



Empowering Minds
Transforming Lives



Weekly Agency Update

(Bolded items are new listings)

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

May 20, 2026

Mental Health Board Trainings

McHenry County Mental Health Board

- **[“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. **REGISTRATION CLOSED – To be put on the Waitlist, Email Kris Doherty at kdoherty@mc708.org.** [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](#)
- **[A Trauma Informed Approach](#)** | Virtual | Thursday, July 9, 2026 | 2:30 pm to 4:00 pm | 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](#)
- [Trauma 101: :Key Principles and Practical Approaches](#) | Virtual | Thursday, August 13,2026 | 2:30 pm to 4:00 pm | 1.5 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)
- [When Anxiety Isn't Just Anxiety: Recognizing, Understanding, and Treating OCD in Clinical Practice](#) | In-Person | Friday, August 14,2026 | 9:00 am to 12:00 pm | 3 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)

Additional Educational and Training Opportunities

Ascension

- [C3 Community Connect to Care](#) | Virtual | Wednesday, June 3, 2026 | 12:00 pm to 2:00 pm | 2 Free CEU's
- [Family Wellness Toolkit](#) | Virtual | ON DEMAND | 1 Free CEU

Behavioral Health Workforce Center

- [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
- [The Clinical Side of Supervision](#) | Virtual | Thursday, June 11, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's
- [Leading Well: How to Care for Yourself as a Supervisor](#) | Virtual | Tuesday, June 23, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's
- [Blending Strengths-Based Practice with Situational Leadership](#) | Virtual | Thursday, July 16, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's
- [Crucial Conversation in Supervision](#) | Virtual | Thursday, July 30, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's

BZA Behavioral Health

- [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.

- [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

- [Aging Better Expo](#) | In-Person | Wednesday, August 12, 2026 | 8:30 am to 3:30 pm | Concorde Banquets, 20922 N Rand Rd, Kildeer | FREE
- [Trainings & Events](#)
- [Community Education](#)

Illinois Department of Human Services

- [On-Demand CRSS/CPRS Fundamentals Training](#)
- [Trauma-Focused Cognitive Behavioral Therapy \(TF-CBT\) Training & Consultation](#) | Virtual | July 29-31, 2026 | 8:30 am to 2:30 pm CST | 14 Free CEU's

Live4Lali

- [Trainings and Support Groups](#)

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.

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

- [Job Placement Specialist - Full time](#)
- [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](#)
- [Client Care Coordinator 2 - Full Time](#)
- [House Supervisor - Full Time](#)
- Career Page at www.pioneercenter.org/careers/

Pivotal Counseling Center

- [Child & Adolescent Clinical Supervisor](#)

Thresholds

- [Mental Health Clinician/Community Support Specialist](#)
- [Therapist](#)

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 AHBHHERResourceCenter@ascension.org

Virtual Neurodevelopmental Teen Support Group – 1st Tuesdays of the month, 5:00pm to 6:00pm

The Alexian Brothers Autism Spectrum & Developmental Disorders Resource Center serves as a clinical navigation hub for the neurodevelopmental community. The ASDDRC is offering virtual support groups for neurodivergent teenagers to connect with other teenagers with similar difficulties in a supportive group setting to process experiences that is led by trained professionals. To register, call 847-755-8536 or email at AHBHHERResourceCenter@ascension.org.

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

The Alexian Brothers Autism Spectrum & Developmental Disorders Resource Center serves as a clinical navigation hub for the neurodevelopmental community. The ASDDRC is offering virtual support groups for neurodivergent adults to connect with other adults with similar difficulties in a supportive group setting to process experiences that is led by trained professionals. *Free for neurodivergent adults (18 years+). To register, call 847-755-8536 or email at AHBHHERResourceCenter@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.

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.

