



# Empowering Minds Transforming Lives



## Weekly Agency Update

(Bolded items are new listings)

**\*\*HAVE YOUR NEW ITEMS AND UPDATES TO US BY TUESDAYS EACH WEEK\*\***

**January 14, 2026**

## Mental Health Board Trainings

### McHenry County Mental Health Board

- [Untethered Connections: Navigating Emotional Regulation, Parenting, Divorce, and the Path to Healing](#) | Virtual | Friday, January 23, 2026 | 9:00 am to 10:00 am | 1 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and ISBE CPDU's for School Professionals. [FLYER](#)
- [Suicide Assessment and Management](#) | Virtual | Wednesday, February 4, 2026 | 12:00 pm to 1:00 pm | 1 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and ISBE CPDU's for School Professionals. [FLYER](#)
- [A Trauma Informed Approach](#) | Virtual | Thursday, February 12, 2026 | 2:30 pm to 4:00 pm | 1.5 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA (Pending). [FLYER](#)
- [Boundaries and Ethics in Supervision](#) | In-Person | Friday, February 13, 2026 | 9:00 am to 4:00 pm | 6 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists. [FLYER](#)
- [Bridging the Gap: Best Practices for Supporting Students Returning to School After Extended Leave](#) | Virtual | Friday, February 27, 2026 | 9:00 am to 10:00 am | 1 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and ISBE CPDU's for School Professionals. [FLYER](#)
- [Opioid Overdose Prevention & Reversal: Overdose Responder Training](#) | In-Person | Thursday, March 5, 2026 | 1:00 pm to 2:30 pm | 1.5 Free IDFPR CEU for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA (Pending). [FLYER](#)

- [Trauma 101: Key Principles and Practical Approaches](#) | Virtual | Thursday, March 12, 2026 | 2:30 pm to 4:00 pm | 1.5 Free IDFPF CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA (Pending). [FLYER](#)
- [Building Emotional Resilience: Teaching Regulation Skills and Strengthening School/Family Partnerships](#) | Virtual | Friday, March 13, 2026 | 9:00 am to 10:00 am | 1 Free IDFPF CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and ISBE CPDU's for School Professionals. [FLYER](#)
- [The Lingering Shadow: Navigating the Depths of Traumatic Grief](#) | In-Person | Friday, March 20, 2026 | 9:00 am to 12:00 pm | 3 Free IDFPF CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA (Pending). [FLYER](#)
- [Building the Supervisory Relationship](#) | In-Person | Friday, April 10, 2026 | 9:00 am to 4:00 pm | 6 Free IDFPF CEUs for LSW/LCSW, LPC/LCPC, Psychologists. [FLYER](#)
- [Understanding ADHD and Executive Functioning: Practical Strategies for Children, Teens, and Adults – Part 2](#) | Virtual | Friday, April 17, 2026 | 9:00 am to 10:00 am | 1 Free IDFPF CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and ISBE CPDU's for School Professionals. [FLYER](#)
- [The Shadow's Gift: Healing Shame and Reclaiming Your True Self](#) | In-Person | Friday, May 15, 2026 | 9:00 am to 3:30 pm | 5.5 Free IDFPF CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA (Pending). [FLYER](#)

## Additional Educational and Training Opportunities

### BZA Behavioral Health

- [DBT Training Series](#) | Virtual | 4-Part Series | January 15, 2026 through May 14, 2026 | Earn 10 CEUs through this comprehensive, four-part LIVE webinar training series on dialectical behavioral therapy. Registration for the DBT Training Bundle (\$60) includes access to both the live webinar event and the on-demand recordings.
- [Borderline Personality Disorder](#) | Virtual | Thursday, January 15, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- [Practical Approaches to Therapy with Children Ages 5-12](#) | Virtual | Thursday, January 29, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- [Working with Individuals who have an Intellectual Developmental Disorder](#) | Virtual | Wednesday, February 11, 2026 | 1Free CEU
- [Introduction to DBT Skills](#) | Virtual | Thursday, February 26, 2026 | 9:00 am to 12:00 pm | 3 CEU's for \$30
- [Demystifying Clinical Work with Disordered Eating: Part II](#) | Virtual | Thursday, March 12, 2026 | 12:00 pm to 2:00 pm | 2 CEU's | \$20
- [Advanced DBT Skills](#) | Virtual | Thursday, April 2, 2026 | 9:00 am to 12:00 pm | 3 CEU for \$30
- [DBT for Substance Use Disorders](#) | Virtual | Thursday, May 14, 2026 | 9:00 am to 12:00 pm | 3 CEU's for \$30
- [On Demand CEU Store](#) | Watch at your convenience | \$10 per CEU

**Caregiver Conference: Get Connected-Build Your Village** – in Partnership with Options & Advocacy, McHenry County Mental Health Board, Hammortree Financial Services, Independence Health & Therapy, Service Inc. of Illinois, Clearbrook West.

- In-Person | Saturday, March 14, 2026 | McHenry County College, 8900 US Hwy 14, Crystal Lake | \$25 | Lunch included | [REGISTRATION OPENING SOON](#). The Caregiver Conference is a dynamic, community-driven event designed to empower caregivers through connection, education, and self-care. Whether you're supporting an individual with special needs, an aging parent, or navigating complex caregiving roles, this conference offers a space to be seen, heard, and celebrated.

## **Elderwerks**

- [Trainings & Events](#)

## **IDHS**

- [On-Demand CRSS/CPRS Fundamentals Training](#)

## **Live4Lali**

- [Trainings and Support Groups](#)

## **Options & Advocacy of McHenry County**

- [Agency Updates](#)

## **People in Need Forum**

- In-Person | Saturday, January 31, 2026 | McHenry County College, 8900 US Hwy 14, Crystal Lake | This free, public event highlights community resources and support services through exhibitor booths and workshops on topics such as immigration, senior issues, caregiving, LGBTQIA+, substance abuse, and homelessness. [REGISTER HERE](#)

# **Resources**

## [988 Toolkit](#)

- 988 Suicide & Crisis Lifeline Print Materials

## [988 Lifeline](#)

- Using the 988 Lifeline is FREE. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you with judgment-free care. Talking with someone can help save your life.

## [ComEd LMI Program \(Low – Middle Income\)](#)

- **20% ComEd discount program.** The ComEd rate went up on June 1, 2025 from 6.55 cents/kWh to 9.65 cents/kWh. There will be another increase on June 1, 2026. This program offers 20% off the Supply + Delivery Charges. [FLYER](#)

## [Harm Reduction Supplies & Recovery meetings with Live4Lali](#)

- 2025 Flyers | Free Harm Reduction supplies | SMART meetings

## [Loneliness Booklet](#)

- Learn how to combat loneliness. This is a printable booklet you can share with others.

## [McHenry County Service Directory](#)

- Find the Help You Need in McHenry County. Search our Directory of Mental Health Services in McHenry County. Services listed here are not provided by the McHenry County Mental Health Board.

## [McHelp App](#)

- Text or talk to a licensed mental health professional, any subject 24/7, 365 days a year or access our comprehensive [Service Directory](#).

## [PIN Resource Directory \(English\)](#)

## [PIN Resource Directory \(Spanish\)](#)

- The People in Need Forum is held each January at MCC, to learn about the abundance of resources and support available to them and others. Exhibitors showcase essential community resources available to help those in need and present workshops on topics such as immigration, senior issues, caregiver resources, LGBTQIA+, substance abuse and addictions, and homelessness.

## [Pioneer Center for Human Services](#)

- [Developmental Disabilities](#): email [ddadmissions@pioneercenter.org](mailto:ddadmissions@pioneercenter.org) or call (815) 759-7160 for more information.
- [Behavioral Health](#): contact Pioneer Center's Behavioral Health Referral Line at (815) 759-7073.
- [Runaway and Homeless Youth](#): For services, contact Pioneer Center at (815) 344-1230. For Crisis, call 988 or the National Runaway Safeline at (800) 786-2929.

## [Feed your Soul Gestalt Group Soulful Prairies Equine Gestalt Therapy and Retreat Center](#)

- This group offers a space for deep reflection, connection, and healing through Gestalt therapy, supported by horses. Participants will embrace both differences and similarities, sharing their experiences in a judgment-free environment. This journey fosters self-awareness, helping to identify and address internal conflicts.

## [Warp Corps – Youth Events](#)

- Warp Corps is here to Prevent Suicide, Substance Use Disorder and Homelessness. Our youth events are open to kids 8 and up! We combat mental illness, substance use disorder, and homelessness by offering healthy and positive alternatives for our community. We do this by engaging with people in need in a variety of ways including Street Outreach providing support to people without housing, Connecting Individuals with the care they need, and Building Futures through youth programs utilizing music, art and adventure sports.

# **Employment & Volunteer Opportunities**

## **CASA**

- [Court Appointed Special Advocate](#) Volunteer opportunity

## **Greater Family Health**

- [Behavioral Health Therapist \(LCSW/LCPC\)](#) – Full Time

## **NAMI**

- [Recovery Support Specialist](#)

## **Pioneer Center for Human Services**

- [DSP - Direct Support Professional Residential Program - Full-Time/Part-Time](#)
- [DSP-Direct Support Professional Day Programs- Full-Time/Part-Time](#)
- [Bilingual Outpatient Behavioral Health Therapist – Full Time](#)
- [Development Director - Full Time](#)
- For more information, please visit our Career Page at [www.pioneercenter.org/careers/](http://www.pioneercenter.org/careers/)

## **Pivotal Counseling Center**

- [Child & Adolescent Therapist](#)
- [Child & Adolescent Clinical Supervisor](#)

## **Safe Families for Children IL Greater Chicago – Volunteer Opportunity**

- Safe Families for Children IL Greater Chicago surrounds parents in our community facing difficult seasons with compassionate, practical support so no family has to walk through hardship alone. When parents are supported, children can thrive. If you have a heart for hospitality, encouragement, or simply showing up for families in your community, we'd love to connect with you and share more about how you can get involved. <https://safe-families.org/involvement/>

## **Youth and Family Center of McHenry County**

- [Bicultural Community Case Manager](#)

# **Support Groups**

## **Monday**

### **JailBrakers Support Meeting – Every 4<sup>th</sup> Monday of the month, 7:00 pm to 9:00 pm**

Tree of Life Unitarian Universalist Congregation, 5603 Bull Valley Road, McHenry. For additional information contact Sue Rekenhalter, [jailbrakerssue@gmail.com](mailto:jailbrakerssue@gmail.com) or 815.354.2579.

### **Virtual Neurodevelopmental Teen Support Group – 2<sup>nd</sup> Monday of the month, 5:00pm to 6:00pm**

The Alexian Brothers Autism Spectrum & Developmental Disorders Resource Center serves as a clinical navigation hub for the neurodevelopmental community. The ASDDR is offering virtual support groups for neurodivergent teenagers to connect with other teenagers with similar difficulties in a supportive group setting to process experiences that is led by trained professionals. To register, call 847-755-8536 or email at [AHBHHHEResourceCenter@ascension.org](mailto:AHBHHHEResourceCenter@ascension.org).

