



Empowering Minds
Transforming Lives



Weekly Agency Update

(Bolded items are new listings)

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

February 25, 2026

Mental Health Board Trainings

McHenry County Mental Health Board

- [**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 | Mental Health Board, 620 Dakota Street in Crystal Lake | 1.5 Free IDFPR CEU for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [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. [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 | Mental Health Board, 620 Dakota Street in Crystal Lake | 3 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)
- [**Gambling Disorder, Loved Ones, Affected Others and Treatment**](#) | Virtual | Friday, March 27, 2026 | 9:00 am to 10:30 am | 1.5 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)

- [Building the Supervisory Relationship](#) | In-Person | Friday, April 10, 2026 | 9:00 am to 4:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 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](#)
- [Untethered Connections: Navigating Emotional Regulation, Parenting, and the Path to Healing](#) | Virtual | Friday, April 24, 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 | Mental Health Board, 620 Dakota Street in Crystal Lake | 5.5 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)
- [Fragmentation and Dissociation in the Wake of Complex Trauma](#) | In-Person | Friday, May 29, 2026 | 9:00 am to 3:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 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

- [Calming the Storm: Supporting Students with Anxiety and Stress](#) | Virtual | Wednesday, March 4, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- [Art-based Directives That Drive Clinical Efficacy of Art Therapy](#) | Virtual | Monday, March 9, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- [Facing Fear Part II](#) | Virtual | Wednesday, March 18, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- [Substance Abuse and Risk Behaviors: Why Kids Experiment – and What Helps](#) | Virtual | Wednesday, March 18, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU

BZA Behavioral Health

- [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
- [IFS and Art Therapy: Blending Powerful Approaches and Extending Client Outcomes in Trauma Work](#) | Thursday, March 19th from 12pm-1pm | 1 Free CEU

- [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](#)
- [Community Education](#)
- [2026 Northwest Aging & Dementia Symposium](#) | In Person | Thursday, April 16, 2026 | 7:15 am to 4:00 pm | The Garland of Barrington, 1000 Garlands Lane, Barrington | 6 CEU's for a cost.

Illinois Department of Human Services

- [WRAP Orientation](#) | Virtual | Wednesday, March 4, 2026 | 1:00 pm to 3:00 pm
- [CRSS/CPRS Competency Training Series \(Session 2\)](#) | Virtual | Choose between March 16, March 18, or March 20 | 2.75 FREE CEU's
- [On-Demand CRSS/CPRS Fundamentals Training](#)
- [2026 Home Illinois Summit: Rising with Resilience](#) | In Person | May 12-13, 2026 | Crowne Plaza Springfield Convention Center, Springfield, IL | FREE

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](#)

SAMHSA

- [Addressing Veteran Substance Use: Promoting Recovery Through Collaboration and Compassion](#) | Virtual | Tuesday, March 3, 2026 | 1:00 pm to 2:30 pm CST

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.

[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

Greater Family Health

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

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](#)
- [Shelter Transportation & Support Specialist — Full Time](#)
- [Shelter Support Specialist \(Chapel PADS – McHenry\) — Full Time](#)
- [Maintenance Custodian — Full Time](#)
- [Bilingual Outpatient Therapist – Full time](#)
- [Maintenance Technician II - Full time](#)
- [IT Assistant - Part Time](#)
- 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 ASDDRC 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 ASDDRC 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.

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 1:45 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](#), 9241 S IL Route 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](#), 9241 S IL Route 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.

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 2nd 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 Debora Geist at sales@whiteoaks-mchenry.com.

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 McArdele 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

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



FREE: 1 IDFP 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**



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.

MARCH 5TH, 2026

Thursday | 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



OPIOID OVERDOSE PREVENTION & REVERSAL: OVERDOSE RESPONDER TRAINING

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

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



Teagan Ferraresi

*Outreach Coordinator for
Live4Lali*



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



★ ★ ★

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/1980648297375?AFF=ODDTRDTCREATOR](https://www.eventbrite.com/e/1980648297375?aff=ODDTRDTCREATOR)



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!

