



REPORT

From the Supervisor –
Kathy Penner



A HEARTFELT THANK YOU...

Our Township motto, “Neighbors Helping Neighbors,” is more than just a saying; it’s a mission that is fulfilled on a yearly basis through an abundance of services and programs available to residents. In addition to helping seniors, persons with disabilities, and residents experiencing financial challenges, Wheeling Township also has many opportunities for residents to give back through donations and volunteerism.

Year after year, I am in awe of our residents’ never-ending generosity. Your incredible donations of Thanksgiving baskets stuffed with food, beautifully wrapped toys and gifts for the Adopt-A-Family program, not to mention year-round Food Pantry donations are both amazing and inspiring. It’s very clear that we all look after each other in this Township.

Some of the many ways residents received assistance last year - or provided help to those in need - included:

- **Food Pantry:** There were 4,491 visits to the Food Pantry last year, of which 9,160 people were fed (1,947 were children under 18). We are incredibly grateful for the substantial monthly donations from private citizens, businesses and organizations. Many businesses, churches, and community groups also held food drives throughout the year.
- **Home Delivered Meals:** There were 13,563 nutritious meals delivered to homebound seniors and permanently disabled individuals in 2022. The efforts and dedication of the many volunteers and 25 churches involved in the delivery of the fresh meals, five days a week, including on holidays, is sincerely appreciated.
- **Giving Garden:** Residents with ‘green thumbs’ donated hundreds of pounds of fresh vegetables during the summer season to supplement shelf-stable products in the food pantry.
- **Thanksgiving:** 383 Thanksgiving food baskets were provided to lower income families, which fed 1,208 people (545 were children under the age of 18). Residents and community groups donated baskets overflowing with everything from rolls and stuffing to potatoes and dessert. Each basket distributed included a gift card.
- **Adopt-A-Family:** The annual holiday gift program served 234 families (587 were children under the age of 18), and thanks to your generosity, the wish lists of those families were fulfilled. Each family received wrapped gifts and donated food cards as part of their holiday package, as well as being offered new hats, gloves and scarves which were donated by local organizations and individuals. Additionally, all the children were offered new books, graciously donated by the Arlington Heights Memorial Library.
- **Military:** As part of our annual Operation Support Our Troops donation drive, residents donated 2,000 pounds of candy, snacks, personal hygiene items and socks, as well as over 1,000 beautiful handmade cards or hand-written letters. Additionally, \$4,965 was donated to help support the organization’s care package mailing costs.

Wheeling Township is indebted to its many residents who compassionately focused on helping their neighbors last year, like they do every year. If you need assistance, or wish to learn more about the ways you can make a difference in your community, call us at 847-259-7730.

IN THIS ISSUE...

Assessor’s Office	2
Clerk’s Office	3
Road Management	4
Agencies Funded	4
Holiday Programs	5
Senior & Disability News	6
Elected Officials	8
Food Pantry/Link Together	8

FROM THE ASSESSOR'S OFFICE

Ken Jochum

AT THE TIME OF PRINTING WE WERE UNCERTAIN OF THE OPENING DATE FOR BOARD OF REVIEW 2022 APPEALS. PLEASE CHECK THE TOWNSHIP ASSESSOR WEBSITE FOR UP TO DATE INFORMATION ON APPEALS.

SENIOR FREEZE EXEMPTIONS WILL NOT AUTOMATICALLY RENEW. THE COOK COUNTY ASSESSOR WILL MAIL THE 2022 RENEWAL APPLICATION FORM IN EARLY SPRING. FIRST TIME APPLICANTS CAN APPLY ONLINE, OR COME INTO OUR OFFICE TO COMPLETE A FORM.

KEEPING YOU INFORMED....

In December 2022 you paid the second installment of the tax bill for 2021 and the Cook County Treasurer, Maria Pappas, has published her TAX YEAR 2021 ANALYSIS. This is a very informative piece which will help you understand the movement in taxation. You can find the entire report at www.cookcountytreasurer.com.

I would like to provide just a few highlights, taken from the report, which are pertinent to Wheeling Township and the Northern Suburbs.

COUNTYWIDE

1. Property taxes billed across Cook County rose \$614 million to \$16.7 billion.
2. Homeowners are picking up about \$330 million, or 53.6% of the increase in taxes, while commercial properties such as businesses, industries and large apartment complexes are picking up about \$285 million, or 46.4%.
3. The twenty-year history shows the following total county real estate taxes billed;

2002	\$8.58 billion	2022	\$16.72 billion
-------------	----------------	-------------	-----------------

THE RECAPTURE PROVISION

A change in Illinois' complex tax code led to an additional \$131 million being tacked onto bills.

