



Awakenings
4001 North Ravenswood Ave., C-204.
Telephone: 773-904-8217

Chicago, IL 60613.

Awakenings advocates for healing the mind, body, and spirit as integral components in victims of sexual violence's ongoing journey to address and recover from trauma. Within the Chicago area, there are a wide variety of resources equipped to assist survivors in the healing process. Each individual coach, practitioner, and organization offers unique perspectives, methodologies, and approaches. Awakenings recommends making informed decisions and meeting for consultations to discover the optimal plan of action for your specific healing journey.

INDIVIDUALS:

Sarah D. Karnes & Spiritual Nourishment

Sarah D. Karnes is a guide, mentor, navigator, and an enthusiastic advocate for women going through life changes. They provide group workshops, 1/1 life coaching, and weekend long intensive programs. Sarah offers Clarity Calls via phone and hosts group workshops and weekend programming throughout the Chicagoland area and Wisconsin.

(262) 249-1176
sarah@thewayoftheheart.com
www.spiritualnourishment.org

Sabrina Washington, MA, R-DMT, GL-CMA, R-MPA, CAEH, Reiki III

Sabrina Washington is a holistic life coach committed to helping individuals move from struggle to grounded triumph, through a process of deep self-discovery and reclamation. They offer integrated healing arts, dance/movement therapy, and energy healing sessions. Through their individual and group holistic life coaching sessions, they help clients build the tools they need to work towards achieving their personal, professional, or spiritual goals.

Forward Emotion, LLC
3060 Ogden Avenue
Suite #102
Lisle, Illinois 60532
(708) 613-8583
swashingtonhealingarts@gmail.com

&

410 S. Michigan Ave.
Suite # 601
Chicago, IL 60605
(708) 613-8583

Lisa Kaplin, Psy.D, PCC

Lisa Kaplin's mission is to help women face their fears, step out of their comfort zones, and walk into true happiness and fulfillment. They are the proud owner of Smart Women Inspired Lives, where they offer both individual and group life coaching. Helping women navigate relationships, parenting, happiness, fulfillment and self-esteem, stress relief, and leadership and career development, Lisa assists women in their journey take back control of their lives.

Smart Women Inspired Lives
(847) 757-4021
lisa@lisakaplin.com
http://www.lisakaplin.com

Stephanie Bonza, PsyD

Stephanie Bonza passionately accompanies individuals and families on their journey to discover their inner strengths and untapped abilities in the pursuit of authenticity and fulfillment. Stephanie offers clients guidance through relationship problems, unresolved past trauma, and parent-child issues. Sliding scale options available.

Zeal Family Wellness, LLC

1945 West Wilson
Suite 6104
Chicago, Illinois 60640
(312) 925-4133
(847) 383-0195
<https://www.zealfamilywellness.com/>

Amanda Mitchell, LCPC, BC-DMT

Amanda Mitchell is a Licensed Clinical Professional Counselor and a Board Certified Dance/ Movement Therapist, who believes in a holistic and solution oriented approach to therapy, incorporating all parts of the self - cognitive, behavioral, emotional, relational, physical, and spiritual. Some insurance policies accepted.

Intouch & Motion
4028 W. Irving Park Rd
Loft B
Chicago, IL 60641
(773) 985-8813
(773) 850-9046
www.intouchandmotion.com

Anna Valianos, LCSW

As a therapist and clinical educator, Anna Valianos provides trauma focused, client- centered, individual counseling and support groups for children, adolescents, and adult survivors of sexual assault and abuse.

The Zacharias Center- Northern Cook County
4232 Dempster St.
Skokie, IL 60076
(847) 972-1790
(847) 244-1187
www.ZCenter.org

Kyla Dannelke, MA, LCPC

Kyla Dannelke is a Licensed Clinical Professional Counselor, tailoring her approach to each individual client and situation, creating a client centered experience. They have experienced guiding others through a wide variety of issues, including but not limited to, anxiety, depression, low self-esteem, relationship problems, and substance use and abuse. Some insurance plans accepted and they offer sliding scale options.

