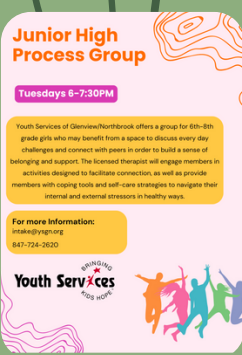


# hopeful happenings

March 2025: Spring Edition

## Upcoming Groups



### Junior High Process Groups

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 group meets on Tuesdays from 6:00-7:30PM.



### 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 group meets on Tuesdays from 4:00-5:30PM.



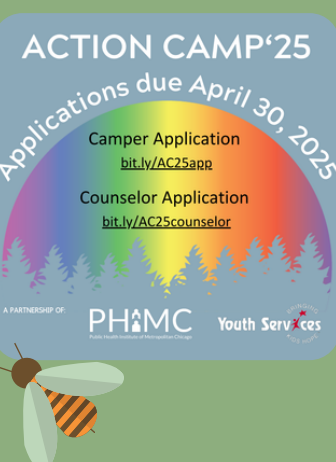
### DBT Skills Group

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. This group meets on Mondays from 5:30-7:30PM.



### Pride Groups Spring 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.



### Action Camp

Each August, Youth Services partners with The 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 open to LGBTQ+ and allied youth who are rising 8th graders through rising seniors in high school. Applications for campers and volunteer counselors go live April 1st. Questions can be directed to [actioncamp@phimc.org](mailto:actioncamp@phimc.org).

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

## In the Spotlight



### Our Building and Activity-Based Treatment Model

In January, the doors reopened at our 3080 West Lake facility. Our reimagined building and new spaces are remarkable. Our individual therapy spaces are designed to have plenty of natural light and create a welcoming, calming atmosphere for clients of all ages and backgrounds. All clients deserve to be heard, supported, and welcomed at Youth Services. One of our clients recently shared: "Now instead of Monday being the worst day because I have to go back to school, it is the best day of the week because I get to come to Youth Services." That is our goal: to ensure clients feel the connection to our building now and for years to come.

## 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.



### 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](mailto:erin.miller@ysgn.org).



### Action Camp Fundraiser

Join us for our 2nd Annual Action Camp Fundraiser: Off the Grid on Saturday, April 19th, at Sidetrack. Let's take this time to come together to celebrate and show support for LGBTQ+ young people. It will be a fun afternoon full of talent, camaraderie, laughter, and delicious camp snacks and we can't wait to see you there! Please note that this is a 21+ event.



### FoYS Fashion Show

FoYS Fashion Show, Thursday, June 12th at 6:30pm at Loyola Academy McGrath Family Performing Arts Center. Join us for our 3rd Annual Friends of Youth Services Fashion Show. It is sure to be another incredible night full of fun, fashion, friendship, and community support. From the amazing designs of talented local school-aged fashion students to the trendy and stylish pieces from Margo Boutique, everyone is sure to find some inspiration to update their wardrobes!