The first-of-its-kind change, known as recapture, allows many local governments to increase property taxes by the amount of money they had refunded to property owners who appealed taxes the previous year, in essence, recovering the lost money.

As a result, some taxing districts received millions of extra dollars this year, including in Wheeling Township, Arlington Heights Township High School District 214 received \$3.8 million.

Per the Treasurer, "the recapture law will be a permanent boon to taxing districts and an annual burden on taxpayers, given the County Clerk is required to make the calculation each tax year."

NORTH AND NORTHWEST SUBURBS

1. Cook County suburbs north of North Avenue, taxes rose by a total of \$94 million, with commercial property owners picking up nearly two-thirds of the increase.
2. Because homes were not reassessed in the north suburbs for the 2021 tax bill, the increases are mostly due to hikes in tax levies passed by local governments.

COVID ADJUSTMENTS REVERSED

Also affecting the growth in residential assessment values which will be reflected in the 2022 reassessment in the Northern suburbs is the fact that the Cook County Assessor in 2020 reassessed all residential properties in Cook County, adjusting their values down between 8% and 12% based on how the Assessor believed the Covid-19 pandemic would affect housing prices.

However, housing prices did not sink but instead generally rose during the pandemic and those higher values were reflected in the Northern suburban reassessments just concluded. As a result, housing assessments rose faster than they would have without the previous Covid adjustments.

IN ORDER TO REVIEW THIS REPORT FROM THE TREASURER, CHECK OUT THE COOK COUNTY TREASURER WEBSITE.

As your taxpayer advocate, I urge you to review this report and to keep updated on the financial needs of the taxing districts you support.

FROM THE CLERK'S OFFICE

Joanna Gauza

2023 GENERAL ELECTIONS AND VOTER REGISTRATION

Although we just completed the Gubernatorial and Congressional Elections this past November, the Consolidated General Elections will be held shortly. These elections will select your local mayors and legislative officials, including school boards that directly affect our lives. For example, in Arlington Heights, voters will go to the polls on April 4, 2023 to elect four village trustees and three library trustees, as well as school district, and park district officials. Another example, there will be four Prospect Heights Park District Commissioner positions for 4-year terms open for election, April 4, 2023. Other municipal and local offices within Wheeling Township will also hold local elections, including Buffalo Grove, Mount Prospect, and Prospect Heights. These are non-partisan elections with just a Consolidated General Election on April 4, 2023.

If you want to vote in these elections, now is time to make sure you are registered. If you are not registered, have just moved into the Township, have moved to another residence in the Township, or changed your name, you need to register to be able to vote in these elections. You can register the following ways:

1. Register to Vote at Wheeling Township.

You'll need two forms of identification (one showing your current address), to be a citizen of the United States, be 18 years of age on April 4, 2023, and have lived in the Township for at least 30 days before the election. 17 year-olds that will be 18 years-old by April 4, 2023 can register and vote in the April 4, 2023 Consolidated Election. For naturalized citizens, you must prove the date of your naturalization.

Key Dates for the April 4, 2023 Consolidated Election:

Date	Event
3/7/2023	Voter registration closes for deputy registrars and local election officials
3/19/2023	Last day to register to vote by online application
3/20/2023	First day of early voting
3/30/2023	Last day to request a mail ballot , including military and overseas voters
4/3/2023	Last day of early voting
4/4/2023	Last day mail ballots can be postmarked
4/4/2023	Election Day

2. Register Online.

If you have an Illinois Driver's License or Illinois1 State ID, you may register online at cookcountyclerk.com/agency/register-vote. If you do not have a driver's license or state ID, go to the same website and complete the form online, print, sign and mail it to the address on the application. If you register by mail, you must bring a valid state issued picture identification when you vote for the first time.

BECOME AN ELECTION JUDGE AND EARN \$200 - \$365

Every election requires a team of Election Judges and Polling Place Technicians to serve at the polling places. These poll workers are paid \$200-\$365 depending on the position they work on Election Day. Before Election Day, Election Judges and Polling Place Technicians receive training so they are able to serve voters.

