# McHenry County Mental Health Board

# **Weekly Agency Update**

(Bolded items are new listings)

**JANUARY 26, 2024** 

# **EDUCATIONAL AND TRAINING OPPORTUNITIES**

# MCHENRY COUNTY MENTAL HEALTH BOARD

- A Trauma Informed Approach | Virtual | Second Thursday of the month | 2/8/2024 6/13/2024 | 2:30 pm to 4:00 pm |
   1.5 Free CEUs
- <u>Positive Psychology: Evidence Based Strategies for Wellbeing</u> | In-person | Friday, March 1, 2024 | 9:00 am to 12:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 3 Free CEUs for LSW/LCSW, LPC/LCPC, and Psychologists
- <u>AutPlay Therapy: Introduction and Foundations</u> | In-person | Friday, March 15, 2024 | 9:00 am to 4:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 6 Free CEUs for LSW/LCSW, LPC/LCPC, and Psychologists.
- Mental Health Strategies for Professionals A workshop for educators, first responders, lawyers, business, and medical professionals and beyond. | In-person | Friday, March 22, 2024 | 9:00 am to 12:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 3 Free CEUs for LSW/LCSW, LPC/LCPC, and Psychologists
- Assessment and Intervention Strategies for Children and Adolescents Struggling with School Refusal-School Anxiety
   In-person | Friday, April 19, 2024 | 9:00 am to 12:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake |
   3 Free CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and CPDUs for School Professionals

# NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) OF MCHENRY COUNTY

- Upcoming QPR (Question, Refer, Persuade) Suicide Prevention trainings both virtual and in-person.
- Youth & Adult Mental Health First Aid in-person trainings.

# THIS...THAT...AND THE OTHER

**INFORMATIONAL & EVENT OPPORTUNITIES** 

# LIVE4LALI

New 2024 Flyers for | Free Naloxone trainings | Free Harm Reduction supplies | SMART meetings

### ROSECRANCE MCHENRY COUNTY

- Adult Walk-in Mental Health Assessments
- Virtual Substance Use Assessments

# **THRESHOLDS**

• Thresholds is offering walk-in intake hours on Tuesdays from 9:00-1:00 at our Woodstock office. Please see attached flyers and referral form.

# **OPTIONS & ADVOCACY OF MCHENRY COUNTY**

Agency Updates

# **ELDERWERKS**

• Elderwerks | Trainings & Events

# **EMPLOYMENT & VOLUNTEER OPPORTUNITIES**

## CONSUMER CREDIT COUNSELING SERVICE OF NORTHERN ILLINOIS

• Housing Counselor

### **OPTIONS & ADVOCACY OF MCHENRY COUNTY**

Therapist - Neuro Inclusive Counseling program

### NORTHWEST CENTER AGAINST SEXUAL ASSAULT

Counseling Team Lead; LCSW Experienced Trauma Counselor; Bilingual preferred not required.

# THE CENTER FOR EMOTIONAL WELLNESS OF THE NORTHWEST SUBURBS

- Child and Adolescent Therapist
- Counseling & Psychology Graduate Students Internship Opportunity

# **THRESHOLDS**

- Intake Specialist
- Mental Health Clinician/Community Support Specialist

# **SUPPORT GROUPS**

# **MONDAY**

# PFLAG MCHENRY PARENTS OF TRANSGENDER MCHENRY - First Monday of the month, 7:00 pm

Tree of Life Unitarian Church, 5603 W Bull Valley Rd, McHenry, IL 60050. For additional information, please call 630.415.0622.

# ALZHEIMER'S SUPPORT GROUP – Third Monday of the month, 1:00 to 2:30 pm

For family members who care for and love someone with memory loss. Light refreshments and an opportunity to share joys and concerns will be offered. Encore Memory Center, 495 Alexandra Boulevard, Crystal Lake, II 60014. Please call Jennifer La Porte at 815.459.7800, or email Jlaporte@encorecares.com.

# SMART RECOVERY FOR INDIVIDUALS - Mondays, 3:00 to 4:00 pm

SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on. Meetings are held at the McHenry County Specialty Courts building, 400 Russell Court in Woodstock. For additional information please contact Sal DePillo at REBTJunior@gmail.com.

# CONNECTION RECOVERY SUPPORT GROUP - Mondays, 6:00 pm to 7:30 pm

NAMI Connection Recovery Support Group (CSG) is a weekly support group, available at no cost to you. Adults with a mental health diagnosis are welcome to share experiences in a safe, pressure-free, and confidential setting. NAMI-trained peer facilitators guide groups using a structured model to ensure every voice is heard, supported, and encouraged without judgement. CSG promotes empathy, productive discussion and a sense of community. CSG is led by NAMI-trained individuals who are in recovery. We understand your challenges and can offer you encouragement and support. The Connection Group meets at the NAMI office, 620 Dakota Street location in Crystal Lake. Please call 815.526.8243 for additional information.

### LGBTQ+ DOMESTIC VIOLENCE SUPPORT GROUP - Mondays, 4:00 to 5:00 pm

Turning Point is so excited to announce a new support group in McHenry County aimed at confronting domestic and dating violence in the LGBTQ+ communities. Interested? Call 815-338-8081 and ask to speak to one of our advocates today. Registration is required.

# **TUESDAY**

# PEER SUPPORT - Tuesdays 12:15-1:15 pm

Provides a comfortable and safe environment for peers to discuss issues of the week and share insight and feedback with other peers for support. AID Drop In at 1201 Dean St. in Woodstock (located in Woodstock Assembly of God building). Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

# PFLAG MCHENRY – Second Tuesday of the month, 7:00 pm

Tree of Life Unitarian Church, 5603 W Bull Valley Rd, McHenry, IL 60050. For additional information, please call 630.415.0622.

# PARENTING THROUGH GRIEF GROUP - 2nd Tuesday of the month, 6:00 to 8:00 pm

One Million Monarchs monthly support group for parents of bereaved children. Meets at Silver Lake Retreat, 223 W. Lake Shore Drive, Oakwood Hills, IL (Cary area)." For additional information contact Stacey Sassine at 847.533.4669 or stacey@onemillionmonarchs.org.

