

FAMILY AND COMMUNITY engagement

February 2022 Resources

Opportunities for Students



STEM Signing Day is an annual event that celebrates the accomplishments of Chicago Public School (CPS) students and Gary Community School and Chartered School students who are currently under-represented in STEM fields. These students will be applying their talents in pursuit of STEM degrees at some of the nation's top colleges, universities and 2- year colleges.

Accepted applicants will be recognized, awarded a scholarship, and join a community of students STEM professionals and mentors, putting themselves on the fast track for success.

https://awards.projectexploration.org/?mc_cid=bf4b5b407e&mc_eid=3f5374baf6

BE YOUR OWN BOSS VIRTUAL INTERNSHIP

Future Founders®

5:00-7:15 PM CT
FEBRUARY 14 - MARCH 3

POWERED BY **fetch** REWARDS



IDEATE



PROTOTYPE



PITCH

APPLY BY MONDAY, JANUARY 31

Visit: <https://bit.ly/FetchBYOB>

Questions? Contact us at:
jane@futurefounders.com

APPLY TODAY FOR A PAID VIRTUAL AFTER SCHOOL INTERNSHIP!

Be Your Own Boss is a three-week paid virtual internship open to high school students currently enrolled in Chicago Public Schools and Chicago Charter Schools. Interns will receive a \$250 stipend for full participation in the program. Applications are accepted through Monday, January 31st.

YOU'LL GET TO...

- Learn the ins and outs of entrepreneurship
- Connect with a nation-wide network of startup founders
- Work with peers to develop and pitch a new business idea

Be Your Own Boss virtual paid internship applications open until January 31st

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Attention teens! Apply to this opportunity from Future Founders to learn how to create and pitch a business opportunity and get a tour of Chicago's startup community. Learn more and apply below.

<https://www.futurefounders.com/byob-internship/#anchor>

Teens: Submit Your Art to Teen Winter Challenge 2021-2022 to Win Prizes



"Sol y Luna" by Elizabeth C.

Art is a core component of culture, and culture binds us together. So when times are divisive, it's even more important to create and share the products we make. That's why the theme of our 7th annual Teen Winter Challenge is *Art to Unite!*

If you're a Chicago high schooler between ages 13 to 19, submit your recently created art to our Teen Winter Challenge using the form below. Submissions that demonstrate talent, creativity and originality will be eligible for prizes and recognition. Plus, every applicant will have one work printed in the 7th annual Teen Winter Challenge catalog, which will be added to the YOUmedia Zine collection

Submission Guidelines

- **Who:** High school students between ages 13 to 19 who live in Chicago.
- **What:** Submit a portfolio of 1 to 3 original works in a digital format along with an artist statement.
- **When:** Submit your works between now and March 1, 2022.
- **Where:** The form below!

<https://www.chipublib.org/news/teens-submit-your-art-to-teen-winter-challenge-2021-2022-to-win-prizes/>

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Project Ready is a virtual high school retention and college access program designed to help make our Hampton Roads high school and college students more competitive in the global marketplace.

The program builds rewarding relationships, explores college and career pathways, teaches work and school readiness, instills cultural awareness and provides financial education to prepare students for college, career and life.

PROGRAM CO-CHAIRS

Co-stars of the NBC sitcom "A Different World," **Darryl M. Bell** and **Charnele Brown** serve as Co-Chairs to lend their voices and talents to the Urban League of Hampton Roads inaugural 2021-2022 Project Ready Program.



**MONTHLY
EDUCATIONAL &
SKILL-BUILDING
SESSIONS**

**25 COMMUNITY
PARTNERS & GROWING**

STUDENTS
ENROLLED IN THE PROGRAM
FROM LOCAL SCHOOLS

**PAID SUMMER
INTERNSHIP
OPPORTUNITIES**



www.ulhr.org/projectready

Virtual educational and skill-building sessions preparing African-American and other historically underserved high school youth for college.

Sats, 11:00 AM - 12:00 PM EST

February 19 - Black History and Me

March 19 - Career Readiness

April 30 - Career Readiness Part 2

May 5 - Career & College Signing Day

<https://www.eventbrite.com/e/project-ready-registration-193794142497?aff=ebdssbonline>



College Scholarship Research Strategy

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Everyone knows that the price of college has skyrocketed! And, whether you plan to attend private or public school, tuition increases annually about 5% a year. Many students hope that scholarships will help offset the cost, but find themselves overwhelmed and discouraged by what they find online. Others are simply unaware of how many scholarships are available and, perhaps more importantly, how many they themselves are eligible for.

