



CYN CONNECTION

MARCH 2025

INSIGHTS AND UPDATES ON *Supporting Families and Strengthening Communities*

A Note from Our Executive Director Gail Weil, LCSW, CADC



As we recognize National Child Abuse Prevention Month this April, I want to take a moment to reflect on why this work is so important. Every day, CYN sees firsthand the impact that safe, supportive environments have on children and families. When parents have access to resources, guidance, and mental health support, they are better equipped to nurture their children and create homes where they feel secure and valued.

At CYN, we are committed to strengthening families through education, therapy, and community partnerships. We are proud to join these partners and raise awareness about child abuse prevention and the resources available to families.

Protecting children is a community effort, and everyone has a role to play. Whether it's learning the signs of abuse, supporting parents who are struggling, or simply sharing resources, small actions make a big difference. I encourage you to join us in raising awareness this month and beyond.

Thank you for being part of this work. Together, we can build a stronger, safer future for children and families.

With gratitude,

A handwritten signature in cursive that reads 'Gail'.

In this newsletter:

Helping children, teens and adults heal, A Mom's Story, and Healthy Parenting Strategies—Keep Reading!

Add to your calendar:

1. 2025 LCCC Women's History Month Green Goddess Luncheon, March 28
2. Unity in the Community: Spring Celebration - Ride, Roam and Explore Waukegan, March 29



Healing after Crisis

A MOM'S STORY

For one mother, parenting her three children was always challenging, but when her oldest son began struggling with severe mental health issues at 10 years old, life became overwhelming. His emotional struggles escalated quickly, leading to multiple hospitalizations and crisis interventions, while she juggled his care and the needs of his younger siblings on her own.

By 12, his mental health had declined to the point where residential treatment was necessary—a heartbreaking but critical decision. *“I felt like I was failing as a mom,”* she shared. *“But CYN helped me see that getting help wasn’t giving up—it was doing what was best for my child and my family.”*

After nearly a year in treatment, he moved in with relatives for additional support. With therapy and time, his mental health improved, and last month, he returned home. Though their relationship had been strained, counseling has helped them rebuild trust and communicate in healthier ways. He is still working through complicated emotions and mental health challenges, but he now has the tools to cope without self-destructive behaviors.

Without CYN, this family wouldn't have had the support to get through these difficult years. Now, they are focused on healing and moving forward together.



CYN's Therapy Programs: Supporting Mental Wellness for Children, Teens, and Adults

At CYN Counseling Center, we believe that quality mental health care should be accessible to everyone. Whether someone is facing a temporary challenge or managing a long-term condition, support is available. We provide individual, couple, family, and group counseling, both short- and long-term, for children, teens, and adults navigating life's difficulties.

In 2024 alone, we served 700 individuals through counseling and psychotherapy, helping people cope with stress, anxiety, trauma, grief, and major life transitions. Our experienced therapists work closely with clients to create personalized treatment plans, ensuring that each person receives care that meets their unique needs.

Whether it's a teen overwhelmed by school pressures, a child working through trauma, or an adult facing depression or major life changes, CYN is here to help.

As a nonprofit, CYN is committed to making mental health care accessible to everyone. We offer a sliding scale and free or reduced-fee services for those who qualify, ensuring that cost is never a barrier to getting support.

If you or someone you love could benefit from compassionate, professional mental health care, we encourage you to reach out.

Call 847-548-6000 to schedule an appointment, or visit www.cyngrayslake.org to learn more.

You don't have to face life's challenges alone.

JOIN US IN RAISING AWARENESS



April is National Child Abuse Prevention Month, a time to highlight the importance of safe, supportive environments for children and to work together to protect their well-being. At CYN, we are committed to strengthening families through education, therapy, and community partnerships that help foster healthy parent-child relationships and reduce risk factors associated with abuse and neglect.

We are proud to once again partner with the Lake County Children's Advocacy Center for the **Blue Kids** Campaign—a community-wide initiative to raise awareness about child abuse prevention and the resources available to families. This campaign serves as a powerful reminder that every child deserves to grow up in a safe, nurturing environment and encourages important conversations about how we all have a role in protecting children. Visit <https://friendsoflccac.org/blue-kids/> to learn more.

Parenting with Patience: Advice from CYN's Nurturing Parenting Program Therapists

At CYN Counseling Center, we help parents and caregivers build stronger family relationships, positive discipline strategies, and healthy communication skills through our Nurturing Parenting Program. When parents have the right tools, children thrive in supportive, secure homes.

- ★ **Connect before Correcting:** Kids respond best when they feel heard. Acknowledge their emotions before jumping into discipline to create trust and openness.
- ★ **Set Clear, Consistent Boundaries:** Predictability helps kids feel secure. Instead of punishment, guide them toward learning from mistakes.
- ★ **Lead by Example:** Kids mirror adult behavior. Handling stress calmly and taking responsibility teaches them to do the same.
- ★ **Take Care of Yourself:** A well-supported parent is a better parent. Small self-care moments help you stay patient and present.

By equipping parents with positive parenting tools, we can help create safer, healthier environments for children and strengthen family relationships. If you'd like to learn more about our Nurturing Parenting Program or need support, we're here to help, call 847-548-6000.

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