



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 29, 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.

McHenry County Division of Transportation will be present to explain McRide and the Connect Program for those with transportation needs.

- [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](#)
- ["The Way Back" Community Movie Meetup with Discussion](#) brought to you by Northern Illinois Recovery Center and the Mental Health Board | In-Person | Wednesday, May 20, 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](#)
- [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](#)
- [Deepening and Expanding Somatic Techniques: The Embodiment of Trauma and Stress Part II](#) | In-Person | Friday, July 17, 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](#)
- [Understanding Eligibility and Access to Illinois' Medicaid Waiver Services](#) | Virtual | Thursday, July 30, 2026 | 7:00 pm to 8:00 pm | Open to the Community. No CEU's provided. [FLYER](#)

## Additional Educational and Training Opportunities

### The Alliance for Human Services

- [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 Illinois

- [C3: Community Connect to Care – Mental Health Awareness & Referrals \(Health Care Providers\)](#) | Virtual | April 29, 2026, May 7, 2026, May 14, 2026 | 2 Free CEU's
- [Is My Baby Still Breathing?](#) | Virtual | Thursday, April 30, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU

### Behavioral Health Workforce Center

- [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

- [Beyond the Basics: Integrating DBT in to the School Setting](#) | 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

## **Compass Health Center: To access free CEU trainings, create an account.**

- [Is it OCD? Differential Diagnosis in Complex Clinical Presentations](#) | Virtual | Tuesday, May 12, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- [A Clinical Guide to Building Acceptance in Parents of LGBTQ+ Children](#) | Virtual | Wednesday, June 3, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU

## **Elderwerks**

- [Trainings & Events](#)
- [Community Education](#)

## **Illinois Council on Problem Gambling**

- [3rd Annual Asian-American Conference on Problem Gambling](#) | In-Person | Friday, May 1, 2026 | 8:30 am to 2:30 pm | Bridgeport Art Center, 1200 W 35<sup>th</sup> St, Chicago | Free CEU's (pending approval).

## **Illinois Department of Human Services**

- [On-Demand CRSS/CPRS Fundamentals Training](#)
- CRSS/CPRS Competency Training (Session 3) | Virtual | [May 11, 2026](#) (9:00 am to 12:00 pm), [May 13, 2026](#) (1:00 pm to 4:00 pm), [May 15, 2026](#) (9:00 am to 12:00 pm)
- [2026 Home Illinois Summit: Rising with Resilience](#) | In Person | May 12-13, 2026 | Crowne Plaza Springfield Convention Center, Springfield, IL | FREE
- [CRSS/CPRS Orientation](#) | Virtual | Wednesday, May 20, 2026 | 10:00 am to 12:00 pm | 2 Free CEU's

## **Live4Lali**

- [Trainings and Support Groups](#)

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

## [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](mailto:julie.davis@willowcreek.org), [www.CommunityResourceDays.org](http://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

- [Direct Support Professional \(DSP\) — Full Time](#)
- [Direct Support Professional \(DSP\) — Part Time](#)
- [Direct Support Professional \(DSP\) – Day Program — Full Time](#)
- [Shelter Support Specialist \(Chapel PADS – McHenry\) — Full Time](#)
- [IT Assistant - Part Time](#)
- Career Page at [www.pioneercenter.org/careers/](http://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 4<sup>th</sup> Monday of the month, 7:00 pm to 9:00 pm**

Tree of Life Unitarian Universalist Congregation, 5603 Bull Valley Road, McHenry. For additional information contact Sue Rekenenthaler, [jailbrakerssue@gmail.com](mailto: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](mailto:events@elderwerks.org) or call 847.462.0885.

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

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

#### **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](mailto: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](http://mygriefguide.org), [orris.lisa@gmail.com](mailto: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](mailto: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](mailto: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](mailto:AHBHHHEResourceCenter@ascension.org)

### **Virtual Neurodevelopmental Teen Support Group – 1<sup>st</sup> Tuesdays of the month, 5:00pm to 6:00pm**

The Alexian Brothers Autism Spectrum & Developmental Disorders Resource Center serves as a clinical navigation hub for the neurodevelopmental community. The 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](mailto:AHBHHHEResourceCenter@ascension.org).

