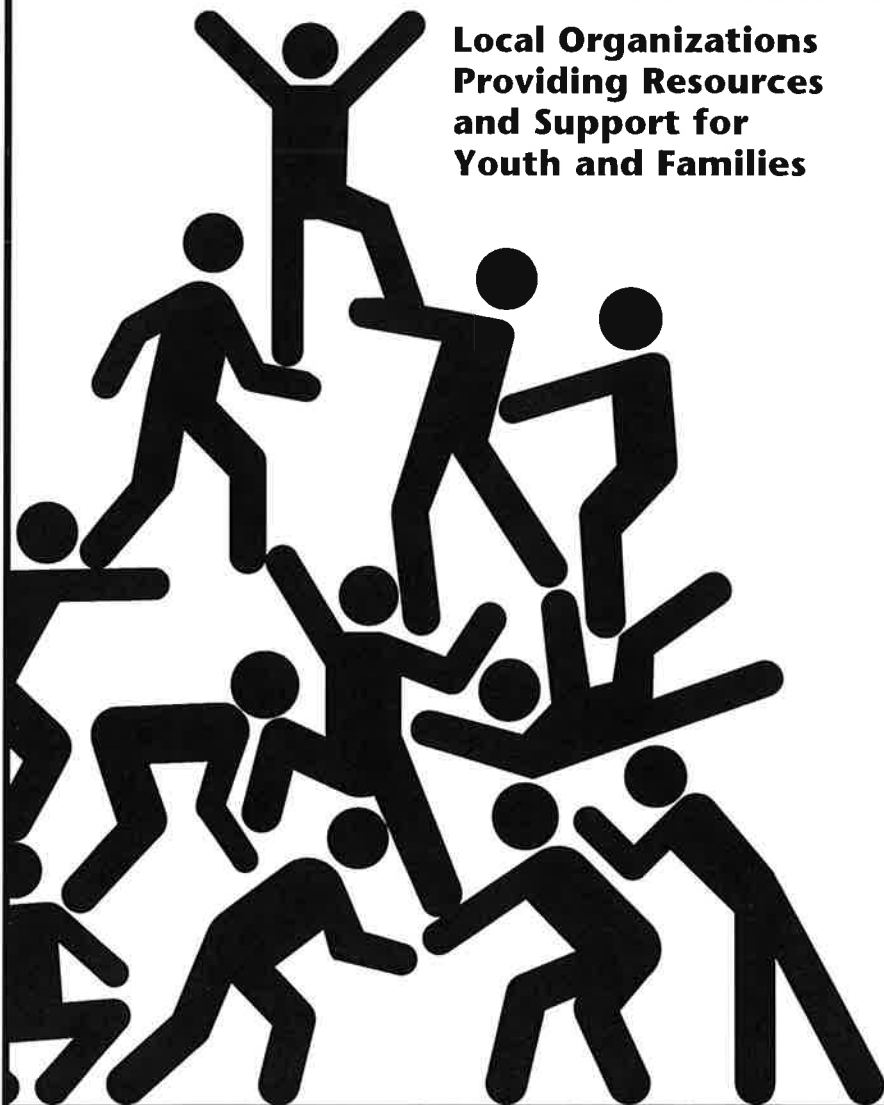


Parents Matter Too

a KidsMatter Initiative

RESOURCE GUIDE

**Local Organizations
Providing Resources
and Support for
Youth and Families**



www.KidsMatter2us.org

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**KidsMatter:
Building Resilient Youth & Families
who say NO to Destructive Choices
and YES to Endless Possibilities!**



www.KidsMatter2us.org

Follow us on Facebook and Twitter

**Empowering,
Connecting,
Supporting
and Honoring
Kids and Families**

KidsMatter equips youth and families with tools
to manage the stress of everyday life through:

DYNAMIC SCHOOL AND COMMUNITY PROGRAMS
PRACTICAL EDUCATION
RESOURCES AND YOUTH RECOGNITION

We harness the power of partnership with parents,
educators and an extensive network of community resources
to help kids and families thrive.

Contact our Community Resource line at 630-567-6981
to schedule a KidsMatter/CYT speaker
for your business or school/community group.

*KidsMatter thanks the Exchange Club of Naperville
for their financial support of this resource.*



www.exchangeclub.org

This booklet designed and produced by Deanne Fulner Design

THE COLLABORATIVE YOUTH TEAM



The Collaborative Youth Team is comprised of local youth/family-serving organizations and academic institutions that partner together to foster collaboration on community-wide programs that increase awareness, stimulate discussion and facilitate action to improve the health and well-being of children, youth and families.

