



Youth and Family Services Programs and Services for the Community Winter - Spring 2019

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-17. 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 kínder 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).

Free Workshops

PROFESSIONAL WORKSHOPS

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

THE IMPORTANCE OF GRIT—Building Perseverance in Children

Attend this fascinating workshop presented by associate professor Dawn Livorsi of Aurora University and learn more about the core characteristics of successful people. Based on research and practical application, Dr. Livorsi helps parents, social workers, educators and therapist better understand the ability to *try something again* and how to nurtured and encouraged in our youth. Presented by Daun Livorsi DSW, LCSW, Assistant Professor, School of Social Work, Aurora University.

Day: W **Date:** January 30th **Time:** 7-8:30pm **Fee:** None **Location:** Youth & Family Services

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, Allena Barbato of Youth Services and Tami Martin with Gurnee Police Department.

Day: T **Date:** February 12th **Time:** 6:30-8 pm **Fee:** None **Location:** Viking Middle School

UNDERSTANDING DYSLEXIA: Presentation and Simulation Designed to Increase Understanding

The workshop provides an overview of what dyslexia is and simulations for a unique hands-on experience to increase awareness of the difficulties and frustrations individuals with dyslexia encounter every day. By increasing understanding of occurrences that may make life difficult for these individuals, the hope is for participants to gain greater empathy. The Simulation is divided to 5 stations, each simulation stations takes about 10 to 15 minutes including a short discussion period after each experience with the facilitator. The stations reflect different classroom tasks and the skills needed to the tasks.

Day: Th **Date:** March 7th **Time:** 6:30-8:00pm **Fee:** None **Location:** Warren-Newport Public Library, 224 N. O'plaine 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 6:15-8 pm at Youth Services.

YOUTH MENTAL HEALTH FIRST AID

This workshop teaches parents, teachers, coaches, scout leaders or anyone who regularly interacts with youth to know how best to help an adolescent (age 12-18) who is experiencing a mental health/addiction challenge or is in crisis. CPDU credits available. Cosponsored by Lake County Health Department.

Day: Th **Date:** 1/24/19 **Time:** 8:30 am - 5 pm **Fee:** \$15
Location: Youth Services

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. Parents will not only develop a better understanding of the disorder but practical interventions and common-sense approach by a skill therapist.

Day: Th **Date:** 2/21 - 3/14 **Time:** 6:30 - 8 pm
Fee: \$15 R/\$50 NR **Location:** 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: W **Date:** 4/3 - 4/17 **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 para padres: Crianza con cariño

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: Abril 11, 18, 25; Mayo 2, 9, 16, 23, 30
Horario: Jueves 5:30pm - 7:30pm
Lugar: Youth Services 100 S Greenleaf St, Gurnee, IL
Tarifa: \$20

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:** 4/1 - 5/20 **Time:** 5-6 pm (social skills)/6-7 pm (challenge) **Weeks:** 8
Fee: \$30R/\$100NR

Grades: 6-8 **Day:** M **Dates:** 4/1 - 5/20 **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. It 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. 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: 6 - 8 **Day:** Th **Date:** 2/21- 4/18 **Time:** 6:30-7:45 pm **Weeks:** 8

Fee: \$25/\$85NR **Location:** Gurnee Teen Center, 17601 W. Washington St., Gurnee, IL (Corner of Washington and Almond) *No group the week of Spring Break

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 (2/16): Learning Styles (Inventory and Tips) and Reading for Speed

Week 2 (2-23): Note Taking, Study Skills and Goal Setting

Week 3 (3/2): Test-Taking

Week 4 (3/9): 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. Above programs held at Youth Services.

EQUESTRIAN PROGRAM

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, February 12 - April 9: 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 2018-19) **Day:** Tuesdays **Time:** 5:15 pm - 8:15 pm

Fee: \$150 Residents (scholarships available based on need/\$180 Non Resident)

Registration Due: 1/29/19

Horses for Healing Group, April 16 – June 4: During this 8 week program participants will learn about themselves and other through horses. This program is largely focused on teens who have experienced trauma or loss. By engaging in mounted and non-mounted activities with the horse and discussing feelings, behaviors, and patterns. Also, will learn to overcome fear and build confidence. Horses can teach self-awareness, honest communication, trust, healthy boundaries, leadership, patience, assertiveness, nurturance and more. They have the ability to mirror human body language and provide us with metaphors and lessons about ourselves to help facilitate change. This program is ideal for individuals experiencing grief/loss, parental divorce, and T/trauma. This activity is limited to only 6 youth.

Grades: 9-12 (school year 2018-19) **Day:** Tuesdays **Time:** 5:15 pm - 8:15 pm

Fee: \$150 Residents (scholarships available based on need/\$180 Non Resident)

Registration Due: 4/02/19

**Call Katy Padula for information and registration at 847-244-1101 ext. *410. Katy will provide a brief screening to help determine if the program is the correct fit for the child's needs. Parents will be provided an intake form only after first speaking to Katy.

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/

GURNEE
847-244-1101 ext. *459

registration.
WarrenTeens.com

PARK CITY
847-596-2289

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