

The University of Chicago



2016-2017  
Parent Resource Guide

Created by the University of Chicago Family Resource Center  
Send suggestions and edits to [lmacgregor@uchicago.edu](mailto:lmacgregor@uchicago.edu) or [lizannep@uchicago.edu](mailto:lizannep@uchicago.edu)

## **TABLE OF CONTENTS**

<b>Early Child Care .....</b>	<b>3</b>
<b>Child Care Referral Services .....</b>	<b>6</b>
<b>Private Schools .....</b>	<b>7</b>
<b>Public Schools .....</b>	<b>9</b>
<b>Cultural Activities.....</b>	<b>9</b>
<b>Museums.....</b>	<b>12</b>
<b>Sports and Recreation .....</b>	<b>14</b>
<b>Resources for Expectant Parents....</b>	<b>16</b>
<b>Parent Groups and Resources ..</b>	<b>17</b>
<b>Education Resources .....</b>	<b>18</b>
<b>Transportation .....</b>	<b>19</b>
<b>Health Care .....</b>	<b>19</b>
<b>Mental Health &amp; Wellness.....</b>	<b>20</b>
<b>University of Chicago Housing..</b>	<b>21</b>

PLEASE NOTE THAT THE UNIVERSITY DOES NOT ENDORSE OR PROMOTE ANY SPECIFIC COMPANY OR VENDOR. ALL OF THE COMPANIES MENTIONED IN THIS RESOURCE GUIDE ARE OFFERED FOR INFORMATIONAL PURPOSES ONLY.

**EARLY CHILD CARE**  
**(See “Schools” for Private Pre-School Information)**

**Note: This list is not pre-screened. Information is provided by organizations.**

***Ada S. Mckinley Maggie Drummond Mem. Dcc.*** 4301 S. Wabash Ave. 773-373-8200.  
Provides child care for children aged 2- 6 years.

***American Kidz Academy—Hyde Park.*** 5548 S Hyde Park Blvd. 312/951-5439 This center offers programs for kids of many ages, as young as infant. They have extended day hours. <http://www.kidzacademy.com>

***Baby Ph.D.*** Offices in Hyde Park Neighborhood Club, 5480 S. Kenwood. 773-643-4062 x15 or email [info@babyphd.com](mailto:info@babyphd.com). Website [www.babyphd.com](http://www.babyphd.com) . This network provides personalized referrals to their in-home caregivers, as well as professional development and mentorship to the caregivers. The current list of childcare professionals is primarily made up of parents who are graduate students, faculty, and staff of the University of Chicago, the University of Chicago Hospitals, and other local educational institutions (i.e. McCormick Theological Seminary, etc.). Tuition at Baby Ph.D. ranges from \$210-320/week. Admission to Baby Ph.D. is determined on a space available basis. Baby Ph.D. participates in the University of Chicago Childcare Initiative.

***Brite New Mind Day Care Center, Inc.*** 112 E. 51<sup>st</sup> St. 773-924-3090  
Provides day care for very young children (6 weeks) to 6 years.

***Brite New Mind Day Care Center #2, Inc.*** 118 E. 51<sup>st</sup> St. 773-536-2223  
Provides day care for very young children (6 weeks) to 6 years.

***Bridgeport Child Development*** 514 W. 31<sup>st</sup> St. 312-949-4015. Email [kdixon@onehopeunited.org](mailto:kdixon@onehopeunited.org) Care for children ages 2-12 years; fees are based on a sliding scale. NAEYC (National Assoc. for the Education of Young Children) accredited. [www.onehopechilddevelopment.org](http://www.onehopechilddevelopment.org)

***Busy Bumble Bee Academy*** 6450 S. Cottage Grove. 773-643-9346. Provides care for infants and toddlers, and also after-school programs for school-aged kids between the ages of 6 weeks – 12 years.

***Centers for New Horizons.*** 4301 S. Cottage Grove. 773-373-5700. [www.cnh.org](http://www.cnh.org)  
This child care center in Bronzeville offers early education for children between the ages of 2 weeks and 5 years. The language and math-rich curriculum focuses on helping children explore their cultural legacy, build self-confidence, and develop social skills. Centers for New Horizons participates in the University of Chicago Child Care Initiative and is NAEYC (National Association for the Education of Young Children) certified. Email [info@cnh.org](mailto:info@cnh.org) for further information.

**Chicago Child Care Society.** 5467 S. University Avenue. 773-643-0452. [www.cccsociety.org](http://www.cccsociety.org) This center offers early education for children between the ages of 2 and 5, and costs \$1040/month. Chicago Child Care Society participates in the UC Child Care Initiative and is NAEYC accredited. Email [tparker@cccsociety.org](mailto:tparker@cccsociety.org)

**A Child's Space.** 1020 S. Wabash. 312-431-1234. [www.achildsspace.com](http://www.achildsspace.com) This private South Loop nursery offers care for children between the ages of 6 weeks through 6 years with a focus on discovery-based learning. Costs start at \$1,500/month. Part-time and full-time care available.

**Chinese American Service League Child Development Ctr.** 2141 S Tan Court. 312-791-0418. The CASL provides several types of childcare: an NAEYC accredited Chinese/bilingual preschool for 2-5 year olds, a drop-in family center, and a School Age Center with after-school enrichment activities. [www.caslservice.org](http://www.caslservice.org)

**Cuddle Care, Inc.** 4800 S. Lake Park Avenue. 773-285-1114. [www.cuddlecare.pro](http://www.cuddlecare.pro) This childcare program serves children between the ages of 18 months to 6 years. Costs depend on age, and range from \$190-\$250/week. Half and full-day programs are available. Childcare includes monthly field trips, computers, a Cordon Bleu chef, structured curriculum and foreign language instruction. Call for a morning tour.

**Creative Mansion Children's Academy, Inc.** 4745 S. Ellis Avenue. 773-268-6066. Creative Mansion is a Christian pre-school for 2- 5 years old. Spanish and computer classes are offered. Costs range from \$900-950/month (plus fees) for full-time. Visit [www.creativemansion.com](http://www.creativemansion.com) for more info.

**Detour 2 Discovery Day School.** 2001 S. Wabash Avenue. 312-949-2273. [www.detour2discovery.com](http://www.detour2discovery.com) . This nursery accepts children between the ages of 8 weeks to 5 years. There are full-time and part-time options, and costs range from \$675-1450/month.

**Evelyn's Playhouse.** 5311 S. Cornell Avenue. 773-493-2474. Director Evelyn Treash has 20+ years caring for Hyde Park children. Care is for children 6 weeks to 4 years old, Monday through Friday 7:45 am to 6:00 pm with breakfast, lunch, and snack included. Cost is \$270/week.

**Firman Community Services Early Childhood Learning Center, West.** 4910 S. King Dr. 773-373-3400 for eligibility unit. Provides childcare for children 2-5 years, with an emphasis on school readiness. Childcare subsidies are available for some families. [www.firmancs.org](http://www.firmancs.org) or email [info@firmancs.org](mailto:info@firmancs.org) for further information.

