



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 6, 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. **REGISTRATION CLOSED – To be put on the Waitlist, Email Kris Doherty at kdoherty@mc708.org. [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](#)
- [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](#)

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

- [C3 Community Connect to Care](#) | Virtual | Thursday, May 7, 2026 | 1:00 pm to 3:00 pm | 2 Free CEU's
- [C3 Community Connect to Care](#) | Virtual | Thursday, May 14, 2026 | 1:00 pm to 3:00 pm | 2 Free CEU's
- [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

- [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

- [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

- [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](#)
- 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](#)

Resources

[988 Toolkit](#)

- 988 Suicide & Crisis Lifeline Print Materials

[988 Lifeline](#)

- Using the 988 Lifeline is FREE. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you with judgment-free care. Talking with someone can help save your life.

[ComEd LMI Program \(Low – Middle Income\)](#)

- 20% ComEd discount program. The ComEd rate went up on June 1, 2025 from 6.55 cents/kWh to 9.65 cents/kWh. There will be another increase on June 1, 2026. This program offers 20% off the Supply + Delivery Charges. [FLYER](#)

[Harm Reduction Supplies & Recovery meetings with Live4Lali](#)

- 2026 Flyers | Free Harm Reduction supplies | SMART meetings

[Loneliness Booklet](#)

- Learn how to combat loneliness. This is a printable booklet you can share with others.

[McHenry County Service Directory](#)

- Find the Help You Need in McHenry County. Search our Directory of Mental Health Services in McHenry County. Services listed here are not provided by the McHenry County Mental Health Board.

[McHelp App](#)

- Text or talk to a licensed mental health professional, any subject 24/7, 365 days a year or access our comprehensive [Service Directory](#).

[PIN Resource Directory \(English\)](#)

[PIN Resource Directory \(Spanish\)](#)

- The People in Need Forum is held each January at MCC, to learn about the abundance of resources and support available to them and others. Exhibitors showcase essential community resources available to help those in need and present workshops on topics such as immigration, senior issues, caregiver resources, LGBTQIA+, substance abuse and addictions, and homelessness.

[Pioneer Center for Human Services](#)

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

[Warp Corps – Youth Events](#)

- Warp Corps is here to Prevent Suicide, Substance Use Disorder and Homelessness. Our youth events are open to kids 8 and up! We combat mental illness, substance use disorder, and homelessness by offering healthy and positive alternatives for our community. We do this by engaging with people in need in a variety of ways including Street Outreach providing support to people without housing, Connecting Individuals with the care they need, and Building Futures through youth programs utilizing music, art and adventure sports.

[Willow Crystal Lake - Community Resource Days](#)

- Every Friday 10:00 am to 2:00 pm (except 1/30, 5/29, 7/3, 7/31, 10/30, 11/27, 12/25). Community Resource Days is a collaborative community event providing our un-sheltered and those in need of extra support with access to a variety of resources. Every Friday from 10:00 am to 2:00 pm at Willow Creek Crystal Lake, 100 S Main, Crystal Lake. For additional information please contact Julie Davis at julie.davis@willowcreek.org, www.CommunityResourceDays.org.

[Youth Empower Alliance Corp – Upcoming Events and Meetings](#)

- Their Mission: “To foster empowered McHenry County youth through community collaboration, action, and support!” Their Vision: “Together, we raise the next generation of a resilient McHenry County by bolstering youth voices to drive programming, link resources, and strengthen community partnerships so that every child thrives!”

Employment & Volunteer Opportunities

Pioneer Center for Human Services

- [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](#)

Youth and Family Center of McHenry County

- [Bicultural Community Case Manager](#)

Support Groups

Monday

JailBrakers Support Meeting – Every 4th Monday of the month, 7:00 pm to 9:00 pm

Tree of Life Unitarian Universalist Congregation, 5603 Bull Valley Road, McHenry. For additional information contact Sue Rekenenthaler, jailbrakerssue@gmail.com or 815.354.2579.

