

Welcome to Casa de Carina!

Located on the north side of Chicago, nestled in between Logan Square, Humboldt Park and Roscoe Village, Casa de Carina is a resource center for people interested in personal growth.

It all started with the Spanish language radio program, "Carina, Su Mejor Amiga" (Carina, Your Best Friend) which debuted in February 1996. Caren Ex, LCSW is "Carina," a bilingual Social Worker with a Master's Degree from the University of Chicago who's special mix of professional psychology and the traditional Mexican wisdom she acquired while studying in Cuernavaca, Morelos in her youth, won her the hearts and loyalty of the audience which has been following her for the past fifteen years.

Carina was so successful on the radio, she decided to create a space in Chicago where she could attend to her public in person. Casa de Carina started out offering individual, couples and family counseling, classes for parents and couples and personal growth workshops - all in Spanish. Eventually Casa de Carina evolved into a community center which also offers cultural and social activities such as excursions and travel to destinations such as New York, San Francisco, Niagara Falls, Grand Canyon, Las Vegas and - ALASKA!! Our guides all speak Spanish and our trips are all smoke- and alcohol-free adventures for individuals and families.

Beginning in October 2011 Casa de Carina will also offer Spanish Classes and the opportunity to practice Spanish-language skills on our excursions and vacations. Please feel free to call us and ask to speak to Sharon to discuss how Casa de Carina can become part of your life, too.