



LARES

Latin American Recruitment
and Educational Services



— U.S. CONGRESSMAN —
JESÚS G. "CHUY" GARCÍA
REPRESENTING THE 4TH DISTRICT OF ILLINOIS —



Illinois State Representative
NORMA HERNÁNDEZ
77th District

Financial Aid Application Completion Workshop

FAFSA & Alternative Application Assistance

Get Help and Maximize Your Financial Aid Opportunities!

When and Where:



LOCATION:

125 N 19TH AVE, SUITE A & B
MELROSE PARK, IL 60160

Secure your Spot! RSVP Here:



<https://bit.ly/4gTR2zy>

Workshop available in English & Spanish!

What to Expect:

- ✓ **One-on-One Assistance:** Get personalized help with FAFSA or the Alternative Application for IL Financial Aid.
- ✓ **Connect with LARES:** Meet with academic advisors from UIC's Latin American Recruitment and Educational Services (LARES).

What to Bring:

- ✓ Student Social Security Number (SSN) for FAFSA applicants. SSN not needed for RISE applicants.
- ✓ 2023 tax & income documents.
- ✓ FAFSA applicants: FSA ID log-in for student and parent. Created via studentaid.gov/fsa-id
- ✓ Recommended: Personal laptop.

Who Should Attend:

- ✓ High School Seniors
- ✓ College Students
- ✓ Parents/Guardians

For more information, contact:

Felix Giron, felix@repnormahernandez.com

Marilyn Diaz, mdiaz8@uic.edu



Triton College
Adult Education

FREE ENGLISH CLASSES IN YOUR COMMUNITY

East Leyden High School, 3400 Rose St., Franklin Park, IL 60131

On-Site Registration and Informational Session

Thursday, Jan. 23, 2025 • 6:30 p.m.

Last application accepted at 7:30 p.m.

Enter through the East Leyden high school main entrance.

Bring ID and proof of address.

CLASES DE INGLÉS GRATUITAS EN SU COMUNIDAD

East Leyden High School, 3400 Rose St., Franklin Park, IL 6013

Registro en el lugar y sesión informativa

Jueves, 23 de enero de 2025 • 6:30 p.m.

Última solicitud aceptada a las 7:30 p.m.

Ingrese por la entrada principal de East Leyden high school.

Traiga identificación y comprobante de domicilio.

The programs offered by the Adult Education Department are funded by state and federal grants awarded to Triton College by the Illinois Community College Board and by institutional support.

01/2025



There's
a place
for you



Triton College
triton.edu

2000 Fifth Ave.
River Grove, IL 60171
(708) 456-0300

Behavioral Health Walk-In Clinics

If you or a loved one is experiencing a behavioral health crisis such as overwhelming depression, poor concentration, disturbing thoughts, or feeling out of control and need someone to talk to right now? Sinai's dedicated behavioral health clinicians are available to speak for in-person intake assessments and appointment setup. Visit our clinics below or call **773.257.5300** for more information.



Behavioral Health & Under the Rainbow, Holy Cross

Adult, child & adolescent outpatient & intensive outpatient clinic

2701 W 68th St, 3rd Floor, Chicago, IL 60629

Walk-In in person intake is Mondays & Wednesdays from 8:00 a.m. through 12:00 p.m.

Psychiatry & Behavioral Health Clinic | At Seigle

Adult outpatient clinic at Seigle Outpatient Center (SCI)

2653 W Ogden Ave, 2nd Floor, Chicago, IL 60608

Walk-In in person intake is Mondays through Fridays from 8:30 a.m. through 2:30 p.m.

Child & Adolescent Behavioral Health – Under the Rainbow | At Mount Sinai Hospital

Child & adolescent outpatient clinic

1500 S Fairfield Ave, NR 5th Floor, Chicago, IL 60608

No Walk-In, but clients can call 773.257.4750 for an intake, and our team will schedule an intake either that same week or the following week (Wednesday or Thursday at 10:00 a.m.)

For more information or to request an appointment online, visit sinaichicago.org or scan the QR code below.



