

JOIN REALITY ILLINOIS! 2023-2024 SCHEDULE



Reality Illinois is made up of high school students from across DuPage County, who work together with the community to make a lasting impact on the lives of youth. This is done through education and promotion of policy changes that reduce youth substance and tobacco use, and increase mental wellness. Reality also provides input to the DuPage County Health Department on teen health issues. **Reality Meets on Mondays from 6:00pm-7:00pm each month, unless otherwise specified.**

- **Monday, Sept. 11th: Positive Habits to Be Your Best Self**
Dist. 87 Admin Office - 596 Crescent Blvd, Glen Ellyn
- **Monday, Oct. 16th: Outdoor Dance Party, brought to you by Nature Conservancy**
Meet at Dist. 87 Admin Office - 596 Crescent Blvd, Glen Ellyn
- **Wednesday, Nov. 29th: "Under the Influence" Film Screen and Post Event Discussion**
Glenbard South - 23W200 Butterfield Rd, Glen Ellyn
- **Monday, Dec. 4th: Holiday Party and Listening for Understanding**
Dist. 87 Admin Office - 596 Crescent Blvd, Glen Ellyn
- **Monday, Jan. 29th: Beginning Yoga for Stress Reduction**
Glen Ellyn Public Library - 400 Duane St, Glen Ellyn
- **Feb 6, Feb 8, and Feb 12: Teen Mental Health First Aid - 6:00-7:30pm***
**Must commit to all 3 dates of training to receive your certificate
Dist. 87 Admin Office - 596 Crescent Blvd, Glen Ellyn*
- **Wednesday, Feb. 21st: Blanket Making /Project Linus - 11:30 am**
Ackerman- Glen Ellyn Park District - 800 St Charles Rd, Glen Ellyn, IL
- **Thursday, Feb. 22nd: Live Life Well Week and Health Fair**
Glenbard West - 670 Crescent Blvd, Glen Ellyn
- **Monday, March. 11th: HOPE Helping Other Produce Excellence**
Dist. 87 Admin Office - 596 Crescent Blvd, Glen Ellyn
- **Monday, April 15th: Improv for Better Relationships by Compass Health**
Dist. 87 Admin Office - 596 Crescent Blvd, Glen Ellyn
- **Monday, May 6th: End of the Year Celebration**
Dist. 87 Admin Office - 596 Crescent Blvd, Glen Ellyn

All are welcome. No registration!



For more information, please contact Gilda Ross at gilda_ross@glenbard.org or (630) 942-7668. Visit our webpage at <http://www.dupageplt.org/reality>.