In this one hour course, you'll learn tips for High School age students to shape their scholarship hunt.

Fri, Feb 18 - 4:30 PM (CT)

<https://www.varsitytutors.com/courses/college-scholarship-research-strategy-9-12/dp/ea6e5b50-b117-4ba5-a2be-4791ba0a7302>



How to start a LGBT+ and ally student group in your school:

We'll run through:

- How Pride Groups work
- Why pupils (and teachers) love them
- Resources, support and training available
- Hear how they're working in other schools
- Tailoring to faith schools and answering your questions
- Getting SLT buy-in

Wed, 9 February 2022 @ 10:30 – 11:15 CST

https://www.eventbrite.com/e/how-to-start-a-lgbt-and-ally-student-group-in-your-school-tickets-243787804887?aff=ebdssbonlinesearch&keep_tld=1



The South Side Free Music Program (SSFMP) is a student run organization at the University of Chicago. Founded in 2010 in response to music program cuts across Chicago Public Schools, the SSFMP is dedicated to providing a one-on-one music education to South Side students by

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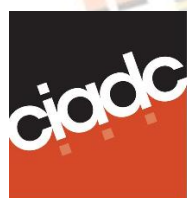
pairing them up with UChicago student teachers. With outreach in locations all over South Side Chicago, including Hyde Park, Washington Park, and Woodlawn, the SSFMP hopes to build strong community relationships while fostering a growth and love of music.

<https://forms.gle/T2fEwzEBzDBoRn2h9>



Teen Studio is a club for media-minded teens to tell their stories inspired by nature and culture. They'll learn how to create video, podcasts, digital exhibitions, and other forms of digital media alongside Field Museum experts. Teen Studio is free for high school students in grades 9–12 interested in gaining experience with storytelling and media production and connecting with peers across Chicago. Teens can get creative with video, music, photos, and more in this free club.

<https://www.fieldmuseum.org/our-events/teen-studio>



Chicago
Industrial
Arts & Design
Center

education • access • community for 3D object makers

FREE YOUTH AFTERSCHOOL CLASSES FOR CPS STUDENTS

We want to give more youth the opportunities that hands-on industrial arts education offers, generating interest and opening pathways for STEM, Trade, and Art/Design related fields.

<https://www.ciadc.org/free-youth-classes-for-chicago-public-school-students>

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Register for No Cost Credit and Continuing Education Programs in High-Demand Fields Following more than a year of the COVID-19 pandemic, now is the best time to prepare for a new career. City Colleges is offering programs in select high-demand fields at no cost to the student, giving a financial boost to Chicagoans wanting to start or resume their college education.

<https://pages.ccc.edu/apply/futureready/>

Free Classes

Free Meditation in Chinese ~ Weekly Classes: Let's Meditate Chicago

Saturdays 6:30 – 7:30 PM

Meditation that you can use. Meditate for spiritual awakening, stress care, personal development, health...

公益，瑜伽，冥想，寻找志同道合的朋友，追求身心灵的健康！

冥想对你的帮助：唤醒我们内在潜能，提高我们身体的机能，减压，个人情绪管理和自我激励，发现更好的自己！

Please click on the below zoom link to join the session

<https://zoom.us/j/9700172269?pwd=Y2xQT0NhT1Rtak16Z3pTaFQ1Y1Q2QT09>

如何加入我们？

点击这个链接，加入ZOOM就可以参与我们的在线课堂！



Varsity Tutors

Special Education Collection (the link provides supportive classes & live webinars, some are free)

<https://www.varsitytutors.com/classes/collections/special-education-series>

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TIME TO YOGA

Virtual Yoga: Special Focus on Mental Well-being and Mindfulness

Every Tuesday, 4pm to 4:30pm

Join Mara M. Zimmerman, CYT, CHS as she leads you in a 30 minute virtual yoga class with a special focus on mental well-being and mindfulness. Take the time to calm your mind and strengthen your body. Open to anyone 13+; all levels.

