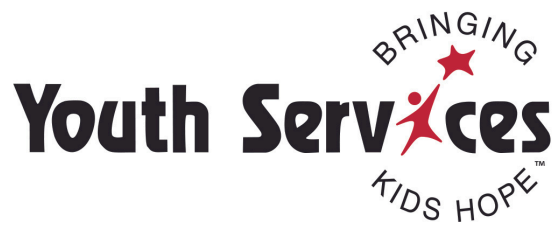


SHARE PROGRAM



SEXUAL HEALTH
& RELATIONSHIP
EDUCATION





SHARE WORKSHOPS: ADULTS



Youth Services of Glenview/Northbrook professional staff facilitate a variety of workshops for adults who love or work with young people, including parents, educators, community members, and therapists, to support positive development among youth. Workshop participants gain skills and knowledge in addition to having an opportunity to discuss challenges, ask questions, and share strategies with other attendees.

To schedule a workshop, email Michelle.Brody@ysgn.org. Accommodating your schedule and group needs is our highest priority. While we do charge at-cost fees for our workshops, we use a sliding scale to ensure our workshops are accessible to everyone. If you have questions or do not see what you are looking for, please reach out Michelle.Brody@ysgn.org or 847.724.2620.

SEXUAL HEALTH

PUBERTY PARENT NIGHT 45-60 MINUTES

This workshop is an opportunity for adult family members of students participating in our Puberty series to meet the facilitators and learn strategies to support their child during the unit as well as throughout the social, emotional, and physical changes of puberty.

SEX ED PARENT NIGHT 45-60 MINUTES

This workshop is an opportunity for adult family members of students participating in any of our youth workshops to meet the facilitators and learn strategies to support their child during the unit as well as throughout adolescence.

"THE TALK:" HOW TO COMMUNICATE WITH YOUTH ABOUT SEX & RELATIONSHIPS 60-90 MINUTES

This workshop explores strategies for communicating with young people about sexual health and healthy relationships, including what to talk about and how to talk about it. Participants leave with skills and activities to use with youth.



SHARE WORKSHOPS: ADULTS



SEXUAL & GENDER IDENTITIES

THESE WORKSHOPS CAN BE ADAPTED FOR PARENT, PROFESSIONAL, & COMMUNITY AUDIENCES

ADULT ALLIES: SUPPORTING LGBTQ+ YOUTH 90-120 MINUTES

This comprehensive workshop provides an overview of gender and sexual identities, as well as the specific challenges experienced by young people who identify as lesbian, gay, bisexual, transgender, and/or queer, or those who are questioning their sexual or gender identities (LGBTQ+). This workshop provides information about youth identity development, different sexual and gender identities, and the negative effects of discrimination as well as opportunities to practice strategies to support LGBTQ+ young people.

LGBTQ+ LABELS AND LANGUAGE 45-60 MINUTES

This introductory workshop focuses on defining the differences between sex assigned at birth, gender identity, and gender expression, as well as sexual behavior, orientation and identity. Participants explore how identities intersect, and learn common language used by youth to describe sexual and gender identities.

SUPPORTING LGBTQ+ YOUTH IN SCHOOLS 45-60 MINUTES

Designed for adults already familiar with sexual and gender identities and the language to describe them, this workshop focuses on strategies to support LGBTQ+ youth. Participants learn best practices and have opportunities to learn new skills through scenarios.

Can be adapted to elementary, middle, and high school audiences.

SUPPORTING TRANS YOUTH IN SCHOOLS 45-60 MINUTES

Focusing on the experiences of transgender, nonbinary, and gender non-conforming youth, this workshop explores gender identity and expression. Participants review common language used to describe gender identities, as well as practice strategies for supporting trans youth.

Can be adapted to elementary, middle, and high school audiences.



SHARE WORKSHOPS: ADULTS



SEXUAL & GENDER IDENTITIES

THESE WORKSHOPS CAN BE ADAPTED FOR PARENT, PROFESSIONAL, & COMMUNITY AUDIENCES

STRENGTHENING LGBTQ+ YOUTH: OVERCOMING CHALLENGES & THRIVING TOGETHER **45-60 MINUTES**

In this workshop, we will cover common challenges that LGBTQ+ young people face and ways that adults can support them. We will discuss identity development, conflicts with peers, and challenges with adults both inside and outside the family system. Youth are welcome to attend this workshop to share strategies that have worked for them and learn tips they could use to navigate these situations as well.

