



If you are one of the thousands struggling with mental health during continued uncertainty, please know you do not have to do it alone;  
**CYN is here & solution focused.**



“ **Before Nurturing Families, I felt hopeless, defeated and alone.** I came to the group in crisis and desperately needed guidance.

It was only through support I was able to bare my emotions, to be honest about my limitations and past trauma. I discovered how lonely I had become, and in this safe space I learned how to forgive myself and those who had wronged me. I didn't want our group to end, but I left with new skills, awareness, confidence, and hope.

**This experience was better than I ever imagined & I am so grateful to CYN.** ”

- Parent & Nurturing Families Client

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CYN Counseling Center has been transforming lives for more than 40 years  
**because of the support from individuals like you!**

Depression, anxiety, suicide and overdose rates are at all-time highs.  
**Sadly, many people still do not get the help they need because of stigma, lack of financial resources, or understanding of symptom severity.**

Ongoing community issues including domestic violence, incarceration, homelessness, addiction and so much more can all be supported through quality mental health treatment... but  
**it takes a community to achieve a lasting impact.**

**DONATE  
NOW**

**to partner with us to achieve quality mental health support for all.**

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## **JOIN US ALL MONTH TO SHARE IN WELLNESS**

**We are excited to provide a month-long community collaboration of outreach, education and awareness for mental wellness this May!**

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### **Mental Wellness Virtual Education Series**

Join CYN in conjunction with Advocate Aurora Healthcare for a four-part education series including topics like Mental Health 411 for youth & adults, trauma, coping skills, resources and more.

## REGISTER FOR WELLNESS EDUCATION



[Learn More](#)

## BUY WELLNESS RAFFLE TICKETS



### Enter for a Chance to Win a Wellness Kit

Raffle tickets are now available for the chance to win a Mental Wellness Kit, featuring items from Mario Tricoci, Lettuce Entertain You and more! We promise there will be something for everyone to provide wellness to any winner.

[Learn More](#)

## COMMUNITY OUTREACH AND CONNECTION



### CYN Staff are Taking It to the Streets

Meet with CYN staff, Board Members & volunteers May 9-16 as we venture into our service area to share tips, tricks & gifts with community members, including a code for a FREE RAFFLE TICKET.

[Learn More](#)

## SPONSOR OR DONATE TO MENTAL WELLNESS



### Support the Cause & Mission Today

Your contribution to CYN Counseling Center, a 501(c)3 non-profit, will help provide direct services to those who need it most and may otherwise not have access to it. **89% of contributions directly support programming & clients.**

[Learn More](#)

If you would like to partner with us for mental wellness advocacy, contact **Jennifer Flatley** to learn about more unique opportunities.

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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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