

Family Resource Guide

All Our Kids (AOK) Early Childhood Networks believe that when **Communities** build what they dream, then **Families** get what they need and **Children** thrive.



AOK Networks are community-based collaborations that promote healthy pregnancies and the positive growth and development of all children birth to five and their parents/caregivers by assuring a well-coordinated, easily-accessible, equitable and just system of services and supports that engages parents as partners in making the system work for them.

Adams County AOK Family Resource Guide 2026

General Information & Referral to Community Services:	
Adams County Health Department*	(217) 222-8440
Blessing Health System – Resource Center*	(217) 223-8400 Ext. 7207
Bella Ease	(217) 209-0632
Clarity Healthcare*	(217) 222-6277
Quincy General Assistance Office	(217) 223-4970
Transitions of Western Illinois – Community Support Services (CSS)*	(217) 223-0413
Two Rivers Regional Council of Public Officials	(217) 224-8171
United Way Helpline*	(217) 224-1223
Veterans Assistance Commission of Adams County*	(217) 515- 2822
West Central Illinois Area Agency on Aging*	(217) 223-7904
Crisis Hotlines:	
AIDS-HIV-STD Hotline	(800) 243-2437
American Red Cross	(800) 733-2767
Birthright of Quincy*	(217) 224-1277
Care Net Pregnancy Services*	(217) 223-8200
Child Abuse Hotline	(800) 252-2873
Domestic Violence Help Line	(877) 863-6388
Elder Abuse	(866) 800-1409
Illinois Hunger Hotline	(800) 359-2163 or text FOODIL to 877877
Illinois Tobacco QUIT LINE	(866) QUIT-YES
National Center for Exploited or Missing Children	(800) 843-5678
National Runaway Hotline	(800) RUNAWAY

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National Suicide & Crisis Hotline	988 or (800) 273-8255
Poison Control	(800) 222-1222
Quanaada Domestic Violence/Sexual Assault Hotline	(800) 369-2287
Transitions of Western Illinois Mental Health Crisis Line	(217) 223-0422
Non-Emergency Numbers:	
Adams County Animal Control	(217) 277-2145
Adams County Sheriff's Department	(217) 277-2200
Child Support Enforcement	(800) 447-4278
Illinois Dept of Employment Security (IDES)	(217) 222-1560
Illinois Dept of Human Services (IDHS)	(217) 223-0550
Illinois State Police	(217) 285-2034
Land of Lincoln Legal Aid	(877) 342-7891
Quincy Crime Stoppers	(217) 228-4474
Quincy Police Department	(217) 228-4470
Quincy Transit Line	(217) 228-4550
Social Security Administration	(217) 224-8902 or (800) 772-1213
United Way Helpline*	(217) 224-1223
U.S. Postal Service Information	(800) 275-8777
West Central Illinois Area Agency on Aging – Quincy Senior Family & Resource Center	(217) 223-7904
Western Illinois Veterinary Clinic	(217) 222-2133
Abuse/Family Violence:	
Adams County States Attorney Victim/Witness Program	(217) 277-2225
Advocacy Network for Children	(217) 223-2272

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Child Abuse Hotline	(800) 252-2873
Elder Abuse Hotline	(866) 800-1409
Illinois Dept of Children & Family Services (DCFS)	(217) 221-2525
Prevent Child Abuse Illinois	(217) 522-1129
Quanada Domestic Violence Program	(217) 222-0069 or (800) 369-2287
Quanada Sexual Assault Program	(217) 223-2030 or (800) 369-2287
Quanada – The Accountability Group (TAG)	(217) 919-6323
Assessments/Screenings: Developmental	
Chaddock	(217) 222-0034
Child and Family Connections #17 (0-3 Therapy Services)*	(217) 222-9592
DCFS Erikson Institute Early Childhood Project*	(312) 893-7181
Quincy Early Childhood & Family Center (Pre-K/Head Start/Spec. Ed)*	(217) 228-7121
Quincy Medical Group	(217) 222-6550 ext. 3418
SIU Center for Family Medicine – Quincy	(217) 224-9484
Transitions Parents as Teachers (0-5 Program)*	(217) 223-0413
Counseling/Support Groups:	
Addicts Victorious, Inc (Horizons)	(217) 224-5530
All In Wellness*	(309) 220-8070
Bereaved Parents of the USA (Quincy Chapter)	(217) 430-2936
Blessing Health System	(217) 223-1200
Blessing Health System - Outpatient Behavioral Health*	(217) 224-4453
Brain Trauma Awareness Organization - Think First	(217) 223-8566
Care Net Pregnancy Services*	(217) 223-8200