Clínicas Ambulatorias de Salud Conductual

¿Si usted o un ser querido está pasando por una crisis de salud mental como depresión grave, sufre de mala concentración, tiene pensamientos perturbadores, o siente que ha perdido el control, y necesita hablar con alguien ahora? El equipo clínico de Salud Conductual de Sinaí está disponible para hablar con usted sobre una evaluación inicial en persona y programar una cita. Visite nuestras clínicas que se enumeran a continuación, o llámenos al **773.257.5300** para más información.



Salud Conductual y Bajo el Arcoíris, Holy Cross

Clínica ambulatoria para niños, adolescentes y adultos y clínica ambulatoria intensiva

2701 W 68th St, 3^{er} Piso, Chicago, IL 60629

Citas de mismo día para establecer servicio: lunes y miércoles, 9:00 a.m. - 12:00 p.m., en persona.

Clínica de Psiquiatría y Salud Conductual | En Seigle

Clínica ambulatoria para adultos en Seigle Outpatient Center

2653 W Ogden Ave, 2^o Piso, Chicago, IL 60608

Citas de mismo día para establecer servicio: lunes a viernes, 8:30 a.m. - 2:30 p.m., en persona.

Salud Conductual de Niños y Adolescentes – Bajo el Arcoíris | En el Hospital Mount Sinai

Clínica ambulatoria para niños y adolescentes

1500 S Fairfield, NR 5^o Piso, Chicago, IL 60608

No hay citas de mismo día, pero puede llamar al 773.257.4750 para programar una cita esa misma semana o la semana entrante (miércoles o jueves a las 10:00 a.m.)

Para más información o para pedir una cita en línea, visite sinaichicago.org o escanee el código QR aquí.



Substance Use, Recovery & Wellness Program

at Behavioral Health & Under the Rainbow, Holy Cross

Embark on a journey of recovery and wellness at Behavioral Health & Under the Rainbow, Holy Cross clinic. Our Substance Use, Recovery, & Wellness Program, provides outpatient and intensive outpatient services to adults 18 and older.

Services we provide:

- ASAM Assessment
- Treatment Planning
- Evidence-Based Treatment Approaches
 - Cognitive Behavioral Therapy
 - Dialectal Behavioral Therapy
 - Illness Management & Recovery
 - Living in Balance
- Individual Therapy
- Group Therapy
- Psychiatric Evaluation
- Case Management
- Medication Assisted Recovery
- Discharge Planning



Behavioral Health & Under the Rainbow, Holy Cross

2701 W 68th St, 3rd Floor
Chicago, IL 60629
Phone: 773.565.2550

Hours of Operation

Monday through Friday
8:30 a.m. – 5:00 p.m.

For more information or to
request an appointment
online, visit sinaichicago.org
or scan the QR code below.



**Call 773.565.2550 to schedule an appointment OR
Walk-in on Tuesday & Thursday from 8:30 a.m. to 12:00 p.m.**

Programa de Uso de Substancias, Recuperación y Bienestar

en la Clínica de Salud Conductual y Bajo el Arcoíris, Holy Cross

Comienza tu camino hacia la recuperación y el bienestar en la Clínica de Salud Conductual y Bajo el Arcoíris, Holy Cross. Nuestro Programa de Uso de Substancias, Recuperación y Bienestar, ofrece servicios ambulatorios e intensivos a adultos mayores de 18 años.

Servicios que ofrecemos:

- Evaluación ASAM
- Planificación del Tratamiento
- Enfoques de tratamiento Basados en Evidencia
 - Terapia Cognitivo-Conductual
 - Terapia Dialéctico-Conductual
 - Manejo y Recuperación de Enfermedades
 - Vivir en Equilibrio
- Terapia Individual
- Terapia de Grupo
- Evaluación Psiquiátrica
- Gestión de Casos
- Recuperación Asistida por Medicamentos
- Planificación del Alta



Salud Conductual y Bajo el Arcoíris, Holy Cross

2701 W 68th St, 3^o Piso
Chicago, IL 60629
Teléfono: 773.565.2550

Horario

lunes a viernes
8:30 a.m. – 5:00 p.m.

Para obtener más información
o solicitar una cita en línea,
visite sinaichicago.org o
escanee el código QR.



