



## *August News and Updates!*

### LifeWorking Coworking Webinar Partnership

Join us LIVE on Facebook  
on August 26th at noon,  
with Lifeworking Coworking for an  
open conversation about dealing with  
all the challenges of this pandemic.  
If you have any questions you'd like to  
ask the therapists feel  
free to reach out!

**Learn More!**



invite you to

**Mental Health: Families navigating  
the challenges of COVID-19**



Megan Jaenicke


A LIVE Community  
conversation with two  
experienced therapists



Sebastian White

**WEDNESDAY AUGUST 26 AT 12PM**

LifeWorking FB Live page: [facebook.com/mylifeworking/live](https://facebook.com/mylifeworking/live)

brought to you by  Blue Sky  
Video Productions

### CYN Advocates for Mental Wellness Month

## National Wellness Month

### Statement from Executive Director Gail Weil, LCSW, CADC

With August being national wellness month it's the perfect time to reflect on our overall health. And naturally, CYN is concerned with a person's wellness from both a physical and mental aspect. Mental wellness has been especially challenging of late due to the emergence of COVID 19. People have reported higher rates of anxiety, depression, stress, worry and fear. Along with the threat of falling ill, the pandemic brings a great deal of uncertainty in today's world about the future of our work, finances, health, and our children's education.

Now more than ever, it is essential to take care of one's health. The brain and the body are interconnected, yet people often take care of their physical body while ignoring their mental wellness. We can positively impact our mental well being by taking good care of our bodies. Equally, taking care of our minds positively impacts our physical health as well. Studies show that when people practice good mental health strategies, they are able to decrease the need for certain medications for example. Proper diet, exercise, practicing mindfulness and meditation are excellent ways to impact both our emotional wellbeing and physical health. The two work hand in hand to promote an overall greater sense of wellbeing. In as little as 10-20 minutes a day, one can make a huge difference in their overall wellness.

Respectfully,  
*Gail Weil*  
Gail Weil, Executive Director



**National Wellness Month**

#Selfcare & #Stressmanagement

What CYN has planned for you!

August 2nd - National Friendship Day

August 12th - Managing Stress, Anxiety and Depression (Spanish Webinar)

August 26th - National Women's Equality Day

Visit [www.cyngrayslake.org](http://www.cyngrayslake.org) to learn more!

**CYN COUNSELING CENTER**

### Who is CYN Counseling Center

We are a registered 501(c)(3) nonprofit whose mission is to preserve and strengthen families while protecting children. We offer a varied menu of mental health services like psychotherapy, case management, crisis intervention and community education.

**Facebook makes it easy for you to  
fundraise for CYN on your birthday,  
anniversary or for fun! 100% of  
donations come back to CYN!  
Follow the link below and select  
Community Youth Network!**



## CYN hosts Spanish Webinar "Managing Stress, Anxiety and Depression during Covid 19"

In partnership with **Advocate Aurora Health** and the **Association of Latina Community**, CYN presented a educational webinar in Spanish. CYN's bilingual therapists discussed topics of Anxiety, Depression and Stress and the impact Covid 19 has had on the Latin community



**Miércoles 19  
de agosto  
5:30 pm - 7:00 pm**

**MANEJANDO EL ESTRÉS, LA  
ANSIEDAD Y LA DEPRESIÓN DURANTE EL COVID-19**



Unirse con el Centro de  
Consejería de CYN para un seminario  
web interactivo en Español sobre cómo  
manejar su estrés, ansiedad y depresión  
durante este tiempo de Covid-19.

**¡Regístrese Hoy!**

Discutir consejos para enfrentar los temas, recursos  
y pensamientos sobre cuándo buscar ayuda.

En asociación con:

**Advocate Aurora Health**



**#WebinarWednesday**

**Miércoles 12**  
de agosto  
5:30 pm - 7:00 pm

**CYN COUNSELING CENTER**

**MANEJANDO EL ESTRÉS, LA ANSIEDAD Y LA DEPRESIÓN DURANTE EL COVID-19**



Eauli recibió su Doctorado de Nova Southeastern University en 2010 después de recibir una Licenciatura en Psicología de Barry University. Ella tiene una amplia experiencia en diversos entornos de tratamiento, como salud mental comunitaria, servicios infantiles y familiares, organizaciones sin fines de lucro, alcance comunitario y tratamiento residencial.

