

# ***Empower The Mission: Stand With TEECH And FSSRI***

The Need In Our Community Continues To Grow—and So Does Our Unwavering Commitment To Serve. To Keep Our Vital Programs Running And Expand Our Reach, We Are Calling On You—our Community—for Urgent Support. Your Donation Is More Than A Gift; It Is An Investment In Hope, Healing, And Opportunity For Those Who Rely On Our Services.

**We Gratefully Accept All Forms Of Support—not Just Financial Gifts, But Also Donations Of Goods, Services, And Time. Whether You Contribute Funds, Essential Supplies, Professional Expertise, Or Volunteer Hours, Every Act Of Generosity Strengthens Our Mission And Directly Benefits Those We Serve.**

## ***Your Gift Makes a Tangible Difference***

**Because Of Supporters Like You, We're Able To:**

- **Host Drives For Unhoused Individuals, Providing Essential Supplies And Support.**
- **Organize Back-to-school Drives, Ensuring Children Start The Year With Confidence.**
- **Distribute Winter Coats And Warm Clothing To Families In Need.**
- **Facilitate Family Reunification Events, Strengthening Community Bonds.**
- **Hold Job And Health Fairs, Connecting People With Opportunities And Resources.**
- **Offer Trainings And Technical Assistance To Empower Individuals And Organizations.**
- **Provide Ongoing Community Support, Ensuring Help Is Available When Needed.**
- **Launch New Initiatives To Address Emerging Needs In Our Neighborhoods.**

Each Gift—no Matter The Size Or Form—helps Us Build A Stronger, More Compassionate Community Where Everyone Can Flourish.

As We Move Forward, Let's Celebrate The Impact Your Support Is Making And Discover New Ways To Uplift Our Neighbors And Create Lasting Change. Every Contribution—monetary, Material, Or Through Service—empowers Us To Build A Community Where Everyone Has The Chance To Succeed.

### ***How to Give***

**Online:**<http://www.teechfoundation1.org>

**Zelle:**[drkwhite@teechfoundation.net](mailto:drkwhite@teechfoundation.net)

**Mail:**TEECH, 1750 W. 103rd St, Chicago, Illinois 60643



If You Would Like To Donate Goods, Offer Services, Or Volunteer Your Time, Please Contact Us Directly (224) 406-3798 Or Visit Our Website ([www.teechfoundation1.org](http://www.teechfoundation1.org)) For More Information On How You Can Make A Difference.

# A Christmas Message From TEECH, FSSRI, The Participants & Alumnus

As The Year Draws To A Close And The Holiday Lights Begin To Glow, We Gather As A Community To Celebrate The Spirit Of Christmas. This Is A Time For Reflection, Gratitude, And Togetherness—a Moment To Cherish The Connections That Make Our Community Feel Like Family. Whether You're Surrounded By Loved Ones Or Finding Quiet Moments Of Peace, May This Season Bring You Warmth, Joy, And Hope.

At TEECH, We Believe That The True Magic Of Christmas Lies In Showing Up For One Another—not Only In Times Of Celebration, But Also In Moments Of Challenge. Let's Extend Compassion To Ourselves And Each Other, Remembering That Every Act Of Kindness Helps Build A Stronger, More Resilient Community

From All Of Us—participants, Alumni, And Supporters—wishing You A Merry Christmas



## A Note to Our Community @ Christmas

If You Find Yourself Struggling This Christmas, Know That You Are Not Alone. While The Holidays Are Often Filled With Joyful Moments, They Can Also Bring Feelings Of Sadness, Stress, Or Isolation. The Pressure To Meet Expectations, Attend Gatherings, And Keep Up With Traditions Can Sometimes Feel Overwhelming. For Some, Memories Of Loss Or Change May Surface, Making This Season Especially Difficult. It's Important To Remember That Your Feelings Are Valid, And It's Okay To Seek Comfort And Support.

During These Times, Caring For Yourself Is Just As Important As Caring For Others. There Are Simple Practices And Resources That Can Help You Navigate The Challenges Of The Season And Find Moments Of Peace:

 **Take Breaks:**allow Yourself Moments Of Rest, Even During Busy Holiday Gatherings.

 **Set Boundaries:**it's Okay To Say No To Commitments That Feel Overwhelming.

 **Reach Out:**talking With A Trusted Friend, Mentor, Or Counselor Can Ease Feelings Of Isolation.

 **Practice Self-care:**whether It's Journaling, Meditation, Or A Walk Outside, Small Acts Of Care Matter.

 **Seek Support:**if You Need Someone To Talk To, Here Are Some Important Numbers:

- **988 Suicide & Crisis Lifeline**– Call Or Text 988 For Immediate Support In The U.S.
- **Samhsa Helpline**– 1-800-662-help (4357) For Mental Health And Substance Use Support.
- **National Alliance On Mental Illness (NAMI) Helpline**– 1-800-950-NAMI (6264) For Information And Resources.

