



Empowering Minds Transforming Lives



Weekly Agency Update

(Bolded items are new listings)

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

July 22, 2026

Mental Health Board Trainings

McHenry County Mental Health Board

- [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](#)
- [Behavioral Health Resource Fair for School Professionals](#) | In Person | Friday, August 7, 2026 | 9:00 am to 11:00 am | Mental Health Board, 620 Dakota Street in Crystal Lake | [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](#)
- ["The Edge of Seventeen" Community Movie Meetup](#) with Discussion brought to you by Northern Illinois Recovery Center and the Mental Health Board | In-Person | Wednesday, August 19, 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](#)
- [Implicit Bias Awareness](#) | Virtual | Wednesday, August 26, 2026 | 12:00 pm to 1:00 pm | 1 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, and Psychologists. [FLYER](#)
- [Assessment and Intervention Strategies for Children and Adolescents Struggling with School Refusal/School Anxiety](#) | Virtual | Thursday, September 3, 2026 | 9:00 am to 10:00 am | 1 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and ISBE CPDU's for School Professionals. [FLYER](#)

- [Community Connections Summit – Building Community Through Conversations That Matter](#) | In-Person | Friday, September 11, 2026 | 9:00 am to 3:00 pm | In-person | McHenry County College, 8900 US Highway 14 in Crystal Lake | FREE CEU's | Registration opens beginning of August. [FLYER](#)
- [“Paper Spiders” Community Movie Meetup with Discussion](#) brought to you by Northern Illinois Recovery Center and the Mental Health Board | In-Person | Wednesday, September 16, 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](#)
- [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. [FLYER](#)
- [A Family-Centered Approach to Patient Care](#) | Virtual | Friday, October 2, 2026 | 9:00 am to 10:00 am | 1 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and ISBE CPDU's for School Professionals. [FLYER](#)
- [Opioid Overdose Prevention & Reversal: Overdose Responder Training](#) | In-Person | Thursday, October 8, 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, October 8, 2026 | 2:30 pm to 4:00 pm | 1.5 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)
- [Ethics and Boundaries in Trauma Informed Care & Cultural Competence in Clinical Practice](#) | In-Person | Friday, October 9, 2026 | 9:00 am to 4:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 6 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)
- [WORLD TRAUMA DAY - Our Ancient Brain: Understanding Ourselves Through Evolution](#) | In-Person | Friday, October 16, 2026 | 9:00 am to 3:30 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 5.5 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)

Additional Educational and Training Opportunities

Ascension

- [Family Wellness Toolkit](#) | Virtual | ON DEMAND | 1 Free CEU

Behavioral Health Workforce Center

- [Crucial Conversation in Supervision](#) | Virtual | Thursday, July 30, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's

BZA Behavioral Health

- [The Overclocked Brain: A Metaphor-Driven Approach to ADHD Minds in Times of Transition](#) | Thursday, July 30, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU

- [Normal Aging: Debunking Myths About Growing Older](#) | Virtual | Thursday, August 13th | 12:00 pm to 1:00 pm | 1 Free CEU
- [On Demand CEU Store](#) | Watch at your convenience | \$10 per CEU
- [Mandated Reporting in 2026: What You Need to Know](#) | Virtual | Thursday, September 10, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU

Elderwerks

- [Project Popcorn Fundraiser](#) | In-Person | Wednesday, July 22, 2026 | McHenry Outdoor Theater, 1510 N Chapel Hill Rd, McHenry | MENTION ELDERWERKS TO GET \$15/CARLOAD
- [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](#)

GPS Parent Series: Navigating Healthy Families

- [Multiple webinars on Parenting](#) | Virtual | [Upcoming Webinars](#)

Illinois Department of Human Services

- [On-Demand CRSS/CPRS Fundamentals Training](#)
- [CRSS/CPRS Competency Training Series \(Session 4\)](#) | Virtual | July 24, 2026 (9am to 12pm) | 2.75 Free CEU's per training
- [Trauma-Focused Cognitive Behavioral Therapy \(TF-CBT\) Training & Consultation](#) | Virtual | July 29-31, 2026 | 8:30 am to 2:30 pm CST | 14 Free CEU's

