



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 28, 2026

Mental Health Board Trainings

McHenry County Mental Health Board

- [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 IDFPR 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 IDFPR 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 IDFPR 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 IDFPR 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 IDFPR 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 IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA (Pending). [FLYER](#)

Additional Educational and Training Opportunities

The Alliance for Human Services

- [Stereotypes, Myths, and Misconceptions](#) (of Cultural Competency) | Virtual | Friday, March 13, 2026 | 11:30 am to 12:30 pm | 1 CEU for \$10 or all 3 training for \$25. [FLYER](#)
- [Identifying and Disrupting Bias](#) | Virtual | Wednesday, April 15, 2026 | 11:30 am to 12:30 pm | 1 CEU for \$10 or all 3 training for \$25. [FLYER](#)
- [Understanding & Addressing Microaggressions](#) | Virtual | Thursday, May 14, 2026 | 11:30 am to 12:30 pm | 1 CEU for \$10 or all 3 training for \$25. [FLYER](#)

Ascension

- [Adolescent Mental Health Today: Understanding Fear, Pressure & Emotional Overload in a Changing World](#) | Virtual | Thursday, February 5, 2026 | 6:00 pm to 7:30 pm

BZA Behavioral Health

- [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
- **Social Work: A Veterinary Perspective** | **Thursday, April 16th at 12pm AND at 7pm** | **1 Free CEU** | [Registration for 12pm](#) | [Registration for 7pm](#)

- [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 | [CLICK HERE TO REGISTER](#). 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. [FLYER](#)

Elderwerks

- [Trainings & Events](#)

Illinois Department of Human Services

- CRSS/CPRS Orientation | Virtual | Wednesday, February 18, 2026 | 10:00 am to 12:00 pm | 2 FREE CEU's
- [On-Demand CRSS/CPRS Fundamentals Training](#)

Live4Lali

- [Trainings and Support Groups](#)

McHenry County College

- [Nonprofit-Focused Classes](#): Introduction to Nonprofits, Introduction to Nonprofit Management, Starting a Nonprofit, Marketing Your Nonprofit, Nonprofit Fundraising Essentials, AND MORE.

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](#)

Youth Empower Alliance

- [Youth Empower Alliance \(YEA\) Youth Led Conference 2026](#) | In Person | Saturday, April 18, 2026 | 10:00 am to 12:30pm | FREE

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 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.

Willow Crystal Lake - Community Resource Days

- **Every Friday 10:00 am to 2:00 pm (except 1/30, 5/29, 7/3, 7/31, 10/30, 11/27, 12/25).**
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, www.CommunityResourceDays.org.

Youth Empower Alliance Corp – Upcoming Events and Meetings

- Their Mission: “To foster empowered McHenry County youth through community collaboration, action, and support!” Their Vision: “Together, we raise the next generation of a resilient McHenry County by bolstering youth voices to drive programming, link resources, and strengthen community partnerships so that every child thrives!”

Employment & Volunteer Opportunities

CASA

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

Greater Family Health

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

NAMI

- [Recovery Support Specialist](#)

NISRA

- [Manager of Fund Development](#)

Pioneer Center for Human Services

- [RN / Nurse Trainer — Full Time](#)
- [Client Care Coordinator \(Residential Services\) — Full Time](#)
- [Direct Support Professional \(DSP\) — Full Time](#)
- [Direct Support Professional \(DSP\) — Part Time](#)
- [Direct Support Professional \(DSP\) – Day Program — Full Time](#)
- [Board-Certified Behavioral Analyst \(BCBA\) — Full Time](#)
- [Shelter Transportation & Support Specialist — Full Time](#)
- [Shelter Support Specialist \(Chapel PADS – McHenry\) — Full Time](#)
- [Shelter Support Specialist \(PADS – Woodstock\) — Full Time](#)
- [IDD Residential Manager of Operations & Training — Full Time](#)
- [Maintenance Custodian — Full Time](#)
- [Director of Development and Marketing — Full Time](#)

- [Bilingual Outpatient Therapist – Full time](#)
- For more information, please visit our Career Page at 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 4th 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 Rekenenthaler, jailbrakerssue@gmail.com or 815.354.2579.

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 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 or call 847.462.0885.

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

This 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. First time attendees must complete a service assessment at the NAMI Living Room prior to attending the group. Walk-Ins accepted M-F 12:30pm - 8:00pm. Please arrive no

later than 5:15pm if completing an -assessment on the same day as the support group. Location: NAMI of McHenry County Office 338 Memorial Drive, Crystal Lake, IL 60014. Questions? Text or Call 815-526-8243.

