



# Youth and Family Services Programs and Services for the Community Late Winter-Spring 2018

The groups 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](http://www.wtyouthservices.com).

## Counseling Services

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

Services are provided Monday-Saturday.  
Phone Intake Required: 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

## Free Workshops

### PROFESSIONAL WORKSHOPS

Free daytime workshops for professionals and interested community members.

2/2 Understanding Non-Suicidal Self-Inflicted (NSSI) Injuries in Teens (9 am– noon)

3/2 Growing Like a Weed: The Effects of Cannabis on the Adolescent Brain and Other Adolescent Drug Trends (10 am-noon)

4/13 Working with ADHD Children—more details to come

Visit [www.wtyouthservices.com](http://www.wtyouthservices.com) for topics and dates.

### DEMYSTIFYING THE TEEN BRAIN-- What's really going on in there?

Have you ever wondered why teen-agers behave like they do? The presenters will discuss recent neurological findings on the teen brain. Participants will learn how and why teen brains function differently than either children or adults. The presentation will include information on emotion, sleep patterns, memory and behavior unique to the teen-age brain. Presented by Dr. Lynette Zimmer, the superintendent of District 46 and an educator with extensive experience in the area of brain research and learning.

**Day:** Th **Date:** Feb 1 **Time:** 6:30-8 pm **Fee:** None **Location:** Warren Township Youth Service

### INDIVIDUAL EDUCATION PLAN— Be an active and informed partner in the IEP

This workshop will address such issues as legal rights to services, participating as a member of the IEP Team, how to monitor your child's success and more. This interactive workshop will review preparation, participation and follow-up to IEP meetings. Presented by attorney Neal Takiff at Whitted Takiff, LLC.

**Day:** Th **Date:** March 8 **Time:** 6:30-8 pm **Childcare:** 2-12 **Fee:** None **Location:** Warren Township Youth Services

### WHY WON'T MY CHILD SLEEP-- Dealing with Children's Sleep Issues

Presented by Christine Cowen and Matt Balog, clinical sleep educators with the Advocate Sleep Center, parents will learn about such issues as common childhood sleep disorders, nightmares vs. sleep terrors, sleep apnea, how much sleep is needed, sleep walking, healthy sleep and teens and sleep routines. Childcare available. Focused on children under 10.

**Day:** Th **Date:** April 12 **Time:** 6:30-8pm **Fee:** None **Childcare:** 1-12 **Location:** Viking Park Dance Hall, 4374 Old Grand Ave, Gurnee

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

## 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 differently. No resident will be refused vital services because of inability to pay—call for scholarship information. Non-Residents (NR) are welcome to register for most programs at the NR rate, unless otherwise indicated.

Information and Registration  
[www.wtyouthservices.com](http://www.wtyouthservices.com)

See other side

## PARENTING & ADULT PROGRAMS

### 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 <https://www.meetup.com/CHADD-Northern-Illinois/>. Group meets First Monday of the month from 6:30-8 pm at Youth Services.

### PARENT TO PARENT-A comprehensive program for parents of children with ADHD

Designed by parents for parents, this 14-hour, multisession, interactive training program is delivered by certified Parent to Parent teachers. Their experience and perspective are provided to educate parents new to ADHD or those struggling to navigate its many challenges. Interaction with other parents will alleviate the isolation that parents of children with ADHD often feel. Such a comprehensive offering is not found anywhere else. A certificate of completion is available to fulfill court-ordered or parenting class requirements

**Day:** S **Date:** 3/3 - 3/10 **Time:** 9 am – 5 pm **Hours:** 14  
**Fee per couple:** \$20/\$60 NR **Location:** Youth Services

### COOPERATIVE PARENTING THROUGH DIVORCE

This 4-hour program is designed to give you the tools, perspective and insight you need to enhance your parenting skills to reduce the negative impact of divorce upon you and your children. It's ideal if both parents attend the class together and learn to work as co-parents, but this class is also a great asset for who attend on their own.