At TEECH, We Understand That True Community Is Built On Support, Empathy, And Shared Experiences—through Every Season Of Life. Christmas Is A Time To Celebrate Togetherness, But It's Also A Moment To Recognize And Honor The Challenges Some May Face. Your Story Matters, And Your Presence Brings Strength And Richness To Our Community.

This Christmas, Let's Be Gentle With Ourselves And Generous With Our Care For Others. Let's Embrace Rest As Much As Celebration And Remember That Tending To Our Mental And Emotional Health Is One Of The Greatest Gifts We Can Offer Ourselves And Those Around Us. Wishing You Peace, Hope, And Meaningful Connection Throughout This Holiday Season.

## ***Celebrating Community Impact: TEECH/FSSRI and TREAD Honored by Mayor Brandon Johnson***

This Holiday Season, We Are Proud To Announce That Teech And Tread Has Been Recognized By Mayor Brandon Johnson For Our Commitment To Empowering Returning Citizens—individuals Reentering Our Community After Incarceration. This Honor Reflects The Dedication, Compassion, And Teamwork Of Everyone Involved In Our Mission. Teech And Tread Believe That Every Person Deserves A Second Chance And The Opportunity To Rebuild Their Lives With Dignity And Hope. Our Work With Returning Citizens Is About More Than Just Support—it's About Fostering Belonging, Opening Doors To Opportunity, And Helping Individuals Realize Their Potential. Mayor Johnson's Recognition Reminds Us That When We Invest In People, We Strengthen Our Entire Community. Let This Achievement Inspire Us To Continue Showing Up For One Another, Breaking Down Barriers, And Building A Future Where Everyone Can Thrive. Together, We Are Making A Lasting Difference—one Life, One Family, And One Community At A Time.



## ***Building Strong Community Connections***

This Year, TEECH And FSSRI Have Taken Meaningful Steps To Deepen Community Connections By Partnering With CAPS (**Chicago Alternative Policing Strategy**). By Actively Supporting And Participating In The Caps Community Christmas Party, We Are Demonstrating The Power Of Collaboration And Shared Purpose. These Efforts Go Beyond Celebration—they Represent Our Commitment To Building Trust, Fostering Unity, And Creating Spaces Where Every Neighbor Feels Valued And Included. Through Strong Community Networking, We Can Reach More Families, Share Vital Resources, And Amplify The Spirit Of Togetherness That Defines Our Mission. Our Partnership With Caps Is A Testament To What Can Be Achieved When Organizations Come Together To Uplift And Empower The Community. We Look Forward To Continuing This Important Work, Side By Side With Our Partners And Neighbors, To Build A Safer, More Connected, And More Compassionate Community For All.



## TEECH/FSSRI Alumni Christmas Party

We Are Delighted To Share That Teech And Fssri Hosted A Christmas Party For Our Participants, Community Members, And Alumni! This Festive Gathering Was Much More Than A Celebration—it Was A Heartfelt Opportunity To Reconnect With Old Friends, Welcome New Faces, And Honor The Shared Experiences That Unite Our Community. The Event Was Filled With Laughter, Meaningful Conversations, And The Warmth Of Togetherness, Reminding Us Of The Strength And Resilience That Comes From Supporting One Another. As We Reflected On The Year's Accomplishments And Looked Ahead To New Possibilities, The Christmas Party Served As A Beautiful Reminder Of The Bonds We've Built And The Memories We Continue To Create. We Are Grateful To Everyone Who Joined Us And Contributed To The Joyful Spirit Of The Evening.



## ***Children's Winter Coat Drive: The Power Of Partnership***

This December, Our Children's Winter Coat Drive Was A True Community Effort, Made Possible By The Generous Support Of Our Partnering Agency, Clarity Clinic. Their Collaboration Was Instrumental In Helping Us Collect And Distribute Coats And Winter Apparel To Children And Families In Need. By Working Together, We Were Able To Reach More People, Share Vital Resources, And Ensure That Every Child Could Face The Winter With Warmth And Confidence. We Are Deeply Grateful To Clarity Clinic For Their Dedication And Teamwork, Which Helped Make This Drive A Resounding Success. Their Commitment To Our Shared Mission Embodies The Spirit Of The Season And Demonstrates The Impact We Can Achieve When We Unite For A Common Cause.





