Youth and Family Services
Programs and Services for the Community
Late Winter-Spring 2020

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 and young adults ages 18-21. The first is session free and $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
Nuestros servicios de consejería breve atienden a las 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 tienen un costo de $10.00 (Podrá pagar menos dependiendo de

FREE PARENTING WORKSHOPS

SCREENAGER NEXT CHAPTER— Uncovering Skills for Stress Resilience
In this new documentary, we follow physician and filmmaker, Dr. Ruston as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. She sets out to understand these challenges in our current screen-filled society, and how we, as parents and educators, can empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience. Similar to the first film, Screenagers, the impact of social media and screen time is incorporated in all the topics raised.
Day: T Date: February 18th Time: 6-8 pm Location: Woodland Middle School

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.
Day: T Date: March 3rd Time: 6:30-8:00pm Location: Warren-Newport Public Library

UNDERSTANDING SPECIAL EDUCATION LAW— Be an Active and Informed Partner in the IEP Process
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.
Day: W Date: March 12th Time: 6:30-8 pm Location: Warren Township Youth and Family Services

HELPING YOUNG CHILDREN HANDLE BIG FEELINGS
This workshop will address your child’s emotional and social development, emotional awareness, self-regulation, responding to anxiety and the development of calming behaviors. Presented by Adriana Argueta, LCPC, of Gurnee Counseling Center, parents will learn about their child’s milestones and practical skills to help with their young child’s growth. This workshop is primarily meant for parents of children 0-5.
Day: W Date: April 15th Time: 6:30-8:00pm Location: Viking Park Dance Hall Childcare: 2-12

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. Register at 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.
Parenting & Adult Programs

**CHADD - Children and Adults with Attention Deficit Hyperactivity Disorder**

CHADD is a national nonprofit 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/](https://www.meetup.com/CHADD-Northern-Illinois/). Group meets first Monday of the month from 6:15-8 pm at Youth Services.

**PARENTING THE ADVANCED 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 approaches by a skill therapist.

**PARENTING THE ANNOYING CHILD - How to better understand and help your child**

This 3-week program 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.

**Horses for Healing Group**

Location: Youth Services, 100 S Greenleaf St, Gurnee

**EQUINESTRIAN PROGRAM**

The goal of the EquineTherapy 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.

**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. Register online at [www.wtyouthservices.com](http://www.wtyouthservices.com).

**Grades:** 3-5
**Day:** T
**Starts:** 2/25-4/21
**Time:** 5:15 pm (social skills)/6-7 pm (challenge)
**Weeks:** 8
**Fee:** $35R/$100NR

**Grades:** 6-8
**Day:** T
**Starts:** 2/25-4/21
**Time:** 5:15 pm (challenge)/6-7 pm (social skills)
**Weeks:** 8
**Fee:** $35R/$100NR

**Location:** Youth and Family Services, 100 S. Greenleaf St., Gurnee

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

Moving Forward is a movement-based designed group to teach tools for energy modulation using the whole body. 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:** M
**Starts:** 3/30 – 5/4
**Time:** 6-7 pm
**Weeks:** 6
**Fee:** $25R/$80NR

**Grades:** 6-8
**Day:** M
**Starts:** 3/30 – 5/4
**Time:** 6-7 pm
**Weeks:** 6
**Fee:** $25R/$80NR

**Location:** Youth and Family Services, 100 S. Greenleaf St., Gurnee

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**Groups and Workshops**

**GRUPO: SANANDO HERIDAS**

Este grupo está dirigido a personas que han experimentado situaciones difíciles que aún no han podido superar.

**Horario:** Jueves 5:30 pm - 7:30 pm
**Lugar:** Youth Services 100 S Greenleaf St, Gurnee, IL
**Tarifa:** $20

**PROMOVIENDO BIENESTAR EN EL HOGAR**

Actividades para mejorar la salud mental en niños

**Lugar:** Youth Services 100 S Greenleaf St, Gurnee, IL
**Fecha:** 9 de Marzo de 6-7:30 pm
**Para Regístrarse:** Por favor llame a 847-244-1101 Ext. *401

Cuidado de niños limitado

Para más información, visite: [www.wtyouthservices.com/csvicio-de-familia](http://www.wtyouthservices.com/csvicio-de-familia)

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**Other Services**

**PROFESSIONAL TRAININGS**

Register online at [www.wtyouthservices.com/professional-trainings](http://www.wtyouthservices.com/professional-trainings)

**Working with Teens and Eating Disorders in an Outpatient Setting: An Overview of Best Practices and Limitations**

January 24th, from 10 am - noon at Warren Township (Senior Center)

More professional workshops will be scheduled. Please check website.

**CHAT WITH A LAWYER**

A lawyer will meet with you for 20 minutes to discuss any legal concerns you have. If the attorney is unable to answer specific questions, he will either research the information or provide a referral. Open only to Warren Township residents. Call to set an appointment.

**Dates:** Wednesday, Jan 22 and Wednesday, March 4

**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/registration.

[WarrenTeens.com](http://WarrenTeens.com)