



FEBRUARY 2024

CMHB Partner Events at the Community Recreation Center (CRC)

229 Madison St. Oak Park, IL



Wednesday 2/7: Emotion Regulation

4:15-5:00pm

CRC Multipurpose Room

After-school walk-in program (space is limited, must be enrolled in after-school CRC program)

NAMI Metro Suburban Youth series – first Wednesday of the month, 4:15-5:00pm

Description: In emotion regulation we learn about what emotions do for us, why they show up, and how to better make sense of our private experiences. Let us connect on ways to widen our awareness of our emotions and learn ways to “cool” down.

Participants will learn some important terms and concepts within emotion regulation summed up in a crossword competition.



Wednesday 2/21: What's the Risk? Learn About

Different Drugs

4:15-5:00pm

CRC Multipurpose Room

After-school walk-in program (space is limited, must be enrolled in after-school CRC program)

Way Back Inn Youth series – Second Wednesday of the month, 4:15-5:00pm

Description: Learn about different drugs and their associated risks through this interactive workshop.



Wednesday 2/21: Walk & Talk

10:00am-12:00pm

CRC Community Room, Walking Track

Register at: <https://app.amilia.com/store/en/park-district-of-oak-park/shop/activities/4628350>

Oak Park Township Senior Services & PDOP Walk & Talk – monthly, dates vary, 10am-12pm

Description: Join your neighbors and peers for a healthy walk around our indoor path at the Community Recreation Center. Enjoy the climate control, conversation, and some refreshments courtesy of the Community Mental Health Board. Looking for some community resources? Head to the Community Room in the lobby to get information from local organizations and support groups before heading out for the day. Way Back Inn will be providing substance use screenings on 2/21.