## ***Major Milestone: Destigmatization Training Initiative With CAPS***

We Are Proud To Announce That TEECH/FSSRI And Transitional Training Services Have Received Official Approval To Partner With CAPS (Chicago Alternative Policing Strategy) In Delivering Destigmatization Trainings To Law Enforcement Officers. This Achievement Is A Testament To Our Unwavering Commitment To Fostering Understanding, Compassion, And Positive Change Within Our Community.

These Specialized Trainings Will Be Thoughtfully Designed To Help Officers Recognize And Address Stigma Related To Substance Use And Mental Health—within Themselves, Among Their Peers, And Throughout The Communities They Serve. By Equipping Law Enforcement Professionals With The

Knowledge And Tools To Identify And Challenge Stigma, We Are Laying The Groundwork For Deeper Trust, Greater Empathy, And More Equitable Treatment For All Individuals.

This Initiative Represents A Powerful Collaboration Between Community Organizations And Law Enforcement, Paving The Way For Safer, More Supportive Neighborhoods. As Partnering Agencies, TEECH/FSSRI And Transitional Training Services Are Dedicated To Building Stronger, More Authentic Relationships With Law Enforcement—bridging Gaps, Fostering Open Dialogue, And Working Together To Address The Complex Challenges Facing Our Community.

Officers Will Gain Practical Strategies For Self-reflection, Peer Support, And Community Engagement, Ultimately Strengthening Their Ability To Respond With Compassion And Respect In Every Interaction. These Efforts Not Only Advance Mental Health And Recovery, But Also Reinforce The Shared Commitment To Dignity, Second Chances, And The Well-being Of Every Resident.

We Celebrate This Milestone As A Victory For Everyone Dedicated To Breaking Down Barriers And Advancing Mental Health And Recovery For All. Together, We Are Building A Future Where Stigma Is Replaced By Understanding, And Where Every Person—regardless Of Their Journey—can Access The Support And Respect They Deserve.

We Look Forward To The Positive Ripple Effects This Partnership Will Create, And We Remain Committed To Working Side By Side With Our Partners, Officers, And Community Members To Foster Lasting Change.

## ***Learning Together: Community Members Currently Attending Police Academy***

This Year, A Diverse Group Of Community Members—including Representatives From TEECH, FSSRI, And Other Local Organizations—came Together To Participate In The Police Academy. This Shared Experience Offered Valuable Insights Into Public Safety, Crisis Response, And The Importance Of Building Trust Between Law Enforcement And The Neighborhoods They Serve. By Learning Side By Side, We Strengthened Our Commitment To Collaboration And Gained New Perspectives On How To Support And Protect Our Community.

As We Look Ahead To Graduation In Mid-january, We Celebrate The Dedication And Growth Of Everyone Involved. The Police Academy Experience Was Not Just About Education—it Was About Forging Connections, Fostering Understanding, And Empowering Everyone To Play A Role In Creating A Safer, More United Neighborhood. We Are Grateful For The Opportunity To Learn Together And Look Forward To Continuing This Journey As A Community.



## ***Mitigating Overdose Risk: Mobile Unit Making Strides On The Far South Side***

This Year, The Mitigating Overdose Risk Mobile Unit Has Made A Significant Impact On The Far South Side Of Chicago, Thanks To The Generous Sponsorship Of Alliance Care 360. By Bringing Vital Resources, Education, And Support Directly To Neighborhoods Most Affected By The Opioid Crisis, The Mobile Unit Is Helping To Reduce Overdose Risks Among Vulnerable Populations, Including Those Experiencing Unhoused And Housing Insecurity. Through Outreach, Narcan Distribution, Hiv/sti Education And Testing, And On-site Training, The Team Is Empowering Individuals And Families With The Tools They Need To Respond To Emergencies And Prevent Tragedies. The Mobile Unit's Presence Is More Than Just A Service—it's A Lifeline For Many In Our Community. By Meeting People Where They Are, Fostering Trust, And Providing Compassionate Care, This Initiative Is Breaking Down Barriers To Access And Building A Safer, Healthier Future For All. We Are Deeply Grateful To Alliance Care 360 For Their Partnership And Support, Which Has Been Instrumental In Making These Strides Possible. Together, We Are Saving Lives And Strengthening Our Community.



