Student Life Information Guide

Welcome to Adler School of Professional Psychology!

The Adler School of Professional Psychology is an institution of higher education committed to advancing the philosophy and principles of Alfred Adler within the context of professional psychological practice.

For over 50 years, the Adler School has been providing quality education on a Scholar/Practitioner model. The Higher Learning Commission (HLC) of North Central Association (NCA) regionally accredits the Adler School; additionally, our doctoral program is accredited by the American Psychological Association (APA). Turning out socially responsible graduates, Adler Alumni are practicing throughout the world.

The purpose of this handbook is to help you get better acquainted with the services of the Adler School and the City of Chicago. We hope you will find the handbook to be useful. As always, if you have any questions, please feel free to contact us at 312-201-5900 x267.

There are many other handbooks online that will serve as guides as you move forward in your programs at Adler School. Please note that this Student Life Handbook and other handbooks are meant as a guide only, and do not in itself constitute School policy or a contract between the School and its students. The School reserves the right to alter its policies, procedures, curriculum, and so on at any time, with or without advance notice, and to apply changes to current and future students alike.

We wish you the best of luck here at Adler School and afterwards. Good luck with your studies.

Table of contents

- 1. Welcome and Mission of Adler School
- 2. Adler School Services
 - a. Adler School Catalog
 - b. Admissions
 - c. Computer Lab
 - d. Department of Student & Alumni Affairs
 - e. Department of Training and Community Service
 - f. Dreikurs Psychological Services Center
 - g. Faculty Advisor
 - h. Financial Aid
 - i. Lockers
 - j. Mailboxes
 - k. Public Telephones
 - I. Registrar Info
 - m. Sol and Elaine Mosak Library
 - n. Student Common Area
 - o. Student Finance Office
 - p. Student ID
 - q. Wireless Network
- 3. Living in Chicago
 - a. Chicago Neighborhoods
 - b. Apartment and Housing Info
 - c. Grocery Stores & Pharmacies
 - d. Internet Services
 - e. Utilities
- 4. City Services
 - a. Banking
 - b. Cell phones
 - c. Copy & Mail Services
 - d. Drivers License or State ID
 - e. Elections and Voter Registration Info
 - f. Hair, Nail, Spa & Tanning Salons
 - g. Medications
 - h. Parking Services
 - i. Post Office
 - i. Student Health Insurance
 - k. Therapist Information
 - I. Transportation
- 5. Things to do
 - a. Hotels
 - b. Bookstores
 - c. Live Music
 - d. Museums and Entertainment
 - e. Recreational Activities
 - f. Religious Services
 - g. Restaurants
 - h. Shopping
 - i. Theaters

Adler School Catalog

The Adler School Catalog is given to each student during Orientation. All students are expected to know the rules and regulations highlighted in the Adler School Catalog. If you do not have a copy of the catalog, you can pick one up on the 10th floor at the receptionist desk. The catalog is also online at www.adler.edu.

Admissions

The Admissions office is located on the 10th floor of the Chicago Campus. If you know of someone who is interested in attending Adler School, please refer them to the Admissions Office. You can contact any of the Admissions Counselors by calling 312-201-5900 x222.

Bulletin boards are available in the 20th floor lounge for student use. The Adler Student Association (ASA) maintains bulletin boards in the hallway on the 20th floor, and the bulletin board case on the 17th floor. Only approved notices may be posted. To post a notice on any of these boards, please contact any member of the ASA Executive Board.

Computer Lab

The Computer Lab is connected to the student common area on the 20th floor. The lab offers several computers for academic use and printers are also available. Please note that students working on academic assignments have priority for use of computers in the lounge.

Department of Student and Alumni Affairs

The Department of Student and Alumni Affairs provides services to support students through their academic career. This Department is in charge of planning orientation, homecoming, and commencement. You can contact the Director of Student and Alumni Affairs, Asra Kamal, at 312-201-5900 x267 or akamal@adler.edu or the Assistant Director of Student and Alumni Affairs, Tami Renner at 312-201-5900 x374 or trenner@adler.edu.

Department of Training and Community Service

The Department of Training and Community Service plays an integral part in your academic career at Adler School. This Department can help you find practicum and internship opportunities. For more information, please contact 312-201-5900 x230.

Dreikurs Psychological Services Center (PSC)

The PSC is a not-for-profit community mental health center licensed by the State of Illinois and is located on the 22nd floor of the Chicago Campus. In addition to providing counseling services to individuals, couples, and families, the PSC also maintains a number of "offsite" community outreach programs. Furthermore, the PSC is also a training center for Adler students completing their practicum requirements. You can reach the PSC at 312-201-5900 x248.

Faculty Advisor

Your faculty advisor is an important person to get to know. He/she will help you plan your sequence of courses in order to successfully navigate and complete your degree program. Your advisor also will sign off on your registration forms, prior to your submitting them each term to the Registrar's office. We encourage you to make an appointment to meet with your advisor at your earliest convenience.

Financial Aid

The Financial Aid office is located on the 10th floor of the Chicago Campus. This office can answer questions about your financial status with the school, whether you are eligible for institutional or federal work study, student loans, scholarships and repayment options. If you have any questions about financial matters, please contact them at 312-201-5900 X278.

Lockers are available for student use on the 20th floor. Students must provide their own lock. Lockers must be emptied at the end of each term.

Mailbox - All registering students are assigned a Mailbox on the 20th floor. Mailboxes of graduates will be cleaned out, and the contents discarded or donated.

Public telephones are available on both the 17th and 20th floors. The use of cell phones in classrooms is prohibited, as such behavior is both unprofessional and disruptive to the educational environment. Students should not discuss clients, whether work-related or practicum-related, on public phones or on cell phones in the student lounge, in order to guard client confidentiality. Students may not use faculty or staff phones or School fax machines to make calls, except in emergency.

