



Empowering Minds Transforming Lives



Weekly Agency Update

(Bolded items are new listings)

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

September 23, 2026

Mental Health Board Trainings

McHenry County Mental Health Board

- [Stronger Together: Health, Harm Reduction, and Healing Relationships](#) | In-Person | Thursday, September 24, 2026 | 7:00 pm to 8:30 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | Open to the Community. No CEU's provided. [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](#).
REGISTRATION & WAITLIST IS FULL.
- [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](#)

- [“Half Nelson” Community Movie Meetup](#) with Discussion brought to you by Northern Illinois Recovery Center and the Mental Health Board | In-Person | Wednesday, October 21, 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](#)
- [A Family-Based and Integrated Medical Approach to Eating Disorder Treatment](#) | Virtual | Friday, October 23, 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](#)
- [From Concern to Action: The Educator as a Trusted Adult in School Safety and Student Wellbeing](#) | Virtual | Wednesday, November 4, 2026 | 12:00 pm to 1:00 pm | 1 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and ISBE CPDU’s for School Professionals. [FLYER](#)
- [Trauma 101](#) | Virtual | Thursday, November 12, 2026 | 2:30 pm to 4:00 pm | 1.5 Free IDFPR CEUs for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA. [FLYER](#)
- [Chronic Pain and Illness: Counseling Strategies for Supporting Resilience, Coping, and Quality of Life](#) | Virtual | Friday, November 13, 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](#)
- [When Anxiety Isn't Just Anxiety: Recognizing, Understanding, and Treating OCD In Clinical Practice](#) | In-Person | Friday, November 20, 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, November 18, 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](#)
- [Transform Your Case Notes: Introductory Training Workshop](#) | Virtual | Wednesday, December 2, 2026 | 9:30 am to 12:30 pm | 3 Free IDFPR CEU’s for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA (Pending). [FLYER](#)
- [Grief 101: Foundations of Grief, Loss, and Mourning](#) | Virtual | Friday, December 4, 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](#)

Additional Educational and Training Opportunities

Ascension

- [Family Wellness Toolkit](#) | Virtual | ON DEMAND | 1 Free CEU
- [Back to School Preparation: Strategies for School Anxiety and Refusal](#) | Virtual | ON DEMAND | 1 Free CEU

- [Facing Fear: A Clinical Perspective on Anxiety Disorders and Exposure Therapy](#) | Virtual | ON DEMAND | 1 Free CEU
- [C3 Project: Mental Health Awareness Training](#) | Virtual | ON DEMAND | 1.5 Free CEU's

Aurora University

- [Navigating the Ethics of AI in Mental Health Practice](#) | Virtual | Saturday, October 10, 2026 | 9:00 am to 12:00 pm | 3 CEU's for \$60

Behavioral Health Workforce Center

- [Strengthening Supervision through Coaching Practices](#) | Virtual | Tuesday, September 29, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's
- [The Clinical Side of Supervision](#) | Virtual | Tuesday, October 6, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's
- [Creating Cohesive Teams, Understanding Team Dynamics](#) | Virtual | Tuesday, October 27, 2026 | 9:00 am to 12:00 pm | 3 Free CEU's
- [The Nexus Between Team Cohesion and Staff Retention](#) | Virtual | Wednesday, October 28, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU

BZA Behavioral Health

- [Understanding Implicit Bias](#) | Virtual | Wednesday, October 14, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- [On Demand CEU Store](#) | Watch at your convenience | \$10 per CEU

Elderwerks

- [McHenry Aging & Dementia Symposium](#) | In-Person | Thursday, October 14, 2026 | 7:15 am to 4:00 pm | Avante Banquets, 1050 Northwest Hwy, Fox River Grove | 6 CEU's | \$90
- [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

- [CRSS/CPRS Supervisor Training: Career Pathways and Retention](#) | Virtual | Thursday, October 8, 2026 | 10:00 am to 11:00 am | 1 CEU
- [Surviving to Thriving: Finding Hope Beyond Homelessness](#) (Meeting #: 2867-218-4273, password: wellbeing) | Virtual | Wednesday, October 28 2026 | 10:00 am to 11:00 am | 1 CEU
- [On-Demand CRSS/CPRS Fundamentals Training](#)

Live4Lali

- [Trainings and Support Groups](#)

McHenry County College

- [Job and Internship Fair](#) | In-Person | Wednesday, September 30, 2026 | 11:00 am to 1:00 pm | MCC Gym (A107), 8900 US Hwy 14, Crystal Lake

Prevention First

- [Substance Use Crisis Training](#) | Virtual | ON DEMAND | 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

McHenry County Resource Center

- Bringing community organizations together to connect people with the resources they need: Shelter & Transportation, Children & Family Services, Employment & Aid, Medical & Food Assistance, Veteran & Homeless Services, and Mental Health & Support Services.