## ***What You Should Know***

### ***Far Southside: Community Health & Empowerment***

Did You Know That The Far Southside Of Chicago Is Leading The Way In Community-driven Health And Safety? Organizations Like The Teech Foundation Became The Official Narcan (Naloxone) Distributor For The Southside, Making It Easier Than Ever For Residents To Access Life-saving Overdose Reversal Medication—no Appointment Needed! Supplies Can Be Picked Up, Mailed, Or Even Dropped Off At Your Door, And Free Training Is Available For Anyone Interested. This Grassroots Approach Is Helping Save Lives And Build A Stronger, More Resilient Community Every Day.

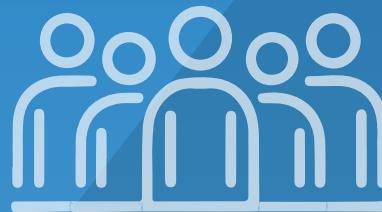
Even More Encouraging, Chicago Saw A 13% Decline In Opioid-related Emergency Responses And A 36% Reduction In Homicides And Nonfatal Shootings During The Summer Of 2025, Outpacing National Trends. These Improvements Are The Result Of Coordinated, Community-based Strategies And Partnerships Across The City, Showing What's Possible When Neighbors, Organizations, And Local Government Work Together.

## **Updates – Impact On Community Programs**

Collecting Reliable Survey And Needs Assessment Data From Both Immigrants And The Broader Community Has Become Increasingly Challenging. Teech/fssri Is Responding By Prioritizing Privacy, Diversifying Outreach, And Adopting Alternative Feedback Methods To Ensure That All Community Voices Are Heard And Needs Are Addressed.

Recent National Surveys Highlight That These Challenges Have Intensified In 2025, Largely Due To Increased Immigration Enforcement And Policy Changes. This Heightened Climate Of Fear Has Led Many Immigrants—including Those With Legal Status—to Avoid Participating In Surveys, Seeking Health Care, Or Engaging With Community Programs. More Than One In Five Immigrants Now Personally Know Someone Who Has Been Detained Or Deported In 2025, Nearly Triple The Share From Just A Year Earlier. These Anxieties Have Resulted In Lower Participation Rates And Less Accurate Data, Making It Even More Difficult For Organizations To Assess Needs And Allocate Resources Effectively.

Despite These Obstacles, TEECH/FSSRI Are Adapting By Strengthening Confidentiality Protections, Working With Trusted Messengers, And Offering Surveys In Multiple Languages And Formats. These Strategies Are Designed To Rebuild Trust And Ensure That The Voices Of Immigrants And All Community Members Are Reflected In Program Planning And Resource Distribution



## ***Essential Community Resources: Supporting Our Neighbors Together***

Access To Reliable Information And Supportive Services Is Vital For The Well-being Of Our Community, Especially During Times Of Change And Uncertainty. Whether You're Seeking Health Care, Legal Guidance, Emergency Assistance, Or Support, There Are Trusted Resources Available To Help. Below, You'll Find A Curated List Of Organizations And Hotlines Dedicated To Meeting The Diverse Needs Of Our Community—ensuring Everyone Has A Place To Turn For Help, Hope, And Connection.





# EMERGENCY HEATING REPAIR PROGRAM (EHRP)

## 2025-2026

The Emergency Heating Repair Program (EHRP) provides direct assistance to owner-occupied properties in the City of Chicago, helping homeowners repair or replace their furnace or boiler heating systems. Qualified contractors perform the work at no cost to the homeowner with funding provided through the Department of Housing (DOH). The assistance is limited and available on a first-come, first-served basis.

## OPEN ENROLLMENT PERIOD

---

**November 1, 2025, to April 1, 2026**  
You can call 311, go to the CHI311 app, or visit [www.chicago.gov/ehrp](http://www.chicago.gov/ehrp) to apply online