## **Virtual Neurodevelopmental Adult Support Group – 2<sup>nd</sup> 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](mailto: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](http://mygriefguide.org), [orris.lisa@gmail.com](mailto: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– 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 7:00 pm**

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

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

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

### **The Healing Professionals Decompression Chamber – 2<sup>nd</sup> 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](mailto: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 2<sup>nd</sup> 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](mailto: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 2<sup>nd</sup> Wednesday of the month (in-person and Zoom), 10:00 am to 11:30 am and Every 4<sup>th</sup> Wednesday of the month VIRTUALLY on Zoom**

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

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

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

### **Turning Point Support Group – Every Wednesday, 5:30 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 3<sup>rd</sup> Thursday, 6:00 pm to 7:00 pm**

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

### **Grief Support Group – Thursdays, 6:00 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](http://mygriefguide.org), [orris.lisa@gmail.com](mailto: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](mailto:cchavez@yfc-mc.org).

### **Independence Caregiver Support Group – 2<sup>nd</sup> 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](mailto: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](mailto:ccampobasso@rosecrance.org) for information.

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

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

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

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

## **Friday**

### **Independence Caregiver Support Group – 3<sup>rd</sup> 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](mailto: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](mailto:ColleenFuchs@stagesoftransformation.org).

### **AA Meetings – Fridays, 7:00 pm**

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

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

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

## **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](mailto:monica.andrade@live4lali.org) or Teagan Ferraresi at [teagan.ferraresi@live4lali.org](mailto: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](mailto:admin@owenscounseling.com) or call 847-854-4333 for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills.

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

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



# TRAININGS

# 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 30<sup>th</sup>, 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.

---

**McHenry County Division of Transportation will be joining us**

Learn about:

- MCRide: County-wide, curb-to-curb paratransit.
- Connect Program: \$15 vouchers for Uber/UZURV trips within the county.
- Fixed Routes: Connecting Harvard, Crystal Lake, McHenry, Woodstock, and Elgin.



**Staff will be on-site to help you register for the Connect Program!**

---

For more information or to provide written feedback, call **815.455.2828** or email at [InformationRequest@mc708.org](mailto: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](mailto:Elissac@turnpt.org) or  
visit our website:



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

 **TurningPoint**  
DOMESTIC VIOLENCE SERVICES

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



# Burnout & Self-Care in the Workplace



**Lunch & Learn**  
**Wed., May 13**  
**12:00–1:30 PM**

4605 W. Crystal Lake Rd., McHenry, IL 60050

Professionals are invited to **White Oaks** at McHenry in partnership with NAMI for a presentation and healthy bites

May is Mental Health Awareness Month



RSVP: 815-344-2970  
email: sales@whiteoaks-mchenry.com



**Support  
NAMI's  
Drop-in  
Center  
Donation  
Drive**

see attached list

# NAMI 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

Important Details:

Who: Adults ages 18+

When: Monday-Friday, 12:30pm - 8:00pm (please note that the Drop-In Center is closed for Connections Support Group starting at 6pm on Mondays and Wednesdays).

Where: NAMI McHenry County, 338 Memorial Drive, Crystal Lake, IL 60014

Cost: Free

NOTE: all first-time Drop-In Center guests must complete a service assessment in the Living Room. If you are looking to attend a group or activity, please arrive one hour before the start time to check-in at the Living Room.

## Donation Wish List:

Pads/tampons and other feminine products

Card games-- Uno, Phase 10, Skip-Bo, etc.

Board Games

Paint-by-number kits

Activity books-- crosswords, word search, sudoku

Blank journals

Puzzles

Snacks-- non-perishable/individually-wrapped items like granola bars, chips, etc.

