

FALL 2010



Back to School

Some of the New and Exciting Happenings at Haven

YOUTH BOARD

The Haven Youth Board is a group of teens that serve as a bridge to adolescents in the community. Members work with Haven staff to organize and deliver support services, assist in program development, fundraise for the agency and build leadership skills.

Over the past year, the Youth Board volunteered with the Special Olympics, held a benefit concert and car washes to support Haven, organized a clothing drive for homeless Veterans and a canned food drive for New Trier Township. The Youth Board is currently collecting new or gently used children's books that will be given to underserved schools in the Chicago Area. Books can be dropped off at Haven.

The Youth Board's first meeting will be held on August 31 from 5:30-6:30. All high school students are welcome! For more information contact Lauren at 847.251.6630.

BACK TO SCHOOL APPEAL

Haven is reaching out to the community for help. Haven is a non-profit agency and all of our services are *free of charge*. It is with your generosity that we can continue our programming and activities within the schools and the community. Please consider donating to our Back to School appeal by sending in the enclosed donor form.

AMERICA THE BEAUTIFUL

Haven and three other local agencies are joining together to sponsor a viewing of the film America the Beautiful followed by a discussion facilitated by Darryl Roberts, the film's writer, director and narrator. This film takes a hard look at the consequences of the constant barrage of media messages that impact our youth and focuses on the disturbing message that teens are not good enough unless they look like a supermodel or rock star.

Please join us on Tuesday September 28th at 6:15p.m. for this enlightening program that is sure to stimulate discussion with your teens. No reservations necessary. Admission is free. Please check our website for location or call Diane Block at 847.251.6630 for more information.

YOUNG ADULT BOARD

Haven's Young Adult Board has reached its year mark with a lot to be proud of. Over the past twelve months this group comprised of young professional, community minded adults have organized two successful events and raised over \$3,000 to help continue Haven's free services for youth!

This fall, the group is looking to continue to grow and expand and welcomes new members who share the desire to create public awareness of Haven's mission, foster a spirit of volunteerism, learn skills necessary to serve in leadership roles with non-profit organizations and participate in fundraising events that enable Haven to continue its work within the North Shore community.

The Young Adult Board meets approximately four times a year and members 21-35 years old have an opportunity to meet peers, network and socialize in the Chicago area. These get-togethers are informal and mostly held in the city at local eateries, etc. To learn more please call Heather at 847.251.6630 or visit havenforyouth.org.

Haven Youth & Family Services Wendella Boat Party



Friday, September 24th, 2010

Time: 6:00pm-9:30pm

Cost: \$75 per person

Tickets include light dinner, beer and wine

Optional bus ride to/from Wilmette \$25 per person first come first serve

For tickets visit www.havenforyouth.org

NEW TRIER FOOD PANTRY NEEDS HELP

The New Trier Township food pantry is in need of food. Haven is collecting canned goods to assist in the efforts and would like your help. The food pantry has emphasized their need for paper goods, cereal, soups, cooking oils, canned fruits and vegetables. Please help other members of our community by dropping off your donation to Haven today!





Brent Peterson, President
Dan de Loys, Vice President
Randal J. Sable, Treasurer
Roselynn Don, Secretary

BOARD OF DIRECTORS

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Amy O'Leary, LCSW
Executive Director

www.havenforyouth.org

Haven's Mission:

Haven Youth and Family Services helps youth and their families in crisis. By offering specialized programs focused on prevention, intervention, and private counseling services, Haven collaborates with schools and other community agencies to counsel youth and to identify and prevent crises.

Newsletter Editor
Bonnie Ryan, MSW
Communications Director

Haven has been given the opportunity to run a monthly column in the Pioneer Press answering questions that parents and teens have about parenting and mental health issues. Please feel free to send us any questions that you may have and we will try to answer them in our **Ask Haven** column.

Dear Haven,

My eldest daughter will be entering her freshman year of high school this fall. I've talked to many parents with kids in high school, and I've received a lot of different advice. I really don't know what to expect or how to help my daughter be happy and successful in this new part of her life. Sincerely, Fearful Freshman Parent

Dear Fearful Freshman Parent,

High school can be tough to navigate at first, but with a push in the right direction it will be some of the best years of your daughter's life. She will be taking her first step towards having the ultimate control over how she spends her time. There are so many opportunities to meet new people and try new things, but academics must remain a priority.

Academically, if middle school was about creating good study habits and time management skills, then high school is about taking those habits and skills and putting them to use. It is more important than ever for your daughter to manage her time well. While there are so many fun activities to get involved with, schoolwork still must be completed and handed in on time. High school teachers are less forgiving about late assignments and many teachers do not accept late assignments at all. If your daughter is struggling with a certain subject, encourage her to use resources like the library and student tutors to help her get on the right track. High school academics seem daunting, but by managing her time and using the resources around her, your daughter can surely thrive.

Meeting new people and trying new activities are some of the most exciting times in high school. Your daughter will automatically meet new peers in her advisory and classes, but can also meet people by joining a club or trying out for a sport. Trying out a new club will give your daughter the chance to expand on an activity that she already enjoys or broaden her horizons to something new that she could become really passionate about. A lot of clubs also cater to academic subjects, keeping schoolwork at the top of her priorities.

No one can tell you exactly what to expect for the next four years, but if you talk with your daughter regularly about what's happening in her life, there should be less surprises. Every child's high school experience is different. High school is the time for your daughter to really take control of her own life and advocate for herself. As a parent, you need to be there for her and offer advice and encouragement. If she does encounter an obstacle, there are advisors, counselors, Haven outreach workers and social workers at school that are there to help her and your family.

Sincerely,

Katie de Loys, New Trier Class of 2011, Haven Student Staff

