



Empowering Minds
Transforming Lives



Weekly Agency Update

(Bolded items are new listings)

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

March 11, 2026

Mental Health Board Trainings

McHenry County Mental Health Board

[MHB Town Hall](#)

**Thursday, May 7, 2026, from 5:00 pm to 7:00pm at
McHenry County Mental Health Board, 620 Dakota Street, Crystal Lake.**

Let your voice be heard in matters of...Mental Health, Intellectual/Developmental Disabilities, and Substance Use. This is your chance to make a difference in McHenry County and help shape its future.

- [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](#)
- ["A Star is Born" Community Movie Meetup with Discussion](#) (brought to you by Northern Illinois Recovery Center and the Mental Health Board) | In-Person | Wednesday, March 18, 2026 | 6:00 pm to 9:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | Open to the Community. No CEU's provided. [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. ****Registration is CLOSED. Please email Kris Doherty (kdoherty@mc708.org) to be added to the Waitlist.****

- [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](#)
- [A Trauma Informed Approach](#) | Virtual | Thursday, April 9, 2026 | 2:30 pm to 4:00 pm | 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

- [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
- [Wired Differently: Behavioral Health and Neurodiversity](#) | Virtual | Wednesday, April 1, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU

BZA Behavioral Health

- [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](#)
- [Introduction to DBT Skills for School Professionals](#) | Virtual | Tuesday, May 5, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- [DBT for Substance Use Disorders](#) | Virtual | Thursday, May 14, 2026 | 9:00 am to 12:00 pm | 3 CEU's for \$30
- [Positive Psychology: The Science of Wellbeing](#) | Virtual | Thursday, June 18, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- [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

- [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](#)
- [Recovery & Well-being Series – New Life in Recovery: The Power of Sharing Your Recovery Journey](#) | Virtual | Wednesday, March 25, 2026 | 10:00 am to 11:00 am
- [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](#)

Options & Advocacy of McHenry County

- [Agency Updates](#)

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](#)

- 2026 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](#)
- [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](#)
- [Maintenance Technician II - Full time](#)
- [IT Assistant - Part Time](#)
- [Program Technician FT - Full Time](#)
- [Director of Behavioral Health Services - Full Time](#)
- Career Page at www.pioneercenter.org/careers/

Pivotal Counseling Center

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

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.

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.

Brain Injury Group – Every 2nd Wednesday of the month (in-person and Zoom), 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

YFC Bilingual Women's Support Group – Thursdays, 9:30 am to 10:30 am

This group offers a safe and supportive space where women can come together to share experiences, discuss everyday challenges, and build meaningful connections. Meets at 1011 N Green St., McHenry. For more information, call 815-322-2357 or email Carolina Chavez at cchavez@yfc-mc.org.

Independence Caregiver Support Group – 2nd 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. For more information, email at Frontdesk@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

Independence Caregiver Support Group – 3rd Friday of the month, 1:00 pm to 2:30 pm

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. Location: First Congregational Church Crystal Lake (church library). 461 Pierson Street, Crystal Lake. For more information, email at Frontdesk@independencehealth.org.

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

Stages of Transformation Resource Center, 820 McArde 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.

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

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
-

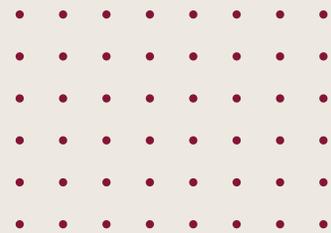
(844) 584-5254 x816
mchenrycounty@live4lali.org



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.

