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# McHenry County Mental Health Board

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## Weekly Agency Update

(Bolded items are new listings)

**APRIL 24, 2024**

### EDUCATIONAL AND TRAINING OPPORTUNITIES

#### McHENRY COUNTY MENTAL HEALTH BOARD

- [A Trauma Informed Approach](#) | Virtual | Second Thursday of the month | 5/9/2024 – 12/12/2024 | 2:30 pm to 4:00 pm | 1.5 Free CEUs. [FLYER](#)
- [Borderline Personality Disorder as a Response to Attachment Trauma](#) | In-person | Friday, June 7, 2024 | 9:00 am to 12:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | IDFPR 3 Free CEUs for LSW/LCSW, LPC/LCPC, Psychologists (IAODAPCA Pending).
- [Community Connections Summit: Addressing the Loneliness Epidemic](#) | Friday, September 13, 2024 | 9:00 am to 3:00 pm | McHenry County College, 8900 Northwest Hwy 14, Crystal Lake | FREE CEU's. Registration opens beginning of August.

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

INFORMATIONAL & EVENT OPPORTUNITIES

#### MENTAL HEALTH BOARD

- [Town Hall](#), Thursday, May 9, 2024, from 5:00 pm to 7:00pm. Let your voice be heard in matters of...Mental Health, Intellectual/Developmental Disabilities, and Substance Use. This is your chance to make a difference in McHenry County and help shape its future.

#### 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).

#### 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](#)
- [Behavioral Health Counselor](#)

## MENTAL HEALTH BOARD

- [Compliance and Quality Assurance Analyst](#)

## NEW DIRECTIONS

- [Peer Recovery Support Specialist - Part Time](#)

## PIONEER CENTER FOR HUMAN SERVICES

- [DSP-Direct Support Professional](#) - Both Full-Time and Part-Time
- [Shelter Support Specialist](#) - Part-Time
- [Case Manager – Behavioral Health](#)
- [Case Manager – Prevention](#)
- [Case Manager – Runaway and Homeless Youth](#)
- [Therapist \(Outpatient\)](#) – Full Time
- [Mentor](#) – Part Time
- More jobs are available on our Career Page at [www.pioneercenter.org/careers/career-opportunities/](http://www.pioneercenter.org/careers/career-opportunities/)

## THRESHOLDS

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

# SUPPORT GROUPS

## MONDAY

### CAREGIVER SUPPORT GROUP – Second Monday of the month, 1:00 pm to 2:30 am

Are you providing care for a loved one? Join us for an hour of connection and support. This group is led by a professional mental health provider. At First Church of Crystal Lake, 236 W. Crystal Lake Ave., Huntley. For more information, please contact Katie Graham at [kgraham@independencehealth.org](mailto:kgraham@independencehealth.org) or 815.579.7273.

### 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 – Mondays, 5:30-6:30pm**

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**

### **CAREGIVER SUPPORT GROUP – Fourth Wednesday of the month, 10:00 am to 11:30 am**

Are you providing care for a loved one? Join us for an hour of connection and support. This group is led by a professional mental health provider. At St. Mary Catholic Church of Huntley, 10307 Dundee Rd., Huntley. Use Ministry Center Entrance. For more information, please contact Katie Graham at [kgraham@independencehealth.org](mailto:kgraham@independencehealth.org) or 815.579.7273.

### **SELF-CARE FOR CARE PROVIDERS: SUPPORTING THOSE WHO SUPPORT OTHERS – Second Wednesday of the month, 12:00 to 1:30pm OR Second Thursday of the month, 5:00 to 6:30 pm.**

The McHenry County Trauma-Informed Change Team is pleased to offer a support group that recognizes the toll of trauma on clinicians and frontline workers, prioritizing self-care, camaraderie, and confidentiality. Through monthly activities, we promote compassion and mindfulness, aiming to support each other in our roles. Snacks will be provided. Learn how trauma affects us, network with staff from different agencies, and participate in creative self-care exercises. The program will be offered twice a month, on the second Wednesday & second Thursday of each month to accommodate busy and diverse schedules. At the McHenry County Mental Health Board, 620 Dakota Street, Crystal Lake. For additional information please contact Gary at [garyrukin@gmail.com](mailto:garyrukin@gmail.com).

