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# McHenry County Mental Health Board

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## Weekly Agency Update

(Bolded items are new listings)

**MARCH 27, 2024**

### EDUCATIONAL AND TRAINING OPPORTUNITIES

#### McHENRY COUNTY MENTAL HEALTH BOARD

- [A Trauma Informed Approach](#) | Virtual | Second Thursday of the month | 4/11/2024 – 6/13/2024 | 2:30 pm to 4:00 pm | 1.5 Free CEUs. [FLYER](#)
- [Breathing and Blinking: An Intersection of PTSD and TBI](#) | In-person | Thursday, March 28, 2024 | 10:00 am to 12:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 3 Free CEUs for LSW/LCSW, LPC/LCPC, and Psychologists (IAODAPCA pending). [FLYER](#)
- [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. [FLYER](#)

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

INFORMATIONAL & EVENT OPPORTUNITIES

#### WARP CORPS

- [4th Annual Warp Corps Max Happy Fest](#), June 1, 2024 at 12:00 pm to 11:00 pm on the Woodstock Square. For additional information and Sponsorship opportunities contact, Clay Mutert, 815-354-7793, [Clay@WarpCorps.org](mailto:Clay@WarpCorps.org).

#### YOUTHOUTLOOK

- [Future Outlook 2024 Conference](#), April 16-17, 2024, Joliet. Join us for two days of expert-led sessions, networking, and professional development opportunities. Perfect for Educators, Mental and Physical Health Practitioners, Social Services Providers, and anyone working with LGBTQ+ youth and their families. Enhance your skills while earning CEUs, CPDUs, and CMEs.

#### 4-C: COMMUNITY COORDINATED CHILD CARE

- [Succession Planning](#): Future Proofing for Smooth Leadership Transitions | This FREE training is open to any non-profit leadership. Saturday, April 20, 2024 at 10:00 am at the McHenry County Mental Health Board. Call Ann W at 815-758-8149 ext. 226 to register.

#### OPTIONS & ADVOCACY OF McHENRY COUNTY

- [Agency Updates](#)

## NAMI OF MCHENRY COUNTY

- [Sunset Gala](#) | Friday, May 10, 2024. This exclusive event will be held from 5:30pm - 9:00pm at the Crystal Lake Main Beach Pavilion (300 Lakeshore Dr, Crystal Lake)

## LIVE4LALI

- [New 2024 Flyers](#) for | Free Naloxone trainings | Free Harm Reduction supplies | SMART meetings

## ELDERWERKS

- [Elderwerks](#) | Trainings & Events

# EMPLOYMENT & VOLUNTEER OPPORTUNITIES

## ASCENSION

- [Behavioral Health Counselor - Autism Resource Center](#)

## THE BREAK CRYSTAL LAKE TEEN CENTER

- [Prevention and Wellness Specialist](#)  
Please submit resume to Brenda Napholz, [brenda@clbreak.com](mailto:brenda@clbreak.com)

## CASA OF MCHENRY COUNTY

- [Court Appointed Special Advocates](#)

## INDEPENDENCE HEALTH & THERAPY

- [PRN | Memory Care Program Dayroom Aide](#)
- [PT/FT | Behavioral Health Counselor](#)
- [PT | Occupational Therapist](#)

## NORTHWEST CENTER AGAINST SEXUAL ASSAULT

- [Counseling Team Lead; LCSW Experienced Trauma Counselor](#); Bilingual preferred not required.

## THRESHOLDS

- [Mental Health Clinician/Community Support Specialist](#)

# SUPPORT GROUPS

## MONDAY

### CONNECTION RECOVERY SUPPORT GROUP – Virtual - Mondays, 7:00 pm to 8:30 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. [Click here to RSVP by 4:30pm on group day.](#)

### SMART RECOVERY MEETINGS – Mondays 7:30-8:30pm

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. For additional information, contact Teagan Ferraresi at [teagan.ferraresi@live4lali.org](mailto:teagan.ferraresi@live4lali.org).

### **GREIF GUIDE GROUPS – 2nd and 3rd Mondays, 7:00-8:00pm**

Meets at The Other Side. 135 Beardsley St. Crystal Lake, IL. Lisa Orris/ [mygriefguide.org](http://mygriefguide.org) [orris.lisa@gmail.com](mailto:orris.lisa@gmail.com)

### **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, IL 60014. Please call Jennifer La Porte at 815.459.7800, or email [Jlaporte@encorecares.com](mailto: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](mailto: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.