### **Elderwerks: Caregivers of Aging Loved Ones Support Group – Virtual – 3rd Monday of the month, 3:00 pm to 4:30 pm**

Are you caring for an aging loved one? You don't have to go through it alone. Join our Caregiver Support Group to connect with others who understand the challenges and reward of caregiving. Whether you're managing medical needs, providing daily support, or simply seeking emotional encouragement, this group offers a safe space to share experiences, resources, and advice. To Register, email [events@elderwerks.org](mailto:events@elderwerks.org) or call 847.462.0885.

### **Elderwerks: Caregivers of Those with Memory Loss Support Group – Virtual – 4th Monday of the month, 7:00 pm to 8:30 pm**

Caring for someone with memory loss can be overwhelming, but you don't have to face it alone. Join our Caregiver Support Group designed specifically for those who are caring for a loved one with dementia, Alzheimer's, or other forms of memory impairment. We offer a compassionate community where you can share your experiences, gain new insights, and learn valuable coping strategies. To Register, email [events@elderwerks.org](mailto:events@elderwerks.org) or call 847.462.0885.

### **Connection Recovery Support Group – Mondays, 6:00 pm to 7:30 pm**

NAMI Connection Support Group is a free, peer-led support group for any adult (18+) who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. NAMI's support groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. Free of cost to participants and led by people with mental health conditions. To participate please request a Service Assessment by going to [www.namimch.org](http://www.namimch.org) and completing the "Intake Form" tab. Questions? Email: [Help@namimch.org](mailto:Help@namimch.org) or Text: 847-765-8227.

### **SMART Recovery Meetings – Mondays, 7:00 to 8:30pm | In person and on Zoom**

The Other Side, 135 Beardsley Street, Crystal Lake. SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on. For additional information, contact Monica Andrade at [monica.andrade@live4lali.org](mailto:monica.andrade@live4lali.org).

### **Grief Guide Groups – Mondays, 5:30 to 6:30pm**

Meets at The Other Side. 135 Beardsley St. Crystal Lake, IL. Contact: Lisa Orris [mygriefguide.org](http://mygriefguide.org)  
[orris.lisa@gmail.com](mailto:orris.lisa@gmail.com).

### **Alzheimer's Support Group – Third Monday of the month, 1:00 to 2:30 pm**

For family members who care for and love someone with memory loss. Light refreshments and an opportunity to share joys and concerns will be offered. Encore Memory Center, 495 Alexandra Boulevard, Crystal Lake, IL 60014. Please call Jennifer La Porte at 815.459.7800, or email [Jlaporte@encorecares.com](mailto:Jlaporte@encorecares.com).

## **Tuesday**

### **Virtual Neurodevelopmental Adult Support Group – 2<sup>nd</sup> Tuesdays of the month, 5:00pm to 6:00pm**

The Alexian Brothers Autism Spectrum & Developmental Disorders Resource Center serves as a clinical navigation hub for the neurodevelopmental community. The ASDDRRC is offering virtual support groups for neurodivergent adults to connect with other adults with similar difficulties in a supportive group setting to process experiences that is led by trained professionals. \*Free for neurodivergent adults (18 years+). To register, call 847-755-8536 or email at [AHBHHHEResourceCenter@ascension.org](mailto:AHBHHHEResourceCenter@ascension.org).

### **SMART Recovery Meeting – Tuesdays, 7:00-8:00 pm**

SMART Recovery is science-based and helps individuals overcome addictive behavior using practical tools, self-reliance, and self-choice. We focus on building motivation, managing urges, feelings, behaviors, and applying cognitive-behavioral techniques for a lasting recovery. Our meetings foster group discussions where we encourage, support, and learn with each other. Meetings are being held at Stages of Transformation, 820 McArdle Dr., Unit C, Crystal Lake. For additional information please contact Justin Triplett at [justin.triplett@hotmail.com](mailto:justin.triplett@hotmail.com).



### **Grief Guide Groups – 4<sup>th</sup> Tuesday of the month, 6:00-7:00 pm**

Meets at Faith Community Church, 2023 IL-176, Crystal Lake. Contact: Lisa Orris [mygriefguide.org](http://mygriefguide.org)  
[orris.lisa@gmail.com](mailto:orris.lisa@gmail.com)

### **Teens Talk Grief - 2nd Tuesday of the month 6-7:30pm**

Meets at Warp Corps, 114 N Benton Street, Woodstock. For additional information please contact Lisa Orris [mygriefguide.org](http://mygriefguide.org). [orris.lisa@gmail.com](mailto:orris.lisa@gmail.com)

### **Peer Support – Tuesdays 1:00 pm to 2:30 pm**

Provides a comfortable and safe environment for peers to discuss issues of the week and share insight and feedback with other peers for support. AID Drop In at 1201 Dean St. in Woodstock (located in Woodstock Assembly of God building). Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

### **PFLAG McHenry – Second Tuesday of the month, 7:00 pm**

Tree of Life Unitarian Church, 5603 W Bull Valley Rd, McHenry, IL 60050. For additional information, please call 630.415.0622.

### **Teens Talk Grief – 1st Tuesday of the month 6-7:30pm**

Meets at The Break in The Commons of Crystal Lake, 6292 Northwest Hwy, Crystal Lake. For additional information please contact Lisa Orris [mygriefguide.org](http://mygriefguide.org). [orris.lisa@gmail.com](mailto:orris.lisa@gmail.com)

### **Parenting Through Grief Group – 3rd Tuesday of the month, 6:30 to 8 pm**

A monthly support group for parents of bereaved children. Meets at Faith Community Church, 2023 IL-176, Crystal Lake. Sponsored by Grief Guide. Contact: Lisa Orris [mygriefguide.org](http://mygriefguide.org).  
[orris.lisa@gmail.com](mailto:orris.lisa@gmail.com)

## **Wednesday**

### **Caregiver Support Group – Last Wednesday of the month, 6:30 pm to 8:00 pm**

This group welcomes Caregivers of Neurodivergent individuals and those with developmental delays or disabilities. In-person or Zoom options. In-person at Options & Advocacy, 365 Millennium Dr., Suite A, Crystal Lake. Zoom Meeting ID: 838 6298 9472 or link: <https://us06web.zoom.us/j/83862989472>

### **Support Group for Cancer Patients– 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 7:00 pm**

An ongoing and open support group for cancer patients where you can connect with others. Learn tips and facts from professionals what you may expect along the way. Receive inspiration and hope. Feel less alone and safe because the leader is a survivor too. Registration is required. Located at [Owens & Associates Counseling](http://Owens & Associates Counseling), 9241 S IL Rte 31, Lake in the Hills. Contact Kathy Walls at 847-854-4333 or [kwalls@owenscounseling.com](mailto:kwalls@owenscounseling.com). Most major insurance is accepted.

### **Let's Talk About Cancer Support Group for Family Members – 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 8:00pm**

An ongoing and open support group for family members. Connect with others. Learn tips and facts from professionals what you may expect along the way. Receive inspiration and hope. Feel less alone and safe because the leader is a survivor too. Registration is required. Located at [Owens & Associates Counseling](http://Owens & Associates Counseling), 9241 S IL Rte 31, Lake in the Hills. Contact Kathy Walls at 847-854-4333 or [kwalls@owenscounseling.com](mailto:kwalls@owenscounseling.com). Most major insurance is accepted.

**Self-Care for Care Providers: Supporting Those Who Support Others – Second Wednesday of the month, 12:00 to 1:30pm OR Second Thursday of the month, 5:00 to 6:30 pm**

The McHenry County Trauma-Informed Change Team is pleased to offer a support group that recognizes the toll of trauma on clinicians and frontline workers, prioritizing self-care, camaraderie, and confidentiality. Through monthly activities, we promote compassion and mindfulness, aiming to support each other in our roles. Snacks will be provided. Learn how trauma affects us, network with staff from different agencies, and participate in creative self-care exercises. Meeting at the Mental Health Board, 620 Dakota Street, Crystal Lake. For additional information please contact Gary at [garyrukin@gmail.com](mailto:garyrukin@gmail.com).

**Hopeful Hearts Grief Support Group – last Wednesday of the month, 4:00 pm**

Monthly [Grief Support Group](#) at White Oaks in McHenry. All are welcome to join us, regardless of age or circumstances. The group is intended to create a supportive environment for all attendees and is not specific to our Memory Care. This is a community wide event. Feel free to share the flyer with others who would benefit. The group leader is Laura, and she is a Bereavement Specialist. She is handling the RSVPs. Please reach out to her by phone or text 224-361-9848.

**Connection Recovery Support Group – Wednesdays, 6:00 pm to 7:30 pm**

NAMI Connection Support Group is a free, peer-led support group for any adult (18+) who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. NAMI's support groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. Free of cost to participants and led by people with mental health conditions. To participate please request a Service Assessment by going to [www.namimch.org](http://www.namimch.org) and completing the "Intake Form" tab. Location: 620 Dakota Street, Crystal Lake. Questions? Email: [Help@namimch.org](mailto:Help@namimch.org) or Text: 847-765-8227.

**LGBTQ+ Connection Recovery Support Group – Virtual - Wednesdays, 7:00 to 8:30 pm**

Virtual through NAMI Barrington and NAMI IL. LGBTQ+ NAMI Connection Recovery Support Group is a free, peer-led support group designed for any adult (18+) in the LGBTQ+ community who has a mental health condition. [Click here to RSVP by 4:30pm on group day.](#)

**Dementia/Alzheimer's Support Group – Every 3rd Wednesday of the month, 4:00 to 5:00 pm**

Join us for a time of mutual support, education and discussion of topics related to the Dementia journey. Support Group is open to all including family, friends, care providers or loved ones of those with Dementia or Alzheimer's Disease. Group meets at White Oaks at McHenry Memorial Care, 4605 W Crystal Lake Road, McHenry. For additional information please contact Nadine Barnes at [sales@whiteoaks-mchenry.com](mailto:sales@whiteoaks-mchenry.com).

**New Directions Family Support Group – Wednesdays, 7:00 to 8:00 pm.** Join this free [Family Support Group](#) at The Other Side, 135 Beardsley, Crystal Lake. For more information, reach out to Christy at [Christyh@ndars.org](mailto:Christyh@ndars.org).

**Virtual Caregiver Support Group – Every 3rd Wednesday of the month, 5:00 to 5:45 pm.**

This is an opportunity for caregivers of individuals with neurodevelopmental challenges such as Autism Spectrum Disorder, Intellectual/Developmental Disorders, and other related concerns to connect with one another. This supportive group is facilitated by a trained mental health professional with Ascension Alexian Brothers, to allow participants to effectively process their experiences and current needs. Free for caregivers of individuals with a neurodevelopmental disorder. Registration is required: Call 847-755-8536 or email [AHBHHHEResourceCenter@ascension.org](mailto:AHBHHHEResourceCenter@ascension.org)

**Peer Support – Wednesdays, 1:00 to 2:00 pm**

Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers. AID Drop In at 1201 Dean St., Woodstock (located in



Woodstock Assembly of God building) Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

### **Family Support Group – Wednesdays, 6:00 to 7:30 pm**

In Family Support Group, together we deal with the impact that mental illness has made on the lives of our loved ones, as we slowly acknowledge the impact that mental illness has had on our own lives as individuals, couples, parents, siblings, and friends. Attending Family Support Group gives us an opportunity to develop an understanding of what role we can be effective in, while our loved ones navigate their personal journey of recovery. This group is provided at no cost. To participate, please request a Service Assessment by going to [www.namimch.org](http://www.namimch.org) and completing the “Intake Form” tab. Location: 620 Dakota Street, Crystal Lake. Questions? Email: [Help@namimch.org](mailto:Help@namimch.org) or call 847-765-8227.

