

Empowering Minds
Transforming Lives

Weekly Agency Update

Bolded items are new listings
Box denotes mandatory training for renewal of IDFPR licensure
****HAVE YOUR NEW ITEMS AND UPDATES TO US BY TUESDAYS EACH WEEK****

October 28, 2026

Mental Health Board Trainings

McHenry County Mental Health Board

- 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. REGISTRATION CLOSED - To be put on the Waitlist, Email Kris Doherty at kdoherty@mc708.org.

- "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

- **Helping the Helpers: Navigating Recovery and Secondary Trauma in Clinical Work | In-Person | Friday, January 8,2027 | 9:00 am to 12:00 pm | 3 Free IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologists, and IAODAPCA (Pending).**

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

Behavioral Health Workforce Center

- Leading Well: How to Care for Yourself as a Supervisor | Virtual | November 3, 2026 | 9:00 am to 12:00 pm | Free CEU's
- The Art of Effective Feedback | Virtual | November 24, 2026 | 9:00 am to 12:00 pm | Free CEU's
- Effective Meeting Facilitation & Time Management | Virtual | December 10, 2026 | 9:00 am to 12:00 pm | Free CEU's

BZA Behavioral Health

- When Winter Affects More Than the Weather | Virtual | Wednesday, October 29, 2026 | 12:00 pm to-1:00 pm | 1 Free CEU
- Grief and the Holidays: Supporting Clients Through Loss and Meaningful Rituals | Virtual | Thursday, November 12, 2026 | 12:00 pm to 1:00 pm | 1 Free CEU
- On Demand CEU Store | Watch at your convenience | $10 per CEU

Elderwerks

- **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

Live4Lali
- Trainings and Support Groups

McHenry County College
- Nonprofit-Focused Courses

NAMI
- Trainings for October and November
- Living Room Details

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. Location: Live4Lali, 665 W Jackson St.(rear unit), Woodstock | Every Friday through December 2026 | 10:00 am to 12:00 pm. FLYER

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

- Child Therapist
- Adult Therapist

NAMI McHenry County

- Recovery Support Specialist (Part-Time, Overnight)
- Recovery Support Specialist (Full-Time, Overnight)
- Recovery Support Specialist (Overnight SUB)
- Recovery Support Specialist (SUB)

Olive Branch Nutrition

- Lead Dietician
- Registered Dietician

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
- House Supervisor - Full Time
- Career Page at www.pioneercenter.org/careers/

Thresholds

- Team Leader - Living Room - 2nd Shift
- Crisis Support Specialist, Part Time The Living Room

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 Rekenthaler, 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

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 847-854-4333for 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

CALM CONVERSTATIONS

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: McHenry County Mental Health Board

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

GLCU FOUNDATION
for Financial Empowerment



FINANCIAL EDUCATION EVENTS

Take control of your financial future. Learn how to:

- Navigate the homebuying process
- Access down payment assistance
- Strengthen your credit
- Explore options to finance higher education

IN PERSON FIRST TIME HOME BUYER SEMINAR

Food and refreshments will be provided.

- October 24th: 22310 Latonia Lane Richton Park, IL 60471
- November 7th: 5615 West Race Avenue Chicago, IL 60644
- December 12th: 128 North County Street Waukegan, IL 60085

REGISTER HERE

OR CALL 224-252-2620

ONLINE WEBINAR

- October 17th: Understanding Credit
- November 14th: Financing Your Education

glcufoundation.org



MCDH
MCHENRY COUNTY DEPARTMENT OF HEALTH
Promoting Better Health Since 1966

Take Charge of Your Diabetes

This interactive, **NO-COST** workshop with small group sessions is for people with diabetes or pre-diabetes & their caregivers.

Classes meet every Monday for six weeks

10am- 12:30pm
November 9th- December 14th

McHenry County Department of Health
2200 N Seminary Ave
Annex A Building
Woodstock, IL

Scan QR to register:

or contact:

Stephanie at 815-334-4580

Illinois Pathways to Health
by AgeOptions

TAKE CHARGE of your health

TRAUMA 101:

KEY PRINCIPLES AND PRACTICAL APPROACHES

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

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

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

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

THURSDAY'S

March 12, June 11, August 13, November 12

2:30 pm to 4:00 pm

VIRTUAL TRAINING ON ZOOM

REGISTER NOW



Presenter:
Gary Rukin, LPC

Training Coord: Kris Doherty
kdoherty@mc708.org

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.