Elderwerks: Caregivers of Aging Loved Ones Support Group – Virtual – 3rd Monday of the month, 3:00 pm to 4:30 pm

Are you caring for an aging loved one? You don't have to go through it alone. Join our Caregiver Support Group to connect with others who understand the challenges and reward of caregiving. Whether you're managing medical needs, providing daily support, or simply seeking emotional encouragement, this group offers a safe space to share experiences, resources, and advice. To Register, email events@elderwerks.org or call 847.462.0885.

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

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

NAMI Connection Recovery Support Group – Mondays, 6:00 pm to 7:30 pm

This is a free, peer-led support group for any adult (18+) who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. NAMI's support groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. Free of cost to participants and led by people with mental health conditions. First time attendees must complete a

service assessment at the NAMI Living Room prior to attending the group. Walk-Ins accepted M-F 12:30pm - 8:00pm. Please arrive no later than 5:15pm if completing an -assessment on the same day as the support group. Location: NAMI of McHenry County Office 338 Memorial Drive, Crystal Lake, IL 60014. Questions? Text or Call 815-526-8243.

SMART Recovery 4 Point Meeting – Mondays, 7:00 pm to 8:30pm | In person and on Zoom

The Other Side, 135 Beardsley Street, Crystal Lake. SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on. For additional information, visit <https://meetings.smartrecovery.org/meetings/8531/> or contact Monica Andrade at monica.andrade@live4lali.org.

Grief Guide Groups – Mondays, 5:30 pm to 6:30pm

Meets at The Other Side. 135 Beardsley St. Crystal Lake, IL. These groups are led by a seasoned grief guide who creates a safe, supportive space for connection and community, offering tools and simple practices to help you move through your grief. Free to attend. No registration required. Contact: Lisa Orris: mygriefguide.org, orris.lisa@gmail.com.

Alzheimer's Support Group – 3rd Monday of the month, 1:00 pm to 2:30 pm

For family members who care for and love someone with memory loss. Light refreshments and an opportunity to share joys and concerns will be offered. Encore Memory Center, 495 Alexandra Boulevard, Crystal Lake, IL 60014. Please call Vicki Botefuhr at 815.459.7800, or email Vbotefuhr@encorecares.com.

Tuesday

The Healing Professionals Decompression Chamber – 3rd Tuesday of the month, 4:00 pm to 5:30 pm

Whether you work as a clinician, caseworker, recovery coach, driver, or support staff for a social service agency, you spend your day in service to others. You offer comfort, a listening ear, and an open heart to those you serve, and most likely to your colleagues as well. Now it's your turn. Imagine time set aside just for you: gathering with like-minded peers, unwinding with art supplies, gentle acoustic music, and guided imagery designed to calm your mind and restore your spirit. Join us for an experience of respite, renewal, and genuine camaraderie. Meets at The Other Side, 135 Beardsley Street, Crystal Lake. For additional information please contact Gary at garyrukin@gmail.com.

Virtual Caregiver Support Group –3rd Tuesday of the month, 5:00 pm to 6:00 pm

This is an opportunity for caregivers of individuals with neurodevelopmental challenges such as Autism Spectrum Disorder, Intellectual/Developmental Disorders, and other related concerns to connect with one another. This supportive group is facilitated by a trained mental health professional with Ascension Alexian Brothers, to allow participants to effectively process their experiences and current needs. Free for caregivers of individuals with a neurodevelopmental disorder. Registration is required: Call 847-755-8536 or email at AHBHHHEResourceCenter@ascension.org

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

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

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

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

Grief Guide Groups – Tuesdays, 6:00 pm to 7:00 pm

Meets at Northern Illinois Recovery, 620 N State Route 31, Crystal Lake. These groups are led by a seasoned grief guide who creates a safe, supportive space for connection and community, offering tools and simple practices to help you move through your grief. Free to attend. No registration required. Contact: Lisa Orris: mygriefguide.org, orris.lisa@gmail.com

