



Empowering Minds
Transforming Lives



Weekly Agency Update

(Bolded items are new listings)

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

April 1, 2026

Mental Health Board Trainings

McHenry County Mental Health Board

[Community Survey](#)

Take a short, anonymous 5-minute community survey to help identify gaps in mental health, substance use, and developmental disability services. Your input as a taxpayer matters and will help guide future funding and programs.

Survey closes April 15, 2026

[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.

- [A Trauma Informed Approach](#) | Virtual | Thursday, April 9, 2026 | 2:30 pm to 4:00 pm | 1.5 Free IDFPD 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 IDFPD CEUs for LSW/LCSW, LPC/LCPC, Psychologists. [FLYER](#)
- ["Beautiful Boy" Community Movie Meetup with Discussion](#) (brought to you by Northern Illinois Recovery Center and the Mental Health Board) | In-Person | Wednesday, April 15, 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](#)

- [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](#)
- [Trauma 101: Key Principles and Practical Approaches](#) | Virtual | Thursday, June 11, 2026 | 2:30 pm to 4:00 pm | 1.5 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)
- [Opioid Overdose Prevention & Reversal: Overdose Responder Training](#) | In-Person | Thursday, July 9, 2026 | 1:00 pm to 2:30 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 1.5 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)

Additional Educational and Training Opportunities

The Alliance for Human Services

- [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

- [Beyond Behaviors: Seeing Trauma, Supporting Students](#) | Virtual | Wednesday, April 15, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU

Behavioral Health Workforce Center

- [Effective Meeting Facilitation & Time Management](#) | Virtual | Tuesday, April 14, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's
- [Conflict Management: Addressing Divisive Behavior in the Workplace](#) | Virtual | Thursday, April 30, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's

- [The Art of Effective Feedback](#) | Virtual | Thursday, May 14, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's
- [Leading Well: How to Care for Yourself as a Supervisor](#) | Virtual | Tuesday, May 26, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's

BZA Behavioral Health

- [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

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

- [On-Demand CRSS/CPRS Fundamentals Training](#)
- [Recovery & Well-being Series: Living & Aging Gracefully](#) | Virtual | Wednesday, April 22, 2026 | 10:00 am to 11:00 am | Click link, Select Join Meeting: Meeting #: 2864-739-5020, Password: wellbeing
- [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

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

AA Meetings – Fridays, 7:00 pm

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

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

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

Saturday

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

At Live4Lali, 665 W. Jackson St., Unit C2, Woodstock (rear end of building). SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART,

you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on. This is a dual meeting - SMART Recovery and Family & Friends, held in separate rooms simultaneously. For additional information, contact Monica Andrade at monica.andrade@live4lali.org or Teagan Ferraresi at teagan.ferraresi@live4lali.org.

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.

Share your voice and help shape local priorities.

Take a short, anonymous 5-minute community survey to help identify gaps in mental health, substance use, and developmental disability services. Your input as a taxpayer matters and will help guide future funding and programs.

Survey closes April 15, 2026



**MCHENRY COUNTY
MENTAL HEALTH BOARD**




<https://lp.constantcontactpages.com/sv/UW43iyV>

Scan the QR code or use the link to participate.



TRAININGS



Roadmap to a **SHARPER MIND**

*building brain healthy habits for today and
the future*

*presented by Kim Ramos, RN, NBC-HWC
Sharp Again Health Coach*

**Wednesday, April 8
8:30-10:30 AM**

Breakfast & Brain Boost for Busy Professionals ♥

- Networking & Healthy Breakfast Options
- Protect your most valuable asset: your BRAIN
- Clarity, focus, concentration, and memory are all imperative to your daily work
- Identify actionable steps to enhance brain performance now & keep your brain strong for the future

Event hosted by White Oaks at McHenry
4605 W. Crystal Lake Rd., McHenry, IL
www.whiteoaks-mchenry.com

