



## CYN CONNECTION

FEBRUARY 2025

### INSIGHTS AND UPDATES ON *Supporting Families and Strengthening Communities*

#### A Note from Our Executive Director, Gail Weil



At CYN, we believe that strong families build strong communities. Every day, our team provides the support, guidance, and resources families need to face challenges, heal, and grow.

This month, we're highlighting our Intact Family Services Program, which helps families remain together after DCFS involvement. Through personalized support, we equip parents with the skills and resources to create a stable, nurturing home, giving families the opportunity to grow and build a more hopeful future.

February is a time to reflect on the relationships that matter most. Strong connections—within families, schools, and communities—are key to emotional well-being. Whether through family therapy, parenting support, or specialized programs, CYN is committed to providing the care and resources needed to strengthen those connections.

Across Lake County and beyond, we're helping parents create stable homes and supporting children and teens through life's challenges. Our work is making a meaningful difference every day.

Thank you for supporting us! ❤️

A handwritten signature in black ink that reads 'Gail'.

#### In this newsletter:

Keeping Families Together,  
Nurturing Mental Health, and  
Coping Through Difficult  
Times—Keep Reading!

#### Add to your calendar:

1. "Hush" Screening and Panel Discussion, Genesee Theatre, February 17
2. Lake County School Safety Conference, Warren Township HS Almond Campus, March 3



## Keeping Families Together: The Impact of Intact Family Services

### Finding Stability

#### A FAMILY'S STORY

A heartfelt message from a Dad who wanted to share his family's journey—and the impact of one of our dedicated team members, Darien.

*"At first, I didn't want to work with Darien—I didn't think I needed his help. But he kept reaching out, finding ways to connect, and eventually, I let my guard down. He was patient, gave me time, and never pushed too hard. And it worked."*

*"My life sober is so much better—getting sober may have saved my life or someone else's. Darien was there for me, involved with our kids, and even they looked forward to his visits. They actually got out of the pool just because he was here!"*

*"I really hope he knows how much of a difference he's making. Thank you, Darien."*

Stories like this remind us why we do this work—because support changes lives. We are grateful for our dedicated team and the trust families place in us every day.

At CYN, we know that families facing challenges often need compassionate support to stay together and build a safe, stable home environment. Our Intact Family Services Program works with families after DCFS involvement, providing counseling, case management, and essential resources to help them navigate difficult times.

This program is designed to help parents make positive behavioral changes while ensuring children can remain safely at home. Families work closely with CYN program staff who visit their home regularly and help them develop a plan to address issues such as mental health, substance use, housing instability, or domestic violence.

Many families in Intact Family Services also benefit from other CYN programs—children may join our Therapeutic Mentoring program, while parents participate in the Nurturing Parenting Program—building skills that strengthen the family as a whole. Through this comprehensive approach, we help families not only stabilize but also thrive.

We've seen countless real success stories from families who, with the guidance and support of CYN staff, overcame obstacles and moved forward toward a more stable future.

👉 To Learn more about our programs and support CYN, visit [www.cyngrayslake.org](http://www.cyngrayslake.org).

Call us at (847) 548-6000 for info about our services.



## A HEART FOR MENTAL HEALTH: STRENGTHENING RELATIONSHIPS THIS FEBRUARY

February is a time to celebrate love and connection, but maintaining strong relationships isn't always easy. Our mental health plays a key role in how we connect with others, and stress, trauma, or emotional challenges can sometimes create barriers. Recognizing and addressing these struggles can help build healthier, more meaningful relationships.

**If you or someone you know is struggling with maintaining strong connections, seeking mental health support can be a powerful step forward. Call us at (847) 548-6000.**

At CYN, our therapists support individuals and families in improving communication, building trust, and strengthening relationships.

Whether through family therapy, individual or couples counseling, or specialized services like trauma or addiction treatment, we provide the care people need to move forward.

### Coping Through Difficult Times: Our Therapist's Advice on Managing Stress

Life comes with its share of challenges, and in times of uncertainty, stress can feel overwhelming. With so much happening in the world, it's important to find ways to stay grounded. Our therapists recommend these practical coping strategies for navigating difficult moments:

- ♥ **Take a Break:** Step away for a minute. Even a quick pause can help clear your mind and make everything feel a little less overwhelming.
- ♥ **Practice Mindfulness:** Take a deep breath—literally. A few slow, deep breaths can help reset your brain and calm the stress.
- ♥ **Connect with Others:** Don't go through it alone. Call a friend, talk to family, or check in with someone who gets it. A fresh perspective can make a big difference.
- ♥ **Prioritize Self-Care:** Be kind to yourself. Get some sleep, eat something that makes you feel good, and do something that brings you joy (even if it's just five minutes of your favorite song on repeat).
- ♥ **Seek Professional Support:** If things feel like too much, talking to a therapist can give you real tools to handle stress. You don't have to figure it all out on your own.

**Take it one step at a time—these little changes can make a big difference!**

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