Peer Support – Tuesdays 1:45 pm to 2:30 pm

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

Wednesday

Caregiver Support Group – Last Wednesday of the month, 6:30 pm to 8:00 pm

This group welcomes Caregivers of Neurodivergent individuals and those with developmental delays or disabilities. In-person or Zoom options. In-person at Options & Advocacy, 365 Millennium Dr., Suite A, Crystal Lake. Zoom Meeting ID: 838 6298 9472 or link: <https://us06web.zoom.us/j/83862989472>

Support Group for Cancer Patients– 2nd & 4th Wednesdays, 7:00 pm

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

Let's Talk About Cancer Support Group for Family Members – 2nd & 4th Wednesdays, 8:00pm

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

The Healing Professionals Decompression Chamber – 2nd Wednesday of the month, 12:00 to 1:30pm

Whether you work as a clinician, caseworker, recovery coach, driver, or support staff for a social service agency, you spend your day in service to others. You offer comfort, a listening ear, and an open heart to those you serve, and most likely to your colleagues as well. Now it's your turn. Imagine time set aside just for you: gathering with like-minded peers, unwinding with art supplies, gentle acoustic music, and guided imagery designed to calm your mind and restore your spirit. Join us for an experience of respite, renewal, and genuine camaraderie. Meeting at the Mental Health Board, 620 Dakota Street, Crystal Lake. For additional information please contact Gary at garyrukin@gmail.com.

NAMI Connection Recovery Support Group – Wednesdays, 6:00 pm to 7:30 pm

This is a free, peer-led support group for any adult (18+) who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. NAMI's support groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. Free of cost to participants and led by people with mental health conditions. First time attendees must complete a service assessment at the NAMI Living Room prior to attending the group. Walk-Ins accepted M-F 12:30pm - 8:00pm. Please arrive no later than 5:15pm if completing an assessment on the same day as the support group. Location: NAMI of McHenry County Office 338 Memorial Drive, Crystal Lake, IL 60014. Questions? Text or Call 815-526-8243.

NAMI LGBTQ+ Connection Recovery Support Group – Virtual - Wednesdays, 7:00 to 8:30 pm

Virtual through NAMI Barrington and NAMI IL. LGBTQ+ NAMI Connection Recovery Support Group is a free, peer-led support group designed for any adult (18+) in the LGBTQ+ community who has a mental health condition. [Click here to RSVP by 4:30pm on group day.](#)

Dementia/Alzheimer's Support Group – Every 2nd Wednesday of the month, 4:00 to 5:00 pm

Join us for a time of mutual support, education and discussion of topics related to the Dementia journey. Support Group is open to all including family, friends, care providers or loved ones of those with Dementia or Alzheimer's Disease. Group meets at White Oaks at McHenry Memorial Care, 4605 W Crystal Lake Road, McHenry. For additional information please contact Debora Geist at sales@whiteoaks-mchenry.com.

Peer Support – Wednesdays, 1:00 pm to 2:00 pm

Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers. AID Drop In at 1201 Dean St., Woodstock (located in Woodstock Assembly of God building) Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

NAMI Family Support Group – Wednesdays, 6:00 pm to 7:30 pm

In Family Support Group, together we deal with the impact that mental illness has made on the lives of our loved ones, as we slowly acknowledge the impact that mental illness has had on our own lives as individuals, couples, parents, siblings, and friends. Attending Family Support Group gives us an opportunity to develop an understanding of what role we can be effective in, while our loved ones navigate their personal journey of recovery. This group is provided at no cost. First time attendees must complete a service assessment at the NAMI Living Room prior to attending the group. Walk-Ins accepted M-F 12:30pm - 8:00pm. Please arrive no later than 5:15pm if completing an assessment on the same day as the support group. Location: NAMI of McHenry County Office 338 Memorial Drive, Crystal Lake, IL 60014. Questions? Text or Call 815-526-8243.

Brain Injury Group – Every 2nd Wednesday of the month (in-person and Zoom), 10:00 am to 11:30 am and Every 4th Wednesday of the month VIRTUALLY on Zoom

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

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

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

Turning Point Support Group – Every Wednesday, 5:30 pm to 6:30 pm

Hosted at Turning Point's Woodstock Campus, Turning Point's support group provides a safe space for adults who have or are currently experiencing domestic violence to be able to share experiences, process

emotions, safety plan, and support one another. Participants need to complete an intake appointment before their first group. To schedule, please call 815-338-8081.

