November 2026 | Participant News

impact Behavioral Health Partners

Celebrate World Kindness Day
November 13

World Kindness Day falls on November 13 during the season of giving. Spread a little kindness on this day by:

- Volunteering your time for a good cause.
- Teaching someone how to do something.
- Donating clothes you no longer wear or books you no longer read.
- Giving someone a compliment.
- Running an errand for a neighbor.
- Bake or cook something for someone in need of some extra care.

It doesn't necessarily matter what act of kindness you spread, but that you begin to think of things that you have that you are grateful for that someone else might not have. Don't limit your acts of kindness to just one day, practice kindness throughout the year!

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988 Mental Health Crisis Line

Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, there are caring counselors who are there for you. ***You are not alone***. Call or text ***988*** if you are in crisis.

Impact's Housing Phone #s

Housing Maintenance & Questions
Call or text: 847-220-4433 or email: maintenance@impactbehavioral.org

Need PPE? Contact your primary worker.

Impact has masks and hand sanitizer available for participants.

IPS Spotlight

Recognizing How Far You've Come

When working toward employment goals, it's easy to focus on what still needs to be done rather than recognizing what you've already accomplished.

Progress doesn't always mean getting hired or receiving a promotion. Sometimes, it means completing an application, attending an interview, learning a new skill, or finding the courage to try again after a setback.

Every step matters, and every accomplishment deserves recognition.

Take a Moment to Reflect

Think about your employment journey over the past few months.

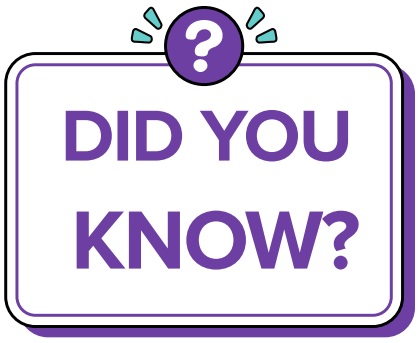
- What is something you've accomplished that makes you proud?
- What is one challenge you've worked through?
- What new skill or strength have you discovered?
- What is one goal you'd like to continue working toward?

Did You Know?

Your IPS Employment Specialist is here to support more than just your job search. They can also help you recognize your strengths, celebrate milestones, and identify opportunities for continued growth.

This Month's Reminder

Don't overlook how far you've come just because you're focused on where you want to go. Every step forward is worth celebrating.



Job Development Contacts:

2178

Job Starts:

120

90-day retention rate

10/16/24-10/16/26

89.7%%

Welcome to Bethany Hall and Kristen Fontana, who have joined the team as employment specialists.

"It is never too late to be what you might have been." — George Eliot

Clinical Corner

When the Season of Thankfulness Comes With Heaviness

How to balance gratitude with grief and stress.

Gratitude and heaviness are not opposites

There is a misconception that gratitude requires the absence of sorrow, conflict, or exhaustion. But human emotional life isn't unidimensional or binary. In fact, our nervous system is built to hold multiple emotional truths at once. Emotional granularity, or the ability to feel and name more than one feeling at a time, is hardwired for us and is actually associated with greater resilience. People who can say I feel grateful and tired or I feel connected and sad tend to cope better than people who force themselves into one emotional category.

This means you don't have to choose between gratitude and heaviness. You can allow both to sit at your table.

Why does this time feel uniquely difficult?

Part of the difficulty of the current moment is what is called the cumulative load—the layering of multiple stressors that individually feel manageable but collectively can become overwhelming. Even when we do not experience events directly, exposure to constant global crises through news and social media creates low-grade grief and distress that is often hard to identify. So if gratitude feels harder this year, it's not a personal failure. It's a normal response to an abnormal amount of strain.

Cultivating balance

How can we honor both gratitude and heaviness during this season of thanksgiving? There are several psychologically grounded ways people can hold both truths of thankfulness and grief, appreciation and weariness, without minimizing either.