RSVP: 847-594-9393 (call or text)
marketing@hw-mchenry-slf.com

 **SHARP AGAIN**
Preserving Memory | Restoring Minds



White Oaks

at McHenry



*A Memory Care Community
for the Older Adult*

Managed by Gardant Management Solutions





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
kdoherthy@mc708.org



Katherine Atkins,
PhD, LCPC,
NCC, ACS,



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, APRIL 15, 2026
 6:00 PM TO 9:00 PM
 LOCATION:
 MCHENRY COUNTY
 MENTAL HEALTH BOARD
 620 DAKOTA ST, CRYSTAL LAKE

FEATURED FILM:

"Beautiful Boy"
 *Rated R



BYOP
 Bring Your Own Popcorn

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



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

Grief Guide

A COMMUNITY CONVERSATION

WHAT NO ONE TELLS YOU ABOUT GRIEF

Grief is something every human experiences, yet most of us have no idea how to talk about it. Our culture rushes people through grief, avoids uncomfortable conversations, and expects people to “move on”.

But Grief Doesn't Work That Way



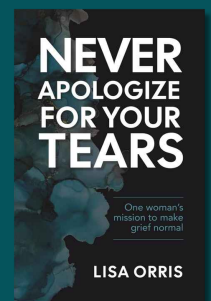
Lisa Orris
Host and Author

Join Lisa Orris, Founder of Grief Guide and Author of *Never Apologize for your Tears*, for an honest one hour conversation about grief in real life.

Wednesday
April 15th
@7-8PM

THE POINTE - 5650 NORTHWEST HWY., CRYSTAL LAKE, IL

*Book
Signing
to follow*



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
kdoherthy@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**

Detalles de la Conferencia



Abril 18, 2026



9:30 am - 1:30 pm



McHenry County
College, 8900 Us-14,
Crystal Lake, IL 60012

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

¡Regístrate hoy!



admin@yeamchenrycounty.org



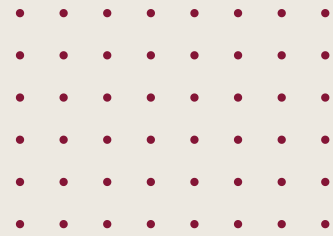
clbreak.com/yea






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

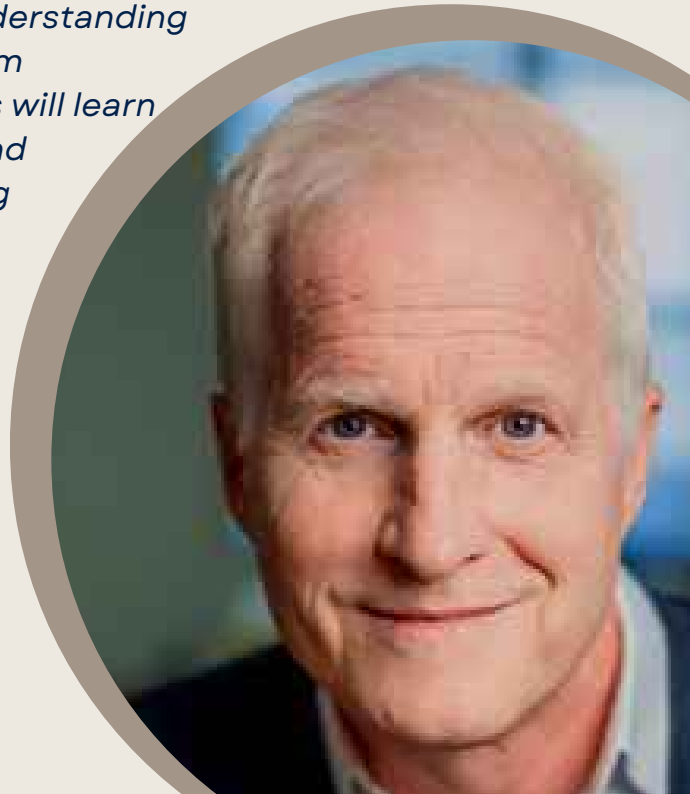
Join Dr. Doug Bolton, clinical psychologist, educational leader, and author of Untethered: Creating Connected Families, Schools, and Communities to Raise a Resilient Generation, for an interactive exploration of the emotional challenges children and families face today. Through personal stories and practical 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
kdoherthy@mc708.org

NAMI Talks

Anosognosia

Join us for a powerful presentation about a condition that can cause barriers to seeking help for severe mental illness-- and how awareness and empathy can break down barriers.



