



Strengthening People—Building Community

A BI-ANNUAL NEWSLETTER FOR THE SUPPORTERS OF TRICITY FAMILY SERVICES

FALL 2017

INSIDE

OUR 50 YEARS

The story of us, from our humble beginnings, to today.

EVENTS: PAST & FUTURE

Some dates and locations have changed for your favorite events.

GALA 2018

Our annual Gala happens much earlier this year. Are you ready?

GOLF OUTING

A beautiful day ... a beautiful cause!

MAKING A DIFFERENCE:

- DONOR SPOTLIGHT
- VOLUNTEERS SPOTLIGHT

WELLNESS PROGRAMS

Take a look at the many programs we offer, designed to help you achieve and maintain your peak state of emotional wellness.

www.TriCityFamilyServices.org

630.232.1070

1120 RANDALL COURT
GENEVA, ILLINOIS 60134

2570 FOXFIELD ROAD
SUITE 101
ST. CHARLES, IL 60174



FOR MORE INFORMATION call 630.232.1070 or visit www.tricityfamilyservices.org

HAPPY ANNIVERSARY, TRICITY FAMILY SERVICES!

JOIN US!

Fifty years ago, TriCity Family Services was founded through the foresight and leadership of local individuals who cared for our youth, our families and the mental health needs of our community.

Please join us for complimentary hors d'oeuvres (furnished by Rob Mondri of Abby's Breakfast and Lunch), beverages and fellowship in celebration of our proud history. In addition, a speaking program will take place at 5:30 pm, featuring a joint mayoral proclamation and Chamber of Commerce ribbon cutting.

DATE/TIME:

FRIDAY, SEPTEMBER 29
4-7PM
SPEAKING PROGRAM
5:30PM

LOCATION:

MAIN OFFICE
TRICITY FAMILY SERVICES
1120 RANDALL COURT
GENEVA, IL

TURN PAGE FOR "THE HISTORY OF US," A TIMELINE OF OUR HALF-CENTURY OF SERVICE.

THE STORY OF US

TriCity Family Services has been providing mental health services to the residents of Central Kane County since 1967. The late State Senator John Grotberg founded TriCity Youth Project (now TriCity Family Services, or TCFS) as a grassroots, street-level, youth outreach organization with a budget of \$15K and two youth workers. Since then, TCFS

has grown, in response to community need, to provide a wide array of mental health programs.

Last year, the agency provided 52,465 hours of service to 4,015 clients and has a \$1.8 million budget and 40 employees both full-time and part-time.

1967

The late State Senator John Grotberg founded TriCity Youth Project, as a grassroots, street-level, youth outreach organization.

With a budget of \$15K and a staff of 2

1970

During the 1970s, the St. Charles, Batavia, and Geneva Youth Projects consolidated under one roof at 321 Hamilton Street in Geneva. The Youth Project incorporated as an independent, not-for-profit corporation called the TriCity Youth Project, and later changed its name to the TriCity Family Project based on its expanded emphasis on services to the entire family.

1980

In 1980, the TriCity Family Project became TriCity Family Services (TCFS) to better reflect its growing array of programs and services. Throughout the next decade TCFS continued to expand, and by 1993 it had outgrown its existing space. After an intensive and successful capital campaign, a new facility was built at TCFS's current location at 1120 Randall Court in Geneva.

1993

2017

Since then, TCFS has grown, in response to community need, to provide a wide array of mental health programs.

With a budget of \$1.8M and a staff of 40 and provided 52,465 hours of service to 4,015 clients

We are a testament to compassion and the power of people working together. This anniversary is a milestone honoring a legacy of excellence that has always put people first. Together with your help, we are

launching into a strong future and celebrating TriCity Family Services' proud history of representing the best in quality counseling, the most in accessibility and the highest in compassion.

OUR GALA DATE HAS CHANGED!

MARDI GRAS GALA 2018 - SAVE THE DATE!