1. Make space for your whole emotional landscape. Instead of pushing heaviness away, name it. "I am thankful for this family gathering, and I also miss the person who isn't here." "I feel grateful for the security I have while also feeling anxious about the world." Naming both feelings reduces internal tension and honors your emotional reality. Small gestures of noticing can help to calm us, even in stressful times.

2. Create intentional moments of pause. In a heavy world, slowing down is an act of resistance and hope. Taking a moment before a meal or gathering to breathe, reflect, or acknowledge those who are absent or the struggles we face can soften emotional edges and make room for both grief and joy.

3. Honor loss as part of the story. If someone is missing at your table through death, distance, estrangement, or change, consider naming that absence to bring emotional integrity to the day. Gratitude is often deepest when it sits alongside remembrance.

4. Practice "both/and" thinking. Emotional well-being does not come from eliminating negative emotions but from integrating them. Both/and thinking keeps us flexible, not brittle. Both/and thinking sounds like:

- "This year has been hard, and I'm grateful for the moments of light."
- "I feel stressed, and I'm thankful for the people supporting me."
- "There is conflict in the world, and there is goodness here too."

5. Lean into connection, not perfection. Sometimes the heaviness we feel is connected to expectations, such as how the holiday should feel, how family should get along, how people should behave, and how peaceful the world should be. Letting go of perfection allows us to show up exactly how we are. Connection, even when imperfect and messy, is still a real connection and often a more realistic goal.

This season of Thanksgiving, it's OK if the holiday feels different. It's OK if joy is intertwined with sadness, or gratitude feels quieter than it once did. Life's beauty often lies in its complexity and in the ability to feel thankful, even with a tender heart.

Gratitude doesn't erase heaviness. Heaviness doesn't cancel gratitude. In a world that feels strained, learning to hold both might be one of the most important gifts that we have.

Housing Hub

Inspection Schedule

November

November 16th: Home First, Laramie, Lanam Rapp, Brummel
November 17th: Gavin, Ganey, Claire
November 18th: Rose House and Kreiman

There will be no inpections in December.

For inspection-related questions please contact:

Charles Edwards 847-316-1347 or cedwards@impactbehavioral.org

Donating is a great way to get rid of excess clutter!

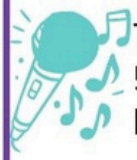
- Donate your clothes that you haven't worn in over a year.
- Donate your old textbooks.
- Donate jewlery, hats, and accessories you haven't worn in over a year.

Did You KNOW?

impact staff host weekly groups inEvanston and Skokie.

Karaoke Group

Lanam Rapp



Third Thursday
5-6 p.m.
Hosted by Dan & Elinda

Bingo

FREE PRIZES

Rose House

First Thursday
9:30 - 10:30 a.m.
Hosted by Dan

Art Group

Lanam Rapp

First & Third Thursday
3-4 p.m.
Hosted by Holly & Niko

Bingo

FREE PRIZES

Lanam Rapp

Third Thursday
9:30 - 10:30 a.m.
Hosted by Dan

Winter COAT GIVEAWAY

SNACKS & REFRESHMENTS PROVIDED!

TUESDAY, NOVEMBER 10
1:30-3:30 PM

MONDAY, NOVEMBER 16
9-11 AM

LANAM RAPP BUILDING SKOKIE, IL

Thanks to the generosity of The Reva and David Logan Foundation, Impact is providing adult sized winter coats, hats, scarves, and gloves on a **first come, first serve basis.**

If you're unable to attend in person, but you need a coat, please let your Impact staff member know, so they can pick up one on your behalf.

COATS ARE AVAILABLE IN ADULT **SIZES S-5XL** AND BLACK, BLUE, OLIVE GREEN, TAN, GRAY, RED, TEAL, AND NAVY.
FIRST COME, FIRST SERVE.

Share Your Talents

Calling all artists and writers!
If you are an Impact participant and would like to have your artwork or writing featured in the Impact Newsletter, email: info@impactbehavioral.org

Some things we are looking for are pictures of artwork, crafts, photographs, short stories, and poetry. All submissions must be under 2 pages in length.