Registrar's Office

The Registrar's office is located on the 10th floor of the Chicago Campus. This is where you will add/drop a course, find out if you are in good academic standing, petition for certificate programs or add a program, petition for qualifying exams, and apply for graduation. If you have any questions about these services, please contact them at 312-201-5900 x206.

Sol and Elaine Mosak Library

The Sol and Elaine Mosak Library serves an integral role in the academic mission. The staff of three professional librarians as well as student assistants are available to help you make the fullest use of our resources for your research and information needs. The Library's collection of books, journals, electronic resources, and audiovisual materials is selected to serve the needs of the School of Professional Psychology, the Center for Social Exclusion, and the Psychological Services Clinic.

Library services include:

- individual research consultation for papers, presentations, theses, or dissertations
- · subject-specific classroom instruction sessions
- individual instruction in the selection and use of databases
- interlibrary loan for books and articles not owned in our collection

The collections include:

- over 11,000 circulating books
- over 80 print journals
- online full-text access to over 7,700 electronic journals, 700 electronic books, and a collection of newspapers
- 35 research databases in psychology, social sciences, education, and criminal justice
- more than 350 instructional videos and DVDs
- a reserves collection of required class materials
- one of the largest Adlerian archives in the world

Computers and AV viewing equipment are available in the Library. Contact the library by phone at (312) 201-5900, extension 234, or by e-mail at library@adler.edu.

Student Common Area

The Student Common Area is located on the 20th floor of the Chicago campus and is attached to the computer lab. This area provides students with space to gather and share a meal, study, or just relax. Student mailboxes, Xerox machines, a microwave, refrigerator, vending machines, and lockers are also located in the common area. There is a smaller common area located near the classrooms on the 17th floor which has vending machines and meeting space.

Student Finance Office

This is where you would make all your payments and keep track of your student account. For questions about your student finance account, please contact Cynthia Cruz at 312-201-5900 x201 or you can email her at ccruz@adler.edu.

Student ID

Did you know that you can get discounts at restaurants, theaters, and stores just by showing your Adler School Student ID. If you haven't received your student ID yet, you can get one by contacting the IT department on the 21st floor.

Student organizations

The faculty and administration encourage students to develop leadership skills and professional contacts through participation in student associations. Student associations are vital to the governance of the School, and have often had strong impact on school policies, procedures, educational offerings, and services to students and the community. There are a number of student associations at the School, each contributing to the academic, professional, and social development of students.

Wireless Network

How to use the wireless network:

Laptops with wireless network cards will typically alert the user of the availability of a wireless connection. Apple laptops with built-in airport cards will offer the "Adler" network from the airport menu. Follow the prompts to join the network. When asked for a key code/password, use the following: 54E96C0BEA (that's a zero after the "C"). This code is intended for the use of Adler students, alumni, faculty and staff only.

For any technology-related concerns, please send an email to helpdesk@adler.edu.

Living in Chicago

Chicago Neighborhoods

Chicago is a city made up of many unique and diverse neighborhoods. Depending on where in the city you live, rent and living costs will vary. For example, those neighborhoods closer to the downtown area and Adler will generally be more expensive. While Adler students live in the city, neighboring suburbs, and even other states, the majority of those students living in the city usually live on the north side and the following areas:

Edgewater: Includes Uptown and Andersonville.

This northside location is cheaper than most others but has both good and bad sections. It is close to the CTA redline, bus services, and the lake. It is considered one of Chicago's up and coming areas and it is expected to grow safer and more expensive in the coming years. Currently the neighborhoods in the area are undergoing a lot of revitalization and Andersonville especially is known for its shopping, dining, and gay friendly atmosphere. This area is also fairly well known for some of the historic music venues which include the Aragon Ballroom, the Gin Mill, and the Rivera.

Lakeview: Includes Wrigleyville area (near Wrigley Field)

This area of Chicago is very popular with college students, post-college graduates, and young urban professionals. It is easily accessible to multiple lines of transportation though parking can be difficult due to how crowded the area is. This is an area that is a little more expensive but generally very safe and has a wide variety of shops, bars, restaurants, and nightlife. Also in this area is Boystown, a primarily gay community, which boasts a friendly atmosphere, unique shopping, dining, and nightlife. This area can be expensive to live in and parking can be very difficult but it is considered extremely safe.

Lincoln Park

One of the more expensive northside neighborhoods, Lincoln Park is also cleaner, safer and more established than other areas. Partly contributing to this is the presence of DePaul University's main campus in the heart of Lincoln Park. Transportation is easily accessible though parking can be very difficult at times. The neighborhood is populated by college students and professionals. Lincoln Park also offers a wide variety of shopping, dining, and nightlife and is close to the lake, the Lincoln Park Zoo, and the Peggy Notebaert nature museum.

Lincoln Square: Includes North Center, Ravenswood,

One of Chicago's up and coming northside neighborhoods and as a consequence rent is growing more expensive. This area is more family orientated and so offers fewer of the large apartment complexes. It is also close to transportation although it may take up to an hour to reach the Adler campus, using the el, from this location. This neighborhood was originally had German and Hispanic heritage but as the area becomes more populated it is growing more diverse. Close to the Old Town School of Folk Music, dining, and shopping.

Logan Square/Bucktown

Extremely diverse neighborhood made up of families, professionals, and working class individuals. This area has both good and bad parts and while rent is increasing it is still possible to find inexpensive (relatively speaking) housing. There aren't as many dining, shopping, and nightlife opportunities in this area but as the neighborhood changes more of these establishments are opening.

Hyde Park

This neighborhood is located on the south side and surrounds the campus of the University of Chicago. The area is made up of diverse groups and college students but tends to be fairly expensive and some areas can be unsafe.