Our goal is to promote activities and programs that provide recognition and encouragement to children, youth and families through a strength-based approach that promotes Developmental Assets.

HOW TO USE THIS GUIDE

Access the KidsMatter Website: www.KidsMatter2us.org; then the tab for Community Resource Guide; Refer to the Parent Education Tools.

Email or call a Collaborative Youth Team Partner directly. Contact information is included for each agency/organization in this Guide.

Join a group of parents facing similar issues. Contact www.ParentsMatterToo.org to join in a Conversation Circle – empowering parents to challenge their children's choices effectively.

Not sure where to start? Contact KidsMatter Community Outreach Coordinator, Kathy Schank (Kathy@KidsMatter2us.org) or the KidsMatter Community Outreach Line at 630-567-6981.

PARENTSMATTER TOO

ParentsMatterToo is a network of **connected** parents who are committed to becoming educated about substance use and abuse in our community, and to support our students in making healthy choices.

Created by KidsMatter, it is a network of **concerned** parents who are committed to being conversation starters with other parents and raising drug-free teens.

It is a network of **caring** parents who are committed to regularly challenging their children about social issues and choices regarding drugs and alcohol.

ParentsMatterToo has regularly scheduled meetings in the area which are open to any interested community member. Questions? Please visit our website at www.ParentsMatterToo.org, or contact Diane Overgard at Diane@45Degrees.org.

MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is the initial help given to a person showing symptoms of mental illness or to someone experiencing a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors, etc.) until appropriate professional help can be engaged.

MHFA is an 8-hour course organized by Linden Oaks at Edward. The class is taught by a consortium of community individuals who have been certified in this program. It is for educators, HR professionals, members of faith communities, consumers, family members, and any caring citizen.

If you are interested in learning more, please contact Kathy Schank, KidsMatter Community Outreach Coordinator at Kathy@KidsMatter2us.org or 630-567-6981 or Barry Groesch at bgroesch@edward.org or 630-646-5154.

RED FLAG WARNING SIGNS

Warning Sign: Obvious Evidence - Finding a bottle of vodka or pills, a lighter forgotten in a pocket, etc. Resist the temptation to confront your teen, but find a time when you are both calm and share your discovery. You will likely encounter anger and denial, but try not to react. Explain that their choice to engage in risky behavior is a breach of trust, and scale back privileges until trust is restored.

Warning Sign: Subtle Signs - Change in school performance, unusual mood swings, or shifts in motivation or responsibility. These may be more difficult to link to a cause, but could indicate depression or risky behavior. Talk to teachers or other caring adults in your child's life for their observations. Gently share your concerns with your child and listen carefully to their responses. Restate your expectations for healthy life choices. Be assured you are being heard.

Warning Sign: Physical Changes - Are your child's eyes clear or heavy and bloodshot? Some prescription and street drugs can cause these changes. If you notice any unusual physical changes in your child: rapid weight gain or loss, bruises, scars, or changes in coordination, consult a physician.

Warning Sign: Social Shifts - Kids will change friends many times before they truly find the group they "fit" with. It is important to take note of changes in your child's social circle, especially when they trigger other red flags. In general, it is best not to forbid contact between friends even when you suspect risky behavior. Make it clear that your child's friends are welcome in your home, and set a clear expectation that an adult must be present when your child spends time at a friend's house. Don't hesitate to make a friendly call to the friend's parent to confirm details.

If you suspect your child is taking unhealthy risks, seek the help of professionals in your community: school counselors, mental health professionals, clergy, etc. Consider a parental support group. You will find information on several helpful organizations in this guide.

***Adapted from ParentFurther.com,
The Red Flags of Risky Behavior.**

Social Service Agencies

360 YOUTH SERVICES



Mission: 360 Youth Services provides life-changing services to youth through prevention education, counseling and shelter. Our vision is a community where all youth possess the necessary skills to successfully navigate life's challenges.

Services: We offer individual, couples and family counseling, crisis intervention for high risk youth, mentoring programs, transitional housing for young men (18-24 years old), residential housing for boys 13-17, skill-building and support groups for youth, LGBTQ Network, Snowball and The Power of Choice campaign for substance abuse prevention.

www.360youthservices.org

630-717-9408

1935 Brookdale Rd., Suite 119, Naperville, IL 60563

PARENTING TIPS

- Know that even healthy families fight to resolve issues. Realize that it's OK to be angry, but just make sure to avoid criticism, sarcasm, judgment, and blame because this is what makes arguments unproductive.
- Actively let your child know you are listening by reflecting back what you hear them saying so they feel heard.
- Role-model self-control and respect for self and others as consistently as possible.
- Don't be afraid to apologize when you get it wrong – this shows strength and teaches that we can all recover from mistakes.
- Pay more attention to your child's strengths than weaknesses and love them for exactly who they are rather than what we hope they will be.

