



Spring Workshop- Support Groups 101

The Self-Help Center held its Spring Workshop, "Support Groups 101", on Friday, April 15 at the University of Illinois Extension Office. This workshop provided a general overview of the support group process and examined the components of a successful support group. Topics included Establishing an Effective Support Group, Communication/Facilitation/Leadership Skills and Dealing with Challenging Group Behaviors. Special thanks to our workshop presenters, Kathy Rhoads, Kimberly Simpson and Shandra Summerville, members of the Self-Help Center's Advisory Council. We were most pleased to welcome 41 participants to the workshop, our largest workshop gathering to date. Special thanks also to our generous friends at the University of Illinois Extension Office for the use of their meeting room facilities.

Good News!



Emotions Anonymous will be celebrating their **17th anniversary** with a public information meeting. Emotions Anonymous, a twelve-step program for people whose emotions are causing difficulties in their lives, has met continuously in the Champaign area on every Tuesday since the fall of 1999.

This special anniversary public information meeting will take place on **Tuesday, September 13, 2016**, at 7:00PM at 1719 S. Prospect Avenue (Faith United Methodist Church) in Champaign, Illinois. You may connect with Emotions Anonymous at (217) 352-3632, or by email at: eamtg2@gmail.com, or visit their website at: <http://www.eamtg.com>

Group Updates

*Courage Connection's Domestic Violence Services has started a new support group. "The **Friends and Family of Domestic Violence Victims Support Group** will provide family and friends of victims of domestic violence with a place to come together where people understand that there are often very complicated challenges and emotions, and where they can talk from the heart without fear of judgment, criticism or expectation.

The support group is intended for family and friends with loved ones who are in, or have been in an abusive relationship. Individuals will get the help and support that they need. They will learn about the complicated dynamics of domestic violence, and gain an understanding, as domestic violence affects us all." The group is led by Courage Connection Domestic Violence



counselors and meets the 1st and 3rd Monday of the month, 5:30pm - 6:30pm. For questions or to RSVP, please email supportgroup@couragconnection.org or call 217-239-5346.

*Crisis Nursery has several **Parent-Child Interaction Groups** planned for the summer. Come learn and play with your child! Groups are age-specific and focus on the development needs of the child at that age and on supporting and encouraging positive interactions between parents and children. Meeting days and times vary. Call or visit the website for current information: www.crisisnursery.net 217-337-2730.

-Crisis Nursery's **Parent Support Group** is held Monday nights for parents of children ages birth through six. Come connect with other parents while sharing the joys and struggles of parenting young children. Limited childcare is available, but families must register in advance to receive it. Call or visit the website for group time and location: www.crisisnursery.net or 217-337-2730.

-Are you pregnant or have a child under 1? Sign up for Crisis Nursery's **Beyond Blue Support Group** and connect with other mothers and share the joys and struggles of parenting. Group times/days vary; see Crisis Nursery's website or call for full details (www.crisisnursery.net or 217-337-2730). Registration is required; please contact Ann at 217-337-2730. Limited childcare is available and must be requested in advance by speaking with Ann.

*Sharon hopes to start a **TOPS (Take Off Pounds Sensibly)** chapter in Champaign. She asks, "Are you ready to stop dieting and start making real changes? TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. After all, this has been a winning formula for TOPS members just like you over the last 60-some years. Weekly meetings can help you take an honest look at the changes you need to make, show you that true health isn't a certain pants size, or even a number on a scale, and help you appreciate who you are on the inside and the outside right now. We offer support through each stage of the journey, including after you reach your goal weight." For more information, please contact Tuck Miller @ tuckmiller@gmail.com or Sharon Dines @ Sharondines712@yahoo.com or 815-698-2098.

* The **ALS Association** Greater Chicago Chapter is proud to now be offering exceptional care services in the Champaign-Urbana and surrounding areas, in addition to our existing service areas which include the Chicagoland, Northern and Central Illinois, and part of Northwest Indiana service areas. The ALS Association Greater Chicago Chapter offers the latest resources, information, and premier programming for Persons Living with ALS, their families, and caregivers. There is no cost to persons living with ALS and their families for any of the services we provide.