Near North Side: Includes Old Town, Gold Coast, River West, Streeterville, and River North. This area is more expensive than most but it's close to the Adler school, transportations, and the heart of Chicago shopping, dining, and other attractions. Many of the areas including the Gold Coast and Old Town boast art galleries, designer shopping, and historic buildings.

Rogers Park

This is a northeast neighborhood located close to the lake and Loyola University. The population is extremely diverse with many college students and ethnic groups living in the area. Rent can be fairly inexpensive and parking should not be too difficult unless you are close to Loyola. Some areas may not be as safe as others.

South Loop: Includes Printers Row, Dearborn Park/ Burnham Park

This is another downtown location which is close to school. Rent and parking can be expensive but there are numerous lots for parking and transportation is readily available. As this is considered more of Chicago's business district, there is less dining and nightlife opportunities but it is close to the lake and museums.

West Town: Includes Wicker Park and Ukrainian Village

These neighborhoods vary greatly in their diversity, safety, and rent prices. Wicker Park is considered a hub for the Chicago music and art scene and is becoming trendier by the day. Ukrainian Village is less trendy but is becoming popular so rent may increase.

Please note that before you consider moving anywhere you should always visit the neighborhoods first. You should always consider your style and personal comfort level before choosing an area, especially in concern to the neighborhood atmosphere, how densely populated it is, safety, and area activities. There are also great resources for finding housing information and apartment listings.

Apartment and Housing information

Finding a place to live, especially if you are new to Chicago, can be a daunting task. The following is a list of companies and informational resources which may help you with your search.

Apartment People www.apartmentpeople.com (312) 335-8802 (closest to Adler) 1-800-447-3684 (National number) 51 W Huron St Chicago, IL 60610	Chicago Apartment Finders www.chicagoapartmentfinders.com (773) 883-8800 818 N. State Street Chicago, IL 60610
Apartment Guys of Chicago http://apartmentguysofchicago.com (312)-440-8530 125 W North Ave Chicago, IL 60610 Cross Street: Near intersection of W. North Blvd and N. Carl Sandburg Terrace	The Chicago Reader www.chicagoreader.com The 'Reader' is a free newspaper that can also be found in print throughout the Chicago area. It has a variety of apartment rental listings.
Chicago Craigslist http://chicago.craigslist.org Apartment listings, roommate searches, and information about Chicago neighborhoods from Chicagoans.	Chicago Tribune http://www.chicagotribune.com/classified/ realestate/renting/ This website will help you find apartments in Chicago and near by suburbs.

International House-University of Chicago

International House of Chicago, founded in 1932 by John D. Rockefeller, Jr. is a dynamic program center and residence capable of housing up to 486 advanced undergraduates, graduate students and interns from around the world, including the United States. The mission of International House is to promote cross-cultural understanding, mutual respect and friendship among students and scholars and on the part of the people of metropolitan Chicago toward individuals of all nations and backgrounds. For more information or to apply online go to: http://ihouse.uchicago.edu

Grocery Stores & Pharmacies

These are some grocery and pharmacy stores that are close to Adler School. If you would like to find one of these stores near your home, please visit their websites listed below. There will be an option for "Store Locator." Just type in your zipcode and it'll give you a list of stores located in that neighborhood.

Dominicks Grocery Store & Pharmacy http://www.dominicks.com/ 255 E. Grand Chicago, IL 60611 (312)-279-1305 Pharmacy (312)-279-1309	Jewel www.jewelosco.com 1210 N. Clark Street Chicago, IL 60610 1-877-932-7948
CVS www.cvs.com 205 N. Michigan Ave Chicago, IL 60601 (312) 938-4090	Walgreens www.walgreens.com 300 N Michigan Ave Chicago, IL 60601 (312) 558-1951

Internet Service Companies

These companies have different plans and to find out what is best for you, visit their website or call them about their internet service.

AOL	PeoplePC
www.try.aol.com	www.peoplepc.com
1-800-392-5180	1-866-558-7987
AOL offers both dial-up and high-speed	Lower cost dial-up and "accelerated"
service	service.
NetZero	Earthlink
NetZero www.netzero.com	Earthlink www.earthlink.net
www.netzero.com	www.earthlink.net
www.netzero.com 1-888-349-0029	www.earthlink.net 1-866-226-0572

Utilities

For more information and help with utilities check out: www.windycitymoves.com Also, this website is good for comparison shopping for Internet, Cable, Cell phones, Satellite Services & many other services http://www.theconsumerbridge.com/index.html

Electricity

Com Ed

http://www.exeloncorp.com/

1-800-Edison-1 (1-800-334-7661)

Customer Care Center

P.O. Box 805379

Chicago, IL 60680-5379

Electric emergency call: 1-800-EDISON-1 (1-800-334-7661)

Gas and Heat services

Peoples Energy

http://www.peoplesenergy.com/site.asp

Cutomer Care

130 East Randolph Drive

Chicago, IL 60601

1-866-556-6001

Telephone, Cable, & Computer Services (Bundled Service Providers)

RCN

http://www.rcn.com

1-(800)-RING-RCN

Get all 3 RCN services for one low price. Includes high-speed internet, full basic cable TV, and phone service with unlimited local, regional and long distance calling for one year - Services may be purchased individually as well.

Comcast

http://www.comcast.com/

Customer Service & Billing: 1-(800)-594-1234

Digital Cable Service, High-Speed Internet, & Home phone service offered.

AT&T/SBC

https://swot.sbc.com/swot/bundleCatalog.do

Customer Service: 1-800-244-4444

Internet, local and long distance, high-speed DSL.

Satellite Cable Service

Direct Star TV

http://www.directstartv.com/index.html

1(866)-541-4169

Offers satellite television

An alternative to cable television; installation of a satellite dish is required. *Remember to inquire with a sales staff if the installation is free and if local channels are included in the package.