THERAPISTS AS ALLIES: CLINICAL WORK WITH LGBTQ+ YOUTH **90 MINUTES - 3 HOURS**

In this workshop, clinicians will learn tools and strategies for supporting LGBTQ+ clients in therapy. With a focus on youth, we will discuss strategies for navigating identity development, family conflict, and social, legal, and medical transition for trans clients.

CLINICAL WORK WITH TRANS & GENDER EXPANSIVE ADOLESCENTS **90 MINUTES - 3 HOURS**

In this interactive workshop, clinicians will use a case study to explore how gender identity intersects with presenting clinical issues for trans and gender expansive adolescents. After a brief overview, participants will review a case in small groups. Participants will then return to large group discussion to identify key strategies that can be generalized to support a variety of clients and presenting issues. This workshop assumes a basic understanding of trans identities and experiences. We will not review terminology as a structured part of the training, though of course questions are welcome!



SHARE WORKSHOPS: ADULTS



MENTAL HEALTH & YOUTH DEVELOPMENT

THESE WORKSHOPS CAN BE ADAPTED FOR PARENT, PROFESSIONAL, & COMMUNITY AUDIENCES

ADOLESCENT MENTAL HEALTH TRENDS 45-60 MINUTES

In this workshop, clinical staff will review the current context impacting adolescent mental health. After reviewing the impact of mental health challenges on three domains of functioning, we will identify strategies for supporting adolescents and their mental health.

WHO AM I? WHO ARE YOU? – IDENTITIES & INTERSECTIONALITY FOR PARENTS & FAMILIES 45-60 MINUTES

This workshop is an opportunity for parents to develop common language to describe identity development and how it impacts a school community. Parents will also learn concrete strategies for supporting their child's positive identity development and respect for all.

PARENTING ONLINE: BOUNDARIES, RELATIONSHIPS, & SOCIAL MEDIA 45-60 MINUTES

This workshop is designed to help you adapt your parenting style to an ever-evolving social media landscape. After reviewing the social, legal, and developmental context of adolescents online, participants will discuss realistic boundary-setting with their children, including scripts for talking with teens and preteens about staying safe and kind online

MENTAL HEALTH FOR MULTILINGUAL STUDENTS 45-60 MINUTES

This workshop focuses on the unique factors that impact immigrant youth mental health, including immigration context, assimilation pressure and language/communication. Using Stutz's Life Force Model, we explore different ways to support immigrant youth and build resilience.



SHARE WORKSHOPS: ADULTS



MENTAL HEALTH & YOUTH DEVELOPMENT

THESE WORKSHOPS CAN BE ADAPTED FOR PARENT, PROFESSIONAL, & COMMUNITY AUDIENCES

ACCESSIBILITY LENS – CREATING INCLUSIVE SPACES FOR YOUNG PEOPLE WITH DIVERSE SOCIAL ABILITIES **45-60 MINUTES**

During this workshop, participants will learn about the Accessibility Lens, a framework designed to support professionals in creating inclusive spaces for young people of all levels of social ability. Participants will learn to shift from a traditional model of group management to a more inclusive, non-punitive model. Participants will get the opportunity to discuss scenarios in which they can apply the Accessibility Lens.

CREATING AN ENVIRONMENT OF BELONGING **45-60 MINUTES**

In this workshop, participants will explore how understanding the intersectional identities of our various stakeholders (including participants and colleagues) can help us create a more inclusive and welcoming community space. Through personal reflection and scenario practice, participants will gather frameworks and tools to support them in making community spaces that are truly ones where everyone belongs.



OUR FACILITATORS



Our SHARE workshops are facilitated by members of our clinical team, who complete additional training in sexuality education and classroom management. Staff meet throughout the year to discuss strategies for engaging participants, make updates to curriculum to align with current trends and needs, and receive feedback from each other.



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