

Family Health and Wellness Resources

Alcohol/Drug Treatment

A.A.: www.aa.org

Gateway: recoverygateway.org

IDHS: www.dhs.state.il.us/page.aspx?item=29725

Pillars: www.pillarscommunity.org

Substance Abuse & Mental Health Services Administration:
www.samhsa.gov

Baby Gear and Clothing (Low Cost)

Naperville Bookoo: naperville.bookoo.com

Craigslist: chicago.craigslist.org

Ebay: www.ebay.com

Garage Sales: www.yardsalesearch.com

Good Will: www.goodwill.org

Savers: www.savers.com

Salvation Army: salvationarmyusa.org

Once Upon a Child: www.ouonceuponachild.com

Flea Markets: flea-markets.find-near-me.info/in/river-grove-il



Child Development

Baby Center: www.babycenter.com - weekly developmental updates about your child

Childproofing Your Home

Baby Center: www.babycenter.com/0_childproofing-checklist-before-your-baby-crawls_9446.bc

Parents:

www.parents.com/baby/safety/babyproofing/babyproofing-basics

Dental Care (Low Cost)

Contact Triton College Health Services for a current brochure.

Financial Assistance

Housing/Food/Child Care/Medical ~ IDHS:
www.dhs.state.il.us/page.aspx

College Tuition: Contact Triton College's Financial Aid Department for a current brochure.

CTA/Pace/Metra:

www.transitchicago.com/travel_information/fares/reduced.aspx

Veterinary Care: Humane Society of the United States:
m.humanesociety.org/animals/resources/tips/trouble_affording_pet.html#.UvUJCD2wJcS

Gambling Treatment

GA: www.gamblersanonymous.org

Illinois Gambling Help: www.illinoisgamblinghelp.org

Health Care (Low Cost)

Contact Triton College Health Services for a current brochure.

Health Insurance

Contact Triton College Health Services for a current brochure.

Medication Disposal

Contact Triton College Health Services for a current brochure.

Mental Health

Substance Abuse & Mental Health Services Administration:
www.samhsa.gov

Perspectives: Contact Triton College's Counseling Department for a current brochure.

IDHS: www.dhs.state.il.us/page.aspx?item=29728

Pillars: www.pillarscommunity.org

Parents' Choice

Parent's Choice Awards:

www.parents-choice.org/default.cfm

A group of professional parents choosing the industries best audio, books, dvd's, magazines, mobile apps, software, television, toys, video games and websites.

Poison Control Center

Illinois Poison Control: 800-222-1222 -
illinoispoisoncenter.org

Health Services is located in Room G-109
2000 Fifth Ave. :: River Grove, IL 60171
For more information, call (708) 456-0300, Ext. 3051.
www.triton.edu/Health-Services

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Triton College

REAL QUALITY

Prescriptions (Low Cost)

Contact Triton College Health Services for a current brochure.

Recalls:

Baby Gear/Consumer and Environmental Products/Food/ Medicine/Cosmetics/Vehicles

Baby Center: www.babycenter.com/product-recall-finder

Recalls.gov: www.recalls.gov

FDA: www.fda.gov/safety/recalls

Respite Childcare

Respite Childcare (Age 0-6): www.maryvilleacademy.org

Respite Autistic Childcare:

www.rush.edu/rumc/page-1234554452081.html

Safety:

Home/School/Drowning/Poison/Choking/Falls/Fire

National Safety Council:

www.nsc.org/safety_home/Pages/safety_at_hom.aspx

Shelter Programs

U.S. Department of Housing and Urban Development: portal.hud.gov/hudportal/HUD?src=/states/illinois/homeless/shelters

Smartphone Apps

Smart Apps for Kids: www.smartappsforkids.com - featuring good free apps of the day

Tobacco Cessation Assistance

Illinois Tobacco Quit Line: www.quityes.org

Turkeyville: Facebook@WhyQuit.com

Smoke Free: smokefree.gov

American Cancer Society: www.quitnow.net/Program

Toxic Chemicals to Avoid Guide

Beauty Products (Soaps/Lotions/Toothpaste):

www.ewg.org/skindeep

Foods: www.ewg.org/foodnews

Cleaning Products: www.ewg.org/guides/cleaners

Violence and Abuse Prevention

IDHS: www.dhs.state.il.us/page.aspx?item=30327

Sarah's Inn: www.sarahsinn.org

Pillars: www.pillarscommunity.org

Nutrition

5 Ingredient Crock Pot Recipes:

Homemaking Hacks: homemakinghacks.com/2013/07/slow-cooker-recipes-with-4-ingredients-or-less.html

Better Homes and Gardens: www.bhg.com/recipes/slow-cooker/5-ingredient-slow-cooker-recipes

Busy Cooks: busycooks.about.com/od/fiveingredientsorles1/a/5ingredient.htm

Woman's Day: www.womansday.com/food-recipes/10-super-simple-slow-cooker-recipes-106590

Boxed Groceries

Organic and Delivered: Timber Creek Farms: www.tcforganics.net

Non-Organic and Pick up: Top Box: www.topboxfoods.com

Breast Feeding Support

Le Leche League International: www.llli.org

Kelly Mom: kellymom.com

Mayo Clinic: www.mayoclinic.org/breast-feeding/art-20047138

Baby Center: www.babycenter.com/breastfeeding-basics

Food Assistance

Food Stamps (SNAP): www.snap-step1.usda.gov

WIC: stars.fns.usda.gov/wps/pages/start.jsf

School Breakfast/Lunch Program: contact your child's school

Free summer meals for kids and teens:

www.strength.org/summermeals

Food banks and pantries:

feedingamerica.org/foodbank-results.aspx

Gardening

SNAP: www.snapgardens.org/snap-participant

University of Arizona:

ag.arizona.edu/pubs/garden/mg/vegetable/container.html

Healthy Food Shopping on a Tight Budget

EWG: www.ewg.org/goodfood/index.php

Iowa State University: www.extension.iastate.edu/foodsavings

Choose My Plate:

www.choosemyplate.gov/healthy-eating-on-budget.html

SNAP: snap.nal.usda.gov/resource-library/manage-your-food-resources-wisely/meal-planning-shopping-and-budgeting

Simple Nutritional Meals

Iowa State University: www.extension.iastate.edu/foodsavings

Choose My Plate:

www.choosemyplate.gov/healthy-eating-on-budget.html

Cooking Matters:

cookingmatters.org/what-we-do/educational-outreach

USDA: recipefinder.nal.usda.gov

Chop Chop Magazine: www.chopchopmag.org

Sesame Street:

www.sesamestreet.org/parents/topicsandactivities/toolkits/food

SNAP: snap.nal.usda.gov/resource-library/manage-your-food-resources-wisely/meal-planning-shopping-and-budgeting

