



I didn't know
how I was going to make
it through each day...
CYN Counseling Center
helped me heal.

Make your gift **NOW** to
provide **Twice** the impact.

CYN Counseling Center is honored to have received a
MATCH GRANT up to **\$10,000**
from the Healthcare Foundation of Northern Lake County
for all new and increased donations received Nov. 23 - Dec. 23

That means your gift has double the impact on

community programs & services.

- \$1,600 = ~~1~~ **2** full semesters of Growing Resilient Teens
- \$1,000 = ~~3~~ **6** months of therapy for a trauma survivor
- \$500 = ~~6~~ **12** school-based sessions for at-risk youth
- \$250 = ~~1~~ **2** animal assisted therapy group sessions for mentored youth
- \$100 = ~~2~~ **4** therapy sessions for a veteran with PTSD
- \$50 = ~~1~~ **2** child therapy sessions
- \$25 = supplies for ~~1~~ **2** child play therapy sessions

And any other amount can be **DOUBLED!**

DONATE NOW



Thank you for helping me
get my confidence back!

When I was just two years away from graduating High School, I battled with anger issues and extreme self doubt.

After the trauma I'd experienced, it was so hard to trust people; I felt isolated and numb.

I didn't know how I was going to make it through each day, let alone what was going to happen once I graduated.

CYN Counseling Center helped me heal.

After just one Spring in the Growing Resilient Teens program, I not only felt better, I felt empowered. My friends commented on how different I seemed. I took a summer internship at the farm because I enjoyed it so much. I even competed in a local community pageant... and actually won!

This program - these counselors - they didn't just help me overcome my struggles at a very important point in my life, they helped make me a leader in preparation for my future.

- Ava*

This holiday season, please help us give the gift of
Mental Wellness to more people like Ava* & your
gift could make **Twice** the impact

HONOR AVA* NOW

For more information, email jenniferf@cyngrayslake.org.

Special thank you to the
Healthcare Foundation of
Northern Lake County.



**Name has been changed for anonymity.*



**DONATE
NOW**



18640 W. Route 120, Grayslake, IL 60030
847-548-6000 | info@cyngrayslake.org

**IF YOU OR SOMEONE YOU KNOW IS IN CRISIS,
CONTACT OUR 24-HR HOTLINE AT 847-587-3100**

CYN Counseling Center | 18640 W Belvidere Rd, Grayslake, IL 60030

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