SMART Recovery 4 Point Meeting – Mondays, 7:00 pm 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, visit <https://meetings.smartrecovery.org/meetings/8531/> or contact Monica Andrade at monica.andrade@live4lali.org.

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

Meets at The Other Side. 135 Beardsley St. Crystal Lake, IL. These groups are led by a seasoned grief guide who creates a safe, supportive space for connection and community, offering tools and simple practices to help you move through your grief. Free to attend. No registration required. Contact: Lisa Orris: mygriefguide.org, orris.lisa@gmail.com.

Alzheimer's Support Group – 3rd Monday of the month, 1:00 pm 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 Vicki Botefuhr at 815.459.7800, or email Vbotefuhr@encorecares.com.

Tuesday

The Healing Professionals Decompression Chamber – 3rd Tuesday of the month, 4:00 pm to 5:30 pm

Whether you work as a clinician, caseworker, recovery coach, driver, or support staff for a social service agency, you spend your day in service to others. You offer comfort, a listening ear, and an open heart to those you serve, and most likely to your colleagues as well. Now it's your turn. Imagine time set aside just for you: gathering with like-minded peers, unwinding with art supplies, gentle acoustic music, and guided imagery designed to calm your mind and restore your spirit. Join us for an experience of respite, renewal, and genuine camaraderie. Meets at The Other Side, 135 Beardsley Street, Crystal Lake. For additional information please contact Gary at garyrukin@gmail.com.

Virtual Caregiver Support Group – 3rd Tuesday of the month, 5:00 pm to 6:00 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 at AHBHHHEResourceCenter@ascension.org

Virtual Neurodevelopmental Teen Support Group – 1st 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 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.

Virtual Neurodevelopmental Adult Support Group – 2nd Tuesdays of the month, 6:00pm to 7:00pm

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.

SMART Recovery Meeting – Tuesdays, 7:00 pm to 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.

Grief Guide Groups – Tuesdays, 6:00 pm to 7:00 pm

Meets at Northern Illinois Recovery, 620 N State Route 31, Crystal Lake. These groups are led by a seasoned grief guide who creates a safe, supportive space for connection and community, offering tools and simple practices to help you move through your grief. Free to attend. No registration required. Contact: Lisa Orris: mygriefguide.org, 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.

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– 2nd & 4th 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&AssociatesCounseling.com), 9241 S IL Rte 31, Lake in the Hills. Contact Kathy Walls at 847-854-4333 or kwalls@owenscounseling.com. Most major insurance is accepted.

Let's Talk About Cancer Support Group for Family Members – 2nd & 4th 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&AssociatesCounseling.com),

9241 S IL Rte 31, Lake in the Hills. Contact Kathy Walls at 847-854-4333 or kwalls@owenscounseling.com. Most major insurance is accepted.

The Healing Professionals Decompression Chamber – 2nd Wednesday of the month, 12:00 to 1:30pm

Whether you work as a clinician, caseworker, recovery coach, driver, or support staff for a social service agency, you spend your day in service to others. You offer comfort, a listening ear, and an open heart to those you serve, and most likely to your colleagues as well. Now it's your turn. Imagine time set aside just for you: gathering with like-minded peers, unwinding with art supplies, gentle acoustic music, and guided imagery designed to calm your mind and restore your spirit. Join us for an experience of respite, renewal, and genuine camaraderie. Meeting at the Mental Health Board, 620 Dakota Street, Crystal Lake. For additional information please contact Gary at 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.

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

This 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. First time attendees must complete a service assessment at the NAMI Living Room prior to attending the group. Walk-Ins accepted M-F 12:30pm - 8:00pm. Please arrive no later than 5:15pm if completing an assessment on the same day as the support group. Location: NAMI of McHenry County Office 338 Memorial Drive, Crystal Lake, IL 60014. Questions? Text or Call 815-526-8243.

NAMI 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.

New Directions Family Support Group – Wednesdays, 7:00 pm 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.

Peer Support – Wednesdays, 1:00 pm 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.

NAMI Family Support Group – Wednesdays, 6:00 pm 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. First time attendees must complete a service assessment at the NAMI Living Room prior to attending the group. Walk-Ins accepted M-F 12:30pm - 8:00pm. Please arrive no later than 5:15pm if completing an assessment on the same day as the support group. Location: NAMI of McHenry County Office 338 Memorial Drive, Crystal Lake, IL 60014. Questions? Text or Call 815-526-8243.

New Directions Family Support Group – Wednesdays, 7:00 pm 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

Brain Injury Group – Every 2nd Wednesday of the month (in-person), 10:00 am to 11:30 am and Every 4th 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 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 & Julie Miller at Juliamiller@gmail.com.

