



September News and Updates!

Growing Resilient Teens Pilot Program

GROWING RESILIENT TEENS

“When you work on a farm, the farm works on you!”

A pilot program presented by

The Liberty Prairie Foundation and CYN Counseling Center



We are excited to announce the launch of our newest pilot program, ***Growing Resilient Teens*** in partnership with the Liberty Prairie Foundation.

At-risk students will learn to grow vegetables, develop job skills, boost confidence, and learn interpersonal skills.

The program will run from September to November this fall. Special thanks to a number of anonymous donors who make this program possible CYN was also awarded a grant from the ***Community Involvement Grant Pilot Program*** from the Village of Grayslake.

Join CYN for our
Virtual Game Night Fun-Raisers!



VIRTUAL GAME NIGHT FUN-RAISERS!

Friday Nights at 7pm

Game Night Dates



OCT. 23



DEC. 11



FEB. 12

**SUPPORTING CYN'S
COUNSELING SERVICES**



Suggested donation per game night:

\$20 per person
\$50 for a family of 4
\$65 for a team of 4

Raffle Tickets:

\$1 - 1 ticket
\$10 - 15 tickets
\$25 - 40 tickets

RSVP at:

www.cyngrayslake.org



RSVP Today!

**CYN advocates on behalf of National Suicide
Prevention Month and National Recovery Month**

National Suicide Prevention Month



#BeThe1To

#WorldPreventionDay
#NationalSuicidePreventionWeek
#NationalSuicidePreventionMonth

What you can do?

- Ask About Friends
- Be There for Them
- Keep Them Safe
- Help Them Stay Connected
- Follow Up
- Listen and Learn

Tips provided by the National Suicide Prevention Lifeline

National Recovery Month



Approximately 20 million individuals in the U.S. have a substance use disorder.

Roughly 9.1% (or 2.35 million) of adults in the U.S. have resolved a substance use problem.

Recovery facts and figures from National Council of Behavioral Health

Meet Board Member - Mary Lou Brady



Please meet Mary Lou Brady...

Mary Lou Brady was introduced to CYN over 17 years ago after her son Kevin joined the CYN Board. Mary worked for 15 years at U. S. Tsubaki's corporate offices in Wheeling doing payroll and other accounting work. She retired 14 years ago to help take care of her grandchildren. Mary Lou loves to travel and dabble in genealogy. She is an active member of CYN's Development Committee and a past CYN Board officer. Mary Lou says, ***"I am so proud of CYN and the great work they do helping people with traumatic***

issues. They continue to add programs every year to help prevent abuse and teach families how to cope." CYN is grateful for Mary Lou's longtime dedication as a passionate volunteer!

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!



[Donate Now](#)