



YOUTH AND FAMILY SERVICES PROGRAMS AND SERVICES FOR THE COMMUNITY WINTER/SPRING 2017

The workshops and services are free or at a nominal fee to the residents of Warren Township. For more information or to register, please call us at 847-244-1101 ext.*401 or register online at www.wtyouthservices.com. Childcare is available for some programs—must be requested when registering for the program.

PARENTING AND PROFESSIONAL WORKSHOPS

PROFESSIONAL WORKSHOPS

Free daytime workshops for professionals and interested community members.

- Jan 27 **Demystifying ACT with Adolescent and Young Adult Clients** (8:30 am – 4:00 pm)
- March 10 **Child Psychopharmacology for Anxiety, Depression and ADHD** (9-noon)
- April 21 **Working with ODD Children** (specific focus and details TBA— check website)

Location: Youth Services, 100 S. Greenleaf St., Gurnee

Fee: Free presentation for 3/10 and 4/21—\$5.00 charge for CE credits for social workers/counselors can be paid at the door. The fee for the 1/27 workshop is \$50.00 and includes lunch.

PARENTING AND ADULT WORKSHOPS

S.O.S.— Understanding School Offered Services

Want to know how a Section 504 Plan differs from an IEP, or how RTI and PBIS are related under IDEA? Join Phillip DeRuntz, M.Ed. of Student Advocacy Specialists, to guide you through the maze of educational jargons, acronyms, and programs required by federal law.

Day: M **Date:** Jan 23 **Time:** 7-8:30 pm **Fee:** None **Childcare:** 2-12 **Location:** Youth Services



THE 7 PRINCIPLES THAT MAKE A RELATIONSHIP WORK— A Practical Approach to Intimacy Based on 30 Years of Research

Join Dr. Michael McNulty for an overview of Dr. John Gottman's 7 Principles and ways to put the principles into action. The program will include an opportunity for participants to practice 2 of these exercises. Attend as couple or alone.

Day: M **Date:** Feb 6 **Time:** 6:30-8:30 pm **Fee:** None **Childcare:** 2-12 **Location:** Youth Services

SCREENAGERS — Growing Up in the Digital Age Screening and Discussion

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? In SCREENAGERS, the documentary explores the struggles over social media/electronics and how we can empower kids to best navigate the digital world and find balance. The film will be followed by a brief panel discussion.

Day: W **Date:** Feb 22 **Time:** 6-8 pm **Fee:** None

Location: Woodland Middle School, 7000 W. Washington St., Gurnee

Sponsored by MTC, Woodland Middle School, Woodland PTA and Warren Township Youth Services



NURTURING PERSISTENCE IN LEARNERS Research and Practical Strategies

Utilizing research done by Carol Dweck in her book *Mindset*, parents will be given practical strategies to encourage their children to pursue challenges and view mistakes as opportunities for growth. In addition, the speaker will also discuss the role of Executive Functioning Skills and practical strategies for encouraging time management, study and organizational skills. This presentation is recommended for parents and teachers of students in grades five through twelve. This workshop will be presented by staff from Nurturing Wisdom Tutoring.

Day: W **Date:** March 15 **Time:** 7-8:30 pm **Fee:** None

Location: Warren-Newport Public Library, 224 N. O' Plaine Rd., Gurnee

Cosponsored by Warren-Newport Public Library



CREATING CALM: Practical Skills for Setting Expectations and Creating Structure for Young Children

Are bedtime, transitioning away from fun activities or going to school a challenge. At this workshop parents will be introduced to practical concepts and tools to help with some of the daily challenges you might have with your young child. Parents will leave with materials and ideas that they may be able to implement immediately. Presented by Youth Services Staff, Linda Grandolfo.

Day: W **Date:** April 26 **Time:** 6:30-8 pm **Fee:** None **Childcare:** 1-12

Location: Viking Park Dance Hall, 4374 Old Grand Ave, Gurnee

Cosponsored by Gurnee Park District

REGISTRATION REQUIRED. Childcare must be requested at the time of registration. All workshops are open to the general public (residents and non-residents) at no charge.