## MAXIMUM GROSS INCOME (2025)

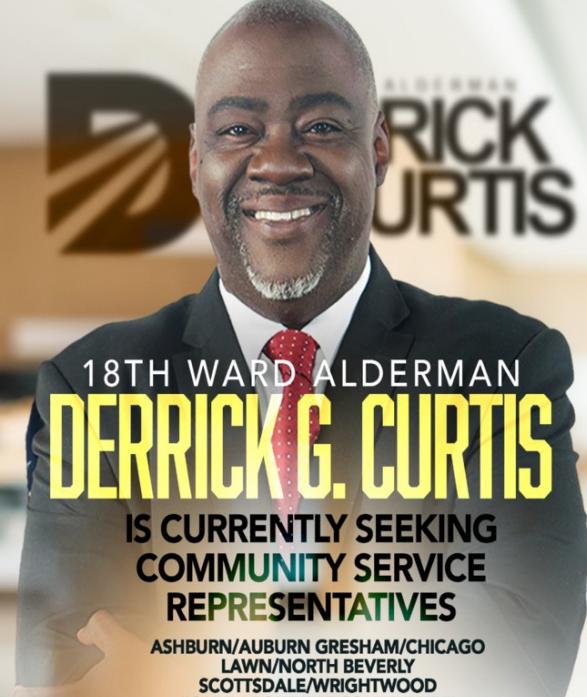
---

Size of Household	80% Area Median Income
1 Person	\$67,150
2 Person	\$76,750
3 Person	\$86,350
4 Person	\$95,900
5 Person	\$103,600
6 Person	\$111,250
7 Person	\$118,950
8 Person	\$126,600

The program is open to Chicagoans who own and occupy a 1-to-4-unit residential property within the city limits. The property must be in habitable condition and not at risk of foreclosure. Commercial and mixed-use properties do not qualify.

**FOR MORE INFORMATION**  
312-744-3653 | [DOH@CITYOFCHICAGO.ORG](mailto:DOH@CITYOFCHICAGO.ORG)





18TH WARD ALDERMAN  
**DERRICK G. CURTIS**  
IS CURRENTLY SEEKING  
COMMUNITY SERVICE  
REPRESENTATIVES

ASHBURN/AUBURN GRESHAM/CHICAGO  
LAWN/NORTH BEVERLY  
SCOTTSDALE/WRIGHTWOOD  
"CARE ABOUT THE COMMUNITY"

DO YOU LIKE ADVOCATING FOR THE NEEDS OF COMMUNITY MEMBERS AND ENSURING THAT THEY HAVE ACCESS TO RELEVANT SERVICES?

DO YOU WANT THE OPPORTUNITY TO SHARE THE KNOWLEDGE AND RESOURCES AVAILABLE FROM THE CITY OF CHICAGO WITH YOUR NEIGHBORS, BY FACILITATING ACCESS TO RESOURCES NEEDED?

JOIN US BY VOLUNTEERING AND BEING THAT BRIDGE BETWEEN YOUR BLOCK, NEIGHBORS, COMMUNITY AND THE 18TH WARD SERVICE OFFICE BY DISTRIBUTING RESOURCES INFORMATION.  
IF YOU ARE INTERESTED, PLEASE VISIT OUR OFFICE AT:  
8359 S. PULASKI ROAD  
CHICAGO, IL 60652  
OR  
CALL FOR MORE INFORMATION, PLEASE ASK FOR MARTHA (773) 284-5057.



18TH WARD SERVICE OFFICE  
**CONCEJAL DERRICK CURTIS**  
ACTUALMENTE ESTÁ EN BUSCA DE  
REPRESENTANTES DE SERVICIOS  
COMUNITARIOS

ASHBURN / AUBURN GRESHAM / CHICAGO LAWN  
/ NORTH BEVERLY  
SCOTTSDALE / WRIGHT WOOD  
"SE PREOCUPA POR LA COMUNIDAD."

LE GUSTARÍA DEFENDER LAS NECESIDADES DE LOS MIEMBROS DE LA COMUNIDAD Y GARANTIZAR SU ACCESO A LOS SERVICIOS ESenciales?

DESEA COMPARTIR CON SUS VECINOS EL CONOCIMIENTO Y LOS RECURSOS DISPONIBLES EN LA CIUDAD DE CHICAGO, FACILITÁNDOLES EL ACCESO A LOS RECURSOS NECESARIOS?

ÚNASE A NOSOTROS COMO VOLUNTARIO Y SEA EL PUENTE ENTRE SU BARRIO, SUS VECINOS, SU COMUNIDAD Y LA OFICINA DE SERVICIOS DEL DISTRITO 18, DISTRIBUYENDO INFORMACIÓN UTIL. SI LE INTERESA, VISITE NUESTRA OFICINA EN 8359 S. PULASKI ROAD CHICAGO, IL 60652.