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.

Employment & Volunteer Opportunities

Consumer Credit Counseling Service

- [Financial Literacy Educator](#)

Home of the Sparrow

- [Intake Navigator](#)

NAMI McHenry County

- [Recovery Support Specialist \(Part-Time, Overnight\)](#)
- [Recovery Support Specialist \(Full-Time, Overnight\)](#)
- [Recovery Support Specialist \(Overnight SUB\)](#)
- [Recovery Support Specialist \(SUB\)](#)

Pioneer Center for Human Services

- [I/DD Therapist - Full Time](#)
- [Director of Finance - 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](#)
- [Client Care Coordinator - Full Time](#)
- [House Supervisor - Full Time](#)
- Career Page at www.pioneercenter.org/careers/

Thresholds

- [Team Leader - Living Room - 2nd Shift](#)

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 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 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

Women Veterans Coffee Social – Every 2nd Wednesday of the month, 9:30 am to 11:00 am

The McHenry County Veterans Assistance Commission (VAC) proudly invites Women Veterans to join us for a relaxing morning of coffee, conversation, camaraderie. There will be coffee, refreshments, networking, resources and support. Meets in-person at 667 Ware Road, Woodstock. For more information: VAC Office, 815-334-4229.

New Directions Family Support Group – Wednesdays, 7:00pm to 8:00pm

Location: The Other Side, 135 Beardsley Street, Crystal Lake, IL 60014. Doors open at 6:30 pm. All are welcome. Using the C.R.A.F.T. approach, each week's group is focused on helping individuals who have lost family or friends to opioid overdose, and family members/spouses/friends of individuals struggling with substance use disorders. For more information, please contact Nicole at nicolem@ndars.org.

Family Support Group – Wednesdays, 7pm

A weekly group meeting for those affected by someone struggling with substance use disorders. Open discussion and guidance by a peer Recovery Support Specialist. Free, Anonymous, and open to the public. Narcan training/awareness is given at every meeting. Meets in person at The Other Side, 135 Beardsley Street, Crystal Lake. Email: info@ndars.org.

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 Northwest Suburbs Chicago. 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 REGISTER: https://share.google/jXxRbCq6Sh3ezUsjT](https://share.google/jXxRbCq6Sh3ezUsjT)

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

Refuge Recovery – Saturdays, 3:00 to 4:00 pm

Refuge Recovery is an approach to recovery and support based on Buddhist principles. All are welcome. The New Moon Group format consists of guided meditation followed by a short reading from the Refuge Recovery book and group discussion. Meets at The Other Side, 135 Beardsley St., Crystal Lake. For more information about Refuge Recovery, visit www.refugerecovery.org. For additional information, contact Joe at joeledesmasound@gmail.com.

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

STRONGER TOGETHER: HEALTH, HARM REDUCTION, & HEALING RELATIONSHIPS

OPEN TO THE COMMUNITY - NO CEU'S AVAILABLE

Come to this workshop to learn more about:

- *healthy conflict resolution*
- *having healthy boundaries in your relationships*
- *green and red flags in relationships*
- *unhealthy vs abusive relationships*
- *autonomy of supplies*
- *having healthy boundaries when using drugs*
- *never using alone*

Participate in a fun craft activity as well!

THURSDAY

 **September 24, 2026**

 **7:00 pm to 8:30 pm**

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

REGISTER NOW



<https://mc708.org/event/stronger-together/>



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



**Presenter:
Gwen Gallagher,
MHP, CHES**



**Presenter:
Odalys Landa**



Virtual Presentation

Tuesday, September 29, 2026

6:00PM-7:00PM



Google Meet link JOIN HERE:

JOIN HERE: <https://meet.google.com/crp-pnan-hep?authuser=0&hs=122>
or email ihall@district158.org

SCHOOL ANXIETY, AVOIDANCE & REFUSAL: SYMPTOMS AND INTERVENTIONS

This presentation will provide parents and caregivers with practical strategies to support children and adolescents struggling with school anxiety, avoidance, and school refusal. Participants will explore factors that contribute to school avoidance, learn how to recognize early warning signs and unhelpful coping patterns, and better understand how anxiety and avoidance can reinforce one another.