FINANCIAL AND LEGAL CONSULTATION



FINANCIAL BASIC EDUCATION AND CONSULTATION

Learn how to create a budget, track your expenses, customize your budget to fit your lifestyle, understand a credit report, learn how to save, know your consumer rights and much more. Attend a monthly workshop or receive individual assistance from a Certified Consumer Credit Counselor from the non-profit agency Community Action Partnership of Lake County. Services are in English and Spanish. This is a free service and the workshop is scheduled for every 2nd Thursday of the month from 5:00-7:00 pm at Youth Services. Call Gregorio at 847-249-4330 to reserve your space or ask any questions.

LUNCH WITH A LAWYER

Free legal consultation. Must be a Warren Township resident.

Dates: Feb 1, March 22, May 3 **Time:** 20 minute sessions **Schedule:** 847-244-1101 ext. *401

SERVICIOS DE FAMILIA

CONSEJERÍA PARA FAMILIAS

Nuestros servicios de consejería breve atienden a los jóvenes y sus familias del Municipio de Warren con niños en edad escolar a partir de Kinder hasta el grado escolar 12. La primera sesión es gratuita; las siguientes sesiones tendrán un costo de \$10.00 (Podrá pagar menos dependiendo de su salario o basado en la necesidad).

Servicios en Español: 847-244-1101 ext. *404

GRUPO DE PADRES

Trabajando con One Hope United, nuestro personal estará facilitando un programa maravilloso para padres en Español a finales del invierno oa principios de la primavera que se llama Nuturing Parenting (Nutrir crianza de los hijos). Por favor visite nuestra página web para fechas al www.wtyouthservices.com/servicios-de-familia o llame al 847-244-1101 ext. *404

WARREN TOWNSHIP YOUTH & FAMILY SERVICES
100 S. Greenleaf St.
Gurnee, IL 60031
847-244-1101 Ext. *401

Eligibility for Services

All services are open to Warren Township residents and located at Warren Township Youth and Family Services (WTYS), unless indicated otherwise. No resident will be refused vital services because of inability to pay, please call for scholarship information if needed. Non-Residents (NR) are welcome to register for most programs at the NR rate.



COUNSELING SERVICES

Youth Services provides short-term counseling to Warren Township families with children birth—18. Young adults ages 18-21 may be eligible depending on presenting problems. The first session is free and \$10.00 for any scheduled sessions that follow (sliding scale is available based on need).

Services are provided Monday -Thursday and Saturday.
Phone Intake Required: 847-244-1101 ext. *401

MENTOR PROGRAM

Warren Township needs mentors for an on-site program, facilitated by Big Brothers Big Sisters, at the Gurnee Teen Center.



Just 3 hours a month can change the course of a child's life.

For more information, go to www.wtyouthservices.com or contact Alyssa Del Angel at (312) 207-5643.

PARENTING & ADULT GROUPS

PARENTING THE ANXIOUS CHILD— How to Better Understand and Help your Child

This 3-week group provides parents a better understanding of what anxiety is and how it uniquely impacts children, role of attachment, practical strategies for parenting and tips that can help their children. This group is open to parents of children formally diagnosed with anxiety or whose worrying impacts their life. This group is presented by child and family therapist Alison Koehler, LCPC.

Day: Th **Date:** 2/16–3/2 **Time:** 7-8:30 pm **Weeks:** 3 **Childcare:** 2-12 **Fee+:**\$15R/\$45 NR

PARENTING THE ADHD CHILD— A Positive Approach to Understanding your ADHD Child

This 4-week program presents information about ADHD, embracing its strengths, common challenges and useful approaches to parenting. Parents will be encouraged to openly discuss their challenges and try new strategies in the home. On 4/10, parents and facilitator will attend a CHADD group. Facilitated by Lisa Alexoff, MS, LPC, NCC.