Turning Point Support Group – Every Wednesday, 5:30 pm 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 of McHenry County Office 338 Memorial Drive, Crystal Lake, IL 60014. For questions, call or text 815-846-9696.

Pregnancy and Infant Loss Support Group – Every 3rd 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.

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

Meets at The Pointe, 5650 NW Highway, Crystal Lake. These groups are led by a seasoned grief guide who creates a safe, supportive space for connection and community, offering tools and simple practices to help you move through your grief. Free to attend. No registration required. Contact: Lisa Orris mygriefguide.org, 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

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.

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 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

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

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

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.

Saturday

SMART Recovery 4-Point Meeting & Family and Friends – First Saturday of each month, 11:00 am to 12:30 pm | In person only

At Live4Lali, 665 W. Jackson St., Unit C2, Woodstock (rear end of building). 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. This is a dual meeting - SMART Recovery and Family & Friends, held in separate rooms simultaneously. For additional information, contact Monica Andrade at monica.andrade@live4lali.org or Teagan Ferraresi at teagan.ferraresi@live4lali.org.

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 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 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 or call 847-854-4333 for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills.



TRAININGS

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

For more information contact:
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**

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

Friends of
McHenry
County College
Foundation





Tome Control de su diabetes

En este taller en Línea 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 física
- 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 Línea (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



NAMI Homefront educational program is free and held over six weekly sessions. The program is designed for families, caregivers and friends 18+ of military service members and veterans with mental health conditions.

This class is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans with mental health conditions.

Join NAMI Illinois for a 6-Week Series!
Classes start Wednesday, February 4th
6:30 - 8:30 pm

07
PM



REGISTER HERE

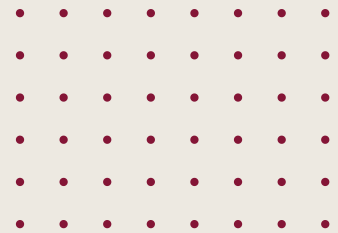




SUICIDE ASSESSMENT AND MANAGEMENT

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

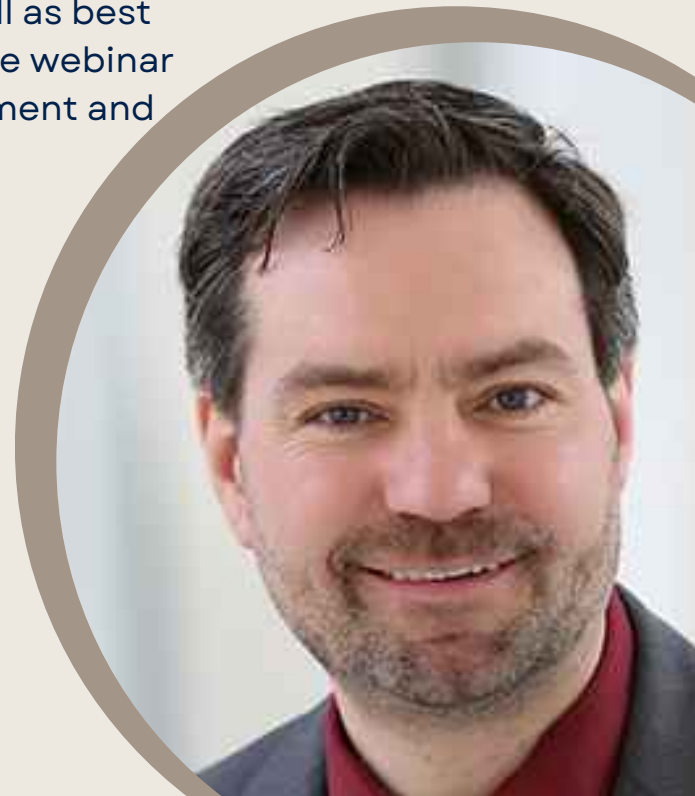


VIRTUAL TRAINING ON ZOOM

REGISTER NOW



Training Coord: Kris Doherty
kdohertry@mc708.org



Jason Washburn,
PhD, ABPP



FEBRUARY

05

4:30-6:30 PM

CUPID'S



Night Out

FREE CEU EVENT

PLEASE JOIN US FOR AN EVENING OF *FAVORITE THINGS*,
VALENTINE'S EDITION!