### **New Directions Family Support Group – Wednesdays, 7:00 to 8:00 pm**

The Other Side, 135 Beardsley Street, Crystal Lake. Doors open at 6:30 pm. All are welcome. Each week's group are focused on helping individuals who have lost family or friends to opioid overdose, and family members/spouses/friends of individuals struggling with substance use disorders. For more information, please contact Christy at [Christyh@ndars.org](mailto:Christyh@ndars.org)

### **Brain Injury Group – Every 2<sup>nd</sup> Wednesday of the month (in-person), 10:00 to 11:30 am and Every 4<sup>th</sup> Wednesday of the month VIRTUALLY on Zoom**

Join Independence Health & Therapy's Community Support Specialist, Diane Grant, who has extensive training and experience working with individuals with brain injuries. Please contact Diane Grant for questions or to get the access code through [dgrant@independencehealth.org](mailto:dgrant@independencehealth.org) or phone 815-200-7461.

### **Sibling Grief Support - Every 1st and 3rd Wednesday, 7:00 pm**

For a substance-related passing. Join our Facebook Group “Siblings Strong” to attend the meeting. Contact Lindsey LeBron at [Rae820@yahoo.com](mailto:Rae820@yahoo.com) & Julie Miller at [Juliamiller@gmail.com](mailto:Juliamiller@gmail.com).

### **Turning Point Support Group – Every Wednesday, 5:30 to 6:30 pm**

Hosted at Turning Point's Woodstock Campus, Turning Point's support group provides a safe space for adults who have or are currently experiencing domestic violence to be able to share experiences, process emotions, safety plan, and support one another. Participants need to complete an intake appointment before their first group. To schedule, please call 815-338-8081.

## **Thursday**

### **NAMI Spanish Family Support Group – Thursdays, 6:00 pm to 7:30 pm**

Groups are free, confidential, and safe for families to help those living with mental health issues by using collective lived experiences and learned wisdom. Location: NAMI, 620 Dakota Street, Crystal Lake. For questions, call or text 815-846-9696.

### **Pregnancy and Infant Loss Support Group – Every 3<sup>rd</sup> Thursday, 6:00 pm to 7:00 pm**

Free Support group for Pregnancy and Infant Loss at the Mental Health Board, 620 Dakota St., McHenry. Questions or Concerns? Contact us at 847-870-8181 or [info@hopefulbeginning.org](mailto:info@hopefulbeginning.org).

### **Grief Support Group – Thursdays, 6:00-7:00pm**

Grief Support group provided by [Grief Guide](#) at The Pointe, 5650 NW Highway, Crystal Lake. These groups are led by a seasoned guide who offers tools and practices to help you move through your grief and learn to grow your life around it. For additional information please contact Lisa Orris [mygriefguide.org](http://mygriefguide.org).  
[orris.lisa@gmail.com](mailto:orris.lisa@gmail.com)

## **English Conversation Class with YFC – Clases De Inglés De Conversación Con YFC - Every Thursday / Cada Jueves, 6:00 pm to 7:30 pm**

Basic learning materials provided. Practice with native English speakers. Any level welcome!

Material básica de aprendizaje proporcionado. Practicar con hablantes nativos de inglés, ¡Cualquier nivel es bienvenido! Meets at 1011 N Green St., McHenry. For more information or looking to volunteer, call Miriam at 815-322-2357 or [mfigueroa@yfc-mc.org](mailto:mfigueroa@yfc-mc.org)

## **Self-Care for Care Providers: Supporting Those Who Support Others – Second Wednesday of the month, 12:00 to 1:30pm OR Second Thursday of the month, 5:00 to 6:30 pm**

The McHenry County Trauma-Informed Change Team is pleased to offer a support group that recognizes the toll of trauma on clinicians and frontline workers, prioritizing self-care, camaraderie, and confidentiality. Through monthly activities, we promote compassion and mindfulness, aiming to support each other in our roles. Snacks will be provided. Learn how trauma affects us, network with staff from different agencies, and participate in creative self-care exercises. Meets at the McHenry County Mental Health Board, 620 Dakota Street, Crystal Lake. For additional information please contact Gary at [garyrukin@gmail.com](mailto:garyrukin@gmail.com).

## **Caregiver Support Group – Second Thursday of the month, 9:15 am to 10:45 am**

Join a support group exclusively for caregivers. Share experiences, gain practical advice, and find support among those who understand the challenges you face. Discover resources, coping strategies, and a caring community to lighten your caregiving journey. Together, let's celebrate, share, and support one another. You're not alone. Independence Health & Therapy. 2028 N Seminary Ave. Woodstock, IL. 60098. For more information, email at [BHSC@IndependenceHealth.org](mailto:BHSC@IndependenceHealth.org).

## **Virtual Parent Support Group – Thursdays 6:00 to 7:30 pm**

At Rosecrance, we provide a range of family support services including counseling, support, education, and information. One of these support services is our [Virtual Parent Café](#). Parents need to know that they are not alone as their adolescent or young adult struggles with substance use and/or mental health disorders. Through Parent Café, our staff will help you talk with other parents who are going through similar experiences. You can learn what has worked for others and develop a strategy that makes sense for you. Contact Maria Campobasso at [ccampobasso@rosecrance.org](mailto:ccampobasso@rosecrance.org) for information.

## **Peer Support – Thursdays 12:15 to 1:15 pm**

Provides a comfortable and safe environment for peers to discuss issues of the week and share insight and feedback with other peers for support. AID Drop In at 1201 Dean Street, Woodstock (located in Woodstock Assembly of God building). Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

## **Survivors of Suicide Loss Support Group - First Thursday of the month, 7:00 to 9:00 pm**

An open support group for individuals 18 and up who have experienced the loss of a loved one by suicide. No registration needed. We meet the first Thursday of the month from 7-9pm at the McHenry County Mental Health Board 620 Dakota St. Crystal Lake. For more information or questions, contact Jenn Balleto, LCPC at [Jballeto@independencehealth.org](mailto:Jballeto@independencehealth.org)

## **Friday**

### **Family Support Group – Fridays, from 7:00 – 8:00 pm**

Stages of Transformation Resource Center, 820 McArdle Drive, Unit C, Crystal Lake. This is a supportive, confidential setting where information, education, and experiences are shared from those in recovery. A gathering for family and friends that offers support and encouragement through experiences, understanding and respect. A place of hope, guidance, and support. You are not alone! All are welcome. For additional information please contact Colleen Fuchs at [ColleenFuchs@stagesoftransformation.org](mailto:ColleenFuchs@stagesoftransformation.org)

## **AA Meetings – Fridays, 7:00 pm**

Gateway Foundation, 25480 W. Cedarcrest Ln, Lake Villa, IL 60046. For additional information, please contact Shelley Reimann at [smreiman@gatewayfoundation.org](mailto:smreiman@gatewayfoundation.org)

## **Smart Recovery Meetings – Fridays 12:00 to 1:00 pm.**

The Other Side, 135 Beardsley Street, Crystal Lake. SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on. For additional information, contact Teagan Ferraresi at [teagan.ferraresi@live4lali.org](mailto:teagan.ferraresi@live4lali.org).

## **Community Resource Days – Every Friday 10:00 to 2:00 pm (except 8/30, 11/29, 12/27)**

[Community Resource Days](#) is a collaborative community event providing our un-sheltered and those in need of extra support with access to a variety of resources. Every Friday from 10:00 am to 2:00 pm at Willow Creek Crystal Lake, 100 S Main, Crystal Lake. For additional information please contact Julie Davis at [julie.davis@willowcreek.org](mailto:julie.davis@willowcreek.org).

## **Saturday**

### **Virtual Parent Support Group – Saturdays, 2:00 to 3:30 pm. Free, register in advance.**

At Rosecrance, we provide a range of family support services including counseling, support, education, and information. One of these support services is our [Virtual Parent Café](#). Parents need to know that they are not alone as their adolescent or young adult struggles with substance use and/or mental health disorders. Through Parent Café, our staff will help you talk with other parents who are going through similar experiences. You can learn what has worked for others and develop a strategy that makes sense for you. Contact Peter Mowris at [pmowris@rosecrance.org](mailto:pmowris@rosecrance.org) for information.

### **Stronger Together, DBT Group for Adults ages 18 and up - Saturday's, 10:00 am**

In this weekly supportive group, we will learn about the four foundational skills of Dialectical Behavioral Therapy. The Acceptance Skills: Mindfulness and Distress Tolerance, and the Change Skills: Interpersonal Effectiveness and Emotional Regulation. Validation will be used and taught as we learn to accept where we are while being a springboard for action! We will learn how to use these effectively in our daily lives and help empower you to effectively live your best life. Please contact [admin@owenscounseling.com](mailto:admin@owenscounseling.com) or call 847-854-4333 for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills.

### **Breakfast Club – Saturdays, 9:00 am**

Dialectical Behavioral Therapy Group for High School ages 14 – 19. Some of the things covered in this group help with external and internal triggers to stress, learn how to manage overwhelming emotions, and education on coping strategies. Please contact [admin@owenscounseling.com](mailto:admin@owenscounseling.com) or call 847-854-4333 for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills.

## **Sunday**

### **Sunday Serenity Support Group – 1st Sunday of the month, 5:00 pm**

Grief Support groups provided by [Grief Guide](#) at Faith Community Church, 2023 IL-176, Crystal Lake. These groups are led by a seasoned guide who offers tools and practices to help you move through your grief and learn to grow your life around it. For additional information please contact Lisa Orris [mygriefguide.org](mailto:mygriefguide.org). [orris.lisa@gmail.com](mailto:orris.lisa@gmail.com)



# TRAININGS



**NEXT TRAINING SESSION BEGINS  
JANUARY 14TH – APPLY TODAY!**



**WE NEED YOU!**

**A CHILD IN MCHENRY COUNTY NEEDS YOU**

**Join us in making a difference by becoming  
a Court Appointed Special Advocate  
(CASA).**



**CASA**

Court Appointed Special Advocates  
FOR CHILDREN

CASA OF MCHENRY COUNTY

**UNITE WITH US TO  
GUARANTEE THAT NO  
CHILD IN  
MCHENRY COUNTY  
NAVIGATES THEIR FOSTER  
CARE JOURNEY ALONE.**



Contact CASA of McHenry County today to learn more  
about advocating for children in our community.