Dish Network

http://www.allamericandish.com/index.htm

1-(877)-444-4388

Offers satellite television

*Remember to inquire with sales person if installation is free and if local channels are included in package.

Telephone Service through Land-Line

MCI

http://consumer.mci.com/TheNeighborhood/res_local_service/jsps/default.isp

Consumer Numbers

Long Distance Customer Service 1-800-444-3333 Local Customer Service 1-888-MCI-LOCAL (1-888-624-5622)

AT&T/SBC www02.sbc.com 1-800-244-4444

Banking

Here are a few banks that are located throughout the Chicagoland area. If you don't see your bank on the list, please contact your bank and ask them for the nearest location in your zipcode.

Chase	First American Bank	Harris Bank
www.chase.com	www.firstambank.com	www.harrisbank.com
35 W. Wacker Dr.	50 E. Adams Street	111 W Monroe St
Chicago, IL 60601	Chicago, IL	Chicago, IL
(312) 732-1000	847-952-3700	(312) 461-2121
TCF Financial	Bank of America	LaSalle Bank
www.tcfbank.com	www.bankofamerica.com	www.lasallebank.com
29 E Madison	500 N. Michigan Ave.	203 North LaSalle St.
Chicago, IL 60606	Chicago, IL 60611	Chicago, IL 60601
(800) TCF-BANK	(312) 464-0701	312-541-9696

Cell Phones

There are many companies within Chicago that offer various cell phones and service plans. The names of some of Chicago's major providers are listed below. Some companies and retailers (Best Buy, Circuit City) also offer "Pay-as-you-go phones" which do not require a contract.

T-Mobile http://www.t-mobile.com 100 W Randolph St. Ste 102 Chicago, IL 60601 312-269-9992 Distance: 0.32 miles	Cingular http://www.cingular.com/indexc 5 South LaSalle Street Chicago, IL 60603 (312) 977-1100 Distance: 0.48 miles
Sprint/Nextel http://www.sprint.com/ 100 S. Wacker Drive Chicago, IL 60606 (312) 419-8400 Distance: 0.18 miles	Verizon http://www.verizonwireless.com 500 N. Michigan Ave. Chicago, IL 60611 (312) 464-1390 Distance: 0.75 miles

Copy Services -

There is a Xerox machine on the 20th floor and in the Library for your use (10 cents per page) and you can drop off mail in the lobby of the building. Here are some options of services outside of Adler School.

Fed Ex Kinko's Office & Print Center www.fedex.com 111 E Wacker Dr. Chicago, IL 60601 (312) 938-0650	Staples www.staples.com 111 North Wabash Ave. Chicago, IL 60602 312-641-1213
Office Depot www.officedepot.com 6 South State St. Chicago, IL 60603 (312) 781-0570	

Drivers License or State ID

If you would like to renew your drivers license or get a new one, please visit the express office located close to campus.

 Jesse White, Secretary of State Office 1-(800) 252-8980 http://www.cyberdriveillinois.com/ Thompson Center (at the corner of Clark and Lake) 69 West Washington Concourse level Chicago, IL 60601

Services Available

Address Change CDL Renewal

CDL Vision Screening Driver's License Renewal

Driver's License Vision Screening

Organ Donor Registry State ID Card Renewal

Temporary Disability Placards First

Time Issuance

Temporary Disability Placards

Replacement

Vehicle Registration Renewals/Stickers

Voter Registration Applications

Services NOT Available at the Express

Administrative Hearings Officer

CDL First Time Issuance

CDL Written Test

CDL Road Test

CDL Duplicate/Corrected License

Driver Record (Abstract)

Driver's License First Time Issuance

Driver's License Written Test Driver's License Road Test

Duplicate/Corrected Driver's License

Non-CDL Road Test Non-CDL Written Test Motorcycle Written Test Motorcycle Road Test Reinstatement Fees

State ID Card First Time Issuance Duplicate/Corrected State ID Card Special License Plates Order Vehicle Title and New Registration

Elections and Voter Registration Information

Election Division
 69 W. Washington St., 5th Floor
 Chicago, IL 60602

Phone: (312) 603-0906

E-mail: electioninfo@cookcountygov.com

Hair, Nail, Spa & Tanning Salons

Some of the most popular salons of Chicago are listed below. Salons in the downtown Chicago area tend to be more expensive than salons outside of downtown. We encourage you to look for salons near your neighborhood as well.

Mario Tricoci Hair Salon & Day Spa

www.tricoci.com

211 E Ontario St Chicago, IL 60611 (312) 944-5500

8.8 out of 10 review score on Citysearch.com

0.0

(312) 951-8255 9.9 out of 10 review score on Citysearch.com

Tirra Salon and Spa www.tirrasalon.com

375 W Erie St

Chicago, IL 60610

Medications

Over the counter medications (OTC's) are medicines that you do not need a prescription (Rx) from a medical doctor to purchase. The U.S. Food and Drug Administration (FDA) determines whether medicines are prescription or non-prescription. OTC's are considered "safe and effective" to use without a doctor's prescription. Some examples would be Tylenol, Advil, Cough drops, Nyquil, etc. You can find OTC medications at any local drug or grocery stores.

If you are on prescription medication, you need the approval of your physician to purchase the medicine from a store. Please contact your physician for more information on medicines that you are taking. If you don't have insurance, please see our section on Student Health Insurance.

Parking Information:

There is also Attendant parking located next to Adler, hourly rates, cash only.