Decaf or regular K-cups

Fiction books/Novels

Toiletries/hygiene products for our Care Cabinet

Movie DVDs

DIY crafts/Craft Kits

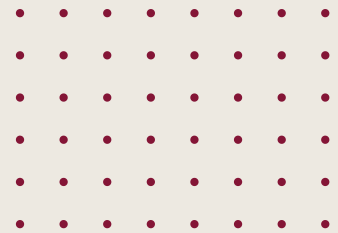





# THE SHADOW'S GIFT: HEALING SHAME AND RECLAIMING YOUR TRUE SELF

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*



# 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, MAY 20, 2026**

**6:00 PM TO 9:00 PM**

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

## FEATURED FILM:

**"The Way Back"**

**\*Rated R**



**BYOP**  
Bring Your  
Own Popcorn

**REGISTER HERE**

<https://mc708.org/event/the-way-back-community-movie-meetup>



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



# 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](mailto:ZitiIallir@turnpt.org) or  
visit our website:



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

 **TurningPoint**  
DOMESTIC VIOLENCE SERVICES

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



# 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




# DEEPENING AND EXPANDING SOMATIC TECHNIQUES: THE EMBODIMENT OF TRAUMA AND STRESS PART II


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

*This advanced training invites practitioners to deepen their somatic expertise by exploring the nervous system's response to stress, trauma, and neurodivergence. Participants will refine clinical skills in embodied presence and moment-to-moment attunement, learning practical methods for titration, shame reduction, and supporting clients through dissociation or sensory overwhelm. Through experiential activities, the course covers the arc of a somatic session and the essential practice of self-resourcing to prevent vicarious fatigue, ultimately enhancing the practitioner's capacity to support body wisdom and capacity in diverse treatment settings.*

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

## FRIDAY

 **July 17, 2026**

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

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

**REGISTER NOW**



[https://mc708.org/event/somatic\\_techniques/](https://mc708.org/event/somatic_techniques/)



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



**Presenter:**  
**Becky Carter, LCPC**



# UNDERSTANDING ELIGIBILITY AND ACCESS TO ILLINOIS' MEDICAID WAIVER SERVICES

**OPEN TO THE COMMUNITY - NO CEU'S AVAILABLE**

This session provides an overview of Illinois' PUNS database and waiting list for Home and Community-Based Medicaid Waiver Services for individuals with developmental disabilities. It covers eligibility, required documentation, enrollment, available services, and what to expect while waiting for funding, as well as alternative supports such as respite care and the DHS Division of Rehabilitation Services Home Services Program.



## THURSDAY



**July 30, 2026**



**7:00 pm to 8:00 pm**



**VIRTUAL TRAINING ON ZOOM**

**REGISTER NOW**



<https://mc708.org/event/understanding-eligibility-medicaid-waiver>



**Presenter:  
Jennifer Rowzee, M. Ed.**



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



# SUPPORT GROUPS

# VNA Creative Workshop featuring Watercolors

Join us May 2<sup>nd</sup> 11-12pm

The Other Side

135 Beardsley St

Crystal Lake

Join us for a chill watercolor session where you can unwind, create, and connect with others.

Veterans, family and supporters are welcome to attend.

Supplies are provide.

RSVP scan QR code or email

[VeteransNetworkAssc@gmail.com](mailto:VeteransNetworkAssc@gmail.com)



VETERANS NETWORK  
ASSOCIATION





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.



# EVENTS



VETERANS  
NETWORK  
ASSOCIATION

# SPORTS TRIVIA

 AMERICAN  
LEGION

 VFW  
VETERANS OF FOREIGN WARS.

RSVP: [veteransnetworkassc@gmail.com](mailto:veteransnetworkassc@gmail.com)

April 30, 2026 5-7  
The Other Side  
135 Beardsley Street  
Crystal Lake, IL

 GRAND  
victorian  
INDEPENDENT LIVING  
ASSISTED LIVING & MEMORY CARE  
CRYSTAL LAKE

  
Assisted Living  
Locators  
Your local senior living advisor

America's Choice in Homecare.  
VisitingAngels.  
LIVING ASSISTANCE SERVICES 

- **FUN FOR ALL**
- **HOT DOG'S, CHIPS AND DRINKS PROVIDED**
- **PRIZES FOR TOP SCORERS**





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](http://www.seniorservicesassoc.org)





YOU ARE INVITED TO THE

# 22<sup>ND</sup> 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

# 22<sup>ND</sup> 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





# Get Covered Illinois HEALTH FAIR

Caring for your health and your family!