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Chaddock	(217) 222-0034
Clarity Healthcare*	(217) 222-6277
Cornerstone: Foundation for Families	(217) 222-8254
Down Syndrome Support Group (Blessing Health System)	(217) 223-8400 Ext. 4190
East Adams Clinic (Golden)	(217) 696-4446
Family Solutions	(217) 223-7492
First Baptist Church/Dad's Matter	(573) 684-3298 or (217) 223-4468
Hopewell Clinical	(217) 223-0170
Madison Park Christian Church Support Groups	(217) 222-2529
New Start Rescue Mission	(217)223-2100
Parent Support Groups – Bella Ease	(217) 209-0632
Quanada - The Accountability Group (TAG)	(217) 919-6323
Quincy Catholic Charities	(217) 222-0958
Quincy Medical Group - Behavioral Health*	(217) 222-6550 ext. 3418
Regeneration (The Crossing Church)	(217) 203-8787
SHARE Support Group for Grieving Parents	(217) 223-1200 ext. 6825
SIU Center for Family Medicine – Quincy	(217) 224-9484
Transitions of Western Illinois	(217) 223-0413
Tri-State Christian Women's Ministries (CWM)	(217) 440-8200
Food/Clothing Assistance:	
Adams County Health Department – Women Infant Children (WIC)*	(217) 222-8440
Care Net Pregnancy Services*	(217) 223-8200
Community for Christ Assistance Center*	(217) 593-7052
Crossing Church (clothing only)	(217) 214-0555

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Horizons Soup Kitchen & Food Pantry*	(217) 224-5530
Illinois Department of Human Services/Public Aid DHS	(217) 223-0550
KidzPacks	(217) 440-9634
Ladies of Charity	(217) 222-6359
Liberty Food Pantry	(217) 645-3524
Meals for the Needy - Salem Church	(217) 222-0601
Open Hands Food Pantry - Lutheran Church of St. John	(217) 222-8579
Pike County Health Department - WIC	(217) 285-4407
Quanada	(217) 222-0069
Quincy Catholic Charities	(217) 222-0958
Salvation Army Family Services	(217) 222-2087
Two Rivers Regional Council of Public Officials	(217) 224-8171
United Way Helpline*	(217) 224-1223
West Central Illinois Area Agency on Aging*	(217) 223-7904
Housing/Shelters/Rent/Utilities:	
Adams County Housing Authority	(217) 894-7022
Bella Ease	(217) 209-0632
Community for Christ Assistance Center (Rent/Mortgage Assistance)*	(217) 593-7052
Golden Bridges, Inc*	(217) 242-2898
Habitat for Humanity	(217) 223-4224
Midwest Youth Services	(217) 245-6000
Quanada Domestic Violence Shelter	(217) 222-0069
Quincy General Assistance	(217) 223-4970
Quincy Housing Authority	(217) 222-0720

