



March News and Updates!

March is National Social Worker Awareness Month!

March is here and we shift our focus to National Social Worker Awareness Month! Hear from CYN's Clinical Supervisor, **Diane Peterson (LCSW)** about her experience as a social worker and how she has made an impact in the field!

#SocialWorkersareEssential



SOCIAL WORKERS
ARE ESSENTIAL

[Watch our Video Here!](#)

Special thanks to the students at Grayslake Central!



We are so thankful to *Grayslake Central High School's Future Business Leaders* for the work they put into creating these **Stress-less Bags of Hope** for CYN clients!

Each bag contains a child-friendly book about tools to manage stress, individually

packaged Crayola crayons, hand sanitizers, a face mask, a new fidget toy, an unused stress ball, new unopened coloring supplies, and a new stuffed animal!

CYN Spring Programming!

Growing Resilient Teens

"When you work on the farm, the farm works on you"

The Growing Resilient Teens is a program between CYN Counseling Center and Liberty Prairie Foundation seeking to immerse students in hands on sustainable farming building upon their social emotional development.




BLUE KIDS ... Program of the Lake County Children's Advocacy Center




APRIL is
Child Abuse Prevention Month
Keep every child safe
and every community aware.

Click on the links below to learn more ways to create awareness.



 **CREATE AWARENESS:** We want to encourage our local businesses, schools and community to have conversations about child abuse in Lake County. Engaging people to speak up and creating public awareness can be an integral approach to preventing child abuse.

 **ENGAGE YOUTH:** Promoting peer-to-peer dialogue and empowering them to reach their peers and begin the dialogue.

 **ENCOURAGE EDUCATION & PARTICIPATION:** Advocating that all children deserve a chance at a safe childhood. Everyone's support makes this possible.

Nurturing Families

Virtual Pride Social



prideSOCIAL

GRADES 7-12 | DROP IN

Break the Stigma with CYN!



Mental Health Awareness

Community Campaign

Sponsor Today!

Meet the Board!

Ken Strom - CYN's Board Treasurer



Ken Strom owns a local business that builds, renovates, and rents homes across Lake County. He has been on the CYN board for eight years. He joined CYN because of the great work they were doing to help our community. He has a degree in Finance from Miami University of Ohio. He is an active volunteer at his church, a leader with the Boy Scouts and a mentor with Kid's Hope USA. *"I am very pleased with the growth of CYN - with the staff now helping well over one thousand people per year. Due to the stress and isolation from the pandemic, CYN's services will be needed now more than ever."*

Learn more about our Board of Directors!

Upcoming Monthly Mental Health Causes!



April

National Child Abuse Prevention Month
Stress Awareness Month

Sexual Assault Awareness and Prevention Month

National Counseling Awareness Month

National Minority Health Month

National Youth Violence Prevention Week (Apr. 12-16)

World Health Day (Apr. 7)

National Stress Awareness Day (Apr. 16)

Day of Silence (Apr. 23)



Follow us on Social Media!



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

Donate Today!