**Kid's Corner Academy.** 2416 S. Michigan Ave. 312-842-5437. Childcare for ages 6 weeks-5 years.

***Kid's International***, 54<sup>th</sup> and Everett. 773/955-4927, or [kidsint@gmail.com](mailto:kidsint@gmail.com). Home based daycare for toddlers-3 year old children serving the university community for the last 6 years. Children participate in enrichment activities such as Spanish, arts and crafts, musical story time, yoga, social games and daily outdoors activities, and plenty of educational and fun toys. They also do potty training and serve nutritious breakfast, hot lunch, along with morning and afternoon snacks. Part and full time slots with lots of flexibility available. Owner Sylvie Bradley says: "We offer a safe, colorful and affordable place to discover and learn. Our goal is to provide children with personalized attention and nurturing, while exposing them to a range of activities that emphasize a multicultural experience."

***KinderCare Learning Center, South Loop***. 1501 S. State Street. 312-913-1557. [www.kindercare.com](http://www.kindercare.com) This childcare program serves children between the ages of 6 weeks through 5 years and is NAEYC accredited. Costs range from \$282-\$410/week.

***Little Inspirations***. 5480 S Kenwood Ave. 773-817-1274. Care for very young children (6 weeks)-5 years; they describe their philosophy as "purposeful, intentional play." Visit [www.little-inspirations.com](http://www.little-inspirations.com) for information.

***Little People Learning Center, Inc.*** 5650 S. Woodlawn (First Unitarian Church). 773-955-9942. Little People provides care for children between the ages of 2 through 6. Full-time Cost is \$700/month, making it one of the most affordable options in Hyde Park. Full and part-time options are available.

***Loop Learning Center***. 2001 S. Michigan Ave. 312-225-8828 Care for children 6 weeks – 5 years old with after-school care for bigger kids. They accept Illinois Action for Children payments and are NAEYC accredited. [www.looplearningcenter.com](http://www.looplearningcenter.com)

***Near South Side Child Development Center***. 2214 S Federal St. 773-548-3614. Provides Head Start, or Early Head Start program for children 6 weeks through 5 years old. NAEYC accredited; possible fee-based slots in addition to Preschool for All students. [www.chicago.easterseals.com](http://www.chicago.easterseals.com)

***The Nursery School at KAM Isaiah Israel*** 5039 S. Greenwood Ave. 773-924-1234. In addition to a primary school, KAM runs a morning only nursery school for children 3-5 years old. [www.kamii.org/study](http://www.kamii.org/study)

***Educare of Chicago***. 5044 S Wabash Ave. 773-924-2334. [ounceofprevention.org](http://ounceofprevention.org) Offers child care and early education programs for children aged 6 weeks – 6 years.

***Parent Cooperative for Early Learning***. 5300 S. Shore Drive. 773-684-6363. [www.parentcoop.squarespace.com](http://www.parentcoop.squarespace.com) A private preschool for children between the ages of 2 through 5. NAEYC accredited school includes enrichment activities such as music, Spanish, swimming and field trips. Potty training help is available. Costs \$1200/month for full-time. They also offer part time options and sibling discounts.

**Precious Little One's Learning Center, Inc.** 221 E. 51<sup>st</sup> Street. 773/285-9902. Care for children 6 weeks-5 years old.

**South Side YMCA.** 6330 S. Stony Island Ave. 773-947 0700 Provides child care and after school programming for children 2-12 years old. The nursery program is a head start and there are both free and fee based slots. [www.southsidechicagoymca.org](http://www.southsidechicagoymca.org)

**Tiny Scholars Academy.** 1167 E. 63rd St. [info@tinyscholarsacademy.org](mailto:info@tinyscholarsacademy.org) Provides child care for children 6 weeks-5 years of age. TSA says their "goal is to offer every child a jumpstart to success by concentrating on early literacy, science, math, developmental appropriate practice hands on educational activities, and building close and secure relationships." Visit <http://www.tinyscholarsacademy.org> for further information.

**University of Chicago Child Development Center, Drexel.** 5610 S. Drexel Ave. 773-256-0000. This center is run by Bright Horizons, and serves children 6 weeks-5 years. It is conveniently located for university and hospital employees. A discount is offered for UChicago families. [www.child-care-preschool.brighthorizons.com/IL/Chicago/uchicagodrexel/](http://www.child-care-preschool.brighthorizons.com/IL/Chicago/uchicagodrexel/)

**University of Chicago Child Development Center, Stony Island.** 5824 S. Stony Island Blvd. 773-947-2570. Also run by Bright Horizons, the beautiful new green building is right next to the new Laboratory School Elementary location. UChicago discount available.

**A Whizz Kids Preschool.** 2600 E. 83<sup>rd</sup> St. 773-768-0880. The school serves children aged 6 weeks through Kindergarten, and costs \$150-200/week.

## **CHILD CARE REFERRAL SERVICES**

**Action for Children.** 312-823-1100 [www.actforchildren.org](http://www.actforchildren.org). Action for Children provides a child care resource and referral service that offers unique support for working parents. A database helps parents explore child care options for children from 6 weeks to 12 years old. Action for Children also provides information about child care assistance programs and child care tax credits.

**Alternative Schools Network.** [www.asnchicago.org](http://www.asnchicago.org) Provides a directory of pre-school through high school schools and educational programs.

**Baby Ph.D.** [www.babyphd.com](http://www.babyphd.com) or [info@babyphd.com](mailto:info@babyphd.com) Offers assistance with navigating local childcare options and holds monthly meetings with home-based childcare providers present.

**Sittercity.com** is America's largest, most easily accessible database for babysitters and nannies. The website offers 100,000 caregivers for 20 major markets.

**Childcarecenter.us** currently provides a total of 119,348 licensed childcare centers and 157,105 home daycare providers. Find providers in your zip code; or use the map below to browse by state, county, city, etc.

***Sunshine Illinois Accountability Project*** can be found at: [www.sunshine.illinois.gov](http://www.sunshine.illinois.gov) and provides information by zip codes. This site contains licensing compliance information on current State licensed Day Care Providers.

## **PRIVATE SCHOOLS, PreK-12**

***Akiba Schecter Jewish Day School.*** 5235 South Cornell. 773-493-8880. [www.akibaschechter.org](http://www.akibaschechter.org) This private school educates children from pre-school through eighth grade. Pre-school and kindergarten are play-based, and are open to children of any faith.

***The Ancona School.*** 4770 S. Dorchester Ave. 773-924-2356. [www.anconaschool.org](http://www.anconaschool.org) Ancona is an independent Montessori school that serves children from pre-school through eighth grade.

***Cambridge School of Chicago*** 1014 E. 47<sup>th</sup> Street. (in St. Ambrose Church) 773-924-1200. [www.cambridgechicago.com](http://www.cambridgechicago.com) The Cambridge School offers a faith-based, classical education, including approaches developed in home schooling, classical education, core knowledge, and holistic experience-based classrooms. Cambridge School serves children from pre-k through 6th grade.

