



adult programs

Building Family Connections

Effective parent-child communication makes healthy adolescents! Since parents are the most influential factors in an adolescent's sexual decision making, it is essential that parents talk to their children to guide them at every age and stage--hopefully before their peers or the media does. In this 5 week course you will learn effective ways to connect and communicate with your teen or preteen on preventing risky behaviors, promoting healthy relationships, and sexual health issues. Topics will include effective communication, decision making skills, adolescent development, conception, contraception, teen pregnancy, STIs, and tough questions kids ask.

This program is for adults only! The BFC curriculum was developed with funding by a grant from the Centers for Disease Control and Prevention (CDC) and is provided by the Medical Institute.

Location: Recreation Station
Min/Max: 2/15
Age: Parents Only (of teens)

ID #	DATE	DAY	TIME	Program Fee/ Resident Fee
341967-A	2/23 - 3/23	Th	6:00 - 7:30p	FREE

Simple Truths

A simple, natural approach to discuss sex with your children. This program, developed by Mary Flo Ridley, helps you develop your own message for your children that completely preserves their innocence and assures you that their information will be in line with your family values. How do you start? What should you say? When should you say it? Mary Flo covers topics parents fear most, birth, conception, and reproduction, and provides the answers that will make you confident and comfortable connecting with your kids and discussing a vital subject that will affect their future health and happiness. This program is for adults only! More information can be found on her website at <http://maryflo.org/simple-truths/>

Location: Recreation Station
Min/Max: 4/15
Age: Parents Only (of pre k-6th grade)

ID #	DATE	DAY	TIME	Program Fee/ Resident Fee
341968-A	4/6 - 5/4	Th	6:00 - 7:30p	FREE



Introduction to Sewing

Introduction to Sewing consists of two, 4 week, courses conveniently titled Basics and Intermediate. Throughout both courses participants will get comfortable with the proper use of the machine, learn the vocabulary, and learn sewing techniques. Before participants can sign up for the Intermediate course they must sign up and take the Basics course.

Location: Vana's Sewing Sisters,
7705 W. Rt. 17, Kankakee, IL 60901
Min/Max: 4/6
Age: 18 years & older



BASICS

ID #	DATE	DAY	TIME	Program Fee/ Resident Fee
341247-A	2/2 - 2/23	Th	6:00 - 7:30p	\$115/\$100

INTERMEDIATE (must take basics course above)

ID #	DATE	DAY	TIME	Program Fee/ Resident Fee
341247-B	3/9 - 3/30	Th	6:00 - 7:30p	\$115/\$100

Intro to Digital Photography Series

Have you ever taken a blurry picture of your child or grandchild at their soccer game? Or how about a picture right before they blow out their candles on their birthday cake? This introductory class is perfect for anyone that takes pictures to capture those important life memories. In this eight-week course, participants will familiarize themselves with their camera equipment, learn camera settings, and understand its functions. You will leave this class more confident than ever!!

Location: Recreation Station
Min/Max: 4/12
Ages: 18 years & older

ID #	DATE	DAY	TIME	Program Fee/ Resident Fee
341945-A	4/25 - 5/30	Tu	6:00 - 7:00p	\$60/\$54



Holistic Meditation and Mindfulness

Healthy relaxation is sweeping the globe! In every corner of the world, people young and old are learning to slow their minds and take heart and mind into consideration as they work toward optimum health and happiness. Come participate in a journey of gratitude, calm, and relaxation techniques that will benefit you and your loved ones for a lifetime.

Location: Recreation Station
 Min/Max: 6/15
 Age: 18 years & older

ID #	DATE	DAY	TIME	Program Fee/ Resident Fee
341964-A	2/28 - 3/7	Tu	6:30 - 8:00p	\$36/\$30



Holistic Healing

A comprehensive "sampler platter" of ancient and modern energy healing. Together we work with mind, body, and spirit to facilitate personal growth and self-exploration. Class begins with an introduction to meditation and mindfulness, which is used as a centering and relaxation tool in every session thereafter. As a group, we will explore the healing benefits of vibrational energy, Reiki, crystals, space clearing, and much more! Come join us for "soul-ful" conversation, useful tips, and an extremely relaxing fellowship.

Location: Recreation Station
 Min/Max: 8/20
 Age: 18 years & older

ID #	DATE	DAY	TIME	Program Fee/ Resident Fee
341961-A	3/14 - 4/18	Tu	6:30 - 8:00p	\$68/\$58

CPR, AED, and First Aid Certification Course (On-line and Hands on)

This potential lifesaving program will teach you how to administer adult, child, and infant CPR along with First aid and use of an Automated External Defibrillator (AED). This course is for anyone who is required or interested in being certified in CPR and First Aid. Participants will learn how to handle emergency situations, take basic precautions to prevent disease transmission, and help someone in breathing and cardiac emergencies. This class also teaches how to care for life-threatening bleeding, sudden illness, shock and injury. Perfect for babysitters and older siblings. **The first part of this program will be done online in your own home (additional fee) and the second part will be hands on learning at the Recreation Station.**

Location: Your Own Home/Recreation Station
 Ages: 16 years & older

ID #	DATE	DAY	TIME	Program Fee/ Resident Fee
341922-A	Appointments only, call 815-933-9905 Ext. 2			\$36/\$30

Coffee and Canvas Painting

For adults who want to tap into their creative side: Join us for a casual and fun painting experience! No experience or art background is necessary. You will be guided step by step to create your very own canvas painting. All supplies will be provided. Several different coffees and teas will be available to enjoy. \$5.00 of each participant's fee will be donated to the purchase of children's art supplies that will be donated back into our community.

Location: Perry Farm House
 Min/Max: 4/12
 Age: 18 years & older

ID #	DATE	DAY	TIME	Program Fee/ Resident Fee
341246-A	2/25	Sa	9:00a - 12:00p	\$39/\$33

