

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



A LIVE Community conversation with two experienced therapists

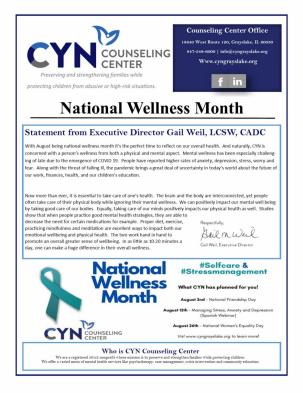


WEDNESDAY AUGUST 26 AT 12PM

LifeWorking FB Live page: facebook.com/mylifeworking/live



CYN Advocates for Mental Wellness Month



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 educational webinar Spanish. CYN's bilingual therapists discussed topics of Anxiety, Depression and Stress and the impact Covid 19 has had on the Latin community



AdvocateAurora**Healt**h

#WebinarWednesday











de agosto 5:30 pm - 7:00 pm

MANEJANDO EL ESTRÉS. LA ANSIFDAD Y LA DEPRESIÓN DURANTE EL GOVID-19



















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 at847.548.6000 ext.012 to learn more!









www.cyngrayslake.org | 847.548.6000 | info@cyngrayslake.org

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