MISSION: Non-Traditional Student Services (NTSS) serves SIU Carbondale's adult student population through guidance, support, and resource referral to enhance educational experiences from the point of entry to degree completion. NTSS also seeks to foster a sense of belonging among adult students by building community through scholarship, service, and support.
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NON-TRADITIONAL STUDENT SERVICES

At Southern Illinois University Carbondale, we value our students and strive to offer support that will assist our students as they progress toward degree completion! For our non-traditional student population, the office of Non-Traditional Student Services is available to assist current or perspective SIU students who might have one or more of the following characteristics: financially independent, delayed entrance into college, returning to college, a veteran, married/widowed/divorced, a parent, working full-time, attending part-time, commuting to campus, transfer students, etc. Both undergraduate and graduate students are encouraged to utilize the services provided through this office in collaboration with multiple campus resources.

In collaboration with other university programs, Non-Traditional Student Services offers educational workshops, tailored to the needs of our non-traditional students/student parents. Workshops cover topics such as parenting, stress management, health and nutrition, time management and relationships. All educational workshops and family events are free of charge. SIU Carbondale’s Morris Library also provides a Family Study Room which allows students to study while their children play in a family-friendly library study room, and a new Lactation Room. Our Family ID Card offers discounts for the Student Recreation Center, Saluki Express, athletic events, and more. At SIU, we are committed to helping the entire family feel a part of the SALUKI family!

Welcome to SIU Carbondale!

Please let us know how we can support you as you move toward your educational goals.
CONGRATULATIONS on your decision to further your education!!

Here is where our SUPPORT begins.

This checklist was designed to assist you with a smooth transition to SIU Carbondale. For additional information, visit nontrad.siu.edu for our Frequently Asked Questions section and to locate our Complete Resource Guide. Please contact us if you need additional assistance...

We are happy to help!

1. Contact Admissions: We’ll get back to you in no time with answers, clarifications, and pointers.
   - Website: admissions.siu.edu OR
   - Phone: 618/536-4405 OR
   - Email: joinninc@siu.edu

2. Apply to SIU: It’s easy to apply online.
   - Go to admissions.siu.edu
   - Click on Apply Now

3. Complete a FAFSA (Free Application for Federal Student Aid)
   - It’s FREE and it opens up all of your college financing options. Go to fafsa.ed.gov
   - Respond immediately to any requests for information from SIU’s Financial Aid Office

4. Once Admitted: Registration, Student ID, Parking Permit
   - Meet with academic advisor/register for classes.
   - Obtain Student ID, Student Center, 2nd floor (must be registered for classes to obtain Student ID).
   - Obtain Parking Permit online at parking.siu.edu.

5. Housing, Textbooks, Childcare, etc.
   - Apply for Housing: It’s easy to apply online. *Housing available for singles and families.
     - Go to housing.siu.edu OR call 618/453-2301
   - Textbooks: For details and options visit nontrad.siu.edu and click on Frequently Asked Questions.
   - Childcare and Other Resources
     - Visit nontrad.siu.edu and locate the childcare section in the Complete Resource Guide (click on Finding Resources tab). Contacting at least three day care providers is recommended as waiting lists are common. For this reason, planning ahead is important. For financial assistance with childcare, contact Child Care Resource & Referral (CCR&R) at 618/985-5975 or http://www.jalc.edu/ccr/
     - If you have school-age children, be sure to start the contact local school districts for details.
     - Secure other resources: WIC 618-684-3143 LINK & Medical Card 618-697-1705

Non-Traditional Student Services * Website: nontrad.siu.edu * Email: dbarnett@siu.edu * Phone: 618/453-7521
FAMILY IDENTIFICATION CARD

FAMILY IDENTIFICATION CARD APPLICATION

The Family Identification Card provides opportunities for the spouse/domestic partner and children of enrolled students to participate in designated campus programs and activities, including library privileges and student discounts. To obtain a Family Identification Card, enrolled students must bring valid student ID and appropriate documentation as listed below to the office of Non-Traditional Student Services (Student Services Building, Rm. 484). Appropriate documentation for spouse/domestic partner can include any of the following: marriage license/domestic partnership agreement; joint mortgage or lease; joint checking account; joint credit account; joint ownership of vehicle; etc. Documentation for children: birth certificate (copies accepted.)

In addition, cards must be renewed each semester to maintain eligibility for the program. Contact (618) 453-7521 for details.

Family Benefits

Morris Library: Offers a free loan courtesy card. Student must accompany spouse/domestic partner to obtain the courtesy card. A valid photo ID and the Family Identification Card will be required. Loan Courtesy cards must be renewed each semester.

Saluki Express: Students may purchase a pass for their family member for a discounted rate. Pass must be renewed each semester. Student must accompany family member to the Central Ticket Office on the second floor of the Student Center to purchase a pass. Valid photo ID will be required and Family Identification Card from our office must be presented at time of purchase to receive.

Student Recreation Center: Students may purchase a spouse/partner membership at a reduced rate from the Student Recreation Center’s administrative office (visit reccenter.siu.edu for membership details). Students with children may purchase a membership for ALL of their children for only $15 each semester.

SIU Student Health Services: An SIU student may enroll his/her eligible dependents in the SIU Student Health Insurance plan. For details and eligibility requirements, visit shc.siu.edu and select insurance.

SIU Athletics: Students may purchase general admission athletic event tickets for members listed on Family Identification Card for just $5 per ticket (present Family Identification Card and valid Student ID at Athletics ticket office). Children listed on card are also eligible for a complimentary Junior Salukis membership. http://www.siusalukis.com/athletics/siu-juniorsalukis.html

Wesley Foundation Food Pantry: The Wesley Foundation food pantry on campus provides food to students in need. A student's spouse/partner may pick up food for the family when presenting the Family ID card. One visit per month, per family please.

Check One: □ Fall □ Spring □ Summer Year ____________

Student’s Name: ___________________________________________ Last First M.I.

Dawg Tag#: ___________________________ E-mail: ___________________________

Class: (check one) □ Freshman □ Sophomore □ Junior □ Senior □ Graduate

Spouse/Partner’s Name: ___________________________________________ Last First M.I.

Home Address: ___________________________________________ Student Phone: __________

Children’s Name/Age: ___________________________________________

__________________________________________ Student’s Signature ____________________________ Date

For Office Use Only

Date Approved: ___________ Approved by: ___________ Expiration date: ____________

Renewed for: FA15 SP16 SU16 FA16 SP17 SU17 FA17

Revised 3/20/15 DB
ACADEMIC AND OTHER CAMPUS SERVICES

Achieve Program
http://achieve.siu.edu/
(618) 453-6155
Do you struggle with learning difficulties or organizational skills? Are you interested in earning a college degree? Are you worried about finding the right kind of academic support in college that you need? We believe that every student has his or her own special strengths and weaknesses; our services are designed to meet your individual needs. Our one-on-one approach ensures that every one of our students receives the best support possible to maximize the potential for success every semester. We serve students with ADD, ADHD, Dyslexia, Asperger’s Syndrome, Processing Disorders, and many other learning difficulties.

Bowling and Billiards
http://studentcenter.siu.edu/
First floor of the Student Center
(618) 453-2803
Bowling and Billiards is a Bowling alley that is located in the student center. They offer discounted bowling games for students, and even have a back area with pool tables.

Career Development and Resource Clinic (CDRC)
1125 Lincoln Drive
Life Science II, Suite 217
(618) 453-3568
Hours vary by semester
E-mail: careers@siu.edu
CDRC is a free service that is offered in the life science building from the psychology department for all current and prospective students. They provide individual career counseling by assessments and private meetings. An advisor will be appointed to you and typically will meet with you once a week.

Career Services
http://careerservices.siu.edu/
(618) 453-2391
Career Services is located in Student Services Building, room 179, and helps students with the job search process, building a resume, and finding internships. They also offer workshops and help students practice interviewing techniques. One on one counseling.

Center for Learning Support Services
Morris Library 7th Floor
(618)453-1369
The Center for Learning Support Services provides tutoring for primarily 100 and 200 level, core curriculum courses during the fall and spring semesters. The Center is not open during the summer.
Center for Service-Learning and Volunteerism  
(618) 453-7520  
service.learning@siu.edu  
Student Services Building, Room 495  
The thing about the community service is that while the recipient appreciates your service, your volunteering allows you to propel your future forward through a number of benefits, including: Exploring your academic major and/or new careers, connecting classroom learning to hands-on situations, gaining leadership skills and enhance your resume, receiving a transcript notation for volunteering, getting to know and connect to the community and meeting other students with similar interests.

Clinical Center  
Wham Building, Room 141  
625 Wham Drive  
(618) 453-2361  
http://clinicalcenter.siuc.edu/cccms  
The SIUC clinical center serves as a training and research site for various campus departments that train professionals for work in psychological, educational, rehabilitation and health care services. In that training and research capacity, we provide a range of services designed to improve the lives of the individuals we serve. The Clinical Center provides an Anxiety/Mood Disorder Clinic, Family/Couples Clinic, Child Therapy and specialized Speech, learning disabilities and ADHD testing, Language and Hearing Clinic.

Community Dental Clinic  
http://sah.siu.edu/  
College of Applied Science and Arts  
1365 Douglas Drive  
(618) 453-2353  
The Community Dental Clinic is located within the dental hygiene clinic. Any resident of Southern Illinois who is currently a Medicaid recipient, or low income resident who earns less than 200% of the federal poverty level and doesn't have dental insurance is eligible to receive service. These services are provided by SIUC dental hygiene students as well as faculty dentists. Patients must have an appointment. Appointments may be made by calling the number above.

Debit Dawg  
Your debit dawg is your student ID. With your SIU Debit Dawg Account you don’t have to worry about carrying cash around on campus. As long as you have money in your account, you’ll enjoy convenient purchasing power without carrying cash at many locations on and off campus. Deposits may be made in person at the Business office located on the 2nd floor of the student center.

