



## CYN CONNECTION

DECEMBER 2025

INSIGHTS AND UPDATES ON  
*Real Stories. Real Support. Real Progress.*

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



Dear Friends,

As the year comes to a close, I want to pause to recognize the people who make CYN's work possible. Our staff bring consistency, professionalism, and care to their work every day, often in complex and demanding situations. Their commitment to the individuals and families we serve remains steady, and I am grateful for the focus they bring to this work.

I also want to thank our board for its leadership and guidance, and our donors for the trust you place in this organization. Your support allows CYN to remain responsive and thoughtful as we look ahead to the coming year.

CYN exists because of a shared belief that access to mental health care matters. Thank you for being part of that shared responsibility.

With gratitude,

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

### In this newsletter:

Nurturing Families, Year-End Giving, and Gratitude  
– **Keep Reading!**

### Add to your calendar:

The Joy Summit: Saturday, January 31, 2026, from 9:00 a.m.-3:00 p.m.,  
Zion-Benton Township High School

CYN Gala: Saturday, September 26 at  
the DeerPath Inn in Lake Forest



## Creating Stability at Home

After completing 16 sessions of the Nurturing Families Program, one participant reflected on meaningful changes in how he approaches both stress and communication at home. Over time, he learned ways to pause during difficult moments and respond more thoughtfully when disagreements arose with his partner, who is also the mother of his child. Practicing clearer, more intentional communication helped reduce conflict and create space for calmer conversations.

He shared that his primary goal is simple and deeply important to him, a stable, healthy home where his family can thrive. With the tools he gained through the program, he feels better equipped to navigate challenges, strengthen relationships, and contribute to a more supportive environment for his child and partner.

## Nurturing Families Program

The Nurturing Families Program supports parents and caregivers who want to strengthen relationships and create more stable home environments for their children. Through a structured series of sessions, participants focus on practical skills they can use right away, especially during moments of stress or conflict.

Topics include communication, emotional regulation, and problem-solving, with an emphasis on understanding how personal reactions and patterns shape family dynamics. Sessions are facilitated by trained staff and offer space to practice new approaches, ask questions, and apply skills to real-life situations. Many participants report feeling more confident navigating conflict and communicating more clearly at home.

To learn more about this program, or to support CYN, please call (847) 548-6000 or visit [www.cyncounseling.org](http://www.cyncounseling.org).

# YEAR END GIFTS

There's still time to make a year-end gift to CYN. Your support helps us finish the year strong, plan for the year ahead, and respond to increased demand for mental health services and crisis intervention during the holiday season.

To donate, reach out to Janet Gow (847) 548-6000 ext. 080 or [janetg@cyncounseling.org](mailto:janetg@cyncounseling.org)

## **THANK YOU!** **CYN Staff, Board and Supporters**

As we close out the year, we want to thank the CYN team, Board, and donors for your continued commitment. Our staff show up every day with professionalism, care, and steadiness, meeting growing demand for mental health services and responding during moments of crisis.

Your leadership, support, and generosity make this work possible. We are grateful for your trust and for helping ensure that individuals and families across Lake County can access the care they need, now and in the year ahead.

### *Thank you to Giving Tree Gift Donors*

This year, the CYN Intact Families Staff partnered with community and faith-based organizations to provide gifts for more than 200 children receiving services in our Intact Family Services program. Each child received an item from their wish list, most often warm clothing, boots, or gloves. Thank you to everyone who adopted a child or supported this effort. Your generosity helped meet real, immediate needs during the holiday season.