**MAY 16TH**  
**11:00 AM - 2:00 PM**

## Mobile Clinic

Low Cost Vaccines

Flu and COVID-19

### Medical Screenings:

School, sports and annual physical examination, blood sugar, blood pressure

We accept medical insurance, including Commercial PPO plans, Medicaid, Medicare, and All Kids. If you don't have insurance, we offer low-cost consultations; pricing is based on annual income.



## CHP Harvard

Community Health Partnership of Illinois  
CENTROS DE SALUD



Scan the QR code to register



## Free Enrollment

### Assistance:

- Marketplace plans
- Medicaid
- Medicare
- All kids
- SNAP
- Cash Assistance

If you want to access the services, we suggest you pre-register

More resources will be available. call today at

815-943-4339 to register

**FREE ENTRY – Open to the community**

Place: 333 Commerce Dr., Crystal Lake. 60014 - Rear parking lot



# FERIA DE SALUD

## Get Covered Illinois

¡Cuidando tu salud y la de tu familia!



**MAYO 16**  
**11:00 AM - 2:00 PM**

### Clinica Movil

Vacunas a bajo costo

Influenza y Covid-19

Exámenes médicos

Examen físico anual, escolar y de deporte,  
nivel de azúcar y presión arterial

Aceptamos seguros médicos, Commercial  
PPO plans, Medicaid, Medicare, All Kids.

Si no tiene seguro, ofrecemos consultas a  
bajo costo, precios basados en ingresos  
anuales



### CHP Harvard

Community Health Partnership of Illinois  
CENTROS DE SALUD



### Asistencia gratuita para inscripciones

Seguros médicos privados

Medicaid

Medicare

All kids

SNAP

Cash Assistance



Escanea el QR para  
registrarte



**Si quieres acceder a los servicios sugerimos hacer un pre-registro**

**Más recursos estarán disponibles! llamanos al  
815-943-4339 para registrarte**

**ENTRADA GRATIS – Abierto a toda la comunidad**

**Lugar: 333 Commerce Dr., Crystal Lake. 60014 - Parqueadero trasero del  
edificio**

# MULTI CHAMBER MIXER

Join members from the Woodstock, Cary-Grove, Chain O'Lakes, Crystal Lake, Huntley, and McHenry Chambers for an evening of networking, connection, and community collaboration.



Independence Health & Therapy  
2028 N Seminary Ave  
Woodstock, IL 60098



Tuesday May 19, 2026  
5:00 PM - 7:00 PM



Expand your reach, meet new professionals from across McHenry County, and strengthen regional relationships in a relaxed environment.

SMALL BITES & BEVERAGES  
WILL BE SERVED



**REGISTER:**



<https://tinyurl.com/2utzawsm>

2026

Join Home of the Sparrow to...  
**WALK FOR HOPE.  
WALK FOR A CHILD.  
CHANGE A LIFE.**

Register Today.  
Bring Your Family.  
Invite Your Friends.  
**MAKE  
AN IMPACT!**



Every step you take helps a child and their family move from homelessness to **stability, safety and hope.**

DON'T MISS THIS POWERFUL COMMUNITY EVENT  
**SATURDAY, JUNE 6TH 10:00AM - 2:00 PM**  
WALK. CELEBRATE. CHANGE LIVES.



## FUN FOR THE WHOLE FAMILY!

- 1 Mile Fun Walk
- Food Trucks
- Live music
- Raffle Drawings
- Kids Games & Activities
- & So Much More!



**HOS Headquarters  
1991 Duncan Place  
Woodstock IL, 60098**





# HOPE CHAMPION TOOL KIT

Be the bridge from crisis to stability.