Register @: https://us02web.zoom.us/meeting/register/tZwtc-mgpzMvH9QzsXfB6b_ZHuH3jl4_VoxX

Family Workshops **UPCOMING**



The USHLI National Conference, considered the premier cross-generational leadership conference in the nation, will be presented in a virtual format on February 17-18, 2022. Our conference theme is “Re-Envisioning the Hispanicization of America.”

We will be presenting very exciting and flexible programming, including nationally prominent high-powered speakers, and interactive forums featuring top Latino experts in education, the public and private sectors, politics, the nonprofit world, and more.

Thu, Feb 17, 2022, 10:00 AM – Fri, Feb 18, 2022, 4:00 PM CST

<https://www.eventbrite.com/e/40th-ushli-national-conference-tickets-219434774317?aff=ebdssbonlinesearch>

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act for autism

AUTISM AFTER DIAGNOSIS

FREE LIVE WEBINAR

WITH GUEST ANNA-LOUISE FELSTEAD
ARTIST AND MUM TO RECENTLY
DIAGNOSED FREDDIE

MONDAY 7TH FEBRUARY
8 - 9 PM GMT



Join us for an interactive webinar and discussion on getting a diagnosis for your child and what happens next, such as:

- ★ Choosing schools
- ★ Getting family support
- ★ Connecting, Calming and Communicating with your child

Mon, 7 February 2022 @ 2:00 – 3:00 CST

https://www.eventbrite.com/e/autism-after-diagnosis-tickets-250515658077?aff=ebdssbonlinesearch&keep_tld=1



The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

Wed, February 9, 2022 @ 5:30 PM – 7:30 PM CST

https://www.eventbrite.com/e/many-faces-of-anxiety-registration-220192229887?aff=ebdssbonlinesearch&keep_tld=1

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MULTIPLE PATHWAYS TO OVERCOMING READING COMPREHENSION DEFICITS

Wed, February 2, 2022 @ 6:00 PM – 7:30 PM CST

<https://www.eventbrite.com/e/multiple-pathways-to-overcoming-reading-comprehension-deficits-tickets-237121034397?aff=ebdssbonlinesearch>



Get Mentally Fit! Weekly Sessions Jan-Apr 2022

Click link below for full info and to get FREE access to the workshop:

<http://bit.ly/NoStressAndAnxietyWorkshop>

Description: In these crazy times, stress+anxiety management is more important than ever! The good news is, there are a number of ways that we can reduce stress in our daily life.

In this virtual workshop, guest host Clinical Psychologist and Author, Dr. Catherine Wikholm, explains how you can live a healthier and happier life through simple stress management practices. With the right tools, techniques and daily healthy habits, you can learn to manage the effects of stress on your physical and mental state.

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Family Support Ongoing



How To Find and Keep an Exercise Routine

It's a new year, and we're all promising to exercise more. David Marquez, a kinesiology and nutrition professor in UIC's College of Applied Health Sciences, will share his approach to making physical activity part of your life in addition to his knowledge of how exercise supports health.

View: <https://advance.uic.edu/news-stories/keep-moving-how-to-find-and-keep-an-exercise-routine/>



Unable to attend our Holding Healing Spaces for Youth conference? Get access to the webinar recordings below!

<https://partners.mychimfuture.org/webinars>

UN[★]SPOKEN

[Un]Spoken is the city's mental health awareness campaign to connect Chicago residents to resources. Click below for more! <https://mentalhealth.chicago.gov/>

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The results of three studies confirm that our political stances affect our attitudes toward diversity. Kathryn A. Howard, a social psychology doctoral candidate in UIC's College of Liberal Arts and Sciences, talks through her research findings. Hint: liberals find demographics more relevant to diversity while conservatives perceive viewpoint as more relevant to diversity. Bring your questions and share your perspectives during this discussion of Howard's findings and our various perspectives.

<https://advance.uic.edu/news-stories/how-conservatives-and-liberals-view-diversity-differently/>



Share the Health Circle: A Monthly Conversation About Parenting by Northwestern Children's Practice

<https://www.eventbrite.com/e/share-the-health-circle-a-monthly-conversation-about-parenting-tickets-136343297473?aff=ebdssbdestsearch>

3rd Thursday of each month

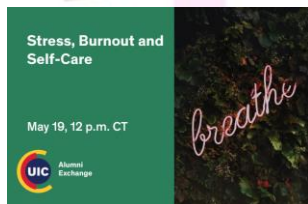
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How to raise successful kids --
without over-parenting

ted.com

https://www.ted.com/talks/julie_lythcott_haims_how_to_raise_successful_kids_without_overparenting/up-next



The UIC Wellness Center is bringing the support and lessons it provides students to you, join Carol Peterson, director of health, education and wellness, as she shares some of her lessons on managing stress and finding ways to recharge, heal and protect your overall health.