Live4Lali

- [Trainings and Support Groups](#)

Prevention First

- [Substance Use Crisis Training](#) | Virtual | CEU's Pending

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

NAMI McHenry County

- [Director of Finance and Operations](#)
- [Director of Youth Programs](#)
- [Recovery Support Specialist \(AM/PM Shift\)](#)
- [Living Room Manager \(AM\) \(Full-Time\)](#)
- [Living Room Manager \(PM\) \(Full-Time\)](#)
- [Living Room Manager \(Overnight\) \(Full-Time\)](#)
- [Social Work \(BSW\) Internship \(Part-Time\)](#)

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](#)
- [IT Assistant - Part Time](#)
- Career Page at www.pioneercenter.org/careers/

Rockin' the Spectrum

- [Behavior Support & Inclusion Coordinator](#)

Spotter Staffing

- [School Social Worker, Cary, IL](#)

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, 5:00 pm to 6:00pm

Meets at The Pointe. 5650 NW Highway, 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 ASDDRRC 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 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

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

Chronic Illness Support and Process Group (Virtual) – Wednesdays, 12:00 pm

This VIRTUAL support program helps participants adapt to ongoing health challenges by exploring the emotional impact and navigating shifts in identity, independence, and future plans. It offers practical tools for managing relationships and building healthy coping skills for mental wellness, while providing a community space to connect with peers who understand the unique realities of living with a chronic condition. Call or email to Register: Phone: 847-854-4333, Email: sherry@owenscounseling.com.

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>

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 Guide Groups – 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, 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 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 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

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

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

Saturday

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

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

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

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

Breakfast Club – Saturdays, 9:00 am

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



TRAININGS



COMMUNITY MOVIE MEETUP

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

WEDNESDAY, JULY 15, 2026

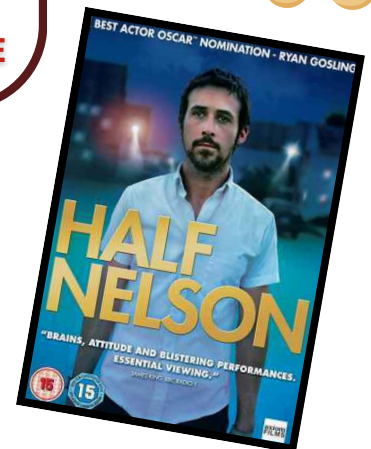
6:00 PM TO 9:00 PM

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

FEATURED FILM:

"Half Nelson"

***Rated R**



**BYOP
Bring Your
Own Popcorn**

REGISTER HERE

<https://mc708.org/event/half-nelson/>



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



FIRST-TIME HOMEBUYER SEMINAR

Learn about the home buying process, meet homebuying professionals and learn how to qualify for down payment assistance.

THESE ARE ONLINE WEBINARS

Join us to learn about:

- Homeownership Readiness and Affordability
- Money and Credit Management
- Financing, Purchasing, and Closing Processes

PART 1 - THURSDAY, JULY 16, 2026 *

4:30PM – 7:30PM CDT

PART 2 - THURSDAY, JULY 23, 2026 *

4:30PM – 7:30PM CDT

**REGISTER
HERE**



**OR CALL
224-252-2620**

* In order to qualify for full credit you must attend Part 1 AND Part 2 of this webinar.

glcufoundation.org



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



Training Coord: Kris Doherty
kdoherty@mc708.org



Presenter:
Gary Rukin, LPC



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

FREE: 3 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA

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**

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



Presenter:
Laura Miller, LCPC, R-DMT



Training Coord: Kris Doherty
kdoherthy@mc708.org



National Alliance on Mental Illness

nami

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



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, AUGUST 19, 2026

6:00 PM TO 9:00 PM

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

FEATURED FILM:

"The Edge of Seventeen"
Rated PG13



**BYOP
Bring Your
Own Popcorn**

REGISTER HERE

<https://mc708.org/event/the-edge-of-seventeen/>





ALL FOR US COMMUNITY BBQ

Something new is coming! Join us for a community BBQ that's All For Us.