***Chicago Free School,*** 5480 S Kenwood Ave, 312-375-3673. [www.chicagofreeschool.org](http://www.chicagofreeschool.org) The Chicago Free School is a democratic community of learners where students make choices to author their own educations. The philosophy believes learning should be hands-on, exploratory, and connected to the wider world. They serve children from age 3 through 8th grade and offer sliding-scale tuition.

***Chicago Jewish Day School (CJDS).*** 5959 N Sheridan Road. 773-271-2700. [www.chicagojewishdayschool.org](http://www.chicagojewishdayschool.org) CJDS is a multid denominational Jewish day school located in the Edgewater neighborhood on the north side of the city for children from Junior Kindergarten to 8th grade.

***Council Oak School Montessori.*** 11030 South Longwood Drive. 773-779-7606. [www.CouncilOakMontessori.org](http://www.CouncilOakMontessori.org) Council Oak is an independent Montessori school that serves children from pre-school through eighth grade.

**Francis W. Parker.** 330 West Webster Avenue. 773-353-3000. [www.fwparker.org](http://www.fwparker.org)  
Parker offers a “compelling educational experience, encompassing the intellectual, emotional, social, physical and moral development of the individual student in the context of community life” to children from junior kindergarten through twelfth.

**Henry Booth Bernard Center/Near South Head Start.** 2929 S. Wabash Ave. 312-791-0424. Provides pre-school and school readiness for children 3-5 years old.

**Hyde Park Day School.** 6254 S. Ellis Ave. 773-420-2550. [www.hydeparkday.org](http://www.hydeparkday.org)  
Since January 2000, the full day school program has offered a specialized, educational curriculum for students, ages 6-15, with moderate to severe learning disabilities and who have average to above average intelligence. They just opened a beautiful, expanded building on 63<sup>rd</sup> street.

**K.A.M. Isaiah Nursery School.** 5039 S. Greenwood Avenue. 773-924-1234.  
[www.kamii.org/study](http://www.kamii.org/study) A private school which offers a preschool program for children between the ages of 3 through 5. There are three day and five day morning programs and a parent/toddler group 2 days a week which provide a nurturing and stimulating program designed to enhance emotional, intellectual, social, and physical development to a diverse population that is not limited to Jewish children.

**K.A.M. Isaiah Religious School.** 5039 S. Greenwood Ave. KAM also offers a school program for children from kindergarten through tenth grade. Speak to Sarah Cort, [scort@kamii.org](mailto:scort@kamii.org) for further information on admissions.

**Latin School of Chicago.** 59 West North Boulevard. 312-582-6000.  
[www.latinschool.org](http://www.latinschool.org) Latin is co-educational private school that encourages students to love to learn, try their hardest, develop relationships and find balance in their lives. Latin serves children from junior kindergarten through twelfth grade.

**Morgan Park Academy.** 2153 West 111th Street. 773-881-6700.  
[www.morganparkacademy.org](http://www.morganparkacademy.org) Morgan Park Academy encourages its students to lead lives of purpose, to learn to work hard, to strive for excellence, and to appreciate the diversity that exists in this world. Morgan Park Academy serves children from grades pre k-12.

**Near North Montessori School.** 1434 West Division Street. 773-384-1434.  
[www.nnms.org](http://www.nnms.org) Near North Montessori is an independent Montessori school that serves children from pre-school through eighth grade. Additional programs include before and after school as well as a camp the summer.

**Old St Mary's School.** 1532 South Michigan Avenue. 312-386-1560.  
[www.osmschool.com](http://www.osmschool.com) Old St. Mary's is a parochial school that serves children from pre-k through first grade.



**St Philip Neri School.** 2110 East 72nd Street. 773-288-1138  
[www.spnschoolchicago.org](http://www.spnschoolchicago.org) St. Philip Neri is a parochial schools that serves children from pre-school through eighth grade.

**St. Thomas the Apostle School.** 5467 S. Woodlawn Avenue. 773-677-1142.  
[www.stapostleschool.com](http://www.stapostleschool.com) St. Thomas the Apostle is a parochial school that serves children from pre-kindergarten through eighth grade. Additionally, before and after school programs are offered.

**South Shore Fine Arts.** 1415 E. 70<sup>th</sup> St. 773-535-8340. [www.southshorefinearts.org](http://www.southshorefinearts.org)  
A private school that offers a curriculum focused on fine arts, physical development and the pursuit of academics to children from pre-school to primary grades.

**University of Chicago Laboratory Schools.** 1362 E. 59<sup>th</sup> Street. (Historic Campus for older grades) and 5800 South Stony Island Ave. (New campus for younger children.) 773-702-9450. [www.ucls.uchicago.edu](http://www.ucls.uchicago.edu) The Laboratory Schools offer a rigorous academic program that focuses on character development and the development of critical thinking skills. The Laboratory School serves children from nursery through twelfth grade.

## **PUBLIC SCHOOLS, PreK -12**

***Children are initially registered in their neighborhood school, based on home address. However, it is also possible to apply for admission to other schools. Some slots are offered based on applications and student test scores, and others are on a lottery system.***

**Chicago Public Schools (C.P.S.)** Search the on-line directory to find a school of interest. [www.oism.cps.k12.il.us/elementarydirectory.shtml](http://www.oism.cps.k12.il.us/elementarydirectory.shtml) This site shows neighborhood school boundaries, and also has links to school “report cards” which give student demographics, test scores, and parent survey results. Some limited charter school information is also available.

### **Chicago Public Schools Pre-school Programs.**

[Cps.edu/schools/preschools/pages/preschools.aspx](http://Cps.edu/schools/preschools/pages/preschools.aspx)

Information about both free pre-school and fee-based programs in the public school system.

**CPS Office of Academic Enhancement** <http://selectiveenrollment.org/> 773-553-2060. This site explains admission process for CPS magnet, charter, gifted or selective enrollment schools. You also use their online application for any school other than your neighborhood school.

## **CULTURAL ACTIVITIES and ORGANIZATIONS**

**57<sup>th</sup> Street Books.** 1301 East 57<sup>th</sup> Street. 773/684-1300. [www.semcoop.indiebound.com](http://www.semcoop.indiebound.com)  
Free story time every Wednesday at 10:30am. In addition to regular storytime, check in-store signs and website for information on weekend story time and author events.

**Bessie Coleman Branch Library.** 731 E. 63<sup>rd</sup> Street. 312-747-7760

**Beverly Arts Center.** 2407 W. 111th Street. 773-445-3838. [www.beverlyartcenter.org](http://www.beverlyartcenter.org) This center has exhibits and classes in arts, computers, music, theatre and dance for children ages 3 years old and up.