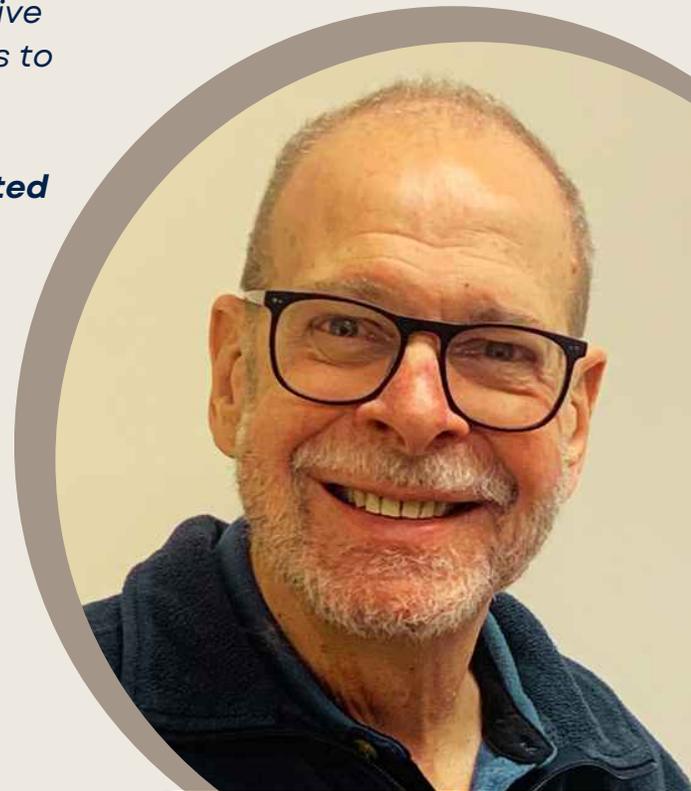
THURSDAY'S

 **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

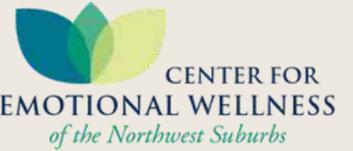
11:30AM – 12:30PM

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 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
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

COMMUNITY MOVIE MEETUP

Enjoy a **FREE** movie followed by a discussion on mental health and substance use. Open to the community. No CEU's given.

WEDNESDAY, MARCH 18, 2026

6:00 PM TO 9:00 PM

**LOCATION:
MCHENRY COUNTY
MENTAL HEALTH BOARD
620 DAKOTA ST, CRYSTAL LAKE**

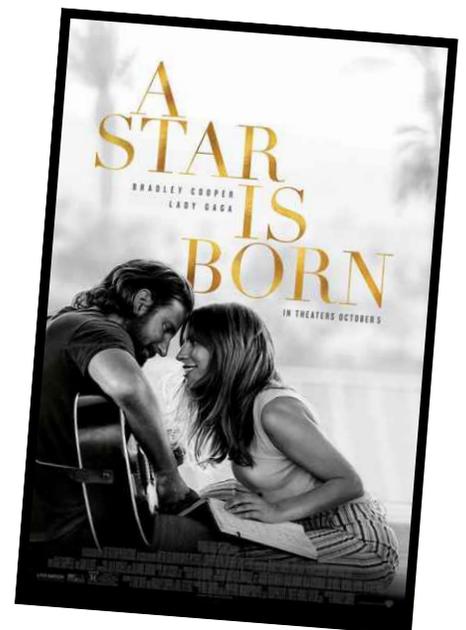
FEATURED FILM:

"A Star is Born"
(2018 version)
*Rated R



REGISTER HERE

<https://mc708.org/event/movie-night-with-discussion-in-person/>



***AGE REQUIREMENT IS 17+ UNLESS ACCOMPANIED
BY A PARENT OR ADULT GUARDIAN**

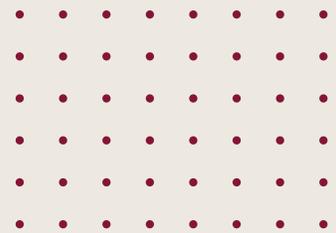




THE LINGERING SHADOW: NAVIGATING THE DEPTHS OF TRAUMATIC GRIEF

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



Training Coord: Kris Doherty
kdoherty@mc708.org



Gary Rukin, LPC

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



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
kdohertry@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 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist

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



There will be a 1 hour lunch on your own.

FRIDAY



April 10, 2026



9:00 am to 4:00 pm



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

REGISTER NOW



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



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

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

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

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



FRIDAY



 **April 17, 2026**

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

 **VIRTUAL TRAINING ON ZOOM**

REGISTER NOW



**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

Seeking Light in the Darkness

When Clinicians Are Survivors

Saturday, April 18, 2026

10:00 a.m.–2:30 p.m.