Spend a fun Friday afternoon enjoying good food, connecting with others in the community, and building new relationships.

Big things are coming to Gateway Foundation! Learn more about new developments coming soon, and how you can be a part of the excitement.

Visit us at one (or more!) of our Community BBQ events this summer:

- **Friday, August 21:** Chicago Independence (12:00 to 3:00 PM) and Lake Villa (11:30 AM to 2:30 PM)
- **Friday, August 28:** Springfield (1:00 to 4:00 PM) and Jacksonville (11:00 AM to 2:00 PM)

**LEARN
MORE OR
RSVP HERE:**



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](#)



IMPLICIT BIAS AWARENESS

FREE: 1 IDFP CEU'S FOR LSW/LCSW, LPC/LCPC, and Psychologist

Implicit Bias is an unconscious belief system based on stereotypes (e.g. racial, gender) that inadvertently influences one's attitudes and behaviors towards members of certain groups in ways in which one may not be aware.

At the end of this training, participants will be able to:

- Define implicit bias and explain the difference between explicit bias and implicit bias
- Discuss the ways implicit biases are formed
- Explain the negative impact of implicit bias on healthcare recipients
- List ways to recognize and mitigate implicit bias in their personal and professional roles



WEDNESDAY



August 26, 2026



12:00 pm to 1:00 pm



VIRTUAL TRAINING ON ZOOM

REGISTER NOW



<https://mc708.org/event/implicit-bias-awareness/>



Training Coord: Kris Doherty
kdoherthy@mc708.org



Presenter:
Shira Greenfield, LCPC

Join us for an evening of quiet
reflection and shared remembrance.

Light the Lantern

Every Life a Light

We gather to light lanterns in honor of the loved ones we carry in our hearts. Whether it's been days or decades since your loss, this is a space to pause, remember, and feel the comfort of community.



All are Welcome | Free Admission



Sunday, August 30
6:30 pm



Mission Cor Jesu
5615 Hamilton Rd,
Woodstock, IL 60098



Lanterns Will Be Provided
Bring a blanket, chairs and join together
in remembering the people we love.

Grief Guide



mygriefguide.org



[mygriefguide](https://www.instagram.com/mygriefguide)



[Grief Guide](https://www.facebook.com/GriefGuide)

ASSESSMENT AND INTERVENTION STRATEGIES FOR CHILDREN AND ADOLESCENTS STRUGGLING WITH SCHOOL REFUSAL/SCHOOL ANXIETY

FREE: 1 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals

School professionals and clinicians are invited to a one-hour virtual training led by mental health experts on supporting students facing school anxiety, avoidance, and refusal. Through case-based learning and collaborative discussion, participants will explore the factors driving attendance challenges and gain practical, evidence-based tools—such as attendance plans and anxiety-management frameworks—to improve student engagement and family connectedness across school and clinical settings.



THURSDAY



September 3, 2026



9:00 am to 10:00 am



VIRTUAL TRAINING ON ZOOM

REGISTER NOW

<https://mc708.org/event/assessment-and-intervention-strategies/>



Training Coord: Kris Doherty
kdohertry@mc708.org



Presenter:
Jacqueline Rhew, LCPC



Presenter:
Lauren Hart, MA, LB1



Hosted by:
McHenry County
Mental Health Board

COMMUNITY CONNECTIONS SUMMIT

BUILDING COMMUNITY THROUGH CONVERSATIONS THAT MATTER



KEYNOTE SPEAKER:
SHIRA GREENFIELD, LCPC

KEYNOTE SPEAKER

SHIRA GREENFIELD, LCPC

***One Conversation at a Time: Creating
Connection in a Disconnected World***

We are born into relationships. We are wounded in relationships. We heal in relationships. And those relationships are built—or broken—one conversation at a time. Shira will discuss ways people connect and disconnect in the digital age.