**Llame al 773.565.2550 para programar una cita o
Visita sin cita previa los martes y jueves de 8:30 a. m. a 12:00 p. m.**

Próximos Pasos

Sinaí Chicago ofrece atención continua completa aquí mismo en el Hospital Holy Cross. En la clínica de **Salud de Conducta y Bajo el Arcoíris**, **Holy Cross** se ofrece atención ambulatoria y ambulatoria intensiva (IOP), así como atención individual para el seguimiento continuo de medicamento para una recuperación continua. Las relaciones de colaboración con centros comunitarios de salud mental, centros de tratamiento residenciales, programas de 12 pasos, vínculos con clínicas de tratamiento asistido por medicamentos (MAT) y hogares de recuperación, también son una opción para la recuperación continua de nuestros pacientes. Un consejero certificado en alcohol y drogas brindará apoyo y facilitará la planificación del cuidado posterior, proporcionando un vínculo entre el paciente y los recursos críticos necesarios para comenzar el trayecto para una recuperación exitoso.



Contáctenos

Hospital Holy Cross

2701 W 68th St
Chicago, Illinois 60629
Teléfono principal: 773.884.9000

Admisiones están disponibles a través de

- Teléfono
- Visita sin cita previa en el vestíbulo principal del Hospital Holy Cross
- Sala de emergencias del Hospital Mount Sinai
- Sala de emergencias del Hospital Holy Cross

Lunes a viernes
7 AM – 4 PM
Fines de semana
7 AM – 2 PM

Por favor llame al **773.884.1671** para obtener más información o solicitar admisión.



sinaichicago.org



Holy Cross
Hospital

sinaichicago.org

Centro de Recuperación de Uso de Substancias





El Centro de Recuperación de Uso de Sustancias del Hospital Holy Cross es un programa hospitalario avanzado de gestión de la abstinencia de drogas y alcohol que se centra en las necesidades del individuo. El respeto por nuestros pacientes es un aspecto importante de nuestro programa de gestión de la abstinencia. El Centro de Recuperación de Uso de Sustancias brinda atención médica y gestión en un entorno hospitalario. Los profesionales médicos, incluidas enfermeras registradas, médicos de medicina interna y psiquiatras, controlarán los incómodos síntomas de la abstinencia las 24 horas del día, utilizando los protocolos de gestión de la abstinencia aceptados más actuales. Esto puede hacer que el proceso sea más seguro y fácil de realizar que si intentara hacerlo solo.

Condiciones Tratadas

- Uso de opioides
- Uso de alcohol
- Uso de benzodiacepinas

Equipo de Tratamiento

Además de enfermeras registradas, médicos de medicina interna y psiquiatras, el equipo de tratamiento también estará formado por trabajadores sociales licenciados, consejeros licenciados, técnicos de atención al paciente (PCT) y consejeros certificados sobre alcohol y drogas (CADC).

Lo Que Nos Hace Diferentes

Mientras que la estabilización médica es un enfoque principal, el programa de manejo de la abstinencia también brinda otros servicios terapéuticos que alentarán a los pacientes a explorar de manera segura los desencadenantes, factores estresantes, señales de advertencia y habilidades de afrontamiento relacionados con su adicción. El camino hacia la recuperación se inicia cuando el paciente comienza a lograr los objetivos del tratamiento tanto a corto como a largo plazo. Introducción a la atención continua y la recuperación es promovida por una variedad de grupos. La programación basada en la unidad toma en consideración la fase de abstinencia de desintoxicación y respalda un plan de tratamiento individualizado. Aquellos pacientes que den positivo en opiáceos recibirán capacitación sobre naloxona y se les proporcionará un kit de naloxona en el momento del alta.



Next Steps

Sinai Chicago offers a full continuum of care right here at Holy Cross Hospital. Outpatient and Intensive Outpatient (IOP) as well as individual care for on-going medication monitoring is offered for continued recovery at **Behavioral Health & Under the Rainbow, Holy Cross**.

Collaborative relationships with community mental health centers, residential treatment centers, 12 step programs, Medication Assisted Treatment (MAT) clinic linkage and recovery homes are also an option for our patient's continued recovery. A Certified Alcohol and Drug Counselor (CADC) will provide support and facilitate aftercare planning, providing linkage between the patient and the critical resources needed to begin a successful recovery journey.