IN-PERSON, Lunch Included



Warren Township Youth & Family Services

100 S. Greenleaf Street, Gurnee, IL 60031

Register Now!
Participants Capped at 30
<https://SeekingLight.eventbrite.com>



\$40/person

4 CEUs--Social Worker,
Counselor, ICB/IAODAPCA
4 LMFT CEUs for additional
\$25--Please select the IAMFT
ticket when registering

Workshop Description

This workshop is for clinicians who have experienced the death of a client or loved one to suicide.

Empowered clinicians are effective clinicians. This workshop is based on resilience training and a strength-based perspective as applied to mental health clinicians. It gives participants an opportunity to process their own emotional reactions and lived experiences about suicide loss in clients and loved ones. It also gives participants an opportunity to process their experiences with suicidal individuals and build resiliency by creating an opportunity to express their own emotional reactions and the impact of suicide in their work and community.



Dr. Aruna Jha is a well-known suicide prevention specialist in the US. She has been active in suicide prevention for 32 years, is a Master Trainer for QPR, is trained in Living Works ASIST program, and the American Foundation for Suicide Prevention's survivor support group facilitator program. Her rich international experience informs Dr. Jha's approach to culturally tailored suicide prevention training.

Melissa Bleiler is a therapist in private practice in Madison, Wisconsin. She has a long history of facilitating groups for individuals with serious mental illnesses plus college counseling and private practice. She currently focuses on complex trauma and relationships. She is a level 1 IFS therapist and is trained in EMDR. Melissa is also an adjunct faculty member in the Counselor Education Department at University of Wisconsin-Whitewater and is a supervisor for therapists-in-training.



Aruna Jha, PhD, LCSW

Melissa Bleiler, MS, LMFT, LPC

Sponsored by:

Lake County Suicide Prevention Task Force

prevention.LCSPTF@gmail.com



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!



admin@yeamchenrycounty.org



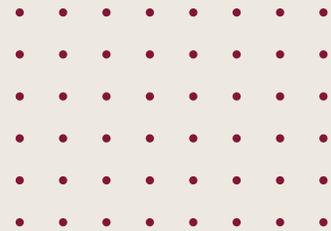
clbreak.com/yea



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.



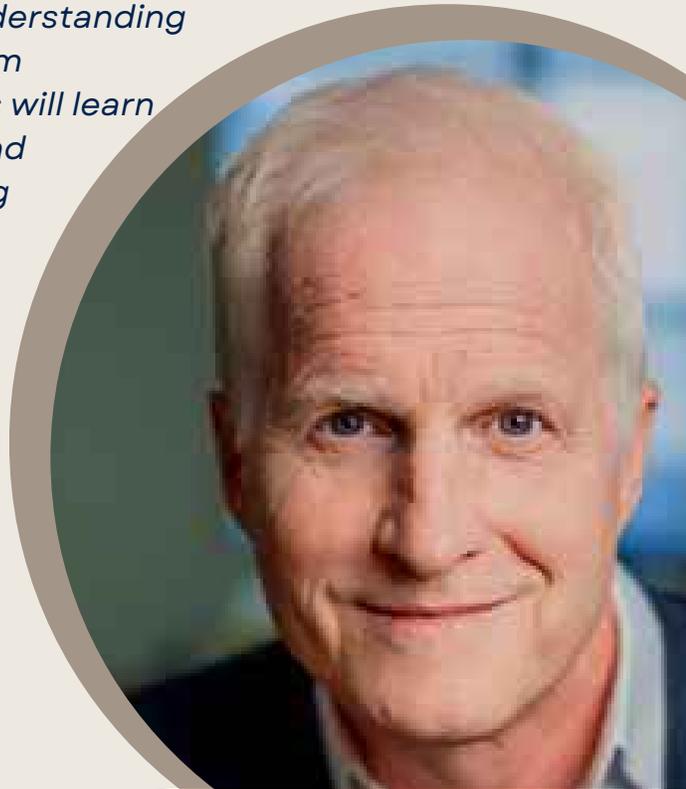
FRIDAY

 April 24, 2026

 9:00 am to 10:00 am

 VIRTUAL TRAINING ON ZOOM

[**REGISTER NOW**](#)



Doug Bolton, PhD



Training Coord: Kris Doherty
kdoherty@mc708.org

MENTAL HEALTH BOARD

TOWN HALL

Thursday, May 7, 2026 ♦ 5:00 pm to 7:00 pm

In-Person at:

McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

Let your voice be heard in matters of...