**The Blackstone Branch Library.** 4904 S. Lake Park Avenue. 312-747-0511.  
[friendsofblackstone.wordpress.com](http://friendsofblackstone.wordpress.com) Beginning in the fall, there's toddler story time Thursdays at 10:30 am; preschool story time, Tuesdays 10:30, and Weds family story night 3-6. Check website for other special events.

**Chicago Children's Choir/Hyde Park Neighborhood Choir.** Meets at First Unitarian Church, 5650 South Woodlawn Avenue. 312-849-8300 ext. 22. [www.ccchoir.org](http://www.ccchoir.org) The choir includes children ages 8 to 16 years of age and performs around the city and region. Contact [mstone@cchoir.org](mailto:mstone@cchoir.org) or [donnawattscchoir@hotmail.com](mailto:donnawattscchoir@hotmail.com).

**ETA Creative Arts.** 7558 S. South Chicago Avenue. 773-752-3955. [www.etacreativearts.org](http://www.etacreativearts.org)  
ETA's mission statement: "ETA seeks to be a major cultural resource institution for the preservation, perpetuation, and promulgation of the African American aesthetic in the City of Chicago, the state of Illinois, and the Nation." ETA has adult classes, a Youth Performance workshop, school partnerships, and school and classroom based programs.

**Experimental Station.** 6100 S. Blackstone. 773-241-6044. [www.experimentalstation.org](http://www.experimentalstation.org)  
The Experimental Station is "working to build independent cultural infrastructure on the South Side by fostering a dynamic ecology of innovative educational and cultural programs, small business enterprises and community initiatives." They host occasional cultural events and house Blackstone Bicycle Works and a farmer's market.

**Global Explorers.** 4437 N Maplewood. [www.globalexplorerskids.org](http://www.globalexplorerskids.org) 773-491-2723.  
Global Explorers is dedicated to providing children with the opportunity to explore the diversity of the world's peoples through classes and workshops, family field trips and events brought to your school or facility.

**Hyde Park Art Center.** 5020 S. Cornell. 773-324-5520. [www.hydeparkart.org](http://www.hydeparkart.org) In addition to housing several art exhibits, Hyde Park Art Center offers creative arts and media classes for preschool through teenage children (and many for adults, as well.) Classes include origami, clay, stenciling, drawing and photography. HYAC also sponsors free "Second Sunday" family art days several times per year—check website for dates.

**Hyde Park School of Ballet.** 5650 S. Woodlawn Avenue. 773-493-8498. [www.hydeparkschoolofballet.org](http://www.hydeparkschoolofballet.org) Creative movement classes for 3 year olds, pre-ballet classes for 4 to 6 year olds and ballet instruction for ages 7 and up (and for grown-ups, too!) Non-ballet classes are also available.

**Hyde Park Suzuki Institute.** 5500 S. Woodlawn Ave. (Augustana Church.) 773-643-1388. [www.hydeparksuzuki.org](http://www.hydeparksuzuki.org) Musical instruction for children in the violin, viola, cello, piano and guitar beginning at age 3. Offers “Twinkle Stars” introductory music and movement classes for children 2-5.

**Hyde Park Youth Symphony.** 5600 S. Woodlawn Avenue. (Hyde Park Union Church.) 773-562-2369. [www.hpys.org](http://www.hpys.org) Community-based organization providing a high quality arts experience to children on the south side of Chicago. Also provides music programs and performances for elementary students. Email Joyce Norman at [gm@hpys.org](mailto:gm@hpys.org) for further information.

**Kid's Table.** 2337 W. North Avenue. 773-235-COOK (773-235-2665). [www.kids-table.com](http://www.kids-table.com) Offers cooking classes for parents, kids and teens, birthday parties and a retail store.

**Language Stars.** 2105 N. Southport (main office) 1-866-55-STARS. [www.languagestars.com](http://www.languagestars.com) Language Stars has classes throughout Chicago offering fun foreign language immersion programs in French, German, Spanish, Chinese and Italian. Their center at 5500 Woodlawn Ave, (in Augustana Lutheran Church), currently offers Spanish and French. For details, email [hydepark@languagestars.com](mailto:hydepark@languagestars.com).

**Little Black Pearl.** 1060 E. 47<sup>th</sup> Street. 773-285-1211. [www.blackpearl.org](http://www.blackpearl.org) The mission of Little Black Pearl is to create opportunities for youth and adults to deepen their creative involvement through the arts, cultivate their entrepreneurial skills and use the arts as a means for economic empowerment and community transformation. Offers youth and adult classes.

**Logan Center.** 915 E. 60<sup>th</sup> Street. 773-702-2787. The beautiful new Reva & David Logan Center for the Arts is a hub for a wide variety of arts programming, by both UC and the wider community. There are many performances and activities for families—some free. Check [www.arts.uchicago.edu](http://www.arts.uchicago.edu) frequently for current offerings.

**M.A.D.D. Rhythms Inc. (Making a Difference with Dance)** 773-604-1899. [www.maddrhythms.com](http://www.maddrhythms.com) MADD offers tap dancing classes for adults and children at their new home in the Harold Washington Cultural Center in Bronzeville, and at Big City Swing in the Near Westside neighborhood. MADD’s teen and adult dance troupes perform throughout Chicago; see their website for dates and locations.

**Marsha's Music Together.** 5480 S. Kenwood Ave. (Hyde Park Neighborhood Club) 773/288-3815. [marsha@marshasmusic.com](mailto:marsha@marshasmusic.com). Marsha's Music Together provides music education for children (from birth to elementary age). Check their website <http://marshasmusic.yourvirtuoso.com> for tuition prices and class times.

**Merit School of Music.** 38 South Peoria Street. 312-786-9428. [www.meritmusic.org](http://www.meritmusic.org) Offers music instruction to youth and removes economic barriers that might otherwise prevent children from participating in music.

**Mayfair Academy of Fine Arts.** 8701 S. Bennett Ave 773-768-8701.  
[www.mayfairacademy.net](http://www.mayfairacademy.net) School for the performing arts and music established in 1959.  
Dance classes for children.

**Music Teachers of Hyde Park.** [www.mthp.org](http://www.mthp.org) provides a listing of music teachers offering private music lessons.

**Muntu Dance Theatre Chicago.** 7127 S. Ellis Ave. 773-241-6080. [www.muntu.com](http://www.muntu.com) The Chicago-based Muntu Dance Theatre performs authentic and progressive interpretations of contemporary and ancient African and African-American dance, music, and folklore. The Muntu Dance Theatre Chicago also offers various classes and workshops.

**Old Town School of Music.** Locations at 4544 North Lincoln Avenue and 909 West Armitage. 773-728-6000. [www.oldtownschool.org](http://www.oldtownschool.org) Offers a variety of classes for adults and children in music, dance, theatre and other areas. The “Wiggleworms” class is a particular favorite for very young children.

**Rockefeller Memorial Chapel,** 5850 S. Woodlawn. 773-702-2100.  
[www.rockefeller.uchicago.edu/](http://www.rockefeller.uchicago.edu/) In addition to Sunday services and regular meditation classes, the Chapel presents many free concerts and series featuring their choir, organ and carillon (bells.) Intrepid explorers can even climb the bell tower and sit with the Carillon player for their daily noon concerts.