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 – 1st and 3rd Thursday of the month, 6:30 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 1st and 3rd Thursday of the month from 6:30-9pm 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 McArdele Drive, Unit C, Crystal Lake. This is a supportive, confidential setting where information, education, and experiences are shared from those in recovery. A gathering for family and friends that offers support and encouragement through experiences, understanding and respect. A place of hope, guidance, and support. You are not alone! All are welcome. For additional information please contact Colleen Fuchs at ColleenFuchs@stagesoftransformation.org

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

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

Saturday

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

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

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

Stronger Together, DBT Group for Adults ages 18 and up - Saturday's, 10:00 am

In this weekly supportive group, we will learn about the four foundational skills of Dialectical Behavioral Therapy. The Acceptance Skills: Mindfulness and Distress Tolerance, and the Change Skills: Interpersonal Effectiveness and Emotional Regulation. Validation will be used and taught as we learn to accept where we are while being a springboard for action! We will learn how to use these effectively in our daily lives and help empower you to effectively live your best life. Please contact admin@owenscounseling.com or call 847-854-4333 for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills.

Breakfast Club – Saturdays, 9:00 am

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



TRAININGS



COMMUNITY MOVIE MEETUP

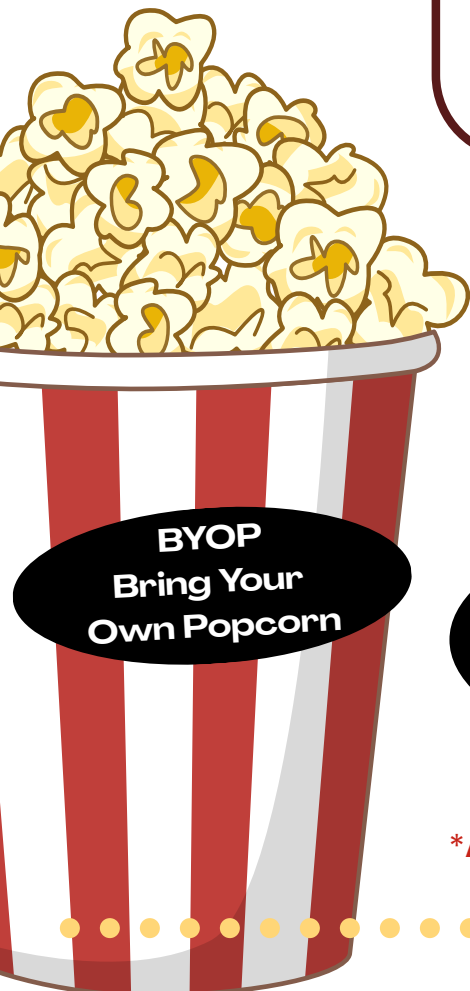
Enjoy a FREE movie followed by a discussion on mental health and substance use. Open to the community. No CEU's given.

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**



NAMI

National Alliance on Mental Illness

**McHenry
County**

Terminado el Silencio

Una presentación de una hora sobre señales de advertencia de afecciones de salud mental y estrategias para mejorar la salud mental en la comunidad Latina.

Fecha: Miercoles, el 27 de mayo

Hora: 6:00-7:00pm

Lugar: Virtual en Zoom

Escanee el código QR para registrarse o [HAGA CLIC AQUI.](#)



Por favor, envíe un correo electrónico a edith@namimch.org si tiene alguna pregunta.



FRAGMENTATION AND DISSOCIATION IN THE WAKE OF COMPLEX TRAUMA

FREE: 5 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA

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**

REGISTRATION CLOSED
To be put on the Waitlist
email Kris (email below)



**Becky Carter,
LCPC**



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

Know the Signs, Find the Support

Helping families navigate milestones,
services, and self-advocacy



What You Will Learn:

Milestones

Understand key developmental milestones, what typical progress looks like, and when it may be time to seek additional support.

- Presented by the Department of Children and Family Services Home Visiting.

Where to find help

Learn about local resources, services, and organizations that can support your child and family every step of the way.