Department of Public Safety  
1175 S. Washington St.  
Trueblood Hall  
(618)435-3771  
webmaster@dps.siu.edu
The SIU Department of Public Safety is responsible for policing on and around campus, overseeing parking, and providing public safety information to students, faculty, and staff.

**Disability Support Services**  
(618) 453-5738  
TTY: 618-453-2293  
Email: DSSsiu@siu.edu  
[http://disabilityservices.siu.edu](http://disabilityservices.siu.edu)

Disability Support Services provides the required academic and programmatic support services to students with permanent and temporary disabilities. Disability services are located throughout the University in integrated settings. DSS provides centralized coordination and referral services. Contact office or website for more information.

**Health Center**  
[http://shc.siu.edu](http://shc.siu.edu)  
374 E. Grand Avenue  
(618) 453-3311  
The SIUC Health Center is conveniently located next to the student recreation center here on campus. The Health Center offers a variety of services such as a full service medical clinic, sports medicine office, and a mental health clinic. Also located within the building are Marion Eye Center and Student Emergency Dental Services. There is even a pharmacy located directly inside of the building for your convenience!

**McLeod Theater**  
1100 Lincoln Drive  
Box office: 453-3001  
(618) 453-3007  
[http://www.playhouse.siu.edu](http://www.playhouse.siu.edu)

Communications Building  
The McLeod Theater is located in the communications building on campus. Most of the play and theater productions of SIU are performed here.

**Morris Library**  
605 Agriculture Drive  
Information desk: 453-2818  
Circulation services: 453-1455  
[http://www.lib.siu.edu](http://www.lib.siu.edu)

Located here on campus, Morris Library is the newly re-modeled building at SIU. There are plenty of computer rooms, tables and chairs for studying and not to mention a small café.

**Non-Traditional Student Services (NTSS)**  
Student Services Building, Room 484  
(618) 453-7521  
[http://nontrad.siu.edu](http://nontrad.siu.edu)

Non-traditional students are those who might have the following characteristics: financially independent, delayed entrance into college, returning to college, a transfer student, a veteran, commuter student, married/widowed/divorced, a parent, working full-time, attending part-time,
etc. The conflicting demands of daily tasks and obligations that you may have can become challenging. NTSS is here to help your transition into campus life.

**Saluki Cares**  
(618) 453-1492  
[salukicares.siu.edu](http://salukicares.siu.edu)  
Email: [siucares@siu.edu](mailto:siucares@siu.edu)  
The purpose of Saluki Cares is to develop, facilitate and coordinate a university-wide program of care and support for students in distress. By working closely with faculty, staff, students and their families, SIUC will continue to display a culture of care and demonstrate to our students and their families that they are an important part of the community.

**Shryock Auditorium**  
1050 S Normal Ave.  
(618) 453-6000  
[http://cola.siu.edu/](http://cola.siu.edu/)  
Shryock auditorium is located on the SIU campus and is a theater that houses many performances here on campus!

**SIU Center for Autism Spectrum Disorders**  
Wham Educational Building, Room 124  
(618) 536-2122  
[http://ehs.siu.edu/casd/](http://ehs.siu.edu/casd/)  
The SIUC Center for autism serves as a site for teaching and interdisciplinary training of graduate students who will be the future professionals in their disciplines of behavior analysis, speech language pathology, and other related professions. The Center also is the home for research and evaluation related to creating and disseminating knowledge about autism spectrum disorders. Finally, the Center is the regional focal point in Southern Illinois for service to children with autism spectrum disorders, their families, community service providers, and the public.

**SIU Dental Hygiene Clinic**  
College of Applied Science and Arts  
1365 Douglas Drive  
(618) 453-7211  
[http://sah.siu.edu/](http://sah.siu.edu/)  
The SIUC Dental Hygiene Clinic offers a variety of preventive services to SIUC students, faculty and community residents at a reduced price. Services provided include dental exams, cleaning, x-rays, fluoride treatments, pit and fissure sealants, and other dental hygiene services. Services are provided by dental hygiene students who have passed competency exams.

**SIU Student Recreational Center**  
300 E. Grand Avenue  
(618) 453-1277  
[http://reccenter.siu.edu/](http://reccenter.siu.edu/)  
The student recreation center is a great place to go and work out! They have everything from a weight room to basketball courts, to an Olympic size swimming pool. They even have rock
climbing! There are also massages, personal trainers, and instructional classes available for a cost. Spouse/domestics partner and dependent memberships available.

**SIU Trio-Student Support Services**
Woody Hall C309, MC 4721  
Phone: 618-453-6973  
Fax: 618-453-6220  
Email: Triosss@siu.edu  

Our program assists a select group of students in adjusting to university life and becoming successful in their academic pursuits. The SSS Program provides opportunities for academic development, assists students with meeting basic college requirements, and serves to motivate students towards the successful completion of their post-secondary education. Students eligible to participate must meet one of the following criteria: first-generation college student, meet federal income guidelines, and/or possess a documented disability. The purpose of the program is to increase graduation and retention rates among the population served.

**Student Multicultural Resource Center**
http://smrc.siu.edu/  
(618) 453-3740  
The Center works to bring together the Black Resource Center, Hispanic Resource Center, LGBTQ Resource Center and Women's Resource Center to facilitate student and professional development through numerous academic and non-academic programming for the increased ability to appreciate, value, respect and connect with multiple and diverse cultures now and into the future.

**Students’ Legal Assistance**  
Student Service Building, Room 493  
(618)536-6677  
sladesk@siu.edu  
Students’ Legal Assistance provides legal services to SIUC students. Students must be enrolled and paying fees for the semester in which they are seeking services to be eligible for legal assistance.

**University Bookstore**  
1255 Lincoln Dr.  
1st floor Student Center  
(618) 536-3321  
http://www.bkstr.com/southernillinoisstore/home/en  
The university bookstore is an on campus bookstore. They sell textbooks, school supplies, and art supplies. They also sell greeting and birthday cards, Saluki apparel, hair care essentials, magazines, and more!

**University Museum**  
Faner Hall, Room 2469  
(618) 453-5388  
www.museum.siu.edu
The University Museum has many ever-changing exhibits, including exhibits on the history of SIU. They also offer workshops for the youth and have a museum store if you want to leave with souvenirs. FREE

Veterans Services
Woody Hall C109 - MC 4727
(618) 453-1335
http://veterans.siu.edu/
The Veterans Center is committed to making the transition of veterans from the military to SIU Carbondale a seamless process. If you are a veteran who is interested in attending SIU Carbondale, or have already been accepted, your first step should be to contact the Veterans Services Office. If any questions arise please do not hesitate to contact or stop by.

Wellness Center
374 E. Grand Avenue
(618) 453-3311
Mon-Fri 8:00am-4:30pm
Located inside the Student Health Center, the wellness center offers professional counselors to aid students in making healthy lifestyle choices. They offer sex education, skill building, stress management, nutritional education, and drug and alcohol education. They also offer HIV/AIDS tests.
www.shc.siu.edu

Writing Center
Morris Writing Center, Morris Library (2nd floor), Room 236.
(618) 453-1231
(618)453-2927
Trueblood Writing Center, Learning Resource Center- Lower Level: Evenings only. Writing Center is a free service to aid students through the writing process and in improving writing skills.
Make appointments at least 48 hours in advance at www.write.siu.edu. Drop in is ok.
Register 48 hours in advance at: www.write.siu.edu
ALUMNI ASSOCIATION BENEFITS

Join the largest and oldest organization at Southern Illinois University that has been serving SIU alumni and friends since 1896. The SIU Alumni Association membership dues support the Association with their extern program, scholarships, and many other university organizations, but it also comes with benefits to you. Members get advantages that include:

A Membership Card:
This is proof of your membership. It will get you into Association events all over the country. Below are the membership levels, terms, and the membership prices:

- Current Student (1 year): $15
- Recent Graduate (1 year): $25
- Annual Individual: $40
- 3 Year Individual: $100
- Life Individual (Full payment): $700
- Life Individual (Installments): $800

SIU Alumni Magazine:
Memberships come with a subscription to the Association’s quarterly magazine. Each issue offers news from campus and stories from alumni across the world.

Discount Network:
Members save money with hundreds of nearby discounts and exclusive offers, no matter where they live. Start finding savings near you at siualumni.com/discountnetwork.

Professional Development:
Your membership gives you access to a library of recorded and live webinars each year, offering career advice from industry insiders and experts. Search topics at siualumni.evisors.

Scholarly Research:
Members can view a library’s worth of academic journal articles, new and old, courtesy of Jstor, which is offered in conjunction with Morris Library.

Build your Saluki Gear Collection For Less
Members save 15% off Saluki apparel and accessories at the SIU Alumni Association Online Store. Visit the virtual storefront at http://www.siualumni.com/

Online Community Network
Looking for an old classmate? A former professor? Members can easily search our Online Community Network and reconnect with other alumni.
CAMPUS INFORMATION

Financial Aid..........453-4334
Housing..................453-2301
Parking Division......453-5369
Parking Decals........https://siuparking.t2hosted.com/cmn/auth_ext.aspx
Campus Police .........453-3771
Bursar...............453-2221
CLOTHING ASSISTANCE

Create-a-Smile Thrift Shop, 121 W Illinois Ave, Carterville.................................985-3171

Good Samaritan Free Clothing Pantry, 700 S. Oakland, Carbondale..................457-0323

Goodwill Store, 1145 E Main St, Carbondale.............................................549-3415

Goodwill Store, 2806 Outer Dr, Marion.......................................................998-1670

Jane’s Consignment Shop, 1224 W. Main, Carbondale.................................549-5645

Melise’s Consignment Boutique, 928 W. Main, Marion....................................993-1800

Midwest Cash, 1101 W. DeYoung, Marion....................................................998-1400

University Baptist Church, 700 S. Oakland, Carbondale...............................457-0323
COMMUNITY HEALTH RESOURCES

CARES-Mental Health Emergency Hotline
(800) 345-9049

Tele-help Line for Caregivers (24 hour counseling)
(866) 438-7852

24-Hour Center Stone Crisis
(855) 985-0911

Illinois Department of Children and Family Services (DCFS)
www.jchdonline.org
http://www.state.il.us/dcfs/index.shtml
(800) 232-3798

Adolescent Health Center
101 S. Wall St.
Carbondale, IL 62901
(618) 529-2621
Ages: Infant-25 years old
Services: Full service medical facility with physicians and medical professionals providing family medicines, preventative health services and chronic disease management. Medicaid or sliding fee scale based upon family income and number of people in household. Insurance is also accepted.