BREAKING FREE



BREAKING
Free

Services: Early Drug Education Programs, Adult and Adolescent Counseling - group, family, individual work for substance abuse problems, Medication Assisted Treatment - for Adults struggling with opiate addiction, Community Based Prevention Programs, Family Based Education Programs

www.breakingfreeinc.org

630-897-1003

Fax 630-897-1042

120 Gale St. Aurora IL 60506

breakingfree@breakingfreeinc.org

PARENTING TIPS

- Have a nurturing bedtime routine for all kids!
- Allow kids to experiment, test and explore.
- Tell kids their feelings matter.
- Praise kids!
- Teach kids to express their emotional energy.



EASTER SEALS



Mission: Easter Seals DuPage and the Fox Valley Region mission is to provide services that help infants, children and adults with disabilities achieve maximum independence and support the families who love and care for them.

Services: Founded in 1952, Easter Seals DuPage and the Fox Valley Region provides life-changing services for infants and children with developmental disabilities and their families. Over the past 62 years, we have grown to become one of the largest and most highly regarded pediatric outpatient rehabilitation facilities in the Midwest. We meet the needs of children with special needs throughout west suburban Chicagoland, through our occupational, physical, speech and nutrition therapies, as well as our audiology, community based therapies, social services programs and inclusive child care center.

www.eastersealsDFVR.org

630-357-9699

1323 Bond Street, Suite 119, Naperville, IL 60563

PARENTING TIPS

- If you're concerned about your child's development, talk to your pediatrician about getting an evaluation.
- Getting a new diagnosis is very difficult, but a diagnosis does not define who your child is. He/she is the same child today as he/she was before the label.
- Kids of all abilities can live, learn and play together.
- Having children can, at times, be very stressful. Add special needs and it can become overwhelming - so ask for and accept help.
- The best way to become your child's best advocate is by educating yourself.

FAMILY SHELTER SERVICE



Family Shelter Service

Mission: To serve those affected by domestic violence by providing a network of dynamic, interconnected programs and empower individuals and families to realize their potential.

Services: Services include a 24 hour/7 day a week hotline, a secure shelter for women and children, intermediate housing, individual and group counseling, court and victim advocacy, case management, community education and training through the PEACE (Prevention, Education, and Community Engagement) Project, specialized programs for children, women, men, and the Latino community, and a volunteer program. FSS also has two resale shops located in Naperville and Westmont where clothes and other items can be donated.

www.familyshelterservice.org

630-221-8290

630-469-5650 (24/7 hotline)

PARENTING TIPS

- Teach your children how to be assertive and to ask for what they need from their partners rather than using aggressiveness.
- Teach problem solving and negotiation.
- Talk to them about their dating expectations. Asking about their friend's relationships can help you gauge whether or not they are observing healthy relationships.
- Explain the warning signs. There are signals that a relationship contains more than the usual ups and downs. Help your children know that ANY violence is a bad sign, even if it was "just a slip or an accident".
- Get to know your child's friends and those they date. This means invite their friend in on the first date. Know where they are going and how to reach them if necessary.

LINDEN OAKS HOSPITAL AT EDWARD

LINDEN OAKS — at — EDWARD

Mission: Providing Behavioral Healthcare with Compassion, Dignity, and Excellence!

Services: Linden Oaks is a 108 bed inpatient facility with four satellite locations for outpatient services. Linden Oaks provides Inpatient, Outpatient, Individual, Group and Family Therapy for mental health and substance abuse services. Linden Oaks treats every aspect of an individual, including biological, psychological, social and spiritual needs, which are essential to achieving the best possible outcomes for recovery. Linden Oaks treats individuals 12 years and older. Linden Oaks provides specialized treatment in depression, anxiety, bi-polar, substance abuse, eating disorders, self-injury, dementia, and many other mental health services. Linden Oaks is certified by the Joint Commission with a Gold Seal of Approval.

www.edward.org/lindenoaks

630-305-5027 (24/7 resource line)
852 West Street, Naperville, IL 60540
1335 Mill Street, Naperville, IL 60563
24600 W. 127th Street, Plainfield, IL 60585
3805 East Main Street, St. Charles, IL 60174

PARENTING TIPS

- Stay in charge by setting limits and staying consistent.
- Instill empathy and morality in your kids.
- Teach your kids how to resist peer pressure and incorporate positive coping skills.
- Keep track of your children's social media.
- Make time and check in with your children.