Around Town

Register to Receive Food and Toys
Updates for the 2026 Mayor's Holiday Food & Toy Drive

Registration for the 2026 Mayor's Holiday Food & Toy Drive will open November 3 and close December 1. Residents do not need to complete any advance registration to receive a food bag. Food bags will be distributed on the day of the drive on a first-come, first-served basis, while supplies last.

This year, there are some important changes to the program, including updated eligibility requirements and the use of Access Evanston. Families who may qualify are encouraged to review the updated requirements and apply for Access Evanston now so they are prepared when registration opens.

Registration will take place online only through our recreation registration software. Only children who meet the eligibility requirements and have Access Evanston approved and linked to their recreation account will be able to register.

What you can do now:

Review the updated eligibility requirements for the Mayor's Holiday Food & Toy Drive.

Apply for Access Evanston if you have not already done so.

Watch for additional information about registration before November 3.

Registration: November 3–December 1

Distribution: December 9 from 7:00 AM - 6 PM

Sketching at Sketchbook Brewing Company

Sat, Nov 7, 1:00 PM

Sketchbook Brewing Co - Evanston

Sketching workshop

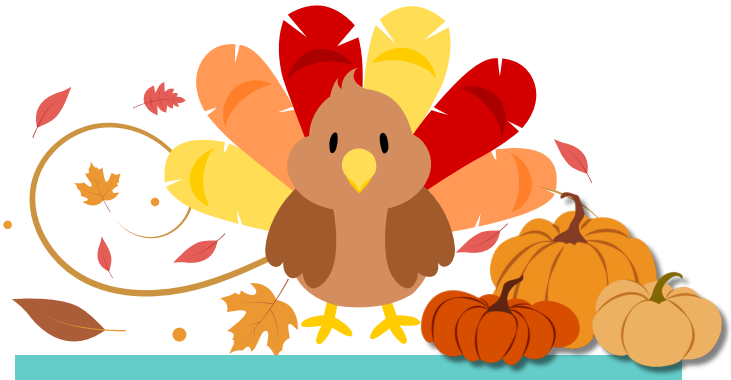
Enjoy a freehand drawing and sketching workshop with guest artists.

Date & Time: Saturday, November 7, 2026, at 1:00 PM

Venue: Sketchbook Brewing Co, 821 Chicago Ave, Evanston, IL

Details: Free admission; check out Evanston Made.

Thanksgiving Meals



Niles Township Food Pantry
8341 Lockwood Avenue
Skokie, IL 60077
Phone: 847-983-0073

Hours
Monday through Friday Hours:
9:30 am to 11:30 am
1:00 pm to 3:30 pm
Closed between 11:30 am and 1 pm
Tuesday Extended Hours
4:30 pm to 6:30 pm

Thursday Meal Pick Ups
Breakfast
IAE Hospitality Center at St. Mark's Church
1509 Ridge Ave, Evanston
7AM-11AM
Lunch
A Just Harvest
7649 N. Paulina, Chicago
12PM – 2PM
Lunch/Dinner
St. Mark's Episcopal Church
1509 Ridge Ave, Evanston
3 to 8:30PM
Dinner
First United Methodist Church
516 Church St, Evanston
6PM
Bag Lunches
Hilda's Place
1458 Chicago Ave, Evanston
Drop-in services including bag lunches available from 9:30AM to 2:30PM

A Just Harvest's Community Kitchen
7649 N. Paulina St. Chicago, IL 60626
Call us at (773) 262-2297
Community Meal-To-Go
Every day, 12pm-2pm
The Community Kitchen is serving hot to-go meals every day for lunch from 12-2pm. Each meal always includes a protein, a grain, a vegetable, and a drink. Their meal-to-go is completely free, and there is no documentation or ID required. Just show up at their front door any day from 12-2pm, and they will give you a hot meal!
**As we're still in the middle of global pandemic, please be aware of social distancing and wear a mask if possible!