Registration Fee \$150 Per Person

2026 TRAINING DATES:

MARCH 10-12TH

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

 **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

Women's History Month Learning in Bloom

Honor Women's History Month with Turning Point DVS.

Join us in exploring the historical roots of the domestic violence movement, the disproportionate effect of violence against women, and how society continues to nurture gender-based violence. These presentations are free and open to all. CEUs available upon request.

Virtual Presentations

March 11th - 12:00pm - Domestic Violence 101

March 11th - 6:00pm - Teen Dating Violence 101

March 25th - 12:00pm - Women's Empowerment

March 25th - 6:00pm - Gender Roles and Domestic Violence

Register Here: <https://forms.office.com/r/HBgQnj9yvX>

Email - tiffanyh@turnpt.org with any questions

Learning in Bloom Virtual
Presentation Sign-Up





Women's History Month Learning In Bloom

A DISCUSSION ON THE CULTURAL ACCEPTANCE OF
VIOLENCE AGAINST WOMEN

March 19th 6:30-8:00 pm

In Person at Turning Point DVS Main Campus

Join **Turning Point DVS and McHenry County NOW** for a facilitated discussion on the cultural acceptance of violence against women.

You will join other community members in a “world cafe” style conversation. This will be the second time we co-host this event and are excited to revisit this topic.

Pre-registration is encouraged

This event is free! Snacks included.

Register Here: <https://forms.office.com/r/dTquVcEBcJ>

Email - elissac@turnpt.org for any questions

Learning in Bloom: A Conversation
on the Cultural Acceptance of
Violence Against Women



**Turning
Point**
DOMESTIC VIOLENCE SERVICES



OEND Training

Overdose Education & Naloxone Distribution



Live4Lali Woodstock Office

665 W. Jackson, Unit C Woodstock, IL
(located around back side of the building)

UPCOMING TRAININGS

Sunday **November 23rd**, at 1pm
Monday **December 8th**, at 3pm
Saturday **January 3rd**, at 1pm

Thursday **February 12th**, at 5pm
Wednesday **March 11th**, at 6pm
Thursday **April 30th**, at 5pm

COME TO LEARN....

- Overview of the 911 Good Samaritan Law and Naloxone Act, including legal protections for bystanders who call for emergency help during an overdose
 - What opioids are, how they work, and their impact on the brain and body
 - Recognize signs and symptoms of opioid use, misuse, and addiction
 - Identify the warning signs of an opioid overdose and how to respond effectively
 - How to properly administer Naloxone to reverse an opioid overdose
 - Explore harm reduction strategies and overdose prevention best practices
 - Available support, treatment, and recovery resources for individuals & loved ones
 - Knowledge & skills to help combat the opioid crisis
-

(844) 584-5254 x816
mchenrycounty@live4lali.org



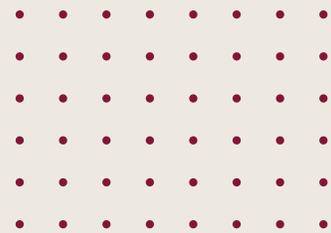
TRAUMA 101: KEY PRINCIPLES AND PRACTICAL APPROACHES

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

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.