### **TEENS TALK GRIEF - 1st Tuesday of the month 6-7:30pm**

Meets at The Break in The Commons of Crystal Lake, 6292 Northwest Hwy, Crystal Lake. For additional information please contact Lisa Orris [mygriefguide.org](http://mygriefguide.org) [orris.lisa@gmail.com](mailto:orris.lisa@gmail.com)

### **PARENTING THROUGH GRIEF GROUP – 3rd Tuesday of the month, 6:30 to 8 pm**

A monthly support group for parents of bereaved children. Meets at 227 W Lake Shore Dr, Oakwood Hills, IL 60013. Sponsored by Grief Guide. Lisa Orris/[mygriefguide.org](http://mygriefguide.org) [orris.lisa@gmail.com](mailto:orris.lisa@gmail.com)

## **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 [Carol@nwtacounseling.com](mailto:Carol@nwtacounseling.com) 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 [Carol@nwtacounseling.com](mailto:Carol@nwtacounseling.com) for additional information.

## **WEDNESDAY**

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

Monthly [Grief Support Group](#) 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, 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.

### **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 [garyrukin@gmail.com](mailto:garyrukin@gmail.com).

### **LGBTQ+ CONNECTION RECOVERY SUPPORT GROUP – Virtual - 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 [sales@whiteoaks-mchenry.com](mailto:sales@whiteoaks-mchenry.com).

**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](mailto: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](mailto: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 [sguzick@independencehealth.org](mailto:sguzick@independencehealth.org) 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 [Christyh@ndars.org](mailto:Christyh@ndars.org)

## **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 [dgrant@independencehealth.org](mailto:dgrant@independencehealth.org) 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](mailto:Rae820@yahoo.com) & Julie Miller at [Juliamiller@gmail.com](mailto: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](http://nwtacounseling.com) for the group or to make a referral.

## **THURSDAY**

### **CONNECTION RECOVERY SUPPORT GROUP – Virtual - Thursdays, 7:00 pm to 8:30 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. [Click here to RSVP by 4:30pm on group day.](#)



**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 [garyrukin@gmail.com](mailto:garyrukin@gmail.com).

**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 [kgraham@independencehealth.org](mailto:kgraham@independencehealth.org) 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 [Virtual Parent Café](#). 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 [ccampobasso@rosecrance.org](mailto:ccampobasso@rosecrance.org) 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](mailto: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 [Jballeto@independencehealth.org](mailto:Jballeto@independencehealth.org)

**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 [admin@owenscounseling.com](mailto:admin@owenscounseling.com) for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156.

**FRIDAY**

**BIPOLAR CONNECTIONS SUPPORT GROUP – 1<sup>st</sup> and 3<sup>rd</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 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](mailto:help@namimch.org)

**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](mailto:help@namimch.org)

**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](mailto: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 [smreiman@gatewayfoundation.org](mailto:smreiman@gatewayfoundation.org)

### **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. For additional information, contact Teagan Ferraresi at [teagan.ferraresi@live4lali.org](mailto:teagan.ferraresi@live4lali.org).

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

[Community Resource Days](#) 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 [julie.davis@willowcreek.org](mailto:julie.davis@willowcreek.org).

## **SATURDAY**

### **SATURDAY SERENTIY SUPPORT GROUPS – 2nd and 4th Saturday of the month, 8pm**

Grief Support groups provided by [Grief Guide](#) at The Other Side, 135 Beardsley St, Crystal Lake. These groups are led by a seasoned guide who offers tools and practices to help you move through your grief and learn to grow your life around it.

### **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 [sguzick@independencehealth.org](mailto:sguzick@independencehealth.org) 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 [Virtual Parent Café](#). 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 [pmowris@rosecrance.org](mailto:pmowris@rosecrance.org) 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 [admin@owenscounseling.com](mailto:admin@owenscounseling.com) for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills.

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

Dialectical 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 [admin@owenscounseling.com](mailto:admin@owenscounseling.com) for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156

### **BREAKFAST CLUB – Saturdays, 10:00 am**

Dialectical 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 [admin@owenscounseling.com](mailto:admin@owenscounseling.com) 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 <https://global.gotomeeting.com/join/932689453>. For assistance contact 844.584.5254 or [info@Live4Lali.org](mailto:info@Live4Lali.org)





# Breathing and Blinking: An Intersection of PTSD and TBI

This workshop explores the intersection between trauma, post-traumatic stress disorder (PTSD), and traumatic brain injury (TBI) through the lens of someone who lives with all three. Attendees will learn how to understand the effects of trauma on cognitive development, increase recognition of TBI, recognize the relationship between PTSD and TBI, and understand new TBI treatment options.