Watch Here: <https://advance.uic.edu/news-stories/stress-burnout-and-self-care/>



Dr. Brenikki Floyd, a School of Public Health clinical assistant professor in community health sciences teams up with Dr. Charles McPherson who is a clinical assistant professor in the College of Pharmacy to share with us all we need to know about the state of COVID-19 vaccines today. Watch to answer your questions about the vaccine options we have and the information we're weighing as we do our best to make educated decisions for ourselves and our loved ones.

Watch Here: <https://web.cvent.com/event/36d8b30d-40e7-42b5-8d47-196a7c41a2d8/summary>

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<https://youtu.be/Jz9Nj3YEBI>



Past Family & Community Engagement Presentations

<https://www.youtube.com/channel/UCIxyEUFEYtMQdvTvDhH0vAw/featured>



<https://advance.uic.edu/news-stories/supporting-children-and-families-social-and-emotional-health-during-turbulent-times/>



Amidst the many conversations about defunding the police, two UIC faculty members will discuss what it means for schools. Nicole Nguyen, PhD is an Associate Professor of Social Foundations of Education in the College of Education and David Stovall, PhD teaches African-

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American Studies and Criminology, Law & Justice in Liberal Arts and Sciences. Together they'll walk us through how policing happens in schools and what a police-free school could look like.

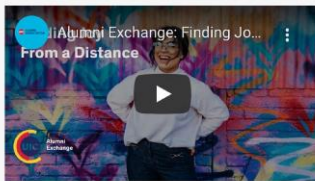
Recording @ <https://advance.uic.edu/news-stories/what-does-defund-the-police-mean-for-schools/>

Finding Joy From a Distance

Posted on April 22, 2020



Finding Joy From a Distance



We're all feeling anxiety and stress right now, and that's OK. Watch our online talk about how we continue to create connection and find joy from a physical distance. Presented by Lisa Salvadore Visiting Lecturer Jane Addams College of Social Work and Roseann Adams, LCSW, MSW '91 Positivity for a Change. View the PowerPoint presentation [here](#).

Video: <https://advance.uic.edu/news-stories/finding-joy-from-a-distance/>

PPT: <https://advance.uic.edu/wp-content/uploads/sites/7/2020/06/JACSW-Alumni-Exchange.pdf>

Google Classroom Tutorial for Parents in English.

Google Classroom is a free web service, developed by Google for schools. Berenice Ponce, FACE Manager.

https://drive.google.com/file/d/1oDmK2NM3YpdK3xr03kP81M2aBJb1_bjO/view

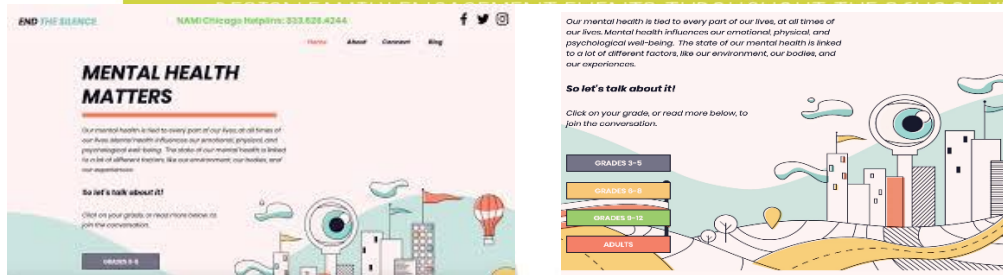
Google Classroom Tutorial in Spanish.

Google Classroom is a free web service, developed by Google for schools. Berenice Ponce, FACE Manager.

<https://drive.google.com/file/d/1EqMJwS5OoPEo6rsOGBRv5-b1KJxCoRLu/view>

Mental Health Resources

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NAMI Chicago has created a valuable mental health website for youth in 3rd grade and up. Use the link to explore its many offerings and share this helpful website <https://www.namichicagoyouth.org/>

No Shame On U

No Shame on U is a 501(c)(3) organization dedicated to eliminating the stigma associated with mental health conditions and raising awareness in the Jewish community and beyond. Our goal is for the people who need help to seek it, for family members and friends to know how to provide proper support and to save lives. Many of our resources are free.