LOAVES & FISHES COMMUNITY PANTRY



Loaves&Fishes
Ending Hunger ~ Empowering Lives

Mission: The vision of Loaves & Fishes is to end hunger in our community. The mission is to provide food and leadership in the community by uniting and mobilizing resources to empower people to be self-sufficient. Loaves & Fishes offers residents of Naperville and DuPage County access to nutritious food and collaborative supportive services to address the root causes of hunger.

Services: Loaves & Fishes provides Client Choice grocery shopping for qualified Naperville and DuPage County families. Each family may shop once every two weeks. Additionally, we provide Pathways to Empowerment, which are collaborative supportive services brought on site by partner agencies. These services are included on a monthly calendar. Currently, our Pathways consist of: English as a Second Language instruction; basic computer skills classes; job search support; All About Money personal financial management education; emotional support; veterans information; Volunteer Income Tax Assistance (VITA); public benefits enrollment, including SNAP, LIHEAP, and Access DuPage; nutrition education.

Starting on October 1, 2013, we will be part of the Enroll DuPage Outreach for the Affordable Care Act.

www.loaves-fishes.org

630-355-3663

1871 High Grove Lane, Naperville, IL 60540

PARENTING TIPS

- Plan your grocery list to ensure that children have three nutritious meals each day.
- Involve your children in grocery shopping by letting them help you select colorful fruits and vegetables, non-sugary cereals, and other healthy foods.
- Give your children age-appropriate kitchen tasks so they can be part of the food preparation process.
- Eat dinner together at least 5 nights each week – no electronics (phones, pagers, games) allowed at the table.
- Offer choices. Ask, "Which would you like for dinner: carrots or corn?" instead of "Do you want corn for dinner?"

METROPOLITAN FAMILY SERVICES

Metropolitan Family Services

Mission: To provide and mobilize the services needed to strengthen families and communities by responding to the needs of low-income and working poor families.

Services: Individual and group counseling for children, teens and adults, with specialized services for older adults and their family caregivers, Employee Assistant Network (EAN), parent programs, in-home senior respite and school and community based youth mentoring.

www.metrofamily.org

630-784-4800

222 E. Willow Ave., Wheaton IL 60187

PARENTING TIPS

- Be your child's best advocate. You know him/her better than anyone else.
- Catch your child being good - "Wow! You just shared your toy!" This builds their confidence and self-esteem.
- Remind yourself that every day is a fresh start.
- Praise effort instead of outcome - "I know you tried hard on your homework."
- Connect with your child frequently during the day with a touch, a gaze, a smile or a hug.



NAMI OF DUPAGE



National Alliance on Mental Illness

Mission: To provide support, advocacy and education in order to improve the quality of life of individuals with mental illness and their families.

Services: Classes and support groups for consumers, parents, family members and caregivers; school education and awareness programs for students, teachers and parents as well as a variety of resources and materials regarding mental illness.

www.namidupage.org

630-752-0066

2100 Manchester Rd., Bldg. B Suite 925, Wheaton IL 60187

PARENTING TIPS

- Get a comprehensive evaluation. Child psychiatric disorders are complex and at times confusing. A full assessment often involves several visits.
- Insist on care that is "family centered" and builds on your child's strengths. Ask about specific goals and objectives.
- Ask lots of questions about any diagnosis or proposed treatment. Remember that no one has all the answers, and that there are few simple solutions for complex child psychiatric disorders.
- Help your child learn about their condition. Answer questions with honest, accurate, and consistent information, but don't overload children with more detail than they want or need.
- Work with the schools. Insist on access to appropriate mental health consultation services. Ask to be included in any and all school meetings held to discuss your child.

*To bring up a child in the way he should go,
travel that way yourself once in a while.*

JOSH BILLINGS

PROJECT H.E.L.P.



Mission: Project HELP is a non profit organization that strives to ensure the safety of children and healthy child development.