The new year will be here before we know it and, with that, comes the talk of how to build excitement for one of TriCity Family Services' most spectacular events.

date has CHANGED to February 24, 2018. (Note: This is two months sooner than usual!)

Please join us for an unforgettable evening to support TriCity Family Services that includes dinner, signature cocktails, live and silent auctions, showcase raffle items, a whiskey pull, and more!

Gala co-chairs Carrie Sebold and Michelle Rollins will be returning to the planning efforts with an exciting Mardi Gras theme and would like to make known that the gala

DATE/TIME:
SATURDAY
FEBRUARY 24, 2018
6 TO 10 PM

LOCATION:
PHEASANT RUN RESORT
4051 EAST MAIN STREET
ST. CHARLES



FOR A GOOD CAUSE

One hundred golfers participated in TriCity Family Services' Golf Outing on Monday, September 11 at Royal Fox Country Country Club in St. Charles. The event, co-chaired by James Alderfer and Michelle Rollins, included 18 holes of golf, lunch, on-course gimmicks and hole contests, dinner and awards program.

FLAG-RAISING CEREMONY

Prior to the 1 p.m. shotgun start, local first responders from St. Charles, Batavia and Geneva fire and police departments joined golfers for a flag raising ceremony and brief moment of silence, commemorating Patriot Day. While the golf outing was not scheduled specifically for this tribute, golf committee members agreed that it would be fitting to acknowledge the day's significance and purposefully invited local police and fire officials to take part.

Post-golf, attendees retreated to the Clubhouse for a barbecue buffet (prepared by Royal Fox) and dinner program led by Masters of Ceremony Mayor Kevin Burns (City of Geneva) and Scott Mackay (95.9 The River), which included a live auction, fund-a-cause and awards presentation.

All proceeds from the Golf Outing will be used to fund mental health programs and services provided by TriCity Family Services, now celebrating its 50th anniversary of serving the community.

MANY THANKS TO OUR GENEROUS GOLF OUTING SPONSORS:

- American Maintenance & Machine
- Baird & Warner
- Diamond Rigging Co.
- Cawley Chicago Management
- Center Guard Plumbing
- Door Systems
- Flood Brothers Disposal
- Geneva Family Dental
- Gerald Subaru of North Aurora
- Griffin Williams LLP
- Kluber Architects + Engineers
- Lifestyle Design
- North Aurora Lions Club
- Pheasant Run Resort
- Prose Orthodontics
- Smith Amundsen
- St. Charles Dental
- Stith Oral and Maxillofacial Surgery
- TTSG
- Toby Zwingelberg/Edward Jones

AS WELL AS OUR CORPORATE PARTNERS IN CARING SPONSORS:

- DHJJ
- Exelon Generation
- FONA International
- Fox Valley Orthopedics
- Kloberdanz Oral and Maxillofacial Surgery
- Mason, Faith & Brammeier DDS
- Nicor Gas
- St. Charles Bank & Trust

DONOR SPOTLIGHT: CORPORATE PARTNERS IN CARING PROGRAM

THANK YOU, DHJJ CERTIFIED PUBLIC ACCOUNTANTS AND BUSINESS ADVISORS



OUR NEW PARTNERS IN CARING From left to right: DHJJ Team Members Nancy Welch, Silvia Ferrer, Tom Brown, Nancy Kuske, Ed Brooks; and TCFS Staff Members Miranda Barfuss (Director of Development), Laura Poss (Executive Director), Sacha Urban and Michelle Rollins (Special Events Associate).

TriCity Family Services is pleased to recognize DHJJ Certified Public Accountants and Business Advisors as the newest member of its Corporate Partners in Caring Program. Following a recent \$2500 gift to the agency, DHJJ was named a Corporate Partner in Caring at the Supporter Level.

DHJJ's partners and other team members deliver a complete range of services to help business owners and their families achieve their goals, whether managing wealth to benefit future generations or helping businesses reach full financial potential.