Psychotherapy Associates of Chicago (PAC)
1954 West Irving Park Road
Second Floor
Chicago, Illinois 60613
(872) 216-6131
kyla@pac.clinic
www.pac.clinic

& Norwegian American Hospital
Intensive Outpatient Program
Professional Medical Building
1044 North Francisco Ave.
Chicago, IL 60622
(773) 292- 8513

Jade Wurster, LCPC, MA, MAAT

Jade Wurster is a licensed clinical professional counselor and art therapist who believes clients personal stories are best experienced by expressing oneself freely. They advocate for listening with an insightful, patient disposition and an engaging a compassionate heart when talking through difficult, sensitive topics. Some insurance plans accepted and they offer sliding scale options.

Art of Balance
1409 W Irving Park Rd.
Chicago, IL 60613
(331) 214-5354

reveal@artofbalancechi.com
www.artofbalancechi.com

Kevin Connor, MA

Kevin Connor is a pro-bono, pre-licensed professional, taking his licensure exam in November 2019. They are interested in working with clients in the LGBT community, individuals who identify as trans, trauma survivors, and developmental issues. They are a strong believer in open non-judgmental communication, striving to help clients understand themselves and become who they wish to be.

Art of Balance
1409 W Irving Park Rd.
Chicago, IL 60613
(630) 884-5386
kevin@artofbalancechi.com
www.artofbalancechi.com

ORGANIZATIONS:

Thresholds

Established in 1959, Thresholds provides healthcare, housing, and hope for thousands of persons with mental illnesses and substance use disorders in Illinois each year, assisting and inspiring people with mental illnesses to reclaim their lives. They offer a wide variety of programs and services, including substance use treatment, veterans project, homeless outreach, justice programs, peer success, deaf programs, and private access services. They offer 30 innovative programs at more than 100 locations throughout Chicago, the adjacent suburbs, and nine surrounding counties.

4101 N. Ravenswood
Chicago, IL 60613
(773) 572-5500
contact@thresholds.org
www.thresholds.org/

Art of Balance

The Art of Balance promotes social justice, community and family support, and accessible mental health care, offering free consultations, initial evaluations, and both group and individual therapy as well as hypnotherapy. Amongst their team of licensed professionals, Art of Balance specializes in LGBTQIA services, addiction, trauma, disordered eating, art therapy, multicultural counseling, spiritual counseling, couples counseling, health psychology, and grief counseling. Some insurance plans accepted and they offer sliding scale options.

Art of Balance
1409 W. Irving Park Rd.
Chicago, IL 60613
(872) 201-8326
reveal@artofbalancechi.com
www.artofbalancechi.com

Intouch & Motion

Intouch & Motion offers healing arts and creative therapies for the mind, body, and spirit, promoting an open, healing environment, exploration, and growth. Intouch & Motion 's diverse range of services includes traditional counseling and talk therapy, dance movement therapy, psychotherapy, movement coaching and analysis, hypnotherapy, past life regressions, energetic healing, and intuitive wellness.

4028 W. Irving Park Rd.

Loft B
Chicago, IL 60641
(773) 850-9046
info@intouchandmotion.com
www.intouchandmotion.com

Zacharias Center

The Zacharias Center is built on the courage of survivors, staff, volunteers and donors, serving the community as a non-profit center against sexual assault and abuse since 1983. The center offers both group and individual confidential counseling services in English and Spanish to victims of sexual violence, their significant others, and non-offending loved ones free of charge. The center is also staffed with volunteers who are equipped to advocate for victims, accompanying them in partnering hospital emergency rooms, police departments, and court.