# TEEN GENDER NON-CONFORMING THERAPY GROUP – 2nd and 4th Tuesday, 5:00 to 6:00 pm

Group location alternates between the Northwest Treatment Associates' Woodstock office and the Break in Crystal Lake. Group participants are invited to remain for the Trans Tuesdays drop in component from 6 to 7 PM for group sessions that take place at the Break. The drop-in center is open on the 2nd and 4th Tuesdays of each month. Please contact <a href="mailto:Carol@nwtacounseling.com">Carol@nwtacounseling.com</a> to connect to the group or make a referral.

### TRANSGENDER TUESDAYS DROP-IN - 2nd and 4th Tuesday, 6:00 to 7:00 pm

A safe place for transgender expansive teens (12 – 19 years old) to meet, socialize, and connect at The Break, 6292 NW HWY, Crystal Lake. Please contact <u>Carol@nwtacounseling.com</u> for additional information.

# WEDNESDAY

# HOPEFUL HEARTS GRIEF SUPPORT GROUP - last Wednesday of the month, 4:00 pm

Monthly <u>Grief Support Group</u> at White Oaks in McHenry. All are welcome to join us, regardless of age or circumstances. The group is intended to create a supportive environment for all attendees and is not specific to our Memory Care. This is a community wide event. Feel free to share the flyer with others who would benefit. The group leader is Laura, and she is a Bereavement Specialist. She is handling the RSVPs. Please reach out to her by phone or text 224-361-9848.

# CONNECTION RECOVERY SUPPORT GROUP - Wednesdays, 5:00 pm to 6:30 pm

NAMI Connection Recovery Support Group (CSG) is a weekly support group, available at no cost to you. Adults with a mental health diagnosis are welcome to share experiences in a safe, pressure-free, and confidential setting. NAMI-trained peer facilitators guide groups using a structured model to ensure every voice is heard, supported, and encouraged without judgement. CSG promotes empathy, productive discussion, and a sense of community. CSG is led by NAMI-trained individuals who are in recovery. We understand your challenges and can offer you encouragement and support. The

Connection Group meets at the NAMI office, 620 Dakota Street location in Crystal Lake. Please call 815.526.8243 for additional information.

# A CHANCE TO REFRESH, RENEW & RELATE – Second Wednesday of the month, 12:00 to 1:30 pm. McHenry County Mental Health Board, 620 Dakota Street in Crystal Lake.

The McHenry County Trauma-Informed Change Team is pleased to offer a support program to all Direct Service Staff at McHenry County Agencies. This program offers a non-judgmental space to gather and refresh. The program is open to all who provide direct services to clients, patients, members, or anyone in need. This program provides direct service staff the opportunity to focus on their own well-being and to connect with others who understand the unique challenges of providing direct services. If you are looking to refresh, renew & relate to others with your same rewards, challenges and compassionate spirit, this program is for you! The program will be offered twice a month, on the second Wednesday & second Thursday of each month to accommodate busy and diverse schedules. For additional information please contact Gary at <a href="mailto:garyrukin@gmail.com">garyrukin@gmail.com</a>.

# LGBTQ+ CONNECTION RECOVERY SUPPORT GROUP - Wednesdays, 7:00 to 8:30 pm

Virtual through NAMI Barrington and NAMI IL. LGBTQ+ NAMI Connection Recovery Support Group is a free, peer-led support group designed for any adult (18+) in the LGBTQ+ community who has a mental health condition. Click here to RSVP by 4:30pm on group day.

# DEMENTIA/ALZHEIMER'S SUPPORT GROUP - Every 3rd Wednesday of the month, 4:00 to 5:00 pm

Join us for a time of mutual support, education and discussion of topics related to the Dementia journey. Support Group is open to all including family, friends, care providers or loved ones of those with Dementia or Alzheimer's Disease. Group meets at White Oaks at McHenry Memorial Care, 4605 W Crystal Lake Road, McHenry. For additional information please contact Nadine Barnes at <a href="mailto:sales@whiteoaks-mchenry.com">sales@whiteoaks-mchenry.com</a>.

NEW DIRECTIONS FAMILY SUPPORT GROUP – Wednesdays, 7:00 to 8:00 pm. Join this free Family Support Group at The Other Side, 135 Beardsley, Crystal Lake. For more information, reach out to Christy at Christyh@ndars.org.

# VIRTUAL CAREGIVER SUPPORT GROUP – Every 3rd Wednesday of the month, 5:00 to 5:45 pm.

This is an opportunity for caregivers of individuals with neurodevelopmental challenges such as Autism Spectrum Disorder, Intellectual/Developmental Disorders, and other related concerns to connect with one another. This supportive group is facilitated by a trained mental health professional with Ascension Alexian Brothers, to allow participants to effectively process their experiences and current needs. Free for caregivers of individuals with a neurodevelopmental disorder. Registration is required: Call 847-755-8536 or email AHBHHHEResourceCenter@ascension.org

### YOGA FOR INDIVIDUALS EXPERIENCING CHRONIC PAIN - 2nd Wednesday of the month, 6:00 pm

Yoga materials supplied, wear comfortable clothes, limited to 12 participants. \$10.00 at the door. Independence Health and Therapy, 2028 N. Seminary, Woodstock. For more information, please contact Shannon Guzick at <a href="mailto:squzick@independencehealth.org">squzick@independencehealth.org</a> or 815.338.1707 x229.

# PEER SUPPORT – Wednesdays, 1:00 to 2:00 pm

Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers. AID Drop In at 1201 Dean St. in Woodstock (located in Woodstock Assembly of God building) Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

# FAMILY SUPPORT GROUP - Wednesday, 6:00 to 7:30 pm

In Family Support Group, together we deal with the impact that mental illness has made on the lives of our loved ones, as we slowly acknowledge the impact that mental illness has had on our own lives as individuals, couples, parents, siblings, and friends. Attending Family Support Group gives us an opportunity to develop an understanding of what role we can actually be effective in, while our loved ones navigate their personal journey of recovery. This group is provided at no cost. NAMI McHenry County, 620 Dakota Street, Crystal Lake. Please call 815.308.0851 for additional information.