- ★ **Election Judges** work to ensure voters can vote. They attend training about their duties. Then on Election Day, they check in voters, provide ballots, and process the votes. This position earns about \$200.
- ★ **Polling Place Technicians** work directly with the Election Judges to ensure the polling place is running smoothly. Polling Place Technicians also have more responsibility for setting up and maintaining the voting equipment. Due to the additional responsibility, Polling Place Technicians receive more training and higher pay.
- ★ **Students** can also be poll workers in the elections. They need to be at least a high school junior or senior, have at least a 3.0 GPA, their high school's permission, and reside in Cook County. Students also receive training and work with trained Election Judges and Technicians.

For more information about serving as an Election Judge or Technician in Suburban Cook County, email Elect.Judge@cookcountyil.gov or call (312) 603-0965.



TOWNSHIP ROAD MANAGEMENT

Consider Using A Rain Barrel

Have you ever considered using a rain barrel to save money? Collecting rainwater can be an easy, convenient and environmentally friendly way to save money, reduce reliance on municipal resources, conserve water, reduce stormwater runoff and prevent flooding and soil erosion.

Some Wheeling Township homeowners rely on private wells for water, and by using rain barrels, they can easily and inexpensively irrigate their flower and vegetable gardens. Additionally, rainwater harvesting reduces the demands placed on their well pumps, and preserves natural ground water aquifer levels.

A rain barrel captures roof water flow. It reduces storm water runoff peak flows and assists in reducing the frequency of sewer overflows. The free rainwater is mineral-free, chlorine-free and can be used to water gardens and lawns, wash a car, or to clean outdoor tools or work boots.

How much water can a rain barrel collect? The U.S. Environmental Protection Agency (EPA) estimates that a rainfall of ¼" can fill a rain barrel, yielding enough irrigation water for a 200-square foot garden.

Wheeling Township Road District and the Metropolitan Water Reclamation District of Greater Chicago (MWRD) highly encourage ALL residents to purchase rain barrels. Both organizations have the eco-friendly goals of conserving groundwater and reducing drainage run-off.



MWRD Rain Barrels: Any Wheeling Township resident can purchase a rain barrel directly from MWRD for \$45.78 (including tax). The barrel is delivered to your home free of charge. The MWRD website (mwrld.org) includes detailed installation and maintenance information.

MWRD's 55-gallon barrels are made of 50%-75% recycled plastic. They are approximately 24" wide X 36" tall and weigh 17 pounds. They are available in four colors (black, blue, gray or terra cotta). They come with a flexible connecting elbow, spigot for a hose connection, overflow adaptor and leaf/mosquito screens.

To purchase a rain barrel from MWRD: Visit the website (mwrld.org/rain-barrels) or call 844-4-BARREL.

FUNDING FOR THESE AGENCIES PROVIDED BY WHEELING TOWNSHIP

Wheeling Township funds a variety of important human care services for residents of all ages. Because of Township funding, services provided by these agencies are available to residents on a sliding-scale basis.

- AMITA Health- Alexian Brothers Center for Mental Health
- Avenues to Independence
- Northwest Compass
- Center For Enriched Living
- Children's Advocacy Center
- Clearbrook
- Connections to Care (Escorted Transportation Services/NW)
- Family Forward (Faith Community Homes)
- The Harbour
- Hands On Suburban Chicago
- Journeys | The Road Home
- Kindred Life Ministries
- Life Span
- Little City Foundation
- NCH Foundation-Mobile Dental Clinic
- Omni Youth Services
- Resources for Community Living
- Shelter, Inc.
- Hopeful Beginnings of St. Mary's
- Suburban Primary Healthcare - Access to Care
- The Josselyn Center
- WINGS

With Our Sincere Gratitude...

The 2022 holiday programs were a tremendous success! Bountiful **Thanksgiving** Baskets stuffed with food were given to **383** families. Generous donations of clothing and toys to the **Adopt-A-Family Program** helped to make Christmas special for **234** families, which included 587 children and 455 parents! In addition to the many holiday gifts, new children's hats, gloves, scarves and books were distributed. These programs would not be possible without all those who shared the true spirit of the season. A heartfelt thank you goes out to each and every private donor, as well as to the businesses, churches and community organizations listed below.

We couldn't do it without you!

