

## Chicago and Illinois Community Resources

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### Student Assistance Program

Adler University partners with ComPsych to offer a **Student Assistance Program** at no cost to students. The program offers the following resources:

- Confidential Mental Health Counseling
- Financial Information and Resources
- Legal Support and Resources
- Work/Life Assistance, including referrals for child and elder care

#### To contact ComPsych:

- Call 844-230-9697 (US); 866-641-3847 (Canada); or 800-697-0353 (TDD)
- Visit: [www.guidanceresources.com](http://www.guidanceresources.com)
- Use with ID: Adler

### Childcare

[Find your local Child Care Resource and Referral agency in Illinois](#) – The agencies can help you find local child care options and apply for assistance to pay for child care. Local Child Care Resource and Referral agencies include:

- Cook County: [Illinois Action for Children](#)
- DuPage and Kane County: [YWCA Metropolitan Chicago](#)

[Illinois Child Care Assistance Program](#) helps families who qualify to receive financial assistance in paying for child care. From the Illinois Department of Human Services.

[Head Start and Early Head Start](#) programs provide free learning and development services to children ages birth to 5 from low-income families. Learn more about eligibility guidelines and search for local programs.

[COVID-19 Resources for Families with Young Children](#) – Illinois Governor’s Office of Early Childhood Development

[How To Find Support for 100% Remote Schooling During COVID-19](#) – Sitter City

[Care.com](#) - Find providers for childcare, school support, and senior care

## Course Materials

[Adler University Library](#) – Most of your required books for classes are available as e-books. [Contact a librarian for reference assistance.](#)

[Chicago Public Library](#)

[SWAN Library Services](#) – Find resources at your local Illinois library

## Food

### Local Food Banks and Providers

#### Chicago Area

- [Greater Chicago Food Depository](#) - Chicago’s network of food providers stand ready to support families during the pandemic.
- [The Homelessness Food and Shelter Directory](#) lists emergency food programs provided through food pantries and soup kitchens in Chicago and surrounding areas.
- [Lakeview Pantry's Response to Coronavirus \(COVID-19\)](#)
- [Inner-City Muslim Action Network \(IMAN\)](#) is putting together food packets for families. If needed, they will also deliver.
  - 2744 W 63rd St., Chicago, Illinois 60629
  - (773) 434-4626
- [Feeding America](#) - Find your local food bank.

#### Outside of Cook County

- [Catholic Charities Daybreak Center in Joliet](#), 611 E Cass St., Joliet
- Shepherd’s Table - Free bagged lunches to pick up outside the door
- [Catholic Charities Diocese of Joliet Mobile Food Pantries](#)
- St. John the Baptist Food Pantry. Please call 815-727-8481 or 800-782-7860 T. 260 Division St., Joliet. Only serves zip codes 60435 and 60436.
- [St. Patrick’s Food Pantry](#): 710 W Marion St., Joliet. 815-727-4746
- Forest Park Community Center :1017 Woodruff Rd., Joliet. 815-727-7898. Serves whole community.
- [Salvation Army Joliet Corps Community Center](#): 300 Third Ave., Joliet. 815-726-4834. Serves community.
- [Warren-Sharpe Community Center](#): 454 S Joliet, Joliet. 815-722-2727. Serves community. ID required.

- [Spanish Community Center](#) 309 N Eastern Ave, Joliet. 815-727-3683. Serves community. ID required.
- Will County Baptist Temple. 625 McDonough St, Joliet. 815-726-4127. Serves community.
- Lively Hope Church of God. 308 N Midland, Joliet. 815-741-2377. Serves the community.
- [Will County Center for Community Concerns](#). 2455 Glenwood Ave., Joliet. 815-722-0722.
- Fellowship Bible Church. 122 Morris St., Joliet. 815-205-3005. Only serves 50 families. You are required to sign up and get on the waiting list. ID required.
- Lebanon District Laymen Ministry. 402 Singleton Place, Joliet. 815-723-9445.

## Grocery Shopping

It is strongly suggested that individuals should shop as infrequently as possible and at off-peak hours to practice social distancing. Stores including Whole Foods, Target, Mariano's and Walmart are creating special hours for seniors and vulnerable populations. You may also want to check with elderly neighbors to see if you can shop for them.

### Dedicated Shopping Hours for Seniors

- [Whole Foods](#): Customers age 60 and older can shop Fridays 7-8 a.m.
- [Target](#): The first hour of shopping each Tuesday is reserved for the elderly and other vulnerable populations, such as those with compromised immune systems.
- [Mariano's](#): The grocer has set aside two hours daily — 6 to 8 a.m. — for seniors and those with underlying health conditions. Call locations before going as the time may be different for each store.
- [Walmart](#): Customers ages 60 and older can shop every Tuesday an hour before stores open. Walmart pharmacies and vision centers will also be open during this time.
- [Pete's Fresh Market](#): Senior priority shopping hours are in effect 7-8 a.m. Monday thru Friday.
- [Meals on Wheels](#) is another program supporting homebound seniors, and they are continuing to operate.

### Grocery and Food Delivery Services

- [Amazon Fresh](#)
- [Instacart](#)
- [Dumpling](#)
- [Walmart](#)
- [Google Shopping](#)
- [Shipt](#)
- [Grubhub](#)
- [DoorDash](#)

### Government Services

[Pandemic EBT \(PEBT\)](#): A temporary food assistance program set up to pay families for the value of the free or reduced-price meals their children were receiving at school.