Jerri Clark

Guest Speaker



Anosognosia is a biological condition that blocks a person's self-awareness such that they do not perceive an illness. This condition is one of the most common reasons that an individual experiencing mental illness may refuse treatment. This presentation will cultivate empathy for those who cannot understand that they are ill and provide vocabulary and communication skills to assist in motivating individuals to get help.



April 30th, 2026



6:00 pm - 7:30 pm CST



Via Zoom

[Register by clicking
or scanning here](#)



Healthy Minds, Bright Futures: Integrated Youth Wellness Symposium



Friday, May 1

9:00 am – 2:30 pm

Northwestern Medicine Huntley Hospital
10400 Haligus Road
Huntley, Illinois 60142



Lisa Messinger



Allison Kranich



Nicole Francen Schmitt



Maria Ragusa



Lindsey Shaffer

Please join us for an educational event. Experts will share tips and strategies to support children and young adults during summer, a less structured time than the school year.

There is no cost to attend, and breakfast and lunch will be provided.

Topics include:

- › Parenting in a digital world
- › Spotting vaccine misinformation
- › Feeding healthy, growing kids
- › Understanding and calming anxious minds
- › Finding sleep success

You must register by **April 21** to attend.
Scan the QR code or [complete our form to register](#).



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**

COMMUNITY DOMESTIC VIOLENCE TRAINING

Get your 40-Hour Domestic
Violence Training Certificate!



You Will Learn :

- Dynamics of Domestic Violence
- Barriers for Survivors
- Direct Service & Counseling Skills
- Impact of DV on Children
- Legal Issues related to DV
- Safety Planning
- Risk Assessment
- Cultural Humilities
- Intro to Alternatives to Violence Programs
- Plus More!

Registration Fee \$375 Per Person

2026 TRAINING DATES:

MAY 11-13TH

JULY 13-15TH

SEPTEMBER 14-16TH

NOVEMBER 16-18TH



Woodstock, IL

For More Information
Email Elissac@turnpt.org or
visit our website:



www.turnpt.org/community-training

 **TurningPoint**
DOMESTIC VIOLENCE SERVICES

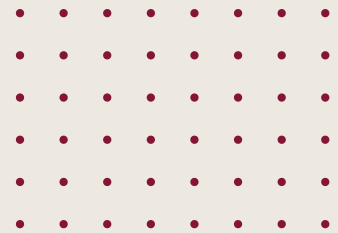
CEUs available upon
request for Social Work,
LPC, LPCP, CDVP, CPAIP




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 IDFPR 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**



REGISTER NOW



**Becky Carter,
LCPC**

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

COMMUNITY PAIP FACILITATOR TRAINING

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



You Will Learn :

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

2026 TRAINING DATES:

June 23, 24 and 25

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

Registration Fee \$150 Per Person



Crystal Lake, IL

For More Information
Email ZitiIallir@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



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



July 9, 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
kdoherty@mc708.org



SUPPORT GROUPS



Association for
Individual Development

DROP-IN ACTIVITIES FOR THOSE IN MENTAL HEALTH RECOVERY

1201 DEAN ST., WOODSTOCK, IL 60098

(Located in Woodstock Assembly of God)

TUESDAY

ALL GROUPS ARE FREE TO PARTICIPATE!

10:00 A.M. - 11:30 A.M. | MOVIE GROUP: This group can offer emotional comfort, help reduce mental stress, foster social connection, spark deep reflection, and aid self-discovery.

11:45 A.M. - 12:30 P.M. | IMPROVING SELF-ESTEEM: This group explores tools to aid in increasing self-esteem.