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Safe Moves for Seniors*	(573) 406-3259
Salvation Army Family Services	(217) 222-2087
Two Rivers Regional Council of Public Officials – Ameren*	(217) 718-6397
Two Rivers Regional Council of Public Officials – Shelter Assistance	(217) 224- 8171
United Way Helpline*	(217) 224-1223
Well House for Women in Transition/Shelter	(217) 617-2312
YWCA – Quincy*	(217) 221-9922
Medical/Dental Services:	
Adams County Health Department	(217) 222-8440
Family Planning & Birth Control Methods	
Immunizations Clinic*	
Lab Services*	
Men’s Health Screenings & Treatment	
Women’s Health Screenings	
Blessing Health System	(217) 223-1200
Blessing Health System – Provider Appointments	(217) 277-5000
Blessing Health System – Outpatient Care Coordination*	(217) 223-8400 ext. 5560
Clarity Healthcare*	(217) 222-6277
East Adams Clinic (Golden)	(217) 696-4446
Pike County Health Department – Immunizations*	(217) 285-4407
Quincy Catholic Charities Med Assist Program	(217) 222-0958
Quincy Medical Group	(217) 222-6550
SIU Center for Family Medicine - Quincy Dental Clinic	(217) 222-8440
SIU Center for Family Medicine – Quincy*	(217) 224-9484
Transitions of Western Illinois – First Episode Psychosis (FEP)*	(217) 223-0413

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West Central Illinois Area Agency on Aging*	(217) 223-7904
Family Planning/Pregnancy Services:	
Adams County Health Department*	(217) 222-8440
Family Planning & Birth Control Methods	
Men’s Health Screenings & Treatment	
Women’s Health Screenings	
Women Infant Children (WIC)*	
Birthright of Quincy*	(217) 224-1277 or (800) 550-4900
Care Net Pregnancy Services*	(217) 223-8200
Covered Bottoms Diaper Bank*	diaperbankcbdb1@gmail.com
Pike County Health Department – WIC	(217) 285-4407
SIU Center for Family Medicine – Quincy*	(217) 224-9484
Transitions Parents as Teachers (0-5 Program)*	(217) 223-0413
YoungLives	(217) 223-5470
Child Development/Public Schools:	
Central CUSD #3 Pre-K Program	(217) 593-7795
Child and Family Connections #17 (0-3 Early Intervention Screenings)*	(217) 222-9592
Liberty CUSD #2 Pre-K Program	(217) 645-3263
Parent and Child Together (PACT) for West Central Illinois*	(217) 773-3903
Payson Pre-K Program	(217) 656-3439
Quincy Early Childhood & Family Center (Pre K/Head Start / Spec Ed)*	(217) 228-7121
Quincy Medical Group Pediatric Therapy	(217) 222-6550 Ext. 3418
Quincy Montessori School	quincymontessori@gmail.com

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Quincy Public Schools - Special Education Dept	(217) 223-8700
Ready Set Grow	sara@quincychildrensmuseum.org
Regional Office of Education (ROE) #1	(217) 277-2080
SIU Center for Family Medicine – Quincy	(217) 224-9484
Transitions Parents as Teachers (0-5 Program)*	(217) 223-0413
Unity CUSD #4 Pre-K Program	(217) 936-2512
Child Care Resources/After School Programs:	
10 th Street Children’s Academy	(217) 214-1095
Bella Ease – Teen REACH/CARES	(217) 209-0632
Cheerful Home Child Care & Early Learning Center*	(217) 225-0654
The Crossing CKX After School Care	(217) 203-6443
Jefferson Youth Center	(217) 224-7226
Parsons Youth Center	(217) 224-2315
Quincy Public Schools Before & After School Care Program	(217) 223-8700
Salvation Army Kroc Center	(217) 222-5762
West Central Child Care Connection*	(217) 222-2550
YMCA	(217) 222-9622
YoungLife	(217) 223-5470
Parent & Caregiver Support/Education:	
Adams County Health Department – Becoming a Mom Classes	(217) 222-8440
Adams County Health Department – Breast Feeding Support	(217) 222-8440
All Our Kids Early Childhood Networks	(217) 222-8440
Bella Ease – Family Focus	(217) 209-0632
Bella Ease – Parenting Support Groups	(217) 209-0632

