



Youth and Family Services Programs and Services for the Community Fall 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.

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 is 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. Grupo de padres en otro lado.

Free Workshops

PROFESSIONAL WORKSHOPS

Free daytime workshops for professionals and interested community members. For topics and dates, please visit our website.

PARENTING IN THE DIGITAL AGE

Navigating as a parent in today's technology rich world is confusing. It is common to struggle with providing web accessible devices and balance protecting kids from the potentially harmful effects of using them. Join us for a presentation on topics that include creating boundaries with mobile devices, watching for potentially dangerous apps, what expectation of privacy should my child have, dealing with inappropriate content and online social conflict. After the presentation will be an opportunity to ask questions. Presented by Tony DeMonte, Director of Technology at Wilmette School District.

Day: Th **Date:** October 11 **Time:** 6:30-8 pm **Fee:** None **Location:** Woodland Middle School

PLEASE DON'T LEAVE ME- Helping Children with Separation

Starting school, preschool or day care is a major milestone for both children and parents. A child's first separation often creates feelings of excitement, anxiety, fear and stress. Parents often have mixed feelings as well and this ambivalence can add to a child's hesitancy or reluctance to separate. This workshop will help parents prepare themselves and their child for the separation. This workshop offers guidelines for parents to help the separation experience go smoothly. Parents will leave knowing that what they do will either help or hinder the separation process. In addition, strategies will be shared for helping parents who may be struggling with separating from their child. Presented by Lauren Bondy, LCSW, Co-Founder of Parenting Perspectives.

Day: Th **Date:** October 18 **Time:** 6:30-8pm **Fee:** None **Childcare:** 1-12 **Location:** Viking Park Dance Hall, 4374 Old Grand Ave, Gurnee

TEEN MENTAL HEALTH— THE BIG PICTURE

Understanding the Cultural and Social Factors that Impact Adolescent Mental Health and Suicide

Professor Anna S. Mueller, Ph.D., of The University of Chicago Department of Comparative Human Development, will discuss the cultural factors and specifically the "social roots" of youth mental health challenges and suicide. Dr. Mueller will discuss the importance of shared beliefs, values, social connections and involving youth in suicide prevention. The discussion will also address such issues as isolation and connectedness and actionable strategies to make our children more resilient. This workshop is open to both parents and professionals. Free CE Hours will be available for social work.

Day: T **Date:** November 6 **Time:** 7-8:30 pm **Fee:** None **Location:** Warren-Newport Public Library, 224 N. Oplaine Rd., Gurnee, IL 60031

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

Information and Registration
www.wtyouthservices.com

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.

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.

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. Parents are encouraged to openly discuss their challenges and try new strategies at home. 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:** 10/25-11/8 **Time:** 6:30-8 pm **Weeks:** 3 **Childcare:** 2-12 **Fee:** \$15R/\$45 NR

Location: 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.

www.WTYouthServices.com

Programa de Crianza con Cariño Para Padres

Warren Township Youth Services, los invita a participar en el grupo para padres. El objetivo de este grupo es ayudar a los padres a mejorar sus habilidades, conectarse y disciplinar amorosamente a sus hijos. Algunos de los temas a tratar son: la empatía, la comunicación, las reglas familiares y como ayudar a sus hijos a desarrollar una buena autoestima.

Fechas: Septiembre 26; Octubre 3, 10, 17, 24, 31; Noviembre 7, 14

Horario: Miércoles 5:30pm - 7:30pm

Lugar: Warren Township Youth Services 100 S Greenleaf St, Gurnee, IL

Tarifa: \$20.00

Martha Lucia Aristizabal, M.A, Terapeuta
847-244-1101 ext *404

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. In addition to participating in a social skills group for 60 minutes, group members will also participate in the **CHALLENGE GROUP** scheduled just before or after the Social Skills group. The Challenge Group is an interactive, experiential group designed to improve confidence, problem-solving and working with others.

Grades: 3-5 **Day:** M **Starts:** 10/15-12/10 **Time:** 5-6 pm (social skills)/6-7 pm (challenge) **Weeks:** 8 **Fee:** \$30R/\$100NR

Grades: 6-8 **Day:** M **Dates:** 10/15-12/10 **Time:** 5-6 pm (challenge)/6-7 pm (social skills) **Weeks:** 8 **Fee:** \$30R/\$100 NR

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

MINDFULNESS-BASED STRESS REDUCTION FOR TEENS (MBSR-T)-- An evidence-based program*

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 Cindy Cardenas, MA, LCP at extension *409.

Grades: 9-12 **Day:** Th **Date:** 10/11-12/6 **Time:** 6:30-7:45 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 (10/13): Learning Styles (Inventory and Tips) and Reading for Speed

Week 2 (10-20): Note Taking, Study Skills and Goal Setting

Week 3 (11/3): Test-Taking

Week 4 (11/10): 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:** 12:00- 2:00 pm **Fee:** \$40/\$40 NR

* Registration Online at www.WTYouthServices.com

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, Sept 25 - Nov 13: During this 6 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 2018-19) **Day:** Tuesdays **Time:** 5:15 pm -- 8:15 pm
Fee: \$145 Residents (scholarships available based on need)/\$180 Non Resident

Registration Due: 9/10/18

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

SAFE SITTER® BABYSITTING CLASSES AVAILABLE