2022 HOLIDAY DONOR LIST

10U Arlington Cardinals Red Baseball Team
Adaptive Solution LLC
Aglow International
Alexander Graham Bell Montessori School
Alpha Phi Chicago NW Suburban Alumnae
American Legion Auxiliary #208
Arlington Club Social Committee
Arlington Countryside Church
Arlington Heights Garden Club
Arlington Heights Memorial Library
Arlington Heights Police Department
Arlington Heights Senior Center
Arlington Heights Jr. Woman's Club
Berkshire Hathaway Stark Home Services
Buffalo Grove Police Department
Campbell Courte Condo Association
Carnicerias Jimenez
Champro Sports
Christian Church of Arlington Heights
Cinergy Cinema
CJBS, LLC
Clerics of St. Viator
Crescent Cardboard Brands, LLC
Cub Scout Pack 169
D'Agostino's Pizza
Delboccio-Marchetti Real Estate
DFS Corporate Services LLC
Drost Kivlahan McMahon & O'Connor LLC
Dryden Book Club
Elite Soccer Community Organization
EZ Spuds, Inc.
First Person Inc.
First Presbyterian Church of
Arlington Heights

Fisher Clinical Services
Girl Scout Troop 47233
Gourmet's Delight
Hancock Square
Happy Old Guys
Hindu Swayamsevak Sangh Swami
Harayan Temple
Indian Trails Public Library
Indian Trails Public Library Staff
John Hersey High School
JohnsByrne Company
Kopka Pinkus Dolin
Lions Club of Arlington Heights Foundation
London Leaders at London Middle School
Longfellow School
Luther Village Enrichment Foundation
Lutheran Church of the Good Shepherd
Lynfred Winery, Inc.
MacArthur Middle School
Meetings by LJ, LLC
Munch's Supply, LLC
New Hope Academy
North Northfield United Methodist Church
Northgate Turkey Trot
Olive Mary Stitt School
Our Redeemer Lutheran Church
Paschall & Associates
PEO Chapter HN
Prospect Heights Public Library
Prospect High School Football Team
Prospect High School Marching Knights
ReMax Suburban
Richelieu Foods, Inc.

Risk Smith Insurance
Robert Frost Elementary School
Rotary Club of Arlington Heights Noon
Schneider For Congress
South Church of Mount Prospect
South Middle School
St. Basil of Ostrog Serbian Orthodox Church
St. Paul Lutheran Church
Stonegate Association
Tarkington Elementary School
Taylor Plumbing, Inc.
Terrazzo & Marble
T.D. Carlson Consultants
The Arlingtines
Thermo Fisher
Thomas Middle School
The Book Club
The Pursam Group
Township High School District 214
Universal Ways Corporation
Vail Ave. Condo Association
Viant
Village Bank and Trust
Waste Management
Westgate Elementary School-Westgate
Cares
Wheeling Helping Hands
Wheeling Park District
Wheeling Police Department
Wheeling Township Republican
Organization
ZF Services



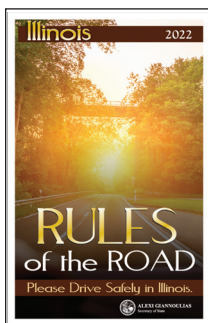
SENIOR AND DISABILITY NEWS

Call 847-259-7730 to register for any of the Programs & Services offered through Wheeling Township.

Improve Your Driving Skills...

Secretary of State "Rules of the Road" Review Course

This free, two-hour IN PERSON Secretary of State Refresher Course will help prepare you for your driving test and soothe those road test jitters! This class is designed to give drivers the knowledge and confidence needed to renew a driver's license. The review course combines an explanation of the driving examination with a practice written examination. Call today to register: 847-259-7730.



10am – Noon on the following Thursdays:
May 11 • August 10

Secretary of State – Mobile Driving Unit

Renew your Driver's License/Get a State ID

When: Thursday, March 9

Time: 10:00 a.m. – 2:00 p.m.

Services available: Vision screening, State ID card (NOT the Real ID), Driver's License renewal, license plate stickers, organ donor registration. Call 847-259-7730 for an appointment. The REAL ID can only be obtained by visiting one of the Secretary of State's offices – not available at this program.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Meets on Zoom: 3rd Tuesday of every month, 1pm – 2:30pm

Providing care for someone with memory loss can be a labor of love, but it can also be exhausting and stressful. Wheeling Township partners with the Alzheimer's Association, Greater Illinois Chapter, to offer a monthly support group for caregivers of individuals with Alzheimer's disease.



