Family Health and Wellness Resources

Alcohol/Drug Treatment
A.A.: www.aa.org
Gateway: recovergateway.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.yardsearch.com
Good Will: www.goodwill.org
Savers: www.savers.com
Salvation Army: salvationarmyusa.org
Once Upon a Child: www.onceuponachild.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.humane society.org/animals/resources/tips/trouble_affording_pet.html#.UvUJCZwJwCS

Gambling Treatment
GA: www.gamblersanonymous.org
Illinois Gambling Help: www.illinoisingamblinghelp.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

Triton College
REAL QUALITY

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

Triton College is an Equal Opportunity/Affirmative Action institution.
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

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/5ingredientsorless/a/S5ingredient.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

Breastfeeding Support
Le Leche League International: www.lilli.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.jsp
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/foodsaving
Choose My Plate: www.choosemyplate.gov/healthy-eating-on-budget.html

Simple Nutritional Meals
Iowa State University: www.extension.iastate.edu/foodsaving
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