ZCenter- Lake County	&	ZCenter- Northern Cook County
4275 Old Grand Ave		4232 Dempster St.
Gurnee, IL 60031		Skokie, IL 60076

(847) 244-1187 - both locations
24 Hour Support Line: 847-872-7799
info@ZCenter.org
<https://zcenter.org>

Norwegian American Hospital: Intensive Outpatient Program

Intensive Outpatient Program (IOP) is a three to six month program that provides intensive group therapy to clients with a primary psychiatric diagnosis. The Norwegian American Hospital's IOP offers group therapy, case management, transportation arrangement, collaborative assessment and treatment planning, discharge/ transition planning, and an experienced, qualified, and caring staff. The IOP strives to help you maximize your potential to live with self-awareness, understanding, and independence.

Norwegian American Hospital
Professional Medical Building
1044 North Francisco Ave.
Chicago, IL 60622
(773) 292-8513

Chicago Children's Advocacy Center

Chicago Children's Advocacy Center and their partners are the front-line responders in Chicago to reports of child sexual abuse. They also respond to reports of child physical abuse, witness to violence, and other serious maltreatment. They work to investigate abuse and help children and families heal from the trauma of abuse. Their team includes intake coordinators, family advocates, forensic interviewers, mental health therapists, trainers and more. Please note that all clients must be referred to ChicagoCAC through the Department of Children and Family Services or Chicago Police Department. If you suspect a child is being abused, call the child abuse hotline 1-800-25-ABUSE (1-800-252-2873) or 911.

ChicagoCAC
1240 S. Damen Ave.
Chicago, IL 60608
(312) 492-3700
Info@ChicagoCAC.org
<http://www.chicagocac.org/>

Center on Halsted

Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ)

people of Chicagoland. They provide a vast array of programs and services designed to advance Chicago's LGBTQ and allied community. From cooking classes, yoga and volleyball games to job placement, HIV testing and group therapy, they work hard to enrich the lives of the 1,000+ people who visit Center on Halsted every single day.

Center on Halsted
3656 N Halsted
Chicago, IL 60613
(773) 472-6469
<http://www.centeronhalsted.org/>

Move Therapy and Wellness

Move Therapy and Wellness is a lifestyle practice in the Chicago Lakeview neighborhood that focuses on a holistic path to wellbeing. Psychotherapists, yoga therapists and other holistic health practitioners work together to develop a tailored and individualized path to wellness for each unique client. Some insurances accepted. ClassPass is accepted for yoga classes.

Move
3808 N Ashland
Chicago, IL 60613
(773) 542-3128
info@move-therapy.com
<https://www.movetherapyandwellness.com/>

Mujeres

Mujeres Latinas en Acción is a bilingual/bicultural agency that empowers Latinas by providing services which reflect their values and culture and being, and advocate on the issues that make a difference in their lives. Founded in 1973, Mujeres is the longest standing incorporated Latina organization in the nation. Over the years Mujeres has developed a comprehensive array of social services and advocacy initiatives that promote non-violence, reproductive health and leadership development. Mujeres offers services that support all programs, which include general intake, volunteer training and childcare. Childcare is provided for clients while they are receiving services.

Pilson HQ 2124 W. 21st Place Chicago, IL 60608 (773) 890-7676	&	South Chicago 3050 E. 92 nd St. Chicago, IL 60617 (773) 933-2321	&	West Suburban Office 7222 W. Cermak Road. 509 North Riverside, IL 60546 (708) 442-1299
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Mail@MujeresLat.com
<https://mujereslatinassenaccion.org/>

Resilience

Resilience is an independent, not-for-profit organization dedicated to the healing and empowerment of sexual assault survivors through non-judgmental crisis intervention counseling, individual and group trauma therapy, and medical and legal advocacy in the greater Chicago metropolitan area. Resilience provides public education and institutional advocacy in order to improve the treatment of sexual assault survivors and to effect positive change in policies and public attitudes toward sexual assault. Resilience has 6 locations throughout Chicago.