# NEW DIRECTIONS FAMILY SUPPORT GROUP - Wednesdays, 7:00 to 8:00 pm

The Other Side, 135 Beardsley Street, Crystal Lake. Doors open at 6:30 pm. All are welcome. Each week's group are focused on helping individuals who have lost family or friends to opioid overdose, and family members/spouses/friends of individuals struggling with substance use disorders. For more information, please contact Christy at <a href="mailto:Christyh@ndars.org">Christyh@ndars.org</a>

### BRAIN INJURY GROUP - Wednesdays, 10:00 to 11:30 am

Join Independence Health & Therapy's Community Support Specialist, Diane Grant, who has had extensive training and experience working with individuals with brain injuries. This group meets weekly via Zoom, and also on the second Wednesday of the month in-person and via Zoom. Please contact Diane Grant through <a href="mailto:dgrant@independencehealth.org">dgrant@independencehealth.org</a> or phone 815-200-7461 to gather the access code.

# SIBLING GRIEF SUPPORT - Every 1st and 3rd Wednesday, 7:00 pm

For a substance-related passing. Join our Facebook Group "Siblings Strong" to attend the meeting. Contact Lindsey LeBron at Rae820@yahoo.com & Julie Miller at Juliamiller@gmail.com.

# TURNING POINT VIRTUAL SUPPORT GROUP - Wednesdays, 6:00 to 7:00 pm

Hosted via Zoom. Turning Point's virtual support group provides a virtual safe space for adults who have or are currently experiencing domestic violence to be able to share experiences, process emotions, safety plan, and support one another. Participants are to sign up ahead of the meeting by calling 815-338-8081.

# TEEN ZOOM TRANSGENDER THERAPY GROUP - Wednesdays, 4:00 to 5:00 pm

This is an open group that accepts new participants on an ongoing basis. This group will provide a safe place for transgender, non-binary, gender non-conforming and questioning teens to explore issues of sexual orientation and gender identity and gain acceptance and peer support. Please contact Carol Fetzner with Northwest Treatment Associates at nwtacounseling.com for the group or to make a referral.

# **THURSDAY**

# A CHANCE TO REFRESH, RENEW & RELATE – Second Thursday of the month, 5:00 to 6:30 pm. McHenry County Mental Health Board, 620 Dakota Street in Crystal Lake.

The McHenry County Trauma-Informed Change Team is pleased to offer a support program to all Direct Service Staff at McHenry County Agencies. This program offers a non-judgmental space to gather and refresh. The program is open to all who provide direct services to clients, patients, members, or anyone in need. This program provides direct service staff the opportunity to focus on their own well-being and to connect with others who understand the unique challenges of providing direct services. If you are looking to refresh, renew & relate to others with your same rewards, challenges and compassionate spirit, this program is for you! The program will be offered twice a month, on the second Wednesday & second Thursday of each month to accommodate busy and diverse schedules. For additional information please contact Gary at <a href="mailto:garyrukin@gmail.com">garyrukin@gmail.com</a>.

# CAREGIVER SUPPORT GROUP – First Thursday of the month, 11:00 am to 12:00 pm

Are you providing care for a loved one? Join us for an hour of discussion of peer where you will have an opportunity to share feelings and experiences. Woodstock Library (downstairs), 414 West Judd St, Woodstock. For more information, please contact Katie Graham at <a href="mailto:kgraham@independencehealth.org">kgraham@independencehealth.org</a> or 815.579.7273

### VIRTUAL PARENT SUPPORT GROUP – Thursdays 6:00 to 7:30 pm

At Rosecrance, we provide a range of family support services including counseling, support, education, and information. One of these support services is our <u>Virtual Parent Café</u>. Parents need to know that they are not alone as their adolescent or young adult struggles with substance use and/or mental health disorders. Through Parent Café, our staff will help you talk with other parents who are going through similar experiences. You can learn what has worked for others and develop a strategy that makes sense for you. Contact Maria Campobasso at <a href="mailto:ccampobasso@rosecrance.org">ccampobasso@rosecrance.org</a> for information.

### PEER SUPPORT – Thursdays 12:15 to 1:15 pm

Provides a comfortable and safe environment for peers to discuss issues of the week and share insight and feedback with other peers for support. AID Drop In at 1201 Dean St. in Woodstock (located in Woodstock Assembly of God building). Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

### JAIL BRAKERS SUPPORT MEETING - First Thursday of the month, 6:30 to 8:00 pm

Unity Spiritual Center, 225 West Calhoun Street, Woodstock. For additional information contact James Carpenter, jailbrakersjames@gmail.com or 815.322.3223.

# SURVIVORS OF SUICIDE LOSS SUPPORT GROUP - First Thursday of the month, 7:00 to 9:00 pm

An open support group for individuals 18 and up who have experienced the loss of a loved one by suicide. No registration needed. We meet the first Thursday of the month from 7-9pm at the McHenry County Mental Health Board 620 Dakota St. Crystal Lake. For more information or questions, contact Jenn Balleto, LCPC at <a href="mailto:Jballeto@independencehealth.org">Jballeto@independencehealth.org</a>

# SURVIVOR GROUP – Thursdays, 7:00 pm

Are you a victim of sexual assault? Do you struggle with symptoms of PTSD as a result? Do you wish people understood your experiences? If you answered yes to any of these questions, then this could be the group for you. Please contact <a href="mailto:admin@owenscounseling.com">admin@owenscounseling.com</a> for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156.

# **FRIDAY**

# \*NEW\* BIPOLAR CONNECTIONS SUPPORT GROUP - 1st and 3rd Friday, from 6:00pm - 7:30pm

NAMI McHenry County, 620 Dakota Street, Crystal Lake. We are starting a NEW Connections Support Group! This group is for adults with bipolar disorder. Our first group will be held 1/5/24 and will be held on the 1st and 3rd Friday in 2024. To RSVP, email help@namimch.org

# \*NEW\* LGBTQ+ CONNECTIONS SUPPORT GROUP - 2<sup>nd</sup> and 4<sup>th</sup> Friday, from 6:00pm - 7:30pm

NAMI McHenry County, 620 Dakota Street, Crystal Lake. We are starting a NEW Connections Support Group! This group is for adults with a mental health condition who are also members of the LGBTQ+ community. Our first group will be held 12/22 and will be held on the 2nd and 4th Fridays moving forward. To RSVP, email help@namimch.org

# \*NEW\* FAMILY SUPPORT GROUP - Fridays, from 7:00 - 8:00 pm

Stages of Transformation Resource Center, 820 McArdle Drive, Unit C, in Crystal Lake. This is a supportive, confidential setting where information, education, and experiences are shared from those in recovery. A gathering for family and friends that offers support and encouragement through experiences, understanding and respect. A place of hope, guidance, and support. You are not alone! All are welcome. For additional information please contact Colleen Fuchs at ColleenFuchs@stagesoftransformation.org

### AA MEETINGS – Fridays, 7:00 pm

Gateway Foundation, 25480 W. Cedarcrest Ln, Lake Villa, IL 60046. For additional information, please contact Shelley Reimann at <a href="mailto:smreiman@gatewayfoundation.org">smreiman@gatewayfoundation.org</a>

### SMART RECOVERY MEETINGS – Fridays 12:00 to 1:00 pm.

The Other Side, 135 Beardsley Street, Crystal Lake. SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on.