60 E Lake St (312) 986-3976 www.interparkonline.com Entrance and Exits: Haddock Place, Lake StOpen 24 Hours -Self park -Cash or Credit -Daily and Monthly rates 71 E Wacker Dr (312) 332-1134 Entrance and Exits: Wacker Drive -Open 24 Hours -Attendant Parking -Cash or Credit	225 N Michigan Ave (312) 819-5064 Entrance and Exits: Lower Lake StOpen 24 Hours -Self park and Attendant -Cash or Credit -Daily and Monthly rates 85 E Wacker Dr (312) 553-0085 Entrance and Exits: Wacker -Hours: M-F: 7am-8pm, Sa-Su 7am-7pmSelf park and Attendant	171 N Wabash Ave (312) 553-9735 Entrance and Exits: Wabash AveHours: 6am-10:30pm -Attendant Parking -Cash or Credit -Daily and Monthly rates
	· ·	

There is also metered street parking on Wabash and areas of lower Wacker near the school.

Post Services

United States Postal Services

You can ship packages, buy stamps, and change your mailing address by visiting a post office near you or just go online a www.usps.com

US Post Office
 200 E. Randolph St., Chicago, IL 60601

Student Health Insurance

The Adler School currently offers health insurance to its students. If you are interested please check the Adler website at:

www.adler.edu/services/StudentHealthInsurance.asp

If you are interested in obtaining private health coverage, some places to look would be:

Ehealthinsurance	Blue Cross Blue Shield	Aetna Healthcare
www.ehealthinsurance.com	www.bcbsil.com	www.aetna.com
1-800-977-8860	1-800-654-7385	1-860-273-0123
Humana	Unicare	Celtic
www.humana.com	www.unicare.com	www.celtic-net.com
1-866-215-7343	1(800)683-2273	312-332-5401

Concentra offers immediate medical care for most non life-threatening injuries and illnesses, including flu, and accepts the Adler School health insurance. For more information, visit ConcentralmmediateCare.com



When you need immediate care. We're here. For you.

Downtown Location 1030 W Chicago Ave Chicago, IL. 60622 Phone: 312-243-1574 Mon-Fri: 7 am - 10 pm

Sat: 8 am - 5 pm Sun: 9 am - 4 pm

Get the treatment you need, when you need it, at Concentra Immediate Care.

Click on the link below for more information about our immediate care services: http://www.concentraurgentcare.com

Click here for a money-saving discount on immediate medical care when you're not using insurance:

http://www.concentraurgentcare.com/About-Urgent-Care/News-And-Updates/Default.aspx#012209

Follow this link to see if your insurance is accepted by Concentra Medical Centers: http://www.concentraurgentcare.com/Your-Visit/Insurance-Accepted/Default.aspx In addition, the City of Chicago has a number of community clinics that offer sliding scale fees or free services for those without health insurance. You can visit the Chicago Department of Public Health at http://egov.cityofchicago.org for a more complete listing of clinics and services.

Englewood	Lower West Side	Uptown
641 W. 63 rd St.	1713 S. Ashland	845 W. Wilson
(312) 747-7831	(312) 746-5157	(312) 744-1938
Roseland 200 E. 115 th St. (312) 747-9500	West Town 2418 W. Division (312) 744-0943	Cook County Hospital http://www.cchil.org 1825 W. Harrison St. Chicago, IL 60612 (312) 633-6254

Therapist Information

Therapist Information	
Jackie Haimes, MD 1601 Sherman Ave, Evanston, IL 60201 847-328-4000	Dean Atkins, MFA, LPC 4305 N. Lincoln Avenue, Suite G Chicago, Illinois 60618 773-443-7284
Jackie is a sensitive and compassionate and board certified psychiatrist available for medication consultation and medication management. She is especially skilled in the areas of mood disorders, ADHD, and anxiety.	Dean is a licensed psychotherapist who focuses on career counseling, mood problems, GLBT issues and art therapy/visual methods. He is an artist and has many years of psychotherapy experience and offers student rates.
Bonnie Holstein 875 N. Dearborn, #204 312-951-9306	Jayne Bazos, PsyD 405 N. Wabash, Suite 1814 Chicago, IL 60611 847-562-8745
Allison McEvers, PsyD 3325 N. Arlington Heights Road, Suite 300A Arlington Heights, IL 60004 847-517-6365	Kelly Grandt, PsyD 3233 N. Arlington Heights Road, Suite 208 Arlington Heights, IL 60004 847-632-0334
Lisa Dieterle, LCPC, CADC 1709 North Paulina, #301 Chicago, II 60622 773-772-2810	Ann Bregman, PsyD Post Doctoral Fellow Integrative Health Partners, LLC 55 E. Washington Street, #2007 Chicago, IL 60602 312-372-2880
Dr. Kristina McGillis, LPC 639 W. Diversey Pkwy, Suite 214 Chicago, IL 60614 773-244-0977	Dr. Tim Sterzik 639 W. Diversey Pkwy, Suite 214 Chicago, IL 60614 773-244-0977

Specialty Areas: depression, anxiety, multicultural/GLBT/women's issues, trauma/abuse, domestic violence, unresolved family dynamic issues, and relationship difficulties

Sliding Scale Available

Specialty Areas: Psychological evaluations for children, adolescents, and adults; assessment of learning disabilities and other cognitive deficits; Assessment and interventions for ADHD; Assessment of gifted cognitive/learning potential.

Dr. Ariadna Cymet Lanski

30 North Michigan Avenue, Suite 1318 Chicago, IL 60602 312-320-4837 www.wellbeingchicago.com

Chicago Center for Family Health

Julie Lee, PsyD 35 E. Wacker Drive, #2700 Chicago, IL 60601 312-372-4736

Offers a sliding scale

Dr. Laura Mathis

77 West Washington, Suite 1911 Chicago, IL 60602 (312) 218 7409

Specialties: Couples, Anxiety, Depression, Confidence Issues, Sexual Dysfunction

The Art of Well Being

Gwenn Waldman, MA, ATR, LCPC
Art psychotherapist primarily
Adlerian therapist
1123 Hinman Avenue
Evanston, IL 60202
Or
333 N. Michigan Avenue

Nancy A. Cannon, Psy. D.

