

ROSECRANCE MCHENRY COUNTY

# Educator's Virtual Support Group



Rosecrance Educator's Support Group helps our local educators share their stressful and often times difficult experiences with other educators as they navigate through the Covid-19 pandemic and beyond in a supportive and nonjudgmental environment.

## Group utilizes the following

- **Cognitive behavior therapy** (thoughts, behavior and emotions)
- **Dialectical behavior therapy** (mindfulness, emotional regulation, distress tolerance)
- **Rational emotional behavior therapy** (changing feelings, thoughts, behavior and consequences)

Rosecrance is a leading provider of treatment services for individuals with substance use and mental health disorders. Nearly 50,000 children, teens, adults, and families receive help each year.

## Location

Groups are held at Rosecrance  
McHenry County Service—  
McHenry location at  
**4501 Prime Parkway**  
McHenry, IL 60050

## Program day and time

Held online through telehealth  
services weekly on Wednesdays  
from 4-5 pm

## Components

Talk therapy and group processing

## Target population

Adult, co-ed group for educators

## Contact information

- **Current Rosecrance clients:**  
Please inform your primary counselor of interest in this group for a referral.
- **Potential Rosecrance clients:**  
Please contact the McHenry Access Department at **815.528.9318** to schedule an assessment to engage in services.

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