**Day:** W **Date:** 4/18-25 **Time:** 6:30-8:30 pm **Weeks:** 2  
**Fee per person:** \$25R/\$75 NR  
**Location:** Youth Services **Childcare:** 2-12

### FAMILY INTERVENTION CONSULTATION— Helping families impacted by substance issues

This free consultation is designed to provide parents 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. The service is facilitated by Barb Adams, MA, CADC, who can be contacted at 847-244-1101 ext. \*408.



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.

## CHILDREN & ADOLESCENT PROGRAMS

### 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.

**Grades:** 3-5 **Day:** W **Starts:** 2/21-4/18 **Time:** 5-6 **Weeks:** 8 **Fee:** \$15/\$80

**Grades:** 6-8 **Day:** W **Dates:** 2/21-4/18 **Time:** 6-7 **Weeks:** 8 **Fee:** \$15/\$80

### MOVING FORWARD— Movement-based group to manage impulsivity and attention

Moving Forward is a movement based group designed to include the body in the therapeutic process while addressing the symptoms of ADD and ADHD. We will use age appropriate movement games and mindfulness activities, such as red light green light or progressive muscular relaxation to engage the body/mind connection in increasing attention, modulating energy, and decreasing impulsivity.

**Grades:** 3-5 **Day:** Th **Starts:** 3/1-4/12 **Time:** 5-6 **Weeks:** 6 **Fee:** \$15R/\$50 NR

**Grades:** 6-8 **Day:** Th **Dates:** 3/1-4/12 **Time:** 6-7 **Weeks:** 6 **Fee:** \$15R/\$50 NR

**Location:** Youth Services

### MINDFULNESS-BASED STRESS REDUCTION FOR TEENS (MBSR-T)-- An evidence-based program An Evidence-Based Group

It's a high-stress and demanding life for teens today— many feel irritable, angry and out of control. MBSR-T is an evidence-based program that helps teens learn to shift their thinking from an impulsive reaction to stress to a more helpful and mindful response. The skills learned in this group guide them when they feel emotionally overwhelmed, anxious, stressed and depressed to face challenges through the lens of mindfulness. This group is good for those currently working with an individual therapist or those who are not involved in related services. All clients will meet with a therapist for a brief assessment or direct referral from a therapist. The group will be facilitated Barb Adams, MA, CADC at 847-244--1101 ext.\*408.

**Grades:** 9-12 **Day:** M **Date:** 2/19-4/16 **Time:** 6:30-8:00 pm **Weeks:** 8

**Fee:** \$25/\$85NR **Location:** Youth Services

### SKILLS FOR ACADEMIC SUCCESS

Students will be introduced to skills and concepts regarding learning styles, note taking, study skills for test taking strategies, project planning and time-management.. Class Schedule. Each class can stand alone and students can choose to attend all or some:

**Week 1 (2/3):** Learning Styles (Inventory and Tips) and Reading for Speed

**Week 2 (2/17):** Note Taking, Study Skills and Goal Setting

**Week 3 (2/24):** Test-Taking

**Week 4 (3/3):** Project Planning/Time Management

**Grades:** 6-8 **Day:** S **Time:** 9:30-11:30 am **Fee:** \$40/\$40 NR

**Grades:** 9-12 **Day:** S **Time:** 12:30 - 2:30 pm **Fee:** \$40/\$40 NR

### EQUESTRIAN PROGRAM

The staff at Youth Services are happy to announce the start of a new experiential program being offered to youth in our counseling services and teen centers. The goal of the Experiential Therapy Program is to provide a safe fun environment to promote skills needed to foster individual coping, problem-solving, and personal leadership, through unique interactive activities.

**Freedom Riders Group, Feb 20 - April 17 (skipping week of 3/27/18):** During this 8 week program participants will learn about themselves and other through horses. By engaging in mounted and non-mounted activities with the horse and discussing feelings, behaviors, and patterns. This program is ideal for individuals who wish to better assert themselves, build confidence, learn to work cooperatively with peers and expand their social skills. Call Katy Padula for information and registration at 847-244-1101 ext. \*410.

**Grades:** 6-9 (school year 2017-18) **Day:** Tuesdays **Time:** 5:15 pm -- 8:15 pm **Registration Due:** 2/5/18

## TEEN CENTERS

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

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

**WarrenTeens.com**

**PARK CITY TEEN CENTER**  
847-596-2289

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