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

SPONSOR 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/>



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,
SEPTEMBER 16, 2026**

6:00 PM TO 9:00 PM

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

FEATURED FILM:

**"Paper Spiders"
Rated TV-MA**



**BYOP
Bring Your
Own Popcorn**

REGISTER HERE

<https://mc708.org/event/paper-spiders/>



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*

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/>



Training Coord: Kris Doherty
kdoherthy@mc708.org



Presenter:
Adam Lesser, LCSW

A FAMILY-CENTERED APPROACH TO PATIENT CARE

FREE: 1 IDFP CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals

This one-hour virtual CEU presentation introduces a family-centered approach to treating children, adolescents, and adults facing diverse psychiatric, medical, and behavioral health challenges, such as school refusal, substance use, eating disorders, trauma, and mood disorders. Grounded in family systems theory and narrative therapy, the session reframes individual symptoms within the context of family dynamics and engages families as collaborative partners in treatment. Participants will learn to leverage family strengths, support caregivers, and walk away with practical, systemic strategies to promote emotional wellness and lasting change across various clinical settings.



FRIDAY

 **October 2, 2026**

 **9:00 am to 10:00 am**

 **VIRTUAL TRAINING ON ZOOM**

REGISTER NOW



<https://mc708.org/event/family-centered-approach/>



Training Coord: Kris Doherty
kdohertry@mc708.org



Robin Choquette,
PsyD



Jacqueline Rhew,
CADC, LCPC



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



October 8, 2026



1:00 pm to 2:30 pm



McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

REGISTER NOW



Training Coord: Kris Doherty
kdohertry@mc708.org



Teagan Ferraresi

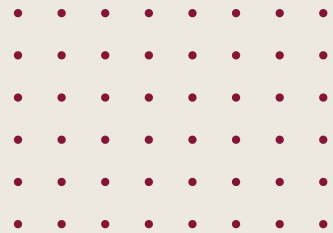
*Outreach Coordinator for
Live4Lali*



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
kdoheraty@mc708.org



Gary Rukin, LPC

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



ETHICS AND BOUNDARIES IN TRAUMA INFORMED CARE & CULTURAL COMPETENCE IN CLINICAL PRACTICE

FREE: 6 IDFP CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist and IAODAPCA.

*** In order to receive the CEU's, you'll have to attend the FULL TRAINING.**

Ethics and Boundaries in Trauma-Informed Care addresses how to support the majority of behavioral health clients with trauma histories. This presentation covers historical challenges, advocacy, and five traumatic stress disorders. It teaches participants how to avoid doing harm (the iatrogenic effect), maintain healthy boundaries, and transition into a trauma-informed organization.

Cultural Competence in Clinical Practice: This skill-building workshop covers the differences between cultural competence and humility, intersectional cross-cultural counseling, and the integration of cultural responsiveness with evidence-based practices. It also addresses Culturally and Linguistically Appropriate Services (CLAS) guidelines and organizational cultural responsiveness.

1 Hour Lunch on your own.

FRIDAY



October 9, 2026



9:00 am to 4:00 pm



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

REGISTER NOW

<https://mc708.org/ethics-and-cultural-competence>



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



**Presenter:
Mark Sanders, LCSW, CADC**

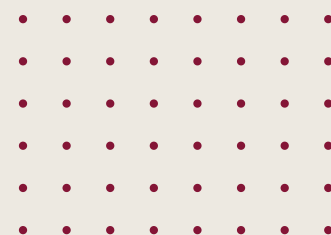


WORLD TRAUMA DAY

OUR ANCIENT BRAIN: UNDERSTANDING OURSELVES THROUGH EVOLUTION

FREE: 5.5 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA

This training provides mental health professionals with a trauma-informed lens based on evolutionary mismatch—the idea that ancient brains struggle in modern environments, causing anxiety, depression, and chronic stress. By reframing these symptoms as ancestral adaptations to reduce client shame, the framework seamlessly integrates with modalities like CBT, EMDR, and somatic approaches. Participants will learn six practical tools—including the physiological sigh, completing the stress cycle, and social co-regulation—concluding with a 30-day integration plan for immediate clinical use.