American Red Cross
556 North Airport Rd.
Murphysboro, IL 62966
(800) 272-2984
(618) 529-1525 (local office)
http://www.redcross.org/
People Served: All ages
Services: Financial help to fire and disaster victims. Education courses in HIV/AIDS, CPR, First Aid, and swimming classes for all ages. Services to all military personnel and their families. Organize and collect blood in many communities around United States.
Fees: All health and safety classes have a fee depending on which course, but free when it is verified that the customer cannot afford to pay.

Center for Medical Arts Prompt Care
2601 W. Main St
Carbondale, IL 62901
(618)549-5361

CHESI Cedar Court Clinic
1340 Cedar Court
Carbondale, IL 62901
(618)457-7821

Department of Human Services (DHS)
Link Card, Medical Card, Cash Assistance
(618) 687-1705

Jackson County Health Department
P.O. Box 307
Murphysboro, IL 62966
(618) 684-3143
www.jchdonline.org
Services: Family planning, immunizations, check-ups and illnesses, WIC.
Cost: Sliding scale fee

Pregnancy Matters
Jackson County Office
PO Box 4001
241 South Lewis Lane
Carbondale, IL 62902
618.549.2794
888.303.8859 toll free
618.549.9305 fax
Williamson County Office
1200 East DeYoung Street
Marion, IL 62959
618.997.2790
info@PregnancyMatters.org
There to help those facing an untimely pregnancy. Free pregnancy tests, confidential assistance, ultrasound services, and many other services are available.

SIUpregnancy.org
Pregnancy resource website for the students of Southern Illinois University Carbondale. It's a website made just for you, the busy SIU student who may be pregnant and in need of advice, or the concerned partner or friend who would like more information as well.

Shawnee Health Care
400 S. Lewis Lane
Carbondale, IL 62901
www.shsdc.org
(618)519-9200

Women, Infant, Children (WIC) Office
415 Health Dept Rd
Murphysboro, IL 62966
(618)684-3143
Counseling Service Centers

Centerstone
(618)457-6703
Services: Mental health and substance abuse services

Christian Social Services
(618)351-0743 or 1-800-997-9381
Services: Adoption services, counseling, foster services, school prevention programs. Help with rent and electric costs on the 1st of the month.
Cost: Minimum of $25 per hour.
Do not accept medical card

Southern Illinois Regional Social Services (SIRSS)
604 East College
Carbondale, IL 62901
(618) 457-6703
Services: Big Brother Big Sister, counseling services, crisis services, Shelter/homeless information, and substance abuse services.

Southern Illinois University Clinical Center
Wham Educational Building, Room 141
Carbondale, IL 62901
(618) 453-2361
Services: Observations and interventions for children and adults with learning and speech difficulties, as well as hearing and central auditory processing difficulties with personality and psychological diagnostics, evaluations, treatment, and training.
Cost: Sliding scale fees

4-H Program of Jackson County
402 Ava Rd.
Murphysboro, IL 62966
(618) 687-1727
Services: Empowering youth to reach their full potential, working and learning in partnerships with caring adults.
Other Community Resources

Benevolent and Protective Order of Elks, (BPOE or ELKS) No. 1243
220 W Jackson St
Carbondale, IL 62901
(618) 457-4455
http://www.elks.org/
Counties served: Most counties in southern Illinois
Persons Served: Some financial support for special situations. Provide TV’s to several hearing impaired people, free dental work to children, and wheel chairs to people who cannot afford them.
Fees: Free (Excluding memberships)

Carbondale Public Library
405 West Main Street
Carbondale, IL 62901-2995
(618) 457-0354
http://carbondalepubliclibrary.org/

Lions Club
P.O. Box 174, Carbondale, Illinois 62903
618-549-0096
http://carbondaleil.lionwap.org/
Services: Vouchers for eye glasses
Ages: All ages

Murphysboro Youth Center
1818 Walnut Street
Murphysboro, IL 62966
(618) 684-8243

Prevention First
Contact: https://www.prevention.org/default.aspx
Services: Information and supplies for programs (Bullying, drugs)
Fee: Free

Saluki Head Start
Southern Illinois University Carbondale
1900 North Illinois Avenue
Carbondale, IL 62901
(618) 453-2121
Saluki Head Start helps all children succeed by providing a comprehensive program that provides children with activities that help them grow mentally, socially, emotionally and physically.
The Women’s Center
601 S. Thompson
Carbondale, IL 62901
http://www.thewomensctr.org/
Phone: 618-529-2324
24 Hour Hotline: 1-800-334-2094
TTY: 866-979-6636 or 618-351-1706
Marion- Rape Crisis and Domestic Violence Program: 618-993-0949
Mission: To end domestic violence and sexual assault against women and children in southern Illinois and to assist survivors of these crimes and their non-offending significant others.
The Women’s Center provides **FREE** services for the following:
- Child and adult counseling (also for non-offending males and children)
- Safe shelter  -support groups  -family counseling  -parenting support
- Legal and other advocacy  -information and referral’s
Also provides educational presentations and professional training.
Volunteers also needed!
Support Groups

Alcoholics Anonymous
Men: 527-8647
Women: 521-1454
General: 549-4633 or 525-8628
http://southernillinoisa.org/
Services: Serves only those that have an alcohol problem and who want to stop drinking. There is also an Al-anon meeting offered for those who are living with someone that has a drinking problem.

Alzheimer’s Association- Southern Illinois Area Chapter
320 E. Walnut St.
Carbondale, IL 62901
(618) 985-1095
24- Hour Helpline: 1800-272-3900
http://alzfdn.org/
Services: Diagnostic referrals, support groups, individual/family counseling, education, advocacy, public and community awareness, and help line.
Fee: Call for information and before you come
Hours: 9:00 a.m.-5:00 p.m., Monday-Friday

Prisoner Family Support
PO Box 123
Marion, IL 62959
(618) 997-1227
Services: Local Transportation and partial payment of motel stay on monthly basis. For visitors to the Marion Federal Penitentiary a support group once a month for any prison visitor. Support groups for elementary school children who have a parent in prison.
Fee: None
Hours: 9:00 a.m.-9:00 p.m., Monday-Friday

Solutions Counseling and Education Inc.
209 W. Commercial Dr. Suite H
Carterville, IL 62918
(618) 985-1072
http://www.wellness.com/
Services: Anger management evaluations and classes designed to meet the standards of the court and individuals; available for men, women, and teens.
Fee: Sliding scale; will take insurance
Hours: Monday 9:00 a.m.-5:00 p.m.
Women’s Support Groups  
(618) 529-2324, ext. 240  
www.thewomensctr.org  
Service: Jackson country area domestic abuse support groups. Provides support and education to women about domestic violence for non-offending male families and counseling for males and children.
Youth Services

**Big Brothers Big Sisters of Southern Illinois**
200 N Emerald Lane, Suite 3 (Housed in Centerstone of Illinois)
Carbondale, IL 62901
http://www.bbbsofsi.org/
Service: The program matches children aged 6-12 with screened and trained adult volunteers who spend 2 to 4 hours a week with them. The Amachi Program extends mentoring to children ages 4-14 who have a parent incarcerated.

**Carbondale Boys and Girls Club**
250 N. Springer St.
Carbondale IL, 62901
618-457-8877 ext. 23
http://www.bgccdale.org/
Services: After school and weekend program offering education, mentoring, support and guidance for youth ages 6+.
Fee: $6 a semester and summer, $20 for the year
Hours: M-Thurs 3-7pm, Fri 3-5:30pm

**Gateway Youth Care**
1080 E. Park St.
Carbondale IL, 62901
618-529-1151
http://recoverygateway.org/
Services: Alcohol and substance abuse treatment, adolescent residential treatment and adult residential services. Also outpatient services for adolescents and adults.
Fees: Sliding fee scale, Insurance, Medicaid eligible, self-pay, OASA.

**The H Group of Carbondale**
2311 S. Illinois Ave.
Carbondale IL, 62901
618-457-6703
Services: Counseling services, crisis intervention and emergency services, in school prevention and programming, court diversion, therapeutic foster care and parent training, substance abuse treatment, independent living services for youth ages 18 and up who are homeless, Big Brother Big Sister Program.
Hours: Mon-Thurs 8am-7:30pm and Fri 8-5:30.

**Substance Abuse Services (Youth)**
1307 W. Main
Marion IL, 62959
618-997-5336
Services: Assessment, individual/family group counseling services for adolescents (ages 12-20) who are experiencing problems due to their own or someone else’s substance abuse.
COMMUTER RESOURCES

DO YOU COMMUTE TO CAMPUS?

Following are a few resources to help you get connected to campus from day one! Our experience has shown that commuter students have sometimes missed out on great opportunities simply because they just didn’t know the resources existed. Hopefully this one-page guide will help change that!

✔ Reasons commuters should check out the Student Center.
  - Did you know the Student Center has food, bowling, a craft shop, laptop checkout, meeting spaces, weekend movies in the auditorium, and so much more? Check it out at studentcenter.siu.edu!

✔ Expanded dining options.
  - Did you know the dining halls are not just for students living in the residence halls? Dining halls are for everyone including commuters, faculty, staff, etc. Check out menus, meal plans, and more at www.housing.siu.edu/dining.

✔ Student Recreation Center services.
  - Did you know your Student Recreation Center membership is INCLUDED in your student fees? Just go to the Rec, swipe your student ID, and you’re good to go! Staff will even give you a tour! If you have a spouse/domestic partner or dependents, the Rec has membership options for them, too! Visit www.reccenter.siu.edu.