# COMMUNITY RESOURCE DAYS – Every Friday 10:00 to 2:00 pm (except 12/29)

<u>Community Resource Days</u> is a collaborative community event providing our un-sheltered and those in need of extra support with access to a variety of resources. Every Friday from 10:00 am to 2:00 pm at Willow Creek Crystal Lake, 100 S Main in Crystal Lake. For additional information please contact Julie Davis at <a href="mailto:julie.davis@willowcreek.org">julie.davis@willowcreek.org</a>.

# **SATURDAY**

### YOGA FOR INDIVIDUALS EXPERIENCING CHRONIC PAIN – 4th Saturday of the month, 9:00 am

Yoga materials supplied, wear comfortable clothes, limited to 12 participants. \$10.00 at the door. Independence Health and Therapy, 2028 N. Seminary, Woodstock. For more information, please contact Shannon Guzick at <a href="mailto:squzick@independencehealth.org">squzick@independencehealth.org</a> or 815.338.1707 x229.

# VIRTUAL PARENT SUPPORT GROUP - Saturdays, 2:00 - 3:30 pm. Free, register in advance.

At Rosecrance, we provide a range of family support services including counseling, support, education, and information. One of these support services is our <u>Virtual Parent Café</u>. Parents need to know that they are not alone as their adolescent or young adult struggles with substance use and/or mental health disorders. Through Parent Café, our staff will help you talk with other parents who are going through similar experiences. You can learn what has worked for others and develop a strategy that makes sense for you. Contact Peter Mowris at <a href="mailto:pmowris@rosecrance.org">pmowris@rosecrance.org</a> for information.

### STRONGER TOGETHER, DBT GROUP FOR ADULTS AGES 18 AND UP - Saturday's, 10:00 am

In this weekly supportive group, we will learn about the four foundational skills of Dialectical Behavioral Therapy. The Acceptance Skills: Mindfulness and Distress Tolerance, and the Change Skills: Interpersonal Effectiveness and Emotional Regulation. Validation will be used and taught as we learn to accept where we are while being a springboard for action! We will learn how to use these effectively in our daily lives and help empower you to effectively live your best life. Please contact <a href="mailto:admin@owenscounseling.com">admin@owenscounseling.com</a> for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills.

### **WEEKEND WARRIORS – Saturdays, 11:00 am**

Dialectal Behavioral Therapy Group for Adolescents ages 11-14

Some of the things covered in this group are help with external and internal triggers to stress, learn how to manage overwhelming emotions, and education on coping strategies. Please contact <a href="mailto:admin@owenscounseling.com">admin@owenscounseling.com</a> for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156

### BREAKFAST CLUB - Saturdays, 10:00 am

Dialectal Behavioral Therapy Group for High School ages 14 - 18

Some of the things covered in this group are help with external and internal triggers to stress, learn how to manage overwhelming emotions, and education on coping strategies. Please contact <a href="mailto:admin@owenscounseling.com">admin@owenscounseling.com</a> for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156

# **SUNDAY**

# LIVE4LALI SMART RECOVERY MEETINGS - Sunday's, 10:00 to 11:30 am

SMART Recovery is a free, confidential peer recovery program to help overcome unhealthy habits (drinking & drug usage), or behaviors (over/under eating & gaming obsession). This meeting will be held online at <a href="https://global.gotomeeting.com/join/932689453">https://global.gotomeeting.com/join/932689453</a>. For assistance contact 844.584.5254 or <a href="mailto:info@Live4Lali.org">info@Live4Lali.org</a>



SATURDAY, JANUARY 27, 2024

8:30 a.m.–1 p.m. Hosted at McHenry County College

# REGISTRATION AVAILABLE AT: www.mchenry.edu/pin

Pre-registration is encouraged but not required.

You are invited to attend the People in Need Forum to learn about the abundance of resources and support available to those in need in McHenry County

### **SESSION TOPICS INCLUDE**

- Mental Health
- Diversity, Equity, and Inclusion
- Food Insecurity
- Housing
- Seniors
- Veterans
- Grief
- Suicide Prevention
- County Resources
- Youth Resources
- And more

### WHO SHOULD ATTEND

Anyone seeking more information on resources available in McHenry County.

### SPANISH TRACK AVAILABLE!

Spanish speakers are invited to participate in three breakout sessions presented in Spanish.

Live speakers to answer your questions! More than 100 exhibitors in person!



FOR MORE INFORMATION VISIT www.mchenry.edu/pin

For more information contact: peopleinneed@mchenry.edu or (815) 455-8556



Foundation



Foro de personas con necesidades (People in Need Forum)

SÁBADO, 27 DE ENERO DE 2024

8:30 a.m.-1 p.m.

Lugar:

McHenry County College

INSCRIPCIÓN DISPONIBLE EN: www.mchenry.edu/pin
Se recomienda la inscripción previa, pero no es obligatoria.

Lo invitamos a participar del Foro de personas con necesidades para conocer la abundancia de recursos y apoyo disponible para las personas con necesidades en el condado de McHenry.

# **TEMAS DE LA REUNIÓN**

- Recursos para cuidadores
- Salud mental
- Diversidad, equidad e inclusión
- Inseguridad alimentaria
- Vivienda
- Adultos mayores
- Recursos del condado
- Recursos para jóvenes
- Y más

¡Oradores en vivo para responder sus preguntas! ¡Más de 100 expositores presenciales!

# QUIÉNES DEBERÍAN PARTICIPAR

Todos aquellos que deseen obtener más información sobre los recursos disponibles en el condado de McHenry.