Services: Ensuring that families have their basic needs met, improving parenting-related knowledge and skills, and working with parents on managing the stress that may interfere with their ability to parent effectively.

www.projecthelpdupage.org

630-357-5683

Regina Rogers, Executive Director - rrogers@projecthelpdupage.org

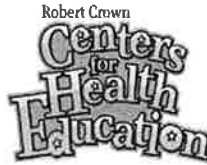
Allie Grimm, Family Support Specialist - agrimm@projecthelpdupage.org

PARENTING TIPS

- It's important for parents to take care of themselves; that way they are able to parent more effectively.
- Create a mutual respect between yourself and your child.
- Give reasonable choices to your child. The freedom to choose is tremendously empowering to children.
- Allow your child freedom, but within well defined limits.
- Use "I" messages. ("I like it when you listen.")



ROBERT CROWN CENTER FOR HEALTH EDUCATION



Mission: Our mission is to lead, educate and motivate kids toward healthy, happy and safe lives.

Services: The Robert Crown Center for Health Education (RCC) is the largest provider of health education for adolescents, ages 9-15, in the Chicago area. RCC staff educate students, parents and their families in three important areas: puberty and sexual health, addiction prevention and general health including obesity prevention.

Programs are offered at school locations, our Hinsdale and Chicago Homan Square Centers and at the Museum of Science and Industry.

www.robertcrown.org

Hinsdale Location:
(630) 325-1900
21 Salt Creek Ln.
Hinsdale, IL 60521

Homan Square Location:
3517 W. Arthington St.
Chicago IL 60624

PARENTING TIPS

- ***Spend time together.*** Children who eat five or more meals together with their parents during the week make healthier choices about high risk behaviors.
- ***Talk about what your child sees in the media.*** Limit and manage their exposure to the media for age appropriateness, but when they do see something questionable, don't ignore it; address it. Use it as a learning opportunity.
- ***Ask questions in a non-threatening manner.*** For example, "What do you think about those boys being at that girl's house when the parents weren't home?" vs. "You better not go to anybody's house when boys are there!"
- ***Ask about peer pressure.*** For example, "Is there someone you really like?" "What kinds of things do you do together?" "Have you felt pressure or wanted to engage in a certain sexual activity?"
- ***Ask how you can help.*** Even if they say there's nothing you can do, you've planted a seed and they know you're available.

SAMARITAN INTERFAITH COUNSELING



Samaritan Interfaith
Counseling • Consulting • Education

"A place for healing and hope"

Mission: To alleviate suffering, facilitate change and bring about mental, emotional and spiritual healing and growth to persons of diverse backgrounds and varied financial means.

Services: We offer mental health counseling and psychological testing services for all individuals (children, adolescents, adults) and couples regardless of one's resources.

www.samaritancenter.org

630-357-2456

1819 Bay Scott Circle #109, Naperville IL 60540

PARENTING TIPS

- **Know their world.** When you take time to pay attention to what's important to your child, they'll feel that they matter.
- **Be a consultant parent - not a management parent.** A consultant parent can help their child look at many possible solutions by talking through and weighing the options.
- **Accept their feelings.** Empathizing with your adolescent's feelings doesn't mean that you agree with them. It simply means that you are validating them as a person with feelings.
- **Spend quality time together.** We need to turn off some technology and spend more focused time with each other.
- **Find ways to laugh together.** We all know the power of laughter and how it can bring us together.

There are two lasting bequests we can give our children. One is roots. The other is wings.

HODDING CARTER, JR.

THE EDUCATION CENTER



Helping kids succeed in school and in life

Mission: To help kids succeed in life and school through professional "life coaching" and mentoring so they find the self-confidence and skills they need to succeed through professionally administered programs.

Services: Life coaching and an extensive referral network of counselors, mentors and resources to help children and teens ages 6-20.

www.theeducationcenter.org

630-420-7807

113 E. Van Buren St., Naperville IL 60540

PARENTING TIPS

- Accept your children as they are. Don't make your love and acceptance dependent on their behavior.
- Have faith in your children so that they can believe in themselves.
- Respect your children. It will lay the foundation of their self-respect.
- The most powerful forces in human relationships are expectations. We can influence a person's behavior by changing our expectations of the person.
- Avoid subtle encouragement of competition between siblings.



Education

INDIAN PRAIRIE SCHOOL DISTRICT 204



Mission: To inspire all students to achieve their greatest potential.

Services: District 204 youth and families have access to school counselors, deans, peer support groups and other student services for a variety of social-emotional and academic needs. Visit the website to view a calendar of school and community events or sign up for 204 E-news.

www.ipsd.org

630-375-3000

PO Box 3990, Aurora IL 60567

NAPERVILLE COMMUNITY UNIT SCHOOL DISTRICT 203



Mission: To produce students who are self-directed learners, collaborative workers, complex thinkers, quality producers and community contributors.