✔ Saluki Express routes.
  - Did you know that you ride FREE with your student ID? No more waiting for a parking space or walking to class in bad weather. Simply find a place to park near a Saluki Express stop, swipe your student ID, and ride comfortably to anywhere on campus (or even off campus). Kids can get a bus pass, too! Find out about available routes and more at studentcenter.siu.edu/services/saluki-express/.

✔ Free resume critique from SIU’s Career Services.
  - Did you know it is never too early to start planning for your career? Do yourself a favor and get to know SIU’s Career Services professionals and the services they offer at www.careerservices.siu.edu.

✔ Help from the Writing Center.
  - Did you know that there are two Writing Center locations on campus? They have a variety of services to help you develop your writing skills for a class assignment or paper. Visit write.siu.edu.

✔ Student Health Services.
  - Did you know that SIU’s Student Health Services include medical, wellness, counseling, dental, pharmacy, optical, and more? And all in one building! Located next to the SIU Recreation Center.

✔ Saluki Cares
  - Did you know that there is a place to turn to when you have a challenge or see another student in need? Saluki Cares coordinates campus-wide care to help students succeed. To submit a self-referral or to refer another student, simply visit salukicares.siu.edu.

✔ Non-Traditional Student Services
  - Did you know that Non-Traditional Student Services serves commuters, returning adults, and students with children? With too many services to list, we invite you to visit nontrad.siu.edu to find resources such as our Family Card (spouse library card, Rec Center family memberships, Saluki game discounts, and more), childcare resources, monthly newsletter, and so much more!
COMMUTER TRANSIT ROUTES

Save fuel and reduce the wear and tear on your vehicle, take the bus! Whether you are coming from the north, south, east, or west, there is a route to SIU with daily rates and monthly passes.

FROM THE NORTH: DuQuoin, DeSoto
South Central Transit *Select the Perry County 'Chestnut' route
Website: http://www.southcentraltransit.org/shuttles.html
Phone: 800-660-7433

FROM THE EAST: Harrisburg, Marion, Carbondale
Rides Mass Transit
Website: http://www.ridesmtd.com/
Phone: 877-667-6119

FROM THE SOUTH: Cairo, Anna
Shawnee Mass Transit
Website: http://www.shawneemtd.com/index.html
Phone: 866-577-6278 or 618-658-8380

FROM THE WEST: Murphysboro, Jackson County
Jackson County Mass Transit
Website: http://www.jcmtd.com/routes/
Dispatch (Carbondale only): 549-0304
Dispatch (Outside Carbondale): 866-884-7433
Office phone (not the dispatch number): 618-351-1836

FIRST TRANSIT: Non-Emergency Transportation Services Prior Authorization Program (NETSPAP)
Non-emergency transportation services for Medicaid participants Call 877-725-0569 for details, prior approval, and eligibility assessment.
Website: http://netspap.com/ns/home/

BUSDOG: Chicago, Northwest Suburbs
Northwest Express: Monee, Elmhurst, and the Woodfield Mall
Chicago Direct: Monee, 95/Dan Ryan and Union Station
Website: busdog.com
Phone: 618-521-5207
EMPLOYMENT ASSISTANCE

Employment Agencies (Carbondale)
   1. Manpower (618) 457-0414
      2015 W. Main Suite 1

Shawnee Development Council, Inc.
2207 Popular Street
Cairo, IL 62914
Telephone: 618-734-0535
Hours of Operation: 8:30 a.m. - 4 p.m.
Website: www.ShawneeDevelopment.org
http://warmneighborscoolfriends.com/?page_id=2
Serving: Alexander, Johnson, Hardin, Massac Pope, Pulaski, and Union Counties

United Way 2-1-1 Information
Offers information on a broad range of services, including rent assistance, food banks, affordable housing, health resources, child care, after-school programs, elderly care, financial literacy and job training programs.

Illinois Department of Employment Services
1-800-244-5631
Services: Unemployment claims

Office of Rehabilitation Services (ORS)
(618)457-2107
Services; Re-training for employment due to disability.
FAMILY RESOURCES

Archway Agency
1108 W. Willow St.
Carbondale, IL 62901
(618) 549-4442
http://archwayforchildren.org/
Services: Serves children (birth-5) with diagnosed disabilities, developmental delays, and/or risk of school failure. They provide evaluations, developmental therapy, and speech/language therapy.
Fee: No charge to at risk or developmentally delayed children.
Hours: Monday-Friday 8:00 a.m. - 4:00 p.m.

Better Parenting (SIRSS)
Cornerstone Place, 250 Lewis Lane
Carbondale, IL 62901
(618) 457-6703, ext. 7959
Services: Five week parenting support group offered through SIRSS.
Hours: Wednesdays, 1:00 p.m. - 3:00 p.m.

Christian Social Services
10286 Fleming Rd.
Carterville, IL 62918
(618) 958-2000
www.cssil.org
Services: Adoption, foster care, pregnancy care, mentoring young parents, emergency assistance, and school counseling.
Fee: Sliding fee scale
Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m.

Zeta Phi Beta Sorority
Provides support for expecting mothers who are financially struggling.
For more information please contact via email;
Mightymdchapter@outlook.com

Shawnee Development Council, Inc.
2207 Popular Street
Cairo, IL 62914
Telephone: 618-734-0535
Hours of Operation: 8:30 a.m. - 4 p.m.
Website: www.ShawneeDevelopment.org
http://warmneighborscoolfriends.com/?page_id=2
Serving: Alexander, Johnson, Hardin, Massac Pope, Pulaski, and Union Counties
Child & Family Connections
P.O Box 1180
2751 W. Main St.
Carbondale, IL 62901
(618) 529-3147
http://www.dhs.state.il.us/page.aspx?module=12&officetype=4
Services: Working with developmental delays which cause struggles in parent-child relationships, family routines, and developmental and educational growth. Providing answers to parent’s questions regarding their child’s development. (Ages 0-3) Specialties in speech therapy, audiology, assistive testing, developmental therapy, physical therapy, occupational therapy, vision services, service coordination, parent liaisons, referral for medical diagnoses, transition from Early Intervention to programs for 3-5 yr. olds.
Fee: Services based on family income and size; Free evaluations
Hours: Call for information

Learning Center
411 S. Court St.
Marion, IL 62959
(618) 993-2138
Services: Specialized services that address students with learning disabilities, cognitive disabilities, speech language impairments, emotional disabilities, developmental delays, autism, hearing, physical, and visual impairments, students may also benefit from such related services as occupational therapy, physical therapy, speech language therapy, audio logical services, nursing services, and social work or psychological services. Offers bus routes throughout Williamson County.
Hours: Monday-Friday 8:00am-3:00pm

Unity Point Family Circle
Unity Point School
4033 S. Illinois Ave.
Carbondale, IL 62901
(618) 529-4151 ext. 212
Services: Baby talk parent education program for parents and children ages 0-3, Family Literacy Program, ESL, and computer training.
Fee: None
Hours: M-F 8am-3pm

Connecting families and Communities
http://www.sifamilies.org/kids-eat-free-discounts.html
This website offers a variety of resources for your family such as a list of what restaurants throughout the week in surrounding areas offer free meals for your children etc. Also listed on the website is a comprehensive calendar of Southern Illinois family friendly events.
Area Schools

Public Schools in Carbondale

Carbondale Community High School
9th – 12th grade
1301 E Walnut St, Carbondale, IL 62901
(618) 457-3371

Carbondale Elementary District 95
925 S Giant City Rd, Carbondale, IL 62902
(618) 457-3591

Carbondale Middle School
6th – 8th grade
1150 E Grand Ave, Carbondale, IL 62901
(618) 457-2174

Giant City Elementary School
Kindergarten – 5th grade
1062 Boskydell Rd, Carbondale, IL 62902
(618) 457-5391

Lewis School
4th – 5th grade
Carbondale, IL 62901
(618) 457-2632

Parrish Elementary School
Pre K – 1st grade
121 N Parrish Ln, Carbondale, IL 62901
(618) 457-5781

Rebound High School
Adult/Optional Education Program
205 N Oakland Ave, Carbondale, IL 62901
(618) 549-8232

Southern Illinois University Head Start
Various Location of centers listed on website:
http://headstart.siu.edu/location/index.php

Thomas Elementary School
2nd – 3rd grade
1025 N Wall St, Carbondale, IL 62901
(618) 457-6226

Unity Point Community District 140
Elementary School
Pre K – 8th grade
4033 S Illinois Ave, Carbondale, IL 62903
(618) 529-4151

Private Schools in Carbondale

Brehm Preparatory School
Special Education School
950 S Brehm Ln, Carbondale, IL 62901
(618) 457-0371

Brehm - OPTIONS Program
Transitional program for young adults with learning disabilities.
101 S Lewis Ln, Carbondale, IL 62901
(618) 549-4201

Immanuel Lutheran School
Private School, Pre K – 8th grade
1915 Pine St, Murphysboro, IL 62966
(618) 687-3917

Trinity Christian School
Religious School, Pre K – 12th grade
1218 W Freeman St, Carbondale, IL 62901
(618) 529-3733

St. Andrews Grade School
Private School, Pre K – 8th grade
723 Mulberry St, Murphysboro, IL 62966
(618) 687-2013
Child Care

The following is a list of SIU child care services (university affiliated). For a complete list of child care services in the Carbondale area and surrounding communities, contact CCR&R at 618-985-5975 or send an email to ccrr@jalc.edu.

University-Affiliated Services Include:

Rainbow’s End Child Development Center
650 S. State Street
Carbondale IL 62901
Phone: (618) 453-6358
http://rainbowsend.siu.edu/

The center is licensed by the Department of Children and Family Services (DCFS), accredited by the National Association for the education of Young Children (NAEYC) and has a 3 Star Quality Rating System designation by the Illinois Network of child Care Resource and Referral Agencies (INCRRA). The center provides a secure, supportive, and stimulating environment that meets the daily needs of infants through school-aged children. Priority for enrollment is reserved for SIU students and faculty/staff with young children. Hours: 7:30 a.m. to 5:30 p.m. every day the University is open.