Food Resources

Evanston

Ebenezer AME Church
1109 Emerson St, Evanston, IL 60201
Tues & Thur 11:00am-1:00pm Hot Meal Program
First Presbyterian Church of Evanston
1427 Chicago Ave, IL 60201
Hot/Cold Meal Program
Sat 11:30am-12:15pm
Kristina Economos 847-864-1472
Evanston Corps Community Center
1403 Sherman Ave, Evanston, IL 60201
Fri 10:00am-12:00pm Food Pantry
Donna Gooden 847-866-9770
donna.gooden@usc.salvationarmy.org
centralusa.salvationarmy.org/redshield/
Hillside Free Methodist Church
2727 Crawford Ave, Evanston, IL 60201
Food Pantry
Wed 4:00pm-6:00pm & Sat 2:00pm-4:00pm
Faith Albano 847-328-7182 hillsidefree.com
Howard Area Community Center
7648 N. Paulina St., Chicago, IL 60626
Food Pantry
Mon 1:00pm-3:30pm & Wed
9:00am-11:30am
Silvina Mamani 773-262-6622 howardarea.org
Evanston Vineyard Food Pantry
2495 Howard St., Evanston, IL 60202
Wed 6:00pm-8:00pm Keva Green 847-328-4544
https://evanstonvineyard.org
St. Mark's Episcopal Church
1509 Ridge Ave, Evanston, IL 60201
Mon-Fri 7:00am-11:00am Soup Kitchen
Wed 11:00am-12:00pm
St. Paul's Lutheran Church
1004 Greenwood St., Evanston, IL 60201
Mon 12:00-1:00pm Soup Kitchen
A Just Harvest
7649 N. Paulina, Chicago, IL 60626
Mon-Sun 12:00pm-2:00pm Soup Kitchen

Hemenway United Methodist Church
933 Chicago Ave, Evanston, IL 60202
Tues-Thur 6:00pm-7:00pm Soup Kitchen
Hilda's Place
1458 Chicago Ave., Evanston, IL 60201
Mon-Fri 9am-11am/12pm-2pm Soup Kitchen/Drop in
First Congregational Church
1417 Hinman Ave., Evanston, IL 60202
Fri 12:00pm-1:00pm Soup Kitchen
Beth Emet Synagogue
1224 Dempster St., Evanston, IL 60202
Wed 6:00-7:00pm Soup Kitchen
Second Baptist Church
1717 Benson Ave, Evanston, IL 60201
Mon & Tues 12:00pm-1:00pm Soup Kitchen

Skokie

Humans at Help Foundation
4652 Oakton St., Skokie, IL 60076
Thur & Sat 10:00am-1:00pm Food Pantry
Niles Township Food Pantry
8341 Lockwood Ave, Skokie, IL 60077
Mon 9:30am-11:30am Tony Araque 847-983-0073 Food Pantry
Mon 1:00pm-3:30pm
Tues 9:30am-11:30am
Tues 1:00pm-3:30pm
Tues 4:30pm-6:30pm
Wed 9:30am-11:30am
Wed 1:00pm-3:30pm
Fri 9:30am-11:30am
Fri 1:00pm-3:30pm
Fri 4:15pm-6:00pm

Niles

Rahmah Interfaith Halal Food Pantry
7412 N. Milwaukee Ave., Niles, IL 60714
Wed 1:00pm-3:00pm
Fatima Ashfaq 847-312-9776
rahmahfoodpantry@gmail.com
Food Pantry
Sat 12:00pm-2:00pm
Mihut Roamian Charitable Mission
7300 N. Natchez Ave, Door #3, Niles, IL 60714 Thur 6:30pm-8:30pm
Evelina Mihut 224-908-0623 mihutmission@gmail.com

Food Resources

Des Plaines

Des Plaines Corps Community Center
609 W. Dempster St., Des Plaines, IL 60016
Thur 9:30am-11:45am
847-376-2100 Food Pantry
https://centralusa.salvationarmy.org/desplaines/
Thur 1:00pm-2:45pm

