

hopeful happenings

AUGUST 2026: FALL EDITION

Upcoming Groups

There's still time to join!

Spots are available in the groups below, sign up today!



Find Your PLACE

This process group is offered to emerging adults (18–24-year-olds) and focuses on personal growth, life transitions, authentic relationships, confidence, and emotional expression. Group participants can connect with others facing similar challenges, while gaining encouragement, perspective, and thoughtful feedback.



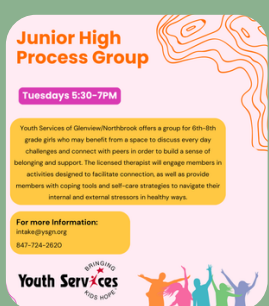
High School Social Skills

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.



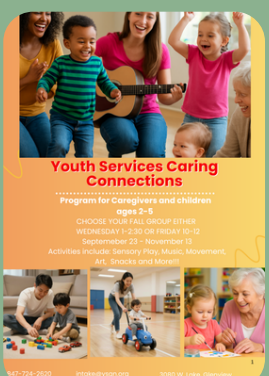
DBT

The Dialectical Behavior Therapy (DBT) skills group is designed for 13–18-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.



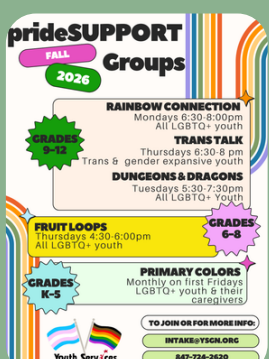
Jr. High Process Group

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. This group will meet Thursdays at 6PM -7:30PM.



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 parent discussion, a child-based learning group, and a joint parent child activities portion to strengthen bonds through shared play. This fall we are offering two options: Wednesday afternoons 1:00PM-2:30PM beginning September 23 or Friday mornings 10AM-12PM beginning September 25.



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

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



Apply to be a Pride Youth Leader!

Now recruiting rising 9th-12th grade LGBTQ+ youth who are:

- Passionate about LGBTQ+ community
- Interested in learning more about LGBTQ+ identities & social justice
- Ready to build leadership skills
- Excited to connect with a group of other amazing youth



PrideCONNECT Fall Events

Rising 8th grade through high school graduate LGBTQ+ youth are invited to join us this fall for our prideCONNECT social events. Sign up to receive information about any of these events. We look forward to seeing you this fall!

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.



2026 Golf Outing!

Join us for the 10th Annual Youth Services Golf Outing on Monday, September 14th at beautiful Sunset Ridge Country Club for a memorable day of golf, networking, and community — all while helping provide life-changing mental health services for local children.

