

YOUTH & STUDENT GROUPS

This list of youth and student self-help groups in and around Champaign County is prepared by the staff and volunteers of the Self-Help Center of Family Service. If you don't find the group you are looking for, or if you want to start a group, please contact the Self-Help Center at 352-0099 or by e-mail at lliss@familyservicecc.org.

The following is a key to the coded information that appears before group descriptions: 1. Year group was formed 2. A=Affiliated with a state, national or international group; F=Freestanding group 3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

Inclusion in this list does not constitute an endorsement or evaluation.

General

Champaign County

Alateen (A,L) This fellowship is for young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Meets Fri., 7:00 p.m., Emmanuel Episcopal Church, State and University, Champaign. Additional local meetings are also available. **Call:** Champaign-Urbana Al-Anon/Alateen Answering Service (866) 794-8515 **E-mail:** aa-ecior@aa-eci.org **Local Website:** aa-eci.org **National Website:** al-anon.alateen.org **Write:** AFG - District 12, P.O. Box 3351, Champaign, IL 61826-3351

Brother II Brother (2009 F,P/L) This community group is for young gay and bisexual men of color. The group provides a safe place for men to come together, socialize, have fun, and be themselves in a supportive environment. It is sponsored by the Champaign-Urbana Public Health District (C-UPHD). Meets Wed., 7:00-10:00 p.m., Mspot, 24 E. Green St., Green Street Center, Ste. 14, Champaign. **Call:** Carrie Keenan (217) 531-5364 **E-mail:** ckeenan@c-uphd.org **Write:** Carrie Keenan, Champaign-Urbana Public Health District, 201 W. Kenyan Rd., Champaign, IL 61820

Children's Support Group (2014 F,P) This group is open to any child ages 6 to 10 with a family member or friend who has been diagnosed with cancer. Meets 3rd Weds. 4:00-5:00 p.m., 1st fl. conference rm., Carle Cancer Center, 509 W. University Ave., Urbana. **Call:** Kimberly Harden (217) 383-4581 or Lynn Kolisetty (217) 383-4066 **E-mail:** kimberly.harden@carle.com **or:** lynn.kolisetty@carle.com **Website:** carle.com **Write:** Kimberly Harden or Lynn Kolisetty, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

GOALS (Going On Against Life's Struggles) (2011, F,L) This support and empowerment group inspires, motivates and encourages teen parents to set life goals. Monthly group meetings for teen moms, ages 13 to 21, include discussion, support and "mentor and mommy time". The groups are about empowering minds, inspiring dreams and encouraging healthy relationships. Free meal, child care and transportation are provided. Meets 2nd Mon., 6:00-8:00 p.m., McKinley Foundation, 809 N. 5th St., Champaign. **Call:** Tasha Thompson (217) 819-1976 **E-mail:** thegoalsproject@gmail.com **Website:** thegoalsproject.org **Write:** GOALS Project, McKinley Foundation, 809 N. 5th St., Champaign, IL 61801

NICU Sibling Support Group (2014 F,P) This group is for big sisters and big brothers of infants in the neonatal intensive care unit at Carle Hospital in Urbana. It is a time when siblings can talk about their feelings and understand how to help when the baby transfers from the hospital to home. Siblings learn, play and work with the certified child life specialists who teach about the NICU using age-appropriate explanations. Parents are welcome to drop big brothers and sisters off at the group and then take time to be with their baby in the NICU. Meets Tues. at 5:30-7:00 p.m. in the NICU conference room on North Tower 8 (near Pediatrics) of Carle Hospital in Urbana. **Call:** Sara Burton, Certified Child Life Specialist, (217) 326-1929 **E-mail:** childlifeteam@carle.com **Website:** www.carle.org

Our Time (1993 F,P/L) This free community-based support program is for children and teens, ages 4-18, who have experienced the death of a family member or friend. The eight-week group meets throughout the year. A parent group meets at the same time to address how grief is expressed in children and how parents can help their children work through their grief. **Call:** Vera Duncanson (217) 337-2487 **E-mail:** vera.duncanson@presencehealth.org **Write:** Vera Duncanson, Presence Hospice, 1501 Interstate Dr., Champaign, IL 61822

Parent Wonders (1990 A,P) This program partners with families to nurture healthy parent-child relationships during the critical early-childhood years and to enhance the positive development of young children. The organization serves parents who reside in rural Champaign County (excluding Champaign, Urbana, and Mahomet) who have children from birth to 36 months. It focuses on at-risk pregnant women and parenting teens and families who have the greatest needs. Support and parent education is provided through a variety of programs, such as one-on-one consultations and home visiting services. Special programs are available for pregnant and parenting teens. **Call:** Felicia Gooler, Developmental Service Center (217) 359-0287 **E-mail:** fgooler@dsc-illinois.org **Website:** dsc-illinois.org **Write:** 1304 W. Bradley Ave. Champaign, IL 61821

