

EMOTIONAL WELLNESS PROGRAMS

for children and families

2015-2016

Emotional wellness is the awareness, acceptance, and expression of thoughts and feelings through positive behaviors and healthy relationships.

It is not an end stage, but a continual process of change and growth that may involve seeking professional support.

At TCFS, we are proud to offer a range of emotional wellness programs for children, teens, adults, and seniors.

Contact TCFS today and start your journey toward emotional wellness.

630.232.1070

TriCityFamilyServices.org

1120 Randall Court
Geneva, IL 60134

2570 Foxfield Road, Suite 101
St. Charles, IL 60174

Elementary School

Bridges Divorce Adjustment Workshop

This six-session workshop is for children, ages 7-11, struggling to cope with issues related to their parents' separation and/or divorce. The workshop sessions include discussions and group activities that help children find answers to commonly asked questions, deal with the struggles of their changing families, and better understand their feelings in a safe and supportive environment. Parents attend the fifth group session with their child/children.

Fall Series:

Mondays, 3:45-5:15pm
October 5-November 16 (no class 10/12)

Spring Series 1:

Mondays, 3:45-5:15pm
February 8-March 21 (no class 2/15)

Spring Series 2:

Mondays, 3:45-5:15pm
April 11-May 16

Location: TCFS, 1120 Randall Court, Geneva

Costs: \$50 for one child or \$75 for two or more children from the same family per series. Registration is required. Fee reductions are available based on need.

Chick Chat by HGNA

Chick Chat by HGNA is a spectacular full-day retreat where 4th, 5th, and 6th grade girls can explore their interests, build stronger relationship skills, learn to make healthy decisions, enhance images of themselves as capable and competent individuals, and have fun – all within a safe and nurturing environment. Small group break-out sessions, yoga, and action-packed team-building challenges are designed to provide girls with inspiration, guidance, and perspective about their lives. Attend in all three grades to experience the full curriculum. This program is offered in collaboration with local school districts and the Geneva Coalition for Youth.

Date: Saturday February 27, 2016
8:30am-3:15pm

Location: Geneva Middle School South
1415 Viking Drive, Geneva

Costs: \$35 per girl (includes t-shirt, snacks, and lunch). Registration is required. Fee reductions are available based on need.

International Child/Parent Development Program (ICDP)

The ICDP is a series of parents' interactive learning groups and related children's activity groups that promote practical and effective strategies to enhance parent-child relationships, self-esteem, and self-control through routine, daily interactions.

Supportive discussions and activities throughout the program challenge all participants (including the community-based facilitators) to interact with family members thoughtfully and with empathy to enhance loving families and to help children become strong learners and leaders.

This series of ICDP will focus on families with children with special needs, and the unique challenges they face. ICDP is offered in collaboration with Changing Children's Worlds Foundation (CCWF).

Dates: Mondays, September 14-December 28
5:15-7:00pm

Location: Pottawatomie Community Center
8 North Avenue, St. Charles

Costs: \$15 for parent/child book set

Registration: Contact CCWF at 630.909.9411 or
registration@changingchildrensworlds.org

*Coming
Soon!*

**Growing Together /
Creciendo Juntos**
NEW in Spring of 2016

Join us for this new group designed to help Latino families achieve a greater sense of connectedness through the strengthening of communication, interactions, and parenting skills in an accepting and compassionate environment.

Starting Spring of 2016, Growing Together / Creciendo Juntos will meet the 1st and 3rd Mondays of each month from 6:30-8:00pm at the Congregational Church of Batavia, 21 South Batavia Avenue, Batavia.

The cost will be \$10 per family per session with fee reductions available based on need. For more information, call 630-232-1070.

Smart Choices K-5

Smart Choices Kindergarten-5th Grade is a four or six-session group workshop for children and their parents that teaches the necessary skills to effectively communicate needs, manage anger, and resolve conflicts at home, in the community, and at school. Child-friendly activities provide opportunities to practice using "I" statements, understanding other points of view, compromising and sharing, calming techniques, and responding to teasing.

Location: TCFS, 1120 Randall Court, Geneva

Costs: \$90 per family/per six-hour series. Registration is required. Fee reductions are available based on need.

Grades K-2: Six Saturdays from 9:00-10:00am

Fall 2015 Series 1

September 19-October 24

Fall 2015 Series 2

November 7-December 19 (no class 11/28)

Winter 2016 Series

January 16-February 20

Spring 2016 Series 1

March 5-April 23 (no class 3/26 or 4/2)

Spring 2016 Series 2

May 7-June 18 (no class 5/28)

Grades 3-5: Four or Six Saturdays. Times vary.

