

## Need medical care?

Including dental and/or mental



**Crusader Community Health**  
815-490-1600  
[crusaderhealth.org](http://crusaderhealth.org)

## Need childcare?

Do you need help finding or paying for childcare?



**YWCA Northwestern Illinois**  
815-484-9448  
[ywcanwil.org/child-care-solutions/](http://ywcanwil.org/child-care-solutions/)

Do you need childcare due to a crisis?

### Motherhouse Crisis Nursery

815-962-4858  
[childrenshomeandaid.org/parenting/crisis-nursery/](http://childrenshomeandaid.org/parenting/crisis-nursery/)  
[motherhouse-crisis-nursery/](http://motherhouse-crisis-nursery/)

## Is your child being hurt or harmed?

800-25-ABUSE

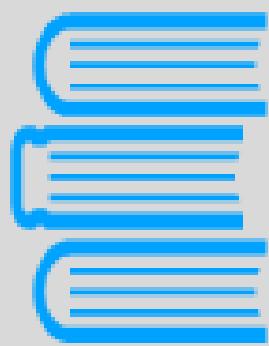


Are you or another adult being hurt by someone?  
**Remedies:** 815-962-6102  
[remediesrenewinglives.org](http://remediesrenewinglives.org)

## Are you worried your child isn't walking and talking on time?

Developmental Screening (ages 0-5)  
**Rockford Public Schools 205**  
815-229-2103  
[rps205.com/departments/Pages/Early-Childhood.aspx](http://rps205.com/departments/Pages/Early-Childhood.aspx)

Referrals for developmental concerns in children under 3: **Child and Family Connections**  
815-654-6170  
[accessni.com/child-and-family-connections/](http://accessni.com/child-and-family-connections/)



**Is your child 3-5 years old?**  
**Enroll your child in FREE preschool**

**Rockford Public Schools / City of Rockford Head Start**

815-229-2103

[rps205.com/departments/Pages/Early-Childhood.aspx](http://rps205.com/departments/Pages/Early-Childhood.aspx)



## Curious about home visits to support you and your infant or toddler?



**igrow - Rockford**  
815-720-4000  
<http://www.igrowrockford.org/>

## Are you looking for enrichment activities? Like camps, sports, and family fun

**YMCA of Rock River Valley**  
815-489-1252  
[alignmentrockford.com/enrichment](http://alignmentrockford.com/enrichment)



## Need food?

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)



**Winnebago County Health Dept**  
815-720-4000

All other food needs?  
[alignmentrockford.com/food](http://alignmentrockford.com/food)

## Need housing?

**City of Rockford Human Services: Community Action**  
844-710-6919 ext 5  
[rockriverhomelesscoalition.com](http://rockriverhomelesscoalition.com)



## Need transportation?



**Rockford Mass Transit District**  
815-961-9000  
[rmtd.org](http://rmtd.org)

## Need education/training for a job?

**The Workforce Connection**  
815-847-7574  
[theworkforceconnection.org](http://theworkforceconnection.org)



**Something else?** 2-1-1 for United Way Helpline -OR- One Body Collaboratives: 815-282-4384

Not getting the help you need? Call Alignment Rockford at: 779-774-4389 during regular business hours