FRIDAY



October 16, 2026



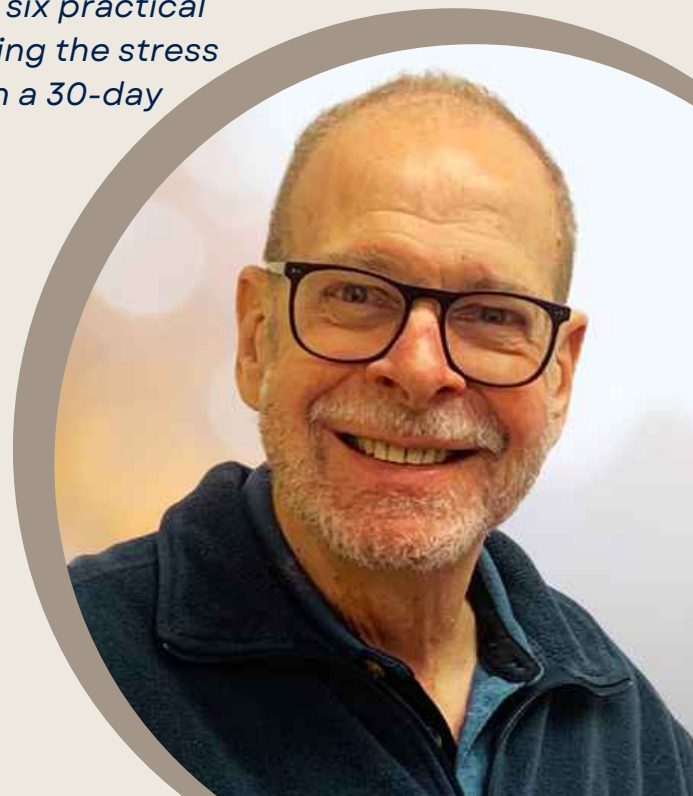
9:00 am to 3:30 pm



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

REGISTER NOW

[https://mc708.org/event/
world-trauma-day](https://mc708.org/event/world-trauma-day)



Presenter:

Gary Rukin, LPC

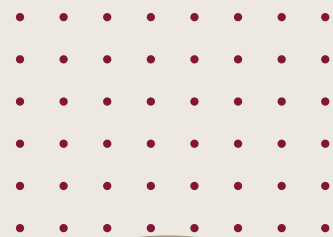


**Training Coord: Kris Doherty
kdoherty@mc708.org**

A FAMILY-BASED AND INTEGRATED MEDICAL APPROACH TO EATING DISORDER TREATMENT

FREE: 1 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and CPDU'S for School Professionals

This presentation examines evidence-based, multidisciplinary approaches to eating disorder treatment by integrating family involvement with medical, nutritional, and behavioral health interventions. Participants will explore practical strategies for collaborating across disciplines, engaging families in the recovery process, and assessing medical stability. Through clinical applications and case examples, attendees will gain actionable tools to effectively support both individuals and their support systems throughout recovery.



FRIDAY



October 23, 2026



9:00 am to 10:00 am



VIRTUAL TRAINING ON ZOOM

REGISTER NOW

<https://mc708.org/event/eating-disorder-treatment/>



Training Coord: Kris Doherty
kdoherthy@mc708.org



Stephanie Kaser,
LCPC



Jacqueline Rhew,
CADC, LCPC

The background of the image is a faded, grayscale photograph of a large, brightly lit hall. Numerous people are seated at long tables arranged in rows, facing away from the camera. The hall has a high ceiling with visible structural elements and large windows on the right side. The overall atmosphere is one of a formal or semi-formal gathering.