Services: District 203 youth and families have access to school counselors, deans, social workers, peer support groups and other student services for a variety of social-emotional and academic needs. Visit the website for community information available in vB203 (Virtual Backpack) and to sign up for Community Talk 203 email.

www.naperville203.org

630-420-6300

203 W. Hillside Rd., Naperville IL 60540

NORTH CENTRAL COLLEGE



Mission: To prepare students to be informed, involved and principled and productive citizens and leaders over their lifetime, and promote an academic climate that emphasizes leadership, ethics and values.

Services: Sign up on the website to receive weekly news updates as well as information on community events and programs for youth and families through athletic, music and fine art camps, the Lederman Scholars program and the Community Education program.

www.northcentralcollege.edu

630-637-5800

30 N. Brainard St., Naperville IL 60540

PARENTING TIPS

- Discuss with your child your expectations regarding drugs/alcohol prior to going away to college, what the policy is on campus, and what the legal ramifications are for being in violation.
- Talk about money. Talk about the dangers of credit cards.
- Keep lines of communication open. Allow your student to speak openly without fear of harsh parental judgment.
- Don't rush in to solve all the problems your student encounters. This is a time to experience decision-making. Confidence is earned through this process.
- Learn what resources are available on your campus and take advantage of them!

*Each day of our lives we make deposits in
the memory banks of our children.*

CHARLES R. SWINDOLL, *THE STRONG FAMILY*

Recreation

DUPAGE CHILDREN'S MUSEUM



Mission: To stimulate curiosity, creativity and problem solving in young children through self-directed, open-ended experiences; the integration of the arts, sciences and math; and the child-adult learning partnership.

Services: Interactive, hands-on learning opportunities within eight neighborhoods of exhibit experiences. School programs, including Learning Labs, Field Trips, and the Kindergarten Math Initiative. Community Access Network which enables us to partner with social service agencies to make the Museum accessible to families with financial, physical, or social limitations. Public programs including Creativity Classes, Camps, Family Fun Friday Nights, and Tiny Great Performances. Third Thursday programming, a time designated for families of children with special needs to enjoy the Museum.

www.dupagechildrensmuseum.org

630-637-8000

301 N. Washington St., Naperville, IL 60540

PARENTING TIPS

- Spend time playing together—even 10 minutes will give a boost to your child's day!
- Learn together—cook, count, read or enjoy a card game!
- Create a wall in your home dedicated to your child's artwork. Ask them to tell you stories about the masterpieces they create!
- Conduct science experiments right in your kitchen! Imagine what might happen when you mix baking soda and vinegar.
- Allow your child take the lead once in a while! We all need a chance to feel "in charge!"

NAPERBRIDGE



Mission: NaperBridge exists to provide a welcoming, safe place for Naperville teens to belong, create, perform, lead, play and be empowered in a values-driven environment.

Belong: providing teens with a supportive place where they are listened to, respected, and valued in a safe and friendly environment.

Create: providing programs that explore the talents of young artists.

Perform: developing the skills of teens through opportunities to showcase their talents for their peers and receive support in their aspirations.

Lead: Encouraging and equipping teens to initiate and lead their own programs, voice their ideas and opinions and become active members of the community.

Play: Providing an engaging environment for practicing socialization and cooperation skills.

Be Empowered: empowering teens through relationships, artistic expression, leadership opportunities, social responsibility, and life skills.

Services: NaperBridge seeks to develop a centrally located facility in downtown Naperville that will serve as a hub for teen-driven activities programs, and special events that fulfill the mission of the organization.

www.NaperBridge.org

630-779-0974

114 E Van Buren Ave, Naperville

andyjack@naperbridge.org

PARENTING TIPS

- Belonging to a peer group helps teens work on their identity and individuality.
- Good habits can be modeled and are often transferred to teens when they feel they belong to a group.
- Belonging to a peer group gives teens' identity a firm foundation, so they feel they are capable of trying new things.
- Teens who experience the benefits of belonging to a group are capable of choosing other positive groups in the future.
- A sense of belonging for a teen helps stave off loneliness.

NAPERVILLE PARK DISTRICT



Mission: To provide recreation and park experiences that enrich the quality of life for our community.

