



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

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.

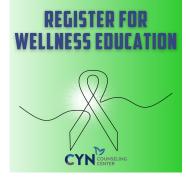
JOIN US ALL MONTH TO SHARE IN WELLNESS

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

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.

Learn More

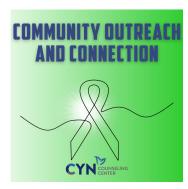




Enter for a Chance to Win a Wellness Kit

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



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



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 <u>Jennifer Flatley</u> to learn about more unique opportunities.

Special Thank You to our Sponsors

CHAMPION & PRESENTING SPONSOR



Get more to go on

LEADER SPONSORS





EDUCATOR SPONSORS





DEFENDER SPONSOR



ALLY SPONSOR

BEST FRIENDS ANIMAL HOSPITAL

VIEW SPONSOR OPTIONS













18640 W. Route 120, Grayslake, IL 60030 847-548-6000 I 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

Unsubscribe gailw@cyngrayslake.org

Update Profile | Constant Contact Data Notice

Sent bygailw@cyngrayslake.orgin collaboration with



Try email marketing for free today!