**[www.casamchenrycounty.org](http://www.casamchenrycounty.org)**





Free Virtual Interactive Presentation

# FROM HIGH SCHOOL TO BEYOND

Learn how to manage the transition from high school with  
resiliency and confidence on the journey ahead.

Wednesday, January 21, 2026, 7:00-8:00 pm

[Click to Register](#)

Join with your high school senior to:

- ✓ **Understand Emotional Readiness**  
Explore the feelings and challenges that come with leaving high school and stepping into adulthood.
- ✓ **Learn How to Build Independence**  
Learn strategies to support teens in taking ownership of their decisions and responsibilities.
- ✓ **Strengthen Family Communication**  
Discover ways to maintain healthy, supportive connections while encouraging autonomy.
- ✓ **Manage Stress and Uncertainty**  
Gain tools for reducing anxiety and navigating the unknowns of post-high school life.
- ✓ **Explore Next Steps**  
Consider how to make thoughtful choices about college, work, trade school, or other meaningful paths.

## Who Should Attend?

Parents, guardians,  
and high-school  
seniors preparing for  
life after graduation.



 Presented by Jacqueline Rhew, LCPC  
& Dr. Robin Choquette



McHenry  
County



# ADULT MENTAL HEALTH FIRST AID

## SPONSORED BY THE VETERANS ASSISTANCE COMMISSION

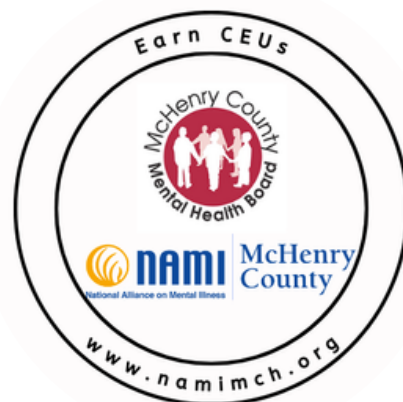
An 8-hour course is designed for individuals interested in learning ways to identify and assist those experiencing a mental health challenge or crisis. There is a 2-hour online pre-coursework followed by a 6-hour live training session.

# JANUARY 23<sup>RD</sup>, 2026

**Friday | 9:00am-3:00pm**

McHenry County Mental Health Board, 620 Dakota  
St., Crystal Lake, IL 60012

**REGISTER TODAY!**



**FOR MORE INFORMATION:**



847-600-9516



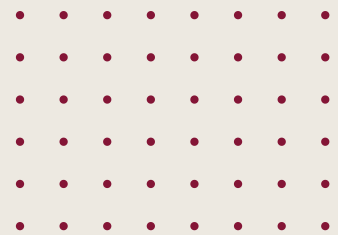
education@namimch.org



# UNTETHERED CONNECTIONS: NAVIGATING EMOTIONAL REGULATION, PARENTING, DIVORCE, AND THE PATH TO HEALING

FREE: 1 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals

*Join Dr. Doug Bolton, clinical psychologist, educational leader, and author of *Untethered: Creating Connected Families, Schools, and Communities to Raise a Resilient Generation*, for an interactive exploration of the emotional challenges children and families face today. Through personal stories and practical strategies, Dr. Bolton highlights how understanding stress responses—not just behavior—can transform relationships at home and in schools. Participants will learn tools to foster emotional regulation, resilience, and connection throughout life's transitions, including parenting and divorce.*



## FRIDAY



**JANUARY 23, 2026**



**9:00 am to 10:00 am**

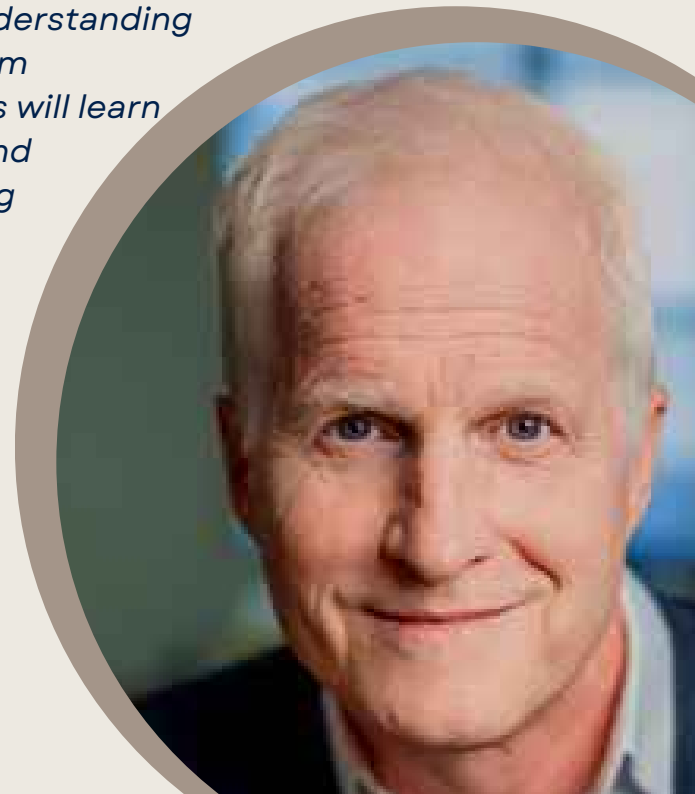


**VIRTUAL TRAINING ON ZOOM**

**REGISTER NOW**



**Training Coord: Kris Doherty**  
**[kdoherty@mc708.org](mailto:kdoherty@mc708.org)**



**Doug Bolton, PhD**

# PIN

*People in Need Forum*

**SATURDAY, JANUARY 31, 2026**

**8:30 a.m.–1 p.m.**

***Hosted at  
McHenry County College***

**You are invited to attend the People in Need Forum to learn about the abundance of resources and support available to those in need in McHenry County**

## **SESSION TOPICS INCLUDE**

- Mental Health
- Seniors
- Veterans
- Grief
- Suicide Prevention
- County Resources
- Youth Resources
- And more

## **WHO SHOULD ATTEND**

Anyone seeking more information on resources available in McHenry County.

### **SPANISH TRACK AVAILABLE!**

Spanish speakers are invited to participate in three breakout sessions presented in Spanish.

***Live speakers to answer your questions!***

***More than 100 exhibitors in person!***



**FOR MORE INFORMATION VISIT**  
**[www.mchenry.edu/pin](http://www.mchenry.edu/pin)**

For more information contact:  
[peopleinneed@mchenry.edu](mailto:peopleinneed@mchenry.edu) or (815) 455-8556

Friends of  
**McHenry**  
County College  
Foundation





# PIN

**Foro de personas con necesidades  
(People in Need Forum)**

**SÁBADO, 31 DE ENERO DE 2026**

**8:30 a.m.–1 p.m.**

**Lugar:**

**McHenry County College**

Lo invitamos a participar del Foro de personas con necesidades para conocer la abundancia de recursos y apoyo disponible para las personas con necesidades en el condado de McHenry.

## **TEMAS DE LA REUNIÓN**

- Recursos para cuidadores
- Salud mental
- Adultos mayores
- Recursos del condado
- Recursos para jóvenes
- Y más

***¡Oradores en vivo para  
responder sus preguntas!  
¡Más de 100 expositores  
presenciales!***

## **QUIÉNES DEBERÍAN PARTICIPAR**

Todos aquellos que deseen obtener más información sobre los recursos disponibles en el condado de McHenry.

### **¡ACTIVIDADES DISPONIBLES PARA JÓVENES!**

Los jóvenes de escuelas intermedias y secundarias están invitados a participar en las actividades para jóvenes, que incluyen sesiones grupales diseñadas especialmente para ellos. breakout sessions designed for youth.

### **¡ACTIVIDADES DISPONIBLES EN ESPAÑOL!**

Invitamos a los hispanohablantes a participar de las tres sesiones grupales presentadas en español.

**PARA MÁS INFORMACIÓN, VISITE  
[www.mchenry.edu/pin](http://www.mchenry.edu/pin)**

Para más información, escriba a  
[peopleinneed@mchenry.edu](mailto:peopleinneed@mchenry.edu) o llame al (815) 455-8556

Friends of  
**McHenry**  
County College  
Foundation







## Tome Control de su diabetes

En este taller en Linea Via Zoom y **SIN COSTO** con sesiones en grupos pequeños está dirigido a personas con diabetes y sus cuidadores.

### Beneficios de la clase:

- Aumenta la actividad fisica
- Aumenta la autoconfianza para tratar los síntomas
- Disminuye ansiedad y depresión
- Menos frustración o preocupación con su salud



**Las clases son todos los Miércoles por 6 semanas:**

**Plataforma en Linea (zoom)  
De 6:00pm - 8:30pm  
Febrero 4 a Marzo 11, 2026**

**Regístrese aquí en el código**



**Llame a:  
Sandra Garcia (815) 334-4082**



Connected for Life.  
"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."



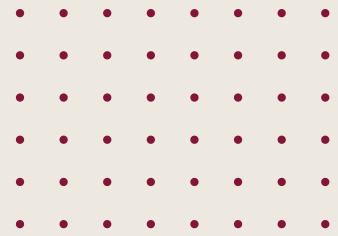
*This project was supported, in part by grant number 90CSSG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201*



# SUICIDE ASSESSMENT AND MANAGEMENT

*FREE: 1 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals*

This webinar will focus on understanding the current suicide epidemic facing the United States, including how risk varies across different populations. The webinar will also discuss general risk factors, theoretical models for understanding how suicidal ideation escalates to suicidal behavior, as well as best practices for assessing suicide risk. Finally, the webinar will discuss interventions for ongoing assessment and management of suicide risk.



## WEDNESDAY



**FEBRUARY 4, 2026**



**12:00 pm to 1:00 pm**

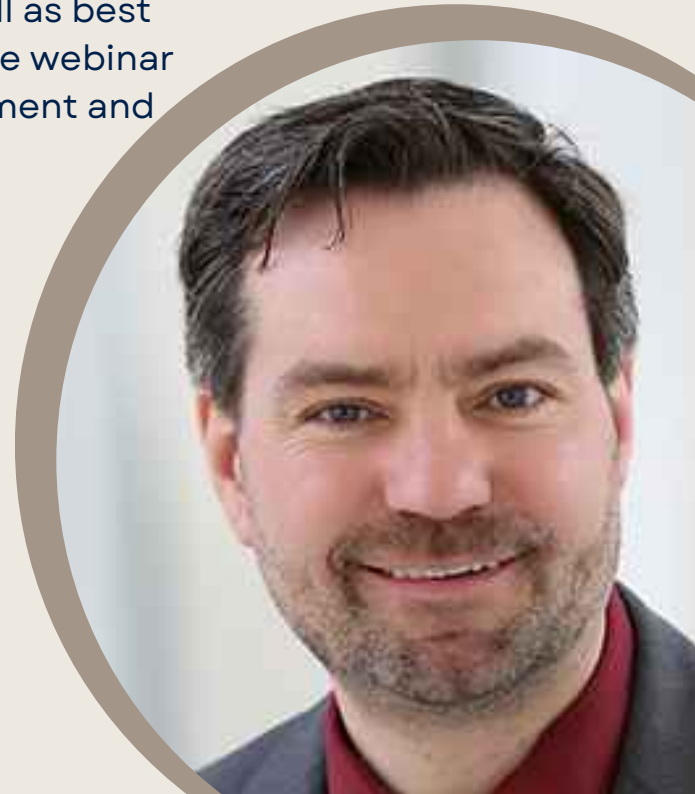


**VIRTUAL TRAINING ON ZOOM**

**REGISTER NOW**



**Training Coord: Kris Doherty**  
**kdohertry@mc708.org**



**Jason Washburn,**  
**PhD, ABPP**





**LOVE ME, TEST ME, KEEP ME SAFE**

**Love yourself, protect your health!**

**Enjoy OEND training, free HIV  
testing, an HIV awareness  
presentation, and a fun Valentine  
card craft session!**

**AGES 18+ ONLY**

**THURSDAY  
FEBRUARY 12  
5 - 8 PM**

*Free!*

**665 W. JACKSON, UNIT 2C, WOODSTOCK  
(844) 584-5254 EXT 816  
MCHENRYCOUNTY@LIVE4LALI.ORG**

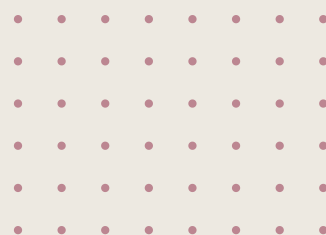
**Greater  
Family  
Health**   
SM  
Care to live greater.

