CATCH

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

LET'S CATCH UP | OCTOBER 2026

As the school year settles into its rhythm, families are navigating busy schedules, growing expectations, and all the emotions that come with them. At **CATCH**, we believe connection makes those challenges easier to navigate. We loved spending time at the Northbrook Farmers Market, sharing resources, and connecting with community members. Whether we're meeting families in person or providing support through our programs and resources, we're here to remind you that no one has to figure it all out alone.



Here's what you'll find in this month's CATCH up:

- Discover new CATCH Picks: books, podcasts, and resources worth sharing.
- Explore takeaways from Beyond the Pressure, our September educational program.
- Listen to the first episode of Season 5 of our podcast.
- Get ready for the return of our Note Your Feelings campaign.
- Find connection and support through Parents Connect.

CATCH PICKS!

Discover our latest CATCH Picks- books, podcasts, and resources worth sharing.





Explore Our Picks

EDUCATION UPDATE

RECAP: Beyond the Pressure | Youth, Success & Well-Being

Explore resources from our September program, Beyond the Pressure: Youth, Success & Well-Being, featuring a screening of *Try Harder!* and a community conversation. Thank you to Dr. Lisa Novak for leading our conversation after the screening.

CATCH also created a **Guided Conversations** tool to help families and groups continue the discussion after watching Try Harder!



Read the Event Summary



Use CATCH's Guided Conversations Tool

CATCH's education series is supported in part by a grant from the Northbrook Woman's Club , helping us bring mental wellness education directly to our

community.

CATCH PODCAST

New Podcast Episode: The 15 Minutes That Matter



In the first episode of Season 5 of Parenting the Mental Health Generation, host Amy O. sits down for a heartfelt conversation with a local high school teacher and parent of teens, Buffy Sallee, about how curiosity, connection, and everyday conversations can help kids discover their values and find their voice.

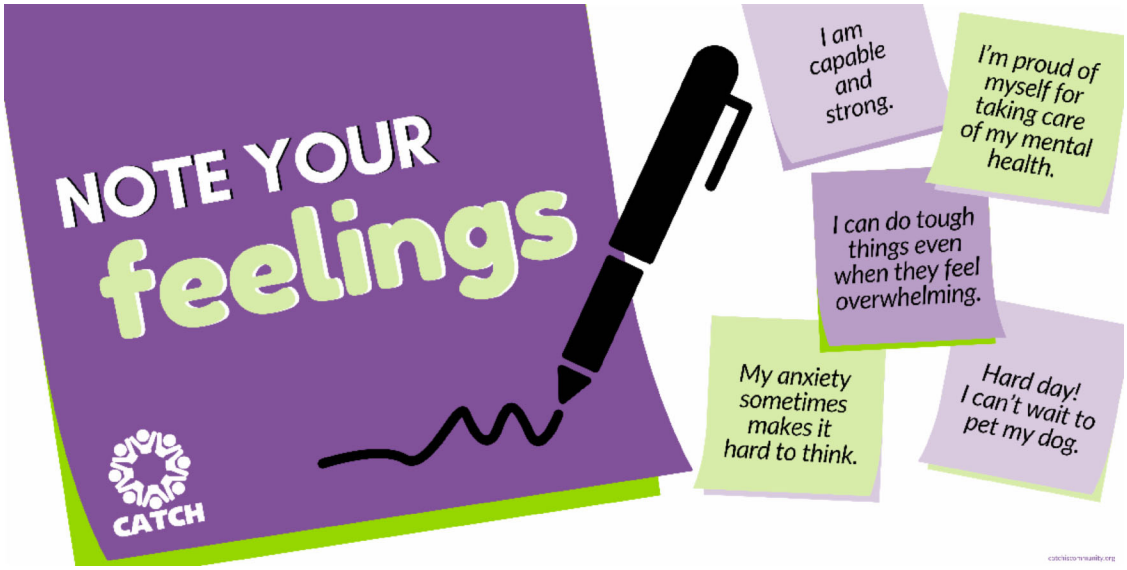
Explore the Dopamine Menu tool discussed in this episode.

Listen Now

Whether you're carpooling, walking the dog, or taking a quiet moment for yourself, join us for stories, connection, and community as we continue Parenting the Mental Health Generation. Find the **CATCH** podcast anywhere you get your podcasts.

Parenting the Mental Health Generation is also available on the **CATCH** YouTube Channel.

MENTAL HEALTH AWARENESS CAMPAIGN RETURNS



CATCH is excited to bring our **Note Your Feelings campaign** back to the community next month. Now in its third year, this mental health awareness campaign is designed to spark honest conversations and remind us that no one has to face challenges alone.

When we talk openly about mental health, we break down stigma, strengthen connections, and make it easier for people to reach out for support.

In November and December, look for yard signs and banners at participating middle schools, high schools, and public libraries across Northbrook and Glenview.

This direct-to-student outreach is made possible in part through a generous grant from the Rotary Club of Northbrook.

COPING KITS FOR GBN AND GBS FRESHMEN





This month, with volunteer help from the Rotary Club of Northbrook and several community members, CATCH assembled over 1,300 Coping Kits for our GBN and GBS freshmen.

CATCH's Mental Health Kit program provides young people with practical tools and support. Coping Kits introduce proactive strategies for managing stress and difficult emotions, while Comfort Kits offer care and reassurance to students experiencing a crisis.

Our Coping Kit program is supported in part through generous funding from Wintrust Bank and Trust-Northbrook.

PARENT SUPPORT NETWORK

You're Not Alone | Find Your People

Parents Connect

Parenting a child through mental health challenges can feel isolating. Parents Connect brings caregivers together in small groups to share experiences, learn from one another, and find 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 People

Let's Talk | One-on-One Support for Parents

CATCH Conversations

Are your child's mental health struggles affecting you and your family? Are you wondering where to start? Reach out and a CATCH volunteer will schedule a time to talk, meet for coffee, or take a walk. It's a chance to share what's going on and learn how CATCH can support you.

Let's Talk

Looking for Professional Support?



CATCH is here to help you find a mental health provider. Browse our provider list or send a confidential email to CATCH, and we will share names of trusted practices that may meet your needs.

Find Help

CATCH Resource Hub

Learn. Connect. Find support.

Need information or support? Start here.

The **CATCH Resource Hub** brings expert guidance, real-life perspectives, and practical tools together in one place, making it easier to find what you need when you need it.

Expert guidance | Real-life perspectives | Practical tools

Search by topic, question, or need.

Explore the Resource Hub

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

CATCH UP WITH CARTER!



In the September/October editions of the GBN Torch and GBS Oracle student newspapers, Carter encourages focusing on what needs to happen next when the world feels overwhelming.

Check out Carter's 10 Quick Ways to Refocus by scanning the QR code or following this link. You can also find his sage advice and suggested mental health tools on **CATCH's** social media accounts and at catchiscommunity.org in case he can help you too!

Carter's student-focused campaign is supported at GBN by a grant from the Rotary Club of Northbrook, bringing mental wellness tools directly to our community.

GIVE HOPE TODAY



Your support helps **CATCH** continue our mission to make it okay to not be okay. Seventy-eight cents of every dollar donated enables **CATCH** to support local families, helping them prioritize mental wellness, so every child feels seen, supported, and safe.

Donate Now

Read our 2025 Impact Report.

Stay connected with CATCH.

catchiscommunity.org | info@catchiscommunity.org

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

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