



**WHATS NEWS** is the Newsletter of **Wayne/Winfield Area Youth Family Services (WAYS)**

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**27W031 North Avenue, West Chicago, IL 60185**  
**Vol. XXX No. 7**

**(630) 231-7166**  
**January, 2019**

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### **What's New at WAYS**

WAYS has partnered with St. Peter's United Church of Christ in Elmhurst to provide a "Little Library" in the waiting room for clients. This project encourages literacy and aims to keep kids off devices while waiting.



#### **SUMMER DAY CAMP:**

This year, camp will run from **Tuesday May 28<sup>th</sup> - Friday August 16<sup>th</sup>** from 10am to 4pm, with extended hours of 7:30am-6pm available for working parents. Full camp cost is \$70 per week for regular hours and an additional \$40 per week for extended hours, with sliding-scale scholarships available based on annual household income and family size. Breakfast and lunch are included at no cost via a partnership with Northern Illinois Food Bank. Camp is offered to grade school & middle school youth, ages 6-13. To begin camp, youth must have completed first grade. The last year youth can attend is the summer before they begin high school. A professional staff of counselors will lead camp using research-based skill building activities in a group format. An in-person consultation with parent & child is required to register for camp. Call to complete a phone intake and schedule a consultation.



**Consultations begin Friday March 1st**



**WAYS 630-231-7166 intake ext. 115 Spanish ext. 158**

**fax 630-231-7180**

## COUNSELING PROGRAM:

**INDIVIDUAL & FAMILY THERAPY:** Available in English & Spanish addressing a wide variety of issues: family conflict, depression, anxiety, youth behavioral problems, marital problems, stress, personality disorders, adjustment to change, work issues, grief, and much more. Fees are available on a sliding scale for eligible clients.

**PARENTING CLASSES** can help assure that parents learn to effectively understand children's behavior, improve communication, and set limits along with consequences. The 8 session program has provided service to Probation and DCFS referred clients as well as those who are self-referred. The classes are easy to comprehend, effective, and research-based. Participants can begin class at any time, as classes rotate, but a pre-class consultation (\$13) is required. Fee is \$25 per session. A certificate of completion is granted after completion of the curriculum.



**EVENING IN ENGLISH** meet **Wednesdays 8-9 pm**, Steve Shaw, BA.

**DAYTIME IN ENGLISH** meet **Thursdays 10-11 am** with Kate Beyer, BS.

**EVENING IN SPANISH** meet **Wednesdays 8-9 pm** with Suzie Geisler, BA.

**DAYTIME IN SPANISH** meet **Thursdays 10-11 am** with Karla Melendez, BA.

**INDIVIDUAL SESSIONS** are available at other times for \$65 per session.

**ADULT ANGER MANAGEMENT CLASSES:** A research-based curriculum designed for adults who have difficulty managing their anger appropriately. Adults learn the components of anger, relaxation techniques and coping skills. The 10 session program has provided service to Probation and DCFS referred clients as well as those who are self-referred. Participants can begin class at any time, as classes rotate, but a pre-class consultation (\$13) is required. Fee is \$25 per session. A certificate of completion is granted after completion of the curriculum.



**EVENING IN ENGLISH** meet **Tuesdays 8-9 pm**, Kate Beyer, BS.

**DAYTIME IN ENGLISH** meet **Fridays 9-10 am** with Steve Shaw, BA.

**EVENING IN SPANISH** meet **Tuesdays 8-9 pm** with Karla Melendez, BA.

**DAYTIME IN SPANISH** meet **Fridays 9-10 am** with Suzie Geisler, BA.

**INDIVIDUAL SESSIONS** are available at other times for \$65 per session.

### LGBTQ COMMUNITY SUPPORT GROUP:

A group for middle school and high school students. This group provides a safe and confidential space for students to discuss topics particular to the LGBTQ community. These topics include coming out, internalized negativity, rejection from family, religious struggles, same gender relationships, etc., as well as general life problems. You can be yourself knowing that your fellow members “get” the LGBTQ part of you. Each session is \$5. A \$5 pre-group consultation with a parent and teen is required. This group is held on **Mondays 6-7 pm**, led by Katie Drewno, MSW, LSW.

**WAYS 630-231-7166**

**intake ext. 115**

**Spanish ext. 158**

**waysintakes@gmail.com**

## YOUTH PROGRAMMING:

### TUTORING:

Year-round tutoring services can help your student maintain what they have learned during the school year. The one-to-one sessions with experienced teachers are \$25 per hour with sliding-scale scholarships available to eligible clients.

**Elementary:** Heather Falls, BS; Lyssa Liotta, BA; Amanda Scott, MA.

**Middle School & High School:** Penne Wood, MA.



### IN-SCHOOL & COMMUNITY GROUPS:

If interested in a group, call Katie Drewno at ext. 119.