### **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.

### **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 [AHBHHEResourceCenter@ascension.org](mailto:AHBHHEResourceCenter@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.](#)

### **SELF-CARE FOR CARE PROVIDERS: SUPPORTING THOSE WHO SUPPORT OTHERS – Second Wednesday of the month, 12:00 to 1:30pm OR Second Thursday of the month, 5:00 to 6:30 pm**

The McHenry County Trauma-Informed Change Team is pleased to offer a support group that recognizes the toll of trauma on clinicians and frontline workers, prioritizing self-care, camaraderie, and confidentiality. Through monthly activities, we promote compassion and mindfulness, aiming to support each other in our roles. Snacks will be provided. Learn how trauma affects us, network with staff from different agencies, and participate in creative self-care exercises. The program will be offered twice a month, on the second Wednesday & second Thursday of each month to accommodate busy and diverse schedules. At the McHenry County Mental Health Board, 620 Dakota Street in Crystal Lake. 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**

Join a support group exclusively for caregivers. Share experiences, gain practical advice, and find support among those who understand the challenges you face. Discover resources, coping strategies, and a caring community to lighten your caregiving journey. Together, let's celebrate, share, and support one another. You're not alone. 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 SERENITY 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)



# Help is a Tap away!

McHenry County Mental Health Board

## MCHELP App

Quick and Confidential.

Text or talk to a licensed  
mental health professional  
any subject 24/7,  
365 days a year or **access  
our comprehensive  
service directory.**



Scan me 



# MENTAL HEALTH TOWN HALL MEETING

THURSDAY, MAY 9, 2024  
5:00 TO 7:00 PM

MCHENRY COUNTY  
MENTAL HEALTH BOARD

620 Dakota Street, Crystal Lake

## Let your voice be heard in matters of...

- Mental Health
- Intellectual/Developmental Disabilities
- Substance Use

This is your chance to make a difference in McHenry County and help shape its future.

\*\*\*Translation services provided  
with 48-hour notice



More Info or to provide  
written feedback

 815.455.2828

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



# REUNIÓN DEL AYUNTAMIENTO SOBRE SALUD MENTAL

JUEVES, 9 DE MAYO DE 2024  
5:00 TO 7:00 PM

LA JUNTA DE SALUD MENTAL  
DEL CONDADO DE MCHENRY

620 Dakota Street, Crystal Lake

## Permite que tu voz sea escuchada en asuntos de...

- Salud Mental
- Discapacidades Intelectuales/Desarrollo
- Uso de Sustancias

Esta es tu oportunidad de marcar la diferencia en el Condado de McHenry y ayudar a dar forma a su futuro.



Más información o para  
proporcionar retroalimentación por  
escrito



815.455.2828



informationrequest@mc708.org



\*\*\*Servicios de traducción proporcionados  
con un aviso de 48 horas.

McHenry County

# COMMUNITY CONNECTIONS SUMMIT

ADDRESSING THE LONELINESS  
EPIDEMIC

Formerly the  
Suicide  
Prevention and  
Mental Health  
Recovery  
Conference



## DR. AMANDA ALLARD KEYNOTE SPEAKER

COMMUNICATION MITIGATES LONELINESS: HOW SOCIAL  
SUPPORT, COMMUNAL COPING, AND EMPATHY CAN ENHANCE  
CONNECTION

- FREE CEUs
- 8+ Breakout Sessions
- Complimentary Lunch



Sponsorship opportunities, and exhibitor space available!! Please contact Kris at [kdoherly@mc708.org](mailto:kdoherly@mc708.org) for additional information.

Friday, September 13, 2024



9:00 am to 3:00 pm



McHenry County College  
8900 Northwest Hwy 14  
Crystal Lake, IL



REGISTRATION WILL OPEN  
BEGINNING OF AUGUST



For More Information  
**CLICK HERE**





**nami**

National Alliance on Mental Illness

McHenry  
County



# QPR

## 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:

<b>Tuesdays:</b>	April 23rd- 1:00 PM- 2:00 PM	August 27th- 5:30 PM- 6:30 PM
January 23rd- 5:30 PM-6:30 PM	May 28th- 5:30 PM- 6:30 PM	September 24th- 1:00 PM- 2:00 PM
February 20th- 1:00 PM-2:00 PM	June 25th- 1:00 PM-2:00 PM	October 22nd- 5:30 PM- 6:30 PM
March 26th- 5:30 PM- 6:30 PM	July 23rd- 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**