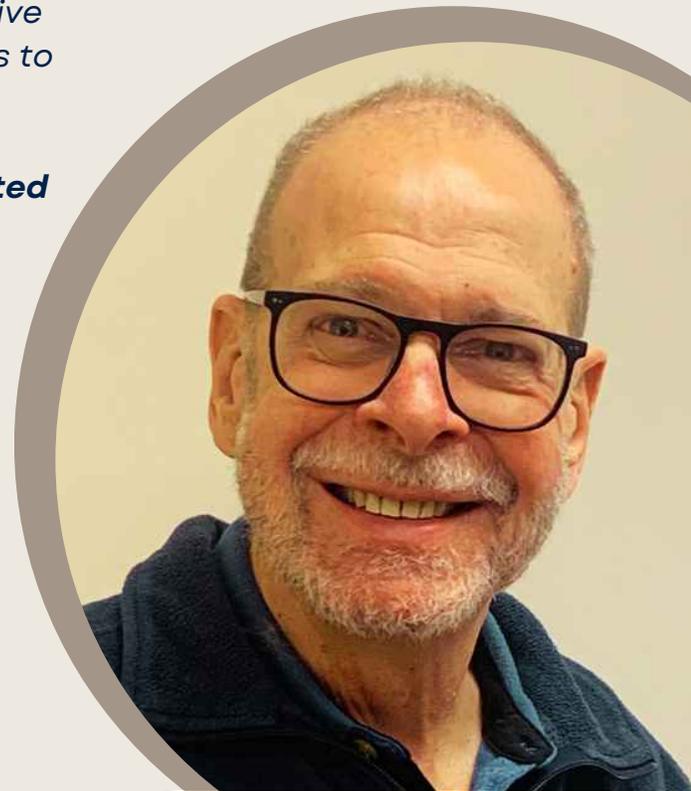
THURSDAY'S

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

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

 **VIRTUAL TRAINING ON ZOOM**

REGISTER NOW



Gary Rukin, LPC

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



Training Coord: Kris Doherty
kdoherthy@mc708.org



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

11:30AM – 12:30PM

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

11:30AM – 12:30PM

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

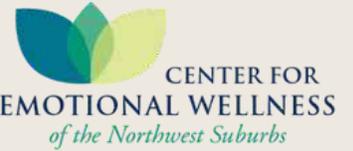
11:30AM – 12:30PM

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 IDFP 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
kdoherty@mc708.org



Dr. Melissa Katz



**Andrew Sanchez,
LCPC**

CAREGIVER CONFERENCE



GET CONNECTED-BUILD YOUR VILLAGE

IN PARTNERSHIP WITH



Independence
HEALTH & THERAPY



CLEARBROOK WEST
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



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/6RKLkT>



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



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.

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

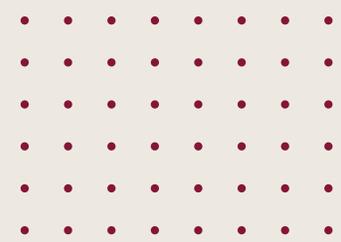
Questions? Contact: Angela Krambeer
angela.krambeer@opad.org, 815.477.4720 ext. 258



THE LINGERING SHADOW: NAVIGATING THE DEPTHS OF TRAUMATIC GRIEF

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

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



Gary Rukin, LPC

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

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



GAMBLING DISORDER, LOVED ONES, AFFECTED OTHERS AND TREATMENT

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

Research shows that an individual with gambling disorder affects on average 5-7 additional people. For some, the number is even higher. This impact on others can have major consequences on their lives, including financial, mental health, social, legal, and more. This presentation will explore the outcomes of gambling disorder on others and the need for treatment and resources centered on their experiences.



FRIDAY



March 27, 2026



9:00 am to 10:30 am



VIRTUAL TRAINING ON ZOOM

REGISTER NOW



Training Coord: Kris Doherty
kdoherthy@mc708.org



Michelle L. Malkin,
JD, PhD



nami

National Alliance on Mental Illness

McHenry
County



nami

National Alliance on Mental Illness

Illinois

PRIMEROS AUXILIOS DE LA SALUD MENTAL

PATROCIONADO POR LA COMISIÓN DE ASISTENCIA A VETERANOS Y NAMI ILLINOIS

Un curso para individuos interesados en aprender maneras de identificar y ayudar personas experimentan desafíos de salud mental.



Fechas de 2026

Sábado, el 28 de marzo

Sábado, el 25 de abril

Sábado, el 15 de agosto

Hora: 9:00am - 5:00pm

Lugar: Clases en persona y virtual

¡Regístrese aquí!



847-600-9516



namimch.org/workshops



education@namimch.org



Be Strong Families Parent Café

Strengthening Your Parent Superpowers

Connect, share, and learn from other parents and caregivers in a safe and supportive environment.