LLAME PARA OBTENER MÁS INFORMACIÓN; PREGUNTE POR MARTHA AL (773) 284-5057



ILLINOIS HOUSE DEMOCRATS  
**JOB OPENINGS**

Comms-Specialist  
Doorperson  
Journal Input Operator  
Leadership Page



IF YOU'RE LOOKING TO  
MAKE A DIFFERENCE,  
SPEAKER EMANUEL "CHRIS" WELCH  
AND THE HOUSE DEMOCRATIC CAUCUS  
ARE LOOKING FOR YOU!

# Cook County Health Birthday Health Screening Program for Prostate and Breast Cancer

Call to Schedule: **312-864-4289**

## For your birthday, give yourself the gift of health!

Cook County Health is proud to offer **free prostate cancer** and **free breast cancer screens** to eligible Cook County residents during the month of their birthday.

### How it works:

Residents are encouraged to call ahead to schedule an appointment for the screening to ensure availability during their birthday month.

- Uninsured patients will receive the screening free of charge.
- Insured residents will have their screenings billed to their insurance plan.



### Who is eligible:

All residents of Cook County are eligible for screening, regardless of immigration status

#### Breast Cancer Screening for Women

- Age: 40-74
- Must not have had a mammogram in the past two years
- Includes a healthcare provider consultation, assessment, and necessary follow-up

Some private insurance plans may require a co-pay or co-insurance to be collected. Having trouble paying your bill? Cook County Health can help. Call 866-223-2817.

### Why it is important to be screened:

Cancer screenings are important because they help find cancer early, before it causes serious problems. When cancer is found early, it is easier to treat and the chances of getting better are higher. Screenings can find cancer even if a person doesn't feel sick.

Prioritize your health on your birthday and schedule your appointment today!



[cookcountyhealth.org](http://cookcountyhealth.org)

# Programa de Cook County Health de exámenes médicos en el mes del cumpleaños para detectar cáncer de mama y de próstata

Llame para programar una cita: **312-864-4289**

## Para su cumpleaños, regálese salud!

Cook County Health se enorgullece de ofrecer **exámenes gratuitos de detección de cáncer de próstata y de mama para residentes elegibles del condado de Cook** durante el mes de su cumpleaños.

### Cómo funciona:

Se anima a los residentes a que llamen con antelación para programar una cita para los exámenes y asegurar la disponibilidad durante el mes de su cumpleaños.

- A los pacientes que no tengan seguro se les harán los exámenes sin costo.
- Si los residentes tienen seguro, los exámenes se facturarán a su plan de seguro.



### Quién es elegible:

Todos los residentes del condado de Cook son elegibles para los exámenes, independientemente de su situación migratoria.

#### Examen de detección de cáncer de mama para mujeres

- Edad: 40-74
- No se debe haber hecho una mamografía en los últimos dos años
- Incluye una consulta, evaluación y el seguimiento necesario con un proveedor de atención médica

Algunos planes de seguro privado pueden exigir el cobro de un copago o coseguro. ¿Tiene problemas para pagar su factura? Cook County Health puede ayudar. Llame al 866-223-2817.

#### Examen de detección de cáncer de próstata para hombres

- Edad: 45-69
- No se debe haber hecho un examen de próstata en los últimos dos años
- Incluye una consulta, evaluación y el seguimiento necesario con un proveedor de atención médica

Algunos planes de seguro privado pueden exigir el cobro de un copago o coseguro. ¿Tiene problemas para pagar su factura? Cook County Health puede ayudar. Llame al 866-223-2817.

### Por qué es importante que le hagan los exámenes:

Los exámenes de detección del cáncer son importantes porque ayudan a encontrar el cáncer de manera precoz, antes de que cause problemas graves. Cuando el cáncer se detecta precozmente, es más fácil tratarlo y las probabilidades de mejoría son mayores. Los exámenes pueden detectar el cáncer incluso si la persona no se siente enferma.

12-24-2020

Priorice su salud en el mes de su cumpleaños y programe una cita hoy mismo!



[cookcountyhealth.org](http://cookcountyhealth.org)



## Volunteer Opportunities for Seniors 55+

- Become a FGP Volunteer
- Mentor/tutor children in a classroom setting
- Earn a nonreportable monthly stipend, meal and transportation reimbursements
- Call **312-746-8572** for more information



[www.chicago.gov/seniors](http://www.chicago.gov/seniors)



## **Emergency Help & Crisis Support**

When Safety Or Stability Is At Risk, Knowing Where To Turn Can Make All The Difference. The Following **National And Local Hotlines** Offer Immediate Assistance, Advocacy, And Confidential Support For Individuals And Families Experiencing Crisis, Violence, Or Distress. These Organizations Are Staffed By Trained Professionals Who Can Provide Guidance, Resources, And A Listening Ear — 24 Hours A Day, 7 Days A Week.