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

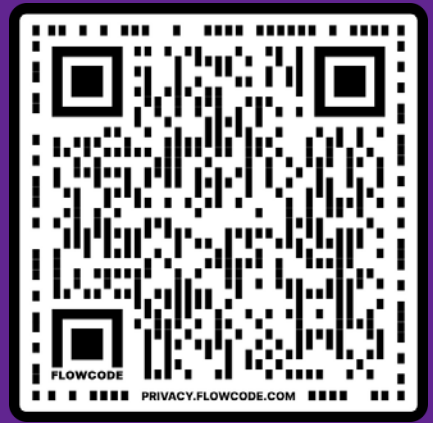
### VIRTUAL SESSION DATES:



**5:30 PM-  
6:30 PM**

- THURSDAY, JANUARY 25TH
- THURSDAY, FEBRUARY 29TH
- THURSDAY, MARCH 28TH
- THURSDAY, APRIL 25TH
- 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**





**MONDAY, MAY 06**

# LUNCH & LEARN

Heritage Woods of McHenry  
4609 W. Crystal Lake Rd., McHenry, IL 60050  
11:30am to 1:00pm

Presentation by NAMI-McHenry County:  
QPR Suicide Prevention Training  
Question, Persuade, and Refer

For professionals and community members  
**RSVP** required 815-344-2690  
marketing@hw-mchenry-slf.com

*Say "Yes" to saving the life of a friend, colleague, sibling, or neighbor.*



National Alliance on Mental Illness



www.hw-mchenry-slf.com

Managed by Gardant Management Solutions



**nami**

National Alliance on Mental Illness

**McHenry  
County**

# Adult Mental Health

## First Aid

An 8-hour course designed for individuals who are interested in learning ways to assist those experiencing a mental health crisis.



May 17th, 2024



9:00 AM to 3:00 PM



McHenry County Mental Health  
Board

620 Dakota Street  
Crystal Lake, IL, 60012

**Register at:  
[education@namimch.org](mailto:education@namimch.org)**





**NAMI**

National Alliance on Mental Illness

**McHenry  
County**

# Youth Mental Health First Aid

An 8-hour course designed to teach parents, family members, and adults working with youth how to help an adolescent who is experiencing a mental health or addiction challenge or in crisis.



**JULY 12TH, 2024**



**9:00 AM TO 3:00 PM**



**MCHENRY COUNTY MENTAL  
HEALTH BOARD  
620 DAKOTA STREET  
CRYSTAL LAKE, IL, 60012**

Register at:  
[education@namimch.org](mailto:education@namimch.org)

# QPR TRAINING FOR SUICIDE PREVENTION

QUESTION, PERSUADE, REFER

Suicide is a major public health issue. Over 45,000 people in the United States die from suicide annually. That's 1 person every 13 minutes.

## You Can Make a Difference!

Take the QPR (Question, Persuade, Refer) Suicide Prevention Course and learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life.

Presented by certified instructor Tiffany Decker of the Lake in the Hills Police Department and NAMI McHenry County, the QPR Suicide Prevention training includes:

- The problem of suicide nationally and locally in Illinois & McHenry County
- Common myths and facts associated with suicide
- Warning signs of suicide
- Tips for asking the suicide question
- Methods for persuading suicidal individuals to get help
- Ways of referring at-risk people to local resources
- Approximately one hour of instruction followed by Q & A

## Who should register?

This program is designed for anybody who wants to recognize someone at risk of suicide, no matter what your profession or employment status. Anyone who works or interacts with people, regardless of their field of employment, can benefit.

**This event is open to anyone 18+**

**ALL PARTICIPANTS MUST REGISTER BY  
FRIDAY, MAY 3, 2024**

Questions? Contact the Huntley Police Department Social Worker  
Meghan Mumenthal at [MMumenthal@huntley.il.us](mailto:MMumenthal@huntley.il.us)

For more information about the McHenry County QPR Program is available at  
[www.mc708.org/qpr-suicide-prevention-programming/](http://www.mc708.org/qpr-suicide-prevention-programming/)  
For additional in-person and virtual QPR Trainings go to [www.namimch.org/workshops](http://www.namimch.org/workshops)

QPR  
For Suicide  
Prevention

**Tuesday, May 7, 2024,  
5:30 pm**

Village Board Room  
10987 Main Street  
Huntley, IL 60142

Hosted by Huntley Police Department,  
presented by NAMI

 **NAMI** McHenry  
County  
National Alliance on Mental Illness

Registration is required and seats  
are limited

SCAN ME



# 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)

# COMO HABLAR DE LA SALUD MENTAL EN EL HOGAR



Youth and Family Center  
of McHenry County



15 Abril

## **Ciberacoso y Redes Sociales: Una Guía Para Padres**

Evento comunitario dirigido por Child Advocacy Center of McHenry County.

