



Elk Grove Township Youth Services

Supporting Your Child's Mental Health



FALL 2022 PROGRAMS

Girls Empowerment Group

A group for girls to help strengthen self-esteem, self-perception, and resiliency. Topics will include, positive and negative self-talk, promoting self-esteem, creating a positive self-image, and handling peer pressure.

Social Skills Group

A step-by-step approach that teaches real-life strategies through social opportunities with peers. Topics range from reading social cues, initiating and maintaining conversations, making friends, practicing problem-solving, and developing self-awareness.

Attention and Focus Group

A group for youth, with or without an ADHD diagnosis, to discuss challenges and develop coping skills to thrive. This interactive group will explore strategies to focus, organize, and manage their time through a series of group discussions and physical challenges.

High School Empowerment & Leadership

A group for high school youth to explore and reinforce individual strengths. This process will also explore utilizing these strengths as leadership opportunities with peers. Additional topics may include problem-solving, communication, situational leadership, and being a positive change.

All Groups meet on Wednesdays

September 14th - November 16th

All our groups utilize activities to create experiences for the group members to reflect on. Through processing questions and techniques, we help youth transfer the learning of the experience to real-life situations.

Elementary (2nd - 5th Grades)

5:30-7:00pm

Middle School (6th, 7th, & 8th Grades)

3:30 pm - 5:30 pm

High School

TBD Date and Time

To register go to <https://bit.ly/EGTYSFall2022>

For more information contact Renee Dorn
847-981-0373 or RDorn@elkgrovetownship.com
Groups meet in the Town Hall at
600 Landmeier Rd. Elk Grove Village, IL 60007
Fee is waived for Elk Grove Township residents.



SCAN TO REGISTER