# ¡ACTIVIDADES DISPONIBLES PARA JÓVENES!

Los jóvenes de escuelas intermedias y secundarias están invitados a participar en las actividades para jóvenes, que incluyen sesiones grupales diseñadas especialmente para ellos. breakout sessions designed for youth.

# ¡ACTIVIDADES DISPONIBLES EN ESPAÑOL!

Invitamos a los hispanohablantes a participar de las tres sesiones grupales presentadas en español.

PARA MÁS INFORMACIÓN, VISITE www.mchenry.edu/pin

Para más información, escriba a peopleinneed@mchenry.edu o llame al (815) 455-8556



Foundation





# OPR

# **Suicide Prevention Training**

A 1-hour evidence-based public health model for individuals to learn how to recognize the warning signs that someone may be contemplating suicide

# **IN-PERSON SESSION DATES:**

# **Tuesdays:**

January 23rd-5:30 PM-6:30 PM

February 20th-1:00 PM-2:00 PM

March 26th-5:30 PM- 6:30 PM April 23rd-

1:00 PM- 2:00 PM

May 28th-

5:30 PM-6:30 PM

June 25th-

1:00 PM-2:00 PM

July 23rd-

5:30 PM-6:30 PM

August 27th-

5:30 PM-6:30 PM

September 24th-

1:00 PM- 2:00 PM

October 22nd-

5:30 PM-6:30 PM

November 12th-

1:00 PM- 2:00 PM

NAMI OF MCHENRY COUNTY 620 DAKOTA STREET CRYSTAL LAKE, IL, 60012

TO REGISTER OR QUESTIONS
PLEASE EMAIL:
EDUCATION@NAMIMCH.ORG





# QPR

Suicide Prevention Training Please Join Us In 2024

VIRTUAL SESSION DATES:

A 1-hour evidence-based public health model for individuals to learn how to recognize the warning signs that someone may be contemplating suicide



5:30 PM-6:30 PM

THURSDAY, JANUARY 25TH
THURSDAY, FEBUARY 29TH
THURSDAY, MARCH 28TH
THURSDAY, APRIL 25TH
THURSDAY

THURSDAY, MAY 30TH
THURSDAY, JUNE 27TH

THURSDAY, JULY 25TH

THURSDAY, AUGUST 29TH

THURSDAY, SEPTEMBER 26TH

THURSDAY, OCTOBER 24TH

THURSDAY, NOVEMBER 14TH

NAMI OF MCHENRY COUNTY 620 DAKOTA STREET CRYSTAL LAKE, IL, 60012



# COMMUNITY PAIP FACILITATOR TRAINING

Get your 20-Hour Partner Abuse Intervention Program Facilitator Training!

**Registration Fee** 

\$150

# You Will Learn:

- The skills and tools necessary to facilitate partner abuse intervention groups
- Illinois Partner Abuse Protocols
- Best practices in group dynamics, including co-facilitation
- Intervention models



**Registration Deadline** 

**January 26th, 2024** 

# **TRAINING DATES:**

<u>In-Person</u> February 27th - 29th, 2024





MORE INFORMATION

(815) 338-8081 (Ask for Kristi)



www.turnpt.org/community-training

# **SEXTING CYBER-BULLYING SNAPCHAT** INSTAGRAM



# **Empowering Parents On How To Protect Their Children** On Their Devices, Social Media And Gaming Platforms

The McHenry County Child Advocacy Center and the McHenry County Juvenile Officer's Association, will be hosting a Parent presentation of "Keeping Our Kids Cyber Safe" presentation on the following date and times:

located at McHenry County College located at 8900 US Highway 14, Crystal Lake on

February 12th 2024 from 7 PM-9P with Q/A. The presenter will be Detective Matt Thornton from the Be Sure Consulting Cyber Safe Schools Team. All parents, guardians, Teachers and Grandparents are welcome to attend as well. Detective Matt Thornton is a nationally recognized High Technology Cyber Crimes Presenter, who will be presenting proactive strategies, expert insight, and invaluable resources designed to empower you to combat Cyber-Bullying Vaping and Sexting.

### **Presenting Information and Strategies on:**

- Understand cyber-crime and that "No one online is anonymous"
- Understand appropriate protocols when a someone discloses issues of cyber-bullying, sexting, or sextortion.
- How to report criminal Cyber-Bullying.
- Understand the dangers of many popular apps
- How Internet investigations are conducted using subpoenas and search warrants.
- Understand social media laws such as: Harassment, Cyber-Stalking and False Personation.
- How to empower yourself to report cyber crime and harassment.
- How to protect your "digital foot print" and understand what it means to your future.
- Open Forum Q&A.









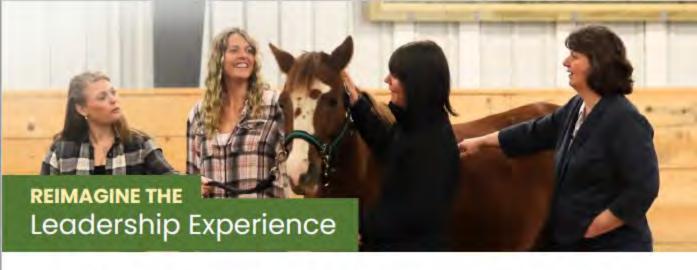












# Humans, Horses and Humor - Creative Ways to Foster Meaningful Relationships

Establish meaningful connections and build your communication skills with your staff, customers and everyone with whom you interact.



Friday, February 9, 2024 | 8:30am - 3:30pm Hosted by Main Stay Therapeutic Farm 6919 Keystone Road, Richmond, IL 60071 Cost: \$149

Scan the QR code to learn more/register or visit: www.mainstayfarm.org/leadership-workshop

This full-day workshop will highlight how to build strong, meaningful relationships which are integral to personal and professional success. Unique (and fun!) activities with the Main Stay horses and each other will focus on key topics such as:

- Increasing your "situational awareness"
- · Active listening, building trust
- Improving your ability to remain present with others.

# **FACILITATORS:**

Julie Ostrow | julieostrow.com
Cindy Schwarz | earsupleadership.com





"I was paired with my Big Brother when I was 8 years old. I am 36 now and still see him about once a month. THIS program has changed my life."