SUPPORT GROUPS

Virtual Adult Support Group

Every 2nd Tuesday of the Month

6:00 pm - 7:00 pm *New 1

Group Dates

3/10/26

4/14/26

5/12/26

6/9/26

7/14/26

8/11/26

9/8/26

10/13/26

11/10/26

12/8/26



The Alexian Brothers Autism Spectrum & Developmental Disorders Resource Center (ASDDRC) 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+)

Facilitated by a clinician at Ascension Alexian Brothers Behavioral Health Hospital Autism Spectrum & Developmental Disorders Resource Center



Requirements:

- Registration required for each group session to allow for appropriate support by the clinical team at ASDDRC.
- Participant must be able to participate in the 60-minute session independently to ensure confidentiality of other participants during the group.

To Register:

Call #847-755-8536

Email AHBHHHEResourceCenter@ascension.org





Student Assistance Program (SAP) Virtual Drop-in Hours

Questions?
Call
(815) 529-1029

Are you looking for a safe, confidential, judgment-free space to talk about life, stressors, or substance use and to be met with understanding and practical coping skills?

If you are a middle school or high school student in McHenry County - SAP drop-in hours are here for you.



Schedule a drop-in session
with Corin by scanning
the QR code



Corin



Schedule a drop-in session
with Carmen by scanning
the QR code



Carmen



D155 Students:
Schedule a drop-in session
with Erin by scanning the
QR code



Erin



FAMILY SUPPORT GROUP

Unity. Service. Recovery

Stages of Transformation Resource Center

820 McArdle Drive, Unit C

Crystal Lake, IL 60014

Friday Evenings

7:00 pm - 8:00 pm

Doors open at 6:30 pm

This is
an Open
Meeting

Fellowship
Immediately
Following

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

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

A place:

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

You are not alone!

All are Welcome





Chronic Illness Support & Process Group

An open, ongoing support & process group for adults diagnosed with a chronic illness.

Chronic Illness's such as (though not limited to):

*Fibromyalgia *MS *POTS *Cancer *PCOS *Diabetes *ALS
*Rheumatoid Arthritis *Endometriosis *Lupus *Cystic Fibrosis

Time: 12pm Wednesdays

Location: Virtual

Age: 18+

Call or email to join!

Phone: 847-854-4333

Email: sherry@owenscounseling.com

Group Lead: Sherry Catey-Hayman, LPC

- Learn practical ways to adapt to life with a chronic illness
- Explore & process the emotional impact of ongoing health challenges
- Navigate changes to identity, independence, routines, & future plans
- Explore ways to manage relationships
- Build healthy coping skills for mental wellness
- Connect with others who understand the unique challenges of living with a chronic illness



WEBSITE



REGISTRATION IS REQUIRED. LIMITED SEATS AVAILABLE.

Most major insurance is accepted | Self-pay is \$85 per group

MEN'S MENTAL HEALTH AWARENESS MONTH

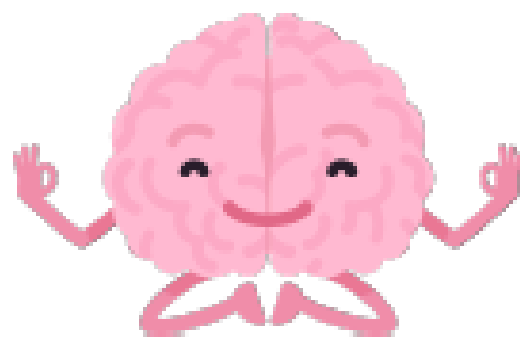


Reminder: Just like you check your car's oil, make sure to check your mental health!

WE ALL HAVE MENTAL HEALTH! STOP THE STIGMA!

Tips to support men's mental health:

- Recognize your feelings
- Talk to a person you trust about your feelings
- Practice healthy habits
- Do not be afraid to ask for help!
- Reach out to professionals
- Start the recovery process whenever you are ready!
- Accept help and listen to other's concerns
- Trust the process and have compassion for yourself



MAKE YOUR MENTAL HEALTH A PRIORITY!