Day: M **Date:** 4/3–5/1 **Time:** 7-8:30 pm **Weeks:** 4 **Childcare:** 2-12 **Fee+:**\$15R/\$55 NR

FAMILY INTERVENTION CONSULTATION—Helping Families Impacted by Substance Issues

This free consultation is designed to provide adults with practical information about child, adolescent or partners substance abuse. Barb Adams will address any issues or concerns related to signs and symptoms of substance abuse, strategies for talking to your teen/partner, referrals and related issues. Township residents only. **Contact Barb Adams, MA, CADC at 847-244-1101 ext. *408.**

CHADD— Children and Adults with Attention Deficit Hyperactivity Disorder

CHADD is a national non-profit group dedicated to educating, advocating and supporting those dealing with ADHD. CHADD of Northern Illinois holds monthly support and informational meetings for anyone living with ADHD, their caregivers, spouses/partners, educators, professionals and anyone wanting to learn more about ADHD. The group is facilitated by Lisa Alexoff, LPC, NCC and Eric Tivers, LCSW. For topics and info visit www.meetup.com/CHADD-Northern-Illinois. **Group meets every second Monday of the month from 6:45-8:30 pm at Youth Services.**

REGISTRATION REQUIRED. +The fee allows a spouse or co-parent to attend the parenting group for the listed dates. Need-based scholarships available. All groups are held at 100 S. Greenleaf St., Gurnee. No classes the week of March 27-31.

YOUTH WORKSHOPS & GROUPS

FRIENDSHIP GROUP— Social Skills for Youth**

This popular group addresses the needs of children who wish to improve and develop their skills at making friends and communicating. In a fun and interactive environment, the children develop such skills as listening, conversing, compliments and introductions. This group is ideal for children who struggle with making friends or maintaining those relationships. Pre-interview may be requested.

Grades: 3-5 **Day:** W **Dates:** 2/22-4/26 **Time:** 5-6 **Fee** (paid per 8 weeks): \$15R/\$80 NR

Grades: 6-8 **Day:** W **Dates:** 2/22-4/26 **Time:** 6-7 **Weeks:** 8 **Fee:** \$15R/\$80 NR

Please check the website for possible changes in the start date.

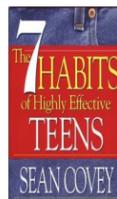
7 HABITS OF HIGHLY EFFECTIVE TEENS

Skills for a Lifetime of Achievement

In a fun and interactive program, youth will be introduced to and challenged by the 7 Habits (Covey). This group is great for youth who are highly motivated or those with unlocked potential. The certificate looks great on college/job applications. **Location: Gurnee Teen Center, 17801 W. Washington St.**

Grades: 9-12 **Day:** Th **Date:** 2/2-2/9 **Time:** 6-7:30 pm **Weeks:** 2

Fee: \$15/\$35 NR



EXECUTIVE FUNCTIONING WORKSHOP — Skills Training for Students*** NEW

This hands-on workshop teaches students executive functioning skills that are critical to academic success. This workshop is intended for students in grades 6–12 and teaches concrete strategies for organization, time management, and studying that students can begin using right away. Parents may attend at no additional cost with a paid student. Facilitated by Nurturing Wisdom.

Grades: 5-12 **Day:** M **Date:** 3/6 **Time:** 5-7:30 pm **Weeks:** 1 **Fee:** \$30/\$60 NR

PRIDE YOUTH PROGRAM— For LGBT Youth

Professional staff and volunteers from Angles facilitate an open support group at Youth Services. This is a support group, not therapy. **For info— www.angles.org.**

Grades: 9-12 **Day:** T **Time:** 6:30-8 pm **Weeks:** Open ended **Fee:** None

REGISTRATION REQUIRED. Need-based scholarships available for Township residents—847-244-1101 ext. *401. Some groups require a pre-interview. All Groups and Workshops (besides 7 Habits) are located at 100 S. Greenleaf St., Gurnee. **No group on March 22nd, and March 29th will be an extra group during Spring Break ***Additional dates will be set based on interest.