Head Start Agency
Central Office
1900 N. Illinois Ave.
Carbondale IL 62920 USA
Phone: (618) 453-6448
http://headstart.siu.edu/

Centers are located in Murphysboro, Carbondale, Marion, and locations at John A. Logan College Preschool and Malone’s Early Learning Center. The program provides comprehensive school readiness and high quality services to income eligible families with preschool age children. Half-day sessions are free and full day sessions have for qualified applicants.

United Way 2-1-1 Information
Offers information on a broad range of services, including rent assistance, food banks, affordable housing, health resources, child care, after-school programs, elderly care, financial literacy and job training programs.
FOOD PANTRIES, SHELTERS, AND FOOD ASSISTANCE

Saluki Food Pantry
Student Center, Lower Level
(618) 536-3351
Tuesdays and Wednesdays, 10:00am – 2:00pm

SIU Carbondale Wesley Foundation Food Pantry (created for SIU students)
816 S. Illinois Avenue (next to Quigley)
Carbondale, IL 62901
(618) 457-8165
Call for hours of availability

Adolescent Health Center
101 S. Wall St
Carbondale, IL 62901
(618) 529-2621
Food: Monday 9-11 a.m.

Carterville United Community Pantry
121 W Illinois Avenue
Carterville, IL 62918
(618) 985-3171
Tuesday 9 a.m.-12 p.m.
Residents of Crainville and Carterville

Community Cupboard
Praise Central Church of Deliverance
400 E. Jackson St, Carbondale IL 62901
529-2621 ext. 112
(618) 457-4108
Saturdays only: 11 a.m.-1 p.m.

Elm Street Baptist
1907 Elm St
Murphysboro, IL 62966
Office: (618) 687-1043
Food: Twice a month on Wednesdays 9-11 a.m. for Murphysboro residents only. Must register on Tuesdays and pick up on Wednesdays.

Feed My Sheep Community Soup Kitchen
316 E. Jackson
Carbondale, IL 62901
Office: (618)529-5278
Meals at Noon, Monday thru Friday

Good Samaritan Ministries
701 S. Marion
Carbondale, IL 62901
(618) 457-5794
Shelter: 24 hours. Soup Kitchen daily at 8 a.m., 11:30 a.m., 5:30 p.m.

**Herrin Community Pantry**
509 North 17th Street, P.O. Box 522
Herrin, IL 62948
(618) 942-2080
Tuesday 9 a.m.-12 p.m., Friday 1-4 p.m.
Serving: Herrin, Colp, Freeman Spur, Energy

**Hunger Hotline**
Illinois 1-800-359-2163

**Lighthouse Shelter**
1101 N. Madison Street
Marion, IL 62959
(618)993-8180
800-334-2094
Food and Shelter: 24 hours

**Matthew 25 Ministries Food Pantry**
Carbondale Church of God
1461 County Line Road
Carbondale, IL 62901
Hours: 9a.m. - 12:00 on the first and third Thursdays
(618)457-6634

**Murphysboro Food Pantry**
906 N. 14th St
Murphysboro, IL 62966
(618) 684-8258
9:00 AM – 11:00 AM Monday thru Friday

**Shawnee Development Council, Inc.**
2207 Popular Street
Cairo, IL 62914
Telephone: 618-734-0535
Hours of Operation: 8:30 a.m. - 4 p.m.
Website: [www.ShawneeDevelopment.org](http://www.ShawneeDevelopment.org)
[http://warmneighborscoolfriends.com/?page_id=2](http://warmneighborscoolfriends.com/?page_id=2)
Serving: Alexander, Johnson, Hardin, Massac Pope, Pulaski, and Union Counties

**The Women’s Center**
610 S. Thompson
Carbondale, IL 62914-(618)549-4807
**Victory Dream Center Food Pantry**
607 E. College
Carbondale, IL 62901
Hours of Operation: Monday – Friday 12:30 – 3p.m.
*Only open the last 15 weekdays of each month.*
(618)525-2025

**University Baptist Church**
700 S. Oakland
Carbondale, IL 62901
(618)457-0323
Open Monday thru Friday, 9:00 AM to 11:00 AM; Also distributes used clothing

**USDA Pantry Good Samaritan Food Pantry**
700 South Oakland
Carbondale, IL 62901
Margie Parker (618)457-0323
9:00 AM – 1:00 PM Mondays
9:00 AM – 11:30 AM Fridays
ON-CAMPUS HOUSING

Whether you are a single, a graduate student, a domestic partner, married, or have a family, there is an apartment that fits your needs at SIU.

We offer three on-campus apartment areas (Evergreen Terrace, Wall & Grand, and Elizabeth Apartments) at Southern Illinois University Carbondale. With eligibility varying by area, we have something for everyone. Eligibility requirements are available by clicking here.

Advantages
- Great location
- Furnished & unfurnished apartments
- Air-conditioned apartments
- Individual contracts
- Children’s programs & playgrounds
- Unity Point School District
- Computer labs
- Live-on staff
- On-site laundry & parking
- Saluki Express bus service

For more information, visit housing.siu.edu.
OFF-CAMPUS HOUSING

If you wish to live off campus and are not required to live on campus by the SIU Student Housing Policy, be sure to read the tips below before you sign a lease. You may also wish to ask our students for recommendations of areas to live in or avoid as we cannot recommend any specific off-campus housing. Also, we do not inspect, own or approve any off-campus housing facilities.

OFF-CAMPUS HOUSING DIRECTORIES

Apartment Finder
Daily Egyptian Dawghouse
Southern Illinoisan
Apartment Guide

BEFORE SIGNING A LEASE
Adapted from information provided by Students’ Legal Assistance, the following tips will help you make an educated decision in off-campus housing.

Find Out if You Need a Guarantor
Many landlords require a guarantor on the lease. A ‘guarantor’ is someone - like your parents - who also signs the lease and becomes legally responsible for all rent and fees if the tenants do not pay. Before you sign a lease, ask the landlord if a guarantor is required. If you sign the lease before determining if a guarantor is required, you may forfeit your deposit.

Look into Late Charges and Early Payments
Some landlords charge late fees for every day the rent is late. They may also require monthly rental payments to begin months before you move in. Determine payment schedules and due dates before you sign a lease. Ask what other charges or fees are outlined in the lease, such as sublet fees, lawn care, guests, pets, etc.

Do Your Homework
Get as much information about the landlord and rental unit from past or current residents as possible. Determine if the landlord makes repairs when requested, values privacy, treats tenants with respect and keeps his/her promises. Ask tenants if they would rent from the landlord again.

- Ask for a copy of the lease to take with you and review it before you sign it. If the landlord refuses, take your business elsewhere. Always make a copy of the actual signed lease for your records.
- Make sure you understand the lease fully before you sign it. Don't place a deposit unless you are prepared to lose it.
- Stop by the Students’ Legal Assistance Office, located on the fourth floor of the Student Services Building or call Students’ Legal Assistance at 618.536.6677, to make an appointment if you would like to have them review your lease before you sign.

Source: housing.siu.edu
The Housing Choice Voucher Program, or Section 8 housing rent assistance, is the federal government’s program for assisting very low-income families -- including the elderly and the disabled -- to afford decent, safe and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing in the community. Participants are free to choose any housing where the landlord agrees to accept the voucher, signs an agreement with the Housing Authority, and which the Housing Authority approves as reasonable.

The rent is determined by a federal payment standard. If the landlord charges less than the payment standard, the rent is generally 30% of the participating family's income each month. If the landlord charges more than the payment standard, then the rent may be more than 30%. The participating family must report all changes in income to the company that owns or manages the building or complex. If the landlord decides not to renew the lease, the Housing Authority will issue another voucher, as long as the family qualifies, to find another house or apartment to rent. Participating families cannot be evicted from the housing during the period of the lease unless the lease is repeatedly and seriously violated.

When the application is returned to the Housing Authority office, it will be checked to see that all information required is attached. At that time the household income will be compared to the income limits for the family size, a criminal check will be made of all adult household members, and a determination of preliminary eligibility will be made. If the family qualifies, they will then be placed on a waiting list for a voucher. When the family nears the top of the waiting list, all information will once again be verified to determine whether or not the family is still eligible to participate in the program.

The voucher may be used anywhere under most circumstances.

Housing with a Section 8 voucher may take somewhat longer than placement in standard housing developments, because the participating family must first find a private landlord with an appropriate unit. And, before the family can move in, the Housing Authority must complete an inspection of the unit to ensure that it is safe, decent, and affordable.

To be considered for Section 8 housing, apply at the local or county Housing Authority office. Bring the completed application along with the following information:

1. Verification of all income from whatever source in writing.
2. Birth certificates and Social Security cards for all individuals planning to live in the unit.
3. If married or divorced, copy of marriage license or Judgment of Dissolution.
4. Names and complete addresses of three personal references other than family members.
5. Names and complete addresses of current and/or previous landlords.
6. If a family member is pregnant, a statement from the physician.
7. Verification of any preferences to which you believe you are entitled.