Licensed Clinical Psychologist 11520 N. Port Washington Rd, Suite 108 Mequon, WI 53092 Ph: 1-414-803-9967

Anxiety, Eating Disorders, Depression, Phobias, Panic, Stress, Parenting Skills; Men & Women; Adults & Adolescents

Center for Positive Change

847-507-5151

www.poschange.com Jon Cole, Ph.D. - 847-548-5678 jcole@poschange.com Andrew Hoffman, Psy.D. - 847-522-7521 ahoffman@poschange.com Dr. Cole practices in Grayslake office - 100 S. Atkinson, Suite203, 60030 Dr. Hoffman practices at both the Grayslake and Libertyville (128 Newberry Ave, 60048) offices They accept most insurance plans and would offer a sliding scale to students Some issues / clients they work with: Individual & Couples Therapy, Relationship Issues, Life transitions, Loss, Depression, Anxiety, Gay, Lesbian & Bisexual Clients / Issues, Stress Management

They both practice from a cognitive / eclectic framework

Transportation

Adler School is located in the heart of downtown Chicago and there are many options for commuting.

Travel Directions

There are several services online that provide directions and trip planning advice. Here are a few that we recommend.

Mapquest
Maps & Driving Directions
http://www.mapquest.com/

Enter address from your location and enter address to where you want to go. Mapquest will display a map, driving directions, alternate routes, and estimated travel times.

CTA Trip Planner

Directions for Chicago's Public transportation system. http://www.transitchicago.com/maps/tripplanner.html

For a convenient and easy way to plan trips on the CTA. This service can help you find the quickest or most direct transit route to your destination using CTA buses and trains.

Taxi Service – Adler School is located in the heart of downtown Chicago where taxis and cabs are easy to find. Here are some companies that work all around Chicagoland area.

Yellow Cab	Wolley
www.yellowcabchicago.com	www.yellowcabchicago.com/wolley.htm
(312)-TAXICAB	877-888-TAXI
Chicago Carriage Cab	Flash Cab
www.chicagocarriagecab.com	www.flashcab.com
(866) 440-TAXI	(773) 561-4444

Chicago Transit Authority (CTA)

The CTA oversees the public transportation services in the City of Chicago. They offer both bus lines and the "el" (short for elevated) train service, which runs both above and below ground. The Chicago "el" is composed of different lines, each of which is color coded (e.g. the Red Line, etc). The majority of these lines all enter and pass through the Chicago downtown area know as "the Loop."

www.transitchicago.com 567 W. Lake Street Chicago, IL 60661 1-888-YOUR-CTA

Fares

There are a number of ways to pay for your transportation costs. The fare for the CTA depends on the type of payment you use. Currently, the Adler School participates in the CTAs UPASS program. All currently enrolled full-time students are eligiable.

CTA transit cards can be purchased at any station and at a number of retail outlets throughout the city such as Jewel grocery stores, Dominick's grocery stores, Currency Exchanges, etc.

The Chicago Card and the Chicago Card Plus comes with a \$5.00 purchase fee and can be bought online, at the CTA, and certain retailers throughout the city.

Cash- \$2.25 per ride on bus and rail; exact fare only; no change returned. No transfers issued when paying with cash.	Transit Card- \$1.75 on buses; \$2.00 at rail stations; transfer for 25 cents. Transfers allow two additional rides within two hours after the first boarding. Also available in 30-day, 7-day, and visitor passes.
Chicago Card-One of the newest fare options. The Chicago Card is a plastic card which allows you to store fares you add at any CTA vending machine. Customers pay \$1.75 full fare and 25 cents transfer (pay-per-use). The Chicago Card works on a "touch-andgo" system, by holding it to the "touchpad" at the front of all turnstiles and bus entrances, your fare is automatically deducted.	Chicago Card Plus- The Chicago Card Plus is also a plastic card which "uses an online account-based system in which you can manage your card to best suit your transit needs." Customers pay \$1.75 full fare and 25 cents transfer (pay-per-use) but also have the option of choosing the 30-day fare

Metra

http://www.metrarail.com/

Passenger Services Department – 312–322-6777 Travel Information Center – 773–836-7000

The Metra is another great way to get around Chicago and its many surrounding counties. On the Metra you can reach Chicago's beautiful lakefront, museums, zoos, sporting events, shops and restaurants, concerts, special events, schools and colleges as well as quaint, historic suburbs and small towns

Pace – This company offers bus routes in and around the Chicagoland area. Please visit http://www.pacebus.com/ to find out more information. Customer Services: (847) 364-PACE (7223). You can use your CTA transit and Chicago cards to pay for fares on the Pace buses.

Things to do

One of the most attractive parts of Chicago is that it has something to offer for everyone.

Hotels

If you, your family, or guests need a place to stay, the following hotels are located in the downtown area near Adler:

Hotel 71 71 E. Wacker Drive 312-346-7100 800-621-4005 *Hotel 71 offers an Adler rate	Hard Rock Hotel 230 N. Michigan Ave. 312-345-1000
Hotel Monaco	The Palmer House Hilton
225 N. Wabash Ave.	17 E. Monroe St.
312-960-8500	312-726-7500
Renaissance Chicago Hotel 1 W. Wacker Drive 312-372-7200	The Drake 140 E. Walton Pl. 312-787-2200
Hyatt Regency Chicago	Swissotel Chicago
151 East Wacker Drive	323 E. Wacker Drive
312-565-1234	312-565-0565

There are many things to do in the city so if you would like to plan your next social event, try these websites.