In addition, DHJJ employees go one step further by getting to know their clients on a deeper level, establishing personal, caring relationships and even incorporating a bit of fun into the process.

The recent gift from DHJJ will help TriCity Family Services continue making its counseling and other mental health services available and affordable to the thousands of children, teens, adults and seniors living and working in the TriCity area.

BENEFITS FOR PARTNERS

As a Corporate Partner in Caring, DHJJ will receive year-long philanthropic benefits and be recognized as a sponsor at the agency's fundraising events, which includes the Golf Outing (September 11), the 9th Annual Snowflake Shuffle 5K/10K (December 2) and the 29th Annual Gala (February 24, 2018).

To learn more about TriCity Family Services' Corporate Partners in Caring Program, please call 630.232.1070 or visit www.tricityfamilyservices.org.

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LAURA POSS

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LANA LERMAN

CHRIS MELLIN

ANNA MELTZER

BETSY PENNY

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VIC TEMPLE

ANDREW YOUNG



VOLUNTEERS SPOTLIGHT:

SOCIAL KICK-OFF SUCCESS

Volunteers are at the heart and soul of any solid nonprofit organization and TriCity Family Services is no exception. For 50 years, our volunteers have engaged in multiple capacities, at numerous events, in a multitude of roles and, for that, we are beyond grateful.

On July 13, seasoned and newcomer volunteers were celebrated at a special Country Western-themed social, at the home of Christina and Thomas Wiegner. Before the end of the night, a brand-new volunteer committee name and logo were revealed. Today, we acknowledge this very special volunteer committee, Helpers with Heart.

In addition to planning several social gatherings for fun and fellowship and lending support during agency events, this dedicated group of volunteers will engage its members and the community in one fundraiser to raise awareness for TCFS.

During the July event, attendees were also encouraged to support a new TriCity Family Services program called HEROES. The program is a half-day retreat for boys in 4th and 5th grades that helps develop self-awareness and self-management skills to achieve school and life success. The Helpers with Heart raised \$200 at this social kick-off.



HELPERS WITH HEART KICKOFF TCFS volunteers, staff and Board members saddled up for a great social event on July 13.

SEEKING NOMINATIONS FOR BARTH AWARD

Nominations for the 2017 William D. Barth Award must be received by Monday, October 2. A nomination form is available but not required if equivalent information is submitted. All Barth Award nominations must be submitted in writing.

Sponsored by TriCity Family Services to honor the memory of William D. Barth, a founder of the agency and a dedicated community leader, this year's award will be presented on Wednesday, October 25. Held at Riverside Receptions in Geneva, this event includes a buffet dinner and cash bar. There is no cost to attend, though donations are appreciated.

The William D. Barth Award was established in 1985 and recognizes one individual each year who has made a significant and positive impact, through community service, on the Central Kane County area. The honor is given to someone whose belief in the community and concern for those living here is shown by an ongoing involvement in community life.

The recipient will have worked for the community by participating in activities affecting the quality of life in the tri-city area. These include civic, service, charitable,

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educational, cultural, youth and recreational organizations, as well as church and government.

The Honorable Clint Hull, who has presided in the Kane County Treatment Alternative Court since 2013, was the recipient of the 32nd Annual William D. Barth Award. For nomination form and list of past attendees, visit www.tricityfamilyservices.org/barth-award/.

NEW 5K LOCATION? SNOW WORRIES!

Last year's record-setting number of participants resulted in the race planning committee deciding that a change in venue would be the safest decision. And so we ask all runners, walkers and supporters of TriCity Family Services Snowflake Shuffle to save the date (Saturday, December 2) for this year's 9th Annual 5K Walk & Run/10K Run at its NEW LOCATION (Royal Fox Country Club, St. Charles).

Online registration is now open at SnowflakeShuffle.itsyourrace.com. Cost to participate is \$40 Adults (10K Run); \$35 Adults (5K Walk/Run); \$25 Children and Teens; Free for Children 5 and under. Back by popular demand, all teens and adults who sign up by November 14 will receive a free hoodie.