**Russell Talbert Dance Studio.** 125 E. 26th Street. 773-485-5868. [www.rtdancestudio.org](http://www.rtdancestudio.org)  
The Center offers instruction in multiple forms of dance to students ages 5 through adult.

**61<sup>st</sup> Street Farmer’s Market.** 61<sup>st</sup> street, from Dorchester to Blackstone. Saturdays, May-Dec., 9-2. This flourishing farmer’s market also features family activities, music and chef demonstrations. Visit [www.experimentalstation.org/farmers-market](http://www.experimentalstation.org/farmers-market) for schedule. LINK cards are accepted, and purchases are matched up to \$25.

**South Shore Cultural Center.** 7059 South Shore Drive. 773-256-0149. The South Shore Cultural Center offers programs for youth, professional performances, exhibits, educational and cultural activities for the community. Classes for youth and adults. There’s a beach, golf and tennis courts, a pool and gardens on the grounds.

## **MUSEUMS**

***Chicago’s many museums are a great educational and recreational activity for families. However, admission can be expensive (free museums are noted.) If you will be using a museum frequently, you may want to consider purchasing a membership as a cost-saving measure. Many museums also offer discounts for educators, and free or reduced price days, so check their websites or ask. The Chicago Public Library has a program called “Museum Passports” that lets you borrow a free admission pass for 4 to a museum. These passes are very popular, so speak to the librarian about when you have the best chance of getting the museum of your choice.***

**Adler Planetarium and Astronomy Museum.** 1300 S. Lake Shore Drive. 312-922-STAR. [www.adlerplanetarium.org](http://www.adlerplanetarium.org)

**Art Institute of Chicago.** 111 S. Michigan Ave. 312-443-3600. [www.artic.edu](http://www.artic.edu) The art institute has many activities for children of various ages, and children's admission (up to age 14) is always free with a paying adult.

**Bronzeville Children's Museum.** 9301 S. Stony Island Blvd. 773-721-9301. [www.bronzevillechildrensmuseum.com](http://www.bronzevillechildrensmuseum.com) The first and only African American children's museum in the country.

**Brookfield Zoo.** 1<sup>st</sup> Ave. And 31<sup>st</sup> Street, Brookfield, IL. 708-688-8000. [www.brookfieldzoo.org](http://www.brookfieldzoo.org)

**Center Space Gallery at Gallery 37.** 66 E. Randolph. 773-534-8624. [www.37advanced.org](http://www.37advanced.org) Admission is free, and they have arts education for high-schoolers.

**Chicago ArchiCenter.** 224 S. Michigan Ave. 312-922-3432. [www.architecture.org](http://www.architecture.org) Admission is free. The ArchiCenter also offers paid architectural tours by bus, boat and foot.

**Chicago Children's Museum.** 700E. Grand Ave. 312-527-1000. This large children's museum is in Navy Pier, which also houses a treasure trove of fun activities [www.chicagochildrensmuseum.org](http://www.chicagochildrensmuseum.org)

**Chicago Cultural Center.** 78 E. Washington St. 312-744-6630. [www.chicagoculturalcenter.org](http://www.chicagoculturalcenter.org) Admission is free. Various art exhibits and free performances are held here.

**Chicago History Museum.** 1601 N. Clark St. 312-642-4600. [www.chicagohistory.org](http://www.chicagohistory.org) Admission is free for kids under 12.

**City Gallery at the Historic Water Tower.** 806 N. Michigan Ave. [www.cityofchicago.org](http://www.cityofchicago.org) Free museum and self-guided tour.

**DuSable Museum of African American History.** 740 E. 56th Place. 773-947-0600. [www.dusablemuseum.org](http://www.dusablemuseum.org) The only major independent institution in Chicago established to preserve and interpret the historical experiences and achievements of African Americans. Kids 5 and under are free, and it's free for everyone on Sundays.

**Field Museum.** 1400 S. Lake Shore Drive. 312-922-9410. [www.fieldmuseum.org](http://www.fieldmuseum.org) The museum offers a variety of family programming.

**Frank Lloyd Wright Robie House.** 5757 S. Woodlawn Avenue. [www.gowright.org](http://www.gowright.org) Tickets can be bought for tours, or for various inexpensive family events.

**Garfield Park Conservatory.** 300 N. Central Park Ave. 312-746-5100. [www.garfield-conservatory.org](http://www.garfield-conservatory.org) Admission is free. Check website for special events.

**Glessner and Clarke House Museum.** [www.glessnerhouse.org](http://www.glessnerhouse.org) The city's oldest surviving building located in Chicago's Women's Park and Gardens.

**Hull House Museum.** 800 S. Halsted Street. 312-413-5353. [www.hullhousemuseum.org](http://www.hullhousemuseum.org)  
Teaches kids Chicago history, and how one person can make a difference. Admission is a suggested donation.

**Illinois Holocaust Museum.** 9603 Woods Dr. Skokie, IL. 847-967-4800.  
[www.ilholocaustmuseum.org](http://www.ilholocaustmuseum.org)

**Lincoln Park Zoo.** 2001 N. Clark St. 312-742-2000. [www.lpzoo.com](http://www.lpzoo.com) Admission is free, but there is a parking charge.

**National Museum of Mexican Art.** 1852 W. 19th Street. 312-738-1503.  
[www.nationalmuseumofmexicanart.org](http://www.nationalmuseumofmexicanart.org) The National Museum of Mexican Art is the nation's largest Latino arts institute. Admission is free.

**Museum of Science and Industry.** 57th and Lake Shore Drive. 773-684-1414.  
[www.msichicago.org](http://www.msichicago.org). There are live science demos throughout the museum, and young children can happily spend many hours in the downstairs Idea Center.

**Museum of Contemporary Art.** 220 E. Chicago Ave. 312-280-2660. [www.mcachicago.org](http://www.mcachicago.org)  
Kids 12 and under visit free, and it's free for everyone on Tuesdays.

**Oriental Institute.** 1155 E. 58<sup>th</sup> Street. 773-702-9514. [www.oi.uchicago.edu](http://www.oi.uchicago.edu) The museum offers special family events. A schedule can be found on the website. Additionally, the museum offers self-guided activities for families. The Family Activity Card directs parents and children to search for and then make discoveries about specific artifacts on view in the museum. Admission is a suggested donation.

**Peggy Notebaert Nature Museum.** 2430 N. Cannon Drive. 773-755-5100.  
[www.naturemuseum.org](http://www.naturemuseum.org)

**Pullman Historical District & Visitor Center.** 112 Street and Cottage Grove. 773-795-8901.  
[www.pullmanil.org](http://www.pullmanil.org) Houses historical artifacts from tycoon George Pullman's home and model town.