DINNER + CEU PRESENTATION + GIVE-A-WAYS

1.0 COMPLIMENTARY CEU

"HAVING DIFFICULT HEALTHCARE CONVERSATIONS"

FREE TO NURSES & SOCIAL WORKERS

EVENT LOCATION: WHITE OAKS AT MCHENRY, 4605 W. CRYSTAL LAKE
RD., MCHENRY, IL 60050

RSVP: 847-594-9393 (CALL OR TEXT)

MARKETING@HW-MCHENRY-SLF.COM

**SPECIALTY SIPS, ARTISAN SANDWICHES & HOMEMADE SOUP, CHOCOLATE BAR, AND
FAVORITE THINGS GIVE-A-WAYS (*MUST RSVP TO RECEIVE GIVE-A-WAYS)**





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**

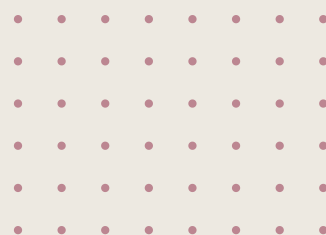
**Greater
Family
Health** 
SM
Care to live greater.

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

2026 IN-PERSON TRAININGS

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



Register
Today!



NAMIMCH.ORG/QPR



education@namimch.org



847-600-9516



McHenry
County



YOUTH MENTAL HEALTH FIRST AID

SPONSORED BY THE VETERANS ASSISTANCE COMMISSION

An 8-hour course designed to teach family members and adults working with youth how to help an adolescent experiencing a mental health crisis. There is a 2-hour online pre-course followed by a 6-hour live training.




February 20th, 2026

Friday | 9:00am-3:00pm

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

REGISTER TODAY!



 847-600-9516

 education@namimch.org

 namimch.org/workshops



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



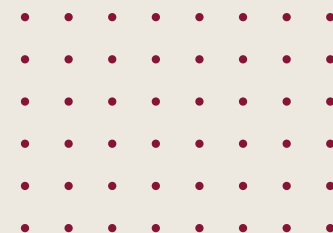
OR CALL
224-252-2620

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



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
kdohertry@mc708.org



Teagan Ferraresi

*Outreach Coordinator for
Live4Lali*



★ ★ ★

MCHENRY COUNTY VETERANS MENTAL HEALTH SUMMIT



A networking event bringing together
agencies that serve mental health needs
in McHenry County.



FRIDAY

MARCH 6, 2026

9AM - 3PM

McHenry County Administration Building
667 Ware Rd, 2nd Floor, Rm A/B/C
Woodstock, IL 60097



Please provide a flyer or
brochure for your organization
when you register. A resource
guide will be provided at the
event. Send to:

TRGuy@mchenrycountyil.gov

Register here:

[HTTPS://WWW.EVENTBRITE.COM/E/19
80648297375?AFF=ODDtdtcreator](https://www.eventbrite.com/e/1980648297375?aff=ODDtdtcreator)



LUNCH WILL BE PROVIDED

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 or
visit our website:



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*



SUSTAIN CONTINUING EDUCATION SERIES SPRING 2026

Help fulfill your cultural competency requirements with three virtual events.

- Open to non-members
- 100% online
- All programs approved through IDFPR; IAODAPCA pending

Each program offers 1.0 CEU through IDFPR (for LSW/LCSW, LPC/LCPC, Psychologist); IAODAPCA Pending

Participants must be present for an entire program to receive the full 1.0 CEU

MEET OUR SPEAKER



Angell Howard

Angell Howard is a two-time graduate of Illinois State University, holding a bachelor's degree in psychology and a master's in social work, and is currently pursuing a doctoral degree in Higher Education Administration. With over 14 years of experience in student and staff development, Angell has focused on fostering inclusive learning environments and advancing organizational growth.

Her work includes leadership development, professional development training, strategic planning, organizational assessments, and executive coaching. She regularly facilitates retreats and mastermind sessions that guide teams in building clarity, alignment, and sustainable strategies. Drawing on her extensive background in equity-minded practice, Angell challenges individuals and organizations to critically examine their systems and lead with integrity, intentionality, and purpose. She is currently the Associate Director for Professional Development and Staff Recognition at Illinois State University and holds a Board of Trustees seat for Heartland Community College.

THE LINEUP

MARCH 13, 2026

11:30 AM – 12:30 PM

Stereotypes, Myths, and Misconceptions (1.0 CEU)

We all have biases that contribute to how we see and respond to the marginalization of others. What we believe about people determines how willing we are to interrupt and challenge those causing harm. This session will increase your mindfulness of others' experiences and perspectives.

APRIL 15, 2026

11:30 AM – 12:30 PM

Identifying and Disrupting Bias (1.0 CEU)

Gain an understanding of the deep-seated origins and far-reaching consequences of bias and how they influence the ways that we support those we are responsible for. Learn to self-identify areas for personal growth and the tools needed to contribute to a more inclusive and equitable environment.