12:45 P.M. - 1:30 P.M. | COPING STRATEGIES: This group provides coping mechanisms designed to help you respond to stress and manage uncomfortable emotions.

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

WEDNESDAY

DROP-IN GROUPS RUN FOR 16 WEEKS: 4/7/26 - 7/23/26

10:00 A.M. - 11:00 A.M. | GENTLE MOVEMENT GROUP: This group will offer gentle movements through chair yoga, walking, and stretching for moving your body for wellness.

11:15 A.M. - 12:15 P.M. | MEDITATION GROUP: This group will focus on guided and scripted meditation to calm the mind and reduce stress.

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

2:15 P.M. - 3:00 P.M. | BINGO GROUP: A community group for fun and to meet others for socialization. Snacks and prizes will be available.

THURSDAY

OPEN TO ALL MCHENRY RESIDENTS!

10:00 A.M. - 10:45 A.M. | HEALTHY BOUNDARIES: This group explores the personal limits we set to feel safe, respected, and emotionally balanced. Healthy boundaries require self-awareness and clear communication.

11:00 A.M. - 12:00 P.M. | OVERCOMING ANXIETY: This group will provide information that will aid in overcoming anxiety to enable you to be confident in various situations.

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

1:30 P.M. - 2:30 P.M. | MEDITATIVE ART: This group utilizes art as a creative practice that combines mindfulness and meditation techniques with artistic expression.

PLEASE PROVIDE PROOF OF MCHENRY COUNTY RESIDENCY

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

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

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



TAKE CHARGE of your Diabetes



This interactive, **NO-COST** workshop with small group sessions is for people with diabetes or pre-diabetes & their caregivers.

Benefits of the class:

- Helps to lower A1C levels
- Increase physical activity
- Increase confidence in managing symptoms
- Decrease pain and depression
- Less frustration or worry about health

Classes meet every **Thursday** for six weeks
McHenry County Department of Health
100 N. Virginia St. Crystal Lake
10:00am - 12:30pm
May 7, 2026 to June 11, 2026

Register here:



Or contact:
Stephanie Bailey at (815) 334-4580



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



Tome Control de su diabetes

En este taller interactivo y **GRATUITO**, con sesiones en grupos pequeños, es para personas con diabetes o prediabetes y sus cuidadores.

Beneficios de la clase:

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

El programa es impartido por facilitadores calificados los **Jueves por 2 ½ horas por 6 semanas.**

**Departamento de Salud del Condado de Mchenry
100 North Virginia St.
Crystal Lake IL 60014**

**Abril 30 a Junio 4 de
5:30pm a 8:00pm**

**Para registrarse puede escanear el código QR o llamar a:
Sandra Garcia
(815) 334-4082**



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





FAMILY SUPPORT GROUP

Unity. Service. Recovery

Stages of Transformation Resource Center

820 McArdle Drive, Unit C

Crystal Lake, IL 60014

Friday Evenings

7:00 pm - 8:00 pm

Doors open at 6:30 pm

This is
an Open
Meeting

Fellowship
Immediately
Following

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

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

A place:

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

You are not alone!

All are Welcome





join us for

MORNING & **COMMUNITY**
COFFEE & **CONVERSATION**

ENJOY FRIENDLY CONVERSATION AND ENGAGING TOPICS



7:30 - 9:00 am

Thursday

May 7, 2026

June 4, 2026

July 2, 2026

August 6, 2026

September 3, 2026

October 1, 2026

November 5, 2026

December 3, 2026

*Complimentary
Coffee and Pastries*



nami

National Alliance on Mental Illness

**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

DROP SITE LOCATION SIGN-UP NOW OPEN

MCHENRY COUNTY DEPARTMENT OF HEALTH'S
7TH ANNUAL
OPERATION DROPBOX

SERVING VETERANS IN MCHENRY & LAKE COUNTY

BY PROVIDING CRITICAL SUPPORT TO VETERANS PATH TO HOPE'S FOOD PANTRY AND ASSISTANCE PROGRAMS.

