

How FIT Works

- Therapist-led groups meet once or twice weekly in the early evenings on zoom.
- Some groups are youth-only or parents-only, others bring everyone together.
- Individuals and families meet with FIT therapist as scheduled.
- The more skills you learn, the more you help others who join after you.
- Program graduates can stay in touch – and even come back if they need to.
- Once a quarter, everyone gets together in person to celebrate.



**FOR MORE INFORMATION
PLEASE CALL 312-864-6363
OR VISIT
COOKCOUNTYHEALTH.ORG/FIT**



**Do you have a chronic illness?
Is it challenging for you and
your family?**

YOU ARE NOT ALONE!



**Families IN IT
Together**



FIT: Families In It Together is a family integrative treatment program at Cook County Health for youth ages 8 to 17 and their families. FIT is provided in association with Lutheran Social Services, Inc.

Join other families to overcome the challenge of chronic illness.

- Feel better physically and emotionally.
- Get back on top of school.
- Get along better with family and friends.
- Take charge of your life.

How to Join

- Ask your doctor to refer you.
- Meet a FIT therapist to discuss what you and your family need.
- Try out a group to see if it will work for you and your family.



SCAN CODE TO LEARN MORE!



Real Reviews

“I’ve been struggling ... with feeling bad and not taking my meds. Bad things happened and changed how I was with my family and friends... I never thought I would feel this good, and now I think I can be successful. Now my brother and sister are there, and I feel good that my brother will get help because he gets angry. Even my mother is different now.”

-A participating teen

“FIT has completely changed my daughter’s outlook on life. She expresses herself so well now! ...I feel better knowing my child has a safe outlet with peers where they can discuss what goes on... The growth my child has shown in the past year is unbelievable and it is directly related to the program and working with Caitlin.”

-A participating mom