THANK YOU FOR YOUR GENEROSITY
A SHOW OF SUPPORT 2017

On May 6, over 200 guests enjoyed a Cinco de Mayo celebration at Exmoor Country Club in Highland Park. Over $100,000 was raised to help provide counseling and educational programming for more than 6,000 individuals and families in the communities we serve across Lake and northern Cook Counties.

Photos courtesy Sheridan Road

FAMILY SERVICE OF LAKE COUNTY
Strengthening Families Since 1930
Learn more, donate, or volunteer at:
www.famservice.org or 847-432-4981

Creating Life-Changing Tomorrows
**YOUTH & FAMILY COUNSELING EXPANSION**

This fall, Family Service is expanding its services with a therapist focused on youth and family counseling.

The national outlook for teen mental health, coupled with input from schools and other community partners, identifies this as a critical need in our communities.

The rate of anxiety and depression among American teens is steadily on the rise, possibly as much as eight times higher than 50 years ago (Dept. of Health and Human Services).

Data released recently by the Department of Health and Human Services reported that between 2007 and 2015 the suicide rate doubled for girls and grew 30 percent for boys.

Despite need, less than half of teens and children with a mental illness receive treatment, due to barriers including cost, social stigma, and limited providers.

Here’s what a few of our clients said this year:

"It’s good to talk out multiple family problems and come up with ways to deal with them."

"My son always has difficulty with transitions. He has gained so much confidence and success with your help."

"There are no numbers high enough to reflect my satisfaction. This has been SO helpful."

"My counselor helps me analyze complicated emotions and find real solutions to problems."

Counseling is available at our Highland Park office, at CROYA in Lake Forest, and at our office in Barrington.

Insurance is accepted, and fees may be reduced in cases of financial hardship.

To learn more, please call 847-432-4981, X122.

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**NUESTRO CENTER CELEBRATES 20 YEARS AND A NEW LOCATION**

Nuestro Center opened in Highwood in January 1997 as the area’s first Latino family resource center. It created a welcoming, responsive center for immigrants to Highwood from rural Mexico—to help them make a successful transition and reach their fullest potential.

Today, Nuestro Center is a thriving hub of support for the local Latino community. Touching the lives of over 1,800 residents, it provides comprehensive programming responsive to the challenges faced by the Latino community. Programs include:

- After-School Homework Club for first-fifth graders
- Nuestro Verano Summer Camp for children
- Health-and-wellness educational programs
- English Language Learning (with District 113)
- Senior programs
- Connections for health-care services, and much more.

After 20 successful years, Nuestro Center outgrew its former location. It now is located at 501 Bank Lane, Highwood. This location is 40% larger, and provides easier access for families.

Monetary donations of any size will support the cost of the new Center, help fund furniture and equipment, and ensure that programs can be offered at a minimal cost.

To arrange to visit, or to make a donation, please contact Gail Hodges at ghodges@famservice.org or call 847-432-4981 X115.

Photos: Family Service