

YOUTH WELLNESS PROGRAM

A PROGRAM FACILITATED BY CATHOLIC CHARITIES

YOUTH

A FUN AND INTERACTIVE WAY FOR YOUTH TO LEARN MORE ABOUT FEELINGS AND WHAT TO DO WITH THEM. THROUGH SMALL GROUPS OR ONE-ON-ONE ACTIVITIES, YOUTH WILL BUILD SKILLS AROUND COPING, MAKING POSITIVE CHOICES, AND EMOTIONAL WELLNESS.

PARENT/CAREGIVER

LEARN HOW TO SUPPORT YOUR CHILD DURING BIG FEELINGS.

CONNECT TO COMMUNITY RESOURCES

COMMUNITY

LEARN HOW EMOTIONAL WELLNESS IMPACTS OVERALL WELLBEING

LEARN HOW TO SUPPORT EMOTIONAL NEEDS IN YOUTH



ABOUT ME + DDC



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Hello, my name is Mallorie Mertz, and I am excited to be the Wellness Coordinator for the new DCC Youth Wellness Program (YWP). I am an employee of Catholic Charities who was hired earlier this year (2021) to specifically work with youth and wellness at DCC. I am currently involved with summer camp and look forward to working with students throughout the school year. Many of our activities focus on developing coping skills and building relationships with our friends, family, and community. This program will continue to evolve to fit the needs of the Deerfield Community.

To give you a brief personal background, my husband and I reside in Cottage Grove with our three children. I graduated with a master's degree in social work and certification in school social work. My professional work has included time in special education/recreation, respite foster care, long-term care, and group home residential facilities. Please reach out with questions and recommendations/suggestions for the Youth Wellness Program. I look forward to meeting and serving the Deerfield community! Be well.