# BOUNDARIES AND ETHICS IN SUPERVISION

*FREE: 6 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, and Psychologist*

This 6-hour intensive training is designed for Illinois-licensed counselors and supervisors seeking to strengthen ethical decision-making and boundary management in clinical supervision.


Grounded in the ACA Code of Ethics (2014), Sections F.1–F.10 and aligned with CACREP 2024 supervision competencies and Illinois supervisor requirements, this workshop addresses power dynamics, dual relationships, documentation, gatekeeping, and technology-related boundary risks. Through applied case analysis, ethical decision-making models, and supervision contract development, participants will gain practical tools to support ethical, legally sound, and effective supervision practice.



**There will be a 1 hour lunch on your own.**

## FRIDAY

 **February 13, 2026**

 **9:00 am to 4:00 pm**

 **McHenry County Mental Health Board**  
620 Dakota Street, Crystal Lake

**REGISTER NOW**



**Training Coord: Kris Doherty**  
**kdoherthy@mc708.org**



**Katherine Atkins,**  
**PhD, LCPC,**  
**NCC, ACS**



National Alliance on Mental Illness

# nami McHenry County

## QPR SUICIDE PREVENTION TRAINING

**A 1-HR, EVIDENCE-BASED PUBLIC HEALTH MODEL FOR INDIVIDUALS TO LEARN HOW TO RECOGNIZE THE WARNING SIGNS THAT SOMEONE MAY BE CONTEMPLATING SUICIDE.**

### 2026 VIRTUAL TRAININGS:

- Monday, Jan. 12<sup>th</sup>, 5:30-6:30pm
- Thursday, Feb. 19<sup>th</sup>, 5:30-6:30pm
- Wednesday, Apr. 29<sup>th</sup>, 5:30-6:30pm
- Thursday, Jun. 11<sup>th</sup>, 5:30-6:30pm
- Wednesday, Aug. 5<sup>th</sup>, 1:00-2:00pm
- Monday, Oct. 19<sup>th</sup>, 5:30-6:30pm
- Wednesday, Nov. 18<sup>th</sup>, 1:00-2:00pm

### 2026 IN-PERSON TRAININGS

- Tuesday, Mar. 24<sup>th</sup>, 5:30-6:30pm
- Tuesday, May 19<sup>th</sup>, 1:00-2:00pm
- Tuesday, Jul. 14<sup>th</sup>, 1:00-2:00pm
- Tuesday, Sep. 15<sup>th</sup>, 5:30-6:30pm



**Register**  
**Today!**



NAMIMCH.ORG/QPR



education@namimch.org



847-600-9516





# FIRST-TIME HOMEBUYER SEMINAR

Learn about the home buying process, meet homebuying professionals and learn how to qualify for down payment assistance.

**THIS IS AN IN-PERSON EVENT**

Food and refreshments will be provided.

GREAT LAKES CREDIT UNION  
345 CONGRESS PARKWAY  
CRYSTAL LAKE, IL 60014

SATURDAY, FEBRUARY 21, 2026  
9:00 AM – 3:00 PM CST

REGISTER  
HERE



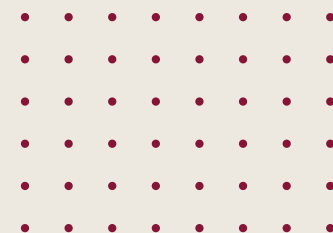
OR CALL  
224-252-2620

# BRIDGING THE GAP: BEST PRACTICES FOR SUPPORTING STUDENTS RETURNING TO SCHOOL AFTER EXTENDED LEAVE



*FREE: 1 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals*

This session provides a comprehensive framework for helping students successfully transition back to school following hospitalization, illness, medical leave, or school refusal. Attendees will explore strategies to re-engage students, create supportive transition plans, and collaborate effectively with families and teachers. The session emphasizes emotional safety, academic readiness, and sustained support through intentional planning, follow-up, and teamwork.



## FRIDAY



**FEBRUARY 27, 2026**



**9:00 am to 10:00 am**



**VIRTUAL TRAINING ON ZOOM**

**REGISTER NOW**



**Training Coord: Kris Doherty**  
**[kdoherty@mc708.org](mailto:kdoherty@mc708.org)**



**Dr. Shelley Fisher,**  
**LCSW**



**Jacqueline Rhew,**  
**LCPC**



# OPIOID OVERDOSE PREVENTION & REVERSAL: OVERDOSE RESPONDER TRAINING

*FREE: 1.5 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (Pending)*

This training will teach you what opioids are, including how they work, and the current opioid overdose epidemic. You'll learn to identify the signs of an opioid overdose and how to respond effectively, including how to administer Naloxone, a life-saving medication that can reverse the effects of an overdose. We'll also discuss harm reduction strategies and important overdose prevention policies. This training is perfect for anyone looking to make a positive impact in their community by gaining valuable knowledge and skills. Together, we can help combat the opioid crisis and save lives. Don't miss out on this opportunity to make a difference!



## THURSDAY



**March 5, 2026**



**1:00 pm to 2:30 pm**



**McHenry County Mental Health Board**  
620 Dakota Street, Crystal Lake

**REGISTER NOW**



**Training Coord: Kris Doherty**  
[kdoherthy@mc708.org](mailto:kdoherthy@mc708.org)



**Teagan Ferraresi**

*Outreach Coordinator for  
Live4Lali*

# COMMUNITY PAIP FACILITATOR TRAINING

Get your 20-Hour Partner Abuse  
Intervention Program Facilitator  
Certificate!



## You Will Learn :

- Teaches skills and tools necessary to facilitate partner abuse intervention groups
- Covers the Illinois Partner Abuse Protocols
- Overview of best practices in group dynamics, including the dynamics of co-facilitation
- Intervention models
- and more!

## 2026 TRAINING DATES:


MARCH 10-12TH

**\*Individuals must complete the 40 Hour DV Training Before taking the PAIP Training.**

**Registration Fee \$150 Per Person**

 **Crystal Lake, IL**

For More Information  
Email [ZitlalliR@turnpt.org](mailto:ZitlalliR@turnpt.org) or  
visit our website:

 [www.turnpt.org/community-training](http://www.turnpt.org/community-training)

 **TurningPoint**  
DOMESTIC VIOLENCE SERVICES

CEUs available upon  
request for Social Work,  
LPC, LPCP, CDVP, CPAIP



# TRAUMA 101:

## KEY PRINCIPLES AND PRACTICAL APPROACHES

FREE: 1.5 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (Pending)

*This training introduces trauma-informed basics, distinguishing developmental trauma from shock trauma and showing how each affects emotions, thinking, and the body. It explains how trauma disrupts the stress-response system and clarifies that reactions stem from neurobiology, not character.*

*Participants learn simple mindful, expressive, and somatic tools, along with an overview of effective trauma therapies, and leave with practical skills to support clients safely.*

***This is not a series. This same session is repeated every couple of months.***

### THURSDAY'S



**March 12, June 11, August 13,  
November 12**



**2:30 pm to 4:00 pm**



**VIRTUAL TRAINING ON ZOOM**

**REGISTER NOW**



**Training Coord: Kris Doherty**  
**kdohertry@mc708.org**



**Gary Rukin, LPC**

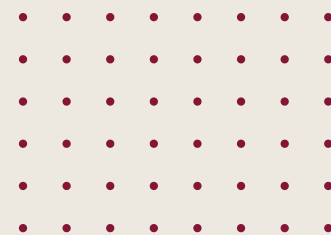
*Trauma Informed Coordinator for the  
McHenry County Mental Health Board*

# BUILDING EMOTIONAL RESILIENCE: TEACHING REGULATION SKILLS AND STRENGTHENING SCHOOL/FAMILY PARTNERSHIPS



*FREE: 1 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals*

This interactive session equips educators, counselors, and mental health professionals with strategies to teach emotional regulation skills using grounding tools, coping skill toolkits, and mindfulness techniques. Participants will explore ways to engage students managing emotional or behavioral challenges, strengthen school/family communication, and collaborate with therapists and community supports. The focus is on creating cohesive systems that nurture emotional health, strengthen relationships, and build resilience among children and adolescents.



## FRIDAY



**March 13, 2026**



**9:00 am to 10:00 am**



**VIRTUAL TRAINING ON ZOOM**

**REGISTER NOW**



**Training Coord: Kris Doherty**  
**kdoherthy@mc708.org**



**Dr. Melissa Katz**



**Andrew Sanchez,**  
**LCPC**

# CAREGIVER CONFERENCE



## GET CONNECTED-BUILD YOUR VILLAGE

IN PARTNERSHIP WITH



Independence  
HEALTH & THERAPY



CLEARBROOKWEST  
Enrich Lives. Embrace Potential.  
For Individuals with Intellectual and Developmental Disabilities.

\$25.00  
per  
person

**Saturday, March 14, 2026**  
**8:30 am to 4:00 pm**  
**McHenry County College**  
8900 US Hwy 14, Crystal Lake

Lunch  
included

## SAVE THE DATE

### Caregiver Conference: Get Connected-Build Your Village

The Caregiver Conference is a dynamic, community-driven event designed to empower caregivers through connection, education, and self-care. Whether you're supporting an individual with special needs, an aging parent, or navigating complex caregiving roles, this conference offers a space to be seen, heard, and celebrated.