## DATE & TIME



March 28, 2024  
10:00-12:00 pm

## LOCATION



McHenry County Mental Health Board  
620 Dakota Street, Crystal Lake



Nancy Mullen, MSW,  
Principal, Tidepool  
Communications

Contact Kris Doherty

[kdoherty@mc708.org](mailto:kdoherty@mc708.org)

[WEBSITE LINK FOR EVENT](#)

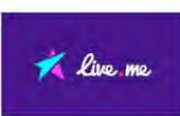
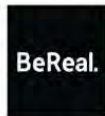


# Ciberacoso y Redes Sociales:

## Una Guía Para Padres



Una presentación para padres que se llevara acabo el 15 de Abril del 2024 de 6:00pm-8:00PM en McHenry High School- Freshman Campus 1012 N Green St, McHenry, IL 60050 (Entrada: por la puerta de visitantes, por el lado del estacionamiento / detrás de la escuela). Detective Rachel Reiger (Ret.), especialista en delitos infantiles de alta tecnología reconocida nacionalmente con 20 años de experiencia en aplicación de la ley, presentará estrategias proactivas, conocimientos expertos y recursos valiosos diseñados para empoderar a familias para combatir el acoso cibernético y el sexting. Esta presentación será en inglés y en español.



### Presentando información y estrategias sobre:

- Cómo monitorear eficazmente los dispositivos de su hijo de forma remota.
- Entender el cibercrimen y que "nadie en línea es anónimo"
- Comprender los protocolos apropiados cuando un alumno revele problemas de ciberacoso, sexting o sextorsión.
- Cómo reportar ciberacoso criminal.
- Comprender aplicaciones como Snap chat, Tik ToK, Roblox, Minecraft, Discord, Fortnite, Instagram y más.
- Cómo las publicaciones de su hijo pueden afectar su reclutamiento universitario
- Entender las leyes que cubren las redes sociales tales como: acoso, cyber-acoso y falsa personificación.
- Cómo empoderar a los padres para que sean responsables de la tecnología de sus hijos.
- Cómo empoderar a los estudiantes para que no sean víctimas & proteger su "impresión digital"
- Abra un foro de preguntas y respuestas.



Para obtener más información, visite:  
Misty Marinier  
Executive Director  
Child Advocacy Center of McHenry County  
815-334-9597

[www.besureconsulting.com](http://www.besureconsulting.com)



# FREE COMMUNITY NALOXONE TRAININGS

## OPIOID OVERDOSE EDUCATION & RESPONSE

### Attendees will learn:

- What opioids are and how they work
- Baseline understanding of the opioid overdose epidemic
- Identify the signs of an opioid overdose and learn how to respond and reverse it
- Harm reduction principles
- Overdose prevention and policies
- Naloxone usage and legislation

### CONTACT

Charlie Sullivan:

charlie.sullivan@live4lali.org  
(630) 318-6381

Teagan Ferraresi:

teagan.ferraresi@live4lali.org  
(708) 665-4783

PJ Slocum:

patrick.slocum@live4lali.org  
(773) 399-0389

Stefanie Gattone:

stefanie.gattone@live4lali.org  
(224) 833-0680

**FIRST MONDAY OF EVERY  
MONTH @ 6:30 P.M.**



**The Other Side**  
**135 Beardsley St.**  
**Crystal Lake, IL 60014**

- Monday, February 5, 2024
- Monday, March 4, 2024
- Monday, April 1, 2024
- Monday, May 6, 2024
- Monday, June 3, 2024
- Monday, July 1, 2024
- Monday, August 5, 2024
- Monday, September 2, 2024
- Monday, October 7, 2024
- Monday, November 4, 2024
- Monday, December 2, 2024



For updated Live4Lali locations and events in McHenry County,  
please visit [www.live4lali/mchenrycounty](http://www.live4lali/mchenrycounty)

# COMMUNITY PAIP FACILITATOR TRAINING

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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



**DEADLINE EXTENDED!**

**Registration Deadline  
April 19th, 2024**

## **TRAINING DATES:**

**In-Person**

**April 30th - May 2nd, 2024**



**Woodstock, IL**

## **PREREQUISITE**

Completion of 40-Hour Domestic Violence certification is required.

