



Empowering Minds
Transforming Lives



Weekly Agency Update

(Bolded items are new listings)

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

June 10, 2026

Mental Health Board Trainings

McHenry County Mental Health Board

- [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](#)
- ["Violet" Community Movie Meetup with Discussion](#) brought to you by Northern Illinois Recovery Center and the Mental Health Board | In-Person | Wednesday, June 17, 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](#)
- [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](#)
- [Building a Better Suicide Risk Assessment: The Nuts and Bolts of the Columbia Protocol](#) | Virtual | Wednesday, September 23, 2026 | 11:00 am to 12:30 pm | 1.5 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA (Pending). [FLYER](#)

Additional Educational and Training Opportunities

Ascension

- [Family Wellness Toolkit](#) | Virtual | ON DEMAND | 1 Free CEU
- [The Intelligent Care Model: AI's Potential Impact on Behavioral Health Access and Care](#) | Virtual | Wednesday, June 24, 2026 | 12:00 pm to 1:00 pm | 3 Free CEU's

Behavioral Health Workforce Center

- [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
- [When ADHD Looks Different: The Challenge of Recognizing and Diagnosing ADHD in High Achieving/Gifted Individuals](#) | Thursday, July 16, 2026 | 2:00 pm to 1:00 pm | 1 Free CEU
- [On Demand CEU Store](#) | Watch at your convenience | \$10 per 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](#)
- [On-Demand Fitness Events](#)

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

- [CRSS/CPRS Competency Training Series \(Session 4\)](#) | Virtual | July 20, 2026 (9am to 12pm), July 22, 2026 (1pm to 4pm), July 24, 2026 (9am to 12pm) | 2.75 Free CEU's per training

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.

[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

Nurturing Village

- [Therapist](#)

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](#)
- Career Page at www.pioneercenter.org/careers/

Pivotal Counseling Center

- [Child & Adolescent Clinical Supervisor](#)

Thresholds

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

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.

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

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

Dialectal 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.



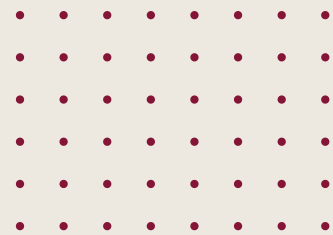
TRAININGS



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



**Presenter:
Gary Rukin, LPC**



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



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, JUNE 17, 2026

6:00 PM TO 9:00 PM

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

FEATURED FILM:

"Violet"

*Rated R



BYOP
Bring Your
Own Popcorn

REGISTER HERE

<https://mc708.org/event/violet-community-movie-meetup/>



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

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

The 22nd Judicial Circuit FVCC Presents:

PROTECTING CHILDHOOD: PREVENTION, DISCLOSURE, AND RESPONSE

Featuring childhood sexual abuse survivor, author, speaker, advocate and activist Erin Merryn- who will share her personal story, and the impact of Erin's Law in empowering children and adults to recognize, prevent, and respond to child sexual abuse.



A multidisciplinary panel of McHenry County professionals will also provide an overview of the county's child abuse response protocol and the coordinated systems in place to support child victims and families after a disclosure.

Keynote Speaker:
Erin Merryn

L Monday, June 29th

DOORS OPEN: 12:30PM
TRAINING: 1:00PM-4:30PM



MCC Luecht Auditorium

8900 US HWY 14
CRYSTAL LAKE, IL

**This training is free, but prior
registration is required**



REGISTER HERE

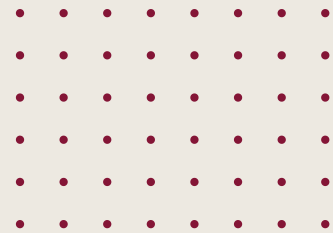
Questions? Email: kewebster@22ndcircuitil.gov



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



McHenry
County



YOUTH MENTAL HEALTH FIRST AID

SPONSORED BY THE VETERANS ASSISTANCE COMMISSION

An 8-hour course designed to teach family members and adults working with youth how to help an adolescent experiencing a mental health crisis. There is a 2-hour online pre-course followed by a 6-hour live training.



July 10th, 2026

Friday | 9:00am-3:00pm

*McHenry County Mental Health Board, 620
Dakota St., Crystal Lake, IL 60012*

REGISTER TODAY!



 847-600-9516

 education@namimch.org

 namimch.org/workshops



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
kdoherly@mc708.org



Presenter:
Becky Carter, LCPC



UNDERSTANDING ELIGIBILITY AND ACCESS TO ILLINOIS' MEDICAID WAIVER SERVICES

OPEN TO THE COMMUNITY - NO CEU'S AVAILABLE

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



THURSDAY



July 30, 2026



7:00 pm to 8:00 pm



VIRTUAL TRAINING ON ZOOM

REGISTER NOW



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



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



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



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**



nami

National Alliance on Mental Illness

McHenry
County



PRIMEROS AUXILIOS DE SALUD MENTAL

PATROCIONADO POR LA COMISIÓN DE ASISTENCIA DE VETERANOS

Un curso GRATIS para individuos interesados en aprender maneras de identificar y ayudar personas experimentan desafíos de salud mental.

EL 15 DE AGOSTO DE 2026

Sábado | 9:00am-5:00pm

McHenry County Mental Health Board, 620 Dakota
St., Crystal Lake, IL 60012

¡REGÍSTRESE AQUÍ!