Lynndah Lahey, Wheeling Township's Director of Senior & Disability Services facilitates this group, encouraging caregivers to maintain their personal, physical and emotional health. Please contact Lynndah at 847-259-7730, ext. 21 for more information.

VIP-VISUALLY IMPAIRED SUPPORT GROUP

Meets on Zoom: 1st Thursday of every month, 1pm – 2:30pm

If you have any type of vision loss, Wheeling Township's VIP Visually Impaired Support Group might be of help to you! Share with others, socialize, learn from educational presentations and find out about other services available to you. Started in 2000, the VIP group has over 40 members with eye conditions ranging from AMD and Glaucoma to total blindness. Please call Lynndah at 847-259-7730, ext. 21 to learn more about this great support group.



HOME DELIVERED MEAL PROGRAM

If you have concerns about your ability to shop or cook for yourself (or know someone who might need help), consider Wheeling Township's Home Delivered Meal Program. The Township offers a reasonably priced home-delivered hot meal program for residents of the Township who meet eligibility requirements.



How does the program work?

A hot, freshly prepared meal is delivered at mid-day, Monday through Friday, right to the door of the recipient by a friendly volunteer. Applicants must agree to receive meals five days a week for at least 30 days.

Cost of the meals?

Wheeling Township's program is a self-pay program: The hot meal is \$7.50 per day. A cold meal (which is delivered at the same time) is available for an additional \$5.45 per day. Bills are mailed monthly for the meals received.

Who is eligible?

- Must be a senior over 60 or permanently disabled individual over 18
- Must reside within Wheeling Township
- Must be considered homebound and/or no longer driving
- Must not have a FT caregiver
- There must be availability on a route

If you're interested in finding out more about the program, call our Home Delivered Meal Program Coordinator, at 847-259-7730, ext. 19, or send an email to: HomeDeliveredMeals@WheelingTownship.com.

36th Annual Community Paint-A-Thon

Wheeling Township is one of 10 area organizations participating in the annual Community Paint-A-Thon. Older (60+) or disabled homeowners of single-family residences who are financially disadvantaged and are physically unable to paint their homes are eligible to get the exterior of their home painted. Homes must be owner-occupied and in sufficient condition so that scraping and spot priming are the only preparations needed. **Applications are due by July 1, 2023. Paint Day will be Saturday, September 9th.**



Paint-A-Thon is always a major volunteer event. Teams of volunteers are recruited from businesses, churches, schools, social service and civic groups. *Volunteers must be at least 14.* If you're interested in applying to get your home painted, or for more information, contact Lynndah Lahey, Wheeling Township's Director of Senior & Disability Services at 847-259-7730, ext. 21.

Medicare can be complicated...

SHIP Can Help!!

If you are enrolled in Medicare, are close to enrolling in Medicare, or have health insurance questions, Wheeling Township's SHIP Counselors may be able to help you. Our dedicated and knowledgeable volunteers are extensively trained by the **Illinois Department On Aging** to assist Medicare participants with understanding their benefit coverage, helping with filing medical bills and claims, explaining Medicare Supplemental and Part D Insurance, and providing resolution support for problems.

SHIP counselors can also assist those seniors who qualify for both **Medicare and full benefit Medicaid with their enrollment in the Medicare-Medicaid Alignment Initiative, also known as MMAI**. With this program you may choose to enroll in a health plan and receive all of your benefits through one MMAI health plan. If you feel you might qualify for MMAI, make an appointment with our SHIP Coordinator at 847-259-7730.



WHEELING TOWNSHIP TRANSPORTATION

Much more than just a ride!

Looking for safe and affordable transportation? If you are over 60 (or 18+ with a permanent disability), Wheeling Township's outstanding transportation service and team may be the perfect solution for your needs.



When is the service available? Rides are available for Township residents to a wide variety of locations within the Township, Monday – Friday, 9:00 am - 3:30 pm. **Call as soon as possible to reserve your ride, as buses fill up quickly** (you may call up to 30 days in advance for medical appointments).

How Much? \$2 each way.

How do I sign up? Call the transportation department with questions – or for an application. Applications can also be found online at wheelingtowship.com.

Call today for more information: (847) 259-7743



Have trouble hearing on the phone?