### **Emergency Assistance**

**911** Is For Life-threatening Emergencies (Police, Fire, Medical).

**311** Is For Non-emergency Local Government Services (Potholes, Trash Pickup, Noise Complaints).

**211** Is For Community And Social Services (Housing, Food, Mental Health, Financial Aid).



### **Support & Advocacy**

**988 Suicide & Crisis Lifeline** — 988 — 24/7 Support For Suicidal Thoughts Or Emotional Distress

**National Domestic Violence Hotline** — 1-800-799-7233 — Help For Domestic Violence Survivors

**Childhelp National Child Abuse Hotline** — 1-800-422-4453 — Crisis Intervention And Child Abuse Prevention

**The Trevor Project** — 1-866-488-7386 — LGBTQ+ Youth Crisis And Suicide Prevention

**RAINN Sexual Assault Hotline** — 1-800-656-4673 — Support For Sexual Assault Survivors

**National Runaway Safe Line** — 1-800-786-2929 — Help For Youth At Risk Of Running Away Or Homelessness

**HUD Housing Counseling** — 1-800-569-4287 — Guidance On Housing Stability And Foreclosure Prevention



# Upcoming Events: Be The Change



This Month, We Invite You To Step Forward And Be Part Of A Movement That Ignites Hope, Builds Connections, And Empowers Every Member Of Our Community. Our Upcoming Events Aren't Just Dates On A Calendar—they Are Opportunities To Learn, Grow, And Transform Together.

By Joining Us For Hands-on Workshops, Skill-building Training Sessions, Vibrant Community Meetings, And Impactful Outreach Programs, You'll Gain More Than Just Information. You'll Walk Away With Practical Tools, New Perspectives, And Meaningful Relationships. Whether You're

Seeking Personal Growth, Professional Development, Or Ways To Contribute Your Talents, Collaborate With Others, Or Make A Lasting Difference, There's Something Here For Everyone.

## Each Event Is Designed To Offer You:



- Valuable Resources To Support Your Journey—whether You're Returning To The Community, Seeking New Opportunities, Or Looking For Guidance.
- Practical Skills You Can Use Right Away, From Job Readiness And Wellness Strategies To Leadership And Advocacy.
- A Supportive Network Of Peers, Mentors, And Community Leaders Who Are Committed To Your Success.
- The Chance To Be Part Of A Supportive Community And Play An Active Role In Shaping Our Neighborhood's Future.

Don't Let These Moments Pass You By. Stay Tuned To Your Email And Our Social Media Channels For The Latest Updates And Details. Your Participation Is The Spark That Fuels Positive Change—your Presence, Your Voice, And Your Energy Matter.

We Can't Wait To See You There, Working Side By Side To Create A Brighter Future For All.

## Upcoming Events

TBD – Returning Citizens Reunification  
TBD – Resource Fair

## UPCOMING EVENTS



# **Become A Certified Recovery Congregation:**

**Illinois Faith @ Recovery Collaborative**

**Celebrating Recovery Champions:**

## **Kingdom Connection Ministries International**

### **Achieves Certification!**

We Are Thrilled To Celebrate Kingdom Connection Ministries International For Officially Becoming A Certified Recovery Congregation! This Milestone Marks A Powerful Step Forward For The Mental Health And Recovery Community, As We Now Support Multiple Pathways To Recovery—empowering Individuals, Families, And The Broader Community To Choose Their Own Journey To Healing.

Recognizing The Vital Role That Faith Communities Play, We Are Excited To Offer Training For Congregations To Become Recovery Certified Congregations. This Equips Churches With The Essential Tools And Resources To Support Those Seeking Recovery Services. The Momentum Is Growing Numerous Churches Across Illinois Have Already Earned Their Certification, And Even More Are Eager To Join This Transformative Movement!

If Your Congregation Is Ready To Make A Difference, Reach Out For Free Training And Resources. Please Contact Rev. Dr. Karen White At (224) 406-3798 Or [drkwhite@teechfoundation.net](mailto:drkwhite@teechfoundation.net). All Training And Supplies Are Provided At No Cost—let's Continue Building A Network Of Hope And Support Together!