Participants will learn specific interventions to help children manage anxiety, increase motivation, set realistic goals, and gradually re-engage in school. Parents and caregivers will also explore strategies for responding to anxiety without unintentionally reinforcing avoidance, promoting healthy coping and problem-solving, and using communication that builds self-advocacy, confidence, and independence.

JACQUELINE RHEW, LCPC

CFEW co-founder and co-author of *The Successful Parenting Workbook: Create Your Custom Plan for Raising Independent Children into Adulthood*, Jacqueline has over 25 years of experience providing clinical care and supporting children, adolescents, adults, and families. She has also contributed to several professional publications throughout her career. Jacqueline specializes in school refusal and school anxiety, anxiety disorders, parenting and family support, as well as sports and performance psychology. She works with children, teens, families, and athletes to build resilience, confidence, healthy coping skills, independence, and strategies for long-term success.



SCAN TO REGISTER!



FOLLOW THE QR CODE
TO REGISTER ON
EVENTBRITE!

MCHENRY COUNTY



WOMEN

Veteran's

SYMPOSIUM

2026

EMPOWER. CONNECT. INSPIRE. ★



LUNCH

Enjoy a delicious
lunch with
fellow attendees.



NETWORKING

Build meaningful
connections and
expand your circle.



**PRESENTATIONS
BY WOMEN**

Inspiring speakers.
Powerful stories.
Practical takeaways.

BY THE
**MCHENRY
COUNTY VAC**
FOR
WOMEN



A DAY TO CELEBRATE, LEARN,
AND LIFT EACH OTHER UP.



DATE
OCTOBER 2, 2026
(FRIDAY)



TIME
9:00 AM – 3:00 PM



LOCATION
667 Ware Rd
Woodstock, IL 60098



FALL 2026



MCHENRY COUNTY, IL



WOMEN VETERANS
& THEIR ALLIES

Empowered Women. Stronger Community. ♥

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
kdoherthy@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
kdoherty@mc708.org



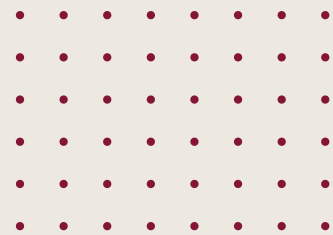
Teagan Ferraresi

*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



**Presenter:
Gary Rukin, LPC**



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

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**

REGISTRATION &
WAITLIST IS FULL



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



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



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



Continuing Education Course



Navigating the Ethics of AI in Mental Health Practice

Saturday, October 10, 2026

On Campus: John C. Dunham Hall 109 | On Zoom: Log on at 8:50 a.m.

Training hours: 9 a.m.–Noon

Join us on campus or online to learn how to ethically navigate mental health care in the digital age.

This course will cover the requirements outlined in the latest legislation, such as the IL Wellness and Oversight for Psychological Resources (WOPR) Act, how to address client use of AI companions or chatbots for mental health support, and strategies for vetting vendor business associate agreements (BAAs) for HIPAA compliance and data retention risks.

At the end of the course, you will be better equipped to:

- » Critically vet AI vendor agreements for HIPAA compliance.
- » Identify key prohibitions and consent requirements outlined in recent state legislation.
- » Safely assess, explore, and intervene when clients utilize AI companions.

Credit: 3 Continuing Education Units (CEUs) | **Cost:** \$60 (free for current AU field instructors)

Presenter: Lori A. Melhart, LCSW, certificates in AI in social work and mental health from NYU and Sentio University

To register, visit aurora.edu/continue.

For questions, contact:

Megan Suchomel

Assistant Field Director for the School of Social Work | 630-844-6147 | msuchomel@aurora.edu