Chicago Cultural Center www.cityofchicago.org/Tourism/CulturalCenter/

City Search http://www.citysearch.com/

MetroMix

http://metromix.chicagotribune.com/

Yelp

www.yelp.com

Thrill List

www.thrillist.com

Bookstores and Libraries

Borders Books and Music

(312) 606-0750 150 N State St Chicago, IL 60601

http://www.bordersstores.com/index.jsp

Cross Street: State Street & Randolph

Barnes & Noble Booksellers

(312) 280-8155 1130 N State Street Chicago, IL 60610

DePaul Universities official bookstore as well

Cross Street: State Street & Jackson

www.bn.com

Harold Washington Library Center (Public)

(773) 542-7279400 S State StChicago, IL 60605

Cross Street: Near intersection of E. Van Buren St. and S. State

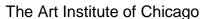
http://www.chipublib.org/001hwlc/001hwlc.html

Live Music

B.L.U.E.S.	Double Door	The Green Mill
2519 N. Halsted St.	1572 N. Milwaukee Ave.	4802 N. Broadway
773-528-1012	773-489-3160	773-878-5552
Blues	Primarily rock	Jazz to big band.
Metro	Elbo Room	Green Dolphin Street
3730 N. Clark St.	2871 N. Lincoln Ave.	2200 N. Ashland Ave.
Chicago	773-549-5549	773-395-0066
Eclectic	Eclectic	Big band, jazz, latin,
		house, swing.
Kingston Mines	Park West	House of Blues
2548 N. Halsted St.	322 W. Armitage Ave.	329 N. Dearborn St.
773-477-4646	773-929-5959	312-923-2000
Blues	Eclectic	Eclectic
Riviera	Jazz Showcase	Schubas
4746 N. Racine Ave.	59 W. Grand Ave.	3159 N. Southport Ave.
773-275-6800	312-670-2473	773-525-2508
Grunge, alternative, rock,	Jazz	Eclectic
hip-hop, jazz.		
Velvet Lounge	Aragon Ballroom	Old Town School of
67 E. Cermak Rd.	1106 W. Lawrence Ave.	Folk Music

312-791-9050	773-561-9500	4544 N. Lincoln Ave.
Jazz	Eclectic	773-728-6000
		Acoustic, bluegrass, folk,
		and world.
Hot House	The Empty Bottle	The Vic
31 E. Balbo Drive	1035 N. Western Ave.	3145 N. Sheffield Ave.
312-362-9707	773-276-3600	773-472-0449
Blues, ethnic, folk, funk,	Rock	Alternative, rock, reggae,
and world.		Soul, world, and jazz.

Museums & Entertainment





http://www.artic.edu/aic/index.php 111 South Michigan Avenue Chicago, Illinois 60603 (312) 443-3600

The Museum of Science & Industry



http://www.msichicago.org/ 57th Street and Lake Shore Drive Chicago, IL 60637 (773) 684-1414

The Shedd Aquarium



http://www.sheddaquarium.org/ 1200 South Lake Shore Drive, Chicago, IL 60605 (312) 692-3274

The Adler Planetarium



http://www.adlerplanetarium.org/ 1300 S. Lake Shore Drive Chicago, Illinois 60605 (312) 922-STAR

Navy Pier

Grant Park



http://www.navypier.com/ 600 East Grand Avenue Chicago, IL 60611 (312) 595-PIER



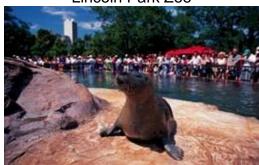
www.grantparkmusicfestival.com/cpd.shtml 331 E. Randolph St. Chicago, IL 60601 (312)-742-7648

Millennium Park



www.millenniumpark.org 11 N Michigan Ave Chicago, IL 60602 (312) 742-1168

Lincoln Park Zoo



www.lpzoo.com/index2.html 2200 N. Cannon Drive Chicago, IL 60614 (312) 742-2000

24

Recreational Activities

One of the best ways to reduce stress is to work out. Here are a few facilities close to Adler School.

Lakeshore Athletic Club, IL Center	Crunch Fitness
www.lsac.com	www.crunch.com
211 N. Stetson Ave.	350 N. State St.
Chicago, IL 60601	Chicago, IL 60610
(312) 616-9000	(312) 527-8100
Bally Total Fitness	Women's Workout World
www.ballytotalfitness.com	www.w3body.com
25 E. Washington St.	208 S. LaSalle St.
Chicago, IL 60602	Chicago, IL 60604
(312) 372-7755	(312) 357-0001

Dahn Yoga www.dahnyoga.com 332 N. Michigan Ave. Chicago, IL (312) 263-9642 Equinox www.equinoxfitness.com 200 W. Monroe St. Chicago, IL 60606 (888) 803-4343

Religious Services

Downtown and around Chicago, there are many places for worship.

Seventeenth Church of Christ, Scientist www.christiansciencechicago. org 55 East Wacker Drive Chicago, IL 60601 (312) 236-4671	Zen Buddhist Temple http://users.rcn.com/chic agobuddha 1710 W. Cornelia Avenue Chicago, IL 60657 (773) 528-8685	First St Paul Lutheran Church http://www.fspauls.org/ 1301 N La Salle Dr Chicago, IL 60610 (312) 642-7172
Holy Name Cathedral www.holynamecathedral.org 730 N. Wabash Ave. Chicago, IL 60611 (312) 787-8040 Old St. Patrick's www.oldstpats.org 718 W Adams Chicago, IL 60661 (312) 648-1021	Synagogues Chicago Loop Synagogue www.chicagoloopsynago gue.org 16 S. Clark St Chicago, IL 60603 (312) 346-7370 Central Synagogue of Chicago www.centralchicago.org 15 W. Delaware Place Chicago, IL (312) 787-0450	Mosques Downtown Islamic Center 248 S. Wabash #500 Chicago, IL 60604 (312) 939-9095 For more information on prayer times and mosques in downtown: www.devonavenue.com
Baha'i House of Worship www.bahai.us 110 Linden Ave. Wilmette, IL 60091 (847) 853-2300	The Hindu Temple of Greater Chicago 10915 Lemont Rd Lemont, IL 60439 (630) 972-0300	Episcopalian Saint James Cathedral www.saintjamescatherdr al.org 65 East Huron Street Chicago, Illinois 60611 (312) 787-7360

Restaurants

Here are some restaurants that are near Adler School. Many of these restaurants are highlighted on www.metromix.com where you can find menus, maps, and ratings.

