

SOCIAL AND EMOTIONAL HEALTH SERIES: RAISING SUCCESSFUL ADULTS

Taught by Jackie Rhew, LCPC, CADC and owner of Center for Emotional Wellness.

Jackie will provide essential social and emotional tools to parents, teachers, coaches and anyone who works with teens and young adults. You'll learn how to develop specific strategies to assist young people with managing anxiety, developing healthy coping responses and understanding effective communication and language that promotes independence and self-advocacy.

This three-part series can be taken as a group or as individual classes.

Class 1: Anxiety: What you should Know

Tuesday, June 18, 6:30–8 p.m.

Anxiety is now the most common reason young people seek counseling. But what exactly is anxiety, how do you recognize it, and how can you help those who suffer with it?

Individual Course Code #: NHE S79 001

Individual Course Fee: \$25

Class 2: Understanding Adolescents and Young Adults

Tuesday, August 20, 6:30–8 p.m.

Discover how you can help raise a resilient and successful teen or young adult by learning how to understand them better. Perfect for anyone who works with or has children ages 13–21.

Individual Course Code #: NHE S80 001

Individual Course Fee: \$25

Class 3: Transitioning to Adulthood

Tuesday, August 27, 6:30–8 p.m.

Learn how you can help your teen step out of his/her comfort zone, handle disappointments, set healthy boundaries, and improve motivation.

Individual Course Code #: NHE S81 001

Individual Course Fee: \$25

Course Code for Series #: NHE S74 001

Location: MCC, Room B166

Fee: \$49



Jackie Rhew, LCPC, CADC has utilized individual, family, and group therapy in hospital, educational, and private-practice settings, both in the Chicagoland area and overseas.

Cofounder for the Center for Emotional Wellness of the Northwest Suburbs, she served as Assistant Director for seven years for the School Anxiety/School Refusal Program at AMITA Health Hospital in Hoffman Estates, a program she was instrumental in creating and developing. She provides training locally and nationally on anxiety, school refusal, parenting, and self-injury. She has co-authored several publications and has been featured on both ABC Channel 7 and CBS Channel 2 newscasts highlighting her work with adolescents struggling with avoidant school behaviors and bullying in schools.

www.mchenry.edu/community | To register, call (815) 455-8588 (use course code # when registering)

For more information, contact Tricia Johnson at (815) 455-8717 or tjohnson935@mchenry.edu

General noncredit and community education program information | (815) 455-8758

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