<http://www.noshameonu.org/chicagoland>



Mental Health Resources

As the State Mental Health Authority, the DMH is responsible for assuring that children, adolescents and adults, throughout Illinois, have the availability of and access to public-funded mental health services for those who are diagnosed with a mental illness or emotional disturbance and an impaired level of functioning based on a mental health assessment.

<https://www.dhs.state.il.us/page.aspx?item=29735>



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Mental Health Crisis Services for Youth

CARES links parents, caregivers or callers to a special screening, assessment and support program known as SASS. CARES will ask questions about the child's behavior. Then CARES will either send the local SASS to see you and your child or refer you to mental health or other services.

<https://www.illinois.gov/hfs/info/Brochures%20and%20Forms/Brochures/Pages/hfs3838.aspx>



Student Guide to Mental Health

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Getting-the-Right-Start.pdf>

Teens Taking Charge of their Mental Health

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Taking-Charge-of-Your-Mental-Health.pdf>

Want to Know How to Help a Friend

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Want-to-know-how-to-help-a-friend.pdf>

REPORTS. ILLINOIS.GOV

Statewide Family Advocacy Service Directory

https://www2.illinois.gov/dcfs/lovinghomes/families/Documents/Family_Advocacy_Directory.pdf

Special Education Family Advocacy



Sign Language Classes for Families

Family members of Deaf, DeafBlind, and Hard of Hearing children can join our FREE classes. Others may join for a fee.

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Taught in spoken Spanish and English.

Contact CHSCOA@anixter.org for updated class information.



Varsity Tutors

Special Education Collection (the link provides supportive classes & live webinars, some are free)

<https://www.varsitytutors.com/classes/collections/special-education-series>

LEGAL OR ADVOCACY ASSISTANCE

This listing includes many resource centers that provide legal or advocacy services to families of children with disabilities, usually free or at low cost to the client. Upon request, your school district will provide you with local information regarding free or low-cost legal services.

The Secretary of State (SOS) provides a disability resource entitled, "A Guide to Services, Serving Senior Citizens, Persons with Disabilities and Veterans." Please contact the following SOS phone number at (312) 814-3676 to request a copy of this resource.

https://www.isbe.net/Documents/parent_advocates_local.pdf



Tuesday's Child

Tuesday's Child enables families to thrive through positive parent training, inclusive behavioral classrooms and support services. Our proven model impacts home, school, and the community.

<https://www.tuesdayschildchicago.org/>

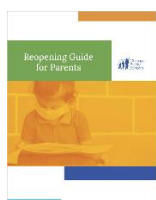


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Special Education Toolkit: A Resource for CPS Parents

https://www.ilraiseyourhand.org/special_education_toolkit

Community Advocacy



CPS Online Reopening Guide

English:

<https://docs.google.com/document/d/1WiowUgd1TbYdBeYbOkwfb07bvl4VOIKx5Z2ECjU1IA/preview>

Spanish: <https://docs.google.com/document/d/1HXNnbs7ErozpfYe6VktmkdVH2wKaA8XZ/preview>



The MISSION of P4NV is to empower parents with the proven skills and techniques necessary for raising their children in emotionally healthy ways so that their children can survive and thrive personally, socially and academically in today's world.

The ViSION of P4NV is to strengthen youth, families and communities by building up the parent-child relationships so that youth will discuss problems with their parents, commit to school learning, engage and promote healthy beliefs, standards and peer relationships.

<https://www.parenting4nonviolence.org/>



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Raise Your Hand for Illinois Public Education engages, informs and empowers parents to protect and strengthen public education for all children in Chicago and Illinois, eliminate inequities in public schools, and work at the grassroots for the public good that is public education.

<https://www.ilraiseyourhand.org/>

Community Information



<https://static1.squarespace.com/static/5eb1828963f6d04671d93d63/t/5fd020992f29925fbb438934/1607475355293/CITY+WIDE+-+Covid19+Resources.pdf>

**My CHI ★
My Future ★**

<https://explore.mychimfuture.org/>