- Mental Health
- Intellectual/Developmental Disabilities
- Substance Use

This is your chance to make a difference in McHenry County and help shape its future.

For more information or to provide written feedback, call 815.455.2828 or email at InformationRequest@mc708.org



*****Translation services provided with 48-hour notice**



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

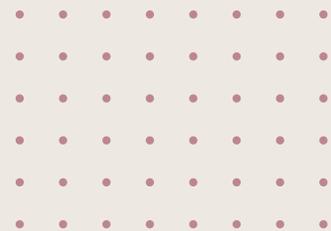
*Trauma Informed Coordinator for the
McHenry County Mental Health Board*



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
kdoherty@mc708.org**



SUPPORT GROUPS



McHenry County

A place to be.
A place to belong.
A place to breathe.

NAMI McHenry County proudly offers two free, peer-led programs designed to support adults at every point in their mental health journey.

THE FOGLIA FAMILY LIVING ROOM

Crisis Support Without the Emergency Room

The Living Room is a calm, welcoming space for adults experiencing emotional distress or a mental health crisis. Staffed by trained peers with lived experience, The Living Room offers immediate, compassionate support in a non-clinical environment.

The Living Room is:

- A walk-in alternative to the ER or psychiatric hospitalization
- Peer-led and recovery-focused
- Quiet, comfortable, and trauma-informed
- Free and confidential

Who: Adults 18+

When: Monday - Friday, 12:30PM - 8PM
(last referral at 7PM)

Where: 338 Memorial Drive, Crystal Lake, IL

Cost: Free

Learn more: www.namimch.org/livingroom

THE DROP-IN CENTER

Community. Connection. Support.

The Drop-In Center is a non-clinical space for adults looking to connect, build relationships, and find community. Whether you want to join an activity, talk with peers, or simply spend time in a welcoming environment – you are invited.

The Drop-In Center is:

- Peer connection and community support
- Groups, activities, and classes
- A welcoming space to reduce isolation and loneliness
- Support without pressure or expectations

Who: Adults 18+

When: Monday - Friday, 12:30PM - 8PM

Where: 338 Memorial Drive, Crystal Lake, IL

Cost: Free

Learn more: www.namimch.org/dropin



RUN BY PEOPLE WHO UNDERSTAND

Both programs are peer-led, meaning they are staffed by individuals with lived experience in mental health recovery. Our approach centers dignity, choice, and hope.



EVENTS

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!

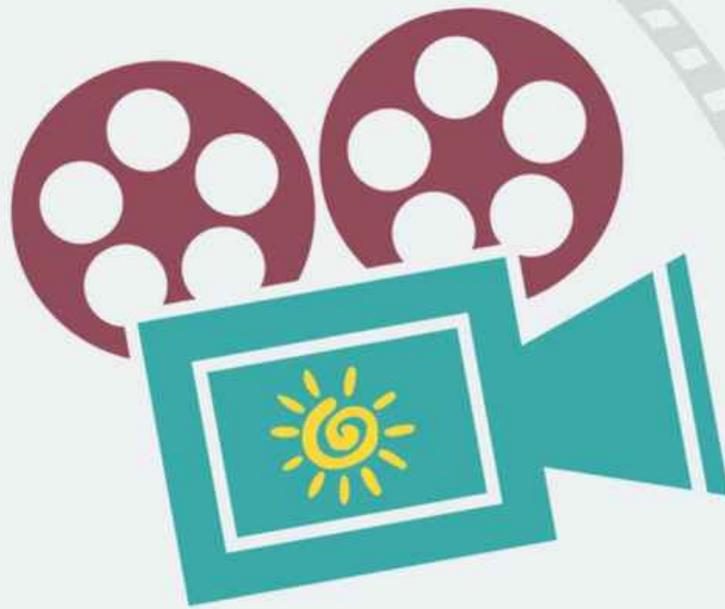
Tickets are \$50 and are available at HPCLINIC.org
or scan QR below.

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.**

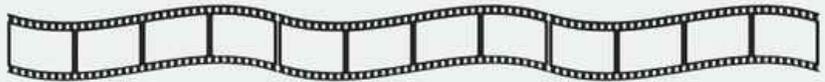
Thursday, April 9th 6-9 PM

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

