



Activities and Resources for Spouses and Children

Arts and Entertainment

- **Krannert Art Museum and Kinkead Pavilion** | kam.illinois.edu | 217-333-1861
Displays of more than 9,000 works of art ranging from 4000 BC to the present. Free.
- **Krannert Center for the Performing Arts** | krannertcenter.com | 333-9716
Discount tickets available to students for cultural and performing arts programs. Free daily tours at 3:00pm.
- **Orpheum Children's Science Museum** | orpheumkids.com | 217-352-5895
Hands-on museum serving children ages 3-12 with a parent or guardian.
- **Spurlock Museum** | spurlock.illinois.edu | 217-333-2360
With approximately 43,000 objects in its artifact collection, the Spurlock Museum at the University of Illinois at Urbana-Champaign celebrates our shared humanity by collecting, preserving, documenting, exhibiting, and studying objects of cultural heritage.

Childcare

- **Childcare Resource Service** | ccrs.illinois.edu | 217-333-3252
Resource and referral service for parents looking for childcare. Nominal fee.
- **Crisis Nursery** | crisisnursery.net | 217-337-2730
Provides short-term emergency services 24 hours a day, seven days a week for families and children age 5 and younger. Children may be brought to the nursery for up to 72 hours when parents have an emergency, crisis, or when parenting responsibilities become overwhelming. Offers crisis intervention, parenting support and education groups.

Education and Literacy

- **Champaign Public Library** | champaign.org | 217-356-8207
Lends books, audio-visual materials, preschool story hours, tours, and programs for groups.
- **C-U Early** | usd116.org/washington | 217-3843541
Playgroups, support groups, and educational programs for parents of children ages birth through 5 years. Monthly workshops and seminar series. Features a toy and book lending library.
- **Live and Learn: Adult Education, Parkland College** | parkland.edu/communityed | 217-351-2546
Learn something new with short-term workshops and classes just for fun. Classes are noncredit.
- **Parkland College** | parkland.edu | 217-351-2890
One-year certificate and two-year degree programs for those interested in starting or expanding a career in various vocational and technical areas. In addition, Parkland offers specific courses required for transfer to the University of Illinois. English classes also available.
- **Urbana Free Library** | urbanafreelibrary.org | 217-367-4057
Lends books, audio-visual materials, preschool story hours, tours, and programs for groups.

Health and Wellness

- **All About Baby Prenatal and Family Education Program** | carle.com | 217-383-6962
Prenatal and family education programs on diverse topics from birth to age 2. Most classes are free and are open to both Carle and non-Carle patients. Call for times and locations.
- **Dental Hygiene Clinic, Parkland College** | parkland.edu/hp/dental | 217-351-2221
Oral examinations, hygiene instructions, medical history review, and cleaning and fluoride treatments available.



International Student & Scholar Services

400 Student Services Building | 610 E. John Street | Champaign, IL 61820 | P. (217) 333-1303 | F. (217) 244-0530 | iss.illinois.edu

- **LaLeche League** | lli.org | 217-359-8015
Education, information and support for women who want to breastfeed.
- **Planned Parenthood of East Central Illinois** | plannedparenthood.org/Illinois | 217-359-8022
Annual exams for women, diagnosis and treatment of gynecological problems and contraceptive supplies.

Recreation

- **Allerton Park and Retreat Center** | allerton.illinois.edu | 217-333-3287
With 1,500 acres of beautiful scenery including formal gardens, unique sculptures, natural areas, hiking trails, a century-old Georgian-style Mansion, and much more. Hike the woodland trails or attend a program, concert, or event.
- **Anita Purves Nature Center** | urbanaparks.org/facilities/4.html | 217-384-4062
Anita Purves Center offers programs for children, nature trails for hiking, and hosts birthday parties.
- **Champaign County Forest Preserve District** | ccfpd.org | 217-586-3360
Three forest preserves provide opportunities for recreation, education and conservation.
- **Champaign County YMCA** | ccymca.net | 217-359-9622
Preschool programs, youth and family activities, swimming and other sports. Scholarships and volunteer opportunities for all ages are available. There is a fee for these programs.
- **Champaign Park District** | champaignparkdistrict.com | 217-398-2550
60 parks with playgrounds, tennis courts, soccer fields, trails, gymnasiums, aquatic facilities, and more.
- **Urbana Park District** | urbanaparks.org | 217-367-1544
Park services and recreational programs for all ages. Summer camps and on-site before and after school programs for school-age children. There is a small fee for most programs.
- **Urbana Indoor Aquatic Center** | urbanaparks.org | 217-384-POOL
Recreational and competition pool with features such as a beach-like entry, water playground, and 2 waterslides. A community room is available for party rentals. Daily admission or seasonal passes are available.
- **Family Life Center Playground & Track** | fcc-online.org/#/playground-track | 217-356-1649
Spend the day at the FCC Park! Bring your kids to play on the indoor playground while you catch up with friends or get some exercise on the surrounding walking track. Pack a picnic lunch and hang out while your kids have a blast on the merry-go-round and other fun equipment.
- **Skateland Rollerskating Center** | skatelandsavoy.com | 217-359-3335
Kids of all ages (and grown ups too!) will love skating at Skateland! Don't know how to roller skate? Skateland has a learn to skate program for skaters of all ages and abilities.

Social & Volunteer Organizations

- **International Hospitality Committee** | iss.illinois.edu/involved/intl_hospitality.html
Community volunteer organization assisting international students, spouses and visiting scholars at the University of Illinois. Opportunities for learning and practicing English, meeting community members, and volunteering.
- **Office of Volunteer Programs** | union.illinois.edu/ovp | 217-333-7424
Connects students and their dependents to community service opportunities in the C-U area. Volunteer activities range from long-term to one time only.

Other

- **Market at the Square** | <http://urbanaininois.us/market> | 217-384-2319 | The City of Urbana, Illinois presents Market at the Square every Saturday morning, rain or shine, at the corner of Illinois and Vine Streets. 7 AM 'til noon every Saturday early May through early November - RAIN OR SHINE



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- www.chambanamoms.com | We are the top online resource for moms and families in the Champaign-Urbana metro area. A website where you can read about all the wonderful services, events and places that make C-U such a family-friendly place to live.