PARA MÁS INFORMACIÓN



224-512-4250



education@namimch.org

NAMI Talks

Grief

Join us for an open conversation about how grief manifests in daily life hosted by Lisa Orris, founder of Grief Guide and author of *Never Apologize For Your Tears*.



Lisa Orris

Guest Speaker

Grief Guide

Grief is something every human experiences, yet most of us have no idea how to talk about it. Our culture rushes people through grief, avoids uncomfortable conversations, and expects people to “move on.” But grief doesn’t work that way. Join us to hear from Lisa Orris and gain practical insights and skills to support others or yourself through grief.



August 25th, 2026



6:00 pm - 7:30 pm CST



338 Memorial Drive, Crystal Lake, IL 60014

[Register by clicking](#)
[or scanning here](#)



Lisa Orris is the founder of Grief Guide, a nonprofit organization dedicated to guiding people, organizations, and communities through grief. Lisa was named a McHenry County Woman of Distinction in 2023. She is an ordained minister in the Evangelical Covenant Church and earned her Masters of Divinity from North Park Theological Seminary. Lisa is an accomplished public speaker, having presented at the People in Need Forum, Community Connections Summit, and Psychiatric Nurses Association at Roosevelt University.



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/>



BUILDING A BETTER SUICIDE RISK ASSESSMENT: THE NUTS AND BOLTS OF THE COLUMBIA PROTOCOL

FREE: 1.5 IDFP CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (Pending)

This workshop introduces the Columbia Protocol (C-SSRS), a gold-standard suicide risk screening tool designed to identify at-risk individuals and optimize healthcare resources. Participants will learn to administer, customize, and interpret both the full and screening versions of the tool, including population-specific editions (e.g., military, pediatric). Training features a mix of didactic instruction, video demonstrations, and role-play.



WEDNESDAY



September 23, 2026



11:00 am to 12:30 pm



VIRTUAL TRAINING ON ZOOM

REGISTER NOW



<https://mc708.org/event/building-a-better-suicide-risk-assessment/>



**Presenter:
Adam Lesser, LCSW**



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



SUPPORT GROUPS



Association for
Individual Development

DROP-IN ACTIVITIES FOR THOSE IN MENTAL HEALTH RECOVERY

1201 DEAN ST., WOODSTOCK, IL 60098

(Located in Woodstock Assembly of God)

TUESDAY

ALL GROUPS ARE FREE TO PARTICIPATE!

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

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

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

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

WEDNESDAY

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

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

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

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

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

THURSDAY

OPEN TO ALL MCHENRY RESIDENTS!

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

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

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

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

PLEASE PROVIDE PROOF OF MCHENRY COUNTY RESIDENCY

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

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

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



EVENTS



YOUTH AND FAMILY CENTER OF
MCHENRY COUNTY

Summer

PROGRAM 2026

YFC's Summer Adventure at the Center:

HARVESTING SUCCESS!

JUNE 15, 2026 - JULY 30, 2026
\$25 PER WEEK

7 WEEKS

MONDAY - THURSDAY

12:00 PM - 4:00 PM

1ST-12TH GRADE

WEEKLY FIELD TRIPS



For more information,
visit YFC-MC.ORG
or call (815)322-2357

1011 N. Green St. McHenry, IL 60050





YOUTH AND FAMILY CENTER OF
MCHENRY COUNTY

Summer

PROGRAM 2026

YFC's Summer Adventure at the Center:

HARVESTING SUCCESS!

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For more information,
visit YFC-MC.ORG
or call (815)322-2357

1011 N. Green St. McHenry, IL 60050



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

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





**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 bklingsberg@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

Home
OF THE
Sparrow



A Million DREAMS

From Hope to Home



**Step Right Up for a Magical
Evening of Impact!**



- Fine Dining & Wine Service
- Live Entertainment
- Craft Cocktails & Open Bar
- Exciting Auctions and Raffles

— all in support of a critical mission. Supporting women, children, and individuals experiencing homelessness.

Friday, September 18, 2026

Cocktail Hour: 6pm • Program Begins: 7:00pm

Crystal Lake Holiday Inn

800 S. Illinois Rte 31 (Crystal Lake, IL)



**\$150/Individual Ticket \$1,100/Table of 8
\$1,300/ Table of 10**

SCAN QR CODE
TO REGISTER



CLOSES 9/4/26



MARINE CORPS LEAGUE 2026 GOLF CLASSIC

SEPTEMBER 25TH, 2026

SCAN TO REGISTER & FOR MORE INFORMATION



call Guy Newell
815-575-8386
email
mchenrycountymcl@gmail.com

RedTail Golf Club
7900 RedTail Drive,
Village of Lakewood, IL 60014

McHenry County MCL
P.O. Box 311, Woodstock, IL. 60098
<https://www.mchenrycountymcl.com/>

SAVE the DATE: McHenry County's Gold Star Remembrance Day

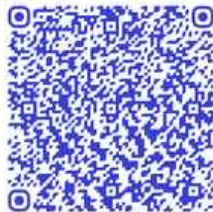


October 3, 2026
1-5pm
The Dole Mansion
Crystal Lake

Come together in person to honor and remember McHenry County's brave heroes for Gold Star Remembrance Day. It's a heartfelt gathering where we pay tribute to those who've come from our communities and made the ultimate sacrifice from the First World War onwards. Scan the code for details about the event and learn how you can be a sponsor.

**SCAN
ME**

Platinum Sponsor: The Dole



Hosted by: American Legion William Chandler Post 171, The Blue Star Banner Program, McHenry County Gold Star Legacies, Service Flag Traditions, and Veterans Network Association





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