Resilience Central Office
180 N Michigan Ave. Suite 600
Chicago, IL 60601
(312) 443-9603
info@ourresilience.org
<https://www.ourresilience.org/>

The Network: Advocating Against Domestic Violence

The Network is a collaborative membership organization dedicated to improving the lives of those impacted by domestic violence through education, public policy and advocacy, and the connection of community members to direct service providers.

1 E. Wacker Dr.
Suite 1630,
Chicago, IL 60601
(312) 527-0730
<https://the-network.org/>

Project Beacon

Project Beacon is a holistic approach to serve Native American victims and survivors of sex trafficking. They offer safe, confidential, culturally-enriched educational and counseling service at the American Indian Center of Chicago. They provide a variety of services such as GED classes, drug and alcohol counseling, employment training and opportunities, access to legal support, and more.

American Indian Center of Chicago
3401 W. Ainslie St.
Chicago, IL 60625
(773) 275-5871 - office
(312) 330-5159 – cell
INFO@AICCHICAGO.ORG
<https://www.aicchicago.org/project-beacon>

Fair Haven Rape Crisis Center

Fair Haven provides faith-focused services to those affected by sexual violence & trauma. Their programs are designed to support victims and impact change within our community. Fair Haven provides free, direct services, 24-hour rape response services to Lake County, IN. This program will provide the sexual assault victim the opportunity to have the support of a Sexual Assault Victim Advocate present prior to and during all medical and legal proceedings and throughout the entire legal and healing process. They also have a register therapy dog and offer a variety of support groups.

Fair Haven
2645 Ridge Rd
Highland, IN 46322
(219) 961-4357
info@asafeport.org
<http://www.asafeport.org>
24-HR Crisis Line: 219-218-2552

Community Counseling Centers of Chicago – STARS

The STARS counselors at C4 provide respectful, effective and compassionate support to adults of all genders, through counseling services for survivors of sexual violence and other interpersonal trauma. The STARS counselors respond to survivors with dignity and respect. Recognizing that sexual violence permeates all cultures and class boundaries, we offer culturally sensitive services to adults in a non-judgmental and supportive environment.

Community Counseling Centers of Chicago (C4)
STARS Threads of Compassion
4740 N. Clark Street
Chicago, IL 60640
(773) 769.0205.
<https://www.c4chicago.org/services/sexual-assault>

PODCASTS & BLOGS:

Sentenced to Life

Join co-hosts Dr. Jason Lahood and Kendall Alaimo as they smack down some real talk about mental health. They met by serendipity as patients at a ketamine clinic in Chicago that “sentenced them to life.” They both battle with lifelong PTSD and are experts in the field of trauma recovery. Through this podcast they are making noise through their mental health megaphones in order to break stigma. This sometimes comedic podcast takes a unique perspective on all things mental health through interviews with clinical experts, trauma survivors and everyday folks who just wake up on the wrong side of the head.

Available on Apple Podcasts

<http://www.sentencedtolifepodcast.com/>

National Sexual Violence Resource Center

The NSVRC Blog showcases new materials, authors and resources that highlight current issues pertaining to sexual violence and healing.

<https://www.nsvrc.org/blogs>

HELP LINES:

National Sexual Assault Hotline

800-656 -HOPE (800-656-4673)

Chicago Rape Crisis Hotline

888-293-2080

www.ywcachicago.org

State of Illinois Domestic Violence Hotline

877-863-6338 (877-TO END DV)

877-863-6339 (for people who are deaf or hearing impaired)

batteredwomensnetwork.org/

24-hour IL Child Abuse Hotline

800-25-ABUSE (800-252-2873 or TTY 1-800-358-5117)

800-422-4453 (Outside of Illinois)

State of Illinois AIDS/HIV & STD Hotline

800-AID-AIDS ([800-243-2437](tel:800-243-2437))

TTY 1.800.782.0423

Text [872.243.1004](tel:872.243.1004)

get2zero@centeronhalsted.org

24/7 National Human Trafficking Resource Center

888-373-7888

Text HELP to 233733 (BEFREE)

STOP-IT 24 Hr. Phone

877-606-3158

LGBT National Lifeline

888-843-4564

Strong Hearts Native Helpline

844-762-8483

EDUCATION:

RAINN (Rape, Abuse & Incest National Network)

<https://www.rainn.org>

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Chicago Children's Advocacy Center

<https://www.chicagocac.org/resources/>

ChicagoCAC offers guidance in both English and Spanish on preventing, recognizing, responding to and reporting sexual abuse in children. They also provide information on internet safety for children and resources for children with disabilities.