The following are posted at the local and county Housing Authority offices:

1. Current payment standards,
2. a list of participating landlords in the jurisdiction,
3. a Schedule of Utility Allowances,
4. income limits for admission,
5. the Section 8 Administrative Plan, and
6. other pertinent information and notices about Section 8 housing vouchers.
## HOUSING/SECTION 8 - CONTACT INFORMATION

<table>
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<tr>
<th>Housing Authority</th>
<th>Contact Information</th>
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| **Jackson County Housing Authority**      | 300 N. 7th Street  
Murphysboro, IL 62966  
Phone: (618) 684-3183  
Fax: (618) 684-3222  
Section 8 & Low-rent housing |
| **Williamson County Housing Authority**   | 300 Hickory Street  
Carterville, IL 62918  
Phone: (618) 985-2422  
Fax: (618) 985-6601  
Section 8 & Low-rent housing |
| **Marion City Housing Authority**         | 501 N. Market Street  
Marion, IL 62959  
Phone: (618) 997-1258  
Fax: (618) 997-2680  
Section 8 & Low-rent housing |
| **Illinois DCEO**                         | 2309 W. Main Street Suite 118  
Marion, IL 62989  
Phone: (618)993-7630  
Fax: (618)997-1825  
Section 8 housing |

**Housing – Low Income**

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<th>Housing</th>
<th>Contact Information</th>
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| **Cornerstone Place**       | 250 S. Lewis Lane  
Carbondale, IL 62901 |
| **Carbondale Supportive Housing** | 709 E. College  
Carbondale, IL 62901 |
| **Carbondale Towers**       | 800 W. Mill St.  
Carbondale, IL 62901  
(618)529-3371 |
| **Southern Illinois Coalition for Homeless** | 801 N. Market  
Marion, IL 62959  
(618)993-0094 |
| **The Fields Apartments**   | 700 S. Lewis Lane  
Carbondale, IL 62901  
(847)498-4848 |
INCOME ASSISTANCE/LOW INCOME ENERGY ASSISTANCE

Carbondale Township
(618)457-3366
Services: general assistance

Child Support Enforcement- Marion Regional Office
3419 Professional Park Dr.
Marion, IL 62959
(618) 993-7801
(Toll free) 1800-447-4278
www.state.il.us/dpa/illinois_child_support
Services: Locate absent parents, secure or modify order for child support and/or health insurance, collect child support payments (any state) and establish paternity. There may be a onetime fee of $25.00.

Crosswalk Community Action Agency
410 West Main Street
West Frankfort, Illinois 62896
(618) 937-3581
http://crosswalkcaa.com/
Services: The Low Income Home Energy Assistance Program (LIHEAP) is designed to help low-income households pay for winter energy services. The amount of assistance received is determined by a number of factors; including number of people in the home, household income, type of fuel used for heating and geographic location. For Jackson County residents see the Jackson County Outreach.

Jackson County Outreach
342 North Street Suite B
Murphysboro, IL 62966
(618)684-3341
M-F 8 a.m.-12 p.m. and 1 p.m.-4 p.m. (closed for lunch)
http://weeoc.org/jackson-county-office/

Shawnee Development Council, Inc.
2207 Popular Street
Cairo, IL 62914
Telephone: 618-734-0535
Hours of Operation: 8:30 a.m. - 4 p.m.
Website: www.ShawneeDevelopment.org
http://warmneighborscoolfriends.com/?page_id=2
Serving: Alexander, Johnson, Hardin, Massac Pope, Pulaski, and Union Counties

Western Egyptian Economic Opportunity Council
(618)684-3341
Services: energy assistance with utilities and weatherization
Low Income Home Energy Assistance Program (LIHEAP)
1-877-411-9276

**JACKSON AND WILLIAMSON COUNTY EMERGENCY CONTACTS**

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<th>POLICE DEPARTMENTS</th>
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<tbody>
<tr>
<td><strong>Carbondale Police Dept.</strong>&lt;br&gt;501 South Washington St.&lt;br&gt;Carbondale, IL 62901&lt;br&gt;(618) 457-3200</td>
<td><strong>Heartland Regional Medical Center</strong>&lt;br&gt;3333 West DeYoung&lt;br&gt;Marion, IL 62959&lt;br&gt;(618) 998-7000</td>
</tr>
<tr>
<td><strong>Energy Police Dept.</strong>&lt;br&gt;210 N Pershing St&lt;br&gt;Energy, IL 62933&lt;br&gt;(618) 942-5833</td>
<td><strong>Herrin Hospital</strong>&lt;br&gt;201 South 14th Street&lt;br&gt;Herrin, IL 62948&lt;br&gt;(618) 942-2171</td>
</tr>
<tr>
<td><strong>Herrin Police Dept.</strong>&lt;br&gt;300 N Park Ave&lt;br&gt;Herrin, IL 62948&lt;br&gt;(618) 942-4132</td>
<td><strong>Memorial Hospital of Carbondale</strong>&lt;br&gt;405 West Jackson St.&lt;br&gt;Carbondale, IL 62901&lt;br&gt;(618) 549-0721</td>
</tr>
<tr>
<td><strong>Murphysboro Police Dept.</strong>&lt;br&gt;202 N. 11th St.&lt;br&gt;Murphysboro, IL 62966&lt;br&gt;(618) 684-2121</td>
<td><strong>St. Joseph Memorial Hospital</strong>&lt;br&gt;2 S. Hospital Dr.&lt;br&gt;Murphysboro, IL 62966&lt;br&gt;(618) 684-3156</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>FIRE DEPARTMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Carbondale Fire Depts.</strong>&lt;br&gt;5420 Old U.S. Hwy 51&lt;br&gt;Carbondale, IL 62903&lt;br&gt;(618) 549-0213</td>
</tr>
<tr>
<td><strong>Murphysboro Fire Dept.</strong>&lt;br&gt;218 N. 10th St.&lt;br&gt;Murphysboro, IL 62966&lt;br&gt;(618) 684-3991</td>
</tr>
</tbody>
</table>
LEGAL SERVICES

Attorney General Lisa Madigan’s Office
601 S. University Ave.
Carbondale, IL 62901
(800) 243-0607
(617) 529-6400
(617) 529-6401
Services: Consumer protection, community outreach, environmental law, criminal trials assistance, and crime victim’s assistance.
Fee: None
Hours: Monday-Friday, 8:45am-4:45pm

Land of Lincoln Legal Assistance
509 S. University Avenue (3rd floor)
Carbondale, IL 62901
(877)342-7891 or (618) 457-7800
(800) 642-5335 (clients only)
Services: Free legal services to low income persons in certain civil cases.
Fee: None, if eligible
Hours: Monday-Friday, 9:00am-5:00pm (Closed from 12 noon-1:00 pm)
Application Process: Call (877) 342-7891 for an appointment.

Jackson County State’s Attorney Office
Jackson County Courthouse (3rd floor)
Murphysboro, IL 62966
(618) 687-7200
Services: Prosecution of those accused of violating criminal laws; orders of protection for victims of domestic violence.
Fee: None
Hours: Monday-Friday, 8:00am-4:00pm

Students’ Legal Assistance Office
Student Center (3rd floor)
1255 Lincoln Dr.
Carbondale, IL 62901
(618) 536-6677
Services: Landlord tenant issues, name change, small claims, traffic tickets (city of Carbondale), City of Carbondale ordinance violations, adoption, credit related matters, divorce (uncontested-no children), drinking tickets, expungement, and public notary. Advice only: bankruptcy, criminal matters, state/county tickets.
Fee: Included in tuition and fees
Hours: Monday-Friday, 8:00am-4:30pm
# CARBONDALE RESTURANT GUIDE