- Presented by 4-C: Community Coordinated Child Care.

Self-Advocacy

Build confidence in speaking up for your child's needs, understanding your rights, and navigating systems like education and healthcare.

- Presented by Service Inc. of Illinois.

Navigating Feelings of Guilt & Shame

Acknowledge and explore the feelings of guilt and shame that many parents experience, with space for honest conversation, reassurance, and strategies to foster self-compassion and emotional support.

- Presented by Hopeful Beginnings.

Wednesday, June 17
6:00pm – 7:30pm
Virtual Meeting

Register Today!



bit.ly/r44parents

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

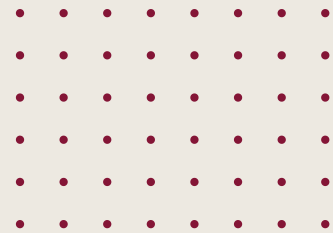
CEUs available upon
request for Social Work,
LPC, LPCP, CDVP, CPAIP



A TRAUMA INFORMED APPROACH

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

Join us for a transformative session on embracing a Trauma Informed Approach. Discover why understanding trauma is crucial, exploring the prevalence of adverse childhood experiences and their consequences. Learn what it means to be trauma informed, leveraging insights from neuroscience and genetics to enhance safety, improve outcomes, and implement this approach in both personal and organizational contexts. Don't miss out on this opportunity to create positive change!



This is not a series. This same session is repeated monthly.

THURSDAY'S

 **Jan 8, Feb 12, Apr 9, July 9, Oct 8, Dec 10**

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

 **VIRTUAL TRAINING ON ZOOM**

REGISTER NOW



Training Coord: Kris Doherty
kdoherthy@mc708.org



Gary Rukin, LPC

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



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/

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



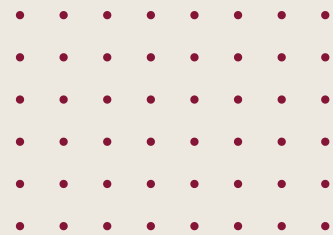
**Training Coord: Kris Doherty
kdoherty@mc708.org**



TRAUMA 101: KEY PRINCIPLES AND PRACTICAL APPROACHES

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


This training introduces trauma-informed basics, distinguishing developmental trauma from shock trauma and showing how each affects emotions, thinking, and the body. It explains how trauma disrupts the stress-response system and clarifies that reactions stem from neurobiology, not character.



Participants learn simple mindful, expressive, and somatic tools, along with an overview of effective trauma therapies, and leave with practical skills to support clients safely.

This is not a series. This same session is repeated every couple of months.

THURSDAY'S

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

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

 **VIRTUAL TRAINING ON ZOOM**

REGISTER NOW



Gary Rukin, LPC

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



Training Coord: Kris Doherty
kdoherthy@mc708.org



WHEN ANXIETY ISN'T JUST ANXIETY: RECOGNIZING, UNDERSTANDING, AND TREATING OCD IN CLINICAL PRACTICE

FREE: 3 IDFP CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (Pending)

This 3-hour training provides a practical, clinically grounded overview of OCD, including how it presents across subtypes, how to differentiate it from other conditions, and how to identify when referral for specialized treatment is appropriate.

The training is designed to help providers feel more confident recognizing OCD in its less obvious forms, and to better understand the treatment approaches that lead to meaningful change.



FRIDAY

 **August 14, 2026**

 **9:00 am to 12:00 pm**

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

REGISTER NOW

<https://mc708.org/when-anxiety-isnt-just-anxiety>



**Presenter:
Laura Miller, LCPC, R-DMT**



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



Hosted by:
McHenry County
Mental Health Board

COMMUNITY CONNECTIONS SUMMIT

BUILDING COMMUNITY THROUGH CONVERSATIONS THAT MATTER



CONNECT. INSPIRE. PURPOSE.