CENTER FOR EMOTIONAL WELLNESS of the Northwest Suburbs

McHenry County Mental Health Board



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/

Megan Nogasky, JD, LCSW

Training Coord: Kris Doherty
kdoherty@mc708.org

McHenry County Mental Health Board

Northern Illinois Recovery Center

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

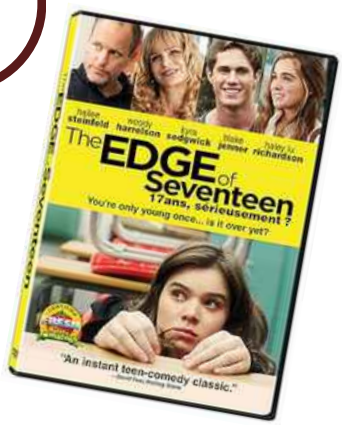
6:00 PM TO 9:00 PM

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



FEATURED FILM:

"The Edge of Seventeen"
Rated PG13



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 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

November 20, 2026

9:00 am to 12:00 pm

McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

REGISTRATION CLOSED

To be added to the Waitlist: Email Kris Doherty at kdoherty@mc708.org.

Presenter:
Laura Miller, LCPC, R-DMT

Training Coord: Kris Doherty
kdoherty@mc708.org

TRANSFORM YOUR CASE NOTES: INTRODUCTORY TRAINING WORKSHOP

FREE: 3 IDFPR 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/

Presenter:
Kimberly Pilditch, LCSW

Training Coord: Kris Doherty
kdoherty@mc708.org

GRIEF 101: FOUNDATIONS OF GRIEF, LOSS, AND MOURNING

FREE: 1 IDFPR 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.

CENTER FOR EMOTIONAL WELLNESS of the Northwest Suburbs

McHenry County Mental Health Board



FRIDAY

December 4, 2026

9:00 am to 10:00 am

VIRTUAL TRAINING ON ZOOM

REGISTER NOW

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

Mallory Pavlik, LPC

Training Coord: Kris Doherty
kdoherty@mc708.org

COMMUNITY PAIP FACILITATOR TRAINING



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

You Will Learn :

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

Registration Fee $150 Per Person

2026 TRAINING DATES & TIMES:

December 8th, 9th, 10th
9:00am-5:00pm

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

Crystal Lake, IL

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

www.turnpt.org/community-training

TurningPoint
DOMESTIC VIOLENCE SERVICES

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

McHenry County Mental Health Board

Helping the Helpers: Navigating Recovery and Secondary Trauma in Clinical Work

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

Helpers are often expected to absorb stress and stay steady, leading to exhaustion, burnout, or disconnection over time. Grounded in trauma-informed practice and nervous system science, this interactive 3-hour workshop helps participants understand these beneath-the-surface responses. Without requiring personal disclosure, the session offers practical, workday-ready tools and language to foster sustainable self-care and mutual support.

Friday,
January 8, 2027

9:00 am to 12:00 pm

McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

REGISTER NOW

https://mc708.org/event/helping-the-helpers/



Speaker:
Josh Novick, LCPC, PEL-SC

Training Coordinator:
Kris Doherty
kdoherty@mc708.org

SUPPORT GROUPS

POST PARTUM SUPPORT GROUP

GLOBALLY EMPOWERED

Pregnancy Through the First Years of Parenthood



This free support group is offered in partnership with Hopeful Beginnings and Options & Advocacy for McHenry County

Parenting in the early years can feel beautiful, overwhelming, and everything in between. You don't have to walk this journey alone.
❤️ - Globally Empowered

Facilitated by Tori Shaw Morawski, LMSW, IICDP, FNAP, of Globally Empowered, and Elyse Sereyka of Helping Us Grow (HUG), this group offers participants the opportunity to:

- Connect with other parents who understand firsthand what you're going through
- Cope with daily parenthood stressors using practical, real-world knowledge
- Understand the risks, symptoms, and treatment options for perinatal moods and anxiety disorders

MEETING DETAILS

- **Dates:** 1st & 3rd Tuesdays of the month
- **Time:** 10:30am - 12:00pm
- **Location:** Northwestern Medicine Huntley Hospital, 10400 Haligus Rd, Huntley, IL - 3rd Floor



For more information

- 847-870-8181 (TTY: 711)
- tori@globallyempowered.com

Helping Us Grow Options&Advocacy | Hopeful Beginnings of St. Mary's | Northwestern Medicine | GLOBALLY EMPOWERED

Stages of Transformation, Inc.

FAMILY SUPPORT GROUP

Unity. Service. Recovery

Stages of Transformation Resource Center

820 McArdle Drive, Unit C

Crystal Lake, IL 60014

This is an Open Meeting

Friday Evenings

7:00 pm - 8:00 pm

Fellowship Immediately Following

Doors open at 6:30 pm

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



Association for Individual Development

DROP-IN ACTIVITIES

FOR THOSE IN MENTAL HEALTH RECOVERY

1201 DEAN ST., WOODSTOCK, IL 60098

(Located in Woodstock Assembly of God)

TUESDAY

ALL GROUPS ARE FREE TO PARTICIPATE!

10:00 A.M. - 11:00 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

LIVE 4 LALI

PAINT A SCARECROW

Local artist Ryan Klopfenstein will guide us step-by-step in painting a scarecrow!



Fri.

Nov. 13

7:00pm



Space is limited!

All Supplies Provided!



RSVP at
monica.andrade@live4lali.org
Or first come first serve!

Live4Lali Woodstock office -
665 W. Jackson St., Woodstock IL 60098
Rear Unit

live4lali.org

Options & Advocacy
for McHenry County

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

hope | Northwest Center Against Sexual Assault

CLOTHING DONATION

Support Survivors in Our Community

October 19th-November 16th

Every survivor deserves comfort and care after experiencing sexual violence. During the medical forensic exam in the ER, clothes are often confiscated as part of the process. You can make an immediate impact by donating brand-new clothing through our Amazon Wishlist. Items ship directly to our office.

SCAN ME

LEARN MORE : https://nwcasa.org/services/medical-advocacy/



Northwest Center Against Sexual Assault

DONACIÓN DE ROPA

Apoyemos a los sobrevivientes en nuestra comunidad.

19 de Octubre - 16 de Noviembre

Cada sobrevivente merece comodidad y cuidado tras haber sido víctima de violencia sexual. Durante el examen médico forense en el hospital, es frecuente que la ropa sea confiscada como parte del procedimiento. Puedes generar un impacto inmediato donando ropa nueva a través de nuestra lista de deseos de Amazon. Los artículos se envían directamente a nuestra oficina.

ESCANEAME

APRENDER MÁS: HTTPS://NWCASA.ORG/SERVICES/MEDICAL-ADVOCACY/



MISCELLANEOUS

Become an Interstellar Foundations

Founding Board Member

Help us create a nonprofit in McHenry County that gives young adults the tools to build independent lives, careers, financial stability, and creative communities.



Interstellar Foundations is evolving from Interstellar Kreations into a nonprofit built to empower individuals 18+. We're creating a welcoming space to learn, create, connect, and grow through life skills, workforce development, financial literacy, music & DJ education, peer support, and more.

We're looking for people with experience in:

- **Business**
- **Finance**
- **Workforce Development**
- **Education**
- **Social Services**
- **Arts & Creativity**
- **Music**
- **Marketing**
- **Fundraising**
- **Law**
- **Community Development**
- **Young Adult/Lived Experience**

Have any questions? Please email Keema at interstellar.kreations@outlook.com

Apply to become a Founding Board Member

OFFICE SPACE

620 Dakota Street
Crystal Lake, IL

FOR RENT



Perfect for non-profit organizations and government entities looking for a welcoming, move-in-ready workspace.

KEY FEATURES

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



CONTACT US:

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

815-455-2828
INFORMATIONREQUEST@MC708.ORG

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@illinoisccccs.org

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

www.illinoisccccs.org