Services: 1,400 sports, fitness, arts, camps and environmental programs for a wide range of ages, including programs for those with special needs. 139 parks, sports fields and courts, walking/biking trails, playgrounds, golf courses, and other unique facilities.

www.napervilleparks.org

630-848-5000

320 W. Jackson Ave., Naperville IL 60540

PARENTING TIPS

- Engage in physical activity to promote health and wellness in your family.
- Let your child explore his/her own interests, not just yours.
- Allow your child to be creative.
- Focus on your child's effort and development in sports, rather than winning and losing.
- Volunteer with your child. It's a great way to give back to the community and learn the impact volunteers can have on other people's lives.



YMCA



Mission: The Y is committed to strengthening communities through youth development, healthy living and social responsibility.

Services: Serving Naperville for over 100 years, the Y is an inclusive organization dedicated to building healthy, confident, connected and secure children, adults, families and communities. We do this through programs and services that include aquatics, summer camps, youth sports, health and wellness and the "Safe & Sound" before/after school program. The Y does not turn anyone away for an inability to pay, offering fee assistance on a sliding scale.

www.ymcachicago.org

630-420-6270

3 Naperville locations:

Kroehler Family YMCA, Fry Family YMCA and the Y Sports Complex

PARENTING TIPS

- **Put caring role models in children's lives.** Children are empowered when they receive support from adults other than their parents.
- **Give back to your community.** Supporting your neighbors and giving back are great positive experiences to share as a family.
- **Become part of a smaller community.** Share experiences with parents and families who have common interests.
- **Do things with your children, not just for your children.** Spending quality time together means a lot to your children. Laughing and playing together builds family bonds.
- **Teach positive values.** Caring, honesty, respect, and responsibility are the building blocks of raising confident, prepared, and respectful children.

Government

CITY OF NAPERVILLE



Naperville

Mission: To preserve the quality of life by providing municipal services that are responsive to the needs of the residents and businesses and are reliable, efficient and fiscally responsible.

Services: Visit the website for information regarding community calendar events, links to local social service agencies, volunteer opportunities, dining, places of interest and other information.

www.naperville.il.us

630-420-6111

400 S. Eagle St., Naperville IL 60540



NAPERVILLE POLICE DEPARTMENT



Mission: To provide professional, high quality, effective police services in partnership with the community.

Services: Visit the website for information on community education and crime prevention programs, Safety Town, domestic violence resources and other public safety topics.

www.naperville.il.us

9-1-1 (emergency)

630-420-6666 (non-emergency)

1350 Aurora Ave., Naperville IL 60540

PARENTING TIPS

- **Know** where your teens are.
- **Contact** the parents of a teen hosting a party.
- **Verify** overnight arrangements, whether planned or spontaneous.
- **Discuss** with your child possible situations which might arise and how to handle them.
- **Inform** them how you can be reached if the need arises.



NAPERVILLE PUBLIC LIBRARY



Vision Statement: A Place to Be. The Place to Become...

Mission: Inform. Inspire. Imagine

Services: Specialized Teen and Children's Librarians – develop and provide services and programs for teens and children; answer questions to help meet informational and recreational needs and interests; TAGTeam (Teen Advisory Group) – teen volunteers provide input and feedback on library services and programs for teens and help promote the library to peers; electronic databases you can access from home on topics ranging from history to science to world languages, including Brainfuse, live homework help from expert tutors; personalized reading lists.

Programs: Children's programs range from Lapsit Storytime to Family Storytime; cooperative programs with partners such as the DuPage Children's Museum and Language Stars; Bark for Books – children develop reading skills by reading to service dogs. Book discussions for all ages. Teen programs include: popular movie screenings; ACT and PSAT practice tests; anime club; creative craft, writing, and performing programs.

www@naperville-lib.org

630-961-4100

200 W. Jefferson Ave., Naperville, IL 60540

PARENTING TIPS

- Reading together is the single most important way to help children get ready to read. Reading together increases vocabulary, general knowledge, teaches children how print works, and helps children develop an interest in reading.
- Let your child see you reading. You can share maps, recipes, magazines, etc. with your child.
- If English isn't your first language, speak to your child in the language you know best. This allows you to explain things more fluently so your child will learn more.
- Singing is a wonderful way to learn about language. Sing the alphabet song to learn about the letters.
- Attend a library story time, where they read books, sing songs, talk, learn about letters, and play.

Faith Communities

FAITH COMMUNITIES OUTREACH

Mission: To provide a partnership with the local faith communities to discuss youth issues, plan joint programs and help direct families to community support and services.

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PARENTING TIPS

- To nurture children with faith, openly model what you believe. Practice your spiritual disciplines together.
- To increase communication and deepen relationships, *be quick to listen, slow to speak, and slow to become angry. James 1:19*
- To raise generous children, model generosity.
- To help children become problem solvers, be a resource for them by listening, asking good questions and showing understanding.
- To instill compassion, be intentional about serving your family, neighbors, and community.