**6pm-8pm.**

McHenry High School- Freshman Campus,  
4724 W Crystal Lake Rd, McHenry, IL 60050

22 Abril

## **Cómo identificar si tu hijo/a/e está batallando con un problema de la salud mental.**

YFC: 1011 N Green. St. McHenry, IL **6pm-7pm**  
Cuidado de Niños disponible.

29 Abril

## **¿Qué hago si mi hijo/a me dice que está deprimido o tiene ansiedad?**

YFC: 1011 N Green. St. McHenry, IL **6pm-7pm**  
Cuidado de Niños disponible.

6 Mayo

## **¿Qué hago si mi hijo/a me dice que tiene ideas de lastimarse o suicidarse?**

YFC: 1011 N Green. St. McHenry, IL **6pm-7pm**  
Cuidado de Niños disponible.

13 Mayo

## **Entrenamiento de QPR con NAMI**

Entrenamiento para cómo prevenir el suicidio. Aprenda técnicas para cómo responder cuando alguien expresa ideas de suicidio o lastimarse.

YFC: 1011 N Green. St. McHenry, IL **6pm-7pm**  
Cuidado de Niños disponible.

20 Mayo

## **Cómo disciplinar a mi hijo/a en una manera sensible y constructiva.**

YFC: 1011 N Green. St. McHenry, IL **6pm-7pm**  
Cuidado de Niños disponible.



**815-322-2357**

ESTOS EVENTOS  
SON GRATIS  
PARA TODA LA  
COMUNIDAD EN  
MCHENRY  
COUNTY



**22ND JUDICIAL CIRCUIT  
FAMILY VIOLENCE COORDINATING COUNCIL**

HOSTS A FREE TRAINING

# **VOICES TO THE REALITY OF HUMAN TRAFFICKING**

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**WHO:**

Law Enforcement, Medical and Mental Health Providers, Court Personnel, First Responders, Lawyers, Judges, School Personnel, etc.

**WHAT:**

A Survivor - led training on Human Trafficking

**WHERE:**

McHenry County College Conference Center (Rooms A211, A213, A215)

**WHEN:**

Friday, May 17th  
8:30am-4:30pm

*Save the date!*

**SPEAKER BIOS TO FOLLOW**

**REGISTER HERE**



**Questions?**

**Contact Kate Webster- FVCC Local Coordinator  
kewebster@22ndcircuit.illinoiscourts.gov**



# Self-Care for Care Providers

## Supporting Those Who Support Others

This support group recognizes the toll of trauma on clinicians and frontline workers, prioritizing self-care, camaraderie, and confidentiality. Through monthly activities, we promote compassion and mindfulness, aiming to support each other in our roles. Snacks will be provided.


- Learn how trauma affects us
- Network with staff from different agencies
- Participate in creative self-care exercises



### LOCATION

 McHenry County Mental Health Board  
620 Dakota Street, Crystal Lake

### DATE & TIME

 Every 2nd Wednesday of the month, 12:00pm to 1:30pm  
Every 2nd Thursday of the month, 5:00pm to 6:30 pm

Contact Gary Rukin | [garyrukin@gmail.com](mailto:garyrukin@gmail.com)



Association for  
Individual Development

# DROP-IN ACTIVITIES FOR THOSE IN MENTAL HEALTH RECOVERY

**1201 DEAN ST., WOODSTOCK, IL 60098**

*(Located in Woodstock Assembly of God) - Mar. 5, 2024 - May 23, 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:** 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.

**PSYCHOSOCIAL REHABILITATION (PSR)**



**Psychosocial Rehabilitation (PSR)** offers group counseling interventions to assist individuals in developing new and refining current life skills needed to function optimally.