Who can be a drop site?

- Businesses
- Libraries
- Churches
- Community Organizations

What is needed to become a drop site?

Just space at your location.

We'll provide the donation box & signage.



SIGN UP TO BE A DROP SITE LOCATION:

[REDCAP.LINK/ODB2026](https://www.redcap.com/link/ODB2026)

PROGRAM MADE POSSIBLE BY:



**SIGN UP AS A DROP SITE LOCATION
THROUGH FRIDAY, APRIL 3**



INDEPENDENCE HEALTH & THERAPY
PRESENTS THE 11th ANNUAL

Masters-- Full Viewing Event

THURSDAY, APRIL 9, 2026

12:30-5:00 PM

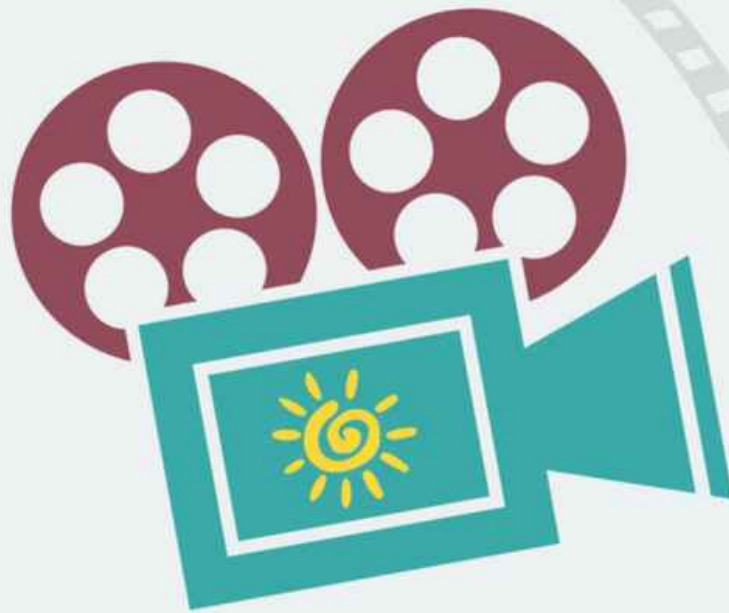
Sponsorship opportunities available. Contact: Theresa Beck | tbeck@IndependenceHealth.org

IN-PERSON at Bull Valley Golf Club

*Green Jacket
Sponsor*

Armanetti

Wine & Spirits
Huntley | Woodstock



NORTHWEST CASA PRESENTS:

Film + Wine Festival

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

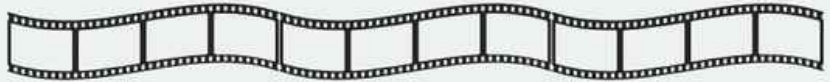
Thursday, April 9th 6-9 PM

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*



Senior Services Associates
invites you to join us in
celebrating **Historic Chicago** with our
McHenry County Fundraiser Concert,
featuring legendary, Grammy nominated,
Chicago Blues icon

JOHN PRIMER

“The Real Deal Blues Band”



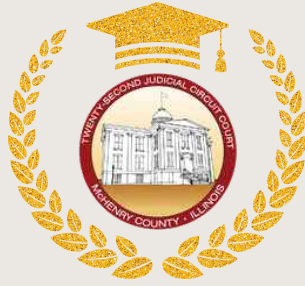
Only 150 tickets are available at \$125 each for
this intimate venue, at the historic Dole Mansion,
in Crystal Lake on **Friday, May 1, 2026**.

Doors open at 5:30PM and the event runs from
6:00-8:30PM, with the concert beginning at 6:30PM.

Guests will enjoy an evening featuring heavy
hors d'oeuvres, cocktails (*one complimentary
drink with admission*), live music,
50/50 raffle and raffle prize drawings.

Buy tickets at:
www.seniorservicesassoc.org





YOU ARE INVITED TO THE

22ND JUDICIAL CIRCUIT SPECIALTY COURT GRADUATION

TUESDAY

MAY

5

2026

5:30 P.M.