#### **Special Eligibilities: Certified Recovery Congregations Qualify For**

- Additional Training Opportunities
- Printed Materials And Resources
- Engagement In Advisory And Collaborative Groups
- Local Support Program Development Toolkits
- Technical Assistance And Support From The Center For Community Engagement



Join Us In Making A Positive Impact And Empowering Our Community! By Becoming A Certified Recovery Congregation, You Will Play A Crucial Role In Supporting Individuals On Their Recovery Journey, Providing Them With The Resources And Encouragement They Need To Succeed. Your Involvement Will Help Create A More Inclusive And Supportive Environment For Everyone, Fostering A Sense Of Unity And Collective Progress. Together, We Can Make A Lasting Difference And Build A Brighter Future For All.

# You Are Not Alone—help And Hope Are Always Within Reach

Struggling With Substance Use Can Feel Overwhelming, But No One Must Face It Alone. The Illinois Helpline For Opioids And Other Substances Is A Lifeline For Anyone Seeking Support, Guidance, Or Resources. This Service Is Available Every Hour Of Every Day—call **833-FINDHELP (833-234-6343)** or Text "HELP" To **833234** for Immediate, Confidential Assistance. Whether You're Reaching Out For Yourself Or Someone You Care About, Compassionate Experts Are Ready To Listen, Connect You To Vital Resources, And Walk With You On Your Recovery Journey. There Is No Cost, No Judgment, And No Wrong Time To Ask For Help.

But Support Doesn't Stop There. TEECH Is On The Front Lines, Working Tirelessly To Make Our Neighborhoods Safer And Stronger. By Installing Narcan Machines Throughout Our Communities, Teech Is Putting Life-saving Tools Directly Into The Hands Of Everyday People—empowering All Of Us To Act Quickly In The Face Of An Opioid Overdose And Save Lives. Our Commitment Goes Beyond Distribution: We Offer Free Narcan And Hands-on Training Sessions So That Everyone, Regardless Of Background Or Experience, Can Be Prepared To Make A Difference.

If You Need Narcan Or Want To Become A Trained Responder, Reach Out To TEECH At **(224) 406-3798**. All Training And Supplies Are Provided At No Cost. Together, We Are Building A Network Of Hope, Resilience, And Action—one That Ensures No One In Our Community Is Left Behind.

Let's Stand Together, Support One Another, And Create A Future Where Recovery Is Always Possible And Help Is Always Here. Ended The Year With Lifesaving Training – Narcan With CPR.



# **Call To Action: Act Now To Make A Difference Together**

Every Day, Overdoses, Addiction, Recidivism, And Mental Health Challenges Touch The Lives Of Individuals And Families Across Our Community. These Are Not Distant Issues—they Are Urgent Realities That Demand Our Collective Strength, Compassion, And Action. Now Is The Time For Us To Unite, To Break The Silence, And To Stand Shoulder To Shoulder In Support Of Those Who Are Struggling. When We Come Together As A Community, We Create A Powerful Network Of Hope And Resilience. By Collaborating—whether Through Volunteering, Attending Training Sessions, Spreading Awareness, Or Simply Offering A Listening Ear—we Ensure That No One Must Face These Challenges Alone. Every Act Of Kindness, Every Moment Of Support, And Every Shared Resource Brings Us Closer To A Future Where Everyone Can Thrive. Your Involvement Is Not Just Valuable—it Is Essential. Each Person Who Steps Forward Helps Build A Stronger, More Resilient Community. Whether You Have Lived Experience, Professional Expertise, Or Simply A Caring Heart, Your Contribution Matters. Reach Out, Get Involved, And Be Part Of The Change. Together, We Can Save Lives, Uplift Our Neighbors, And Empower Our Community To Overcome Even The Toughest Obstacles. Let's Work Hand In Hand To Build A Legacy Of Hope, Healing, And Opportunity. The Time To Act Is Now—join Us, And Let's Make A Lasting Impact, Together. journey.

## **Resources:**

Mental Health America. “Burnout: Signs, Causes, And Recovery.” Available At: <https://www.mhanational.org/resources/burnout-signs-causes-recover/>

Mayo Clinic. “Job Burnout: How To Spot It And Take Action.” Available At: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>

Newsweek: Chicago’s Approach To Public Health—results Worth Sustaining

Rosc Note Feb 24 2025.docx (TEECH Foundation, Narcan Distribution)

Webmd. “Burnout Symptoms And Signs.” Available At: <https://www.webmd.com/mental-health/burnout-symptoms-signs>