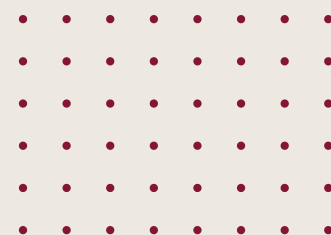


WORLD TRAUMA DAY

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



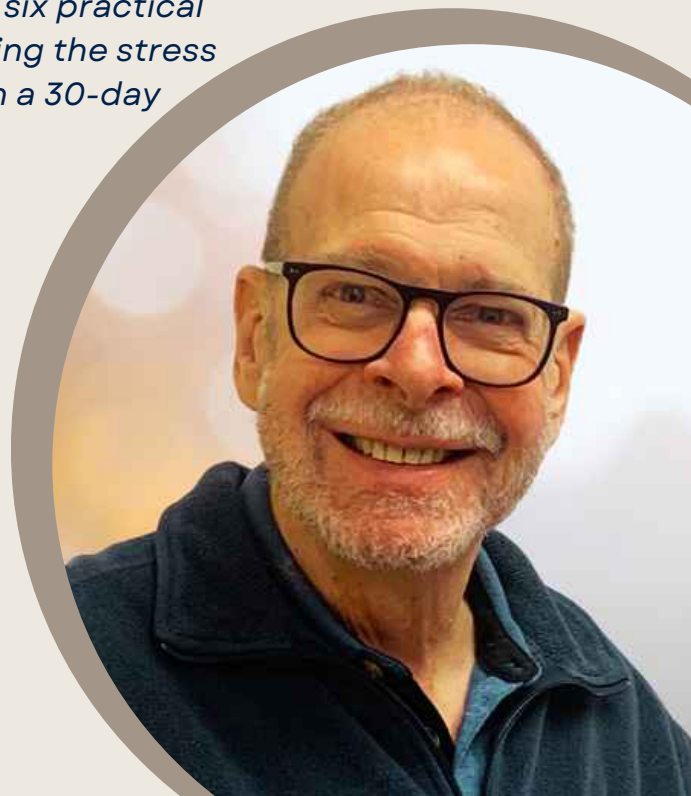
9:00 am to 3:30 pm



**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
kdoherthy@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, OCTOBER 21, 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/>

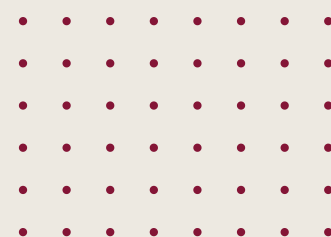


***AGE REQUIREMENT IS 17+ UNLESS ACCOMPANIED BY A
PARENT OR ADULT GUARDIAN**

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

CALM CONVERSATIONS

Training provided by NAMI McHenry
County and McHenry County Suicide
Prevention Task Force



REGISTER TODAY!



Counseling on Access to Lethal Means (CALM) Conversations is a 1-hour presentation intended for a general audience that requires no prior training in suicide prevention, focusing on how to talk to at-risk individuals about lethal means.

CEUs provided by:



This program is funded (in part) by the McHenry County Mental Health Board and complies with all applicable reporting and use guidelines.

OCT. 28TH
5:30-
6:30PM
VIRTUAL

ANY
QUESTIONS?
EMAIL
EDUCATION@
NAMIMCH.ORG



FROM CONCERN TO ACTION: THE EDUCATOR AS A TRUSTED ADULT IN SCHOOL SAFETY AND STUDENT WELLBEING

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

Educators are often the first to notice when a student is struggling, yet they may not always feel equipped to help. This 60-minute Trust & Grow session helps educators, families, and community partners move from noticing concerns to taking meaningful action. Grounded in clinical counseling, MTSS, and crisis response, the session focuses on proactive prevention—using trusted relationships, trauma-informed communication, and collaboration to build safety, belonging, and well-being before a crisis occurs. It is designed for anyone who believes school safety is built daily through trust, relationships, and shared responsibility.



WEDNESDAY



November 4, 2026



12:00 pm to 1:00 pm



VIRTUAL TRAINING ON ZOOM

REGISTER NOW

<https://mc708.org/event/concern-to-action>



Presenter:

Josh Novick, MA, LCPC



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
kdohertry@mc708.org

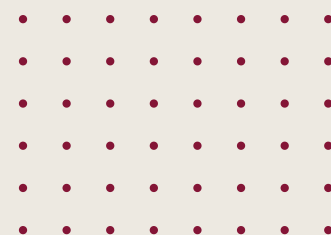


Presenter:
Gary Rukin, LPC

CHRONIC PAIN AND ILLNESS: COUNSELING STRATEGIES FOR SUPPORTING RESILIENCE, COPING, AND QUALITY OF LIFE

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

This virtual CEU training equips counselors with a biopsychosocial and trauma-informed framework to understand and treat the emotional and social impacts of chronic pain and illness. Participants will learn to identify related mental health challenges—such as anxiety, depression, and grief—and master evidence-based, culturally responsive interventions that foster resilience and adaptive coping. The curriculum emphasizes practical skills for improving quality of life, navigating systemic impacts on family and work, and collaborating effectively with healthcare teams for comprehensive, client-centered care.



