

Fall Youth Groups

These groups follow the school calendar.

September – December

Some groups are open to the community, while others are for enrolled participants (must be enrolled in services at CHD). Each group description will indicate whether it is open to the community or for enrolled participants only.

Monday

Art Group

Open to the community

Ages: 5-17

Facilitator: Bobbye Guentert

Back up Facilitator: Bailey Petredis

Location: Timber Ridge Apartments Community Building
(3002 East Q Ave)

Time/Day: 3:30pm-4:30pm

Description: Group for youth focusing on artistic expression and emotional development. All supplies are provided. Parental attendance required for younger children.

Heroes of Courage

Open to the Community

Ages: All High School Age

Facilitator: Jessica Arnson

Back up Facilitator: TBD

Location: La Grande High School Room 53A

Time/Day: Starts Oct 6th 3:15pm-4:30pm

Description: Heroes of the Courage is a creative, therapeutic group using fantasy role-playing games (RPGs) and Geek Therapy principles to support emotional growth, social skills, and identity development. This group blends collaborative storytelling with group therapy to promote growth.

Tuesday

Level Up

Open to the community

Ages: 11-14

Facilitator: Anna McDonald

Back up Facilitator: Steve Richardson

Location: La Grande Middle School, meet out front after school

Time/Day: Meet by 3:10pm, Group will start around 3:15pm and end by 4:30pm

Description: Empowering middle schoolers to navigate the digital world confidently through education on internet safety, screen time management, and healthy gaming. The group will meet after school for a fun lesson and play games together afterwards.

Recovery and More

Enrolled Clients

Ages: 14-17

Facilitator: Ashley Smith

Back up Facilitator: Tabitha Jenkins

Location: CHD Community Room 3

Time/Day: 3:30pm-4:30pm

Description: This group is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors to build and maintain motivation, cope with urges and cravings, manage thoughts, feelings and behaviors.

See other side for more groups

Wednesdays

Voices

Enrolled group

Ages: Female 14-17

Facilitator: Ashley Smith

Back up Facilitator: Tabitha Jenkins

Location: CHD Community Room 2

Time/Day: 4:00pm-5:00pm

Description: Voices is a designed program for female adolescences and teens based around self-discovery and empowerment!

Why Try

Enrolled Clients

Ages: 13-17

Facilitator: Steve Richardson

Back up Facilitator: Rose Turner

Location: CHD Community Room 1

Time/Day: 4:00pm-5:00pm

Description: Helping build positive communication skills. Teach the skills of resilience and help build self-esteem.

Thursdays

Crocheting, Knitting, & Relaxing Open to the Community

Ages: 13-17

Facilitator: Bailey Petredis

Back up Facilitator: Rose Turner

Location: CHD, Gold Room

Time/Day: 3:30pm-4:30pm

Description: Youth will learn the basics of crocheting/knitting, with different crafts. Youth will practice expressing themselves and learn skills for relaxing and mindfulness.

Girls Group

Open to the community

Ages: 11-14

Facilitator: Bobbye Guentert

Back up Facilitator: Bailey Petredis

Location: At the Middle School in CHDs office on 2nd floor

Time/Day: 1:20pm-2:10pm

Description: Girls will meet to discuss current struggles, successes, and various topics that are important to their development. Students will discuss relationships, boundaries, communication, managing stress, and any other topics the students are interested in. Open to all students in age range.

Fridays

Exploring Art

Open to the community, Limited spots (Pre-Reg)

Ages: 14-Adult

Facilitator: Danielle Stolk

Back up Facilitator: Jessica Arnson

Location: Elgin Library

Time/Day: Starts Oct 3rd 3:00pm-5:00pm

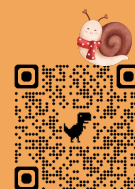
Description: Each group will be run for four sessions. Participants will explore a different art medium where they will create projects to take home. Wraparound SOC materials will be offered, community building in the context of positive social connections; art as a support and means self-expression, self-care and path to wellness.



CHD

(541)962-8800

Please see chdinc.org/groups for
more information.



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