



Resources for Expectant Moms and Parents in Crisis
Diocese of Rockford - Sterling Deanery

As of 4/25/2025

Emergency Resources through Catholic Charities

<p>Emergency Resources Catholic Charities: Emergency Assistance 630-820-3220 catholiccharities.rockforddiocese.org/</p> <p>Assistance for Rent, Utilities, Food, and Diapers; Referrals to Resources. Phone in Only. Kane, DeKalb, Ogle, Lee, Carroll, and Whiteside Counties.</p>	<p>Emergency Resources Catholic Charities: St. Elizabeth Catholic Community Center 1505 S Main St Rockford, IL 61102 815-965-6993 mphillips@rockforddiocese.org catholiccharities.rockforddiocese.org/</p> <p>Adult Services, Food Pantry, Clothing Closet. All Services are Walk In. Contact for Hours.</p>
<p>Emergency Resources Catholic Charities: St. Elizabeth Catholic Community Center 1536 S Main St Rockford, IL 61102 815-969-6526 malmanaci@rockforddiocese.org catholiccharities.rockforddiocese.org/</p> <p>Youth Services, Preschool, Before and After School Program. All Services are Walk In.</p>	<p>Emergency Resources - Bilingual Catholic Charities 314 Lake St Ste 1-A Aurora, IL 60506 630-820-3220 catholiccharities.rockforddiocese.org/</p> <p>Serving the Hispanic Community. Advocates for Medical Care, Education for Adults, Housing, and Services for Seniors; Emergency Assistance for Rent and Utilities; Translation with Benefit Applications and Other Assistance Forms; Referrals to Community Resources and Services. Call-in Assistance Available.</p>

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval. Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Emergency Resources through Catholic Charities - continued

<p>Emergency Resources - Bilingual Catholic Charities 5141 W. Bull Valley Rd. McHenry, IL 60050 815-344-6956</p> <p>catholiccharities.rockforddiocese.org/</p> <p>Serving the Hispanic Community. Advocates for Medical Care, Education for Adults, Housing, and Services for Seniors; Emergency Assistance for Rent and Utilities; Translation with Benefit Applications and Other Assistance Forms; Referrals to Community Resources and Services. Call-in Assistance Available.</p>	
--	--

Emergency Resources through St. Vincent DePaul

The Society offers tangible assistance to those in need on a person-to-person basis. Aid may take the form of intervention, consultation, or direct dollar or in-kind service. An essential precept of the Society's work is to provide help while conscientiously maintaining the confidentiality and dignity of those who are served.

<p>St. Vincent de Paul Society - St. Mary-Sterling Conference Sterling, IL 815-625-0311</p> <p>www.svdpsaukvalley.org/</p>	<p>St. Vincent de Paul Society - St. Patrick-Dixon Conference Dixon, IL 815-284-7719 ext. 9</p>
<p>St. Vincent de Paul Society - Immaculate Conception/St. Patrick Conference Albany/Fulton, IL 815-589-3542</p>	<p>St. Vincent de Paul Society - St. Mary-Oregon Conference Oregon, IL 815-732-4093</p>
<p>St. Vincent de Paul Society - St. Patrick-Amboy Conference Amboy, IL 815-847-2315</p>	

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Medical and Mental Health Resources

<p>Catholic Hospital OSF HealthCare</p> <p>www.osfhealthcare.org/</p> <p>Catholic Hospital with Clinical and Support Services. As a Catholic health care organization, OSF HealthCare is committed to follow fully the Ethical and Religious Directives for Catholic Health Care Services as defined by the United States Conference of Catholic Bishops.</p>	<p>Catholic Physicians Catholic Medical Association: Catholic Physician Search</p> <p>www.cathmed.org/physician-directory/</p> <p>Webbased search by state, speciality, and zipcode for Catholic physicians who abide by the U.S. Conference of Catholic Bishops' Ethical and Religious Directives for Catholic Healthcare Services.</p>
<p>Catholic Physicians MyCatholicDoctor</p> <p>mycatholicdoctor.com/</p> <p>National network of faithful medical professionals, providing video visits/telehealth, home visits, and office referrals. Evidence-based scientific medicine from a Catholic perspective, integrating Catholic spirituality into care as appropriate to the situation. Sees people regardless of religious affiliation.</p>	<p>Drug/Alcohol Abuse Counseling Alcoholics Anonymous</p> <p>www.aa.org/find-aa</p> <p>Sobriety Maintenance Fellowship Group</p>

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Medical and Mental Health Resources - continued