# **OUR PROGRAMS**

# **COMMUNITY BASED MENTORING**

The Community-Based Mentoring Program is the traditional Big Brothers Big Sisters one-to-one mentoring model that matches McHenry County children ages 6 - 18 with an adult mentor, a Big. After the Match is made, the Big and Little spend time together for a few hours 2-4 times per month doing activities that interest them.

# **LUNCHTIME MENTORING**

Lunch Time Mentors meet with their Little one day per week during the child's lunch hour at a local elementary or middle school, and commit to the relationship for a minimum of one school year. Lunch Time Mentors meet only at the school, and do not interact outside of the school setting, as in the Community Based program.

# **AFTER SCHOOL MENTORING**

Big Brothers Big Sisters partners with elementary and middle schools across McHenry County to provide after school mentoring programs for youth. In this program, the "Bigs" are high school students volunteering their time to mentor a child ages 6-13. Each school's program is held in a group, supervised setting 1x per week for the entire school year.

# **BIG FUTURES MENTORING**

This program serves Mentees up to age 24 and their Mentors with additional support and guidance in helping Mentees make educational and career decisions.

BIG BROTHERS BIG SISTERS
OF MCHENRY COUNTY
630 N. IL Route 31
Crystal Lake, IL 60012

CONNECT WITH US bbsmchenry.org 815-385-385





# DROP-IN ACTIVITIES

FOR THOSE IN MENTAL HEALTH RECOVERY

1201 DEAN ST., WOODSTOCK, IL 60098

(Located in Woodstock Assembly of God) - Dec. 5, 2023 - Feb. 22, 2024

# **TUESDAY**

# ALL GROUPS ARE FREE TO PARTICIPATE!

**10:00 A.M. - 12:00 P.M. | MOVIES GROUP:** This group is for movie enthusiasts who want to watch movies that are PG or PG-13 and you choose the movie.

**12:15 P.M. - 1:15 P.M. | PEER SUPPORT GROUP:** Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

**1:30 P.M. - 3:00 P.M. | MUSIC GROUP:** This group will utilize several interactive fun activities to tie in with music therapy/song analysis

# WEDNESDAY

**10:00 A.M. - 11:00 A.M. | MOVEMENT GROUP:** This group will focus on movement of the body for physical benefits for health and release of stress and trauma held in our bodies.

**11:15 A.M. - 12:45 P.M. | EXPRESSIVE ART GROUP:** Provides a space for creativity and expression through various art activities with the use of art supplies.

**1:00 P.M. - 2:00 P.M. | PEER SUPPORT GROUP:** Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

**2:30 P.M. - 4:00 P.M. | W.R.A.P. GROUP:** Wellness Recovery Action Plan will cover the tools you need to be the expert on yourself and your recovery. WRAP is used to help prevent crisis so that you are prepared through self-management.

# **THURSDAY**

**10:00 A.M. - 10:45 A.M. | WALKING GROUP:** This exercise-based group is to provide time to walk a path that is pre-designed for comfort and safety.

11:00 A.M. - 12:00 P.M. | TOPIC/SNACK GROUP: This group is a time for unwinding with a snack and having a topic each week to discuss.

**12:15 P.M. - 1:15 P.M. | PEER SUPPORT GROUP:** Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

**1:30 P.M. - 3:00 P.M. | GAMES GROUP:** Enjoy card games like skip-Bo, Phase -10, and Uno, and sometimes bingo if 3 or more players. Other games are also available or you can bring a game of your choice!

# **OPEN TO ALL MCHENRY COUNTY RESIDENTS!**

(Please provide proof of McHenry County residency)

Drop-In Activities are available to all McHenry County residents, age 18 or older, free of charge.

There is no need to schedule or call ahead; just drop on in!

**QUESTIONS?** Contact Donna Buss, MHP/CRSS: (630) 777-7721 Individual peer support sessions are available by appointment.

Empowering Minds



Transforming Lives

# Let's Give Ourselves Some of the Support We Provide to Others

The McHenry County Trauma-Informed Change Team is pleased to offer a support program to all Direct Service Staff at McHenry County Agencies. This program offers a non-judgmental space to gather and refresh. The program is open to all who provide direct services to clients, patients, members, or anyone in need.

# A Chance to Refresh, Renew & Relate

The program will be offered twice a month, on the second Wednesday & second Thursday of each month to accommodate busy and diverse schedules.

A February meeting will take place on February 14, 2024, from 12 noon to 1:30 pm.

The Evening meeting will take place on February 8, 2024, from 5 pm to 6:30 pm.

Each meeting will be held at the **McHenry County Mental Health Board** located at **620 Dakota Street, Crystal Lake, IL 60012** 



This program provides direct service staff the opportunity to focus on their own well-being and to connect with others who understand the unique challenges of providing direct services. If you are looking to refresh, renew & relate to others with your same rewards, challenges and compassionate spirit, this program is for you!

Offered Free of Charge



Weekly, Evening, Peer-to-Peer, Recovery Support Group

90-minute meetings for individuals 18 and older who are living with the challenges that come with a mental health condition

NAMI Connection Support Group (CSG) is a weekly support group, available at no cost to you. Adults with a mental health diagnosis are welcome to share experiences in a safe, pressure-free, and confidential setting. NAMI-trained peer facilitators guide groups using a structured model to ensure every voice is heard, supported and encouraged without judgement. CSG promotes empathy, productive discussion and a sense of community. CSG is led by NAMI-trained individuals who are in recovery. We understand your challenges and can offer you encouragement and support.

### **♦** MONDAYS

- 6:00pm 7:30pm
- Conference Room A
- NAMI Office
- 620 Dakota Street
- Crystal Lake, IL, 60012

# ★ Wednesdays

- 5:00pm-6:30pm
- Conference Room A
- NAMI Office
- 620 Dakota Street
- Crystal Lake, IL, 60012

# → Recovery support by people who have/are going through recovery themselves.

All of our support groups are lead by trained facilitators that have gone through recovery first hand. We believe in lived experience and peer-to-peer support. These support groups are a judgement free zone where you can get support from people who may have been through something similar to what you are going through. Likewise, you might have wisdom that another member of the group would find invaluable to their own recovery.