Prenatal Group for Teen Parents (2007 F,P) This group offers support to soon-to-be teen mothers and fathers who attend a six-week group to: learn about pregnancy, prepare for childbirth, meet other pregnant mothers and fathers, learn about parent-child bonding, learn basic infant care, and ask questions. Transportation is available and a snack is provided. This group is a collaborative project of the Healthy Young Families Program at Community Elements and the All About Baby Prenatal and Family Education Program at Carle Foundation Hospital. Meets quarterly, Weds., 4:00-5:30 p.m. Location varies. **Call:** Teen Parent Group Coordinator (217) 693-4581 or (217) 398-8080 **E-mail:** ajackson@communityelements.org **Website:** communityelements.org **Write:** Community Elements, 1801 Fox Dr., Champaign, IL 61820

Rainbows For All Children (1983 A,P/L) This program offers groups to help children who are grieving the loss of a parent or guardian due to death, divorce, deployment or other loss. Contact Rainbows to find groups. **Call:** (847) 952-1770 **E-mail:** info@rainbows.org **Website:** rainbows.org **Write:** Rainbows for All Children, 1007 Church St., Ste. 408, Evanston, IL 60201

Speak Out! (2008 F,P/L) This group is for teens and young adults with disabilities. The group helps youth to speak up for their rights, socialize, and have a good time. It meets at the same time as the Parents of Adults with Disabilities support group. The group is sponsored by Community Choices, Inc. Bring snacks and drinks to share. Meets 2nd Thurs., 7:00-8:30 p.m., Sept.-May, St. Matthew Lutheran Church, 2200 Philo Rd., Urbana. **Call:** Ryan Thompson at Community Choices (217) 621-1090 **E-mail:** jen.advocacy@gmail.com **or:** ryan.communitychoices@gmail.com **Website:** communitychoicesinc.org **Write:** Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

Talk it UP - LGBTQ Youth Support Group (2010 F,P) This peer-run LGBTQ support group is for LGBTQ (lesbian, gay, bisexual, transgender, and questioning) middle- and high-school youth. LGBTQ youth can expect an atmosphere of acceptance and support while meeting other LGBTQ youth. The group is co-facilitated by two adults experienced in working with youth. However, the group is led by youth participants. Topics of conversation include coming out, dating, talking to parents, and other issues relevant to LGBTQ youth. Meets 1st and 3rd Monday, 6:00-7:30 p.m., The UP Center, 44 E. Main St. Ste. 516, Champaign. The Center is open every Mon, Weds, and Fri. from 3:00-6:00 p.m. for all youth. **Call:** Youth Coordinator (217) 550-8954 **E-mail:** peggy@unitingpride.org **or:** info@unitingpride.org **Website:** unitingpride.org **Write:** The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

Young Lives Group (Champaign) (2008, A,L) This group offers teen moms support and education, relief from the isolation and struggle of their daily lives, and hope for the future. Each meeting includes a free meal, child care, and fun activities. Meets 1st and 3rd Thurs., First Presbyterian Church, 302 W. Church St., Champaign. **Call:** Erin Grace (217) 493-9537 **E-mail:** gracee321@aol.com **Website:** younglife.org

Vermilion

Loss and Grief Recovery Group (Presence United Samaritans) (1982 F,P) This group provides nine sessions for anyone, ages 16 and over, who needs help to deal with a loss through death. The series provides learning opportunities to heal from grief wounds and to grow from them. The group is facilitated by trained staff. Group literature and transportation are available. Registration is required. Meets at Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville. **Call:** Vera Duncanson, Pastoral Care Department (217) 443-5000 **E-mail:** vera.duncanson@presencehealth.org **Website:** provena.org/usmc **Write:** Vera Duncanson, Loss and Grief Recovery Group, Presence USMC, 812 N. Logan Ave., Danville, IL 61832

College Students / University Life

Champaign County

International Hospitality Committee (IHC) (1952 F,L) This group organizes volunteer programs to help support University of Illinois international students, families, faculty, and staff during their stay in the Champaign-Urbana community. The goals of the IHC are to promote an enjoyable cultural and educational experience for international visitors, facilitate their adjustment to their new environment, and encourage understanding and friendship among them and local residents. Programs include free English conversation classes, friendship groups, a host family program, and a lending storeroom. **Call:** Mary Kruse or Nancy McGlathery **E-mail:** mary.kruse1@gmail.com **or:** nmcglath@gmail.com

Women's Support Group (1991 F,P) This group is sponsored by the Women's Resources Center. It is open to University of Illinois women, ages 18 to 25, who have been recent victims of sexual assault or dating abuse. Discussions focus on the issues of fear, shame, trust, disclosure, relationships, options, and resources. The primary purpose is to expand peer and community support and to increase individual skills in recovery. Call for meeting time and location. **Call:** Pat Morey or Molly McLay (217) 333-3137 **E-mail:** pmorey@illinois.edu **or:** womenscenter@illinois.edu **Website:** oiir.illinois.edu/womens-center **Write:** Pat Morey, Women's Resources Center, 703 S. Wright St., 2nd Fl., Champaign, IL 61820

*For a complete listing of area support groups, visit the Self-Help Center website at
selfhelp.famservcc.org*