The ALSA Greater Chicago chapter is able to provide care management, which is a collaborative process of assessment, planning, facilitation, care coordination, evaluation, and advocating for options and services to meet the person with ALS's health needs through communication and available resources. Care management can enhance continuity of care, which ensures that persons with ALS are receiving the necessary care resulting in improved health outcomes, better disease planning and reduction or avoidance of complications.

Care management services include:

- Individual Care Management Coordinators
- Home Visits and Virtual Home Visits with your care coordinator
- ALS Disease Specific Education
- ***Monthly support groups for patient and caregivers*** (www.selfhelp.famservcc.org for group info!)

- Resources and In-Services for:
 - Persons Living with ALS and Their Families
 - Caregivers
 - Military Veterans Living with ALS
 - Neurologists

If you know someone who has been diagnosed with ALS, someone who is a caregiver of a person with ALS, or a professional who works with ALS and could benefit from knowing about our services, please visit our website at www.alsachicago.org or contact the Central Illinois Care Services Coordinator, Kellie E. Branch-Dircks, MSW, LCSW, at 309-696-7184 or kellie@alsachicago.org.

* Martha sends word of upcoming scheduled speakers for the **Carle Diabetes Support Group**. The group typically meets the third Tuesday of each month at 7:00 p.m. Meetings are free, open to the public and take place at the Carle facility on Kirby (1813 W. Kirby Avenue, Champaign).

-Tuesday, July 19-Medications that Impact Diabetes

John House, PharmD, BCPS, Carle Pharmacist

-Tuesday, August 16-Healthy Dining Out Options

Susan Brown, MS, RDN, Carle Dietitian

-Thursday, September 20-No speaker-Annual tailgate and 2017 planning meeting

For more information about the Carle Diabetes Support Group, call Martha Trenkamp, RD, CDE, at (217) 383-3490.



Announcements

* Save the Date! **“International Survivor of Suicide Loss Day 2016”** will take place on Saturday, November 19 this year. Parkland College will host a program from 10:00-1:30 on campus. For more information, please contact Dennis Cockrum at 353-2254.

On Survivor Day, suicide loss survivors around the world gather at local events to share stories, gain insight, and find comfort in the knowledge that they are not alone. The day’s program will include the screening of a new American Foundation for Suicide Prevention-produced documentary that traces the ripple effect of a suicide through families and communities, and explores the challenges we face as we cope and heal.

* Dylan from **PACE, Inc.** informs us of the following upcoming events:

Independent Living Skills Trainings:

July 18: Stress Management Techniques

August 15: Support Group Benefits and Opportunities

September 19: Continuing Education Options

October 17: Disability Awareness Month

November 21: Money Management Strategies

December 19: Holiday Healthy Recipe Swap

All of the above listed meetings are on the third Monday of each month from 1:00 p.m. – 2:30 p.m. at PACE, Inc. (1317 E. Florida Ave, Urbana).

In addition, PACE announces the following **Job Readiness Trainings**:

August 4: Disclosure and Workplace Accommodations

September 1: Identifying Your Hidden Talents

October 6: Locating volunteer Opportunities

November 3: Resume Writing 101

December 1: Cover Letters and References

All of the above listed meetings are on the first Thursday of each month from 1:00 p.m. - 2:30 p.m. at PACE, Inc. (1317 E. Florida Ave, Urbana).

For more information, please contact Dylan Boot at dylan@pacecil.org.

*Kendra sends word that **PACE, Inc.** is hosting the second part of a panel discussion, “**Youth and Disabilities: A Discussion Between Parents and Young Adults with Disabilities**” on August 4th from 3-5 p.m. The idea for the panel was consumer-generated and envisioned the formation of the panel and development of topics for discussion. The goal is simply to have an open conversation between parents and their young adult children on how to encourage independence during the transition into adulthood, and to discuss common issues that come up while navigating this transition. Topics will vary from marriage to college/higher education to home ownership, and everything in-between. She hopes you will join them.