Join us for a day of connection, where we celebrate our differences, find common ground, and gain inspiring tools from community members to move forward with purpose.

- ✓ Free CEU's
- ✓ 8+ Breakout Sessions
- ✓ Complimentary Lunch

PRESENTER, SPONSOR, and EXHIBITOR opportunities available. Contact Kris at kdoherly@mc708.org for details.

SEPT 11

9:00 AM – 3:00 PM

**McHenry County College
Luecht Auditorium
8900 Northwest Hwy 14
Crystal Lake**



Registration: opening
beginning of August



CLICK HERE FOR MORE INFO
<https://mc708.org/ccsummit/>



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

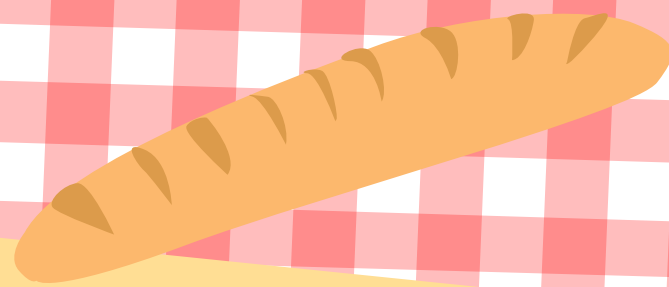
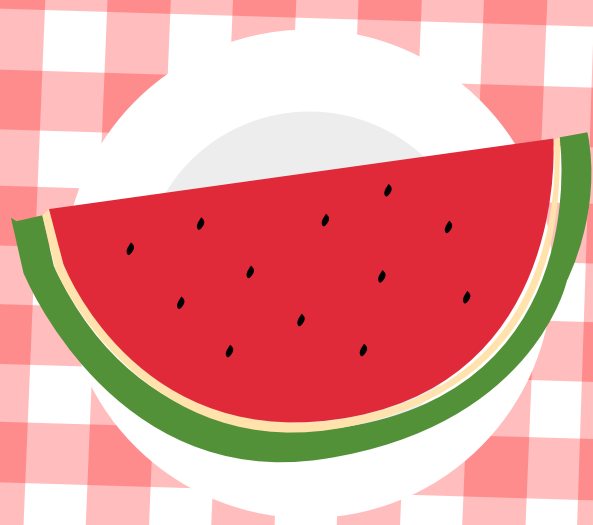
Drop-In Activities are available to all McHenry County residents, age 18 or older, free of charge.

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

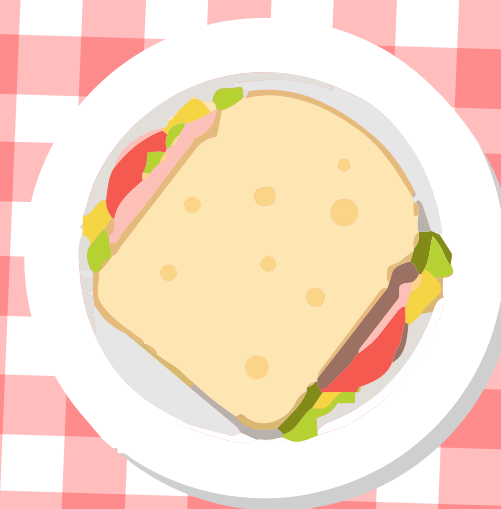
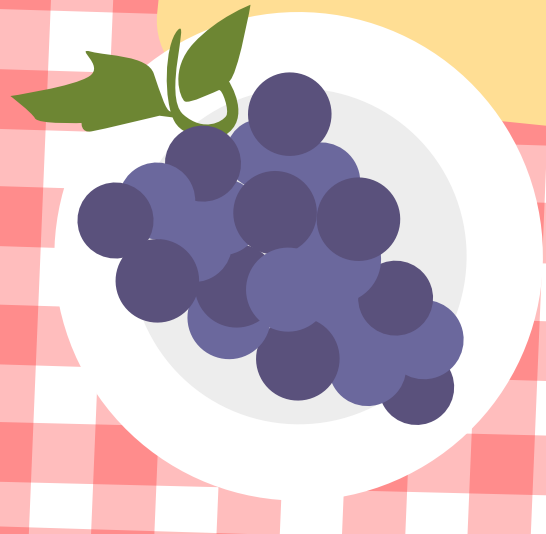
QUESTIONS? Contact Donna Buss, MHP/CRSS: (630) 777-7721
Individual peer support sessions are available by appointment.