EMOTIONAL WELLNESS PROGRAMS

Emotional wellness is the awareness, acceptance, and expression of thoughts and feelings through positive behaviors and healthy relationships. Emotional wellness exists along a continuum similar to physical health. TCFS wants to help you achieve and maintain your peak state of emotional wellness. Here are a few programs TCFS offers to help you reach your emotional wellness goals.

PROJECT SELF-COMPASSION

This skill-building group is designed for high school girls interested in cultivating inner strength, improving emotional resiliency, increasing self-awareness, and learning how to better manage relationships. Supportive meetings will challenge participants to grow through activities and discussions.

When asked what their most significant "take away" was from Project Self-Compassion groups last school year, girls answered:

*"To be compassionate towards myself."
"I can give myself room to grow."
"That everyone struggles and it's okay!"
"Self-reliance and rational vs. irrational"
"Acceptance"
"How to cope and understanding myself."*

The Fall series of Project Self-Compassion will meet for six Mondays from 7:00-8:30 p.m.: October 2nd, 9th, 16th, 23rd, 30th, and November 6th at TCFS, 1120 Randall Court, Geneva. The fee is \$80 per series, and fee reductions are available based on need. Registration is required. Please call (630) 232-1070 to register.

SINGLE MOMS GROUP

Are you a single mother? Have you been searching for a group that offers education and support around the many challenges of parenting? If so, please consider joining the Single Moms Group on the 2nd and 4th Wednesdays of each month from 6:30-8:00 PM. Some of the many topics discussed in this group include: self-care, stress-reduction, managing multiple demands while balancing many roles, coping skills, and providing effective guidance for children. To register and receive information on the group's location, call 630-232-1070 and speak with the group's facilitator, Gail Mastio. The cost is \$5 per group session, and fee reductions are available based on need. Registration is required, and free childcare is provided.

WHAT OTHER EMOTIONAL WELLNESS PROGRAMS ARE AVAILABLE?

And remember, TCFS also continues to offer a range of Emotional Wellness Programs for a variety of ages and stages of life. These include:

- **CORE (Connecting to Ourselves for Real Empowerment) by HGNA for all girls in 6th grade**
- **Lazarus House Parenting and Women's Groups**
- **Chick Chat by HGNA for all girls in 4th, 5th, & 6th grade**
- **Family Connections**
- **International Child/Parent Development Program, offered in collaboration with Changing Children's Worlds Foundation**
- **Smart Choices Anger Management Workshops for K-5th and MS-HS with their parents/families**
- **Wilderness Challenge Program**

For more information about Emotional Wellness Programs, please visit our website at www.tricityfamilyservices.org or call Michelle Clark, Director of Emotional Wellness Programs, at 630.232.1070, x336.

THANK YOU, SAMANTHA!

The Single Mom Support Group members would like to give a big shout-out to our cherished babysitter Samantha Hillsman. Samantha recently graduated St. Charles North High School and will be attending Columbia College - Chicago in September.

Samantha began babysitting for TCFS Single Mom Support Group as a substitute babysitter in 2012 when she was in 7th grade. In 2013 she became our permanent babysitter. What is truly amazing about Samantha is that she has VOLUNTEERED her time for all these years. Samantha has been a true asset to our group watching over the children and providing a safe, fun environment, allowing the mothers the opportunity to engage in making new friends with other single mothers. It should also be noted that in addition to all of Samantha's volunteer hours, her two older siblings were also VOLUNTEER babysitters for TCFS Single Mom's Support Group; Maddie (2007-2012) and Max (2011-2013). We will miss Samantha and wish her well. We also thank the Hillsman family for all their incredible gift of YEARS of volunteering for the Single Mom Support Group.



1120 RANDALL COURT
GENEVA, ILLINOIS 60134

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Every little bit helps!**