The Corner Bakery Soups, Sandwiches & etc. www.cornerbakerycafe.com 360 N Michigan Ave. Chicago, IL 60601 312-236-2400	Qdoba Mexican Grill www.qdoba.com 58 E. Randolph St Chicago, IL 60601 (312) 629-1190	Jimmy Johns Subs www.jimmyjohns.com 180 North La Salle Chicago, IL (312) 422-0000
Chipotle Gourmet burritos, fajitas, and tacos in a fast food environment www.chipotle.com 316 N. Michigan Avenue Chicago, IL 60601 312-578-0950	Subway Sandwiches www.subway.com 300 N Michigan Ave Chicago IL 60601 312-357-1078	Bennigan's Grill and Tavern–American Cuisine www.bennigans.com 225 N. Michigan Ave. Chicago, IL 60601 (312) 938-9080
South Water Kitchen Contemporary American Home Cooking www.southwaterkitchen.com 225 N. Wabash Avenue Chicago, IL 60602 (312) 236.9300	Popeye's Chicken www.popeyes.com 159 N. Wabash Ave. Chicago, IL 60602 (312) 807-3890	Gold Coast Dogs www.goldcoastdogs.net 159 N. Wabash Chicago, IL 60602 (312) 917-1677
Brian's Juice Bar & Deli Hummus, Falafel & etc. 80 E Lake St Chicago, IL 60601 312-332-3435	Chinese Oriental Express 233 E. Wacker Dr. Chicago, IL 60601 (312) 938-1118	Bella Bacinos Italian Bistro & Pizzeria 75 East Wacker Drive Chicago, IL 60601 (312) 263-2350
China Grill Asian flavors & techniques labeled as "World Cuisine" The Hard Rock Hotel, 230 N. Michigan Ave. Chicago, IL 60601 (312) 334-6700	Starbucks Coffee www.starbucks.com 35 E. Wacker Dr Chicago IL, 60601 United States (312) 541-8317	7-11 Convenience Store & Deli 35 E. Wacker Drive Chicago, IL 60601 1.800.PANTRY1

Potbelly Sandwich Works www.potbelly.com 190 N. State St. Chicago, IL (312) 683-1234	Heaven on Seven Louisiana Recipes www.heavenonseven.com 111 Wabash Ave., 7 ^{th.} FI. Chicago, IL 60602 (312) 263-6443	Mrs. Fields Cookies cookies and cakes www.mrsfields.com 32 East Randolph Chicago, IL 60602 (312) 629-1001
233 Michigan Ave Includes: McDonalds, Cosi (coffee-sandwich-bar) Great Steak Place, Sbarro (Italian), Dunkin Donuts, Soup Bar, Sushi, and Cafeteria.	Fannie May Chocolates Candy and Chocolates www.fanniemay.com 343 North Michigan Ave. Chicago, IL 60601 312-453-0010	

Shopping

H & M www.hm.com 22 North State Street Chicago, IL 60602 (312) 263-4436	Ann Taylor Loft www.anntaylorloft.com 33 N La Salle St Chicago, IL 60602 (312) 346-7768	Marshall Field's (Macy's) www.fields.com 111 N State St Chicago, IL 60602 (312) 781-1000
Claire's Boutique www.claires.com 835 N Michigan Ave Chicago, IL 60611 (312) 787-3151	New York & Company www.nyandcompany.com 25 North State St Chicago, IL 60602 (312) 629-3100	Old Navy www.oldnavy.com 35 N State St Chicago, IL 60602 (312) 551-0522
Chicago Sports & Novelty www.chicagosport.com 328 N Michigan Ave Chicago, IL 60601 (312) 641-6106	Filene's Basement www.filenesbasement.com One North State Street Chicago, IL 60602 (312) 553-1055	Carson Pirie Scott www.carsons.com One South State St Chicago, IL 60603 (312) 641-7397

Theaters

Chicago Theater www.thechicagotheater.com 175 N State St Chicago, IL 60601 (312) 726-7470	Cadillac Palace Theater www.broadwayinchicago.com 151 W Randolph St Chicago, IL 60601 (312) 902-1400	The Goodman Theater www.goodman-theatre.org 170 North Dearborn St Chicago, IL 60601 (312) 443-3800
The Auditorium Theater www.auditoriumtheater.com 50 E. Congress Parkway, Chicago, IL 60605 (312) 922-2110	Drury Lane Theater Water Tower Place www.drurylanewatertower.com 175 East Chestnut Street Chicago, IL 60611 (312) 642-2000	The Oriental www.broadwayinchicago.com 24 W. Randolph St. Chicago, IL 60601 (312) 902-1400
The Lyric Opera www.lyricopera.org 20 N. Wacker Drive Chicago, IL 60606 (312) 332-2244	Chicago Symphony Orchestra www.cso.org 220 South Michigan Avenue Chicago, Illinois 60604 (312) 294-3333	

Movie Theaters

AMC Loews 600 North Michigan 9
www.amctheatres.com
600 N. Michigan Ave.
Chicago, IL - 60611
312-255-9340

AMC Loews Esquire 6 www.amctheatres.com 58 E. Oak Street Chicago, IL - 60611 312-280-0101