McHenry County



Weekly, Evening, Peer-to-Peer, <u>Recovery Support Group</u>

90-minute meetings for individuals 18 and older who have a loved one with a mental health condition

In Family Support Group, together we deal with the impact that mental illness has made on the lives of our loved ones, as we slowly acknowledge the impact that mental illness has had on our own lives as individuals, couples, parents, siblings and friends. Attending Family Support Group gives us an opportunity to develop an understanding of what role we can actually be effective in, while our loved ones navigate their personal journey of recovery. This group is provided at no cost.

- + Wednesdays
- <u>6:00pm 7:30pm</u>
- Conference Room B/C
- NAMI Office
- 620 Dakota Street
- Crystal Lake, IL, 60012
- Recovery support with others who are supporting a family member with mental illness

Through Group Wisdom, we gradually learn new ways to communicate, develop coping skills, self-care strategies, break the barriers of stigma, overcome denial, and find solutions through the experiences of other participants enduring the same journey.





McHenry County

# BIPOLAR

# NAMI's Bipolar Connections:

- Community support for bipolar challenges.
- Empowerment through shared stories and strategies.
- Join us to navigate bipolar disorder with support.
- This group is for adults 18+





# When:

1st & 3rd Fridays Starting Jan. 5th 6:00pm - 7:30pm

# Where:

620 Dakota St Crystal Lake, IL 60012



County

Contact us:

McHenry Email: Help@NAMIMcH.org

Phone: 815.526.8243



# McHenry L B B Connections Group County Support and Connections Group

Join NAMI's LGBTQ+



Support Group

Date: Bi-Weekly Fridays Starting December 22nd Time: 6:00pm-7:30pm

Location: 620 Dakota St, Crystal Lake, IL

60012

Are you looking for a safe, supportive space to connect with others who understand your journey?

NAMI (National Alliance on Mental Illness) invites you to join our LGBTQ+ Support Group!

We are here to create a welcoming and affirming environment for individuals of all gender identities and sexual orientations.

# How to join & More about NAMI

If you are interested in The group please reach out and RSVP to us either by phone or email.



Phone: (815) 308-0851

Email: admin@namimch.org

Website: namimch.org

We look forward to
hearing from you!

# What To Expect

This group is run by and for the LGBTQ+ community

- Share and Connect: Engage in open and confidential discussions where you can share your experiences and build connections with others who face similar challenges.
- Mental Health Resources: Learn about available resources and strategies to support your mental health and well-being.
- Empowerment: Gain knowledge, empowerment, and resilience through community support.
- This group is for adults (18+)

# THREE-PART SERIES

# **JANUARY 24 AT 5PM**

Vision for 2024 Use a vision meditation to help stay focused & more relaxed

# **FEBRUARY 21 AT 5PM**

Self-love & Compassion Combining gentle yoga & essential oils for a calming experience. Relieve the stress of the day & pamper yourself.

# MARCH 20 AT 5PM

Luck & Intuition #

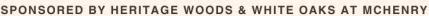
Learn simple Reiki/Energy Work techniques for Self-Care

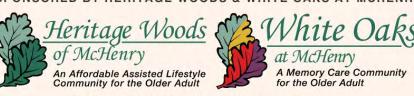
# Sessions are in-person at:

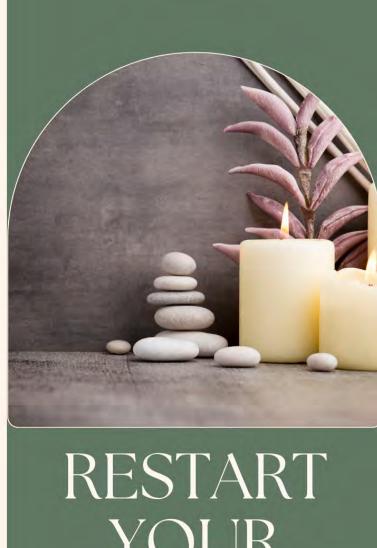
Mindfully Carly Studios 1689 N. Curran Rd., Suite 200 McHenry IL. 60050

RSVP: 847-594-9393 or

marketing@hw-mchenry-slf.com







# YOUR SPARK

SELF-CARE FOR PROFESSIONALS









Mindfullycarly.com





# Hopeful Hearts

# grief support group

Meet for an opportunity to promote healing, share experiences and support others as the bereavement journey is explored in a safe environment.

Held the last Wednesday of each month at 4:00pm White Oaks at McHenry 4605 W. Crystal Lake Rd.

McHenry, IL 60050 815.344.2970 www.whiteoaks-mchenry.com

### RSVP:

Laura Wilson-Underwood Bereavement Coordinator, Heartland Hospice 224.361.9848



2024 Dates:

January 31

February 28

March 27

April 24

May 29

June 26

July 31

August 28

September 25

October 30

November 20\*

December 18\*

\*out of sequence due to holiday



# **FAMILY SUPPORT GROUP**

(Inity, Service, Pecovery

# When:

This is an Open Meeting ALL are welcome

Friday Evenings
Starting January 26th
7:00 pm - 8:00 pm
Doors open at 6:45 pm

Fellowship Immediately Following

# Where:

Stages of Transformation Resource Center

820 McArdle Drive, Unit C Crystal Lake, IL 60014



Stages of Transformation, Inc.

All of us need places where we can

Simply name what is true for us.

And when that happens in an atmosphere

of non-judgement something in us heals.

Every single time. -Carmen Wilde

# Women's Betrayal Recovery, Support & Growth Group

A support and growth group for women eighteen years or older, who have experienced betrayal by a partner in an intimate relationship, regardless of the status of the relationship or when the betrayal took place. This group is not twelve- step based, not religious based and not intended to provide relationship advice or treatment. It is a safe, non-judgmental space where discussions are guided by a licensed clinical social worker with over twenty years of experience in the field. Group focus is on women supporting other women in their healing journeys through personal recovery work, processing emotions, building resiliency and creating a vision of hope.

This group is held in a private setting in Crystal Lake, and is limited to six participants.

Thursday evenings, 6-7:30 pm

February 15, 2024

February 29, 2024

March 14, 2024

March 28, 2024

Cost: Four sessions for \$160.00

Financial aid is available.

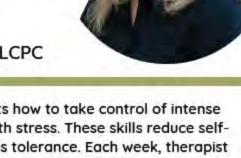
Please email <a href="mailto:Healingtcgroups@gmail.com">Healingtcgroups@gmail.com</a> with questions and for information on how to register.