<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Type</th>
<th>Address</th>
<th>Phone</th>
<th>Operating Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blend Tea Crepe Lounge</td>
<td>Dine in, Carry out</td>
<td>719 S University Ave</td>
<td>(618) 300-1088</td>
<td>Daily 11:00am-11:00pm</td>
</tr>
<tr>
<td>Chicago Hot Dogs &amp; Shrimp</td>
<td>Dine in, Carry out, Delivery</td>
<td>603 S. Illinois Ave.</td>
<td>(618)549-5707</td>
<td>Mon-Wed: 11am-10pm, Thurs: 11am-11pm, Fri-Sat: 11am-midnight, Sun: 12pm-9pm</td>
</tr>
<tr>
<td>China Express</td>
<td>Delivery, Carry out</td>
<td>901 S. Illinois Ave.</td>
<td>(618)549-3991</td>
<td>Tuesday-Sunday: 11:00am-10:00pm, Monday: Closed, Menu at <a href="http://www.chinaexpresscarbondale.com">www.chinaexpresscarbondale.com</a></td>
</tr>
<tr>
<td>China Wok</td>
<td>Dine in, Carry out</td>
<td>883 E. Grand Ave.</td>
<td>(618)351-5910</td>
<td>Monday-Thursday: 11:00am-9:45pm, Friday-Saturday: 11:00am-10:45pm, Sunday: 12:00pm-9:45pm</td>
</tr>
<tr>
<td>Common Grounds Coffee House</td>
<td>Dine in, Delivery</td>
<td>600 E. Grand Ave.</td>
<td>(618)549-4180</td>
<td>Pastries, Muffins, Cookies, Coffee, &amp; Smoothies, Monday-Friday: 7:00am-9:00pm, Saturday &amp; Sunday: 8:00am-8:00pm</td>
</tr>
<tr>
<td>Don Taco</td>
<td>Dine in, Carry out, Delivery</td>
<td>600 E. Grand Ave.</td>
<td>(618)549-3777</td>
<td>Daily: 11am-1am</td>
</tr>
<tr>
<td>El Greco</td>
<td>Dine in, Carry Out, Delivery</td>
<td>516 S. Illinois Ave.</td>
<td>(618)457-0303 or (618)457-0304</td>
<td>Monday-Thursday: 11:00am-10:00pm, Friday &amp; Saturday: 11:00am-11:00pm, Sunday: 12pm-9pm</td>
</tr>
<tr>
<td>El Paisano</td>
<td>Dine in, Carry Out</td>
<td>100 N Glenview Dr.</td>
<td>(618) 351-8159</td>
<td>Monday – Friday: 11:00am – 9:30pm, Saturday &amp; Sunday: 10:30am – 9:30pm</td>
</tr>
<tr>
<td>Fat Patties</td>
<td>Dine in, Carry out, Delivery</td>
<td>611 B. S. Illinois Ave.</td>
<td>(618)529-3287</td>
<td>Monday-Thursday: 11:00am-8:45pm, Friday-Saturday: 11:00am-11:45pm, Sunday: 12:00pm-5:45pm</td>
</tr>
<tr>
<td>Restaurant Name</td>
<td>Type</td>
<td>Address</td>
<td>Hours</td>
<td>Contact Numbers</td>
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<tr>
<td>Harbaugh’s Café</td>
<td>Dine in, Carry out (Cash Only! ATM Available)</td>
<td>901 B. S. Illinois Ave.</td>
<td>Monday-Saturday: 7:00am-2:00pm, Sunday: 8:00am-2:00pm</td>
<td>(618) 351-9897</td>
</tr>
<tr>
<td>Jimmy John’s</td>
<td>Dine in, Carry out, Delivery</td>
<td>519 ½ S. Illinois Ave. Carbondale, IL 62901</td>
<td>Daily: 10:00am-4:00am</td>
<td>(618)549-3334</td>
</tr>
<tr>
<td>Kaya Korean/Japanese Restaurant</td>
<td>Dine in only</td>
<td>817 S. Illinois Ave. Carbondale, IL 62901</td>
<td>Monday-Friday: 11:30am-2:00pm, 5:00pm-9:00pm, Saturday: 5:00pm-9:00pm, Closed on Sundays</td>
<td>(618)457-0968</td>
</tr>
<tr>
<td>La Amistad</td>
<td>Dine in, Carry out, Delivery may vary on days</td>
<td>519 S Illinois Ave. Carbondale, IL 62901</td>
<td>Monday – Thursday: 5:00pm – 9pm, Friday &amp; Saturday: 11:00am – 3:00am, Sunday: 11:00 am – 9pm</td>
<td>(618) 351-1500</td>
</tr>
<tr>
<td>Little Caesars</td>
<td>Carry out</td>
<td>819 W. Main Carbondale, IL 62901</td>
<td>Daily: 10:30am-12:00am</td>
<td>(618)457-6100</td>
</tr>
<tr>
<td>Longbranch Café &amp; Bakery</td>
<td>Dine in, Carry out</td>
<td>100 E. Jackson Carbondale, IL 62901</td>
<td>Daily: 7:30am-9:00pm</td>
<td>(618)529-4488</td>
</tr>
<tr>
<td>Moe’s Southwest Grill</td>
<td>Dine in, Carry out</td>
<td>715 N. Giant City Rd. Carbondale, IL 62901</td>
<td>Monday-Saturday: 11:00am-10:00pm, Sunday: 11:00am-9:00pm</td>
<td>(618)549-4200</td>
</tr>
<tr>
<td>New Kahala Chinese</td>
<td>Carry out, Delivery</td>
<td>600 E. Grand Ave. Carbondale, IL 62901</td>
<td>Monday-Friday: 11:00am-11:00pm, Saturday: 12:00pm-11:00pm</td>
<td>(618)529-3388</td>
</tr>
<tr>
<td>Pagliai’s Pizza &amp; Pasta</td>
<td>Dine in, Carry out, Delivery</td>
<td>509 S. Illinois Ave. Carbondale, IL 62901</td>
<td>Monday-Friday: 11:00am-11:00pm, Saturday &amp; Sunday: 4:00pm-11:00pm</td>
<td>(618)457-0321 or (618)549-4241</td>
</tr>
<tr>
<td>Restaurant</td>
<td>Address</td>
<td>Hours</td>
<td>Contact Information</td>
<td></td>
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<tr>
<td><strong>Papa John’s Pizza</strong></td>
<td>602 E. Grand</td>
<td>Dine in, Carry out, Delivery</td>
<td>(618) 549-1111</td>
<td></td>
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<tr>
<td></td>
<td>Carbondale, IL 62901</td>
<td>Sunday-Thursday: 10:30am-1:00am</td>
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<td></td>
<td></td>
<td>Friday &amp; Saturday: 10:30am-3:00am</td>
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<tr>
<td><strong>Primo’s Pizza</strong></td>
<td>604 E. Park St.</td>
<td>Dine in, Carry out, Delivery</td>
<td>(618) 351-9999</td>
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<tr>
<td></td>
<td>Carbondale, IL 62901</td>
<td>Sunday-Thursday: 11:00am-12:00am</td>
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<td></td>
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<td>Friday &amp; Saturday: 11:00am-1:00am</td>
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<tr>
<td><strong>Quatro’s</strong></td>
<td>218 W. Freeman St.</td>
<td>Dine in, Carry out, Delivery</td>
<td>(618) 549-5326</td>
<td></td>
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<tr>
<td></td>
<td>Carbondale, IL 62901</td>
<td>Daily: 11:00am-12:00am</td>
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<tr>
<td><strong>Sam’s Café</strong></td>
<td>521 S. Illinois</td>
<td>Dine in, Carry out, Delivery</td>
<td>(618) 549-2234</td>
<td></td>
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<tr>
<td></td>
<td>Carbondale, IL 62901</td>
<td>Sunday-Thursday: 5:00pm-2:30am</td>
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<td></td>
<td></td>
<td>Friday-Saturday: 5:00pm-4:00am</td>
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</tr>
<tr>
<td><strong>Thai Taste</strong></td>
<td>100 S. Illinois Ave</td>
<td>Dine in, Carry out</td>
<td>(618) 457-6900</td>
<td></td>
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<tr>
<td></td>
<td>Carbondale, IL 62901</td>
<td>Lunch: Monday-Friday: 11:00am -2:45pm</td>
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<tr>
<td></td>
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<td>Dinner: Sunday-Thursday: 5:00pm -8:45pm</td>
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<tr>
<td></td>
<td></td>
<td>Friday-Saturday: 5:00pm -9:45pm</td>
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</tr>
<tr>
<td><strong>Tres Hombres</strong></td>
<td>119 N. Washington</td>
<td>Dine in, Carry out</td>
<td>(618) 457-3308</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carbondale, IL 62901</td>
<td>Daily 11:00am-2:00am</td>
<td></td>
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</tr>
<tr>
<td><strong>Wise Guys Pizza</strong></td>
<td>1237 E. Main St.</td>
<td>Delivery 8:00pm-3:00am</td>
<td>(618) 457-7777</td>
<td></td>
</tr>
</tbody>
</table>
**FUN AND RECREATION**

**African American Museum of Southern Illinois**  
1237 E. Main St.  
Carbondale, IL 62901  
(618) 457-2217  
Sponsors educational exhibits of event and individuals of African American Heritage. This great museum happens to be located around the corner from campus in the University Mall.  
Mon-Thurs: 12-6  
Fri: 10-9

**Boy and Girls Club**  
250 N. Springer  
Carbondale, IL 62901  
(618) 457-8877  
The Boys and Girls Club of Carbondale provides valuable youth development programs and activities for children ages 6 to 18 years of age.  
Mon-Thurs: 3-7  
Fri: 3-5:30

**Bandy's Pumpkin Patch Southern**  
15020 Pumpkin Patch Rd.  
Johnston City, IL 62951  
(618) 983-8676  
Pumpkins, gourds, Indian corns. Pumpkin carving demos, hayrides, tours, corn maze, kids straw maze. Open Oct. 1, every weekend.

**Cedar Lake**  
Cedar Creek Road-Boat launch  
Carbondale, IL 62901  
(618) 549-8441  
The area surrounding Cedar Lake is maintained by the city of Carbondale and features a boat launch, public beach, fishing, and more. Also popular camping sites off Cedar Creek Road, lifeguards and concession during the summer months. $2 beach fee, 4 and under are free. Passes are available.

**Cedar Lake**  
Cedar Creek Road-Boat launch  
Carbondale, IL 62901  
(618) 549-8441  
The area surrounding Cedar Lake is maintained by the city of Carbondale and features a boat launch, public beach, fishing, and more. Also popular camping sites off Cedar Creek Road, lifeguards and concession during the summer months. $2 beach fee, 4 and under are free. Passes are available.

**Crab Orchard National Wildlife Refuge**  
8588 Route 148  
Marion, IL 62959  
(618) 997-3344  
This wildlife refuge is located just west of Marion, on the northern edge of the Ozark foothills. The refuge's landscape ranges from rolling hills to low-lying wetlands. Hiking, camping, boating, hunting and wildlife observation are popular activities here.

**Extreme Indoor Sports**  
1109 N. Railroad St.  
Marion, IL 62959  
(618) 993-2255  
This sports center offers dance and gymnastics classes, and more! They even offer birthday parties!

**Garden of the Gods**  
Shawnee National Forest  
Harrisburg, IL 62946  
(618) 253-1070  
Garden of the Gods is located in the beautiful Shawnee National Forest of Southern Illinois. Explore and trail over 3,300 acres of land, it is a beautiful sight to see!

**Giant City State Park**  
Makanda, IL 62958  
Giant City State Park is an Illinois state park on 4000 acres in Jackson and Union Counties, Illinois, United States. Illinois acquired more than 1100 acres in 1927, and dedicated the park as Giant City State Park.

**Echo Valley Orchards**  
144 Peach Rd.  
Carbondale, IL 62901  
(618) 684-2471 or (618) 687-2833  
Echo Valley Orchards has offered quality peaches and apples for more than half a century. Peaches all summer and 120,000 bushels of cold storage for apples in winter.
Kinkaid Lake State Fish & Wildlife
52 Cinder Hill Dr.
Murphysboro, IL 62966
(618) 684-2867
Kinkaid Lake State Fish & Wildlife Area is located in Jackson County in southwestern Illinois. Covering 2,750 acres, the park offers picnicking, camping, fishing and hunting opportunities.

Lake Murphysboro State Park
52 Cinder Hill Dr.
Murphysboro, IL 62966
(618) 684-2867
Rolling hills, forested areas and a star-shaped lake make up the landscape of Lake Murphysboro State Park, located one mile west of Murphysboro. Visitors come to the park to enjoy picnics, fishing, boating, camping and hiking.

Lenus Turley Park
1010 North Glenview
Carbondale, IL 62901
(618) 549-4222
Lenus Turley Park features playground equipment, picnic shelters, parking, game tables, restrooms and drinking fountains. Several events are held here throughout the year, including Sunset Concerts and the Southern Illinois Irish Festival.

