



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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**North Suburban YMCA Staff Participates in
Lurie Children's Hospital Gender Training Program**

Northbrook, IL: September 2021 – As the North Suburban YMCA responds to the community's evolving social needs through its core values of support, inclusivity, and positive impact, a group of Y staff members recently attended a comprehensive workshop on gender training. The "Gender 101" workshop was facilitated by the staff at Lurie Children's Hospital's [Potocsnak Family Division of Adolescent and Young Adult Medicine](#) and included an overview of gender concepts, best practices to creating a gender inclusive environment, and offered practical tools for implementing gender inclusion within the Y's community.

Kathy Fielding, CEO at the North Suburban YMCA, noted that the training had helped the Y support its dedication to "inclusion for all" by educating its staff on gender issues in the community. "We're so grateful for this comprehensive gender training. The Lurie team provided a variety of significant techniques for LGBTQ+ inclusion and equipped the staff with essential guidance to help protect children and young adults from bullying and harassment."

Lurie Children's Hospital's Potocsnak Family Division of Adolescent and Young Adult Medicine advocacy, education and outreach work has led to critical advances in transgender rights in schools, community organizations, the Illinois Medicaid system, and the legal system.

"As it has done for the better part of the past decade, Lurie Children's remains fully committed to supporting the needs of transgender and non-binary youth, young adults, and their families, and is happy to have provided this training to our friends at NSYMCA to expand the welcoming spaces for those youth," stated Hadeis Safi, Manager of Community Programs & Initiatives at The Potocsnak Family Division of Adolescent and Young Adult Medicine.

The North Suburban has been selected as an honoree of the inaugural Daily Herald Diversity in Business Awards. The Awards honor businesses that have shown exceptional commitment to promoting practices that advance diversity and inclusion in the workplace, in business

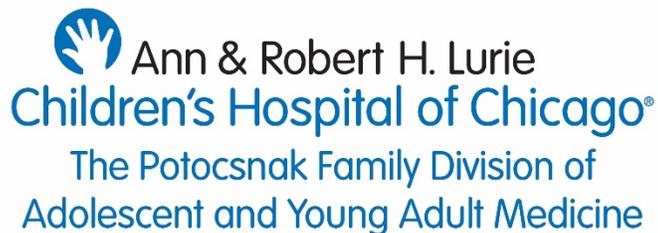
leadership, and who bolster equality across all areas of diversity, including age, disability, gender, sexual orientation, race and religion.

“Our focus is on offering enriching programs and tools that help our community become healthier, more connected, and confident, ensuring that everyone has the opportunity to learn, grow, and thrive,” added Fielding.

For more information or to get involved at the NSYMCA , contact Kim Nyren, Director of Community Investment at knyren@nsymca.org.

About the North Suburban YMCA

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at www.nsymca.org



Caption: *The North Suburban YMCA staff recently participated in a “Gender 101” training program by The Potocsnak Family Division of Adolescent and Young Adult Medicine's training staff at Lurie Children’s Hospital of Chicago.*