

Program of Informational Sessions

3:15pm | Supporting Your Child's Mental Health and Well-Being | The Kedzie Center

In this session, you'll learn about child development, supporting your child's social and emotional competence, supporting strong social connections, and being mindful that your own physical, mental and emotional needs are met.

The Kedzie Center provides individual, family, and group therapy, psychiatric consultation, and guidance in identifying and accessing community resources. Their service area includes parts of Albany Park, North Park, Irving Park, and Sauganash.

3:45pm | Intro to Meditation | Meditation Center of Chicago

A Buddhist monk and meditation expert will explain and introduce meditation, its benefits, and how it is practiced. Then, they will lead a brief introductory meditation session. There will be time allotted for Q&A.

The Meditation Center of Chicago was founded by members of the Thai Buddhist community whose goals are to spread the many benefits of mindfulness meditation, offer information on Buddhist tradition, and provide an environment for anyone interested in exploring the richness of Thai culture.

4:15pm | How to Find Support When In Need | NAMI

If you or someone you know needs help with their mental health, who should you call? This session will explore how to use NAMI Chicago's Helpline, a local resource available 7 days a week for help finding the right mental health resources. The session will also share information about nationwide crisis lines like 988.

National Alliance on Mental Illness (NAMI) brings the needs of persons with mental illness and their families to the attention of legislators, service providers, medical staff, and the general public.

4:45pm | Getting Connected to LSSI | LSSI

LSSI will share tips for maintaining mental wellness during the winter holidays, the range of services available in the community, and when and how to reach out for help. The expanded behavioral health services available at our Byron Street location in Portage Park will also be covered, including both virtual and in-person services and how to access them.

Lutheran Social Services of Illinois (LSSI) is one of the largest statewide social service providers. LSSI welcomes all people and provides a wide array of services including mental health.

5:15pm | Trauma Informed Care | Envision Unlimited

Envision will describe what trauma is and how it impacts people. Trauma does not discriminate and can affect anyone from any socioeconomic status. Some highlights of trauma-informed care include changing language of blame to that of understanding/compassion. Family, friends, and professionals can make small changes to their language to gain a better understanding of those experiencing trauma. Trauma is something that happened to someone, not who they are.

Envision Unlimited provides day programs, community living services, employment services, a foster care program, and mental health services.

Questions? Please contact Christopher at christopher@replapointe.com or 773-647-1174.