<p>Drug/Alcohol Abuse Counseling Rosecrance 866-330-8729 rosecrance.org/</p> <p>Substance Abuse Treatment and Mmental Health Care. Multiple Locations in Illinois and Wisconsin</p>	<p>Mental Health Services Catholic Charities: Catholic Mental Health Ministry 779-210-8699 MaryFuller@RockfordDiocese.org catholiccharities.rockforddiocese.org/</p> <p>Accompanying individuals who face mental health and substance abuse challenges and their families to link with appropriate professional supports while inviting fuller participation in their faith community. Reducing stigma and isolation that arise from misunderstanding.</p>
<p>Mental Health Services Catholic Charities: Community Counseling 779-210-8698 RParsons@RockfordDiocese.org catholiccharities.rockforddiocese.org/</p> <p>Individual and couples counseling, consultation, advocacy, linkage, and referral. Offices in Aurora, McHenry and Rockford, and counseling offered via tele-health. Sliding fee scale available. Requires household income documentation.</p>	<p>Mental Health Services Crisis Text Line Help Line: Text HOME to 741741.</p> <p>Chat via WhatsApp: api.whatsapp.com/send/?phone=14437877678&text=HELLO&app_absent=0</p> <p>www.crisistextline.org/</p> <p>Connect with a Crisis Counselor during situations of stress and anxiety</p>

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval. Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Medical and Mental Health Resources - continued

<p>Mental Health Services National Alliance on Mental Illness Help Line: 800-950-NAMI. nami.org/home Advocacy, Education, Support, and Public Awareness for Individuals and Families Affected by Mental Illness</p>	<p>Mental Health Services 988 Suicide & Crisis Lifeline 24/7 Hotline: 988 <i>Disponible en Espanol</i> TTY Users: Dial 711 and then 988 Online chat: 988lifeline.org/chat 988lifeline.org Free and Confidential support for people in distress. Prevention and crisis resources for you or your loved ones. Available 24/7 across the United States.</p>
<p>Social Services, Drug/Alcohol Abuse Counseling, Child Care Programs, Job Training, Family and Education Parenting Sinnissippi Centers 325 Illinois Route 2 Dixon, IL 61021 800-242-7642 24-hour hotline sinnissippi.org/ Behavioral Health Services, Substance Abuse Treatment, Substance Abuse Recovery Homes</p>	<p>Social Services, Drug/Alcohol Abuse Counseling, Child Care Programs, Job Training, Family and Education Parenting Sinnissippi Centers 125 S 4th Street Oregon, IL 61061 800-242-7642 24-hour hotline sinnissippi.org/ Behavioral Health Services, Substance Abuse Treatment, Substance Abuse Recovery Homes</p>

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Medical and Mental Health Resources - continued

<p>Social Services, Drug/Alcohol Abuse Counseling, Child Care Programs, Job Training, Family and Education Parenting Sinnissippi Centers 2611 Woodlawn Road Sterling, IL 61081 800-242-7642 24-hour hotline</p> <p>sinnissippi.org/</p> <p>Behavioral Health Services, Substance Abuse Treatment, Substance Abuse Recovery Homes</p>	<p>Social Services, Drug/Alcohol Abuse Counseling, Child Care Programs, Job Training, Family and Education Parenting Sinnissippi Centers 102 S. Hennepin Avenue Dixon, IL 61021 800-242-7642 24-hour hotline</p> <p>sinnissippi.org/</p> <p>Behavioral Health Services, Substance Abuse Treatment, Substance Abuse Recovery Homes</p>
---	--

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Physical Resources

<p>Food Pantry Northern Illinois Food Bank 630-443-6910</p> <p>solvehungertoday.org/get-help/where-to-get-food/</p> <p>Local Food Pantries, Mobil Markets, Government Benefit Assistance. Food Distribution Centers in Geneva, Park City, Rockford and Joliet; Online Information on Multiple Sources for Food Available to Needy Persons Throughout Northern Illinois. Visit Website for an Interactive Map.</p>	<p>Food Pantry Riverbend Food Bank</p> <p>riverbendfoodbank.org/find-food/</p> <p>Local Food Pantries, Mobil Markets, Government Benefit Assistance. Food Distribution Centers in Davenport, Iowa, and Moline, Illinois; Online Information on Multiple Sources for Food Available to Needy Persons Throughout Northern Illinois and Iowa. Visit Website for an Interactive Map.</p>
--	--

