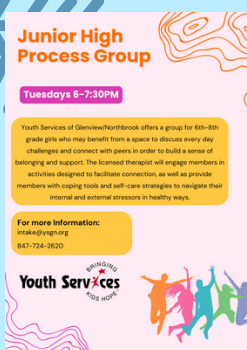


hopeful happenings

January 2025: Winter Edition

Upcoming Groups



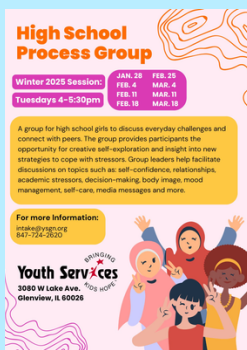
Junior High Process Group
Tuesdays 6-7:30PM
Youth Services of Glenview/Northbrook offers a group for 6th-8th grade girls who may benefit from a space to discuss every day challenges and connect with peers in order to build a sense of belonging and support. The licensed therapist will engage members in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

For more information: head@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 regulate 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 25, 11:30 AM - 1:00 PM
Tuesdays 4-5:30pm
A group for high school girls to discuss everyday challenges and connect with peers. The group provides the participants the opportunity for creative self-exploration 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: head@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-exploration 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
• Self and Nonverbal Communication
• Peer Relationships
• Flexible Thinking
• Emotional Regulation

For more information: head@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.



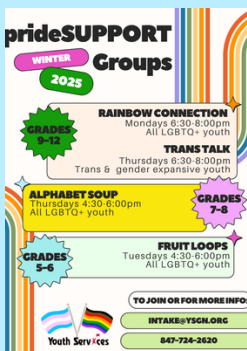
DBT Skills Group
MONDAYS 5:30-7:30
3080 W LAKE AVE GLENVIEW IL 60026
This group is for 13-18 year olds who struggle with relationships and mood regulation. Group topics include mindfulness, distress tolerance, and emotion management. Winter 2025 session will meet in person on Mondays from 5:30PM to 7:30PM.

For more information: head@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.

Upcoming Events

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.



Youth Services CONCERT
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

Join us on Friday, January 31st 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
Wheaton, IL
Get Your Tickets Today!

Annual Spring Gala

The Spring Gala is coming on Friday, April 4th 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 role 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.

