



January News and Updates!

January is #NationalMentoringMonth!!



CYN Therapeutic Mentor Jay Williams shared how he is making an impact in the life of one of his mentees. This youth had difficulties in school, lacked self-confidence and struggled with his anger. After seven months of mentoring, this youth is ready to graduate this June, found and kept a job and feels like he has better control of his anger and frustrations. Great Work Team!!

Join us!
Valentine's Virtual Game Night
Friday, February 12th at 7:00pm

Dearest,
Roses are red, violets are blue and we need you! Join us
for our...

Valentine's Virtual Game Night

FRIDAY, FEBRUARY 12
AT 7:00 PM

We'll be playing Name that Tune, Emoji Riddles and
Trivia. Hope to "see" you there.

Valentine Raffles!



Purchase Your Tickets!

**CYN launches new
Nurturing Parenting Program!**

"The Nurturing Parenting Program
provides a welcoming environment
for parents to explore parenting from
a nurturing perspective alongside



their peers."
Jill Novacek, Program Director

To learn more [Click Here!](#)

Upcoming Monthly Mental Health Causes!

February

Teen Dating Violence Awareness Month
National School Counseling Week
National Make a Friend Day (2/11)
National Random Act of Kindness Day (2/17)



March

Self Harm Awareness Month
National Social Worker Month
National Drug and Alcohol Facts Week
Zero Discrimination Day (3/1)
International Women's Day (3/8)



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