

hopeful happenings

MARCH 2026: SPRING EDITION

Upcoming Groups

DBT

The Dialectical Behavior Therapy (DBT) skills group is designed for 13 to 18 year-olds who struggle with intense, fluctuating moods, unhealthy coping mechanisms, and difficulties in their familial, peer, and romantic relationships. The goal of the group is to help participants increase self-awareness, manage emotions more effectively, tolerate distressing situations, and improve interpersonal skills. This group meets on Thursdays from 6:00 - 7:30PM.

Jr. High 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.

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.

Caring Connections

Caring Connections is a program for parents and children ages 2-5 that helps families build strong foundations for growth, learning, and connection. Each week includes a group parent discussion, a children's play-based learning group, and joint parent-child activities designed to strengthen bonds through shared play. Beginning April 3rd, this group will meet on Fridays from 10:00 - 11:00AM.

High School Social Skills Group

This group is an opportunity for high school students to socialize and process in a safe space and develop strong interpersonal skills and build strong peer relationships. This group will focus on self-confidence, nonverbal communication, relationships, and interpersonal communication. This group meets on Thursdays at 6:30-8:00PM.

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. intake@ysgn.org | ysgn.org/pride

Come HANG with us!!

PrideHANG is a series of themed social drop-in groups for LGBTQIA+ high schoolers and allies. Come hang with us, meet new people, and have fun! This group will meet mainly on the 1st and 3rd Saturdays of the month from 5:00-7:00PM. For LGBTQIA+ youth and allies grades 9-12.

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

Save the Date: Action Camp Applications Go Live April 1st!

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 LGBTQ+ leaders from across the state. 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 2026 will be held August 3rd-August 7th. Rising 8th-12th graders can apply to join us beginning April 1st!

Welcoming our Newest Board Members!

We are excited to welcome Joel Herrera and Kathleen Savio to the Youth Services Board of Directors. Both bring a deep commitment to community well-being and a wealth of professional experience that will help strengthen our organization as we continue expanding access to mental health care and youth programs. We are grateful for their willingness to serve and support the families and young people in our community

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.



Hoops for Hope Pools are Live - Register Today!

Get ready to cheer, compete, and support youth mental health! Join us for our first-ever March Madness Bracket Challenge hosted by Friends of Youth Services. It's competition for a cause — and every bracket helps change lives.



Community of Pride: Game On!

Join us on Saturday, March 8th for a Pride-filled afternoon of connection, laughter, and community! We'll kick things off with time to mingle, followed by optional games like WaveLength and Bingo. Play if you'd like—or simply enjoy the fun—all while supporting an important cause.



CSL vs. MSL Charity Water Polo Tournament

Youth Services is proud and excited to partner with local high school girls' and boys' Water Polo teams for the CSL vs. MSL Charity Water Polo Tournament hosted by Niles West—a powerful community event raising critical funds and awareness for youth mental health services.



Youth Services Spring Gala

Mark your calendars for the Youth Services Spring Gala on Saturday, April 25, 2026 at Chevy Chase Country Club in Wheeling! As our largest annual fundraiser, the Gala brings together friends and supporters for an unforgettable evening of giving and stories that highlight Youth Services' impact. The critical dollars raised allow us to provide social-emotional programming, crisis intervention, therapy sponsorships, and other life-changing services to children and families across our community. We hope to see you there as we continue our mission to ensure every child can grow up happy, healthy, and hopeful.



Friends of Youth Services Fashion

The FoYS Fashion Show returns for its 4th year on Thursday, June 18th at 6:30 PM at the Loyola Academy McGrath Family Performing Arts Center. Get ready for a fabulous night filled with fun, fashion, and community spirit. Featuring incredible designs from local student designers alongside refresh pieces from Margo Boutique, you'll leave inspired—and ready to refresh your wardrobe!

