WITH CHRONIC BOWEL DISEASES**

2<sup>nd</sup> Thu, 7pm-8:30pm. 2300 N. Rockton Ave., Rockford. **(815) 968-0051 ext. 2672**

**FIRST CONNECTION**

A peer-to-peer and family support group through the Leukemia Society of America. Leukemia Lymphoma Society, 1311 Mamaroneck Ave., White Plains, NY. **(914)-949-5213**

**HOPE CHEST BREAST CANCER SUPPORT GROUP**

Breast cancer patients or surviors meets the 3<sup>rd</sup> Mon. Stoughton Hospital Board Room, 900 Ridge St., Stoughton. Judy **(608) 873-7829**. Sonja **(608) 873-2356**

**LEUKEMIA & LUMPHONIA SOCIETY – WISCONSIN CHAPTER UNIT A**

Financial assistance to assist with treatments, prescriptions, and other related needs, up to \$750. 4125 N. 124<sup>th</sup> St., Brookfield. **(414) 256-4020. 800-955-4572**

**LUPUS FOUNDATION OF AMERICA**

Provides information to patients with Lupus and their families, either over the phone or through their free information packet. 2000 L. St., Washington, D.C. **800-558-0121**

**LYME DISEASE SUPPORT GROUP**

Meets 2<sup>nd</sup> Wed. Meriter Hospital, (Main entrance on S. Brooks St.), 202 S. Park St. Madison. Jeanette **(608) 798-4421**, Tori **(608) 836-8528**

**MAN TO MAN PROSTATE CANCER SUPPORT GROUP**

Shares experiences and information about treatment, side effects and how to cope. Speakers often have various topics concerning Prostate Cancer. Wives and partners are invited to attend some of the meetings. Call for dates and times Morning Groups, Mrs. Russ 752-3963. Evening Groups, Mr. Harris (608) 873-3754. American Cancer society, 8317 Elderberry Rd. Madison

**MERITER COMMUNITY HEALTH EDUCATION CENTER**

Support groups offered by Meriter vary seasonally. Call for more information. 202 S. Park St., Madison. **(608) 267-5900**

**NATIONAL KIDNEY FOUNDATION OF WISCONSIN**

Provide programs, public education, advocacy, and fund-raising. 16655 Blue Mounds Rd., Suite 240. Brookfield. **800-543-6393**

**SEX ADDICTS ANONYMOUS**

SAA is a 12-step program. The goal is to abstain from addictive sexual behavior. Meetings at various times and locations. Call for answering machine message. Madison **(608)-845-2309**

**SICKLE CELL DISEASE ASSOC. OF AMERICA**

Information on sickle cell disease and where to turn. 16 S. Calvert St. Suite 600 Baltimore, MD **800-421-8453**

**ST. FRANCIS HOUSE**

Offers counseling and support for homosexuals, especially for those who have questions about the religion dimension of their feelings and situations. Also an Integrity/Dignity group. Madison. Virginia **608-257-0688**

**WISCONSIN CHRONIC FATIGUE SYNDROME ASSOCIATION, INC.**

Free information material and support for those who suffer from Chronic Fatigue Syndrome. 747 Louis Dr., Sun Prairie. Barb **(608) 271-7757**

**WOMEN'S FAMILY CENTER SUPPORT GROUPS--**

Amputee Support Group, After Breast Surgery, Breast Implant Support Group, Midlife Issues Support Group, Fibromyalgia Education & Support, Fibromyalgia Support Circle. Support groups offered by Meriter vary from season to season. Meriter's Women's Center, 202 S. Park. Free Parking. Madison **608-267-5900**

**FIRST CALL CAN OFFER ADDITIONAL INFORMATION ON LOCAL AND OUT OF AREA SUPPORT GROUPS**

<b>Beloit Area</b>	<b>363-8800</b>	<b>TTY/Voice</b>
<b>Evansville Area</b>	<b>882-9966</b>	<b>TTY/Voice</b>
<b>Janesville Area</b>	<b>752-3100</b>	<b>TTY/Voice</b>

Lectures & workshops are available to all residents at various locations throughout Rock County providing information on health, relationships, and other life enhancement topics. For information, consult: Nurse Healthline, Community Calendars, Local Newspapers, Area Hospitals and Clinics.