PSR services will be held at the AID McHenry office:  
**5342 West Elm Street,  
McHenry, IL 60050**



For more information, speak with your current staff or call:  
**(847) 931-2351**

**PSR April 8 - June 27, 2024**

**PSR ATTENDEES DO NOT NEED TO BE CURRENT PARTICIPANTS IN AN AID PROGRAM OR SERVICE**

**MONDAY:**

Time	Class Name
10:00 A.M. - 11:00 A.M.	<i>I like to Move It! Move It!</i>
11:00 A.M. - 12:00 P.M.	<i>The Way of Wind and Water</i>
12:00 P.M. - 1:00 P.M.	<i>Who am I? What do I need?</i>
1:00 P.M. - 2:00 P.M.	<i>Craft Lab</i>

**TUESDAY:**

Time	Class Name
10:00 A.M. - 11:00 A.M.	<i>Catching some Z's</i>
11:00 A.M. - 12:00 P.M.	<i>Developing a New Norm</i>
12:00 P.M. - 1:00 P.M.	<i>Healthy Eating</i>
1:00 P.M. - 2:00 P.M.	<i>Practicing Gratitude</i>

**WEDNESDAY:**

Time	Class Name
10:00 A.M. - 11:00 A.M.	<i>Social Media</i>
11:00 A.M. - 12:00 P.M.	<i>Healthy Relationships Utilizing DBT Skills</i>
12:00 P.M. - 1:00 P.M.	<i>All About Boundaries</i>
1:00 P.M. - 2:00 P.M.	<i>Forgiveness</i>

**THURSDAY:**

Time	Class Name
10:00 A.M. - 11:00 A.M.	<i>Radical Self-Care</i>
11:00 A.M. - 12:00 P.M.	<i>Stress with Desserts!</i>
12:00 P.M. - 1:00 P.M.	<i>The Science of Happiness</i>
1:00 P.M. - 2:00 P.M.	<i>Failure 101</i>



# PSR COURSE DESCRIPTIONS

## MONDAY (PERSONAL GROWTH)

***I like to Move It! Move It! (10am-11am):*** Come get active with various exercises and movement activities! This class will utilize the fresh outdoors as often as the weather permits.

***The Way of Wind and Water (11am-12pm):*** Feng Shui is an ancient Chinese art of arranging buildings, objects and spaces in an environment to achieve harmony and balance. Come to this group to learn how you could integrate concepts of Feng Shui into your daily life and promote personal growth!

***Who am I? What do I need? (12pm-1pm):*** In this group, we will use Maslow's hierarchy of needs model to help increase your understanding of yourself and your needs. The goal of this group will be to enhance your personal growth through identifying and understanding your personal needs, learning strategies that help you meet your needs, and increasing your understanding of who you are as a person.

***Craft Lab (1pm-2pm):*** Personal growth can be fostered by adapting and learning new skills sets. Come join this group to foster personal growth by exploring your artistic expression and tapping into your creative self!

---

## TUESDAY (HEALTHY HABITS)

***Catching some Z's (10am-11am):*** Do you struggle with sleeping at night? Then this group is perfect for you! We will be discussing what sleep hygiene is, the importance of sleep, how it can affect mental health, and work towards creating a better sleep routine.

***Developing a New Norm (11am-12pm):*** Join this group and embark on learning how to modify and create healthy routines. We will explore barriers to meeting healthy habit goals and how to get your desired results.

***Healthy Eating: (12pm - 1pm):*** This class aims to help you find healthy lifestyle habits. Participants will learn how to adopt a healthy lifestyle following nutritional guidelines and identify alternatives to meals that can help better their food choices.

***Practicing Gratitude (1pm-2pm):*** Gratitude can help to disconnect us from toxic, negative emotions and the ruminating that often accompanies them. In this group, we will explore how to make gratitude a habit through exercises like journaling and letter writing.



**AIDCARES.ORG**

# PSR COURSE DESCRIPTIONS

## WEDNESDAY (SOCIAL SKILLS)

***Social Media (10am-11am):*** Social media can often trick us into scams, relationships, and into believing things that are not real. Come join this group to dive deeper into the truth of social media and learn how to use social media in a positive and healthy way!