Join our virtual Café to discuss challenges, celebrate successes, and develop strategies for keeping families strong.

Wednesday, April 8
6:00pm – 7:30pm

Registration is required at bit.ly/parentsuperpower or by scanning the QR code.

For questions contact
Kris Cozzi at kcozzi@birthtofiveil.com or
Elyse Sereyka at elyse.sereyka@opad.org.





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
kdoherthy@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



**Jacqueline Rhew,
LCPC**



**Lauren Hart,
MA, LB1**



Training Coord: Kris Doherty
kdoherty@mc708.org



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.

APRIL 17TH, 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



2ND ANNUAL YOUTH-LED CONFERENCE

YOUTH VOICES. COMMUNITY IMPACT.

Youth will share their experiences, priorities, and ideas for building safer, more inclusive communities, and invite adults to listen, learn, and take action alongside them.



**Keynote Speaker: Sara Lemke,
MA LCPC, CADC**

What You'll Learn

- ✓ What McHenry County youth say matters most in their communities
- ✓ How youth experience safety, inclusion, and access to resources
- ✓ Ways trusted adults and organizations can better support young people
- ✓ How to partner with youth to create meaningful, positive change

Conference Details

-  April 18, 2026
-  9:30 am - 1:30 pm
-  McHenry County College, 8900 Us-14, Crystal Lake, IL 60012

REGISTER NOW



 admin@yeamchenrycounty.org



clbreak.com/yea



2.ª CONFERENCIA ANUAL LIDERADA POR JÓVENES

VOCES JUVENILES. IMPACTO COMUNITARIO.

Los jóvenes compartirán sus experiencias, prioridades e ideas para construir comunidades más seguras e inclusivas, e invitarán a las personas adultas a escuchar, aprender y tomar acción junto a ellos.



**Keynote Speaker: Sara Lemke,
MA LCPC, CADC**

Lo que Aprenderás

- ✓ Qué dicen los jóvenes del Condado de McHenry que es lo más importante en sus comunidades
- ✓ Cómo la juventud experimenta la seguridad, la inclusión y el acceso a recursos
- ✓ Maneras en que las personas adultas de confianza y las organizaciones pueden apoyar mejor a la juventud
- ✓ Cómo asociarse con la juventud para crear un cambio positivo y significativo

Detalles de la Conferencia

-  Abril 18, 2026
-  9:30 am - 1:30 pm
-  McHenry County College, 8900 Us-14, Crystal Lake, IL 60012

¡Regístrate hoy!

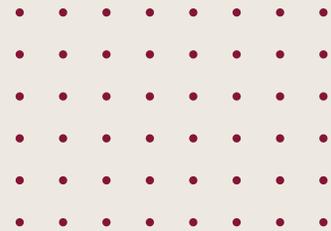




UNTETHERED CONNECTIONS: NAVIGATING EMOTIONAL REGULATION, PARENTING, AND THE PATH TO HEALING

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

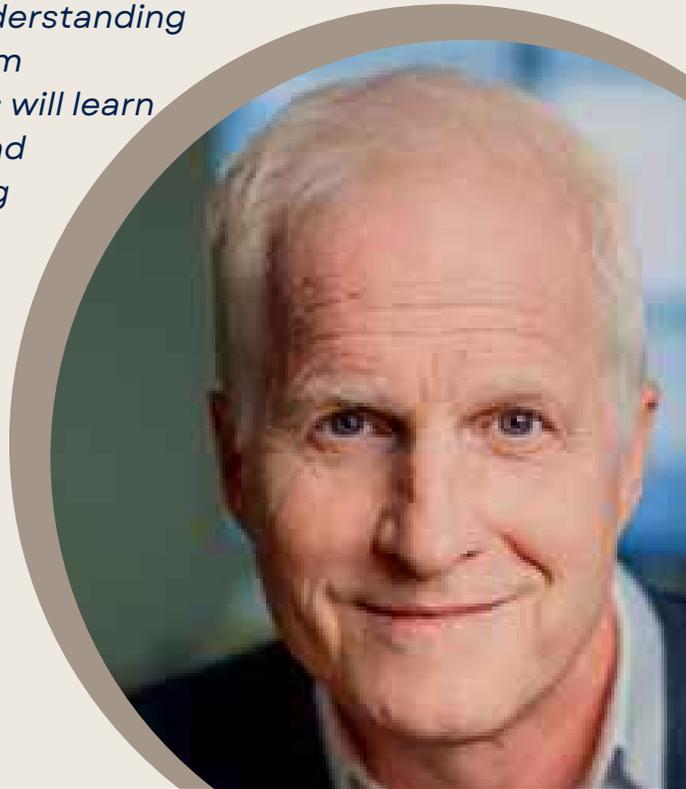
Join Dr. Doug Bolton, clinical psychologist, educational leader, and author of Untethered: Creating Connected Families, Schools, and Communities to Raise a Resilient Generation, for an interactive exploration of the emotional challenges children and families face today. Through personal stories and practical 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.