TEEN CENTERS

The Teen Centers provide a drop-in program for youth in grades 6-12. Open Monday—Friday.
Call or visit the website for more information

GURNEE TEEN CENTER
847-244-1101 ext. *459

WarrenTeens.com

SAFE SITTER @ BABYSITTING CLASSES AVAILABLE
Dates and Additional Info on Other Side

PARK CITY TEEN CENTER
847-596-2289

DIRECTIONS

The newsletter for parents and youth in Warren Township
Winter/Spring 2017

Presorted std.
US POSTAGE PAID
GURNEE, IL
permit No. 1538

Youth and Family Services

100 S. Greenleaf Street
Gurnee, Illinois 60031

Phone: 847-244-1101 Ext. 4

Township Website:

www.warrentownship.net

Youth Services Website:

www.wyouthservices.com

Township Officials

Suzanne D. Simpson, Township Supervisor

George Iler, Clerk

Donna L. Radke, Trustee

Ken Echtenacher, Jr., Trustee

Bill Gill, Trustee

Mike Semmerling, Trustee

Youth and Family Services Administration

Adam Krieger, Exec. Director of Youth Services

Joe Doyle, Teen Center Director

Christie Smuda, Teen Center Director



PARENTING GROUPS
Expand your knowledge and skills
Parenting the Anxious Child
Parenting the ADHD Child

NEW at the Gurnee Teen Center...



Teen Centers

Joe Doyle, APPR, Gurnee
Christie Smuda, Park City

WarrenTeens.com

Gurnee Teen Center

17801 W. Washington Street
Gurnee, IL 60031
Phone: 847-244-1101 ext. *459

Park City Teen Center

333 Teske Blvd.
Park City, IL 60085
Phone: 847-596-2289

Teen Center Mission

To support local youth by providing them with a safe and supervised social environment that promotes skills for a healthy lifestyle. The Teen Center has a “drop in” atmosphere that allows kids to attend when they want and freely choose their activities.

Eligibility

Youth in grades 6-12, must be Warren Township residents. Parents and youth are welcome to visit and complete an application. Nominal fee—check with respective Teen Center. Scholarships are available.

At Both Teen Centers

School-Year Hours

Gurnee Teen Center

Monday – Thursday: 2 – 7 pm

Friday: 2 – 5 PM

Park City

Monday – Thursday: 2 – 7 pm

Friday: 2 – 6 PM



Members receiving homework help

HOMEWORK HELP

Staff and volunteers are available to help with homework.

SAFE SITTER BABYSITTING CLASSES

Safe Sitter is a medically informed, hands-on class that teaches boys and girls how to handle emergencies while babysitting. Ages 11-14. Fee: \$30 Members/ \$40 Resident/\$60 NR

Upcoming Class date: February 20. Check website for other dates.



ART & CRAFTS

The Teen Center Arts & Crafts Club meets routinely. First come/first served.

PIZZA AND MOVIE NIGHTS

Join your friends on a Friday night for pizza and a movie.

POOL CLUB

Teen Center members learn 8-ball, 9-ball, how to put a spin on the ball and other techniques.

COOKING CLUB

Teens learn how to prepare healthy, simple foods in the Cooking Club.

YOUTH GROUPS

Groups are designed to educate and encourage youth to make decisions that promote healthy lifestyles.



*Wi-Fi access for homework

facebook

become friend of
warrentownship

The Teen Centers provide a safe, supervised place for kids to hang-out after school

Gurnee Teen Center



TEEN VOLUNTEER PROGRAM

Teens and staff work together to develop new opportunities for youth to actively contribute to the community, such as *Reading in the Park*.

PARK CITY TEEN CENTER THANKS DONORS

We want to sincerely thank everyone from our local community and Woodland Schools employees who donated to our annual gift-wrapping event. Those who donated helped to make Christmas special for all of our Teen Center members and their families.

DESTINATION IMAGINATION

Participants work together to develop a solution to one of 7 open-ended challenges and present their solutions at tournaments. The program encourages teamwork, communication, perseverance, creative and critical thinking, and self-confidence. The group is currently meeting Tuesdays at 7:00 PM in the Arts and Craft room.



CREATIONS CAFÉ — Open Mic Nights

Come watch Warren Township's most talented students perform music, poetry, comedy, improv and more. WTHS students only. For dates, go to warrenteens.com

WEDNESDAY NIGHT DUELS

Come join us for a fun night of table top gaming. Battle your friends in head to head format at the teen center in Gurnee. Games include: Hearthstone, Magic the Gathering, Smash Brothers and more. We meet every Wednesday at the Gurnee teen center.



Wednesday Night Duels