# DBT Skills Group

Lead by: Debbie Smith, M.Ed., LCPC



Our DBT Skills Group teaches participants how to take control of intense emotions and find better ways to cope with stress. These skills reduce self-destructive behaviors and support distress tolerance. Each week, therapist Debbie Smith introduces a new skill that group members are then asked to practice that skill in the week ahead.

<u>MOTE:</u> In order for these skills to benefit the participants, it is <u>required</u> that they also participate individual therapy, at BZA or elsewhere.

DBT Skills for Teens

For clients aged 13 - 17 years old

Mondays, 5 - 6pm in-person at LAKE IN THE HILLS

Exclusive Family Education Group meets the second Wednesday of the month, 6:30 - 7:30 pm

**DBT Skills for Established Adults** 

For clients aged 26 years old and up

Mondays, 12 - 1:30pm via TELEHEALTH

In-person meetings held at BZA's LITH office: 9 Crystal Lake Rd, Suite 250 Lake in the Hills. IL 60156





# HOUSING COUNSELING **SERVICES**

There's a power that comes with having control of your finances. With the right resources, that power is in your hands. Our Housing & Financial Counseling Team, certified by the U.S. Department of Housing & Urban Development (HUD), can help.





# HOMEOWNERSHIP COUNSELING AND RESOURCES

- Assess homeownership readiness and affordability
- Evaluate lending products
- Qualify for down payment or home maintenance assistance programs
- Learn about the mortgage and closing process



# RENTAL AND FINANCIAL COUNSELING

- Explore affordable rental options
- Learn about fair housing rights and resolving landlord/tenant disputes
- Discover how to improve your credit score and decrease your debt
- Find credit building products, negotiate with debt collectors, and correct credit report errors



### FORECLOSURE INTERVENTION COUNSELING

- Learn how you can avoid losing your home in foreclosure
- Understand your options, including mortgage assistance programs
- Get help preparing a mortgage assistance application
- Access resources to transition from homeownership to rental housing





224-252-2620



glcu.org/housing







# SERVICIOS DE ASESORÍAS DE VIVIENDA

# Dé el siguiente paso hacia la libertad financiera

Hay un poder que conlleva tener el control de sus finanzas. Con los recursos adecuados, ese poder estará en sus manos. Nuestro equipo de asesoría financiera y de vivienda, certificado por el Departamento de Vivienda y Desarrollo Urbano de EE. UU. (Department of Housing and Urban Development, HUD), puede ayudarlo.





# ASESORÍA Y RECURSOS PARA LA PROPIEDAD DE VIVIENDA

- Evalúe la preparación y asequibilidad para ser propietario de una vivienda.
- Evalúe productos crediticios.
- Califique para programas de ayuda para el pago inicial o el mantenimiento del hogar.
- Obtenga más información sobre la hipoteca y el proceso de cierre.



# **ASESORÍA FINANCIERA Y DE ALQUILER**

- Explore opciones de alquiler asequibles.
- Obtenga más información sobre los derechos de vivienda justa y cómo resolver disputas entre propietarios e inquilinos.
- Descubra cómo mejorar su puntaje crediticio y disminuir su deuda.
- Encuentre productos de creación de crédito, negocie con cobradores de deudas y corrija errores en los informes de crédito



# ASESORÍA EN PROCEDIMIENTO DE EJECUCIÓN HIPOTECARIA

- Aprenda cómo puede evitar perder su casa en una ejecución hipotecaria.
- Conozca sus opciones, incluidos los programas de ayuda hipotecaria.
- Obtenga ayuda para preparar una solicitud de ayuda hipotecaria.
- Acceda a recursos para la transición de vivienda propia a vivienda de alquiler.





224-252-2620



glcu.org/housing





**HUNTLEY COMMUNITY SCHOOL DISTRICT 158** 

# MENTAL HEALTH FAIR

WEDNESDAY, JANUARY 31, 2024
6PM - 7:30PM
HUNTLEY HIGH SCHOOL COMMONS AREA

**30+ ORGANIZATIONS** 

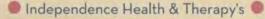
COUNSELING / THERAPY SERVICES
SPEECH AND OCCUPATIONAL THERAPY
HOSPITAL / RECOVERY SUPPORTS
AUTISM SUPPORT

If interested in helping out, email Jill Shadel at jshadel@district158.org.





Sponsorship opportunities available.
Contact: tbeck@independencehealth.org



# SUPER ROLL Pins for Independence

SATURDAY, FEBRUARY 10, 2024 | 3 - 6 PM

# Scotch Doubles

\$40 per person

\$70 per couple

INCLUDES: 3 GAMES, SHOES, PIZZA & SODA

Raffles | Games | Prizes



1330 S. EASTWOOD DR. WOODSTOCK, IL 60098

To Register: Scan QR code

THIS IS A 21 AND OVER EVENT





A nonprofit event helping to fund the programs of Independence Health & Therapy so that we can continue to provide one-of-a-kind care to our community.



# Pioneer Center Emergency Cold Weather



# Assistance Program

2023/2024



- OBJECTIVE: PROVIDE EMERGENCY SHELTER FROM SEVERE COLD WEATHER AND KEEP OUR COMMUNITY SAFE AND HEALTHY DURING INCLIMATE WEATHER EMERGENCIES
- WHO: UNHOUSED OR HOMELESS MCHENRY COUNTY RESIDENTS
- WHEN: WHEN THE OVERNIGHT TEMPERATURES DIPS BELOW 15 DEGREES OR DANGEROUS WINDCHILL WARNINGS ARE ISSUED FROM THE NATIONAL WEATHER SERVICE.
- ACCESS: CONTACT 815-759-7133—PLEASE LEAVE A RETURN PHONE NUMBER

  \*\*\*\*\* CALLS WILL BE RETURNED UNTIL 10:00PM, WHEN PROGRAM IS OPERATING.

  ——- CALLS PLACED BY 3PM ARE APPRECIATED AND PRIORITZIED.

# \*DETAILS:



Hotel Shelter will be provided. Due to demand and needing to offer safety from the cold to as many as possible, most likely rooms will be shared and roommates will be assigned. This program only operates during very severe weather conditions and when funding is available.

\*\*Some Conditions Apply