FRIDAY

-  **April 24, 2026**
-  **9:00 am to 10:00 am**
-  **VIRTUAL TRAINING ON ZOOM**

REGISTER NOW



Doug Bolton, PhD



Training Coord: Kris Doherty
kdoherthy@mc708.org



THE SHADOW'S GIFT: HEALING SHAME AND RECLAIMING YOUR TRUE SELF

FREE: 5.5 IDFPD CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist,
and IAODAPCA

Discover how shame shapes our lives—and how to heal. This powerful presentation explores the roots of shame, its impact on identity and mental health, and practical tools for transformation. Learn about Jung's Shadow Self, the cycle of shame, and actionable strategies for self-compassion, vulnerability, and reclaiming your strengths. Step into wholeness—light and shadow alike.



FRIDAY

 **May 15, 2026**

 **9:00 pm to 3:30 pm**

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

REGISTER NOW



Training Coord: Kris Doherty
kdoherty@mc708.org



Gary Rukin, LPC

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



FRAGMENTATION AND DISSOCIATION IN THE WAKE OF COMPLEX TRAUMA

FREE: 5 IDFP CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (Pending)

Fragmentation and dissociation are adaptive responses to trauma, especially when escape, resistance, or support isn't possible. Survivors—particularly those abused in early childhood—develop ways to protect themselves and maintain functioning. This training explores the full spectrum of dissociation, from numbing and disconnection to severe disruptions in memory, identity, perception, and body awareness. Participants will learn to recognize trauma-related fragmentation, understand dissociative disorders, identify symptom patterns, and apply contemporary treatment approaches.



There will be a 1 hour lunch on your own.

FRIDAY

 **May 29, 2026**

 **9:00 am to 3:00 pm**

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



**Becky Carter,
LCPC**

REGISTER NOW



Training Coord: Kris Doherty
kdoherthy@mc708.org



SUPPORT GROUPS

Soul Care Days

Soulful  Prairies
equine gestalt therapy and retreat center

Since you make a difference for others, we want to make a difference for you.

Dedicated people who devote their attention to the growth and care of others need to balance the demands in their life, and create personal space to connect within. Without this balance, we threaten our life force and spirit. Come for a day where we bring together others who have similar experiences. You will have the opportunity to share the gifts and struggles you are faced with. We will take time to absorb the herd's energy while learning from their quiet peaceful way of life. This day is about unwinding, connecting back to nature and giving yourself time to be.

Attend our scheduled offerings in 2026 or contact us to customize your team's Soul Care Day!

Registration
Required:
Secure Your
Spot Now!

Wednesday, May 6th
Friday, September 11th
9:30am-2:00PM



- Guests 18 years and older are welcome
- Max Attendance - 12



Soulful Prairies
4706 Alden Rd
Woodstock, IL

Fee: \$65 per person

as a thank you for your contributions to this world our Sovereign Souls Grant will subsidize the rest of the cost.