MAY 14, 2026

11:30 AM – 12:30 PM

Understanding & Addressing Microaggressions (1.0 CEU)

Microaggressions are brief, everyday exchanges that send hurtful and demeaning messages to the individuals being aggressed. Learn what microaggressions look like, how they manifest, how they can be addressed within ourselves and others.

Cost Information

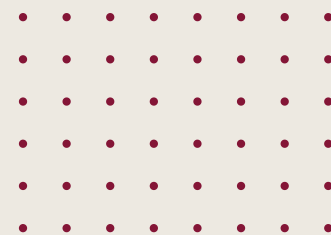
- ✓ Register now at : allianceforhs.org/events
- ✓ Cost: \$10 per program, or \$25 to purchase all 3; Sorry — no refunds available.

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



Options
& Advocacy
for McHenry County



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

REGISTER HERE

<https://givebutter.com/6RKLkT>



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, 815.477.4720 ext. 258

CONFERENCIA PARA CUIDADORES



CONÉCTATE – CONSTRUYE TU COMUNIDAD

EN COLABORACIÓN CON



Independence
HEALTH & THERAPY



Options
& Advocacy
for McHenry County



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

\$25.00
por
persona

Sábado, Marzo 14, 2026
8:30 am to 4:00 pm
McHenry County College
8900 US Hwy 14, Crystal Lake

Almuerzo
incluido

REGISTRATE AQUÍ

<https://givebutter.com/6RKLT>



La Conferencia para Cuidadores es un evento dinámico y dirigido por la comunidad, diseñado para empoderar a los cuidadores a través de la conexión, la educación y el cuidado personal. Ya sea que estés apoyando a una persona con necesidades especiales, a un padre o madre mayor, o navegando roles complejos de cuidado, esta conferencia ofrece un espacio para ser visto, escuchado y celebrado.

Presentador
Principal

Sesiones
Simultaneas

Exposición de
Proveedores

Actividades de
Bienestar

Hay becas disponibles para garantizar la accesibilidad.

Este evento es más que una conferencia: es un movimiento para construir una comunidad de apoyo alrededor de quienes dan tanto de sí mismos..

¿Preguntas? Contactar a: Angela Krambeer
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



Angela Krambeer



815.477.4720 ext. 258



angela.krambeer@opad.org

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

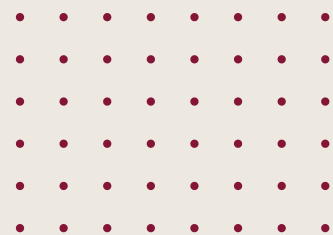
Questions? Contact: Angela Krambeer
angela.krambeer@opad.org, 815.477.4720 ext. 258



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
kdoherthy@mc708.org



Gary Rukin, LPC

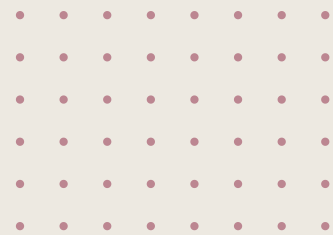
*Trauma Informed Coordinator for the
McHenry County Mental Health Board*



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 IDFP 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
kdoherthy@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



MONTHLY MEETING SCHEDULE

CRYSTAL LAKE

1st and 3rd Wednesdays @ 5:00 at Break

HARVARD

1st and 3rd Fridays @3:30 Harvard Diggins

MCHENRY

2nd and 4th Tuesday @ 3:30 @ YFC

WOODSTOCK

1st and 3rd Wednesday @4:30 at Warp Corps

SUBSTANCE AWARENESS

2nd and 4th Tuesday @5:00 p.m. (BREAK or Zoom)



2nd Youth Led Conference at MCC Luecht Auditorium

April 18, 2026

10:00AM-12:30PM

Please RSVP @ www.CLBreak.com/YEA



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
338 Memorial Drive, Crystal Lake, IL 60014

First time attendees must complete a service assessment at the NAMI Living Room prior to attending group. Walk-Ins accepted M-F 12:30pm – 8:00pm. Please arrive no later than 5:15pm if completing an assessment on the same day as support group.



QUESTIONS
815-526-8243



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
338 Memorial Dr. Crystal Lake, IL 60014

First time attendees must complete a service assessment at the NAMI Living Room prior to attending group. Walk-Ins accepted M-F 12:30pm – 8:00pm. Please arrive no later than 5:15pm if completing an assessment on the same day as support group.



