

Youth and Family Services Programs and Services for the Community Fall 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 and young adults ages 18-21. 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-Saturday.
 Phone Intake Required: 847-244-1101 ext. *401



Servicios de familia

CONSEJERIA PARA FAMILIAS

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 su salario o basado en la necesidad).



Free Parenting Workshop

ANGST— Raising Awareness Around Anxiety

A new documentary that explores anxiety, its causes and effects, and what we can do about it. This film features World Champion Swimmer Michael Phelps! Following the film, there will be a panel discussion with experts on the issue of children and anxiety with staff from D56, Youth Services, Lake Behavioral Hospital and Gurnee Counseling Center.

Day: T **Date:** October 8th **Time:** 6-8 pm **Location:** Viking Middle School

TEARS, TANTRUMS AND BATTLES: Preventing Power Struggles

This workshop provides parents with the necessary ingredients for understanding the dynamics of power struggles, preventing power struggles, and redirecting them. In this fun and entertaining workshop, you will learn the 12 specific strategies for preventing power struggles, the 7 tips for getting out of power struggles when they do occur and the 3 simple steps for setting limits guaranteed to make your life easier for years to come.

Day: W **Date:** October 16th **Time:** 6:30-8 pm **Childcare:** 1-12 **Location:** Gurnee Park District, Viking Dance Hall

UNDERSTANDING SCHOOL OFFERED SERVICES— How to Better Understand and Help your Child

This workshop will provide a guide through the maze of educational jargon, acronyms, and programs required by federal law. If your child's teacher talks about impulsivity, anxiety or executive functioning deficits, this workshop will address those issues and much more. Parents will learn how school systems use evidence-based interventions and data-driven decision making to address these special needs. Presented by Phillip DeRuntz, M.E.D., the Director of Student Advocacy Specialists.

Day: W **Date:** December 4th **Time:** 6:30-8:00pm **Location:** Youth Services

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.

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.

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.

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.

Date: 10/30-11/20 **Time:** 6:30-8 pm **Fee+:** \$30R/\$50 NR

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.

Date: 10/9-10/23 **Time:** 6:30-8 pm **Fee+:** \$30R/\$50 NR

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

Grupo: Sanando Heridas

Este grupo esta 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

Fechas: Sept 5,12,19,26,Oct 3,10,17,24

No habrá cuidado de niños

Grupo 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.

Horario: Jueves 5:30pm - 7:30pm

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

Tarifa: \$20

Fechas: Nov 7,14,21,28; Dec 5, 12, 19

Martha Lucia Aristizabal, M.A, Psicoterapeuta
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. Register online at www.wtyouthservices.com.

Grades: 3-5 **Day:** T **Starts:** 10/15-12/10 **Time:** 5-6 pm (social skills)/6-7 pm (challenge)

Weeks: 8 **Fee:** \$35R/\$100NR

Grades: 6-8 **Day:** T **Dates:** 10/15-12/10 **Time:** 5-6 pm (challenge)/6-7 pm (social skills)

Weeks: 8 **Fee:** \$35R/\$100 NR

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

STRESS LESS— A mindfulness-based stress reduction group*

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, LPC at extension *409. Register online at www.wtyouthservices.com.

Grades: 6-8 **Day:** Th **Date:** 10/3-11/21 **Time:** 6:15-7:30 pm **Weeks:** 8

Fee: \$30/\$85NR **Location:** Gurnee Teen Center, 17801 W. Washington St., Gurnee, IL (Corner of Washington and Almond)

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, Jan 28-March 17, 2020

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/\$200 Non Resident)

Registration Due: 1/9/2020

Horses for Healing Group, Sept 3-Oct 22 & Oct 29-Dec 17*

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. -1101 ext. *410.

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: Check website

* No Groups during Thanksgiving week.

Other Services

PROFESSIONAL TRAININGS

Register online at www.wtyouthservices.com/professional-trainings

Adolescent Substance Use/Misuse: A clinical overview of working with today's youth

August 23, from 9 am—noon at Youth Services

Beyond the Binary: Clinical Consideration for Transgender Youth and Families

November 8, from 9:30-noon at Youth Services

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: Monday, Sept 30 and Wednesday, December 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.

GURNEE

847-244-1101 ext. *459

WarrenTeens.com

PARK CITY

847-596-2289