



Spring is in the Air!

Some of the New and Exciting Happenings at Haven

YOUNG ADULT BOARD



Haven's Young Adult Board held an event at Easy Bar in Chicago on Friday, March 4th. We are thrilled to announce that the group was able to raise nearly \$1,100 for Haven with over 60 people in attendance! The Young Adult Board is a group of 21-35 year old community minded young adults. All of their fundraising efforts go towards continuing Haven's free programming for youth. For more information please e-mail info@havenforyouth.org.

CYBER SAFETY PARENT TRAINING

On February 28th, over 30 parents joined Haven Youth and Family Services and The Winnetka Youth Organization for a parent workshop on Cyber Safety. The Winnetka Community House graciously donated their space for this worthwhile event. The focus of the presentation was to raise awareness of issues relating to cyberbullying, sexting, online predators, and general internet safety. Parents were also given tools to monitor internet usage both inside and outside of the home. The content of this presentation can be found on our website at www.havenforyouth.org.



YOUTH BOARD SCHOLARSHIP

We are often asked, "what free services could kids possibly need on the North Shore?" Contrary to many of these pre-conceived notions, there are many families in our community that do not fit this wealthy stereotype. It is important to help these families have access to Haven's 24 hour crisis intervention and counseling services. In these difficult economic times, many families are facing foreclosure, bankruptcy and isolation. These are often the families that are hurting the most emotionally. For this reason, Haven's Youth Board has created a special scholarship for those in need of financial help for college.

Youth Board members spent that past year fundraising through car washes, bake sales and much more. Collectively, the students raised \$1500 to award to a deserving student in their community. The recipient must be a high school senior that demonstrates financial need, attends a school in New Trier Township and plans to attend college in the fall. The Scholarship deadline is April 8th. Applications are available on our website www.havenforyouth.org, through e-mail or for pick up at Haven. For more information, or to apply for a scholarship, please contact Catherine Melka at Catherine@havenforyouth.org.

THERAPY GROUP

Haven is hosting an 8-week therapy group for high school students. The group is free of charge and aims to solve problems relating to maladaptive behaviors, emotions, and cognitions through a goal-oriented, systematic procedure stemming from Cognitive Behavioral techniques. The group will teach coping strategies, positive communication skills, relaxation techniques, how to identify and reframe negative and irrational thoughts, self assessment tools, and other concrete skills that focus on managing symptomatic thoughts and behaviors. Please contact Haven's Clinical Director, Miriam Corlett, LCSW, at 847.251.6630 or by email at Miriam@havenforyouth.org for more information.

WASHBURNE DROP-IN CENTER

Each Tuesday and Thursday, students at Washburne Middle School are now able to stop by *The 'Burne* an all school drop-in center open after school. Students can enjoy a healthy snack, fun and engaging activities as well as arts and crafts in an open and relaxing environment. Students are encouraged to stop by the outreach table during their lunch periods to share their creative ideas and requests for the center. For questions regarding *The 'Burne*, please contact Jackie at Jackie@havenforyouth.org.



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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

The Haven Hop

April 16th, 2011

**Dinner, bar, auctions, raffles
& live 50's and 60's music!**

**Purchase tickets at
www.havenforyouth.org**