Test amplified phones on April 17

Do you have trouble hearing on the phone (landline or cell)? Test the ITAC amplified phones and amplified cell phone attachments at Wheeling Township on **Monday, April 17th, 10:00am - 2:00 pm**. **Free** amplified telephones and cellphone attachments are available to qualified Illinois residents with a hearing loss. **Participants MUST make appointments by calling 847-884-0030 in advance; NO walk-ins.**

Donation Drive Update...

Last fall, Wheeling Township held its annual donation drive to collect items for Operation Support Our Troops America, Inc, a local nonprofit organization that mails 'Comfort & Care Packages' to active military personnel stationed around the globe.

Wheeling Township residents really outdid themselves — over 2,000 pounds of snacks, socks, candy and toiletries were donated this year! Additionally, **\$4,965** in financial donations and over **1,000** homemade cards and letters were donated, which is incredible. Many thanks to everyone in the community who took the time to drop off candy or snacks, write a card, or make a financial donation for this great cause. **You made a difference!**



DRIVER SAFETY AARP Smart Driver Program

AARP Real Possibilities

Tune Up Your Driving Skills

The AARP Smart Driver Course is designed to help you **tune up** your driving skills, **learn** about normal age-related physical changes and how to adjust your driving to compensate, and **reduce** your chances of receiving a traffic violation or getting into an accident. Upon the completion of the eight hour, two-session class, you will be issued a certificate which may be submitted to your automobile insurance company for a discount on your auto insurance.

Cost: \$20 for AARP members and \$25 for non-AARP members. Checks should be made payable to AARP and brought to the first class. Classes are held at the Wheeling Township building and are IN PERSON. Call 847-259-7730 to register.

NEW TIMES: 4:30p.m. – 8:30p.m. on the following Mondays & Wednesdays:

- March 6 & March 8 • June 5 & June 7



Low Vision Products Road Show

Monday, May 15th • 10:00 a.m. – 3:00 p.m.

The Low Vision Products Road Show welcomes the public to experience state-of-the-art LOW VISION technology such as CCTVs, portable reading devices, and much more, including independent living aids, lighting, and even sun wear. Test each product and receive training from expert staff who can advise on the right tools to improve your quality of life. **Free! No reservations needed.** For more info, call 847-259-7730.

Wheeling Township Report, Inc.

1616 N. Arlington Heights Road
Arlington Heights, IL 60004
847-259-7730

www.wheelingtowship.com

Hours: 9 a.m. - 4:30 p.m. weekdays

Township Board Meetings: 8:00 p.m.
on the fourth Tuesday of each month

Follow us on:



ECRWSS
NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PALATINE P&DC IL
PERMIT NO 2597

ECRWSS

Residential Postal Customer

WHEELING TOWNSHIP ELECTED OFFICIALS



Kathy Penner
SUPERVISOR



Ken Jochum
ASSESSOR



Joanna Gauza
TOWN CLERK



Patricia Kozicki
TRUSTEE



Jeanne Hamilton
TRUSTEE



Joe Murglin
TRUSTEE



Darrel Talken
TRUSTEE

FOOD PANTRY DONATIONS NEEDED...

Looking for a way to help? Please consider purchasing some of these non-perishable items on your next trip to the grocery store:

- Canned Fruit
 - Pineapples
 - Peaches
 - Pears
 - Applesauce
- Flavored Rice Boxes
- Canned Meat Products
 - Corned Beef Hash
 - Chili
 - Beef Stew
- Potatoes
 - Instant Mashed Potato Boxes
 - Flavor Instant Potato Pouches
 - Flavored Potato Boxes (Scalloped, Creamy Cheese)
- Beverages (1 Liter Bottles or 2 Quart Size)



If you are unable to shop and would prefer to make a monetary donation, checks should be made payable to "Wheeling Township Emergency Fund, Inc.", which is a 501(c)(3) not-for-profit organization.



You set limits when they were younger. Now it's time to set the rules on **NOT** drinking underage.

Show your child there's **no wrong time to talk**. Checking in and communicating is a way to show you care about their health and love them.

- Build your child's skills for refusing a drink if offered. It takes time. Take time to talk often instead of saving it all up.
- Having a plan and knowing what to say in any situation can ease anxiety. Spend time going over a plan before it even has a chance to happen.
- Not drinking alcohol underage is part of a bigger picture of health child development.

Parents show love to children in many ways. Building up their confidence and skills to say no to underage drinking is important in teaching them to advocate for themselves.

Learn more at Linktogethercoalition.org/parents



Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from Substance Abuse and Mental Health Service Administration.