FRIDAY



November 13, 2026



9:00 am to 10:00 am



VIRTUAL TRAINING ON ZOOM

REGISTER NOW



<https://mc708.org/event/chronic-pain-and-illness/>



Training Coord: Kris Doherty
kdohertry@mc708.org



**Megan Nogasky,
JD, LCSW**



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, NOVEMBER 18, 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/>





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

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



November 20, 2026



9:00 am to 12:00 pm



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

REGISTER NOW



<https://mc708.org/event/when-anxiety-isnt-just-anxiety-2/>



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



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

TRANSFORM YOUR CASE NOTES: INTRODUCTORY TRAINING WORKSHOP

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

With over a decade of successful deliveries throughout Illinois, this session caters to helping professionals at all experience levels. Case notes are essential to effective service delivery and outcomes tracking. But most people feel unsure how to structure them. You may wonder what to include (or leave out!).

After attending this training, you will be able to:

- Transform client interactions into useful documentation
- Write concise and accurate case notes
- Balance legal, ethical, and organizational goals in your case notes



WEDNESDAY



December 2, 2026



9:30 am to 12:30 pm



VIRTUAL TRAINING ON ZOOM

REGISTER NOW



<https://mc708.org/event/transform-your-case-notes/>



Training Coord: Kris Doherty
kdoherthy@mc708.org

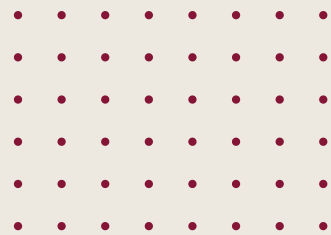


Presenter:
Kimberly Pilditch, LCSW

GRIEF 101: FOUNDATIONS OF GRIEF, LOSS, AND MOURNING

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

This introductory training offers early-career helping professionals a foundational understanding of grief and loss in adults and older adolescents, covering both death-related and non-death losses (such as health or life transitions). Grounded in humanistic, existential, and narrative frameworks, the course emphasizes meaning-making, therapeutic presence, and multicultural perspectives to honor each individual's unique grieving process. Participants will explore how personal and cultural contexts shape responses to loss while gaining a broad overview of person-centered, cognitive-behavioral, and solution-focused approaches.



FRIDAY



December 4, 2026



9:00 am to 10:00 am



VIRTUAL TRAINING ON ZOOM

REGISTER NOW



<https://mc708.org/event/grief-101/>



Training Coord: Kris Doherty
kdoherty@mc708.org



Mallory Pavlik, LPC

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



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



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. - 11:00 A.M. | WALKING GROUP: This group is a simple yet effective way to combine exercise, social interaction, and outdoor enjoyment, making it an enjoyable approach to improving overall health and well-being.

11:15 A.M. - 12:15 P.M. | EMBRACING CHANGE: This group focuses on incorporating acceptance into the recovery process. Individuals will experience reduced stress, increased self-compassion, and the ability to inspire actionable steps towards progress.

12:30 P.M. - 1:30 P.M. | MENTAL HEALTH MANAGEMENT: This group explores the process of addressing and improving psychological well-being to enhance overall quality of life.

1:45 P.M. - 2:30 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.

WEDNESDAY

DROP-IN GROUPS RUN FOR 16 WEEKS: 8/4/26 - 11/19/26

10:00 A.M. - 11:00 A.M. | CHAIR DANCING GROUP: Chair dancing group is a low-impact, joint friendly workout that improves **cardiovascular health**, increases **flexibility**, and boosts **coordination**. It helps build upper and lower body strength and offers an accessible way to release endorphins while accommodating various mobility levels.

11:15 A.M. - 12:15 P.M. | MAKE A DIFFERENCE: If you have wanted to make a difference in someone's life, this group will create greeting cards to help provide encouragement, support, and hope to individuals who are experiencing mental health challenges through anonymous distribution to local community resources.

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. | CREATIVE ARTS DRAWINGS This group will utilize prompts that you will turn into your own creations and is suitable for everyone at any level of experience. Come explore, create, have fun and build camaraderie!

THURSDAY

EVERY ACTIVITY IS OPEN TO ALL MCHENRY COUNTY RESIDENTS!

10:00 A.M. - 10:45 A.M. | OVERCOMING OBSTACLES: In this group, we will focus on personal development and resilience. Overcoming obstacles transforms setbacks into learning opportunities, helping you grow stronger and more capable.