Pregnancy Help

<p>Pregnancy Help Center Gianna's House Pregnancy Resource Center 700 10th Ave. Rock Falls, IL 61071 815-625-6520 giannashouse@att.net</p> <p>www.facebook.com/GiannasHouseRockFalls/about/?ref=page internal</p> <p>Material Goods and Spiritual and Emotional Support to Pregnant Women and Families. Founded in the name of Saint Gianna Beretta Molla, patron saint of mothers, physicians, and unborn children.</p>	<p>Pregnancy Support Catholic Charities: Pregnancy and Parenting Resources 815-544-5434 llarsen@rockforddiocese.org</p> <p>catholiccharities.rockforddiocese.org/</p> <p>Support and Case Management, Linkage to Resources, Pregnancy and Parenting Information, Education and Employment Referrals. Serving Individuals and Couples. No Fee for Services.</p>
--	---

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Pregnancy Help - continued

<p>Teen Support Catholic Charities: Adolescent Pregnancy and Parenting Resources 815-544-5434 llarsen@rockforddiocese.org catholiccharities.rockforddiocese.org/</p> <p>Support and Case Management for Teens, 19 Years Old or Younger, Facing an Unplanned Pregnancy; Serving Young Moms and Young Dads, with Focus on Specific Needs of Teens; Pregnancy and Parenting Information; Support in Developing Healthy Relationships; Education and Employment Referrals; Selecting Appropriate Child Care; Linkage to Community Resources. No Fee for Services</p>	<p>Support for Child's Adverse Diagnosis Prenatal Partners for Life 763-772-3868 mary@prenatalpartnersforlife.org prenatalpartnersforlife.org/</p> <p>Support, Information, and Encouragement for Expectant or New Parents Facing an Adverse Diagnosis for their Child.</p>
<p>Maternity Home Beautiful U Ministries PO Box 481 Elburn, IL 60119 (630) 387-9223 www.beautifulministries.org/</p> <p>Safe, Secure Residential Housing for Pregnant Teens in Need. Also has a resale shop.</p>	<p>Pregnancy Help Center Gianna's House Pregnancy Resource Center 700 10th Ave. Rock Falls, IL 61071 815-625-6520 giannashouse@att.net www.facebook.com/GiannasHouseRockFalls/</p>

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

<p>Housing Programs Home of the Sparrow 4209 W. Shamrock Ln., Unit B McHenry, IL 60050 815-271-5444 info@hosparrow.org</p> <p>www.hosparrow.org/</p> <p>Rapid Rehousing, Affordable Housing, Subsidized Apartments, Short-Term Transitional Shelter, Rent Assistance. Serves Single Women, Pregnant Women, and Women with Children.</p>	<p>Maternity Home Jubilee Village 373 S. Schmale Rd. Carol Stream, IL 60188 630-682-1910</p> <p>www.outreachcommunityministries.org/services/transitional-housing/jubilee-village/</p> <p>Shelter, Transitional Housing, Parenting Classes</p>
<p>Maternity Home Madonna Renewal Center 1209B S Walnut Ave. Freeport, IL 61032 815-616-9672</p> <p>madonnarenewalcenter.org/</p> <p>Shelter and family-based home, food, clothing, emotional and spiritual support for moms in need. Run by the Congregation of the Sisters of the Immaculate Heart of Mary, Mother of Christ</p>	<p>Maternity Home Mary's Inn Dubuque, IA 52001 563-580-2278 programsupervisormarysinn@gmail.com</p> <p>marysinnmaternityhome.org/</p> <p>Residential maternity home dedicated to the physical, emotional, and spiritual well-being of single pregnant mothers and their developing babies. Accepts women from any state and minors who are Iowa residents.</p>

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval. Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Spiritual Help and Healing

<p>Hope After Abortion Project Rachel 815-387-3379 or 1-888-456-HOPE projectrachelrockford@gmail.com</p> <p>www.rockforddiocese.org/life/hope-after-abortion/</p> <p>Assistance in Grieving a Pregnancy Loss Due to Abortion</p>	<p>Local Catholic Church Find Your Local Catholic Church www.rockforddiocese.org/parishes/</p> <p>Care, Compassion, Spiritual Guidance, Sacramental Grace. Many parishes have food pantries or access to charitable societies and organizations as well as knowledge of area social services.</p>
<p>Bereavement Care Be Not Afraid 134 Yellow Birch Loop Mooresville, NC 28117 815-962-1512</p> <p>benotafraid.net/</p> <p>Support, Guidance, and Resources to Parents Experiencing a Prenatal Diagnosis and Carrying to Term</p>	<p>Bereavement Care Now I Lay Me Down to Sleep P.O. Box 621669 Littleton, CO 80162 720-283-3339 headquarters@nilmdts.org</p> <p>www.nowilaymedowntosleep.org/</p> <p>Remembrance Photography to Parents Suffering the Loss of a Baby</p>
<p>Bereavement Care The Haven Network 124 North Water Street, Suite 201 Rockford, IL 61107 815-962-1512 info@thehavennetwork.org</p> <p>www.thehavennetwork.org/</p> <p>Emotional, Spiritual, and Practical Support Services to Families Enduring the Death of their Baby through Miscarriage, Stillbirth, Ectopic Pregnancy, SIDS, Early Infant Death, and Terminal or Life-limiting Diagnosis.</p>	