Maine Township Foundation
1700 Ballard Rd., Park Ridge, IL 60068
Tues 10:00am-1:00pm
Michael Pitzaferro 224-257-4839 Food Pantry
Wed 2:30pm-4:30pm
Fri 10:00am-1:00pm

Northwest Compass Inc.
1300 W. Northwest Hwy, Mt. Prospect, IL
60056 Mon-Fri 9:00am-12:00pm Sonia Ivanov 847-392-2344 Food Pantry

Arlington Heights

Wheeling Township
1616 N. Arlington Heights Rd, Arlington Heights, IL 60004
Tues-Thur 9:00am-12:00pm
Julie Villarreal
847-259-7730
http://www.wheelingtownship.com/
Tues-Thur 1:00pm-4:00pm

Northwest Compass Inc.
1300 W. Northwest Hwy, Mt. Prospect, IL 60056
Mon-Fri 9:00am-12:00pm
Sonia Ivanov
847-392-2344

Journeys the Road Home
1140 E. Northwest Hwy, Palatine, IL 60074
Mon-Fri 9:00am-4:00pm
Mandy Smith
847-963-9163 Ext. 119
https://www.journeystheroadhome.org/

Lutheran Church of the Cross
2025 S. Goebbert Rd., Arlington Heights, IL 60005
Tues 9:30am-12:30pm
Katherine Ehlert
847-437-5141

Faith Feeds
1585 Rand Rd., Palatine, IL 60074
Thur 4:00pm-6:00pm
Adrienne Bolbot
847-991-2080
https://allsaintspalatine.org/
Sat 9:00am-12:00pm

Palatine Township
721 S. Quentin Rd., Palatine, IL 60067
Mon 1:00pm-6:30pm
Sandra Westlund-Deenihan
847-358-6700
Wed 1:00pm-3:30pm
Thur 11:00am-3:30pm
Fri 10:00am-2:00pm

Franklin Park

Leyden Family Services
2501 Mannheim Rd., Franklin Park, IL 60131
Mon & Wed 9:00am-5:00pm
Cynthia Alvarado
847-773-1535
https://www.leydenfamilyservice.org/

Mental Health & Wellness/Food Pantry
Tues & Thur 11:00am-7:00pm
Fri 1:00pm-5:00pm

Lighthouse of Hope Assembly
1719 W. North Ave, Melrose Park, IL 60160
Sat 9:00am-11:00am
Rolando Diaz
773-921-1243

Our Lady of Mount Carmel
1119 N. 23rd Ave, Melrose Park, IL 60160
Wed 3:30pm-5:30pm
John Battisto
708-344-4140

River Forest UMC
1112 N. 9th Ave, Melrose Park, IL 60160
Sat 8:00am-10:00am
Jerry Hills
708-356-6743

First Baptist Church of Melrose Park
2114 Main St., Melrose Park, IL 60160
Fri 9:30am-11:30am
Cynthia Mobley
708-344-7411

November 2026

To join a group, contact the group organizer.

Dan dgrinberg@impactbehavioral.org / 872.230.6918
Holly hpistolarides@impactbehavioral.org / 847.971.6745
Niko nlambropoulos@impactbehavioral.org / 847.316.1721
Elinda emagnuson@impactbehavioral.org / 847.316.1461

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Daylight Savings Time		**Election Day**		**Bingo** Rose House 9:30am-10:30am Dan **Art Group** Lanam Rapp 2:00pm-3:00pm Holly & Niko		
8	9	10	11	12	13	14
		Coat Giveaway Lanam Rapp 1:30pm-3:30pm	**Veteran's Day** *Impact Office Closed*			
15	16	17	18	19	20	21
	Coat Giveaway Lanam Rapp 9:00am-11:00am			**Bingo** Lanam Rapp 9:30am-10:30am Dan **Art Group** Lanam Rapp 2:00pm-3:00pm Holly & Niko **Karaoke Group** Lanam Rapp 5:00pm-6:00pm Dan & Elinda		
22	23	24	25	26	27	28
			Impact Office Closed	**Thanksgiving** *Impact Office Closed*	*Impact Office Closed*	
29	30					