Contact Us

Holy Cross Hospital

2701 W 68th St
Chicago, Illinois 60629
Main Telephone: 773.884.9000

Admissions are available via

- Telephone
- Walk-In at Holy Cross Hospital's Front Lobby
- Mount Sinai Hospital Emergency Room
- Holy Cross Hospital Emergency Room

Monday through Friday
7 AM – 4 PM
Weekends
7 AM – 2 PM

Please call **773.884.1671** for more information or admission.



sinaichicago.org



Holy Cross
Hospital

sinaichicago.org

Center for Substance Recovery





The Center for Substance Recovery at Holy Cross Hospital is an advanced hospital-based drug and alcohol withdrawal management program that focuses on the needs of the individual. Respect for our patients is an important aspect of our withdrawal management program. The Center for Substance Recovery provides care monitoring and management in an inpatient setting. Medical professionals including registered nurses, internal family medicine doctors and psychiatrists will manage the uncomfortable symptoms of withdrawal around the clock, utilizing the most current accepted withdrawal management protocols. This can make the process safer and easier to get through than if you tried to do it on your own.

Conditions Treated

- Opioid Use
- Alcohol Use
- Benzodiazepine Use

Treatment Team

In addition to Registered Nurses, Internal Medicine doctors and Psychiatrists, the treatment team will also consist of licensed social workers, licensed counselors, patient care technicians (PCT) and Certified Alcohol and Drug Counselors (CADC).

What Makes Us Different

While medical stabilization is a primary focus, the withdrawal management program also provides other therapeutic services that will encourage patients to safely explore triggers, stressors, warning signs and coping skills related to their addiction. The road to recovery is initiated as the patient begins to accomplish both short-term and long-term treatment goals. An introduction to continuing care and recovery are promoted through a variety of groups. Unit based programming takes into consideration the withdrawal phase of detoxification and supports an individualized treatment plan. Those patients that test positive for opiates will have Naloxone training and will be provided with a Naloxone kit at the time of discharge.





SPRING 2025 PROGRAMMING @ TFD!



**SIGN UP FOR OUR UPCOMING
WORKSHOPS, INCLUDING YOGA, ART
THERAPY, ETC, HERE!**

The Empowered Caregiver Series

ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



The Empowered Caregiver Series

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

3/11/2025: *Building Foundations of Caregiving*

4/8/2025: *Supporting Independence & Communicating Effectively*

5/13/2025: *Responding to Dementia-Related Behaviors & Exploring Care and Support Services*

Starting:

March 11th, 2025

1:30 p.m

Oak Park Township

To register, please contact

dandrews@oakparktownship.org
and or call (708) 383-8060 x 3116

Visit alz.org/CRF to explore additional education programs in your area.



**OAK PARK
TOWNSHIP**



**RIVER FOREST
TOWNSHIP**

**ALZHEIMER'S
ASSOCIATION**

Illinois Chapter



YOUTHOUTLOOK

VIRTUAL Groups for LGBTQ+ Youth



TUESDAYS ZOOM GROUP

6:00 - 8:00 PM Virtual Drop-In for LGBTQ+ youth 12-20

Email virtual@youth-outlook.org for more info

WEDNESDAYS ZOOM GROUP

7:00 - 8:30 PM Virtual Drop-In for LGBTQ+ young adults 18-24

Email youngadult@youth-outlook.org for more info

SCAN ME



FRIDAYS ONLINE CHAT GROUPS

4:00 - 5:30 PM Q Chat Space

Virtual LGBTQ+ chat (ages 13-19)

6:00 - 7:30 PM Q Chat Space

Virtual trans & non-binary chat (ages 13-19)



SCAN ME



QChatSpace.org





Utility Bills Weighing You Down? We've Got Your Back! Call a CEDA Partner Intake Site to apply!

Will resume on,
10/1/24

Heating



~~LIHEAP - DVP~~ This program allows income-eligible households the opportunity to receive a one-time benefit applied directly to your heating utility.

~~Reconnection Assistance~~ This program provides a benefit up to \$1200 to prevent imminent disconnection OR to re-connect your household's heating services.

~~Peoples Gas Share the Warmth~~ This program provides a benefit up to \$200 towards the past due balance of your Peoples Gas bill.

Will resume
on, 10/1/24

Electric



~~LIHEAP - DVP~~ In addition to helping pay your heating bill, this program can also provide a one-time benefit applied directly to your electric utility.

~~Reconnection Assistance~~ This program provides a benefit up to \$1200 to prevent imminent disconnection OR to re-connect your household's electric services.