Prefer to schedule this for your non-profit team another time? Contact us to customize your own Soul Care Day

soulfulprairies.com/event/soul-care-days

Feed Your Soul Gestalt Group

As the horses support you through the process, participants experience the life changing, deep healing of Gestalt therapy. The result is a journey toward self awareness where internal conflict can be identified and addressed.

Now offering TWO Monthly Gatherings

Secure Your
Spot Now!

- Guests 18 years and older are welcome
- Max Attendance - 12

Fee: \$55 per group
or Bundle 4 for \$180



2nd Sunday
of each Month
2:00pm-4:30pm



Soulful Prairies
4706 Alden Rd
Woodstock, IL

3rd Thursday
of each Month
7:00pm-9:30pm





THE HEALING PROFESSIONALS DECOMPRESSION CHAMBER

Whether you work as a clinician, caseworker, recovery coach, driver, or support staff in a social service agency, you spend your day serving others. You offer comfort, a listening ear, and an open heart to those you serve as well as your colleagues. Now it's your turn. Imagine time just for you: gathering with peers, unwinding with art supplies, music, and guided imagery to calm your mind and restore your spirit. Join us for respite, renewal, and camaraderie.

Questions? Contact Gary Rukin, garyrukin@gmail.com



2nd Wednesday 12:00 PM TO
of the month 1:30 PM

MENTAL HEALTH BOARD

620 Dakota Street, Crystal Lake, IL



3rd Tuesday of 4:00 PM TO
the month 5:30 PM

THE OTHER SIDE

135 Beardsley St, Crystal Lake, IL





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



EVENTS

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

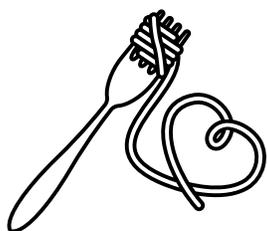
National Alliance on Mental Illness

McHenry
County



New Directions Addiction Recovery Services
presents a fun-filled spaghetti dinner supporting a great cause!

1ST ANNUAL



RECOVERY DINNER

TICKETS
**\$ 10.00 PER
PERSON**

AN EVENING OF FUN, FOOD, GAMES, AND
FELLOWSHIP TO EMPOWER INDIVIDUALS IN
RECOVERY, STRENGTHEN COMMUNITY,
AND HELP SAVE LIVES.



SATURDAY, FEBRUARY 28TH
4:30PM - 7:00PM

FIRST CONGREGATIONAL CHURCH
461 PIERSON STREET
CRYSTAL LAKE, IL 60014

Dinner Menu

Spaghetti & Meatballs served with Garlic Bread
and a Fresh Side Salad
Coffee, Water & Mocktails included



◆ **Doors Open At 4:30PM**

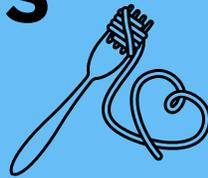
◆ **Dinner Served At 5:00PM**

New Directions Addiction Recovery Services

1st Annual RECOVERY DINNER

Sponsorship Opportunities

Your sponsorship makes this evening possible and directly supports recovery services in our community.



Gold Sponsor
\$1000.00
(10 Attendees)

Recognition during opening remarks, signage at serving stations, logo featured in event program and social media, reserved table for guests, and a special thank-you posted on our website.



Community Sponsor
\$500.00
(8 Attendees)

Recognition during event announcements, logo displayed at dinner tables, mention on social media, and acknowledgment in the event program.

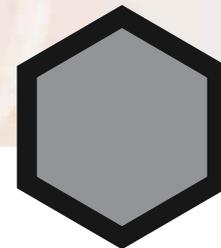


Table Sponsor
\$250.00
(6 Attendees)

Logo/name displayed on one dinner table centerpiece, acknowledgment in the event program, and recognition on social media.

**Join us at 461 Pierson St., Crystal Lake, IL 60014,
Saturday, February 28th from 4:30PM-7:00 PM.**



Visit Our Website
ndars.org



TURNING POINT DOMESTIC VIOLENCE SERVICES

Invites You To

PAINT THE NIGHT PURPLE

February 28th, 2026 at 6 pm

Join us for a night of advocacy as we raise funds for survivors in McHenry County with an auction, wine pull, and more! Help us Paint the Night Purple by wearing your best purple attire!