**Keynote  
Speaker**

**Breakout  
Sessions**

**Vendor  
Expo**

**Wellness  
Activities**

*Scholarships are available to ensure accessibility.*

***This event is more than a conference—it's a movement to build a village of support around those who give so much of themselves.***

Questions? Contact: Angela Krambeer  
[angela.krambeer@opad.org](mailto:angela.krambeer@opad.org), 815.477.4720 ext. 258



# CAREGIVER CONFERENCE

## *Sponsorship Packages*

### **GOLD SPONSOR**

**\$1,000**

- ✓ Recognition in Conference opening remarks & logo displayed in auditorium
- ✓ Sponsor recognition with logo on hosts websites
- ✓ Recognition in the press releases to local media outlets
- ✓ Premier recognition on social media outlets
- ✓ Logo on reusable Conference bags
- ✓ Logo on sponsor signage at Conference
- ✓ Logo printed on the Conference agenda

### **SILVER SPONSOR**

**\$500**

- ✓ Recognition in press releases to local media outlets
- ✓ Premier recognition on social media outlets
- ✓ Logo on reusable Conference bags
- ✓ Logo on sponsor signage at Conference
- ✓ Logo printed on the Conference agenda

### **BRONZE SPONSOR**

**\$250**

- ✓ Recognition on social media outlets
- ✓ Logo on sponsor signage at Conference
- ✓ Logo printed on the Conference agenda

Make checks payable to: Options & Advocacy for McHenry County  
365 Millennium Dr., Ste A Crystal Lake, IL 60012

Please request invoice if needed.

Thank you for considering this opportunity to sponsor this important Conference





# CAREGIVER CONFERENCE



## GET CONNECTED-BUILD YOUR VILLAGE

IN PARTNERSHIP WITH



Independence  
HEALTH & THERAPY



Options  
& Advocacy  
for McHenry County



CLEARBROOKWEST  
Enrich Lives. Embrace Potential.  
For Individuals with Intellectual and Developmental Disabilities.

Saturday, March 14, 2026

8:30 am to 4:00 pm

McHenry County College

8900 US Hwy 14, Crystal Lake

## CALL FOR VENDORS

### About Our Event!

The Caregiver Conference is a vibrant, community-centered event dedicated to empowering caregivers through meaningful connection, education, and self-care. We invite vendors whose products, services, or expertise align with the caregiving community to participate in this impactful event.

[Register](#)



### Vendor Details

#### Table Cost

\$10 for Non-Profit, \$50 for For-Profit

\*Tables and chairs will be provided

#### Ads in Program

Business card: \$25

½ page (4 x 5 ½) \$50

Full Page (8 ½ x 5 1/2) \$100

#### Lunch

\$15/person

#### Sponsor a Caregiver

\$25 per person

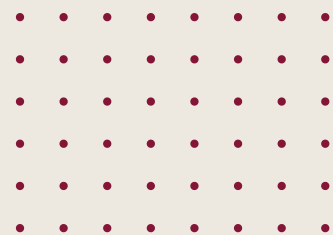
Questions? Contact: Angela Krambeer  
[angela.krambeer@opad.org](mailto:angela.krambeer@opad.org), 815.477.4720 ext. 258



# THE LINGERING SHADOW: NAVIGATING THE DEPTHS OF TRAUMATIC GRIEF

FREE: 3 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist,  
and IAODAPCA (Pending)

*This presentation explores traumatic grief as a disabling response to sudden or violent loss, distinguishing it from normative grief and PTSD. It examines how trauma disrupts memory, emotional processing, and identity, while highlighting the influence of cultural and contextual factors and common acute reactions to loss. Healing is presented as a trauma-informed process emphasizing narrative repair, self-compassion, and supportive practices for both clients and clinicians.*



## FRIDAY



**March 20, 2026**



**9:00 am to 12:00 pm**



**McHenry County Mental Health Board**  
620 Dakota Street, Crystal Lake

**REGISTER NOW**



**Training Coord: Kris Doherty**  
**kdohertry@mc708.org**



**Gary Rukin, LPC**

*Trauma Informed Coordinator for the  
McHenry County Mental Health Board*



# BUILDING THE SUPERVISORY RELATIONSHIP

FREE: 6 IDFP CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist

*This 6-hour intensive workshop supports Illinois-licensed counselors and supervisors in developing effective, ethical, and culturally responsive supervisory relationships. Aligned with the ACA Code of Ethics (2014), Sections F.1-F.10, CACREP 2024 supervision standards, and Illinois supervision expectations, the training focuses on supervisory alliance development, feedback delivery, rupture-repair strategies, and parallel process awareness. Participants engage in skills practice, role-plays, and structured observation to enhance relational safety, accountability, and supervisee growth across diverse clinical contexts.*



*There will be a 1 hour lunch on your own.*

## FRIDAY



**April 10, 2026**



**9:00 am to 4:00 pm**



**McHenry County Mental Health Board  
620 Dakota Street, Crystal Lake**

**REGISTER NOW**



**Training Coord: Kris Doherty  
kdoherty@mc708.org**



**Katherine Atkins,  
PhD, LCPC,  
NCC, ACS,**


# UNDERSTANDING ADHD AND EXECUTIVE FUNCTIONING: PRACTICAL STRATEGIES FOR CHILDREN, TEENS, AND ADULTS - PART 2

*FREE: 1 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals*

Attention-Deficit/Hyperactivity Disorder (ADHD) affects individuals across all stages of life, influencing attention, organization, emotional regulation, and daily functioning. Central to ADHD are challenges with executive functioning—the skills that allow us to plan, prioritize, initiate, and sustain effort toward goals. This session provides a comprehensive look at ADHD and executive functioning in children, adolescents, and adults, offering insight into how symptoms may appear differently across ages and environments. Participants will learn practical, evidence-based tools to help individuals strengthen executive skills, improve focus and organization, and build confidence through a strengths-based, neurodiverse-informed lens.

**FRIDAY**



 **April 17, 2026**

 **9:00 am to 10:00 am**

 **VIRTUAL TRAINING ON ZOOM**

**REGISTER NOW**



**Training Coord: Kris Doherty**  
**kdohertry@mc708.org**



**Jacqueline Rhew,**  
**LCPC**



**Lauren Hart,**  
**MA, LB1**



The background of the image is a faded, grayscale photograph of a large, brightly lit hall. Numerous people are seated at long tables arranged in rows, facing away from the camera. The hall has a high ceiling with visible structural elements and large windows on the right side. The overall atmosphere is one of a formal or semi-formal gathering.

# **SUPPORT GROUPS**



# FAMILY SUPPORT GROUP

Unity. Service. Recovery

## Stages of Transformation Resource Center

820 McArdle Drive, Unit C

Crystal Lake, IL 60014

**Friday Evenings**

7:00 pm - 8:00 pm

Doors open at 6:30 pm

This is  
an Open  
Meeting

Fellowship  
Immediately  
Following

This is a supportive, confidential setting where information, education, and experiences are shared from those in recovery.

A gathering for family and friends that offers support and encouragement through experiences, understanding and respect.

A place:

- Of hope, guidance, and support.
- Where you'll find resources and meet individuals who are seeking an understanding or provide an understanding of addiction.
- Where families can relate with others and lean on each other.
- For anyone who has a loved one in active addiction or has lost a loved one.
- Where you are safe to come and share, ask questions, or maybe not even say a word and just listen.

You are not alone!

*All are Welcome*



# DROP-IN ACTIVITIES

## FOR THOSE IN MENTAL HEALTH RECOVERY

**1201 DEAN ST., WOODSTOCK, IL 60098**

*(Located in Woodstock Assembly of God)*

## TUESDAY

**ALL GROUPS ARE FREE TO PARTICIPATE!**

**10:00 A.M. - 11:00 P.M. | PERSONAL GROWTH** This group provides a supportive environment where individuals can share their experiences, learn from others, and build connections, leading to personal development and healing.

**11:15 A.M. - 12:15 P.M. | BUILDING RESILIENCE AGAINST LIFE'S CHALLENGES:** This group will help individuals to recover from difficulties and develop a mindset to help cope with stress and adversity.

**12:30 P.M. - 1:30 P.M. | SETTING AND ACHIEVING GOALS:** This group will help individuals pursue and accomplish short-term and long-term goals.

**1:45 P.M. - 2:30 P.M. | PEER SUPPORT:** This group provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

## WEDNESDAY

**DROP-IN GROUPS RUN FOR 16 WEEKS: 12/9/25 - 3/26/26**

**10:00 A.M. - 11:00 A.M. | BINGO GROUP:** A community group for fun and to meet others for socialization. Snacks and prizes will be available!

**11:15 A.M. - 12:30 P.M. | ARTS AND CRAFTS GROUP:** This group will focus on various art and craft activities to help you engage in the creative process for well being and to assist with relief from mental health symptoms.

**1:00 P.M. - 2:00 P.M. | PEER SUPPORT GROUP:** Peer support provides a format to discuss weekly struggles/successes and recovery topics in a safe and comfortable environment, and to share and receive wisdom with other peers.

**2:15 P.M. - 3:00 P.M. | ANGER MANAGEMENT GROUP:** This group will provide concepts, skills, and support that will help aid you in successfully managing anger.

## THURSDAY

**OPEN TO ALL MCHENRY RESIDENTS!**

**10:00 A.M. - 10:45 A.M. | OVERCOMING TRAUMA:** This group provides a supportive environment where participants can share their stories, connect, and learn from one another.

**11:00 A.M. - 12:00 P.M. | HEALING FROM LOSS:** This group will create a supportive environment where individuals can share their experiences, receive validation, and learn coping strategies to heal from grief.

**12:15 P.M. - 1:15 P.M. | PEER SUPPORT GROUP:** Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

**1:30 P.M. - 2:30 P.M. | ART FOR SELF-REFLECTION:** This group is a creative process where participants engage in artistic activities to explore their thoughts, feelings, and experiences.

**PLEASE PROVIDE PROOF OF MCHENRY COUNTY RESIDENCY**

Drop-In Activities are available to all McHenry County residents, age 18 or older, free of charge.

There is no need to schedule or call ahead; just drop on in!

**QUESTIONS?** Contact Donna Buss, MHP/CRSS: (630) 777-7721  
Individual peer support sessions are available by appointment.



# **nami**Connection

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

A free, peer-led support group for adults living with a mental health condition.

You are not alone. NAMI Connection offers a safe and confidential space where you can share your experiences, receive understanding, and find hope. Led by trained facilitators living in recovery themselves, this group is designed to help you:

- ✓ Find strength through shared experiences
- ✓ Learn coping strategies and practical tips
- ✓ Build a network of understanding peers
- ✓ Foster personal growth and resilience

Open to all adults (18+) living with mental health challenges.

**Monday (weekly)**  
**6:00 pm – 7:30 pm**

**Wednesday (weekly)**  
**6:00 pm – 7:30 pm**

NAMI of McHenry County Office  
620 Dakota Street, Crystal Lake, IL 60012

Click or Scan  
here for  
Service  
Assessment



To participate, please request a Service Assessment by going to [namimch.org](http://namimch.org) and completing the "Intake Form" tab



**QUESTIONS**  
[help@namimch.org](mailto:help@namimch.org)





# Family Support Group

A free, peer-led support group for family members, caregivers, and loved ones of individuals living with mental health conditions.