Water

~~UBR~~ For City of Chicago residents, the Utility Billing Relief program makes your water, sewer and water-sewer tax bills more affordable. You can receive up to 50% rate reduction on those bills and the opportunity for complete debt forgiveness.



Funded by
Illinois
Department of Commerce
& Economic Opportunity



Learn how to apply:
www.CEDAorg.net/Bills



(800) 571-2332



PLCCA PRESCHOOL FOR ALL-EXPANSION PROGRAM

When you enroll in our early learning programs you have the support you need to give your child a supportive early learning environment!

HOURS OF OPERATION:

8:30 A.M. - 2:30 P.M.

**THIS *FREE* PROGRAM
SERVICES CHILDREN FROM
AGES 3-5**

High-quality,
Family-centered
Education
Our full day
program also offers
subsidized child care
options!

FOR INQUIRIES, PLEASE CONTACT:

Lisa Johnson
ljjohnson@plcca.org
708-865-0605 (ext. 318)
Michelle Kennedy
mkennedy@plcca.org
708-865-0605 (ext. 317)
Nitaya Williams
nwilliams@plcca.org
708-865-0605 (ext. 307)

BENEFITS TO EARLY LEARNING SERVICES:

- **Individualized lesson plans**
Planes de lecciones individualizados

- **Referrals to job trainings, housing resources, medical, dental, and mental health services.**

Referencias a capacitaciones laborales, recursos de vivienda, servicios medicos, dentales y de salud mental.

- **Promotes healthy development**
Promueve el desarrollo saludable



WE HAVE A WHOLE TEAM
TO SUPPORT YOU AS A
PARENT
AT *NO COST* TO YOU!!!

visit www.plcca.org for
additional information.

**PLCCA MAYWOOD CHILD DEVELOPMENT CENTER
PRESCHOOL FOR ALL**

1100-1108 W. Madison, Maywood, IL, 60153

ENROLL TODAY 708.865.0605



Enroll Now!

Bishop Dr. Claude Porter, President and CEO | David Quas, Chairman of the Board



The Answer Inc.
Autism Awareness & Support Agency
Scholarships to SUMMER CAMP
For an Entire WEEK!!!
2025

Required Restrictions Applied

SPECIAL CAMPS
HORSEBACK RIDING CAMP

For Children & Adults living with Developmental & Intellectual Disabilities Only!

A week of swimming, archery, sports, horseback riding, grooming and painting activities, crafts, water sports, "gold mining", field games, songs and dance in a structured setting, under trained adult supervision. Evening entertainment encourages social skills and interaction through play which includes hayrides, bingo, campfire songs and dancing.

SUNDAY thru FRIDAY

June 8th to June 13th – (Adult Campers ages 23 and up)

June 15th to June 20th (for ages 9-22)

For More Information Call:
The Answer Inc.—(708)296-5651
Email at advines@theanswerinc.org
Web: www.theanswerinc.org

There are LIMITED SCHOLARSHIPS...First Come First Served!!!

Partner Intake Sites

Find a site near you!
(Hours and in-person availability may vary)

