

Take Care!

Caring for you and your neighbors during COVID-19

RESOURCES

Medical

Dr. Deborah Winiger, North Suburban Family Healthcare

- Center for Disease Control [cdc.gov](https://www.cdc.gov)
- Advocate Condell Hospital [advocateaurorahealth.org](https://www.advocateaurorahealth.org)
- Contact Dr. Winiger drwiniger@yahoo.com

Community Outreach

Pat Schwartz, Love INC of Lake County

Laurie Mueller-Comilla, Love INC of Lake County

- Love INC of Lake County loveinclakecounty.org - Look for "How Can I Help?"
- Northern IL Food Bank www.solvehungertoday.org/coronavirus
- ElderCARE www.eldercarelakecounty.org
- Cancer Treatment Center of America www.cancercenter.org/together

Mental Health

Camille Andress, White Stone Resources

- White Stone Resources whitestonerresources.org
- *Changes That Heal*, Dr. Henry Cloud (Zondervan, 1993)
- *How People Change*, Timothy S. Lane and Paul David Tripp (New Growth Press, 2010)
- *When People are Big and God is Small*, Edward T. Welch (P&R Publishing, 1997)
- *The Power of Goals*, Camille Andress

Domestic Violence

Damaris Lorta, A Safe Place

- A Safe Place asafeplaceforhelp.org
- A Safe Place 24-hour hotline 847.249.4450
- IL Coalition Against Domestic Violence ilcadv.org
- FOCUS Ministries focusministries1.org
- Leslie Vernick, author and speaker leslievernick.com

Mental Health 2

Bob Taseff, White Stone Resources

- White Stone Resources whitestonerresources.org

Parents and Teens

Janice Zimmerman, Warren Twp. High School

- Janice Zimmerman – Instagram [@everythingsocialwork_wths](https://www.instagram.com/everythingsocialwork_wths)
- Warren Twp. High School d121.org/page/251
- Center for Parent-Youth Understanding cpyu.org
- Common Sense Media “Parent Trapped” podcast series
- [Article](#) – Teens and COVID-19 grieving