Clientes servidos: Niños, adolescentes, adultos, familias.

**Miércoles 12**  
de agosto  
5:30 pm - 7:00 pm

**CYN COUNSELING CENTER**

**MANEJANDO EL ESTRÉS, LA ANSIEDAD Y LA DEPRESIÓN DURANTE EL COVID-19**



Carolina es una Terapeuta Billigüe de CYN Counseling Center, en donde presta servicios a niños, jóvenes y adultos. Participa en distintos programas, principalmente en Safe Youth Safe Lake County, que sirve a estudiantes de escuelas en Washington.

Carolina obtuvo su Licenciatura en Psicología en la Universidad Nacional de Córdoba (Argentina), luego obtuvo su Maestría en Psicología Clínica Legal y Forense, en la Universidad Complutense de Madrid (España) y realizó sus estudios de doctorado en la Universidad de Buenos Aires. Trabaja como Psicóloga Forense del Poder Judicial de Córdoba, Argentina.

Actualmente participa en programas destinados personas en situaciones vinculadas con trauma y violencia.

**Miércoles 12**  
de agosto  
5:30 pm - 7:00 pm

**CYN COUNSELING CENTER**

**MANEJANDO EL ESTRÉS, LA ANSIEDAD Y LA DEPRESIÓN DURANTE EL COVID-19**



Cynthia ha estado trabajando en CYN durante casi dos años como coordinadora de recursos para temas de salud mental y de bienestar. Se graduó en la Universidad de Washington, recibió su Licenciatura en Ciencias, en Desarrollo Humano y Ciencias de la Familia con un enfoque en servicios sociales familiares con un mayor énfasis en 2018 de Northern Illinois University, La Sra. Cynthia Prange tiene experiencia en trabajando en organizaciones sin fines de lucro, formación y gestión de programas, habilidades interpersonales y planificación de recursos. Le encanta de su trabajo es la conexión con el área de Washington en los esfuerzos para hacer una diferencia en su comunidad. Eauli recibió su Doctorado de Nova Southeastern University en 2010 después de recibir una Licenciatura en Psicología de Barry University. Ella tiene una amplia experiencia en diversos entornos de tratamiento, como salud mental comunitaria, servicios infantiles y familiares, organizaciones sin fines de lucro, alcance comunitario y tratamiento residencial.

Discutir consejos para enfrentar las temáticas, recursos y pensamientos sobre cuándo buscar ayuda. En asociación con:

**AdvocateAuroraHealth**

Discutir consejos para enfrentar las temáticas, recursos y pensamientos sobre cuándo buscar ayuda. En asociación con:

**AdvocateAuroraHealth**

Discutir consejos para enfrentar las temáticas, recursos y pensamientos sobre cuándo buscar ayuda. En asociación con:

**AdvocateAuroraHealth**

## Meet Board Member - Cathy Itter



### Please meet Cathy Itter, First Midwest Bank

Cathy Itter is currently the Assistant Vice President and Branch Manager of First Midwest Bank in Grayslake, Illinois. She has been managing teams for over 30 years and enjoys mentoring her employees to help them succeed. She is a creative thinker and loves to find ways to implement new ideas and strategies.

Cathy always looks at the glass half full and believes that a positive attitude and trying to find the joy in everything you do, is the only way to win in life.

She has worked with United Way and Rotary International and focuses on making the most of the opportunities given to her. She was instrumental in helping her Rotary Club expand their reach for local and international projects by partnering with non-profit organizations to multiply their impact in their communities. She has found passion in serving others through these organizations and hopes to continue serving the communities where she works and lives.

**Do you have a passion for helping people? You may be a perfect fit for the CYN Board or Committees! Please contact Gail Weil at 847.548.6000 ext.012 to learn more!**



[www.cyngrayslake.org](http://www.cyngrayslake.org) | 847.548.6000 | [info@cyngrayslake.org](mailto:info@cyngrayslake.org)

**Donate Now**