[Chicago Public Schools](#): Families can pick up free food boxes at any CPS school. Boxes contain three days worth of breakfast and lunch for every student in the household. Food-pick up is held outdoors. If you need assistance: call 773-553-KIDS (5437) or email [familyservices@cps.edu](mailto:familyservices@cps.edu).

[Supplemental Nutrition Assistance Program \(SNAP\)](#) - The Supplemental Nutrition Assistance Program (SNAP) (formerly Food Stamps) helps low-income people and families buy the food they need for good health.

- **[Learn about eligibility requirements for higher education students.](#)**

## General Assistance

United Way has a COVID-19 Community Economic Relief Fund to assist with bills, rent, and food.

- [United Way of Metropolitan Chicago](#)
- For Indiana residents, please call 866-211-9966 and provide your zip code and a list of local agencies will be provided.
- [United Way](#): Provide your zip code for a location in your area.

## Healthcare

### Mental Healthcare

ComPsych is the Adler Student Assistance program that Adler University is partnered with to provide mental health resources and support to its students.

As students of Adler University, you have access to 12 free counseling sessions per year through ComPsych where a mental health professional will assess your needs and assist in referring you to a provider that meets your needs.

#### To contact ComPsych:

- Call 844-230-9697 (US); 866-641-3847 (Canada); or 800-697-0353 (TDD)
- Visit: [www.guidanceresources.com](http://www.guidanceresources.com)
- Use with ID: Adler

### Health Insurance

[Healthcare.gov](#) - Open enrollment thru May 15, 2021

### Healthcare

[Howard Brown Health](#) offers discounted medical care, psychiatry, dentistry, and mental health counseling to patients who are uninsured and have low income.

[Chicago Community Health Centers](#) - If you do not have a medical provider, are uninsured, or have limited or no income and believe you need non-emergency medical services, you can contact your nearest community health center (CHC) by phone and inform them of your need. They will work with you to coordinate appropriate care. CHCs receive funding from the federal government that allows them to charge each patient on a sliding scale fee based on the patient's income and ability to pay. No patient will be turned away because of inability to pay. There are approximately 165 CHCs throughout the city of Chicago. You can find your nearest CHC at [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov).

## Housing

### Chicago

[ShelterList](#) provides a directory of shelters that offer assistance to the homeless.

The U.S. Department of Housing and Urban Development's (HUD) [Find Shelter](#) tool provides information about housing, shelter, health care, and clothing resources in communities across the country.

[City of Chicago Housing Services](#) offers a number of different resources for housing services.

### Outside of Cook County

[Illinois Department of Human Services](#) offers numerous housing assistance programs.

Will County: [MorningStar Mission Ministries' Shelter](#) 350 E Washington St, Joliet 815-722-5780

DuPage County: [Domestic Violence Shelter](#)

### Eviction and Foreclosure Moratorium

[Illinois Eviction Moratorium](#) extended to April 3, 2021, by Gov. Pritzker

[Eviction and Foreclosure Moratorium](#) extended to March 31, 2021, by U.S. Dept. of Housing and Urban Development

[United Way Metropolitan Chicago](#) provides a list of nonprofit organizations offering eviction prevention services.

[COVID HELP \(Housing and Economic Loss Prevention\)](#) - For Illinois residents seeking free legal assistance for legal problems due to COVID-19, including debt and bankruptcy, unemployment, eviction, wills, and guardianship.

## International Student Resources

Chicago Campus employment opportunities are available for international students. Contact the Financial Aid department to learn more: 312.662.4150; 844.459.3710 (toll-free); or [financialaid@adler.edu](mailto:financialaid@adler.edu).

[Illinois Coalition for Immigrant and Refugee Rights – Resources for Immigrants During the COVID-19 Crisis](#)

[NAFSA: Association of International Educators](#) offers resource links to help international students navigate issues arising from the COVID-19 pandemic.

## Internet, Data, and Technology

- [Everyon.org](#) - Find low-cost internet service and computers by zip code
- [Computer Equity Network](#) - Request a free computer
- [Drive-Up WiFi Map](#) - Provides public drive-up WiFi hotspots in Illinois. These hotspots are intended for remote learning during the pandemic.
- [Citizens Utility Board](#) - List of benefits that utilities, telecom, internet, and cable providers are offering customers during the COVID-19 crisis.
- [Comcast Lift Zones](#) - Comcast has partnered with community organizations across Chicago to provide safe spaces with high-speed internet access for students.
- [Comcast Internet Essentials](#) - Affordable internet plans for low-income individuals

## Transportation

[MyScholly cash assistance program](#) can cover transportation costs.

## Tuition Assistance

- [MyScholly](#) - Scholarship app which offers students the opportunity to apply for cash relief assistance of \$1,000 to be used on debt, tuition, groceries, transportation or other necessities.
  - Eligible individuals may also enter by mail without opening a savings account. Enter by mail: Hand-print your name, address, city, state, ZIP code, e-mail address (if available) and daytime phone number (including area code) on a 3" x 5" card, and mail in a business-size (#10) envelope with proper postage affixed to: 958 N. Western Ave #764 Hollywood CA, 9002. Each entry must be mailed separately. To be eligible for the Entry Period, mail-in entries must be postmarked by April 4, 2021, and received by April 9, 2021.
- [American Psychology Association](#) - Research funding, scholarships, honors, and awards from APA and other psychology-related organizations
- [Careerone.stop.org](#) - Scholarships, fellowships, grants, and other financial aid award opportunities
- [Studentaid.gov](#) - Information regarding updates on federal loans during pandemic
- [Air Force Aid Society](#) - Emergency assistance in the form of no-interest loans or grants