**Smart Museum of Art.** 5550 S. Greenwood. 773-702-0200.  
[www.smartmuseum.uchicago.edu](http://www.smartmuseum.uchicago.edu) The Smart Museum of Art is a small museum with frequently changing exhibits. They offer a fun gallery guide activity, summer art days, and occasional family events during the school year. Check out the SmartKids link on their site for additional activities. Admission is free.

**Shedd Aquarium.** 1200 S. Lake Shore Drive. 312-939-2438. [www.sheddaquarium.org](http://www.sheddaquarium.org)

**Spertus Museum.** 618 S. Michigan Ave. 312-322-1700. [www.spertus.edu](http://www.spertus.edu) Explores Jewish learning and culture. Admission is free.

**Swedish American Museum and Children's Museum of Immigration.** 5211 N. Clark Street. 773-728-8111. [www.samac.org](http://www.samac.org) The Children's Museum of Immigration is an interactive, hands-on museum for children ages 3-12.

## **SPORTS AND RECREATION** *(includes after school programs)*

**@artifice** 6450 S. Stony Island Ave. [artificechicago@gmail.com](mailto:artificechicago@gmail.com) UChicago grad students and staff created this a community tech center in the Woodlawn neighborhood that teaches youth 10 and up how to create websites, make video games, build robots, repair computers, and more. The center is open Monday through Thursday from 3:30 to 6 PM, and 11 AM to 3 PM on Saturdays. Fees are on a sliding scale, and the program is entirely free for most kids.

**AYSO Soccer, Region 751.** [www.ayso751.org](http://www.ayso751.org) This league offers soccer practices and games in Hyde Park for children ages 4 and up.

**LA Fitness.** 1301 E. 47<sup>th</sup> St. 773-924-9889, and 5235 S Harper Ave (773) 358-4228. [www.lafitness.com](http://www.lafitness.com) Now there are 2 LA Fitness Centers in the Hyde Park Area. Memberships include access to classes, pool and tennis courts, and allow you to visit other LA Fitness sites around the city. Childcare is available while you work out, for an extra fee.

**Chicago Park District.** [www.chicagoparkdistrict.com](http://www.chicagoparkdistrict.com) Chicago has one of the largest Public Parks systems in the country. They offer a huge array of summer camps and low-cost classes in a variety of areas, as well as many free family events. Check their website for park locations and information about classes and special programs. Seasonal offerings include a pool with a water slide at the Washington Park location, and a skating rink on the Midway.

**Chicago Youth Lacrosse.** 773-529-2498. [www.chicagoyouthlacrosse.com](http://www.chicagoyouthlacrosse.com) CYL offers clinics, camps and seasonal programs for boys and girls, grades K-H.S. All skill levels are welcome. CYL recently began programs in Hyde Park.

**Children's Rendezvous.** 5039 S. Greenwood Avenue. 773-924-2832. [www.crv-hydepark.com](http://www.crv-hydepark.com) Offers before and after school care as well as care on days off from school.

**Enso Yoga and Martial Arts Studio.** 412 S. Wells. 312-427-3676. [www.ensostudio.com](http://www.ensostudio.com) Yoga and martial arts instruction for children as young as 4. Or you can try their family class, and learn along with your child!

**Fitzgerald's Martial Arts.** 1742 E. 55th Street. 773-643-5648. [www.fitzgeraldsmartialarts.com](http://www.fitzgeraldsmartialarts.com) Offers instruction in martial arts/Tang Soo Do.

**Future World Learning Centers.** 1744 E. 55th Street. 773-256-1570. [www.fwkids.org](http://www.fwkids.org) After-school program and summer camp for school-aged children.

**Gymboree.** 600 W. Roosevelt Road, 2nd Floor. 312-834-0000. [www.gymboreeclases.com](http://www.gymboreeclases.com) Play, music and art classes for children.

**Hyde Park Jewish Community Center (JCC).** 5200 S. Hyde Park Blvd. 773-753-3080. [www.gojcc.org](http://www.gojcc.org) Serves more than 33,000 individuals and families through its parent/child classes, enrichment and vacation day programs, summer camp, sports and recreation leagues, adult classes and family events.

**Hyde Park/Kenwood Baseball.** [www.hpkleaders.org](http://www.hpkleaders.org) This league offers T-Ball, Pee Wee and Little League for boys and girls.

**Hyde Park Neighborhood Club.** 5480 S. Kenwood. 773-643-4062. <http://www.hpclub.org> Provides recreational and extra-curricular programs for toddlers through teens, including a tot-lot, before and after school care, summer camps, music and dance lessons, and sports instruction.

**Ivy Garden After School Center, LLC.** 625 W 31<sup>st</sup> Street. 312-225-0707. After school programs for children 6-14 years old.

**Lil' Kickers.** 877-545-5457. [www.lilkickers.com](http://www.lilkickers.com) Lil' Kickers is a year round non-competitive, introductory soccer and movement skills program for boys and girls ages 18 months to 9 years old. Offers programs at the Hyde Park Neighborhood Club for the Hyde Park community.

**METROsquash** 6100 S. Cottage Grove Ave., 773/241-5150. [www.metrosquash.org](http://www.metrosquash.org) METROsquash uses the sport of squash as a hook to engage 5<sup>th</sup>-12<sup>th</sup> grade students using the combination of squash and academic instruction along with mentoring, cultural enrichment, and community service to help students put their best foot forward. They meet at least three days a week after school with one-on-one mentoring and weekend activities. The program is free. Come visit their beautiful new building.

**Millennium Park.** 201 E. Randolph St. 312-742-2963. [www.millenniumpark.org](http://www.millenniumpark.org) Along with public art exhibits and extensive gardens, Millennium Park offers free concerts and family programs, especially in the summer months. Playing in the fountain is also a kid-pleaser.

**South Side YMCA.** 6330 Stony Island Avenue. 773-947-0700. [www.ymcachicago.org/southside](http://www.ymcachicago.org/southside) YMCA programs include child care, preschool, Sears Family Nights, a summer day camp, youth swim lessons and sports programs for kids. The YMCA also has an indoor pool, family swim time and mini-golf course. They offer a membership discount for university families.

**University of Chicago Swim School.** Ratners Athletic Center, 5530 S. Ellis. 773-702-4657. [www.athletics.uchicago.edu/aquatics/aquatics-swimschool.htm](http://www.athletics.uchicago.edu/aquatics/aquatics-swimschool.htm) Swimming instruction offered by the University of Chicago Swim Team coaches and members of the Men's and Women's Varsity Swimming Teams. \$75/child. Ages 3 through adult.

## **RESOURCES FOR EXPECTANT PARENTS**

**University of Chicago Hospitals.** 773-702-9200. [www.uchospitals.edu](http://www.uchospitals.edu) Special classes for expectant families are offered at the University of Chicago Hospitals. Early registration is recommended, and advance payment is required for classes requiring tuition. Classes include Lamaze, labor prep, infant care, breastfeeding and a birth room tours.