LIFE Center Indoor Pool
2500 W. Sunset Dr.
Carbondale, IL 62901
(618) 549-4222
LIFE Center Indoor Pool offers aquatic fitness classes, swimming lessons, special events and birthday party rentals. Family swims on Fridays.

Marberry Arboretum
South Wall and W. Pleasant Hill Rd.
Carbondale, IL 62901
(618) 549-4222
This arboretum houses over 100 genera, 600 species and 20,000 plants. Also offers hiking, fishing and picnicking opportunities.

Marion Cultural and Civic Center
Marion, IL 62959
(618) 997-2048
Events held at Marion Cultural and Civic Center include music workshops, dance recitals, beauty pageants and more.

Mileur Orchard
Hwy 149 West Orchard Rd
Murphysboro, IL 62966
(618) 687-3663
Fresh-picked peaches from July 4th to mid-Sept. Apples harvested in early Sept and available into Oct. Nectarines and white peaches also available.
M-Sat: 9am-5pm
Sun: noon-5pm.

Pirate Pete’s
3000 W DeYoung
800C Illinois Centre
Marion, IL 62959
(618) 997-4353
Pirate Pete’s is a great place to come have lunch, play arcade games, laser tag, win prizes and more! They also offer birthday parties so book your child’s next party today!

Science Center
Located in University Mall
1237 E. Main St.
Carbondale, IL 62901
(618) 529-5431
Children ages 3-13 and families. The science museum features interactive hands on exhibits dealing with basic concepts of science. They offer summer camps, birthday parties and outreach programs.
Wed-Thurs: 11-5, Fri:11-6, Sun: 12-5
**SIU Student Recreation Center**
300 E. Grand Avenue
Carbondale, IL 62901
(618) 453-1277
The SIUC rec center offers a number of youth recreation activities. Bring your child in for dance, martial arts, tennis and swim lessons! Discounted memberships for spouse/domestic partner of SIU students.

**Susan Barnes Dance Studio**
205 West Willow Street
Carbondale, IL 62901
(618) 549-9546
Susan Barnes Dance studio offers a variety of classes from ballet, modern, hip hop and tap. They have performed in a number of places around the community including SIU’s Shryock auditorium and the Du Quoin state fair.

**The Southern Illinois National Hunting and Fishing Days Celebration**
700 Logan College Rd.
Carterville, IL 62918
(618) 985-8392
For all of you, who love hunting and the outdoors, pay a visit. This is a family event, dedicated to teaching ethics, safety, and conservation in order to enhance the outdoor experience. Free admission and parking is available.
Visit Website for details.

**Touch of Nature Environmental Center**
1206 Touch of Nature Rd.
Carbondale, IL 62901
(618) 453-1121
Covering 3,100 acres, this facility at Southern Illinois University Carbondale is located on a 900-acre lake bordering a state park, a national forest and a national wildlife refuge. The center offers environmental education, conference services, experiential learning programs and more.

**Wiswell's Christmas Tree Farm**
Christmas Tree Rd.
Johnston City, IL 62951
(618) 983-5114
Wreaths, grave blankets, roping, greens, gift items, flocked tree showroom and decorations.
Open Thanksgiving-Dec 20. Mon-Fri: 12pm-5pm Sun: 10am-5pm.
## LOCAL GROCERY STORES

<table>
<thead>
<tr>
<th>Store</th>
<th>Phone</th>
<th>Address</th>
<th>Operating Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arnold’s Market</td>
<td>(618)529-5191</td>
<td>1241 S. Illinois Carbondale, IL 62901</td>
<td>Open Daily 7:00am-10:00pm</td>
</tr>
<tr>
<td>Aldi’s Food</td>
<td>(618)549-6375</td>
<td>1232 E. Main St. Carbondale, IL 62901</td>
<td>Monday-Friday: 9:00am-8:00 pm</td>
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<td>Saturday: 9:00am-8:00 pm</td>
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<td></td>
<td></td>
<td></td>
<td>Sunday: 9:00am-6:00 pm</td>
</tr>
<tr>
<td>Dollar Tree</td>
<td>(618)457-5313</td>
<td>1354 E. Main St. Carbondale, IL 62901</td>
<td>Monday-Saturday: 9:00am-10:00 pm</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Sunday: 10:00am-9:00 pm</td>
</tr>
<tr>
<td>Kroger</td>
<td>(618)529-8701</td>
<td>301 E. Walnut St. Carbondale, IL 62901</td>
<td>Open Daily 9:00am-9:00 pm</td>
</tr>
<tr>
<td>Schnuck’s</td>
<td>(618)351-0463</td>
<td>915 W. Main St. Carbondale, IL 62901</td>
<td>Open Daily 24 Hours</td>
</tr>
<tr>
<td>Neighborhood Co-op</td>
<td>(618)529-3533</td>
<td>1815 W. Main St. Carbondale, IL 62901</td>
<td>Monday-Friday &amp; Sunday: 9:00am-9:00 pm</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Saturday: 8:00am-9:00 pm</td>
</tr>
<tr>
<td>Wal-Mart Supercenter</td>
<td>(618)457-2033</td>
<td>1450 E. Main St. Carbondale, IL 62901</td>
<td>Open Daily 24 Hours</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>SPORTS, FITNESS, AND DANCE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arabesque Dance Studio</strong></td>
</tr>
<tr>
<td>101 N. Division</td>
</tr>
<tr>
<td>Carterville IL, 62918</td>
</tr>
<tr>
<td>(618) 985-8715</td>
</tr>
<tr>
<td><strong>Great Shapes</strong></td>
</tr>
<tr>
<td>2121 S. Illinois Ave.</td>
</tr>
<tr>
<td>Carbondale, IL 62901</td>
</tr>
<tr>
<td>(618) 529-4404</td>
</tr>
<tr>
<td><strong>Curves for Women</strong></td>
</tr>
<tr>
<td>116 E. Monroe St.</td>
</tr>
<tr>
<td>Herrin, IL 62948</td>
</tr>
<tr>
<td>(618) 988-8222</td>
</tr>
<tr>
<td><strong>One On One Yoga</strong></td>
</tr>
<tr>
<td>101 S. Graham Ave.</td>
</tr>
<tr>
<td>Carbondale, IL 62901</td>
</tr>
<tr>
<td>(618) 457-8186</td>
</tr>
<tr>
<td><strong>Curves for Women</strong></td>
</tr>
<tr>
<td>17th &amp; Walnut</td>
</tr>
<tr>
<td>Murphysboro, IL</td>
</tr>
<tr>
<td>(618) 565-1600</td>
</tr>
<tr>
<td><strong>Sherry’s School of Dance</strong></td>
</tr>
<tr>
<td>100 S. 13th St.</td>
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<tr>
<td>Herrin IL, 62948</td>
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<tr>
<td>(618) 942-6381</td>
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<tr>
<td><strong>Golds Gym</strong></td>
</tr>
<tr>
<td>712 E. Walnut St.</td>
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<tr>
<td>Carbondale, IL 62901</td>
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<tr>
<td>(618) 457-0318</td>
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<td><strong>Snow Power Unlimited</strong></td>
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<tr>
<td>1707 S. Park Ave.</td>
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<tr>
<td>(618) 942-7697</td>
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<td><strong>Golds Gym</strong></td>
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<tr>
<td>2500 Williamson CNTY Parkway</td>
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<tr>
<td>Marion, IL 62959</td>
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<tr>
<td>(618) 998-1755</td>
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<tr>
<td><strong>Extreme Kids &amp; Sports</strong></td>
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<tr>
<td>1109 N. Railroad St.</td>
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<tr>
<td>Marion, IL 62959</td>
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<tr>
<td>(618) 997-3505</td>
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<tr>
<td><strong>Murphysboro Moo Sul Kwan</strong></td>
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<tr>
<td>220 N. 11th St.</td>
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<tr>
<td>Murphysboro, IL 62966</td>
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<tr>
<td>(618) 684-5611</td>
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<tr>
<td><strong>Ultimate Gymnastics</strong></td>
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<tr>
<td>200 N. Springer St.</td>
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<tr>
<td>Carbondale, IL 62901</td>
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<tr>
<td>(618) 351-6296</td>
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<tr>
<td><strong>Herrin Jr. Ball League</strong></td>
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<tr>
<td>1109 N. 7th St.</td>
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<td>Herrin, IL 62948</td>
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<tr>
<td>(618) 988-1526</td>
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<tr>
<td><strong>Willow Street Studio</strong></td>
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<tr>
<td>205 W. Willow</td>
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<tr>
<td>Carbondale, IL 62901</td>
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<tr>
<td>(618) 549-9546</td>
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<tr>
<td><strong>Midwest Tae Kwon Do Academy</strong></td>
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<tr>
<td>306 W. Main St.</td>
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<td>Herrin, IL 62948</td>
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<tr>
<td>(618) 997-6993</td>
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<tr>
<td><strong>World of Fitness</strong></td>
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<tr>
<td>1207 Weaver Rd.</td>
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<td>Herrin, IL 62948</td>
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<td>(618) 988-8878</td>
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TEXTBOOK RESOURCES

Need to buy, rent, or swap textbooks?

Do you want to save money on textbooks?

Here are some great tips that might help...

*Textbooks are listed for each course through SalukiNet. Once you know what textbooks you need, you have several options.

1. University Bookstore: The bookstore is conveniently located in the SIU Student Center and offers textbook purchase or rental.

2. SIU Textbook Exchange: Log on to Facebook and join SIU’s textbook exchange group (https://www.facebook.com/groups/281071131978613/) to find deals, sell, buy, or trade.

3. Morris Library: Some instructors place course materials ‘on reserve’ at the library. You can find out if your instructor has done so by visiting lib.siu.edu, then click on Course Reserves for Students. Although these items cannot be checked out, they can be utilized while in the library.

4. Online and Other Resources: Many options are available from online vendors or individuals at reduced prices. Sites that students have recommended include: slugbooks.com, chegg.com, amazon.com, valorebooks.com, cheaptextbooks.com, and compare prices through Google Shopping.
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