Thursday

NAMI Spanish Family Support Group – Thursdays, 6:00 pm to 7:30 pm

Groups are free, confidential, and safe for families to help those living with mental health issues by using collective lived experiences and learned wisdom. Location: NAMI of McHenry County Office 338 Memorial Drive, Crystal Lake, IL 60014. For questions, call or text 815-846-9696.

Pregnancy and Infant Loss Support Group – Every 3rd Thursday, 6:00 pm to 7:00 pm

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

Grief Support Group – Thursdays, 6:00 pm to -7:00pm

Meets at The Pointe, 5650 NW Highway, Crystal Lake. These groups are led by a seasoned grief guide who creates a safe, supportive space for connection and community, offering tools and simple practices to help you move through your grief. Free to attend. No registration required. Contact: Lisa Orris mygriefguide.org, orris.lisa@gmail.com

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

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

Independence Caregiver Support Group – 2nd Thursday of the month, 9:15 am to 10:45 am

Join a support group exclusively for caregivers. Share experiences, gain practical advice, and find support among those who understand the challenges you face. Discover resources, coping strategies, and a caring community to lighten your caregiving journey. Together, let’s celebrate, share, and support one another. You’re not alone. Independence Health & Therapy. 2028 N Seminary Ave. Woodstock. For more information, email at Frontdesk@independencehealth.org.

Virtual Parent Support Group – Thursdays 6:00 to 7:30 pm

At Rosecrance, we provide a range of family support services including counseling, support, education, and information. One of these support services is our [Virtual Parent Café](#). Parents need to know that they are not alone as their adolescent or young adult struggles with substance use and/or mental health disorders. Through Parent Café, our staff will help you talk with other parents who are going through similar experiences. You can learn what has worked for others and develop a strategy that makes sense for you. Contact Maria Campobasso at ccampobasso@rosecrance.org for information.

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

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

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

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

Friday

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

Join a support group exclusively for caregivers. Share experiences, gain practical advice, and find support among those who understand the challenges you face. Discover resources, coping strategies, and a caring community to lighten your caregiving journey. Together, let's celebrate, share, and support one another. You're not alone. Location: First Congregational Church Crystal Lake (church library). 461 Pierson Street, Crystal Lake. For more information, email at Frontdesk@independencehealth.org.

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

Stages of Transformation Resource Center, 820 McArdle Drive, Unit C, Crystal Lake. This is a supportive, confidential setting where information, education, and experiences are shared from those in recovery. A gathering for family and friends that offers support and encouragement through experiences, understanding and respect. A place of hope, guidance, and support. You are not alone! All are welcome. For additional information please contact Colleen Fuchs at ColleenFuchs@stagesoftransformation.org

AA Meetings – Fridays, 7:00 pm

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

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

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

Saturday

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

At Live4Lali, 665 W. Jackson St., Unit C2, Woodstock (rear end of building). SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on. This is a dual meeting - SMART Recovery and Family & Friends, held in separate rooms simultaneously. For additional information, contact Monica Andrade at monica.andrade@live4lali.org or Teagan Ferraresi at teagan.ferraresi@live4lali.org.

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

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

Breakfast Club – Saturdays, 9:00 am

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



TRAININGS

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

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



NAMI Talks

Tardive Dyskinesia

Join us to learn about key symptoms, impacts, risk factors, and treatment options of tardive dyskinesia (TD).



Terri Alm

Guest Speaker

Terri Alm, LPN, is a Board Certified Psychiatric and Mental Health Nurse Practitioner. She serves as a Senior Clinical Practice Liason for Neurocrine Biosciences. With a wealth of experience in neuroscience, emergency psychiatry, crisis stabilization, and addiction, she aims to share her knowledge to raise awareness and address stigma surrounding mental health conditions.



Tardive Dyskinesia (TD) is a condition that causes involuntary, repetitive body movements, and is often a side effect of long-term use of some psychiatric medications. The condition can have many physical, social, and emotional impacts on an individual's life.