EVENTS



Free Food & Entertainment!



SAVE THE DATE!

PICNIC

**IN
THE**

PARK

Family Picnic & Resource Fair

June 5, 2026 3pm-6pm

3400 Pearl Street, McHenry, IL 60050

Everyone's Welcome!



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.**

Stages of Transformation

2026 SUMMER FAMILY PICNIC

A Fun-Filled Day with Food,
Drinks, Games and Fundraising!

Fun for All:

Water Balloon Toss
Bags Tournament
Face Painting



When: Sunday, June 28th
11:00 am - 3:00 pm

Where: Stages of Transformation
Resource Center
820 McArdle Drive, Unit C
Crystal Lake, IL 60014

Purchase your tickets today!



Picnic in the Park for Two: \$50.00 (2 Adults)

Summer Splash: \$25.00 (1 Adult)

Family Pack: \$70.00 (2 Adults, 2 Children 6-12 years)

Beach Balls: \$10.00 (Children 6-12 years old)

Floaties: Free (Children 5 and under)



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





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 1st - May 1st
\$120.00 per person
\$480.00 per foursome





**REFERRAL
PARTNERS**

4TH ANNUAL



CHARITY

GOLF OUTING

2026



OUR CHARITY

Help support infants, children and adults with developmental delays and disabilities.



**Options
& Advocacy**
for Military Families

For sponsorship opportunities and donations reach out to Brian at bklingenberg@cnbc.bank
Remember Golf Tournament Sponsorships are tax deductible

**3 AUGUST
2026**

REGISTER NOW

[@referralpartners365.com/golf/](https://referralpartners365.com/golf/)



Crystal Lake Country Club

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

OFFICE SPACE

620 Dakota Street
Crystal Lake, IL

FOR RENT



Perfect for non-profit organizations, professionals, therapists, or small business owners looking for a welcoming, move-in-ready workspace.

- 20 Furnished Offices
- 3,191 Total square feet
- Welcome Reception Area
- Conference Room
- Copy/Break Room
- Parking Available



CONTACT US:

Contact us now to schedule a tour or learn more about our available options

INFORMATIONREQUEST@MC708.ORG



OPEN TO
ADULTS 60 +

**JOIN US ON MONDAY'S
AT INDEPENDENCE HEALTH & THERAPY**

FREE GRAB & GO MEAL



**EVERY MONDAY
10:45 AM - 12:30 PM**

FOR MORE
INFORMATION CALL
(815)963-1609

INDEPENDENCE HEALTH & THERAPY
2028 N SEMINARY AVE | WOODSTOCK

DBT Consultation Teams for Providers

Join other DBT providers to help one another manage the high stress and burnout of treating clients at high risk for suicide.

Sessions provided via Zoom

Why DBT Consultation?

- Supporting Each Other, Managing Stress, and Preventing Burnout
- Key Resource: Your DBT team will be a valuable resource for maintaining motivation and delivering effective coping skills.
- Fidelity Monitoring: Stay accountable to the treatment model through ongoing monitoring.
- Stay Effective: Gain the necessary support to continue providing effective care.

Consultation Fees

- Individual DBT consultation for clinical or school professionals: \$100 per hour.
- DBT group consultation: \$50 per group

We ALL need support to stay effective!



Hosted by:

Deb Smith, M.Ed., LCPC, C-DBT