

# hopeful happenings

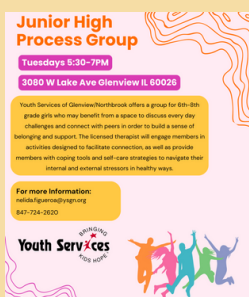
March 2024: Spring Edition

## Upcoming Groups



### **DBT Skills Group**

This group is for teens 13-18 who struggle with mood regulation and relationship. Skills covered included mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness. The group meets in-person at Youth Services on Mondays from 5:30-7:30PM. It runs for 6 weeks starting April 1.



### **Junior High Process Group**

Junior High Process Group is a group for 6th-8th grade girls who may benefit from a space to discuss daily challenges and connect with peers to build a sense of belonging and support. The group meets in-person at Youth Services on Tuesdays from 5:30-7PM.



### **Weekly prideSUPPORT Groups**

Weekly support groups for LGBTQ+ youth offer opportunities for participants to build community, discuss challenges, and feel supported by others. Facilitated by program staff, these groups include a check-in, fun activities designed to help foster relationships, and time to share challenges and receive support. Spring sessions runs from 4/1 to 5/24.

For more information about the above groups or programs, or to schedule an intake, please email [Nelida.Figueroa@ysgn.org](mailto:Nelida.Figueroa@ysgn.org) or call 847-724-2620.

## Upcoming Events

### **Night of Noise for LGBTQ+ Youth & Allies** **Saturday, April 13th**

Our annual Night of Noise celebration is a youth-led celebration of LGBTQ+ identities for 8th-12th graders. Held the Saturday after Day of Silence, we break the silence together with an open mic and celebrate with games and fun!

### **Action Camp Camper & Counselor Applications** **Open April 1st**

Each August, Youth Services partners with the Illinois Safe Schools Alliance, a program of Public Health Institute of Metropolitan Chicago to host Action Camp, a 5-day sleepaway camp that brings together young leaders from GSAs and youth groups across the state to learn from one another and shape the safer schools movement. Action Camp is a space often described as "magical" where youth are able to see their identities reflected back at them, sharpen their critical lens, strengthen their own anti-oppressive frameworks and actively skill-share and practice what it means to create spaces in the world where all identities are safe, supported, affirmed and celebrated. Action Camp is open to LGBTQ+ youth and allies who are rising 8th graders through rising Seniors in high school.

**Support our work!** Youth Services is a non-profit organization and relies on donors and community support. Consider supporting us by attending this great fundraising events.

Join us for these exciting Youth Services Special Events!

**Spring Gala**  
**Saturday, April 13th**

**Golf Outing**  
**Monday, September 9th**



Questions? Please contact Erin Miller at [erin.miller@ysgn.org](mailto:erin.miller@ysgn.org) to learn more.