KidsMatter Events

Last Fling Skaters' Picnic (Saturday of Labor Day Weekend)

A free picnic for skaters that enhances relationships between our police and skating youth.

Your Digital Footprint Matters! Combating Bullying & Raising Cyber-Awareness! (October 1-October 31)

Combats the dangers of bullying and raises cyber-awareness through events and education.

KidsMatter Volunteer Fair (Annual Fall Event)

Connects youth and families to a wide variety of volunteer service opportunities.

Naperville Area Youth Service Awards (Annual November Event)

Recognizes youth who demonstrate service to their community and world. Students are honored by the Mayor and City Council, KidsMatter and other community leaders.

KidsMatter Job Fair (Annual Spring Event)

Prepares youth for the workforce by providing them with the tools they need to be successful in their job search – as well as connecting them to employment opportunities.

Ignite The Nite (Annual April Event)

Showcases the finest music, dance and theatrical talents of high school students on the stage of Wentz Concert Hall, North Central College.

KidsMatter Parenting Tips

- Allow your children to make mistakes and learn from them.
- Know the signs of childhood depression. Trust your instincts.
- Ask your children how they are feeling.
- Be alert to the patterns of your child's mood swings, behaviors or reactions to common stressors over a two week period if you feel something isn't right.
- Make the college search about finding the "right fit" rather than finding the "best college."

KidsMatter Programs and Service Opportunities

Empowering Kids!

Youth in Action Presentations: Motivational and interactive assembly and classroom presentations available for school groups (K-12) and community organizations to empower kids & families to build positive Assets, balance the stressors of everyday life and learn to use their talents to serve others.

Building the Leader in You! Teens are encouraged to join our Youth Leadership Team to help with KidsMatter's events and programs, learn business and leadership skills and even design their own project.

Bridging the Gap: Volunteer opportunities for youth and their families to assist our elderly population with crafts, games, computer technology, music, reading and more!

Teen Serve: Volunteer opportunities at local homeless shelters. Serve once a month or once a year from October through May!

Teen Mentors Matter: Mentoring program that encourages youth 13 and over to offer friendship and support to a younger child in their own neighborhood.

Empowering Parents!

Empowering Parents Seminar Series (Free): Showcases local social service agencies and businesses who will present relevant topics impacting the health of our youth & families.

For more information about any of the programs above, please contact Kathy@KidsMatter2us.org.



KidsMatter's programs and education
build the Developmental Assets that
empower young people to succeed:

Support

Care, love and supportive environments

Empowerment

Opportunities to contribute, feel safe and valued

Boundaries and Expectations

Clear rules, consistent consequences,
encouragement to do their best

Constructive Use of Time

Opportunities to learn and develop
new skills and interests

Commitment to Learning

Lifelong commitment to education and learning

Positive Values

Strong values that guide healthy choices

Social Competencies

Skills and ability to make positive choices,
build relationships and succeed

Positive Identity

Belief in self-worth and positive view of the future

Parents Matter Too

a KidsMatter Initiative

ParentsMatterToo, a KidsMatter Initiative, has been created to offer parents a safe environment – both on and offline, to discuss at-risk situations and be strengthened to challenge our children's choices about critical issues impacting their social-emotional health. Led by a Steering Team of community leaders from Districts 203 and 204, businesses, and faith communities, ParentsMatterToo has been created to help parents more effectively communicate with their kids on issues including teen drug and alcohol use, inter-teen harassment, and stress.

ParentsMatterToo was started in response to the heroin overdoses that resulted in the deaths of 13 local young people over the last 3 years. Our goal is to empower a Network of Connected Parents who are committed to providing nonjudgmental opportunities to share struggles, provide support, and ultimately strengthen the fabric of our families and our community. We do that through:

1. An interactive website, with answers from local professionals and links to the most trusted national experts. This knowledge empowers parents to be the strong positive influence their children need.
2. Conversation Circles, guided small groups, held throughout the community. Conversation Circles are opportunities for parents to share life experiences, discuss parenting situations, and gain knowledge and support.
3. Speakers providing expert information to help parents to become knowledgeable and influential, gaining skills they need to effectively challenge our children's choices.

For more information, please visit the ParentsMatterToo website at www.ParentsMatterToo.org.

ParentsMatterToo –

**A KidsMatter initiative to empower
Influential Parents and Resilient Kids**



www.ParentsMatterToo.org