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Blessing Health System – Breastfeeding Support	(217) 223-8400 Ext. 5901
Big Brothers/Big Sisters	(217) 223-5452
Birthright of Quincy*	(217) 224-1277 / (217) 440-8388
Brain Trauma Awareness Organization/Think First	(217) 223-8566
Care Net Pregnancy Services*	(217) 223-8200
Chaddock (Foster Parent Information)	(217) 222-0034
Connect Child and Family Solutions	(217) 388-1515
Consumer Product Safety Commission CPSC-Recalls	http://CPSC.gov
Covered Bottoms Diaper Bank*	diaperbankcbdb1@gmail.com
DCFS Licensing & Recruitment (Foster Parent/Family & Daycare)	(217) 221-2525
Hobby Horse House	(217) 243-7708
Lutheran Child and Family Services (Foster Care)	(217) 722-1450
Parent and Child Together (PACT) for West Central Illinois*	(217) 773-3903
PBS WSIU (Public Broadcasting) www.wsiu.org/pbs-kids	(217) 494-8091
Quincy Area Autism Support Group	(217) 222-6550 ext. 3418
Quincy Catholic Charities Intact Family Services Program	(217) 222-0958
Quincy Medical Group Lactation Specialists	(217) 222-6550 Ext. 3418
Quincy Public Library	(217) 223-1309
Safe Kids Adams County	(217) 222-8440
SIU Center for Family Medicine - Quincy	(217) 224-9484
Substance Abuse Coalition	(217) 222-8440
Transitions Parents as Teachers (0-5 Program)*	(217) 223-0413
Tri-State Educators’ Association of Christian Homeschoolers (TEACH)	(573) 288-0099
University of Illinois Extension/4-H	(217) 223-8380
YoungLives	(217) 223-5470
West Central Illinois Area Agency on Aging*	(217) 223-7904

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Adult Education/Job Training:	
Bella Ease - Employment Services*	(217) 209-0632
GED, Literacy, and ESL Services - JWCC	(217) 641-4951
Gem City College	(217) 222-0391
Illinois Office of Rehabilitation Services	(217) 223-0550
Impact Global*	(217) 919-6222
John Wood Community College	(217) 224-6500
Manpower Temporary Services	(217) 224-5450
Quincy Area Safety Council	(217)242-0922
Quincy Entrepreneurship Center	(217) 223-4313
Quincy Public Library	(217) 223-1309
Quincy University	(217) 222-8020
QPS Employment Group	(217) 617-4430
Transitions of Western Illinois – Individual Placement and Support (IPS)*	(217) 223-0413
Two Rivers Regional Council of Public Officials - Workforce Development	(217) 224-8171
University of Illinois Extension	(217) 223-8380
Workforce Development Center	(217) 641-4971
Recreation:	
Adams County Public Libraries	
Camp Point Public Libraries	(217) 593-7021
Clayton Public Library	(217) 894-6519
Four Star Public Library (Mendon)	(217) 936-2131
Greater West Central Library (Golden)	(217) 696-2428

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Quincy Public Library	(217) 223-1309
Boy Scouts of America	(217) 224-0204
Catholic Youth Organization	quincycyo@gmail.com
Girl Scouts of Central Illinois	(217) 523-8159
Illinois Veteran's Home- War Museums & Deer Park	(217) 222-8641
Kroc Center	(217) 222-5762
PBS WSIU (Public Broadcasting) www.wsiu.org/pbs-kids	(217) 494-8091
Quincy Art Center	(217) 223-5900
Quincy Children's Museum	quincychildrensmuseum.org
Quincy Convention and Visitors Bureau	(217) 214-3700
Quincy Museum	(217) 224-7669
Quincy Park District/Indoor Playground	(217) 223-7703
Siloam Springs State Park	(217) 894-6205
Special Olympics	(217) 322-7451
University of Illinois Extension/4-H	(217) 223-8380
Villa Kathrine	(217) 224-3688
YMCA - Quincy	(217) 222-9622

This Family Resource Guide is made available through funding provided by the Illinois Department of Human Services.

Immediate Emergency Help: 911 & 988

The AOK Network is a special project of the Adams County Health Department.
217-222-8440 Ext. 1107 or 1128



* Can refer through IRIS, the Integrated Referral and Intake System. Call for more information.