QUESTIONS
815-526-8243

Veterans Network Association Creative Workshops

ART EXPRESSIONS

Veterans & their families welcome!

**Saturday February 7
10-11am**

**The Other Side
135 Beardsley St. Crystal Lake**

RSVP by February 6

Our workshops are designed to inspire and guide you in exploring various art forms. Whether you're a beginner or an experienced artist, there's something for everyone.

Don't miss this opportunity to connect with fellow veterans, learn new techniques, and have fun in a supportive environment.



Supplies will be provided.

Stay for coffee & fellowship



**VETERANS
NETWORK
ASSOCIATION**

For questions reach out to Cris @
veteransnetworkassc@gmail.com



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.



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

21+ Event



SCAN QR CODE FOR TICKETS



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.

YOU ARE INVITED TO OUR

OPEN HOUSE

& RIBBON CUTTING CEREMONY

Join us as we celebrate our new home!
Ribbon cutting at 9:30 am. Stay for an open house and
light refreshments as you tour the space.

THURSDAY,
FEB 26

9:30AM-NOON

RIBBON CUTTING
AT 9:30 AM

338 MEMORIAL DR
CRYSTAL LAKE, IL 60014



nami

National Alliance on Mental Illness

McHenry
County

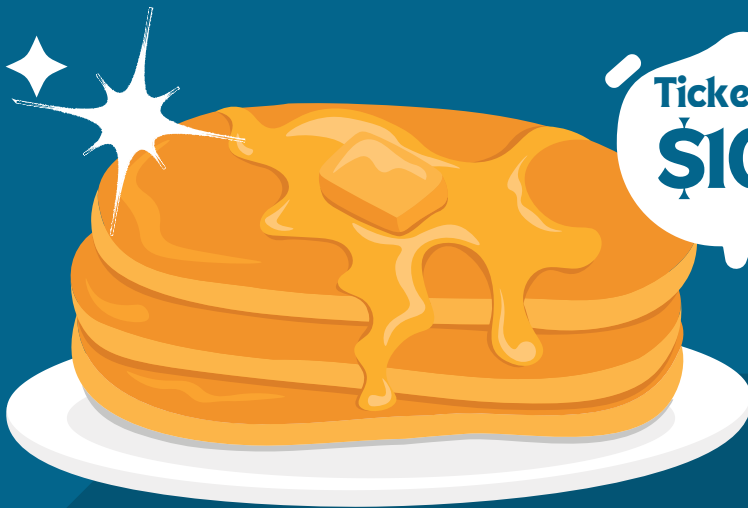




National Alliance on Mental Illness

**McHenry
County**

6th Annual
PANCAKE
Breakfast



Tickets
\$10

SAT, MAR 7 2026

8:30 - 11:00AM

ST. THOMAS CHURCH

451 W. Terra Cotta Ave, Crystal Lake

Enjoy pancakes, eggs, sausage, coffee, and juice prepared by the Knights of Columbus. Guests can also enjoy a hot chocolate bar, special pancake toppings, and kids crafts!

Register:

Scan the QR code or visit

www.namimch.org/store/p/pancakebreakfast





Fish Boil

12417 Antioch Rd., Trevor, WI 53179 • 262-862-9888 • info@firepitt.com

FUNDRAISER

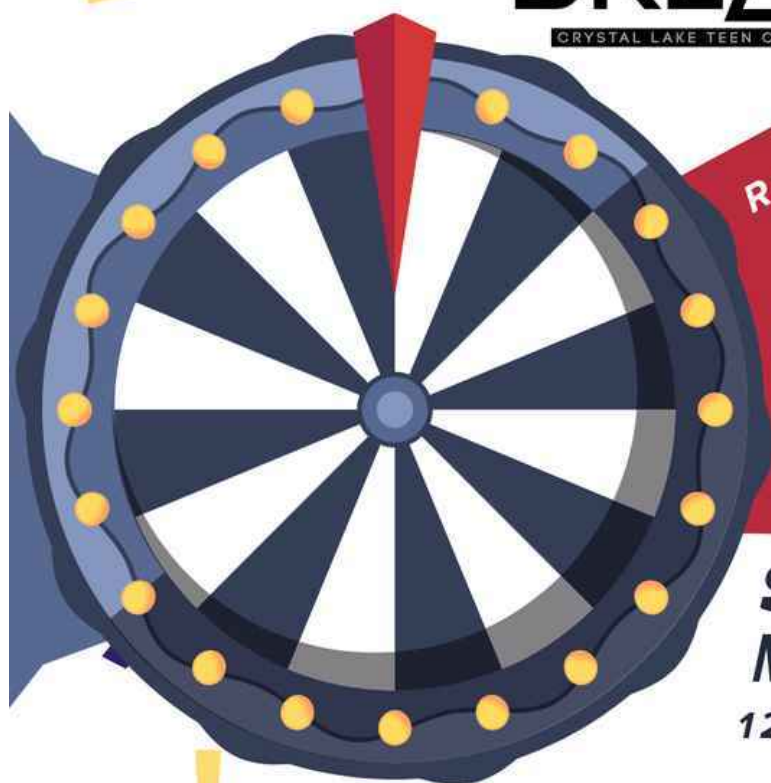
TO BENEFIT

THE

BREAK

CRYSTAL LAKE TEEN CENTER

RAFFLE EVENT INCLUDES
FISH BOIL (\$30)
MEAT RAFFLE!
RAFFLE BASKETS!
50/50 RAFFLE!



**SATURDAY,
MARCH 7TH**

12:00 PM - 5:00 PM

TICKETS \$30 PER PLATE!

50% OF FEE GOES TO THE BREAK!

**SUPPORT THE BREAK
EXPANSION!**

[HTTPS://GIVEBUTTER.COM/ALDCWP](https://givebutter.com/ALDCWP)



From Grit to Greatness



THE 30TH ANNIVERSARY
CELEBRATION OF
FAMILY HEALTH PARTNERSHIP CLINIC



COURTHOUSE SQUARE WOODSTOCK

THURSDAY, MARCH 12
5:30-8PM

CELEBRATING 30 YEARS OF COMPASSION & COMMUNITY



Just as a pearl forms its luster through grit and resilience, Family Health Partnership Clinic has transformed three decades of hard work into a legacy of care.

Please join us for our 30th “Pearl” Anniversary!
Enjoy cocktails, hors d'oeuvres, enchanting silent
auctions, live music and more!

Tickets are \$50 and are available at HPCLINIC.org
or scan QR below.

THURSDAY, MARCH 12TH
COURTHOUSE SQUARE WOODSTOCK
110 N. JOHNSON STREET, 2ND FLOOR



FOR MORE INFORMATION OR QUESTIONS,
PLEASE CONTACT KRISTINA AT
KNEMETZ@HPCLINIC.ORG OR 779.220.9305





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 word 'Transformation'.

Friday, July 10, 2026

Bonnie Dundee Golf Club

270 Kennedy Drive

Carpentersville, IL 60110

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 Community Resource Days

Collaborative community event providing our un-sheltered and those in need of extra support with access to a variety of resources.



EVERY Friday: 10:00am - 2:00pm

(except 1/30, 5/29, 7/3, 7/31, 10/30, 11/27, 12/25)



Willow Crystal Lake - 100 S. Main, Crystal Lake



Shelter & Transportation Information

- Habitat for Humanity
- Home of the Sparrow
- Pioneer Center
- RTA/Pace/Mcride
- Turning Point



Veteran & Homeless Services

- Compassion for Campers
- Pioneer PADS
- Steven's Home
- Veterans Assistance Commission of McHenry County
- Warp Corps



Medical & Food Assistance

- Advocate Mobile Health Van
- Crystal Lake Food Pantry
- Greater Family Health
- McHenry County Dept of Health



Mental Health, Disabilities & Substance Abuse

- Alcoholics Anonymous (AA)
- Association for Individual Development
- Circle of Hope
- Lake County Center for Independent Living
- Live4Lali
- New Directions
- Thresholds



Children & Youth Services

- Break Teen Center
- Options and Advocacy
- Safe Families for Children
- Youth and Family Center of McHenry County



WILLOW CRYSTAL LAKE



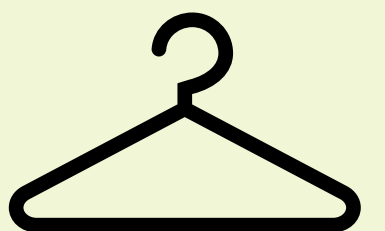
Haircuts



Bike Repair



Laundry

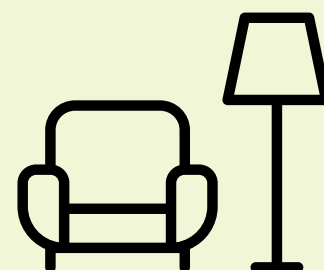


Clothing



Employment & Aid

- Circles McHenry County
- Consumer Credit Counseling
- Express Employment
- Farmworker and Landscaper Advocacy Project (FLAP)
- Prairie State Legal
- Sahara Home Care
- Saint Vincent de Paul
- Salvation Army
- Unbranded Mobile



Furniture



Showers



On-Site Meals



For Emergency Shelter intake call:
(815) 344-1230

www.McHenryCountyHomeless.org

For more information, contact:

Julie Davis: julie.davis@willowcreek.org

www.CommunityResourceDays.org

2026 Community Resource Days

Evento comunitario colaborativo que proporciona a nuestros no protegidos yaquellos que necesitan apoyo adicional con acceso a una variedad de recursos.



