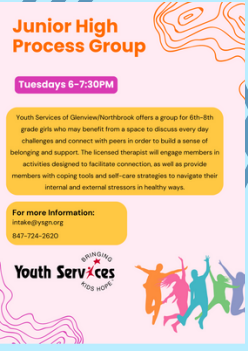


hopeful happenings

DECEMBER 2024: Winter Edition

Upcoming Groups



Junior High Process Group
Tuesdays 6-7:30PM
Youth Services of Glenview/Northbrook offers a group for 6th-8th grade girls who may benefit from a space to discuss every day challenges and connect with peers in order to build a sense of belonging and support. The licensed therapist will engage members in activities designed to facilitate connection, as well as provide members with coping tools and self-care strategies to navigate their internal and external stressors in healthy ways.

For more information: hopefulgrouping@ysgn.org
847-724-2620

Youth Services

Junior High Process Group

This group is for 6th-8th grade girls who may benefit from a space to discuss every day challenges and connect with peers in order to build a sense of belonging and support. The licensed therapist will engage members in activities designed to facilitate connection, as well as provide members with coping tools and self-care strategies to navigate their internal and external stressors in healthy ways. The Winter 2025 session will begin on Tuesday, January 28th from 6:00-7:30PM.



High School Process Group
Winter 2025 Session: JAN 28, FEB 11, FEB 18, MAR 4, MAR 11, MAR 18
Tuesdays 4-5:30pm
A group for high school girls to discuss everyday challenges and connect with peers. The group provides participants the opportunity for creative self-expression and insight into new strategies to cope with stressors. Group leaders help facilitate discussions on topics such as self-confidence, relationships, academic stressors, decision-making, body image, mood management, self-care, media messages and more.

For more information: hopefulgrouping@ysgn.org
847-724-2620

Youth Services
3080 W Lake Ave., Glenview, IL 60026

High School Process Group

This group is offered to high school girls who are looking for a safe and supportive space to navigate the everyday challenges and connect with peers. The group provides the participants the opportunity for creative self-expression and insight into new strategies to cope with stressors. The Winter 2025 session will begin on Tuesday, January 28th from 4:00-5:30PM.



**SOCIAL SKILLS GROUP
HIGH SCHOOL SOCIAL SKILLS**
Thursday 6:30-8pm
3080 W Lake Ave Glenview IL 60026
An opportunity for high school students to practice and process in a safe space and develop strong interpersonal skills and build peer relationships. This group will focus on:
• Self Confidence
• Peer Relationships
• Interpersonal Communication
• Problem Solving
• Emotional Regulation

For more information: hopefulgrouping@ysgn.org
847-724-2620

Youth Services

High School Social Skills

This group provides high school students who are working on improving their social skills the ability to engage positively in social settings. Our activity-based approach allows our clients to practice skills such as social problem-solving and communication skills in "real-life" scenarios. The social skills groups focus on age appropriate activities to increase the clients' ability to deal flexibly with compromise and change as well as make and retain friendships. The Winter 2025 will begin on Thursday, January 30th.



DBT Skills Group
Mondays 5:30-7:30
3080 W LAKE AVE GLENVIEW IL 60026
This group is for 13-18 year olds who struggle with relationships and mood regulation. Group topics include mindfulness, distress tolerance, and emotion management. Winter 2025 session will meet in person on Mondays from 5:30PM to 7:30PM.

For more information: hopefulgrouping@ysgn.org
847-724-2620

Youth Services

DBT Skills Group

This group is for 13-18 year old teens who struggle with relationships and mood regulation. Group topics include mindfulness, distress tolerance, and emotion management. Winter 2025 session will meet in person on Mondays from 5:30PM to 7:30PM.



prideSUPPORT Groups
WINTER 2025
RAINBOW CONNECTION
Mondays 6:30-8:00pm
All LGBTQ+ youth
TRANS TALK
Thursdays 6:30-8:00pm
Trans & gender-expansive youth
ALPHABET SOUP
Thursdays 4:30-6:00pm
All LGBTQ+ youth
FRUIT LOOPS
Tuesdays 4:30-6:00pm
All LGBTQ+ youth

TO JOIN OR FOR MORE INFO:
INTAKE@YSGN.ORG
847-724-2620

Youth Services

Pride Groups Winter Session

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. To join, participants complete an intake membership meeting with a staff member, becoming a member of our Pride Community.

For more information about the above groups or programs, or to schedule an intake, please email intake@ysgn.org or call 847-724-2620.

In the Spotlight



One of our staff therapists Jess Levine, LCSW, joined Kathryn Ciesla (Northbrook Village president) and Scott Meek (principal of Northbrook Jr. High) at Gloria Dei Lutheran Church in Northbrook on November 17th on a panel on the state of youth mental health. You can find [a recording of the service and panel here](#). The panel discussion begins around minute 10 and goes until about minute 48.

Upcoming Events



Pride Holiday Party
Thursday, December 12th at 5:30-7:30pm
Open to all Pride participants and alumni & their families
RSVP at bit.ly/prideholiday24

Youth Services

Pride Holiday Party

Thursday, December 12th 5:30-7:30pm | All ages & families
Join us for our annual Pride Youth Program Holi-gay Party! All Pride participants (current, former, and alum) are invited to join us for a night of festivity and fun, along with parents & family members of current Pride participants! We'll have holiday treats, activities, games, and most importantly, time to catch up and wish each other well! [RSVP here!](#)

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



BRINGING Youth Services CONCERT TO LIFE
featuring **7th heaven**
FRIDAY, JANUARY 31, 2025
7:00 PM - 9:00 PM
(Doors open at 6:30 PM)
Loyola Academy McGrath Family Performing Arts Center in Wilmette
YSconcert.givesmart.com

Youth Services Concert

SAVE THE DATE for a fun night of singing and dancing with one of Chicago's most popular rock bands, 7th Heaven, all while supporting a great cause! The funds raised through our Concert event make an incredible difference in the lives of children and youth who turn to Youth Services for support. To learn more, and purchase your tickets, please visit www.ysgn.org/concert. Interested in joining our Concert Committee, please contact Erin Miller at erin.miller@ysgn.org.



Don't Miss the Party of the Year!
youth services
SPRING GALA
Friday, April 4, 2025
Chevy Chase Country Club
Wheeling, IL
Get Your Tickets Today!

Annual Spring Gala

The Spring Gala is coming on Friday, April 4, 2025 and we are ready for another incredible night with fabulous silent and live auctions, entertainment, and a night with friends to support and reflect on the critical Youth Services plays for families in our community! You will not want to miss this special evening! [Get your tickets today](#) – and spread the word! Interested in joining our Concert Committee, please contact Erin Miller at erin.miller@ysgn.org.