You don't have to face this journey alone. NAMI Family Support Group provides a safe and confidential space to share your experiences, gain understanding, and find hope. Led by trained facilitators who have walked similar paths, this group helps you:

- ✓ Connect with others who truly understand
- ✓ Learn coping strategies and practical tips
- ✓ Build strength and resilience as a caregiver
- ✓ Find comfort and encouragement in a supportive community

Open to all Open to all family members and caregivers (18+)

**Wednesday (weekly)**  
**6:00 pm – 7:30 pm**

NAMI of McHenry County Office  
620 Dakota Street, Crystal Lake, IL 60012  
Conference Rooms B & C

[Click or Scan](#)  
[here for](#)  
[Service](#)  
[Assessment](#)



To participate, please request a Service Assessment by going to [namimch.org](http://namimch.org) and completing the "Intake Form" tab



**QUESTIONS**  
[help@namimch.org](mailto:help@namimch.org)



# EVENTS

Independence Health & Therapy's

# SUPER ROLL

## PINS FOR INDEPENDENCE

### Scotch Doubles Tournament

Saturday **FEBRUARY 7, 2026** 2 - 6 pm

\$50/Person \$80/Couple

Includes: 3 games, shoes, & pizza

Games | Raffles | Prizes

Sponsorship Opportunities Available  
Contact:

Theresa Beck | [tbeck@independencehealth.org](mailto:tbeck@independencehealth.org)

21+ Event



SCAN QR CODE FOR TICKETS



[IndependenceHealth.org/events](https://IndependenceHealth.org/events)



1330 S. EASTWOOD DR.  
WOODSTOCK, IL 60098

A nonprofit event helping to fund the programs of Independence Health & Therapy so that we can continue to provide one-of-a-kind care to our community.





# 1ST ANNUAL GOLF OUTING AND FUNDRAISER

## Stages of Transformation

A detailed illustration of a butterfly with brown, black, and white wings, positioned to the right of the 'Stages of Transformation' text.

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Friday, July 10, 2026

Bonnie Dundee Golf Club

270 Kennedy Drive

Carpentersville, IL 60110

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# SAVE THE DATE





The background of the image is a faded, grayscale photograph of a large library or study hall. Rows of tall bookshelves filled with books line the walls. In the foreground and middle ground, numerous people are seated at long tables, some looking at books or papers, others looking towards the camera. The overall atmosphere is quiet and academic.

# MISCELLANEOUS



# 2026 is the Year You Take Control of Your Pre-Diabetes



Prevent T2 is a CDC-recognized program to empower individuals to delay or lower their risk of developing Type 2 Diabetes.

- **NO COST**

- 22 classes over 1 year
- Proven, research-based lifestyle change program
- Guidance & support from a trained lifestyle coach
- Support from other participants
- More information to come in January

Register at [MCDH.info](https://MCDH.info) & attend an information session to learn more:

**Tuesday, March 10:** 10:00am - 11:00am

**Thursday, March 12:** 5:30pm - 6:30pm

**Tuesday, March 17:** 10:00am - 11:00am

**Thursday, March 19:** 5:30pm - 6:30pm

**Woodstock Public Library**

**414 W. Judd Street | Woodstock, IL 60098**

**For more information, visit:**

**[MCDH.info](https://MCDH.info)**

or call

Stephanie (815) 334-4580

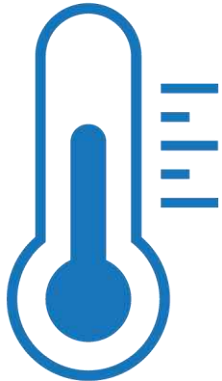
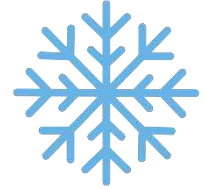




# Pioneer Center

## Emergency Cold Weather Assistance Program

### 2025/2026



15 Degrees

or less

\* Dangerous  
Windchills



Call: 815-759-7133

LEAVE A RETURN PHONE NUMBER!

Before 10:00PM

- **OBJECTIVE:** PROVIDE EMERGENCY SHELTER FROM SEVERE COLD WEATHER AND KEEP OUR COMMUNITY SAFE AND HEALTHY DURING INCLEMENT WEATHER EMERGENCIES
- **WHO:** UNHOUSED OR HOMELESS MCHENRY COUNTY RESIDENTS
- **WHEN:** WHEN THE OVERNIGHT TEMPERATURES DIP BELOW 15 DEGREES OR DANGEROUS WINDCHILL WARNINGS ARE ISSUED FROM THE NATIONAL WEATHER SERVICE.
- **ACCESS:** CONTACT 815-759-7133—PLEASE LEAVE A RETURN PHONE NUMBER  
\*\*\*\*\* CALLS WILL BE RETURNED UNTIL 10:00PM , WHEN PROGRAM IS OPERATING.  
CALLS PLACED BY 3PM ARE APPRECIATED AND PRIORITIZED.

#### **\*DETAILS:**



Hotel Shelter will be provided. Due to demand and needing to offer safety from the cold to as many as possible, expect that rooms will be shared and roommates will be assigned.

This program only operates during very severe weather conditions and when funding is available.

**\*\*Some Conditions Apply**

# Food Pantries of McHenry County



Revised November 2025

## Algonquin/Lake in the Hills

### Algonquin/LITH Interfaith Food Pantry

113 Pyott Rd. Lake in the Hills, IL 60014

(847) 854 - 1904

Tuesdays & Thursdays 9:30am - 11:30am

1st and 3rd Saturday 9:30am - 11:30am

*Proof of address required. Serving Algonquin and Lake in the Hills.*

## Cary

### Cary Grove Food Pantry

8901 Cary - Algonquin Rd. Cary, IL 60003

(847) 516 - 3602

Tuesdays & Thursdays 4:00pm - 6:00pm

1st, 2nd, & 3rd Saturday 9:00am - 11:00am

*Photo ID and proof of address required. Serving Cary, Fox River Grove, Oakwood Hills, LITH, and Algonquin.*

## Crystal Lake

### Calvary Church 12 Baskets Sharing Center

5906 S. IL Rt. 31 Crystal Lake, IL 60014

(815) 459 - 4456

Wednesdays 1:00pm - 3:00pm

*Serving all McHenry County residents.*

### Crystal Lake Food Pantry

42 East St. Crystal Lake, IL 60014

(815) 455 - 0961

Monday, Wednesday, Friday 10:00am - 2:00pm

Thursdays 5:00pm - 7:00pm

Saturdays 9:00am - 12:00pm

*Photo ID and current utility bill or lease required. Serving Crystal Lake School Districts 47 & 155.*

### Harvest Bible Chapel Hope Center

580 Tracy Tr. Crystal Lake, IL 60014

(847) 398 - 7005

Saturdays 10:00am - 12:00pm

*Open to all residents of Crystal Lake. First time guests should arrive by 11:30am to get registered.*

### The Salvation Army of McHenry County

290 W. Crystal Lake Ave. Crystal Lake, IL 60014

(815) 455 - 2769

Fridays 1:00pm - 2:30pm

*Serving all McHenry County Residents. Proof of residency required.*

## Harvard

### Harvard Community Food Pantry

6817 Harvard Hills Rd. Harvard, IL 60033

(815) 943 - 4909

Tuesdays 9:30am - 11:30am, 3:00pm - 5:00pm

*Serving those who reside in zip code 60033.*

### Harvard-Diggins Public Library

800 E. McKinley St. Harvard, Illinois 60033

(847) 943-4671

Monday - Thursday 9:00am - 8:00pm

Friday - Saturday 9:00am - 5:00pm

*No restriction on area served. (This is a small take what you need pantry open to the public in main lobby).*

## Hebron

### Hebron Community Food Pantry

10206 Seaman Rd. Hebron, IL 60034

(815) 790 - 7267

1st and 3rd Thursday 2:00pm - 4:00pm

*Photo ID and current proof of address required. Must reside in Alden - Hebron School District.*

## Huntley

### Open Hands Food Pantry- Church on the Rocks

17N230 Manning Road Huntley, Illinois 60142

(815) 459 - 4456

Third Saturday of the month 1:00pm - 3:00pm

*Serving all McHenry County residents.*

### Grafton Food Pantry

11481 Allison Ct. Huntley, IL 60142

(847) 495 - 0922

Mondays 3:00pm - 7:00pm

Wednesdays & Fridays 1:00pm - 4:00pm

1st Saturday 9:00am - 11:00am\*

*\*Sat. by appointment only. Call ahead to schedule.*

*Current proof of address required. Serving Huntley, portions of LITH, Algonquin, Village of Lakewood, and Crystal Lake.*

## Island Lake

### Faith Acres Sharing Center Pantry

215 E. State Rd. Unit H, Island Lake, IL 60042

(815) 669 - 0188

By appointment only

*Serving all McHenry and Lake County residents.*

## Marengo

### Marengo Area Outreach Enterprise (MORE)

829 Greenlee St. Marengo, IL 60152

(815) 568 - 7950

Wednesdays 9:00am - 12:00pm

Thursdays 4:00pm - 6:30pm

*Proof of current address required. Must reside in Marengo or Union (Marengo High School District).*

### United Methodist Church Sharing Center

119 E. Washington St. Marengo, IL 60152

(815) 290 - 9114

Mondays 12:30pm-2:30pm

*Serving all McHenry County Residents.*

## McHenry

### Casa De Vida

4513 Front Royal Dr. McHenry, IL 60050

(708) 856 - 5256

Thursdays 3:00pm-6:00pm

*Serving all McHenry County residents.*

### The Chapel First Church Food Truck

1809 IL Rt. 31 McHenry, IL 60050

(847) 809-3331

Fridays 1:30pm - 4:00pm

*No restrictions on area served.*

### FISH of McHenry Food Pantry

3515 N. Richmond Rd. McHenry, IL 60051

(815) 344 - 4717

Tuesdays & Thursdays 9:00am - 11:30am

3rd Tuesday 4:30pm - 6:30pm

*No restriction on area served.*

### Holy Apostle of McHenry

5211 Bull Valley Rd. McHenry, IL 60050

(815) 385 - 5673

Wednesdays 4:15pm - 5:30pm

*No restriction on area served.*

## Richmond

### Community Food Pantry of Richmond-Spring Grove

5512 May Ave. Richmond, IL 60071

(224) 444 - 0117

Monday, Wednesday, Friday

By appointment only.

