



JULY 2024

CENTER ON HALSTED: YOUTH & FAMILY SERVICES

Questions about our programs?
 Connect with David,
 Director of Youth & Family Services:
 DBiele@centeronhalsted.org
 (773) 472-6469 x437



SUN	MON	TUE	WED	THU	FRI	SAT
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<p>7 Join our Discord! Sign up at: Bit.ly/CoHdiscord</p>	<p>1 Youth Support Group 5:30pm-7pm[^]</p>	<p>2 TYG 1pm-3pm Afternoon Hang 3pm-5pm</p>	<p>3 Young Adult Drop-In 10am-1pm Lavender Living 6pm-8pm</p>	<p>4 COH Closed: Independence Day</p>	<p>5 ★ These programs made possible by support from: RALLA KLEPAK FOUNDATION FOR EDUCATION IN THE PERFORMING ARTS</p>	<p>6</p>
<p>14</p>	<p>8 Youth Support Group 5:30pm-7pm[^]</p>	<p>9 TYG 1pm-3pm Afternoon Hang 3pm-5pm Q Chat Space 6pm-7:30pm*</p>	<p>10 Young Adult Drop-In 10am-1pm Beginner Yoga 1pm-1:45pm ★ Drag Master Class 6pm</p>	<p>11 ★ Youth Led Arts Workshop 2pm-3pm Afternoon Hang 3pm-5pm</p>	<p>12</p>	<p>13 QFam: Nature Buddies 10am-12pm</p>
<p>21 QFam: Drop-In Family Playdate 3pm-5pm</p>	<p>15 Youth Support Group 5:30pm-7pm[^]</p>	<p>16 TYG 1pm-3pm Afternoon Hang 3pm-5pm Q Chat Space 6pm-7:30pm*</p>	<p>17 Young Adult Drop-In 10am-1pm Lavender Living 6pm-8pm</p>	<p>18 ★ Youth Led Arts Workshop 2pm-3pm Afternoon Hang 3pm-5pm Transformers 6:30pm</p>	<p>19</p>	<p>20 ★ Rock the Mic 3pm</p>
<p>28 We are always welcoming adult mentors into Youth Horizons, our LGBTQ+ mentorship program! Interested? Email Hannah at: hrapp@centeronhalsted.org</p>	<p>22 Youth Support Group 5:30pm-7pm[^]</p>	<p>23 TYG 1pm-3pm Afternoon Hang 3pm-5pm Q Chat Space 6pm-7:30pm*</p>	<p>24 Young Adult Drop-In 10am-1pm Beginner Yoga 1pm-1:45pm Rooftop BBQ! 6pm-8pm</p>	<p>25 Field Trip: Queer Radical Fair 2pm-8pm</p>	<p>26 RSVP Required! centeronhalsted.org</p>	<p>27 August 3rd: ★ QFam: Laurie Berker Concert @ Ravinia 4:30pm</p>
	<p>29 Youth Support Group 5:30pm-7pm[^]</p>	<p>30 TYG 1pm-3pm Afternoon Hang 3pm-5pm</p>	<p>31 Young Adult Drop-In 10am-1pm Lavender Living 6pm-8pm</p>	<p>7TH-12TH GRADE PROGRAMS</p>	<p>PARENT/CAREGIVER PROGRAMS</p>	
				<p>18-24 Y.O. PROGRAMS</p>	<p>FAMILY PROGRAMS</p>	

*meets virtually ^hybrid program

7TH-12TH GRADE PROGRAMS

Summer Hours

In July our 7th-12th grade programs continue daytime summer hours.

TYG: 1pm-3pm. TBH: summer hiatus.

Afternoon Hang

Tuesday/Thursday afternoon drop-in space for teens looking to hang out & connect with their LGBTQ+ community. *Youth Space.*

Trans Youth Group

Weekly space for trans, non-binary, & gender expansive 7th-12th graders. *Youth Space.*

★ Youth Led Arts Workshops

A summer program special, 7th-12th graders are invited to sign up to lead an arts workshop for peers! *Youth Space.*

Youth Support Group (13-18)[^]

This **clinician-led** group offers safe space to foster identity, spark creativity, & build community. **Intake required**, call: (773) 472-6469 x460 or email:

BehavioralHealth@centeronhalsted.org

Field Trip: Queer Radical Fair

Enjoy Chicago Public Library's annual youth event, Queer Radical Fair! Email Eli w/questions: ECooperNelson@centeronhalsted.org *Meet @ COH.*

Q Chat Space*

Online safer space discussion groups to meet other LGBTQ+ & questioning 13-19 year olds. COH hosts Q Chats every Tuesday evening.

Visit qchatspace.org for more!

July Q Chat Topics:

7/9 - Open Chat

7/16 - Nonbinary Awareness Week


7/23 - Speed-Friending

7/30 - Reflecting on Pride 2024

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★ Rock the Mic

Open to 13-24 year olds, Rock the Mic is an open mic performance opportunity that happens every 3rd Saturday, 3rd floor, @ 3pm! Come to perform or to enjoy a great show! Sign up to perform with the QR code:  *COH Third Floor.*



★ Dare to Drag

+registration for Fall 2024 is open!

Through support from the Ralla Klepak Foundation, cohorts of 5-7 students learn drag basics, including: performance, make-up, dance, & confidence. Each cohort culminates in a showcase performance. Join the Fall 2024 Cohort: tinyurl.com/dare2drag *Ages 16-24.*



18-24 Y.O. PROGRAMS

Young Adult Drop-In

Casual time to hang out & relax. Clothing, hygiene items, hot meals, bus cards, & HIV testing too! Free laundry program! *Youth Space.*

Beginner Yoga

45 min. beginner-friendly yoga class. Strengthen, stretch & meditate to connect to your sense of calm awareness. Learn tools to bring more balance & relaxation to your daily life. No yoga mat/yoga clothes needed. We will use a chair & practice seated & standing poses. Adaptations & accommodations demonstrated throughout!



Lavender Living

A queer and trans community group for 18-24 year olds. *Youth Space.*

Rooftop BBQ!

Hang out with your Lavender Living friends on the beautiful rooftop deck! *Third floor rooftop.*



*meets virtually ^hybrid program

PARENT/CAREGIVER PROGRAMS

Transformers

Social gathering group for parents & caregivers of trans folks. RSVP to Luke: LRomesberg@centeronhalsted.org

FAMILY PROGRAMS

QFam is our suite of programs open to LGBTQ+ families with children ages 0-11. Email Eli with questions!

ECooperNelson@centeronhalsted.org

Family Drop-In Playdate

Enjoy time with other LGBTQ+ families at COH! Staff will be available with art supplies, books, and toys for play. *Children's Space.*



Nature Buddies



Outdoor education activities for the whole family! Plus, we'll put our binoculars to the test, and you'll take home your own pair too! *Meet @ Bill Jarvis Migratory Bird Sanctuary.*

★ Laurie Berker Concert @ Ravinia

Sat. August 3 - Laurie Berker Concert, 4:30pm @ Ravinia! **RSVP required- email Eli:** ECooperNelson@centeronhalsted.org



Save these dates!

Sat. August 24 - Drop-In Playdate @ 10am-12pm

Sat. Sept. 14 - Drop-In Playdate @ 10am-12pm

Sat. Sept. 28 - Family Bonfire @ 4pm

★ These programs made possible by support from the Ralla Klepak Foundation for Education in the Performing Arts

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