JOIN US IN CELEBRATING OUR DUI
COURT PARTICIPANTS' SUCCESS

MICHAEL J. SULLIVAN JUDICIAL CENTER
2200 N. SEMINARY AVE. WOODSTOCK, IL





YOU ARE INVITED TO THE

22ND JUDICIAL CIRCUIT SPECIALTY COURT GRADUATION

TUESDAY

MAY
12
2026

5:30 P.M.

JOIN US IN CELEBRATING OUR DRUG
COURT AND MENTAL HEALTH COURT
PARTICIPANTS' SUCCESS

MICHAEL J. SULLIVAN JUDICIAL CENTER
2200 N. SEMINARY AVE. WOODSTOCK, IL





1ST ANNUAL GOLF OUTING AND FUNDRAISER

Stages of Transformation



Friday, July 10, 2026

Bonnie Dundee Golf Club

270 Kennedy Drive

Carpentersville, IL 60110

Early Registration Pricing

March 1st - May 1st

\$120.00 per person

\$480.00 per foursome



SAVE THE DATE:

NDARS' Annual Golf Outing

WEDNESDAY, AUGUST 20TH



**MCKRAY MEMORIAL GOLF CLUB 1010 S
NORTHWEST HIGHWAY, BARRINGTON, IL
60010**

**8:30am Check-In
10am Shotgun Start**

**\$150 / Individual Ticket
\$600 / Foursome**



MISCELLANEOUS

Social Work



Transform your passion for helping others into a professional career. MCC's Social Work Certificate builds the foundational knowledge and practical skills you need to step into entry-level social service roles or advance toward a specialized degree.

Throughout the program, you'll develop essential skills in case planning, crisis intervention, and theory-based assessment while gaining real-world experience with local human services agencies and navigating community resources. You'll graduate ready to tackle contemporary social issues with confidence and empathy.

All credits stack directly into an Associate of Arts (AA) degree at MCC. After completing the certificate, you can seamlessly continue your education at the University Center at MCC through our partnership with Aurora University.

Typical Jobs:

- Social Services Aide
- Case Management Assistant
- Intake Coordinator
- Community Outreach Worker
- Shelter or Program Support Staff
- Advocate

Median Salary:

- Social and Human Service Assistants: \$45,906
- Mental Health and Substance Abuse Social Worker: \$61,342
- Healthcare Social Worker: \$71,671

Job Outlook*:

- Employment of Social and Human Service Assistants is expected to rise 6% through 2034.

**Data obtained via Lightcast.*

Learn more at www.mchenry.edu/socialwork

Recruiting Department | recruit@mchenry.edu or (815) 479-7732



ARE YOU A VETERAN WHO...

Needs assistance with personal care?

Is looking for an alternative to a nursing home or assisted living facility?

If so, the **VA Medical Foster Home Program** may be an option for you!

What is a Medical Foster Home (MFH)?

MFHs provide a safe, supportive, long-term care option for Veterans in a comfortable home environment. It may be appropriate for those who need nursing home care but prefer a non-institutional setting with fewer residents.

Veterans living in a MFH are required to receive health care services from the Lovell FHCC Home Based Primary Care (HBPC) team.

While Lovell FHCC helps coordinate care, MFHs are not currently provided or paid for by Veterans Affairs. Cost for the MFH is the responsibility of the Veteran. The charge for a MFH varies based on income and the level of care needed. The specific cost is agreed upon by the Veteran and the MFH caregiver ahead of time.

Medical Foster Homes provide:

- ✓ Private Rooms
- ✓ Home-like living
- ✓ 24-hour personal care & support
- ✓ Flexibility & choice
- ✓ A supervised setting
- ✓ Choice of homemade meals & snacks
- ✓ Social & recreational activities
- ✓ Medication management

**For more information
contact us now!**

MFH Program Coordinator

John Zidek, LCSW

Phone

224-610-3784

Email

john.zidek@va.gov

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