11:00 A.M. - 12:00 P.M. | RECOVERY SKILLS: This group focuses on skills and strategies that individuals use to navigate and manage mental health challenges.

12:15 P.M. - 1:15 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.

1:30 P.M. - 2:30 P.M. | ARTISTIC IMAGINATION: This group provides a safe environment to explore your unique creative expression by using various art supplies.

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



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/>



Pumpkin Fun Dash 5K/10K

**Join NWCASA and Take a Step
for Safer Communities**

Sunday, September 27th, 2026

Busse Woods - Grove 27

Elk Grove Village, IL 60007

Start time: 9am

 **Northwest Center
Against Sexual Assault**

5K = \$40

10K = \$55

1 Mile Fun Run = \$15



Scan the QR Code to Register!



Join Us! ~

Saturday, October 3
9AM - 12PM
Emricson Park
Woodstock, Illinois



SCHEDULE OF EVENTS:

9:00 AM

Family Festival: Face Painting,
Balloon Animals, Crafts, Music,
Raffles, Therapy Dogs, and
Resource Vendor Fair

Pepper the Robot 9:00-11:00 AM
Lee's Martial Arts Demo 10:00 AM
Ale's Zumba Warm-Up 10:30 AM

11:00 AM

Program, Awards, and 50/50
Raffle Winner Drawn

11:15 AM

1.8 Mile Walk Through Emricson
to Support Mental Health for ALL

Sign-Up for FREE at
namiwalks.org/mchenrycounty



INDEPENDENCE HEALTH & THERAPY'S

★ FLAG FOOTBALL GAME ★ & HOMECOMING RALLY



OCTOBER 3, 2026

TAILGATE 11 AM

KICK-OFF 12 PM

HOMECOMING RALLY FOLLOWING GAMES

TACKLE THE DAY. CHEER FOR A CAUSE.



Join us for

a day of family friendly tailgating, flag football, food, music, games and our Homecoming Rally all while supporting the programs and people of Independence Health & Therapy.

Let's pack the sidelines and make some noise for Independence Health & Therapy!

tailgating | games | prizes

TICKETS

KIDS FREE

MUST BE ACCOMPANIED BY AN ADULT



Kishwaukee Brewing Company
1900 Dillard Ct.
Woodstock, IL 60098



Independence
HEALTH & THERAPY

McHenry County Gold Star Legacies Presents:

GOLD STAR REMEMBRANCE DAY



Honoring Their Sacrifice, Remembering Their Legacy



October 3, 2026
Saturday



1:00-4:00 PM
Doors open at noon



Dole Mansion
401 Country Club Rd,
Crystal Lake

FEATURING



**McHenry County Gold Star Flag
Reveal & Dedication**



Holly Higgins: Gold Star Mother,
renowned TEDx Talk Speaker



484th Army Band Woodwind
Ensemble



LCC Comfort Dogs



And More!

JOIN US

Join us for a day of dedication and remembrance to honor those who have fallen from WWI to present day and paid the ultimate sacrifice.



Light snacks will be provided



Drinks available for purchase



Doors open at noon



RESERVE YOUR SPOT TODAY!

Scan the QR code to register
and learn more

THANK YOU TO OUR SPONSORS & DONORS!

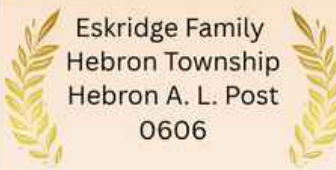
Platinum Star Sponsor
Goods in Kind



Silver Star Sponsor
Goods in Kind



**Bronze Star
Sponsors**



**Bronze Star
Sponsors Goods in
Kind**



OUR COMMITTEE MEMBERS

William Chandler Peterson American Legion Post 171 Harvard Post 265 * Hebron Post 0606 * Blue Star Banner Program CL *Galvanized Iron * McHenry County Marine Corps League * Service Flag Tradition *VFW Post 12014* Post 4600 *Veterans Network Association



HONOR OUR MILITARY HEROES



Service Flag Tradition





YOU ARE INVITED TO THE

22ND JUDICIAL CIRCUIT SPECIALTY COURT GRADUATION

OCTOBER

TUESDAY

6

5:30 P.M.