## **MORE INFORMATION**

**(815) 338-8081**  
(Ask for Kristi)



[www.turnpt.org/community-training](http://www.turnpt.org/community-training)





# NISRA

Northern Illinois  
Special Recreation Association



## **Sibshops – A group of SIBLINGS of Children with Disabilities!**

**Age Group:** 7 -12

**Location:** Huntley R.E.C. Center

**Min/Max:** 4/12

**Staff Contact:** Mia

Sibshops provide opportunities for the siblings of children with disabilities to meet and engage with peers in a recreational setting. They are able to meet new friends, hang out, and participate in a wide variety of FUN recreational activities! *Sibshops are intended for siblings of children with disabilities.*



Prog #	Day	Date	Time	R/NR Fee
3-8230	Sat	1/20	9:30 - 11:30 am	FREE!
3-8231	Sat	2/17	9:30 - 11:30 am	FREE!
4-8230	Sat	3/16	9:30 - 11:30 am	FREE!
4-8231	Sat	4/20	9:30 - 11:30 am	FREE!



**To register or for more information please contact:**

**Mia Ross, BS, CTRS**

285 Memorial Drive | Crystal Lake, IL 60014

O: 815-459-0737, ext. 224 | F: 815-459-0388

Email: [mross@nisra.org](mailto:mross@nisra.org) | [www.nisra.org](http://www.nisra.org)



# SMART Recovery® Meetings

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## Mondays @ 7:30pm - 8:30pm

Sessions begin March 11th, 2024

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### The Other Side

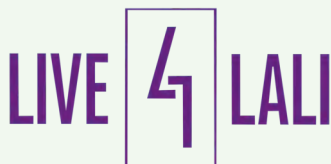
135 Beardsley St.

Crystal Lake, IL 60014



**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.

#### Presentation:



#### Contact:

Teagan Ferraresi  
Outreach Coordinator  
Mobile: (708) 665-4783  
Office: (844) 584-5254 Ext. 817  
[teagan.ferraresi@live4lali.org](mailto:teagan.ferraresi@live4lali.org)

#### Info:

[live4lali.org/mchenrycounty](https://live4lali.org/mchenrycounty)  
[smartrecovery.org](https://smartrecovery.org)

For updated Live4Lali locations and events in McHenry County,  
please visit [www.live4lali.org/mchenrycounty](https://www.live4lali.org/mchenrycounty)

# 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 confidential & 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.

**An April Noon meeting will take place on April 10, 2024, from 12 noon to 1:30 pm.**

**An April Evening meeting will take place on April 11, 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 in a confidential setting, 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***

## 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:** 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. - 2:30 P.M. | SPIRITUALITY GROUP:** This group covers the ability for the client to identify their own personal spirituality by learning what spirituality is and how to use the skills to help them in their mental health recovery.

## 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.

**2:15 P.M. - 3:00 P.M. | WEDNESDAY WISDOM:** This group will explore different pathways to gain insight for perspective and well being.

## 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.





# Healthy Relationships

## ABOUT

A free 8-week program that focuses on a variety of healthy relationships for individuals age 18+ and identify as neurodiverse.

Every Thursday from 5:00 - 6:30pm.  
May 9, 2024 - June 27, 2024  
Located within Options & Advocacy.

## REGISTER NOW

Intake must be completed prior to the start of group.

Limited availability

## LEARN TO:

- ✓ Develop a positive relationship with yourself
- ✓ Cultivate positive family ties
- ✓ Form and maintain healthy friendships and romantic relationships

## CONTACT

- ☎ (815) 859-0701
- ✉ [yazmin.fitch@opad.org](mailto:yazmin.fitch@opad.org)
- 📍 365 Millennium Dr. Ste A  
Crystal Lake, IL 60012







# Relaciones Saludables

## ACERCA DEL GRUPO

Un programa gratuito de 8 semanas que se centra en una variedad de relaciones saludables para personas mayores de 18 años que se identifican como neurodiversas.

Todos los jueves de 5:00 a 6:30 pm.  
Empezando el 9 de mayo de 2024  
al 27 de junio de 2024.  
Ubicado dentro de Options & Advocacy.

## REGISTRESE AHORA

La admisión debe completarse antes del inicio del grupo.