**Swedish Covenant Hospitals.** 5145 N. California Ave. 773-989-6200. Swedish Covenant offers a family birthing center, midwives, and childbirth classes. [www.schosp.org](http://www.schosp.org)



***Birthways-Labor Support and Postpartum Doula Services.*** 3717 N. Ravenswood. 888-506-0607. [www.birthwaysinc.com](http://www.birthwaysinc.com) This is Chicago's oldest and largest community of labor support and postpartum doulas. Services include childbirth education, breastfeeding support, parenting support and classes for expectant parents. Birthways has a new Parent Resource Center that offers classes on a variety of topics including infant sign language and cloth diapering.

***Rush University Medical Center.*** 1650 W. Harrison. 312-942-2336. [www.rush.edu](http://www.rush.edu) Resources at Rush include birth center tours, breastfeeding classes, cesarean birth classes, childbirth education, infant/child CPR classes, prenatal classes and therapeutic massage.

***Northwestern Memorial Hospital & Prentice Women's Hospital.*** 251 E. Huron. 877-926-4664. [www.nmh.org](http://www.nmh.org) Resources include new mom support groups and a variety of classes.

## **PARENT GROUPS AND RESOURCES**

***Fussy Baby Network.*** <http://www.erikson.edu/fussybaby/> Hotline: 888-431-BABY (2229). This network, run by the Erikson Institute, offers parents of fussy babies assistance and support through the hotline, clinics at the University of Chicago Children's Hospital, home visits and parent support groups.

***Chicago Kids.com*** This website has an exhaustive list of family friendly activities going on in the city, along with some good discount deals. You can sign up for their newsletter.

***Hyde Park Parent Support Network.*** [www.hydeparkpsn.org](http://www.hydeparkpsn.org) Parent Support Network (PSN) is a volunteer-run organization for parents of babies and young children from Hyde Park and surrounding neighborhoods. PSN offers a playroom in the First Unitarian Church at 5650 S. Woodlawn. The group's message board provides a forum for asking parenting questions, sharing child-related information, and exchanging baby items. Examples of past PSN activities include holiday parties, weekly art projects, a field trip to a local fire station, and a monthly book club. There's a sliding scale for membership dues.

***Kids In Danger.*** [www.kidsindanger.org](http://www.kidsindanger.org) This local organization tracks child product recalls, distributes information on unsafe products (including those 'hand me downs' that may have been recalled but the information about them is no longer up.) It was founded by two GSB faculty members.

***MOCHA.*** [www.mochallergies.org](http://www.mochallergies.org) Mothers of Children Having Allergies is a group of parents of children with food allergies, sharing information, and supporting each other.

***Mocha Moms.*** Mocha Moms is a support group for stay-at-home mothers of color. For information, visit their website at [www.mochamoms.org](http://www.mochamoms.org)

***Smart Love Parenting.*** 800 W. Buena Ave. 773-665-8052. [www.smartloveparent.org](http://www.smartloveparent.org). Offers counseling, parent education seminars, courses in child development, parent support groups and publications on infants/toddlers, school-age children, and preteens and teens.

**Student Parent Group.** Registered Student Organization sponsored by UChicagoGRAD supports students and their families. Join the student parent listserv <https://lists.uchicago.edu/web/info/studentparents>

**The University of Chicago Family Resource Center.** 773-795-5437. 950 E. 61st Street, 1st Floor [http://grad.uchicago.edu/life\\_community/student\\_parents/family\\_resource\\_center/](http://grad.uchicago.edu/life_community/student_parents/family_resource_center/) The Center is administered by UChicago Grad. A drop-in Center is open from 9 am to 5 pm weekdays during the academic year, and 10-4 Saturday. The FRC welcomes graduate student parents affiliated with the University of Chicago, as well as faculty, staff and alumni families. The Center's mission is to create a welcoming space where families from the university community can access resources, information and supportive programming and services. FRC offers a spacious playroom and many free or low-cost classes and activities. There is a membership fee for employees and alumni; students and post docs join for free. For more information or to register your family for activities, playgroups and classes, contact Lizanne Phalen at [lizannep@uchicago.edu](mailto:lizannep@uchicago.edu).

## **EDUCATION RESOURCES**

**ACLS Medical Training – Safety Resource.** Use this website as a resource for learning how to best protect your children and keep them safe. <https://www.aclsmedicaltraining.com/parent-new-medical-profession>.

**Chicago Public Library.** [www.chipublib.org](http://www.chipublib.org) Use this site to find library branches and activities, but also to find the location and request particular publications, and even to view primary source documents online.

**Hyde Park-Kenwood Community Conference Schools and Education Committee.** [www.hydepark.org](http://www.hydepark.org) The Committee is heavily involved with promoting, growing and helping Local School Councils (LSC). The general HYKCC newsletter is also a good source of information about community events.

**Hyde Park Historical Society.** 5529 S. Lake Park Ave. 773-493-1893. [www.hydeparkhistory.org](http://www.hydeparkhistory.org) The historical society has weekend visiting hours, and access to their archives. They also have a newsletter, and host several talks and events. They are happy to help older children with history papers, and even sponsor some contests and a scholarship.

**LMAIS (Lake Michigan Association of Independent Schools)** [www.lmais.org](http://www.lmais.org) Many of the Chicago area independent schools are a part of this organization. The website provides information about these schools.

**Kumon.** 1525 E. 55<sup>th</sup> Street, Ste. 202. [www.kumon.com](http://www.kumon.com) Kumon offers after school reading and math programs to help children master fundamental skills. Call or email [eahme1@ikumon.com](mailto:eahme1@ikumon.com) 773-955-7010 to set up an appointment.

**Planet Esme.** [www.planetesme.com](http://www.planetesme.com) This website offers book recommendations and advice on encouraging reading. They also sponsor occasional author events at their Northside location. Creator Esme Codell is an educator and author of “Educating Esme” and “How to Get

Your Child to Love Reading.”

**Ridge Historical Society Museum.** 10621 S. Seeley Ave. 773-881-1675  
[www.ridgehistoricalsociety.org](http://www.ridgehistoricalsociety.org) Preserves and promotes the history of the Chicago neighborhoods of Beverly Hills, Morgan Park and Washington Heights with talks and special events.

## **TRANSPORTATION**

**Note:** *There is almost always a taxi available at the cab stand at 58<sup>th</sup> and Maryland (near the DCAM).*

**Checker Cab.** 312-CHECKER or online [www.checkertaxichicago.com](http://www.checkertaxichicago.com)

**Yellow Cab.** 312-TAXICAB (829-4222) or book online at [www.yellowcabchicago.com](http://www.yellowcabchicago.com)

**AMTRAK.** 800-USA-RAIL. 225 S. Canal St. [www.amtrak.com](http://www.amtrak.com) Kids under 12 are half price with adult fare.

**Car-Share Programs.** If you only need to drive once in a while, consider signing up for a car sharing program. There are many locations in and around Hyde Park. Zip Car ([www.zipcar.com/uofc](http://www.zipcar.com/uofc)) and Igo ([www.enterprisecarshare.com/uchicago](http://www.enterprisecarshare.com/uchicago)) both give special discounts to Uchicago community.