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Additional Resources

<p>Standing By You</p> <p>www.standingwithyou.org/state-resources/?state=IL</p> <p>Provides an online, searchable list of resources for pregnant and parenting women within the State of Illinois for Healthcare, Counseling, Clothing and Food Assistance, Housing, Childcare, Insurance, Peer-to-Peer Support, Financial Assistance, Adoption, and more</p>	<p>United Way 2-1-1</p> <p>24/7 hotline: 2-1-1 or 1-888-865-9903. Or text to 898211</p> <p>www.navigateresources.net/path/</p> <p>Free, confidential referrals to essential community services, including Basic Human Needs, such as food, shelter, rent and utility assistance; Physical and Mental Health Resources, such as health insurance programs, Medicaid and Medicare, medical information lines, crisis intervention services; Employment Supports, such as job training, transportation assistance, education programs; Support for Older Americans and Persons with Disabilities, such as adult day care, respite care, home health care, independent living programs; Support for Children, Youth and Families, such as after school programs, family resource centers, mentoring, tutoring, protective services.</p>
---	---

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Additional Resources - continued

<p>Job Training Catholic Charities: Helping Individuals Regain Employment (HIRE) 314 Lake St Ste 1-A Aurora, IL 60506 630-820-3220 ext. 2</p> <p>catholiccharities.rockforddiocese.org/</p> <p>Job Search, Interviewing Strategies, Employer Expectations, Create or Refresh Resumes/Cover Letters, Accessing Resources. Call-in Assistance Available.</p>	<p>Legal Services Prairie State Legal Services 03 N Main St. Rockford, IL 61101 (815) 965-2902</p> <p>www.pslegal.org/</p> <p>Legal Services for Low Income Persons. Serves Boone, Carroll, Jo Daviess, Ogle, Stephenson, and Winnebago Counties.</p>
<p>Legal Services Prairie State Legal Services 1600 Fourth Ave., Ste. 200 Rock Island, IL 61201 (800) 322-9804</p> <p>www.pslegal.org/</p> <p>Legal Services for Low Income Persons. Serves Henry, Lee, Mercer, Rock Island, and Whiteside Counties.</p>	<p>Human Trafficking Rehab's Daughters 509 Old Northwest Highway, Ste LL1 Barrington, IL 60010 224-333-0911 Emergency 24 Hour Hotline: 833-463-9329</p> <p>www.rahabsdaughters.org</p> <p>Education, Outreach, Rehabilitation, and Reintegration, Empowerment</p>
<p>Ethics Consultation National Catholic Bioethics Center 215-877-660 www.ncbcenter.org/consultation-form</p> <p>www.ncbcenter.org</p> <p>Free Consultation, Moral Guidance, Medical, Ethical, Educational</p>	<p>Domestic Abuse National Domestic Abuse Hotline 800.799.7233 www.thehotline.org</p> <p>free, confidential, call, chat, text, plan for safety, get help, available 24/7</p>

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.

Additional Resources – continued

<p>Pregnancy and Parenting Support LoveLine 888-550-1588 https://loveline.com/</p> <p>Provides accompaniment and aid for moms through case management services, career support, counseling, and more.</p>	<p>Placement of Abortion Workers at New Jobs And Then There Were None 888-570-5501 https://abortionworker.com/</p> <p>Helps workers in the abortion industry leave their work to gain fulfilling employment, legal representation, financial aid, scholarships, spiritual support, healing, and <i>peace</i>.</p>
--	--

This inventory is not intended to certify the credentials, qualifications, or abilities of any organization or person listed. Inclusion in this inventory does not imply recommendation or endorsement, nor does omission imply disapproval.

Send changes and any suggested updates to: life@rockforddiocese.org. The inventory is also available at: www.rockforddiocese.org/moms.