May 7th, 2026



2:00-3:00 pm CST



Via Zoom

[Register by clicking
or scanning here](#)



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



McHenry
County



Harm Reduction and Naloxone Distribution Classes

Join NAMI McHenry County and Live4Lali in a two-part course to increase knowledge of harm reduction, stigma, and substance use in our community!

Training Information:

Part 1: Harm Reduction and Stigma

A 1-hour presentation covering the basics of harm reduction efforts and the promotion of non-stigmatizing language surrounding substance use.

Date: Monday, May 11th
Time: 12:00-1:00pm
Location: Zoom

Part 2: Opioid Education and Naloxone Distribution

A 90-minute presentation covering the signs of an opioid overdose and how to administer naloxone to reverse an overdose.

Date: Tuesday, May 12th
Time: 12:00-1:30pm
Location: 338 Memorial Drive, Crystal Lake, IL 60014



REGISTER HERE!



McHenry
County



Formaciones en reducción de daños y distribución de naloxona

Únase a NAMI McHenry County y Live4Lali para un curso en dos partes para aumentar el conocimiento de reducción de daños, estigma, y consumo de sustancias en nuestra comunidad.

Detalles:

Parte 1: Reducción de daños y estigma

Una presentación sobre los fundamentos de los esfuerzos de reducción de daños y promoción de lenguaje no estigmatizante.

Fecha: Martes, el 5 de Mayo
Hora: 5:30-6:30pm
Lugar: 338 Memorial Drive,
Crystal Lake, IL 60014

Parte 2: Educación sobre los opioides, sobredosis y naloxona

Una presentación sobre los opioides, signos de sobredosis, y como administrar naloxona.

Fecha: Martes, el 12 de Mayo
Hora: 5:30-7:00pm
Lugar: 338 Memorial Drive,
Crystal Lake, IL 60014



REGÍSTRATE AQUÍ

COMMUNITY DOMESTIC VIOLENCE TRAINING

Get your 40-Hour Domestic
Violence Training Certificate!



You Will Learn :

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

Registration Fee \$375 Per Person

2026 TRAINING DATES:

MAY 11-13TH

JULY 13-15TH

SEPTEMBER 14-16TH

NOVEMBER 16-18TH



Woodstock, IL

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



www.turnpt.org/community-training

 **TurningPoint**
DOMESTIC VIOLENCE SERVICES

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



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



www.whiteoaks-mchenry.com
Managed by Gardant Management Solutions

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





SCAN THE QR
CODE TO REGISTER
OR CLICK HERE

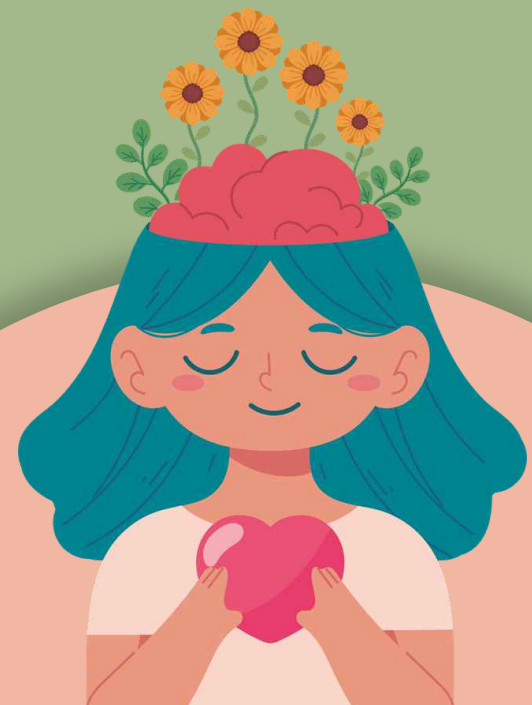
TRAUMA AND RESILIENCE IN YOUTH

THIS PRESENTATION EXPLORES THE WIDE-RANGING IMPACTS OF TRAUMA ON AN INDIVIDUAL'S LIFE AND DEVELOPMENT. PARTICIPANTS WILL EXPLORE HOW TO PROACTIVELY CREATE TRAUMA-INFORMED ENVIRONMENTS, AND LEARN HOW TO RECOGNIZE WARNING SIGNS.