**If you or a loved one is suffering from mental health reach out to us!
All information is confidential!**

SCAN FOR MORE INFO



CONTACT INFO:

mchenrycountysptf.org
mch.sptf@gmail.com



**MCHENRY COUNTY
SUICIDE PREVENTION
TASK FORCE**

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



REFERRAL
PARTNERS

4TH ANNUAL



CHARITY GOLF OUTING 2026



OUR CHARITY

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



Options
& Advocacy
for Northern Canada

For sponsorship opportunities and donations reach out to Brian at bklingsen@cnbrc.bank

Remember Golf Tournament Sponsorships are tax deductible

**3 AUGUST
2026**

REGISTER NOW

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



Crystal Lake Country Club

RUN FOR

Your Money

5K FUN RUN

RUN ★ WALK ★ SUPPORT

SEPTEMBER 12, 2026



10:00 AM
RACE START



9:30 AM
CHECK-IN

ENTRY FEE
\$40



EMRICSON PARK, WOODSTOCK
MAIN PAVILION (South Street Entrance)

BENEFITING



CCCS of Northern Illinois

A 501 (c)3 Nonprofit Organization

Strengthening & empowering communities through counseling, educating, & serving individuals in matters of housing & personal finance.



5K FUN RUN

for all ages and fitness levels!



GREAT CAUSE

Support financial well-being in our community.



AWARDS

Overall and age group awards!



AMENITIES

Water, refreshments, and post-race fun!

REGISTRATION IS OPEN NOW!!!

Learn more about CCCS:

www.illinoiscccs.org



Or call:

815-338-5757

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

5th Annual Never Walk Alone 2026



Join us for our annual
Never Walk Alone
suicide prevention and
awareness walk.

Saturday,

September 19

The Dole Mansion,
401 Country Club Rd,
Crystal Lake, IL 60014
9:00 a.m. - 11:00 a.m.



MC HENRY COUNTY
SUICIDE PREVENTION
TASK FORCE

Register Today!





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.

Platinum Sponsor: The Dole



**SCAN
ME**

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



Stages of Transformation

6TH ANNUAL FUNDRAISER AND FALL GALA

**HELP US HELP OTHERS
AN EVENING EVERYONE IS SURE TO ENJOY**

Join us in celebration and see how your contributions have enabled us to provide the programs and services necessary for individuals to continue in their recovery journey and transform into the best versions of themselves. Learn how your continued support will help further our Mission within our community.

When: Saturday, October 10
6:00-11:00 pm

Where: Woodstock Country Club
Woodstock, Illinois



**EARLY
REGISTRATION**
July 17-September 4



Stages of Transformation

**HELP US HELP OTHERS
AN EVENING EVERYONE IS SURE TO ENJOY**

We would be honored to have your support by
becoming one of our Gala Sponsors

*Sponsorship levels available include
Platinum, Gold, Silver or Bronze*



Platinum

\$7,500



Gold

\$5,000



Silver

\$2,500



Bronze

\$1,000

Sponsor a Table or Tickets for The Gala



Table of 8: \$1,200

Table of 6: \$900

Two Guests: \$300



The background of the image is a faded, grayscale photograph of a library. On the left, tall bookshelves filled with books line a hallway. In the center and right, several students are seated at long tables, focused on their work or reading. The overall atmosphere is quiet and studious.

MISCELLANEOUS



BEHAVIORAL HEALTH RESOURCE FAIR FOR SCHOOL PROFESSIONALS

Come connect with area providers and learn about the helpful resources and services available in our community. Boost your ability to provide information and referrals to the families and individuals you work with. All school professionals are welcome to attend!

- ✓ 40+ Providers & Organizations on-site
- ✓ Questions Answered
- ✓ Informational Material provided

new!

* FREE SCHOOL RESOURCES:

Grab "gently used" office supplies, whiteboards, organizers, cork boards, and more, to kickstart your classroom. First come, first served!