**Greyhound Bus.** 312-408-5821. 630 W. Harrison St. [www.greyhound.com](http://www.greyhound.com)

**Metra.** [www.metrarail.com](http://www.metrarail.com) Metra runs several commuter train lines. Metra Electric goes to the loop. Children under 12 are free on weekends and holidays, and otherwise half price.

**Omega Airport Shuttle.** 773-734-6688. [www.omegashuttle.com](http://www.omegashuttle.com) This is a shuttle that picks up in Hyde Park and travels to the airports. You can now book a trip online. Note travel times to airport.

**RTA Trip planner** [tripsweb.rta.chicago.com](http://tripsweb.rta.chicago.com) This is a very useful site that allows you to plan a trip using Metra, CTA and PACE busses and trains. Or you could call for help at (312) 836-7000

**University of Chicago Bus Routes.** [www.safety-security.uchicago.edu/transportation/](http://www.safety-security.uchicago.edu/transportation/) CTA bus routes 171, 170 and 172 are free to anyone with University ID, as is rte 192 to the loop. There is also a free Hospital Shuttle Service that goes south to remote parking lots, and a Nightride shuttle after 5. Check website for routes and schedules.

## **HEALTH CARE**

**ACCESS Booker Family Health Center.** 654 E. 47th Street. 773-624-4800.

**Anne & Robert H. Lurie Children's Hospital. 225 E. Chicago Ave. 800-543-7362.**  
[www.luriechildrens.org](http://www.luriechildrens.org)

**Comer Children's Hospital at the U of C.** 5721 S. Maryland Avenue. 773-702-1000 or 888-824-0200. [www.uchicagokids.hospital.org](http://www.uchicagokids.hospital.org) Offers many pediatric specialties, including emergency care for kids up to age 17 (entrance to ER is at 5730 S. Drexel Ave.)

**Friend Family Health Center (University of Chicago Hospital).** 800 East 55<sup>th</sup> Street. 773-702-0660. [www.friendfhc.org](http://www.friendfhc.org)

**La Rabida Children's Hospital.** 6501 S. Promontory Drive. 773-363-6700.  
[www.larabida.org](http://www.larabida.org) This hospital focuses on treating children with chronic conditions.

**Mercy Hospital and Medical Center.** 2525 South Michigan Ave. 312-567-2000.  
[www.mercy-chicago.org](http://www.mercy-chicago.org).

**Northwestern Memorial Hospital.** 251 E. Huron. 312-926-2000. [www.nmh.org](http://www.nmh.org)

**Planned Parenthood/Chicago Area.** [www.plannedparenthood.org](http://www.plannedparenthood.org) There are many clinics throughout the Chicago area; use the site to search by zip code. Planned Parenthood offers education, family planning, medical services and advocacy programs.

**Student Health Services (SHS).** 860 E. 59<sup>th</sup> St., Suite R100 (Goldblatt Pavillion Entrance.) 773-702-4156. [www.healthcare.uchicago.edu](http://www.healthcare.uchicago.edu) Student Health Services are located in the University of Chicago Medical Center and are designed to serve the health care needs of University of Chicago students. You will find medical staff and faculty who are dedicated to providing outstanding health care.

**University of Chicago Primary Care Group.** Duchussois Center for Advanced Medicine (DCAM), 5758 S. Maryland Ave., Ste. 3C 773-702-6840.

**Walgreens Take Care Clinic.** 1554 E. 55<sup>th</sup> St. 773-667-1177. [www.walgreens.com](http://www.walgreens.com) Clinics inside Walgreens stores offer basic kid's physicals and vaccinations at low cost, in addition of miscellaneous other basic medical services. Appointments are not necessary; see website for clinic hours.

## **MENTAL HEALTH and WELLNESS SERVICES**

***Fitness Classes at Ratner (Ratner Athletic Center Membership is free for students, and available to staff, faculty, families and alumni at various competitive rates.)***

- **Fit Chicago Classes**—a variety of group fitness classes, free for students at available for a small fee to other Athletic Center members; visit [athletics.uchicago.edu](http://athletics.uchicago.edu)
- **Introduction to Fitness**—throughout the quarter; overs safe and effective use of fitness equipment, and is free for members. Email Clare at [barryc@uchicago.edu](mailto:barryc@uchicago.edu)

***Mediation Practice***

- **20 Minutes Still**—Weekdays at 8 a.m.: 20 minute morning meditation at Rockefeller Chapel
- **Breathing Room**—Thursdays from 3-5 p.m. in Ida Noyes 034 (basement): quiet meditation space, with rotating stress management resources and light refreshments
- **Mindfulness**—4 week series introducing mindfulness meditation techniques; visit [wellness.uchicago.edu](http://wellness.uchicago.edu) or email Ginger Carr at [vcarr@uchicago.edu](mailto:vcarr@uchicago.edu) for schedule.

**Refresh Program**—7 week online program for undergraduates and graduate students; skills and support to achieve better quality sleep. Register at [wellness.uchicago.edu/refresh](http://wellness.uchicago.edu/refresh) or email Katie at [koconnell@uchicago.edu](mailto:koconnell@uchicago.edu)

**Student Counseling and Service (SCS).** 5555 S. Woodlawn Ave. 773-702-9800. <http://counseling.uchicago.edu> The Student Counseling and Service (SCS) provides mental health care to University of Chicago students, their partners, and their dependents. The services offered includes assessment, crisis intervention, short-term psychotherapy with individuals (including children) and couples, brief group therapy, medication management, academic skills counseling, and referral services. All services begin with an intake appointment in order to determine the nature of the problem and the kinds of services appropriate to address it. For parents with concerns about their children or family matters, this may be an extended evaluation during which the SCS therapist explores the parents' and child's concerns with the goal of acquiring a thorough understanding of the difficulties and developing a plan to address them. SCRS also runs a couple of ongoing walk-in programs aimed at academic performance: **ASAP** and **Let's Talk**

#### **Yoga Classes**

- **Restorative Yoga**—Mondays 4:30-5:30 and 5:45-6:45 at Rockefeller Chapel: restful yoga, suitable for all levels; details at [wellness.uchicago.edu](http://wellness.uchicago.edu) or email instructor Meredith at [haggerty@uchicago.edu](mailto:haggerty@uchicago.edu)
- **Gentle Yoga**—Thursdays 3-4 p in Bond Chapel: suitable for all levels; details at [wellness.uchicago.edu](http://wellness.uchicago.edu)

## **HOUSING**

**University of Chicago Residential Services.** 773-753-0862. <http://rs.uchicago.edu> This office assists with rental housing information for students, faculty and staff. They also provide information on selling or purchasing a home, including loan advice and employer-assisted-housing program grants and loans.

Additional resources can be found online at <http://gradhousing.uchicago.edu/>.