



October News and Updates!

**Free Webinar: Supporting Parents with
E-Learning at Home!**



**Monday
November 9th
7:00pm - 8:00pm**

SUPPORTING PARENTS WITH E-LEARNING AT HOME!



Join CYN Counseling Center for an
interactive Zoom webinar about
managing the struggles of e-learning,
self-care tips for parents and how to
keep children engaged.

[Click Here to Register!!](#)

Discuss tips on how parents can keep children focused and successful at home.

Sponsored by:



**"When you work on the farm, the farm works on you!"
CYN is in week four of our pilot program,
Growing Resilient Teens!**



Growing Resilient Teens is a group focused on helping create resilient teens while doing farm activities. Some topics or themes that the group has explored are customer service skills, connecting our physical and mental health, self-care and gratitude, building upon communication skills, stress management, emotional and social skills, creating boundaries, and building upon our strengths.

CYN hosts its first Virtual Game Night!
Thank you for helping us raise over \$10,000!!





CYN advocates for October Causes: World Mental Health Day Domestic Violence Awareness Bullying Prevention Depression and Mental Health Screening



Mental Health for All
Greater Investment
Greater Access



Statement from Executive Director, Gail Weil

October houses many mental health causes and here at CYN we advocate daily for many of them, through services offered to our community and our mission of strengthening families and protecting children. This month we are making an extra effort to bring you resources and supportive services aligned with Depression and Mental Health, Domestic Violence Awareness, Anti-Bullying and LGBTQ+ Issues. At a time when we may seem so isolated and alone; CYN provides confidential and supportive services in person and through telehealth platforms so that all individuals can feel connected again.

CYN welcomes new staff members!



Carolynn Brusseau, LPC
Therapist



Teresa Ramont, LPC
Therapist



Robert Cashen, MSW
Therapist



Tyler Outlaw, BA
Therapeutic Mentor



Jay Williams, BS
Therapeutic Mentor



Samuel Guadalupe, MPA
Child Welfare Specialist



Andres Vega Pacheco, BS
Child Welfare Specialist

CYN partners with Double your Donation
for #GivingTuesday!

From **November 24th – December 8th**,
when you make a donation to CYN online, you can
utilize this free database to make a matching gift
through your company!

MATCHING GIFTS

See if your employer will match your donation!

🔍 Search company name...

LET'S CHECK

All information provided by



Double the Donation
matching gifts made easy



Save The Date
GIVINGTUESDAY

December 1, 2020

*Interested in providing a matching gift prior to Giving Tuesday?
Contact Jordan Debbink at jordand@cyngrayslake.org or 847-548-6000*

Follow us on Social Media !



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

Donate Now