

hopeful happenings

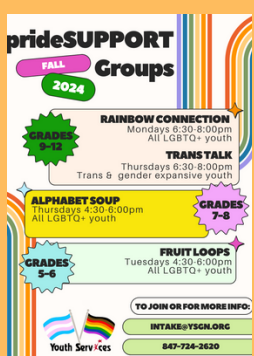
AUGUST 2024: Fall Edition

Upcoming Groups



Junior High Process Group

This group offers 6th-8th grade girls a space to discuss everyday challenges and connect with peers. Licensed therapists will engage members in activities designed to facilitate connection as well as provide members with coping tools to navigate their internal and external stressors in a healthy way. Fall 2024 Session will begin on September 10th.



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. 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.

Staff Spotlight



Staff Update! Youth Services clinician, Kait Berger, is now a Registered Play Therapist! Kait joined Youth Services in 2016 and provides individual counseling and facilitates the Little Adventures K – 2nd grade social-skills group.

Q. What inspired you to specialize in Play Therapy?

A. I really started being interested in Play Therapy after reading Virginia Axline's book *Dibs in Search of Self* as an undergraduate student. Virginia Axline is the "grandmother" of play therapy and I loved how she just allowed her clients to play and process without significant interference, giving them the space to be in control and work through their issues with a calm, supportive adult who is fully present with them.

Q. What is your favorite play therapy activity?

A. I love using the sand tray! It is a great way for kids to engage with sensory materials and to tell their stories through imagery and metaphor. Sand tray can also be a great way to assess clients – are they more concrete or abstract in their play? Do they like to tell stories or just play in the sand?

Q. What is the most important thing you learned during your Registered Play Therapy training?

A. I learned to relax and trust the process. Most children know what they need and will work through things with play.

Q. What do you share with parents that are not sure about the efficacy of Play Therapy?

A. Play Therapy is backed by research and has been shown to increase personal strengths, enhance social relationships, foster emotional wellness, and facilitate communication. A great benefit is that play therapy can be easily accessed as a resource at home, as well.

"Toys are children's words and play is their language" — Gary L. Landreth

Upcoming Events

Glenview Community Winter Wear Drive

Youth Services is joining local partners to provide winter coats to under-resourced children in our community this October. Collections will take place throughout Glenview from October 10th through October 24th for (like) new coats, hats, scarves, and gloves. More information on collection locations and details will be shared next month. The event is sponsored by Youth Services together with GBS Titans Helping Titans, the Debra Gelfand Children's Foundation, District 34, and District 34 PTAS.

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.



Girlfriends Boutique

Grab some friends and join us on Thursday, October 24th for our annual Friends of Youth Services (FOYS) Boutique at the Renaissance Chicago Glenview Suites Hotel. We are thrilled to welcome back some of our most loved vendors as well as some new and exciting ones. But the biggest news is that we decided to extend the boutique time this year and will be holding it from 12pm-8pm! To learn more and purchase tickets, please visit: www.ysgn.org/girlfriends-boutique/



Golf Outing

We are just a few weeks away from our Youth Services Golf Outing! Join us for a special cocktail reception featuring PGA Pro & winner of the 2023 PGA Tour Zurich Classic, Nick Hardy. Tickets are on sale now here: <https://YSGolf.givesmart.com>. While our Golf Outing is sold-out of foursomes, we still have plenty of ways to support the event! Learn more at YSGN.ORG/GOLFOUTING. Please contact Erin Miller for additional information at erin.miller@ysgn.org.



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.

