

Child Development/Public Schools:

Central CUSD #3 Pre-K Program	(217) 593-7795
Child and Family Connections #17 (0-3 Early 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
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:

10th 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 Kids 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 - Parent Support Groups	(217) 209-0632
Blessing Health System - Breastfeeding Support	(217) 223-8400 Ext 5901
Big Brothers/Big Sisters	(217) 223-5452
Birthing 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*	diaperbankcddb1@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
Parents & 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 Homechoolers (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

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 Library	(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
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
YWCA - 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.



Updated: 11/2025

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.

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
.....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
National Suicide & Crisis Hotline 988 or (800) 273-8255	Poison Control (800) 222-1222
Quanada 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
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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
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	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

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	Safe Moves for Seniors* (573) 506-3259
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	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* diaperbankcddb1@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	