***\* These groups, other than free will donation, charge a fee. Always call number listed under each group for questions on fees.***

## CRISIS HOTLINES AND 24 HOUR INFORMATION

AA Hotline Janesville.....	754-1766
AA Hotline Beloit.....	364-0520
AIDS Support Network.....	756-2550
Alternatives to Violence .....	752-2583
Crisis Intervention.....	757-5025
Domestic Violence Center.....	365-1119
Janesville Pregnancy Helpline.....	755-9739
Sexual Assault Recovery of Rock County....	365-1119
Stateline Pregnancy Helpline.....	365-5433
Survivors of Incest Hotline.....	410-282-3400

## SUICIDE AWARENESS RESOURCES ON THE INTERNET

[www.hopes-wi.com](http://www.hopes-wi.com)

Helping Others Prevent and Educate About Suicide

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

American Association of Suicidology

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

Suicide Prevention Action Network

[www.siec.ca](http://www.siec.ca)

Suicide Information and Education Center

[www.nimh.nih.gov/research/suicide.htm](http://www.nimh.nih.gov/research/suicide.htm)

NIMH: Suicide Research Consortium

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

Light for Life Yellow Ribbon Program (Focus on Teen Suicide)

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

National Depressive & Manic Depressive Association

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

National Alliance for the Mentally ILL

## 800 Numbers

ABC For Health.....	800.585.4222
AIDS Hotline.....	800.334.2437
AirLifeLine.....	800.446.1231
Alzheimer's Association.....	800.621.0379
American Cancer Society.....	800.227.2345
American Council of the Blind.....	800.424.8666
American Diabetes Association .....	800.342.2383
American Heart Association .....	800.242.9236
American Holistic Nurses.....	800.278.2462
American Kidney Fund .....	800.638.8299
American Liver Foundation.....	800.223.0179
American Lung Association of WI.....	800.586.4872
American Trauma Society.....	800.556.7890
Arthritis Foundation WI .....	800.242.9945
Association of Kidney Patients .....	800.749.2257
Banking Complaints/Information.....	800.452.3328
Better Business Bureau of WI.....	800.273.1002
Boy's Town National Hotline.....	800.448.3000
Bureau of Consumer Protection.....	800.422.7128
Cancer Information Service .....	800.422.6237
Cancer Research Institute.....	800.223.7874
Coalition of Wisconsin Aging .....	800.366.2990

Community Action Inc. ....	800.424.8397
Consumer Fraud Protection .....	800.368.5438
Consumer's Guide to WI Law .....	800.362.8096
Crime Victim Services .....	800.446.6564
Eldercare Locator .....	800.677.1116
Equal Rights Advocates.....	800.839.4372
Farmer Center Information Line .....	800.942.2474
FCC.....	888.225.5322
Rogers Memorial Hospital .....	800.767.4411
Spinal Bifida Hotline .....	800.621.3141
Spinal Cord Injury Hotline.....	800.526.3456
Telephone Equipment (TEPP) .....	800.225.7729
Vehicle Emission Inspection .....	800.225.7729
Veterans Assistance Program (Union Grove)	
.....	800.947.8387
WHEDA .....	800.334.6873
W-2 Disabilities Hotline .....	888.400.8455
WI AIDSLINE.....	800.342.2437
WI Council Problem Gambling .....	800.426.2535
WI Dental Association .....	800.364.7646
WI Dept. of Agriculture Trade & Consumer Protection	
Division .....	800.422.7128
WI Department of Tourism.....	800.372.2737
WI Drug Tip Line .....	800.622.3738
WI Guardianship Support Center .....	800.488.2596
WI Medicaid .....	800.944.0051
WI Physicians Service (WPS) .....	800.944.0051
WI Telecommunications Relay .....	800.947.3529
WI Victim Resource Center .....	800.446.6564
Women's Health America.....	800.472.4325

### United Way's First Call's ROCK RESPONDS

Rock Responds was created in an attempt to reduce the unmet needs experienced by individuals and not for profit organizations within our community. To date Rock Responds has signed Memorandums of Understanding with 43 non profits and 6 for profits.

Rock Responds has three types of messages:

A-Give A Ways

B Needs

C Community Service Announcements

Rock Responds Needs, Type B, can only be accessed through case managers and non-for profits. We never take request directly from the client and the case manager is the contact person when someone can meet that need.

To make request e-mail [bwien@unitedwayjanesville.org](mailto:bwien@unitedwayjanesville.org)

Rock Responds never takes requests for money. The needed is too great. Household appliances and furniture have been the greatest needs that have been met.

Rock Responds puts all donations out on Rock Responds. To make a donation contact First Call at 757.3051.

To place a Community Service Announcement e-mail [bwien@unitedwayjanesville.org](mailto:bwien@unitedwayjanesville.org)