Disponibilidad limitada

## APRENDER A:

- ✓ Desarrolle una relación positiva consigo mismo
- ✓ Cultivar lazos familiares positivos
- ✓ Formar y mantener amistades saludables y relaciones románticas

## CONTACTO

- ☎ (815) 859-0701
- ✉ [yazmin.fitch@opad.org](mailto:yazmin.fitch@opad.org)
- 📍 365 Millennium Dr. Ste A  
Crystal Lake, IL 60012







**2024**

## **NORTHWEST DEMENTIA CONFERENCE**

**APRIL 16, 2024**

**7:30 AM – 4:00 PM**

**Bridges of Poplar Creek Country Club  
1400 Poplar Creek Drive | Hoffman Estates**



**CREDIT HOURS** awarded to Acupuncturists, Counselors (Clinical/Professional), Dental Hygienists, Dietitians/Nutritionists, Marriage and Family Therapists, Massage Therapists, Nurse Practitioners, Nurses (RNs/LPNs), Nursing Home Administrators, Occupational Therapists, and COTAs, Physical Therapists and PTAs, Psychologists, Respiratory Care Therapists, & Social Workers.

**CEU'S AVAILABLE:** 6 Dementia, 3 Ethics, or 1 Cultural Considerations. Please note: Social Workers must choose which continuing education credits will go towards either dementia or cultural considerations or ethics not all.

**REGISTRATION:** Advanced registration required.  
Email [events@elderwerks.org](mailto:events@elderwerks.org) with any questions.

# AGENDA



**7:30 am to 8:15 am Registration & Breakfast**  
**8:15 am to 4:00 pm Presentations**  
**12:15 pm to 1:15 pm Lunch**

**8:15 pm to 9:45 am** **1.5 CEUs Dementia or Bias**  
***PTSD and Intergenerational Transmission of Trauma***  
Dr. Stephen Trevick  
Neurohospitalist and Psychiatrist  
Northwest Neurology

**10:00 am to 11:00 am** **1.0 CEU Dementia**  
***Self Care and Avoiding Burnout While Caring for a Person with Dementia***  
Cori Moschberger, MSW, LCSW  
Therapist and Clinical Coordinator of Senior Services  
Barrington Behavioral Health & Wellness

**11:15 am to 12:15 pm** **1.0 CEU Dementia or Cultural Considerations**  
***Inclusive Dementia Care***  
***(Cultural Considerations for Black, Latino, and LBGTQ+ Clients)***  
Jacqueline Boyd  
Founder  
The Care Plan

**1:15 pm to 2:45 pm** **1.5 CEUs Dementia or Ethics**  
***Cannabis for the Treatment of Agitation in Dementia***  
Rebecca Abraham, RN, BSN, CEO & Founder  
Dr. Ryan Buck, Research Director  
Acute on Chronic

**3:00 pm to 4:00 pm** **1.0 CEU Dementia**  
***Normal Aging or Dementia?***  
Dr. Concetta M. Forchetti, M.D. PhD  
Medical Director Center for Cognitive Disorder and Clinical Research  
Ascension Illinois Behavioral Health



National Alliance on Mental Illness

**nami**

**McHenry  
County**

# Sunset

*Gala*

## ***A Celebration of Hope***

***Join us while the sun sets on Crystal Lake!***

**Friday, May 10, 2024**

**Crystal Lake Main Beach Pavilion  
(300 Lakeshore Dr, Crystal Lake)**

**5:30pm - 9:00pm**

**Join us to raise awareness and funds for NAMI McHenry County.**

**Tickets are on sale for \$75 each, or \$750 for a table of 10.**

**Includes appetizers, dinner, cash bar, music, raffles, silent auction,  
and a program celebrating our two Vision of Hope awardees:  
Leonetta Rizzi and the Willow Creek Community Resource Day  
team.**

**[sunsetgala24.givesmart.com](https://sunsetgala24.givesmart.com)**



# NEW DIRECTIONS **GOLF** **OUTING**



**MONDAY**

**MAY 20**

**BOULDER RIDGE  
COUNTRY CLUB**

**350 BOULDER DR, LAKE  
IN THE HILLS, IL 60156**

**Check-in: 9:00am**

**Tee Off: 9:30am**

## **Tickets**

\$175 - Per Player

\$650 Foursome

## **Sponsors**

\$2500 Trophy Sponsor

\$1250 Putting Green Sponsor

\$1000 Foursome Sponsor

\$750- Beverage Cart Level 1

\$500- Beverage Cart Level 2

\$250 Hole Sponsor

**Register Today! [ndars.org](https://ndars.org)**

Please Register by May 13, 2024

**Register Here**



**100% of all proceeds goes  
to support recovery  
services in McHenry  
County and Beyond.**



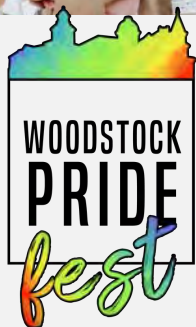




# Woodstock PrideFest Weekend

**Saturday, June 8 and Sunday, June 9, 2024**

**Sunday Parade at 11 am, Festival 12-5 PM**



JOIN US IN WOODSTOCK FOR A FUN-FILLED  
WEEKEND OF FAMILY-FRIENDLY EVENTS  
CELEBRATING LOVE AND DIVERSITY.