***Healthy Relationships utilizing DBT Skills (11am-12pm):*** This group covers concepts detailed from DBT skill Interpersonal Effectiveness which helps a person determine how to have a healthy relationship with others. The group will provide handouts and worksheets which give concepts to the client to promote how a healthy relationship starts with the energy and knowledge towards affecting the relationships in their life.

***All About Boundaries (12pm-1pm):*** Come learn how boundaries impact our everyday life and how we can identify, set, and maintain healthy boundaries for ourselves!

***Forgiveness (1pm-2pm):*** Forgiveness means different things to different people. But in general, it involves an intentional decision to let go of resentment and anger. The act that hurt or offended you might always be with you. But working on forgiveness can lessen that act's grip on you.

---

## THURSDAY (SYMPTOM MANAGEMENT)

***Radical Self-Care (10am-11am):*** Taking the time, space, and resources we need can be difficult when symptoms are intense or when others around us are struggling. In this group, we will identify self-care strategies and barriers to addressing our needs. We will also explore the relationship between mental health issues, insufficient self-care, and the benefits of regular self-care.

***Stress with Desserts! (11am-12pm):*** Yes, that's right, desserts to be included as we navigate through daily or ongoing stressors and learn ways to manage for overall wellness.

***The Science of Happiness (12pm-1pm):*** What is happiness and how can we get more? Are there strategies to increase our percentage of happiness? Come to this class and find out!

***Failure 101 (1pm-2pm):*** When we read the word failure most of tend to cringe or feel taken aback; however, failure is a natural part of life and helps us to grow. In this group we will explore common perceived failures, their impact on our mental health, and how to utilize failure to its fullest potential in a healthy manner.



**AIDCARES.ORG**



# FAMILY SUPPORT GROUP

*Unity, Service, Recovery*

When:

This is  
an Open  
Meeting  
ALL are welcome

Friday Evenings  
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**

**May 2, 2024**

**May 16, 2024**

**May 30, 2024**

**June 13, 2024**

**June 27, 2024**

Cost: Five sessions for \$175

Financial aid is available.

Please email [Healingtcgroups@gmail.com](mailto:Healingtcgroups@gmail.com) with questions and for information on how to register.





# 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.

## LEARN TO:

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

## REGISTER NOW

Intake must be completed prior to the start of group.

Limited availability

## CONTACT

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



NEUROINCLUSIVE  
COUNSELING



# 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



# HOPE WALKS HERE

## #STOPSUICIDE

### Out of the Darkness Huntley High School Campus Walk

Saturday, May 4, 2024

Huntley High School Field House

6:00 PM

Register at [afsp.org/HuntleyHS](https://afsp.org/HuntleyHS)



American  
Foundation  
for Suicide  
Prevention

Illinois



**MAKE HISTORY WITH US AT OUR INAUGURAL EVENT:**

# **NORTHWEST CASA'S FILM AND WINE FESTIVAL**

Enjoy an evening of films created by women,  
about women, yet for all to enjoy.



**Thursday, April 25, 6-9 PM**  
**Community Arts Center**  
**225 McHenry Road**  
**Buffalo Grove, IL 60089**

Scan for tickets - \$75 per person

Your admission grants you access to film screenings,  
hors d'oeuvres, wine, a silent auction, spirited intermissions,  
and immeasurable inspiration.



[www.nwcasa.org](http://www.nwcasa.org)



# Community Resource Days

*Collaborative community event providing our un-sheltered and those in need of extra support with access to a variety of resources.*



**EVERY Friday: 10:00am - 2:00pm**

(except 3/29, 5/31, 8/30, 11/29, 12/27)



**Willow Crystal Lake - 100 S. Main, Crystal Lake**



## **Veteran & Homeless Services**

- Compassion for Campers
- Home of the Sparrow
- Pioneer Center
- Steven's Home
- Turning Point
- Veterans Path to Hope
- Warp Corps



## **Employment & Aid**

- Consumer Credit Counseling
- Express Employment
- McHenry County Workforce Network
- Prairie State Legal
- Sahara Home Care



## **Housing Info & Utility Assistance**

- Algonquin Township
- Fellowship Housing
- McHenry County Housing Authority
- Nunda Township
- Saint Vincent de Paul
- Salvation Army



## **Children & Youth Services**

- Big Brothers Big Sisters of McHenry County
- Break Teen Center
- Community Coordinated Child Care
- Options and Advocacy
- Youth Empower Alliance



