LET'S CATCH UP!

September 2026

Helping families prioritize youth mental health, build resilience, and find connection.

CATCH Resource Hub

Learn. Connect. Find support.

A new way to find CATCH resources

This has been years in the making, and we're ready to share it with you.

The new **CATCH Resource Hub** brings together the guidance, tools, stories, and trusted resources we've created and collected over the years, so parents and caregivers can more easily find what they need, when they need it.

Not sure where to start? Start here.

Search by topic, question, or need.

Explore the Resource Hub



Expert Guidance

Videos, clips, event summaries, and practical information from trusted mental health professionals and community experts.



Real-Life Perspectives

Stories, podcasts, and reflections that help families feel seen and less alone.



Tools & Recommendations

Coping and grounding tools, parenting resources, books, websites, and topic-specific support.

Ready to explore?

Browse by topic and follow what's most relevant to you.

Download the Resource Hub flyer to share with a friend, school, or community group.

A FEW SEPTEMBER REMINDERS

COMING UP SEPTEMBER 29

Beyond the Pressure | Youth, Success & Well-Being



What happens when achievement comes at the expense of well-being?

CATCH will screen **Try Harder!** followed by a facilitated community conversation about the pressures facing young people and how adults can support them without sacrificing well-being in the pursuit of success.

Tuesday, September 29 | 6:30 PM

Save Your Spot

PARENT PEER SUPPORT

You're Not Alone. Find Your People.

Parents ♥ Connect

Parents Connect brings caregivers together for honest conversation and support from people who get it.

Groups are available for parents of kids ages 6–13, teens ages 12–18, adult children 18+, and those navigating eating disorders. Groups are ongoing, so parents can join anytime.

Find My Tribe

Stay connected with CATCH.

catchiscommunity.org | info@catchiscommunity.org

Join Mailing List **Volunteer**

CATCH is Community | PO Box 62 | Northbrook, IL 60062 US

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