EVENTS CULMINATE SUNDAY  
WITH THE ANNUAL PARADE  
AND DAY LONG FESTIVAL WITH  
FOOD TRUCKS, SPEAKERS,  
ENTERTAINMENT, AND  
VENDORS.

## CONTACT

**MELISSA MCMAHON**

(847) 767-1802

MELISSAPRIDE1@GMAIL.COM

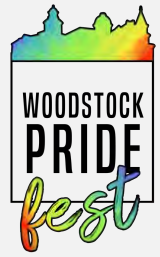
**CRYSTAL SQUIRES**

(815) 701-3812

CRYSTALSQUIRES.PRIDE@GMAIL.COM



# SPONSORSHIPS & PARTICIPATION INFORMATION



## EVENTS

SAT. June 8th  
Color Fun Run - 9am  
Pride Pub Crawl - 6-10pm

SUN. June 9th  
Parade - 11am  
Festival - 12pm-5pm

All Weekend:  
Pride Promenade

## REGISTRATION INFO

**Sponsors Register Here:**



**All Other participants  
Register Here:**



## EVENT SPONSORSHIPS

### **PLATINUM \$5,000**

- Logo on event banner
- Premium 10x10 booth space on Sun.
- Large logo on event advertising
- Individual logo signage in square
- 2 Pub Crawl OR 2 Color Run tickets
- Verbal mentions during event
- Sponsor spotlight on Facebook page
- Parade and Promenade Entry

### **GOLD \$2,500**

- Logo on event banner
- Premium 10x10 booth space on Sun.
- Medium logo on event advertising
- Verbal mentions during event
- Sponsor spotlight on Social Media
- Parade and Promenade Entry

### **SILVER \$1,000**

- 10x10 booth space on Sun.
- Small logo on event advertising
- Social Media Shoutout
- 1 verbal mention during event
- Parade and Promenade Entry

### **BRONZE \$500**

- 10x10 booth space on Sun.
- Business name on event advertising
- Social Media Shoutout
- Parade and Promenade Entry

## ADDITIONAL PRICING

### **VENDOR \$250**

- 10x10 booth space on Sun.
- For business or organization product or service sales
- Parade and Promenade Entry

### **FOOD TRUCK \$250**

- Reserved 15X20 parking space on Sun.
- Does not include electrical access (\$50 hook up fee)
- Health Department permits and Certificate of Insurance are required listing The Woodstock Chamber of Commerce and Industry and City of Woodstock as additional insured

### **NOT FOR PROFIT BOOTH SPACE \$100**

- 10x10 booth space on Sun.
- For organization promotion, absolutely no on-site sales
- Parade and Promenade Entry

### **PARADE ENTRY \$25**

- Participation in parade for your group or self. Drive, walk, ride or strut. Float or no float.

Additional sponsorship opportunities may be available. Contact us for information.



# Behavioral Health Resource Fair for School Professionals

Come connect with area providers and learn about the helpful resources and services available in our community. Boost your ability to provide information and referrals to the families and individuals you work with. All school professionals are welcome to attend!



## BENEFITS

- ✓ 40 + Providers & Organizations on-site
- ✓ Questions Answered
- ✓ Informational Material provided

## DATE & TIME



August 13, 2024  
9-11 am

## LOCATION



McHenry County Mental Health Board  
620 Dakota Street, Crystal Lake, IL

Contact Kris Doherty

[kdoherty@mc708.org](mailto:kdoherty@mc708.org)

[WEBSITE LINK FOR EVENT](#)



# OFFICE SPACE FOR RENT

## On-site Amenities

- ✓ 4 Furnished Offices with windows
- ✓ Meeting rooms & Conference facilities for checkout
- ✓ Onsite Parking
- ✓ Free high-speed GUEST internet
- ✓ Includes phone, electricity, heat, air, and cleaning services
- ✓ Secure Entrance

[CLICK HERE](#)  
[for more info & specs](#)

## SCHEDULE A VISIT

- 🌐 Contact Bridget at [bgeenen@mc708.org](mailto:bgeenen@mc708.org) and send a brief description of intention of use
- 📍 620 Dakota Street, Crystal Lake, IL