Suzie Geisler, BA, runs a group at **Liberty Elementary in Bartlett**, focusing on social skills and appropriate classroom behavior. Katie Drewno, LSW, runs a group at **Spring Trail Elementary in Carol Stream** focusing on social skills and appropriate classroom behavior. Karla Melendez, BA, runs a group at **Spring Trail Elementary in Carol Stream** focusing on social skills and appropriate classroom behavior. Karla Melendez, BA, runs two groups at **Laurel Hill Elementary in Hanover Park**, focusing on grief and loss. Kate Beyer, BS, runs two groups at **Prairie View Elementary in Bartlett** focusing on making and maintain friendships through encouragement of positive social interactions. Steve Shaw, BA, runs two groups at **Ontarioville Elementary in Hanover Park** with high-risk youth.



### SOCIAL SKILLS GROUP:

This is a group targeted to engage elementary school aged children. The focus is on developing socio-emotional competencies in four major areas: gaining awareness of self and others, enhancing a positive attitude and identifying personal values, learning responsible decision making and practicing social interaction skills. Some specific skills are active listening, empathy building and emotional regulation. This group is held on **Wednesdays 6-7 pm**, and is led by Steve Shaw, BA. Each session is \$5. A \$5 pre-group consultation with a parent and child is required.

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## SENIOR PROGRAMMING:

Hands-on classes to learn new skills! Both levels of classes provide an opportunity to socialize with others while learning. Classes are \$2 each and **pre-registration** is required. Requests for future class topics are welcome!

Option 1:

**BEGINNER COMPUTER CLASSES: Fridays 3-4 pm**



Option 2:

**TECHNOLOGY CLASSES: Mondays 4-5 pm (see topics below!)**

**01/14** Attaching Photos to Emails/Texts

**01/21** NO CLASS -- HOLIDAY

**01/28** Using GPS on Smart Phones

**02/04** Texting on Smart Phones

**02/11** Attaching Photos to Emails/Texts

**02/18** NO CLASS -- HOLIDAY

**02/25** Introduction to Facebook

**03/04** Uploading Pictures to Facebook

**03/11** Using GPS on Smart Phones

**03/18** Texting on Smart Phones

**03/25** Attaching Photos to Emails/Texts



## CONTINUING EDUCATION FOR PROFESSIONALS:

Are you interested in presenting and sharing your expertise with other professionals? Contact Katie Drewno by phone at 630-231-7166 extension 119 or by email at [wayskatie@gmail.com](mailto:wayskatie@gmail.com).

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**In-kind donations:** Microsoft & TechSoup.

On-going financial support: **Wayne Township, Winfield Township, & Village of Hanover Park.**

Finally, THANKS to everyone who has made referrals to WAYS. We appreciate your trust in our professional skill and concern toward providing the much needed help for families in our community.

**WAYS STAFF:**

**Executive Director:**

Allison Kowieski, MA, LCPC

**Program Coordinator/Family Counselor:**

Katherine Drewno, MSW, LSW

**LCSW Supervisor:**

Judy Starr, MSW, LCSW

**Spanish-Speaking Family Therapists:**

Martha Wilson, MSW, LSW

Jessica Lara, MS, LPC

**Tutors:**

Heather Falls, BS

Lyssa Liotta, BS

Penne Wood, MA

Amanda Scott, MA

**WAYS Board:**

President: Urban Oen

Vice President: John Jaeger

Treasurer: Matt Reiland

April Murphy

John Hugunin

Cathy Polglaze

Barbara Nimmo

**Counseling/Youth:**

Amanda Scott, MA

Suzie Geisler, BA

Kate Beyer, BS

Karla Melendez, BA

Steve Shaw, BA

**INTERNS:** Now interviewing for: Bachelor's level for Summer 2019; Master's level for Summer 2019

**TUTOR:** Contractual, serving elementary & middle school youth. Requirements: Teaching certificate

**If you cannot provide a monetary gift, please consider a tax-deductible donation of computers & equipment that can be an upgrade to WAYS equipment (Windows 7 or better).**

**Donate to WAYS direct, via your employer's United Way campaign, or via [Guidestar.org](http://Guidestar.org) and [NetworkforGood.org](http://NetworkforGood.org).**

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**WAYS is a 501 (c) 3 charity:**

Donations of equipment, toys, and money are tax deductible and  
a way to support social services in your community.

**WAYS serves:**

West Chicago, Winfield, Warrenville, Wayne, Hanover Park, Carol Stream, and Bartlett

**Use Amazon Smile to help support WAYS:**

Select WAYS as your charity at [www.smile.amazon.com/ch/36-3283081](http://www.smile.amazon.com/ch/36-3283081)

**RECYCLE PRINTER CARTRIDGES:** help the environment and help fundraise for WAYS!

How's our mailing list? Please call about any changes we need to make.  
Please feel free to pass our newsletter along to your colleagues!

**Contact Us:**

**Phone:** 630-231-7166

**Fax:** 630-231-7180

**Email:** [waysintakes@gmail.com](mailto:waysintakes@gmail.com)

**Website:** [ways4change.org](http://ways4change.org)