

AUGUST UPDATE



Dear Friends of CYN,

As the summer comes to a close and we prepare for another exciting school year, I want to take a moment to reflect on the importance of this season. For many, the back-to-school period is a time filled with new beginnings, opportunities for growth, and a renewed focus on the future. It's also a time that can bring challenges and uncertainties, especially when it comes to the mental and emotional well-being of our students.

CYN is committed to providing the support students need to thrive—both in and out of the classroom. Our expanded school-based therapy programs, now reaching more schools and offering additional resources, are designed to ensure that every student has access to help when they need it.

Beyond our school-based services, CYN's Counseling Center in Grayslake offers a wide range of therapeutic programs for children, teens, and families. Whether it's individual therapy to manage anxiety, family counseling to navigate transitions, or specialized support for trauma, our therapists are here to help guide families through their mental health challenges. We offer these services in both English and Spanish, ensuring that all families can access the care they need.

To our donors, thank you. Your generosity makes these programs possible, ensuring that students, educators, and families have the resources they need for a successful school year. Together, we can create a healthy, supportive environment where students can grow and succeed.

Let's make this school year a positive and resilient one for all!

Gail

Program Spotlight: Nurturing Parenting Program



At CYN Counseling Center, we nurture families, based on the Nurturing Parenting® curriculum, that empowers parents and caregivers to build positive, supportive relationships with their children. This evidence-based program offers practical tools for managing stress, resolving conflict, and fostering emotional health in the home.



Last fiscal year, we served 202 parents through NPP, helping them strengthen their families and create healthier home environments. This program is available to parents referred by various agencies, as well as those who self-enroll, ensuring that any parent seeking support can benefit.



This year, in addition to helping parents in Lake County, we expanded NPP to McHenry, Cook, DuPage and Kane counties, offering sessions in both English and Spanish. Thanks to the program's success, our team was invited to speak at the Nurturing Parenting Program's annual national meeting—a testament to our staff and to the impact we're making in the lives of families.

With the support of our generous donors, we continue to offer NPP at no cost to families in need. To learn more about the Nurturing Parenting Program, click on the link below.

[Learn More](#)

Therapy Services for Children and Teens Supporting a Successful School Year

At CYN, we understand the diverse mental health challenges that children and teens face, and we're here to provide compassionate, professional support. Each year, we serve approximately 2,000 families, offering a wide range of therapeutic services to help young people navigate their emotional and behavioral challenges.



Our licensed therapists offer individual and family counseling for children, teens, and their families. We specialize in addressing issues such as depression, anxiety, life transitions, grief, trauma, and behavioral concerns. Whether a child is struggling with bullying, school refusal, social skills, or emotional regulation, our team is equipped to provide tailored, evidence-based care. We also offer specialized services like play therapy for younger children, helping them express and process their emotions in a safe and supportive environment.

CYN proudly offers all of our services in both English and Spanish, ensuring that language is never a barrier to receiving quality mental health care. We also believe that everyone deserves access to mental health care, regardless of their financial situation. CYN accepts all major insurance and for those who qualify, we offer sliding scale or free services. Our goal is to make sure every child and family receives the help they need when they need it most.

Get Started Today! Whether you're seeking short- or long-term therapy for your child, our therapists are ready to partner with you to find the best solutions. To learn more or begin the appointment process, call us today at [847-548-6000](tel:847-548-6000). We're here to help your child thrive—today and into the future.

Donor Spotlight



At CYN, we are deeply grateful for the generous support of organizations like City of Hope, whose contributions make it possible for us to continue expanding access to vital mental health services for individuals and families in our community.

City of Hope has long been a beacon of care and compassion, dedicated to improving lives through research, patient care, and community outreach. Their commitment to advancing health and wellness extends beyond their core mission, as they recognize the critical importance of mental health in the overall well-being of individuals and families.

This year, City of Hope generously contributed \$5,000 to underwrite our Donor Appreciation Event, helping us celebrate and engage with the incredible individuals and organizations who make our work possible. City of Hope's partnership with CYN has continued with support of our annual gala in September and reflects their understanding that mental health is integral to overall health.

Thank You, City of Hope. We are honored to partner with you in this meaningful work and are inspired by your dedication to uplifting communities.

See below to join them as a sponsor of our 3rd Annual Behind the Mask Gala.



Save the Date!

The 3rd Annual Gala, "Behind the Mask," will raise awareness and funds for suicide prevention and



education in our community. Suicide is the second leading cause of death among individuals aged 10-34 in the United States, making this cause critically important.

This elegant evening will feature a reception, dinner, dancing, and powerful stories of strength and resilience. By bringing together community leaders, supporters, and advocates, we hope to promote suicide prevention and highlight the mental health services available in our community. [Click here to register and attend!](#)

If you are interested in sponsoring, please [click here](#) to download or below to sponsor online.

Behind the Mask Gala Sponsors

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