LOCATION	PHONE NUMBER	ZIP CODE	LOCATION	PHONE NUMBER	ZIP CODE
Elk Grove Township	(224) 265-6111	60007	The Public Outreach Agency	(773) 424-8656	60621
Barrington Area Council on Aging	(847) 381-5030	60010	European American Association	(773) 342-5868 x1000	60622
Northfield Township	(847) 724-8300	60025	Puerto Rican Cultural Center	(773) 661-2304	60622
Hanul Family Alliance	(847) 439-5195	60056	Operation Brotherhood	(773) 522-0433	60623
Palatine Township Senior Citizens Council	(847) 991-1112	60067	North Lawndale Employment Network	(773) 265-7940	60624
Palatine Township	(847) 358-6700	60067	Universal Prayer Tower	(773) 378-3464	60624
Maine Township	(847) 297-2510	60068	Breakthrough Urban Ministries	(872) 444 -8262	60624
HANA Center	(847) 520-1999	60070	Peoples Community Development Association of Chicago	(773) 533-1340	60624
Humans at Help Foundation	1-888-848-6267	60076	Hanul Family Alliance	(773) 478-8851	60625
North Shore Senior Center	(847) 784-6040	60093	Cambodian Association of Illinois	(773) 878-7090	60625
Hanover Township Aging Services	(630) 483-5660	60103	Fernwood Community Outreach Church	(773) 881-0800	60628
Leyden Family Services	(847) 455-3929	60131	Brock Social Services Organization	(773) 291-0500	60628
Hanover Township	(630) 540-9085	60133	Christ Cathedral Baptist Church	(773) 660-4296	60628
Proviso Leyden Council for Community Action (PLCCA)	(708) 450-3500 X225	60153	Allen Metropolitan CME Church	(773) 366-3121	60628
Solutions For Care	(708) 345-3632	60160	Latino Organization of the Southwest	(773) 581-1900	60629
Proviso Township	(708) 449-4300	60162	Society of Arab American Neighborhood Development (SAAND)	(773) 436-7989	60629
Schaumburg Township	(847) 884-0030	60169	Envision Community Services	(773) 899- 2897	60629
North Shore Senior Center	(847) 448-8250	60202	Chicago Comprehensive Community Center	(773) 545-8348	60630
Oak Park Township	(708) 383-8005	60302	Brighton Park Neighborhood Council	(773) 523-7110	60632
Stickney Township on Aging	(708) 788-9100	60402	Northwest Side Housing Center	(773) 283-3888	60634
Village of Ford Heights	(708) 758-3131	60411	Woodlawn East Community and Neighbors (WECAN)	(773) 451-8077	60637
Seasons Community Outreach Services	(708) 331-8875	60428	Woodlawn East Community and Neighbors (WECAN)	(773) 288-3000	60637
Lemont Township	(630) 257-2522	60439	Polish American Association	(773) 767-7773	60638
In His Hands Resource Center	(708) 248-6019	60443	Envision Community Services	(773) 896-5912	60638
Valley Kingdom Community Development	(708) 225-9307	60452	Heritage International Community Development	(773) 237-4008	60639
Stickney Township on Aging	(708) 636-8850	60459	Spanish Coalition For Housing	(773) 342-7575	60639
Pathlights Human Services	(708) 361-0219	60463	South-East Asia Center	(773) 989-6927	60640
Rich Township	(708) 228-5008	60466	Chinese Mutual Aid Association	(773) 784-2900	60640
Thornton Township	(708) 596-6040	60473	Polish American Association	(773) 282-8206	60641
United Evangelistic Consulting Association	(708) 223-2680	60473	Total Resource Community Development Organization	(773) 881-0761	60643
The Apostolic Church	(708) 833-7031	60475	Chetwyn Rodgers Drive Development Center	(773) 261-6098	60644
Arab American Family Services	(708) 599-2237	60482	South Austin Coalition Community Council	(312) 743-1538	60644
Solutions For Care	(708) 447-2448	60546	MORE Services, Inc	(773) 657-3079	60646
Workers Education Society	(773) 446-9925	60608	St Luke's United Church of Christ	(773) 227-5747	60647
Community Care Outreach	(773)-217-0455	60609	Proviso Leyden Council for Community Action West I (PLCCA)New	(708) 450-3500	60651
New Eclipse Community Alliance	(773) 538-4957	60609	Evening Star Missionary Baptist Church	(312) 715-8605	60653
Evening Star Missionary Baptist Church	(773) 571-5721	60615	In His Hands Resource Center	(708) 248-6019	60653
Chinese American Service League	(312) 791-0418	60616	Metropolitan Asian Family Services	(773) 465-3105	60659
Midwest Asian Health Association	(312) 225-8659	60616	Indo American Center	(773) 973-4444	60659
Midwest Asian Health Association	(312) 225-8659	60616	Global Executive Council Services	(872) 806-2066	60659
Saving Lives	(708) 400-9770	60616	Agents of Hope Training & Information Center	(773) 739-9079	60659
Spanish Coalition For Housing	(773) 933-7575	60617	Community Helping Hands	(773) 587-2894	60659
Trinity Resurrection United Church	(773) 768-9645	60617	Arty Helping Hands	(773) 942-6250	60659
New Eclipse Community Alliance	(872)-218-4881	60617	Seniors Assistance Center	(708) 456-7979	60706
HANA Center	(872) 302-4883	60618	Chicago Chesed Fund	(224) 534-6774	60712
Romanian American Community Center	(773) 604-8888	60618	Metropolitan Asian Family Services	(847) 824-9414	60714
Universal Prayer Tower	(773) 437-3203	60619	North Shore Senior Center	(847) 864-3721	60714
Chosen Vessels Ministries Community Outreach	(312) 771-8212	60619	Worth Township(Serves Worth Township Residents only)	(708) 371-3393	60803
Universal Prayer Tower	(773) 874-6103	60620	Women Power, NFP	(708) 265-9253	60803
Greater Mt. Vernon Baptist Church	(773)-629-8693	60620	Proviso Leyden Council for Community Action (PLCCA)	(708) 656-3600 Ext 160	60804
Action Coalition of Englewood	(773) 846-0080	60621	Chicago South Community Development Organization	(708) 631-2258	60827