ELARA Event Space
at The Holiday Inn
800 S IL-31
Crystal Lake, IL

\$125 per person



Schedule of Events:

Check-in 5:30 - 6:00

Cocktail Reception 6:00 - 7:00

Dinner and Program 7:00 - 9:00

In Fiscal Year 2025, thanks in part to our Paint the Night Purple Gala,
Turning Point was able to:

- Serve 2,039 adults through counseling, legal advocacy, and alternative to violence programming
- Support 5,575 nights of emergency shelter for 93 adults and 47 children
- Assist in filing 584 Orders of Protection at our courthouse satellite office
- Answer 2,672 hotline calls on our 24/7 domestic violence hotline

For more information, scan the QR code or visit:

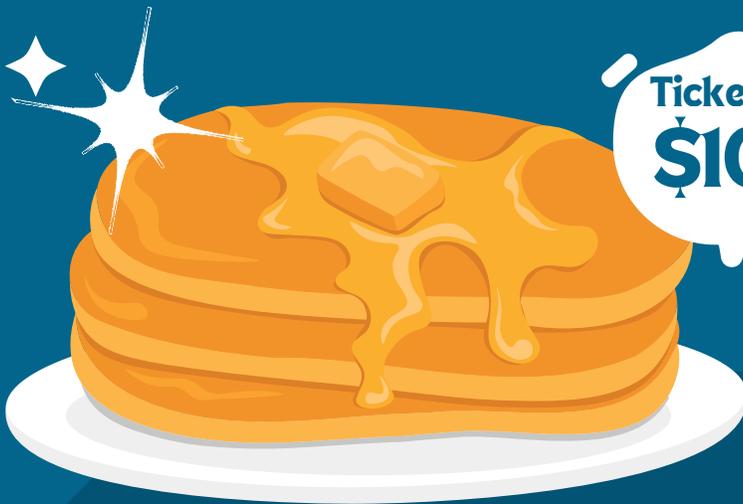
www.turnpt.org/paintthenightpurple

— OR —

Call Mallory Breutzmann at 815-338-8081



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





Fire Pitt

Fish Boil

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

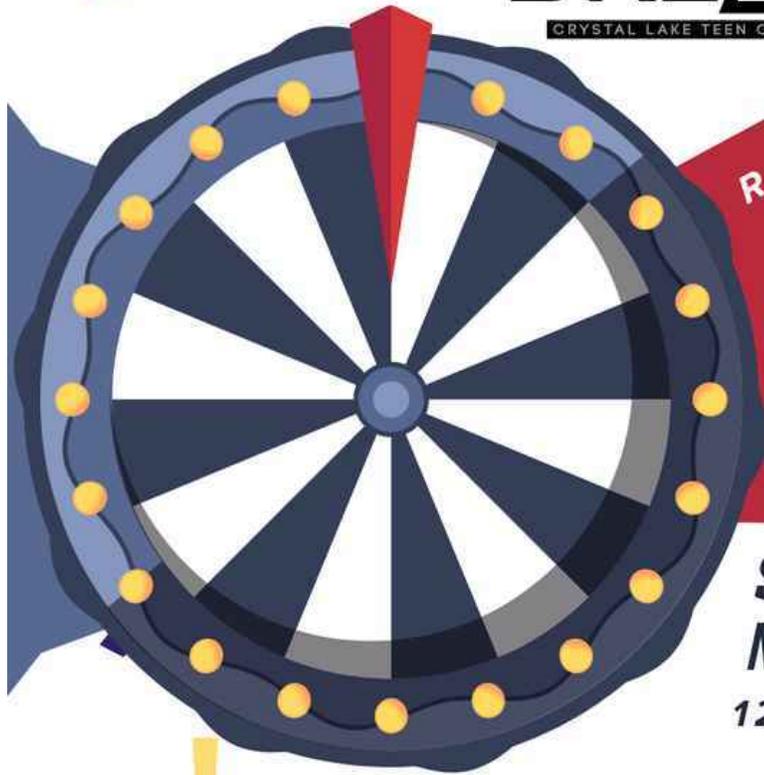
FUNDRAISER

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!