2026

JOIN US IN CELEBRATING OUR DUI
AND DRUG COURT COURT
PARTICIPANTS' SUCCESS

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



41st ANNUAL

FALL DIDDLEY

Craft Show



RETURNING TO
MCHENRY COUNTY FAIRGROUNDS
WOODSTOCK, IL

SATURDAY, OCTOBER 10, 2026 • 9 AM–5 PM
SUNDAY, OCTOBER 11, 2026 • 9 AM–4 PM

200+ ARTISANS & VENDORS

\$10 ADMISSION • AGES 12+

FREE PARKING

📍 11900 Country Club Rd., Woodstock, IL

*Shop handmade creations, enjoy food trucks
& dirty soda, and support a great cause.*

Sponsored by
MHRL – Mental Health Resource League
for McHenry County



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



TICKETS AVAILABLE
through
SEPTEMBER 25



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: \$1,360

Table of 6: \$1,020

Two Guests: \$340



CELEBRATING 25
YEARS OF MCCAP!

7TH ANNUAL ALE YES!

RAISE YOUR GLASS & JOIN THE FUN!

OCTOBER 10TH 2026

12-4PM NO ENTRY FEE

MCHENRY COUNTY ADULT PROGRAM

CRYSTAL LAKE BREWING

BEER · FOOD · CONTESTS

Craft beers, delicious bites & great vibes
SPECIAL AIRBNB DRAWING · SHENANIGANS · GOOD TIMES

2001-2026



Sponsored by

HS BANK HOME STATE BANK N.A.

We're on your side

www.mccapgm.org





YOU ARE INVITED TO THE

22ND JUDICIAL CIRCUIT SPECIALTY COURT GRADUATION

OCTOBER

TUESDAY **13** 5:30 P.M.

2026

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

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





One Voice One Community

Bullying touches everyone at some point in their life, we want to see families get involved to support their youth. We will have a presentation by Humanity Rising and youth will get to test their interactive game, Call It Out!



October 16th

Sign up Here!



6pm – 7:30pm



@Warp Corps

114 N. Benton St, Woodstock, IL 60098

Food provided to attendees

Interactive game made by youth for youth

Topics discussed at this event may be sensitive.

This event is open to ages 11+ only.



PROM NIGHT *Gala*



Friday
November **13**

At 6 PM - 11 PM

Boulder Ridge Country Club
350 Boulder Dr., Lake in the Hills

SAVE THE DATE

11.13.2026

The background is a faded, grayscale image of a large library or study hall. It features long rows of bookshelves filled with books, and several people are visible sitting at long tables, engaged in study or work. The overall atmosphere is academic and quiet.

MISCELLANEOUS



Consumer **Credit Counseling** Service
of Northern Illinois



WE'RE HIRING!

JOIN OUR TEAM AS A FINANCIAL LITERACY EDUCATOR

Do you

- have a desire to help people and impact your community?**
- want to work with like minded people who share your vision?**
- want flexible hours?**

Are you passionate about making a difference?

**CCCS is looking for a qualified candidate to teach
Financial Literacy in our service area!**

We offer a great, flexible work environment including:

- Fully paid training and work from home option**

**Send cover letter and resume to:
drasmussen@illinoiscccs.org**

***Bilingual in Spanish preferred but not required**

www.illinoiscccs.org

McHenry County Resource Center

Bringing community organizations together to connect people with the resources they need.

Temporary Location

Mental Health Board
620 Dakota Street, Crystal Lake

Beginning June 19

10am - 2pm on Fridays
(Closed the 5th Friday of the month)



Shelter & Transportation

- Home of the Sparrow
- Pioneer Center
- RTA/Pace/MCRide
- Turning Point



Medical & Food Assistance

- Advocate Mobile Health Van
- Crystal Lake Food Pantry
- Greater Family Health
- McHenry County Dept of Health



Children & Family Services

- Break Teen Center
- Options and Advocacy
- Safe Families for Children
- Senior Services
- Youth and Family Center of McHenry County



Veteran & Homeless Services

- Compassion for Campers
- Pioneer PADS
- Steven's Home
- Veterans Path to Hope
- Warp Corps



Employment & Aid

- Circles McHenry County
- Consumer Credit Counseling
- Express Employment
- Farmworker and Landscaper Advocacy Project (FLAP)
- McHenry County College
- Prairie State Legal Services
- Sahara Homes & More
- St. Vincent de Paul
- Salvation Army Employment
- Unbranded Energy



Mental Health & Support Services

- Association for Individual Development
- Circle of Hope
- Lake County Center for Independent Living
- Live4Lali
- New Directions
- Threshold



Need Emergency Shelter?