Fall 2015 Series 1

October 3-November 14 (no class 10/31)
10:15-11:15am

Fall 2015 Series 2

November 21-December 19 (no class 11/28)
10:15-11:45am

Winter 2016 Series

January 16-February 6
10:15-11:45am

Spring 2016 Series 1

April 9-May 14
10:15-11:15am

Spring 2016 Series 2

June 4-June 25
10:15-11:45am

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Middle & High School

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Date: Saturday, February 27, 2016
8:30am-3:15pm

Location: Geneva Middle School South
1415 Viking Drive, Geneva

Costs: \$35 per girl (includes t-shirt, snacks, and lunch). Registration is required.
Fee reductions are available based on need.

NEW!

Project Self-Compassion

This new 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. Parents attend the last session with the teens.

Fall Series:
Thursdays, 7:00-8:30pm
October 1-November 19

Spring Series:
Thursdays, 7:00-8:30pm
February 18-April 28 (no meeting 3/3,
3/24, 3/31)

Location: TCFS, 1120 Randall Court, Geneva

Costs: \$80 per series. Registration is required.
Fee reductions are available based on need.

Smart Choices MS/HS

Smart Choices Middle School/High School is a four-session workshop for teens and their parents that teaches participants conflict-resolution skills, anger-management tools, and alternatives to a potential cycle of violent behavior. In some cases, the program can be used as an alternative to school suspension.

Dates: Four sessions of 1.5 hours each, scheduled directly with each family (not a group).

Costs: \$90 per family. Registration is required.
Fee reductions are available based on need.

Wilderness Challenge Program

The Wilderness Challenge Program is an annual, eight-day therapeutic canoeing and camping experience for teens who could benefit from a strong character-building experience that will aid in their transition to high school and young-adult life.

The Wilderness Challenge Program takes place in the Boundary Waters Area of Northern Minnesota. With the guidance of trained staff, and through a multitude of natural challenges, the trip enables teens to develop peer relationships, team-building experience, and problem-solving skills.

Dates: June 2016 (Dates TBD), plus follow-up sessions throughout high school.

Costs: Free, but a \$75 refundable deposit is required after acceptance into the program.

Adults & Seniors

Grandparents Raising Grandchildren

This ongoing group provides support for dealing with the unique challenges associated with being primary caregivers to grandchildren.

Meetings are held the last Tuesday of each month from 7:00-8:30pm. Please call 630-232-1070 for the meeting location.

There is no cost to attend, but registration is required. Free childcare is available if requested at the time of registration.

NEW!

Family-Based Treatment for Eating Disorders: Parents Group

Support, skills-training, and empowerment for current, potential, and alumni parents of our FBT program. Receive an introduction to the program philosophy and ongoing parent-to-parent support for the issues faced throughout treatment and beyond.

A trained FBT therapist will encourage sharing of experiences, successes, and challenges involved with supporting a child with an eating disorder. Topics will include self-care, communication styles, supporting children during meal time, and more.

The FBT Parents Group begins October 14, and will be held the 2nd and 4th Wednesdays of each month from 7:00-8:30pm at TCFS, 1120 Randall Court, Geneva. The cost is \$5 per parent(s) per session with fee reductions available based on need.

Single Moms Group

Single moms often struggle to balance the many roles that have been thrust upon them. The Single Moms group offers education and support to help single moms reduce their stress, manage multiple demands, develop better coping skills, and provide effective guidance for children.

The Single Moms group meets the 2nd and 4th Wednesdays of each month from 6:30-8:00pm. Please call 630-232-1070 for the meeting location.

The cost is \$5 per session with fee reductions available based on need. Registration is required, and free childcare is provided.

NEW!

Women United/Mujeres Unidas

Connecting you to yourself, your family, and your community.
Conectándose a sí misma, a su familia, y a su comunidad.

This new, ongoing group provides support to Latina women encountering everyday stressors associated with the numerous roles they encompass, while working to increase their sense of belonging.

The Women United group begins October 12, and will be held the 2nd and 4th Mondays of each month from 6:30-8:00pm at the Congregational Church of Batavia, 21 South Batavia Avenue, Batavia.

The cost is \$5 per session with fee reductions available based on need. Registration is required, and free childcare is provided if requested at the time of registration.