## Spring Grove

### Northern IL Helping Hands Food Pantry

2020 Rt. 12 Unit B, Spring Grove, IL 60081

(815) 245 - 7345

Tuesdays & Thursdays 4:00pm - 6:30pm

*Serving Spring Grove and surrounding areas.*

## Wauconda

### Holy Apostle Big Table Food Pantry

26238 N. Rt. 59 Wauconda, IL 60084

(847) 526 - 0096

Tuesday 5:00pm - 6:00pm

*Serving all McHenry and Lake County residents.*

### Wauconda-Island Lake Food Pantry

505 W. Bonner Rd. Wauconda, IL 60084

(847) 526 - 8684

Monday-Saturday 10:00am - 12:00pm

Tuesday & Thursday 4:30pm - 6:00pm\*

*\*Tu/Th evening hours are in addition to morning hours, not instead of. Serving School District 118. Photo ID, utility bill, and referral from Wauconda Township required.*

## Wonder Lake

### Neighbors Food Pantry of Wonder Lake at Nativity Lutheran Church

3506 E. Wonder Lake Rd. Wonder Lake, IL 60097

(815) 355 - 5459

Wednesdays 9:00am - 11:45am

*Serving all McHenry and Lake County residents.*

## Woodstock

### Woodstock Food Pantry

1033 Lake Ave. Woodstock, IL 60098

(815) 337 - 0375

Monday, Wednesday, Friday 9:00am - 3:00pm

*Photo ID and current proof of address required. Serving school district #200.*

### Woodstock Public Library Food Pantry

414 W. Judd St. Woodstock, IL 60098

(815) 338 - 0542

Monday-Thursday 9:00am - 8:00pm

Friday-Saturday 9:00am - 5:00pm

Sunday 1:00pm - 5:00am (Sep-May)

*No restriction on area served. (This is a small take what you need pantry open to the public in main lobby).*

### Mobile Rx- Community Health Partnership

62 N. Ayer St. Harvard, IL 60033

First Wednesday of every month

4:30pm - 6:00pm

### MyPantry Express (MPX)- Brown Bear Daycare

21007 Mcguire Rd, Harvard, IL 60033

Every Thursday 4:00pm - 5:00pm

*Please visit [www.mypantryexpress.org](http://www.mypantryexpress.org) to order ahead.*

*Delivery available for those within 14 miles of location.*

### Holy Apostle Community Kitchen Meals (Drive-Thru)

26283 N. Rt. 59 Wauconda, IL 60084

Mondays 5:00pm-5:30pm

5211 Bull Valley Rd. McHenry, IL 60050

Mondays 5:00pm-5:30pm

Hot meal only. Meals must be reserved in advance. Open to ALL.

### Stone Soup Social- United Methodist Church

119 E. Washington St. Marengo, IL 60152

Tuesdays 11:30am-3:00pm (Sep-May; closed June-July).

Hot soup served. Open to ALL.



# Despensa de Alimentos en McHenry County



Revisado en Noviembre de 2025

## Algonquin/Lake in the Hills

### Algonquin/LITH Interfaith Food Pantry

113 Pyott Rd. Lake in the Hills, IL 60014  
(847) 854 - 1904

Martes y jueves de 9:30am - 11:30am

1er y 3er Sábado de 9:30am - 11:30am

*Se requiere comprobante de domicilio. Brindamos servicios en Algonquin y Lake in the Hills.*

## Cary

### Cary Grove Food Pantry

8901 Cary-Algonquin Rd. Cary, IL 60003  
(847) 516 - 3602

Martes y Jueves 4:00pm - 6:00pm

1er, 2nd, y 3er Sabado de 9:00am - 11:00am

*Se requiere Identificación con foto y comprobante de domicilio.*

*Sirviendo a Cary, Fox River Grove, Oakwood Hills, LITH, y Algonquin.*

## Crystal Lake

### Calvary Church 12 Baskets Sharing Center

5906 S. IL Rt. 31 Crystal Lake, IL 60014  
(815) 459 - 4456

Miercoles 1:00pm - 3:00pm

*Sirviendo a todos los residentes de McHenry County.*

### Crystal Lake Food Pantry

42 East St. Crystal Lake, IL 60014  
(815) 455 - 0961

Lunes, Miercoles, Viernes 10:00am - 2:00pm

Jueves 5:00pm - 7:00pm

Sabado 9:00am - 12:00pm

*Identificación con foto y recibo actual son requeridos. Sirviendo Escuelas en Distritos 47 y 155 en Crystal Lake.*

### Harvest Bible Chapel Hope Center

580 Tracy Tr. Crystal Lake, IL 60014  
(847) 398 - 7005

Sabado 10:00am - 12:00pm

*Para todos los residentes de Crystal Lake. Nuevos visitantes deben llegar a las 11:30am y registrarse.*

### The Salvation Army of McHenry County

290 W. Crystal Lake Ave. Crystal Lake, IL 60014  
(815) 455 - 2769

Viernes 1:00pm - 2:30pm

*Sirviendo a todos los residentes de McHenry County Comprobante de domicilio es requerido.*

## Harvard

### Harvard Community Food Pantry

6817 Harvard Hills Rd. Harvard, IL 60033  
(815) 943 - 4909

Martes 9:30am - 11:30am, 3:00pm - 5:00pm

*Sirviendo a los residentes con Código Postal 60033.*

### Harvard-Diggins Public Library

800 E. McKinley St. Harvard, Illinois 60033  
(847) 943-4671

Lunes - Jueves 9:00am - 8:00pm

Viernes - Sabado 9:00am - 5:00pm

*Sin restricciones. (Esta es una pequeña despensa, tome lo que necesite. Abierto al público en la recepción.*

## Hebron

### Hebron Community Food Pantry

10206 Seaman Rd. Hebron, IL 60034  
(815) 790 - 7267

1er y 3er Jueves 2:00pm - 4:00pm

*Identificación con foto actual y comprobante de domicilio son requeridos. Deberan ser residentes del Distrito Escolar de Hebron.*

## Huntley

### Grafton Food Pantry

11481 Allison Ct. Huntley, IL 60142  
(847) 495 - 0922

Lunes 3:00pm - 7:00pm

Miercoles y Viernes 1:00pm - 4:00pm

1er Sabado 9:00am - 11:00am\*

*\*Sabado únicamente con cita. llame para cita.*

*Comprobante reciente de domicilio. Sirviendo a Huntley, parte de LITH, Algonquin, Village of Lakewood, y Crystal Lake.*

### Open Hands Food Pantry- Church on the Rocks

17N230 Manning Road Huntley, Illinois 60142  
(815) 459 - 4456

3er Sábado de 1:00pm a 3:00pm

*Sirviendo a todos los residentes de McHenry County.*

## Island Lake

### Faith Acres Sharing Center Pantry

215 E. State Rd. Unit H, Island Lake, IL 60042  
(815) 669 - 0188

*Únicamente con cita. Sirviendo a todos los residentes de McHenry y Lake County.*

## Marengo

### Marengo Area Outreach Enterprise (MORE)

829 Greenlee St. Marengo, IL 60152  
(815) 568 - 7950

Miercoles 9:00am - 12:00pm

Jueves 4:00pm - 6:30pm

*Comprobante de domicilio es requerido. Deberan de vivir en Marengo y Union (Distrito de Marengo High School).*

### United Methodist Church Sharing Center

119 E. Washington St. Marengo, IL 60152  
(815) 290 - 9114

Lunes 12:30pm - 2:30pm

*Sirviendo a todos los residentes de McHenry County.*

## McHenry

### Casa De Vida

4513 Front Royal Dr. McHenry, IL 60050  
(708) 856 - 5256

Jueves 3:00pm - 6:00pm

*Sirviendo a todos los residentes de McHenry County.*

### The Chapel First Church Food Truck

1809 IL Rt. 31 McHenry, IL 60050  
(847) 809 - 3331

Viernes 1:30pm - 4:00pm

*Sirviendo sin restricciones.*

### FISH of McHenry Food Pantry

3515 N. Richmond Rd. McHenry, IL 60051  
(815) 344 - 4717

Martes y Jueves 9:00am - 11:30am

3er. Martes 4:30pm - 6:30pm

*Sirviendo sin restricciones.*

### Holy Apostle of McHenry

5211 Bull Valley Rd. McHenry, IL 60050  
(815) 385 - 5673

Miercoles 4:15pm - 5:30pm

*Sirviendo sin restricciones.*

## Richmond

### Community Food Pantry of Richmond-Spring Grove

5512 May Ave. Richmond, IL 60071  
(224) 444 - 0117

Lunes, Miercoles, Viernes

*Únicamente con cita.*

## Spring Grove

### Northern IL Helping Hands Food Pantry

2020 Rt. 12 Unit B, Spring Grove, IL 60081  
(815) 245-7345

Martes y Jueves 4:00pm - 6:30pm

*Sirviendo a Spring Grove y areas circundantes.*

## Wauconda

### Holy Apostle Big Table Sharing Center

26238 N. Rt. 59 Wauconda, IL 60084  
(847) 526 - 0096

Martes 5:00pm - 6:00pm

*Sirviendo a residentes de McHenry y Lake County.*

### Wauconda-Island Lake Food Pantry

505 W. Bonner Rd. Wauconda, IL 60084  
(847) 526 - 8684

Martes - Sabado 10:00am - 12:00pm

Martes y Jueves 4:30pm - 6:00pm\*

*\*Martes/Jueves las horas de la tarde son adicionales a las de la mañana únicamente. Sirviendo a Distrito 18, Identificación con foto, recibo y referencia de Wauconda Township son requeridos.*

## Wonder Lake

### Neighbors Food Pantry of Wonder Lake at Nativity Lutheran Church

3506 E. Wonder Lake Rd. Wonder Lake, IL 60097  
(815) 355 - 5459

Miercoles 9:00am - 11:45am

*Sirviendo a residentes de McHenry y Lake County*

## Woodstock

### Woodstock Food Pantry

1033 Lake Ave. Woodstock, IL 60098  
(815) 337 - 0375

Lunes, Miercoles, Viernes 9:00am - 3:00pm

*Identificación y comprobante de domicilio es requerido.*

*Sirviendo a Distrito Escolar #200.*

### Woodstock Public Library Food Pantry

414 W. Judd St. Woodstock, IL 60098  
(815) 338 - 0542

Lunes - Jueves 9:00am - 8:00pm

Viernes-Sabado 9:00am - 5:00pm

Domingo 1:00pm - 5:00pm (Sep - May)

*Sin restricciones. (Esta es una pequeña despensa, tome lo que necesite. Abierto al público en la recepción.*

### Mobile Rx- Community Health Partnership

62 N. Ayer St. Harvard, IL 60033  
Primer Miercoles de cada mes  
4:30pm-6:00pm

### MyPantry Express (MPX)- Brown Bear Daycare

21007 Mcguire Rd, Harvard, IL 60033  
Todos los Jueves 4:00pm-5:00pm  
*Por favor visite [www.mypantryexpress.org](http://www.mypantryexpress.org) para ordenar con anticipación. Entrega a domicilio de 14 millas a la redonda de la localidad.*

### Holy Apostle Community Kitchen Meals (Drive-Thru)

26283 N. Rt. 59 Wauconda, IL 60084      5211 Bull Valley Rd. McHenry, IL 60050  
Martes 5:00pm-5:30pm      Martes 5:00pm-5:30pm  
Las comidas deberan de reservarse con anticipacion.  
Únicamente alimentos calientes. Abierto para TODOS.

### Stone Soup Social- United Methodist Church

119 E. Washington St. Marengo, IL 60152  
Martes 11:30am-3:00pm (Sep-May; cerrado June-July).  
Se sirve sopa caliente. Abierto para TODOS.