Call (815) 344-1230

www.McHenryCountyHomeless.org

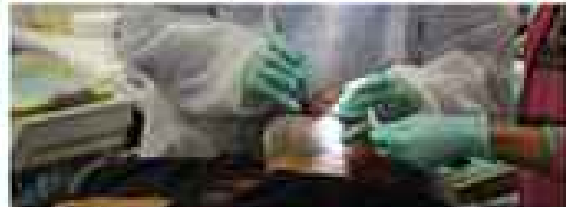
October 24 & 25, 2026. Doors Open at 6:00 AM
Registration closes when the clinic reaches capacity for the day

Free Clinic

Judson University Fitness Center
1151 N. State Street, Elgin, IL
North Entrance from River Rd, by Providence College

Free Dental

Fillings
Cleanings
Extractions



Free Vision

Eye Exams
Glaucoma Testings
Eye Glasses



Free Medical

General Medical
Women's Health
And More!



NO ID REQUIRED - FIRST COME, FIRST SERVED

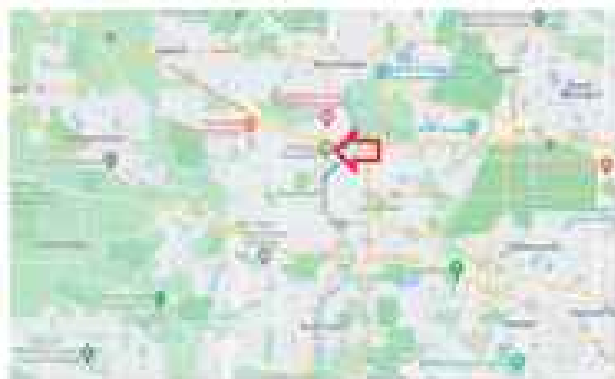


Organized by Heal Elgin Project, Love
Heals, & Better Vision, in partnership
with Northwestern University, Judson
University and the City of Elgin

www.HealElgin.Org



HealElgin



Sábado 24 y Domingo 25 de Octubre, 2026, a las 6:00 am
Registración cierra cuando la clínica alcanza la capacidad del día

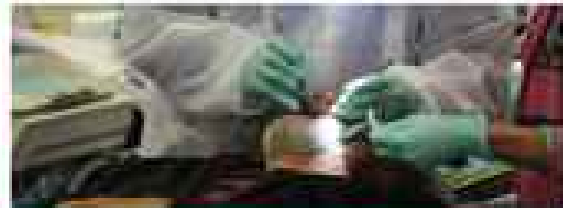
Clínica Gratis

Judson University Fitness Center
1151 N. State Street, Elgin, IL

Entrada Norte desde River Road, por el Providence College

SERVICIOS DENTALES GRATUITOS

Empastes/Rellenos
Limpiezas
Extracciones



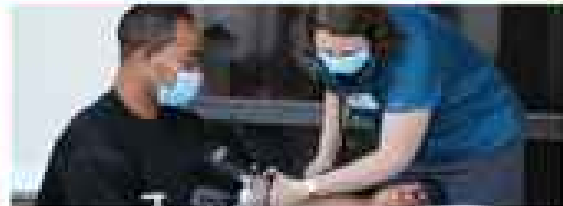
SERVICIOS DE VISION GRATUITOS

Exámenes de Ojos
Exámenes de Glaucoma
Anteojos



SERVICIOS MÉDICOS GRATUITOS

Medicina General
Salud de Mujeres
¡Y Más!



**IDENTIFICACIÓN NO REQUERIDA –
PACIENTES SERÁN SERVIDOS EN ORDEN DE LLEGADA**

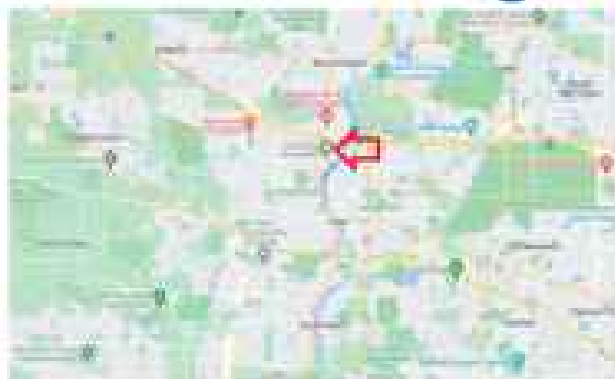


La clínica está organizada por Heal Elgin,
Love Heals, y Better Vision, en colabora-
ción con Midwestern University, Judson
University y la Ciudad de Elgin.



HealElgin.Org/Espanol

HealElgin



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 and government
entities 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