

MCHS PRESENTS SOCIAL AND EMOTIONAL HEALTH SERIES: RAISING SUCCESSFUL ADULTS



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. attendees will 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.

COST: FREE WEST AUDITORIUM

Anxiety: What you should know

• Tuesday, September 17th, 7-8 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?

Understanding Adolescents and Young Adults

• Tuesday, November 5th, 7-8 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 or has children 13-21.

Transitioning to Adulthood

• Tuesday, February 11th, 7-8 p.m.

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

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.



As the co-founder of the Center for Emotional Wellness of the Northwest Suburbs, she is an expert in her field and is called upon by hundreds of school districts both locally and internationally for consulting staff in order to better serve their youth. Jacqueline serves as a clinical liaison for AMITA Health Alexian Brothers Behavioral Health Hospital. She previously served as Assistant Director for the School Anxiety/School Refusal Program; a program she was instrumental in creating and developing. Jacqueline has facilitated 300-plus workshops for professionals and parents, both locally and nationally on topics ranging from anxiety, school refusal, parenting, and self-injury. She continues to be a sought after keynote speaker due to her expertise in her field. She has been featured on Chicago ABC and CBS for her exemplary work and insight. She was interviewed on the treatment of adolescents struggling with avoidant school behaviors as well as bullying. Jacqueline was recently interviewed and quoted on parenting by several newspapers and magazines, including the Chicago Tribune, the Daily Herald, and the Chicago Parent.