

NOVEMBER 2023

CMHB Partner Events at the Community Recreation Center (CRC)

229 Madison St. Oak Park, IL



Wednesday 11/1: Coping Corner
4:15-5:00pm
CRC Multipurpose Room
After-school walk-in program (space is limited)

NAMI Metro Suburban Youth series – first Wednesday of the month, 4:00-5:00pm
Description: Dealing with mental health challenges can be difficult emotionally, physically, and mentally. Join this group to learn different recovery tools and how to add them to your toolbox.



Wednesday 11/8: Substance Use Prevention for Youth
4:15-5:00pm
CRC Multipurpose Room
After-school walk-in program (space is limited)

Way Back Inn Youth series – Second Wednesday of the month, 4:00-5:00pm
Description: Beginning the discussion about alcohol, drugs, and vaping helps youth understand what is happening in their bodies when substances are introduced. The knowledge gained through this group helps build a foundation on how to navigate difficult situations surrounding substance use.



Tuesday 11/7, 11/14, 11/21, 11/28: Strengthening Families Program
4:00-5:00pm
CRC Multipurpose Room
Call to register: (708) 410-0615

Ascension Illinois Strengthening Families Program – Tuesdays 10/3-12/19, 5:30-7:30pm
Description: Strengthening Families Program is a free fun-filled 11-week parenting/family relationship skill building program for families with children ages 7-17. Families will learn how to have better communication, less arguing, more respect, and less stress. The program is proven to work and is taught in all 50 states. Dinner and childcare for children under 7 will be provided. This is a series, so families register for the whole series, not each individual session.



Saturday 11/18: 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/4628346>

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.