The Zacharias Center - What to do if:

<https://zcenter.org/what-to-do-if/>

The Zacharias Center provides information about victim's rights and guidance regarding reporting an assault to the police, the process of evidence collection, the criminal process, and available services. They also offer advice for family and loved ones of survivors of sexual assault and abuse.

Illinois Department of Children & Family Services (DCFS)

<https://www2.illinois.gov/dcf/pages/default.aspx>

National Sexual Violence Resource Center

<https://www.nsvrc.org/>

The NSVRC's mission is to provide leadership in preventing and responding to sexual violence through collaboration, sharing and creating resources, and promoting research. They provide resources for survivors, family and friends, advocates and educators, and media. They translate research and trends into best practices that help individuals, communities and service providers achieve real and lasting change.

Bystander Intervention – UIC.edu

<https://sexualmisconduct.uic.edu/education-and-training/bystander-intervention/>

Bystander intervention is a prevention strategy that encourages witnesses to take safe action when they see a situation that might lead to sexual violence or abuse, and to support victims after an incident. As a bystander, you can serve a critical role in preventing interpersonal violence. It is just like the public transportation safety campaigns; "If you see something, say something."

STOP Sexual Violence: Bystander Toolkit

<https://www.health.ny.gov/publications/2040>

Bystanders are individuals who observe violence or witness the conditions that perpetuate violence. They are not directly involved but have the choice to intervene, speak up, or do something about it. Bystander intervention is the act of feeling empowered and equipped with the knowledge and skills to effectively assist in the prevention of sexual violence. This Toolkit is a PDF created by the New York State Department of Health to help train and create awareness.

TRAININGS:

Chicago Children's Advocacy Center

ChicagoCAC offers free and low-cost trainings to professionals, community members and front-line providers on preventing, recognizing, responding to and reporting abuse. In most cases, continuing education units (CE hours) are available for social workers and counselors. Some trainings offered are Mandated Reporter trainings, Trainings and Consultations for Youth-serving Organizations, Erin's Law trainings for educators and school administrators, and Keeping My Family Safe trainings for parents and caregivers.

ChicagoCAC
1240 S. Damen Ave.
Chicago, IL 60608
(312) 492-3700
Info@ChicagoCAC.org
<https://www.chicagocac.org/what-we-do/outreach-education/training/>

The Network

The Network offers free or affordably priced community education and Advocate training. They offer 40- Hour Domestic Violence Training, a free Social Justice and Domestic Violence Series, and a two hour training on the Barriers to Leaving: Carceral Feminisms and the Criminalization of Survival.

1 E. Wacker Dr.
Suite 1630,
Chicago, IL 60601
(312) 527-0730
dboachie@batteredwomensnetwork.org
<https://the-network.org/>

Resilience

Resilience offers prevention education workshops learn how to identify elements of rape culture, identify and reduce risk factors, and become agents of change within their own communities. Resilience offers prevention education workshops to both youth and adults. They also offer public education workshops to provide community members more awareness of issues relating to sexual violence, as well as professional training, such as 40-Hour Confidential Advisor Training, to enhance knowledge of sexual assault, its impact on victims, and resources for survivors of sexual violence.

Resilience Central Office
180 N Michigan Ave. Suite 600
Chicago, IL 60601
(312) 443-9603
info@ourresilience.org
<https://www.ourresilience.org/>