



Maine Township News Release

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Maine Township's MaineStay Youth & Family Services Announces Winter Programs

Maine Township's MaineStay Youth & Family Services announces the schedule of 2015 winter programs filled with affordable educational opportunities for youth and adults alike to gain new skills and increase their success in life. For youth, MaineStay is offering groups for Self-Esteem, Depression, Anxiety, and Anger. For parents, they are offering a Parenting Class and Parents Academy presentation.

Only 10 spaces are available in these groups, so please sign up early. For more information or to enroll in any of MaineStay's groups, visit www.maintownship.com/mainestay or call 847-297-2510.

Girls Self-Esteem Group Feb. 10 – Mar. 17

This six-week group will help girls learn how to develop a more positive self-image and greater awareness of various cultural influences that set unrealistic expectations that can quickly erode one's self-esteem. Students will leave with a better understanding of how unique and beautiful they really are.

Teens Overcoming Depression Group Feb. 23 - April 13

The eight-week teen depression group will help teach adolescents how to overcome depression. During the group, participants will learn the link between their thoughts and feelings and how changing their thought patterns can help them better cope with life's problems.

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MaineStay – add one

Parenting Class Feb. 23 – Mar. 30

During this six-week course you'll discover that parenting really can be enjoyable and how to teach personal responsibility and respect without losing your child's love. Using a blend of discussion and engaging video filled with plenty of real life stories and examples, you will gain practical skills you can use immediately.

Maine BLAST Mar. 3

This new program is designed for youth needing a little help with homework and who enjoy having fun and socializing through positive team building activities. We are looking for adults with education backgrounds or experience working with youth and qualified teens and college students to volunteer for this program.

Anxiety Coping Skills Group Mar. 5 – Apr. 23

This eight-week group will help students learn effective ways to deal with anxiety and stress. Participants will learn how to recognize anxious thoughts and feelings and how to develop effective coping skills. Students and parents will receive workbooks to assist with practicing and reinforcing the skills learned.

Parents Academy Mar. 19

This seminar will help parents foster healthy, functional habits in their teenaged children. Parents will be given effective techniques on how to establish open dialogues with their children, how to identify risky behavior, and how to create a plan of action to motivate and encourage better decision-making.

Adolescent Anger Management Group Mar. 19 - May 7

Our eight-week adolescent anger management group will help teach adolescents how to recognize where anger comes from, how to gain control over anger, and how to avoid trouble and negative consequences by choosing to handle anger in more positive ways.

MaineStay Youth & Family Services was founded in 1975 and exists to support the growth of healthier families in the Maine Township community by providing affordable strength-based counseling and comprehensive programs focused on prevention and education. For more information about these programs or any of the MaineStay services, please visit www.maintownship.com or call 847-297-2510.

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