## **Mental Health, Disabilities & Substance Abuse**

- Association for Individual Development (AID)
- Circle of Hope
- Lake County Center for Independent Living
- Live4Lali
- The National Alliance on Mental Illness of McHenry County (NAMI MC)
- New Directions
- Thresholds

## **WILLOW CRYSTAL LAKE**



### **Haircuts**



### **Bike Repair**



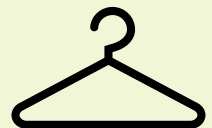
### **Laundry**



### **Showers**



### **Lunch**



### **Clothing**

## **Medical & Food Assistance**



- Crystal Lake Food Pantry
- Greater Family Health
- McHenry County Dept of Health

For more information contact,  
**Julie Davis: [julie.davis@willowcreek.org](mailto:julie.davis@willowcreek.org)**

For Emergency Shelter call:  
**(815) 759-7284**  
**[www.McHenryCountyHomeless.org](http://www.McHenryCountyHomeless.org)**



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



**NEW DIRECTIONS**  
ADDICTION RECOVERY SERVICES

**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.**





# HELP SUPPORT THE 4TH ANNUAL **Max Happy Fest**

SATURDAY, JUNE 1, WOODSTOCK SQUARE

**Max Happy Fest is an annual fundraiser and community awareness event hosted by Warp Corps.** With the help of Liquid Blues, we are bringing a full day of live performances by **local musicians, skate contests, information & resources from local non-profits and the area's most talented art vendors.** This event provides a FREE day of fun & positivity and shows young people in our community what they can achieve by following their passions.

Max Happy Fest is a perfect example of what we do at Warp Corps. **Our mission is to use music, art and action sports as a positive outlet for the community in the struggle against homelessness, suicide and overdose death.** Max Happy Fest is our mission in action.

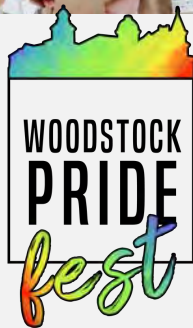




# Woodstock PrideFest Weekend

**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

EARLY BIRD  
OFFER  
COUNT DOWN  
- THRU MAY 15! -

# Drive for a cause!



 **Pioneer Center**  
for Human Services

Developmental Disabilities - Behavioral Health - Homeless Services  
*Passion to Serve. Commitment to Care.*

## 3rd Annual **CHARITY GOLF OUTING**

**Friday, JUNE 21, 2024**

**REGISTRATION NOW OPEN!**

Secure your spot and drive for a cause. Join us for a fun-filled day on the course.

Your support provides daily vital services, and programs for over 1,600 persons annually with *Intellectual & Developmental Disabilities and Homeless and Behavioral Health* needs in McHenry County and the surrounding area. **Select QR code for outing details.**

### SEE YOU ON THE LINKS & ENJOY...

- ✓ Brat & Sausage Tasting Fest - Beat the Pro Challenge
- ✓ Savory Dinner - Raffle items Galore - Live Entertainment
- ✓ Play 18 holes - Hole in One Contests - Win Great Prizes
- ✓ NEW! Don't play Golf? Bring your Dinner Guest too for all the evening fun!



Ticket prices: \$175/ticket or \$650/Foursome  
**EARLY BIRD OFFER now thru May 15! \$125/Indiv. or \$500/Foursome**





# 2024 SUMMER FAMILY PICNIC



## A FUN-FILLED DAY WITH FOOD, DRINKS, GAMES & FUNDRAISING!

**Fun for All:**  
Water Balloon Toss  
Bags Tournament  
Face Painting

**Menu:**  
Burgers, Hot Dogs,  
Chips, Salads,  
Dessert, Soft Drinks  
& Water

### Tickets:

**Picnic in the Park for Two: \$50.00** (2 Adults)

**Summer Splash: \$25.00** (1 Adult)

**Family Pack: \$70.00** (2 Adults, 2 Children 6-12 years)

**Beach Balls: \$10.00** (Children 6-12 years old)

**Floaties: Free** (Children 5 and under)

### Where:

**Stages of Transformation Resource Center**

820 McArde Drive, Unit C

Crystal Lake, IL 60014

### When:

Sunday, June 23rd

11:00 am - 3:00 pm



Stages of Transformation, Inc.



# 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