EVERY Friday: 10:00am - 2:00pm
(except 1/30, 5/29, 7/3, 7/31, 10/30, 11/27, 12/25)



Willow Crystal Lake - 100 S. Main, Crystal Lake



**Información sobre
refugios y
transporte**

- Habitat for Humanity
- Home of the Sparrow
- Pioneer Center
- RTA/Pace/Mcride
- Turning Point



**Veterano y Servicio
para personas sin hogar**

- Compassion for Campers
- Pioneer PADS
- Steven's Home
- Veterans Assistance Commission of McHenry County
- Warp Corps



**Asistencia médica
y alimentaria**

- Advocate Mobile Health Van
- Crystal Lake Food Pantry
- Greater Family Health
- McHenry County Dept of Health



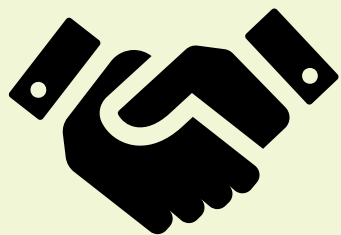
**Salud Mental,
Discapacidades &
Abuso de sustancia**

- Alcoholics Anonymous (AA)
- Association for Individual Development
- Circle of Hope
- Lake County Center for Independent Living
- Live4Lali
- New Directions
- Thresholds



**Niños y jóvenes
Servicios**

- Break Teen Center
- Options and Advocacy
- Safe Families for Children
- Youth and Family Center of McHenry County



**Empleo &
Ayuda**

- Circles McHenry County
- Consumer Credit Counseling
- Express Employment
- Farmworker and Landscaper Advocacy Project (FLAP)
- Prairie State Legal
- Sahara Home Care
- Saint Vincent de Paul
- Salvation Army
- Unbranded Mobile



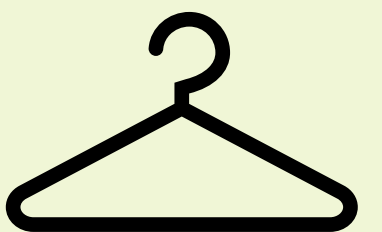
**ortes de
pelo**



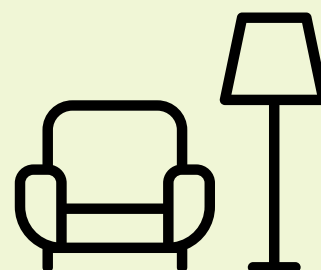
**Reparación
de
bicicletas**



Lavadero



la Ropa



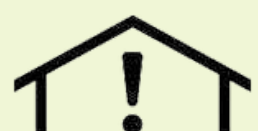
muebles



Duchas



**Comidas en
el lugar**



**Para solicitar admisión a refugio de
emergencia llame al:**

(815) 344-1230

www.McHenryCountyHomeless.org

**Para obtener más información, póngase en
contacto con:**

Julie Davis: julie.davis@willowcreek.org

www.CommunityResourceDays.org

UP TO

20% OFF YOUR RESIDENTIAL

Discount applies to entire bill, excluding taxes



No cost to you!

You remain with ComEd!



You qualify if you receive any of the following:

- **SNAP**
- **Medicaid**
- **LIHEAP**
- **Section 8 Housing Voucher**
- **National School Lunch Program**
- **Lifeline**
- **SSI – Supplemental Security Income**

*You will need proof of aid you receive –
a letter dated within the last 12 months.*

Get your proof of aid letters at ABE:

www.abe.illinois.gov

FOR ENROLLMENT PLEASE PROVIDE:

✓ COMED BILL

✓ PROOF OF STATE/FEDERAL AID

Contact: Hans Herrmann

Phone: 630-400-4912

Email: hans@energyandtechsolutions.com



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 & 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

or call

Stephanie (815) 334-4580

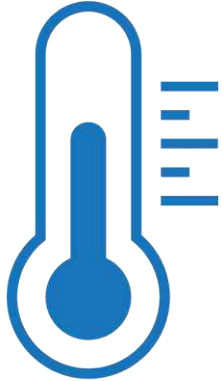




Pioneer Center

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**