MAY 14, 2026

12:00 - 1:00 PM

EMAIL
EDUCATION@NAMIMCH.ORG
WITH ANY QUESTIONS

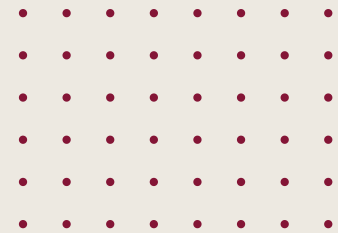





THE SHADOW'S GIFT: HEALING SHAME AND RECLAIMING YOUR TRUE SELF

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

REGISTRATION CLOSED

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



Training Coord: Kris Doherty
kdoherty@mc708.org



Gary Rukin, LPC

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



National Alliance on Mental Illness

nami

McHenry
County

Grief Guide

Grief Awareness Training

with *Grief Guide* founder Lisa Orris

**Grief is not just compassion- it is a
skill that can be learned.**

Join us for a virtual Lunch and Learn about
practical skills, information, and insight to
support others through grief.

Details

Wednesday, May 20th | 12:00-1:00pm | Zoom



[REGISTER TODAY!](#)





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 (Pending)

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



There will be a 1 hour lunch on your own.

FRIDAY

-  **May 29, 2026**
-  **9:00 am to 3:00 pm**
-  **McHenry County Mental Health Board
620 Dakota Street, Crystal Lake**



REGISTER NOW



**Becky Carter,
LCPC**

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

COMMUNITY PAIP FACILITATOR TRAINING

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



You Will Learn :

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

2026 TRAINING DATES:

June 23, 24 and 25

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

Registration Fee \$150 Per Person



Crystal Lake, IL

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



www.turnpt.org/community-training

 **TurningPoint**
DOMESTIC VIOLENCE SERVICES

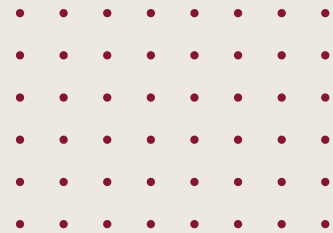
CEUs available upon
request for Social Work,
LPC, LPCP, CDVP, CPAIP



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

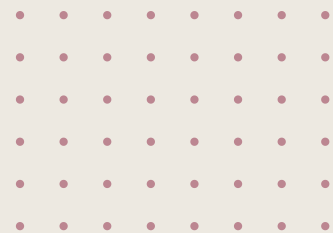
*Trauma Informed Coordinator for the
McHenry Count Mental Health Board*



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.**



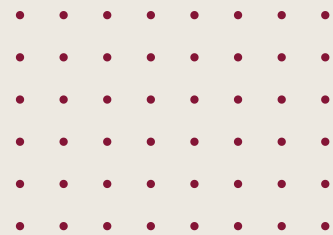
**Training Coord: Kris Doherty
kdoherty@mc708.org**



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



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

VNA Creative Workshop featuring Watercolors

Join us May 2nd 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



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

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





YOU ARE INVITED TO THE

22ND JUDICIAL CIRCUIT SPECIALTY COURT GRADUATION

TUESDAY

MAY

5

2026

5:30 P.M.

JOIN US IN CELEBRATING OUR DUI
COURT PARTICIPANTS' SUCCESS

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





YOU ARE INVITED TO THE

22ND JUDICIAL CIRCUIT SPECIALTY COURT GRADUATION

TUESDAY

MAY
12
2026

5:30 P.M.

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

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





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**



QUESTIONS? Contact Events@HOSparrow.org • 815-271-5444 • HOSparrow.org



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



SAVE THE DATE:

NDARS' Annual Golf Outing

WEDNESDAY, AUGUST 20TH




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

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

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




MISCELLANEOUS



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

For more information scan QR
code or contact us at:



Ann at 779-861-0037
Ann.Pastula@clarvida.com



Camelot

PEOPLE. PASSION. SERVICE.