DON'T MISS THIS POWERFUL COMMUNITY EVENT  
**SATURDAY, JUNE 6TH 10:00AM - 2:00 PM**  
WALK. CELEBRATE. CHANGE LIVES.

## YOUR IMPACT

Your support helps women and children facing homelessness access safe shelter, stability, and a path forward. Every dollar raised directly benefits local families in need. Here are just a few ways you can change a life:

- \$150 – Provides one night of safe shelter for a family
- \$500 – Covers one month of groceries and essentials
- \$1,000 – Funds critical support services for a child



## YOUR ACTION PLAN

- Set a goal (recommended \$1,000+)
- Personalize your page with your photo and why
- Ask 10-20 people directly
- Post 3-5 times during the campaign
- Thank every donor within 24 hours

## RAISE \$1,000 QUICKLY

- 10 gifts of \$100, 20 gifts of \$50, 40 gifts of \$25

## SAMPLE MESSAGE

“No child should sleep in a car. I’m raising funds for Home fo the sparrow to help families move from crisis to stability. Would you consider a gift of \$25, \$50, or \$100?”



**WALK FOR HOPE.  
WALK FOR A CHILD.  
CHANGE A LIFE.**



# 1ST ANNUAL GOLF OUTING AND FUNDRAISER

## Stages of Transformation

A detailed illustration of a butterfly with brown, black, and white wings, positioned to the right of the title.

---

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





# Stages of Transformation

## 1ST ANNUAL GOLF OUTING AND FUNDRAISER



### 2026 CORPORATE SPONSORSHIP INFORMATION



#### **Albatross (\$1,000)**

- A Foursome of Golf
- Advertisement in the Program
- A Sign on a Hole



#### **Eagle (\$750.00)**

- Advertisement in the Program
- A Sign on a Hole
- Stages Swag



#### **Birdie (\$500.00)**

- Advertisement in the Program
- A Sign on a Hole



#### **Par (\$250.00)**

- Advertisement in the Program



#### **Hole Sponsor(s) \$50.00**

- A Sign on a Hole



Friday, July 10, 2026  
Bonnie Dundee Golf Club  
270 Kennedy Drive  
Carpentersville, IL 60010

#### **Early Registration Golf Pricing**

March 1<sup>st</sup> - May 1<sup>st</sup>  
\$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



Bring what you can, take what you need


# Community Fridge

Nippersink Library in Richmond  
First Congregational Church of Crystal Lake  
East River Public Library in McHenry



**Join our Community Fridge Program and support our waste reduction efforts! Drop off perishable items for others to take home. Our program is free to all!**


- Sealed packaged foods
- Unopened pasteurized milk, yogurt & juice
- Fresh eggs (with a use-by date)
- Condiments/Sauces (salad dressing, salsa, hot sauce, ketchup, mustard)
- Cured meats (sealed, with a use-by date)
- Fresh Vegetables & Fruit
- Baked goods & Bread
- Cheeses



Ayúdanos a combatir el desperdicio de alimentos  
y la inseguridad alimentaria

# Dispensa de comida refrigerada

Biblioteca Nippersink en Richmond  
Primera Iglesia Congregacional de Crystal Lake  
Bibliotecas Públicas de East River en McHenry



**Apoya a nuestra comunidad participando en el Programa de Refrigeradores Comunitarios Defenders. Deja alimentos perecederos para que otros puedan llevárselos a casa. ¡Nuestro programa es gratuito para todos!**

- Alimentos sellados y empaquetados
- Leche, yogur pasteurizados y jugo de fruta sin abrir
- Huevos frescos (con fecha de consumo)
- Carnes curadas (selladas, con fecha de consumo)
- Salsas de mesa (aderezos para ensalada, condimentos, salsa, salsas picantes, etc.)
- Verduras frescas
- Pasteles o productos de panadería
- Pan y Quesos

# Become a Foster Parent

There's No Better Gift To Give A Child Than A Family

## Foster Parents Needed

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