*Free, confidential financial coaching available. **The University of Illinois Extension’s Money Mentors program** includes trained volunteers who work one-on-one with people who request help with their finances. Mentors help with money management issues such as developing budgets, establishing financial goals, building savings, managing credit, and organizing finances. People can request confidential help for free. Call 333-7672 or go to <http://go.illinois.edu/moneymentors>.

*Brenda from the Urbana Adult Education Center wants you to know about their **8-Week CNA Program** that will begin August 15th, 2016. The CNA applications are now available on their website (urbanaadulthoodeducation.org) or they may be picked up at the front desk Mon-Thurs 8am-5pm. The applications are due by July 19th, 2016.

She also states that the **Odyssey Project**, a free college-accredited course in the Humanities, is offered to workers and low income men and women in Urbana-Champaign. Learn about Art History, Literature, Philosophy and Writing and *earn up to 6 hours of transferable college credit* from the Board College in New York. The Odyssey project is offered free of charge including tuition, books, transportation, and childcare. The registration process will start in August." For more information, please connect with Brenda at the Urbana Adult Education Center at (217)384-353 or brodriguez@usd116.org.

*Nancy sends word that **Promise Healthcare** is welcoming new patients at all locations. (Please see the attached documents for more information.) Nancy states, “Promise Healthcare is pleased to announce that Alina Paul, MD has joined our health center and is ready to see patients at Frances Nelson, 819 Bloomington Road, Champaign. Dr. Paul comes to Promise with nearly twenty years experience including seven years in St. Joseph, IL and is board certified in family medicine.”

“You do not have to be poor to use the health center,” said Greenwalt. “People may be surprised to know that we accept most commercial insurance and can schedule new patients usually for the same day or next day. I know Dr. Paul is excited about welcoming many of her previous patients at Frances Nelson.”

Dr. Paul and Promise Healthcare accept Medicare and Medicaid and are in network for Health Alliance, Health Alliance Connect, Health Alliance Medicare Advantage Plans, Molina, Medicare, Medicaid, Coventry, Aetna, Blue Cross Blue Shield, and will see patients regardless of ability to pay. Dr. Paul and Promise Healthcare offer a medical home with comprehensive services including access to dental care, mental health providers, medication assistance, assistance with enrolling in coverage, and much more.

Dental Clinics!

(Please see attached documents for more information)

*Mona reminds that earlier dental exams lead to healthier teeth for a lifetime! The **Smile Healthy Dental Center** sees children nine months and older for dental exams and cleanings. Schedule an appointment today at (217) 403-5477.

Mona also wants you to know that it is time to schedule your child’s back to school dental exam. Clinic dates include July 31st, August 5th, and August 12th. Call (217) 403-5477 and ask to schedule your appointment today.

In addition, the **Champaign/Urbana Public Health District Children’s Dental Clinic** has two locations to serve area children. The Champaign Clinic (201 W. Kenyon Road, C.) serves children living in Champaign or Urbana age 0 – 18 years, and foster children living in Champaign County. Call (217) 531-4279 for an appointment. The Urbana School Health Center (Urbana High School) serves all children who are enrolled in Urbana District #116 schools. Call (217) 531-4279 for appt.

Send us your news!



We love to hear from group leaders and participants. Do you have a success story to share? Does your group have an upcoming anniversary? Would you like us to develop a workshop on a specific topic? Are you available as a workshop presenter? Please contact us with comments and questions, ideas for future articles or news you’d like to share about your group.

Contact SHC Coordinator Lorelea Liss by phone at (217) 352-0099, ext. 144, or e-mail:

lliss@familyservicecc.org

Self-HelpCenter, 405 S. State St., Champaign, IL 61820

Website: selfhelp.famservcc.org

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