* CLOTHES DRIVE FOR HOMELESS

Support McHenry County Resource Center by bringing much needed items for both men & women:

- NEW Socks
- NEW Underwear
- NEW T-shirts

FRIDAY



August 7, 2026



9:00 am to 11:00 am



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



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





MCHENRY COUNTY COOLING CENTERS

If you need to be outside, please stay hydrated, wear light and loose-fitting clothing, and take frequent breaks in shaded areas or cool indoor areas.

Municipality	Name	Address	Phone	Hours & Special Information
Algonquin	Ganek Municipal Center	2200 Harnish Drive Algonquin, IL 60102	(847) 658-2700	Monday - Friday: 8am-5pm
Crystal Lake	Crystal Lake Public Library	126 W. Paddock Street Crystal Lake, IL 60014	(815) 459-1687	Monday - Thursday: 9am-9pm Friday - Saturday: 9am-5pm Sunday: 1pm-5pm
Harvard	Harvard Senior Center	6817 Harvard Hills Road Harvard, IL 60033	(815) 943-2740	Monday: 10am-3pm Wednesday: 10am-3pm
Harvard	Mercy Health Harvard Hospital	901 Grant Street Harvard, IL 60033	(815) 943-5431	24 / 7
Island Lake	Island Lake Village Hall	3720 Greenleaf Avenue Island Lake, IL 60042	(847) 526-8764	Monday - Friday: 8am-4:30pm
Johnsburg	David G. Dominquez Municipal Center	1515 Channel Beach Avenue Johnsburg, IL 60051	(815) 385-6023	Monday - Friday: 8am-4:30pm <i>After hours: Press button on call box located by door. Dispatch will notify a police officer to let you in.</i>
Lake in the Hills	Lake in the Hills Village Hall	600 Harvest Gate Lake in the Hills, IL 60156	(847) 658-5676	Wednesday & Thursday: 8:30am-4pm <i>After hours: Call non-emergency number listed</i>
Lakemoor	Lakemoor Police Department	28581 W II Route 120 Lakemoor, IL 60051	(815) 385-4111	Monday - Friday: 8am-4:30pm
Lakewood	Lakewood Village Hall	2500 Lake Avenue Lakewood, IL 60014	(815) 459-3025	Monday - Friday: 8:30am-4:30pm
Marengo	Marengo City Hall	132 E Prairie Marengo, IL 60152	(815) 568-7112	Monday - Friday: 8:30am-4:30pm
Marengo	Marengo Park District	825 Indian Oaks Trail Marengo, IL 60152	(815) 568-5126	Monday - Friday: 8am-7pm Saturday: 8am-12pm
McHenry	McHenry City Hall	333 S Green Street McHenry, IL 60050	(815) 363-2100	Monday - Friday: 8am-4:30pm
McHenry	McHenry Township	3703 N Richmond Road Johnsburg, IL 60051	(815) 385-5605	24/7
Port Barrington	Port Barrington Village Hall	69 S Circle Avenue Port Barrington, IL 60010	(847) 639-7595	Monday - Friday: 9am-4:30pm <i>(residents only)</i>
Prairie Grove	Prairie Grove Village Hall	3125 Barreville Road Prairie Grove, IL 60012	(815) 455-1411	Monday - Friday: 8:30am-4:30pm
Woodstock	McHenry County Judicial Center	2200 N Seminary Avenue Woodstock, IL 60098	(815) 334-4000	Monday - Friday: 8am-4:30pm
Woodstock	Woodstock Public Library	414 W Judd Woodstock, IL 60098	(815) 338-0542	Monday - Thursday: 9am-8pm Friday - Saturday: 9am-5pm

For more information on how to prepare for dangerous heat/humidity, visit bit.ly/ema-seasonal-awareness.

OFFICE SPACE

620 Dakota Street
Crystal Lake, IL

FOR RENT



KEY FEATURES

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

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



CONTACT US:

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

INFORMATIONREQUEST@MC708.ORG