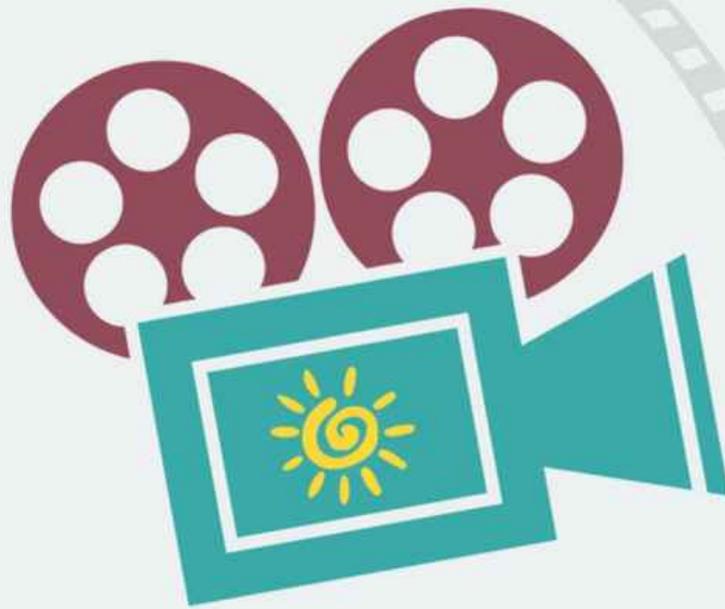
Tickets are \$50 and are available at HPCLINIC.org
or scan QR below.

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





NORTHWEST CASA PRESENTS:

Film + Wine Festival

**Celebrate the Movement to End Sexual Violence in Chicagoland
and Support Survivors of Sexual Harm.**

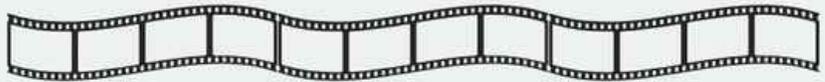
Thursday, April 9th 6-9 PM

Buffalo Grove Community Arts Center

225 McHenry Road

Buffalo Grove, IL 60089

Scan Here to Purchase Tickets Now!



Admission:

\$75 for 1 ticket

\$425 for 6 tickets

\$125 for 2 tickets

\$575 for 8 tickets

\$275 for 4 tickets

\$725 for 10 tickets

*For Question Email Kristen Barry,
Development Manager, at kbarry@nwcasa.org*



MISCELLANEOUS

WALK-IN INTAKES

MENTAL HEALTH AND SUBSTANCE USE TREATMENT

STARTING TUESDAY FEB 24, 2026

Every Tuesday
9 am - 1 pm

McHenry Office

616 S. Rte 31, McHenry IL 60050

Our intake staff will be available to complete intakes for community-based mental health treatment, in-office therapy, and substance use treatment.

Therapy services are available for children, adolescents, and adults. Community outreach services are available for individuals ages 18 and older.

We serve individuals with Medicaid, many commercial insurance plans, and those without insurance. Income-based financial assistance is available. Please bring a photo ID and insurance card if available.

For more information contact :

(815) 338-8324

MCHENRYINTAKE@THRESHOLDS.ORG



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

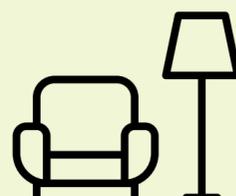


Clothing



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



WILLOW CRYSTAL LAKE



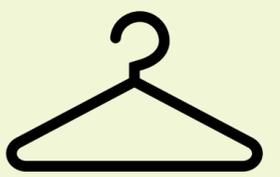
ortes de pelo



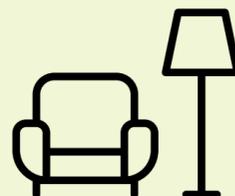
Reparación de bicicletas



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