Parenting for Racial Healing Parent Cafés

Join us April 23rd!



Parents make all the difference! Join us for meaningful, transformative conversations that create a safe space to explore how we can advance racial healing. Together, we'll share stories, ideas, and practical ways to support our kids in building a kinder, more inclusive world.

Join us for one or all of these 3 Café series, where we'll cover the following topics:

PROTECTING OUR CHILDREN FROM HATE 3/18

Let's talk about how we can protect kids from the harmful impact of racism and other forms of hate while teaching them to be strong and kind. This is all about helping parents create a safe, supportive space where kids can grow up valuing diversity and stand up against unfairness.

TOWARDS HEALING AND HOPE: DISMANTLING HARMFUL NARRATIVES 4/23

Join the conversation as we discuss how we can break down negative stereotypes and biases that cause harm. This conversation is about building new stories based on empathy, respect, and our shared humanity—helping to bring healing and hope to families and communities.

HEALING TOGETHER: LOVE, FORGIVENESS, AND COMPASSION

Dive into the powerful role of love, forgiveness, and compassion in the journey toward racial healing. This theme emphasizes building bridges across racial divides through understanding history and trauma, kindness, and a commitment to moving forward together with open hearts and open minds. This café will also address teaching children how to respond to race-based hurtful experiences.

Where: West40
415 Lexington St.
Maywood, IL. 60153
2nd Fl, Door 8, Buzz in for entry

When: ~~Feb. 26,~~
~~Mar. 18,~~ Apr. 23

6:00 - 8:00pm

Refreshments Provided.
An Adults Only event.

Register TODAY!
Space is limited



For More info, please contact
Sarita Sashington @ 800-805-2505x2 or
Sarita@bestrongfamilies.net



Healing Illinois is a racial healing initiative of the Illinois Department of Human Services (IDHS), in partnership with The Field Foundation of Illinois



The Answer Inc.
AUTISM AWARENESS & SUPPORT AGENCY

17TH ANNUAL AUTISM & DEVELOPMENTAL DISABILITIES WALK-A-THON



SATURDAY, APRIL 26, 2025 - 12:00PM - 3:00PM

PROVISO WEST HIGH SCHOOL 4701 W. HARRISON- HILLSIDE, IL

REGISTRATION: 11:00 AM

OPENING CEREMONIES: 11:30 AM

LET'S WALK: 12:00 PM

DEBRA VINES
CEO/THE ANSWER INC.
CHAIR

JOIN US FOR A WALK-A-THON
WE NEED YOUR SUPPORT NOW MORE THAN EVER!

CHARLES ANDERSON
PRINCIPAL/MICHELLE CLARK
CO-CHAIR



SPECIAL CELEBRITY GUEST

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[HTTPS://SECURE.GIVELIVELY.ORG/DONATE/ANSWER-INC/2025-AUTISM-SPECIAL-NEEDS-WALK-A-THON-COPY](https://secure.givelively.org/donate/answer-inc/2025-autism-special-needs-walk-a-thon-copy)

ANLEETA EATON-BUCHANAN
M.ED./LBS1
CO-CHAIR



SCAN ME

CALL US FOR MORE INFORMATION

708.296.5651

ALL FUNDS RAISED WILL SUPPORT COUNSELING, EDUCATIONAL & THERAPY SERVICES
FOR FAMILIES IMPACTED BY AUTISM/DEVELOPMENTAL DISORDERS.