



## CYN CONNECTION

JUNE 2026

INSIGHTS AND UPDATES ABOUT CYN

### *Access Changes Everything*

#### A Note from our Chief Executive Officer Gail Weil, LCSW, CADC



Dear Friends,

As Father's Day nears, it's a good reminder of the important role dads and father figures play in the lives of children and families.

At CYN, we work with fathers in many different ways through counseling, parenting education, and family support services. What we often see is that when a father gains new tools, confidence, or perspective, the impact goes well beyond that individual. Relationships improve, communication becomes better, and families are more able to face challenges together.

The same is true for mothers, grandparents, and other caregivers. When one person makes positive changes, the effects are felt throughout the entire family. Children benefit from stronger connections at home, and families are better able to support one another through life's ups and downs.

That ripple effect is one of the most rewarding parts of our work and a reminder that supporting one person can help strengthen an entire family. Thank you for being part of this work. Your support can make a lasting difference for generations to come.

Warmly,

#### In this newsletter:

A Dad's story, Nurturing families, Being yourself and CYN Gala - keep reading.

#### Add to your calendar:

- **Lake County PrideFest**, June 20, Round Lake Beach Civic Center
- **CYN Gala**: Saturday, September 26 at the Deer Path Inn, Lake Forest



## A Father Finds New Tools

A father of four was referred to CYN's Intact Family Services program after concerns were raised about discipline practices in the home. Initially, he was hesitant to engage and believed the parenting methods he had experienced growing up were simply part of raising children.

Through regular support from his case manager, individual counseling, and parenting education, he began to reflect on how his own childhood experiences influenced the way he parented. Over time, he learned new approaches to discipline, communication, and building stronger connections with his children. As services progressed, he became more engaged and open to change. The family reported spending more time together, communicating better, and experiencing a more positive home environment.

By the time the case closed, the father shared that the parenting program had completely changed his mindset. He expressed gratitude for the support his family received and reported a stronger relationship with his children and greater confidence in his role as a Dad.



## Nurturing Families

The Nurturing Families Program is designed to help parents and caregivers build stronger relationships and foster a more supportive, stable home environment for their children. Through a guided series of sessions, participants learn practical strategies they can immediately apply in everyday family interactions, particularly during challenging or stressful situations.

The program explores topics such as effective communication, emotional regulation, and problem-solving skills, while encouraging participants to reflect on how their own behaviors and responses influence family dynamics. Led by trained facilitators, each session provides opportunities to practice new techniques, discuss real-life challenges, and gain valuable insights from shared experiences. Participants often leave the program feeling more confident in managing conflict, strengthening family connections, and communicating more effectively at home.

**To learn more about our programs or to support CYN, please visit [cyncounseling.org](https://cyncounseling.org)**



## Join Our Monthly Giving Community

The people who come to CYN aren't looking for one moment of support. They need consistency. Someone to meet with them week after week, a place to come back to, and services that don't disappear when things get difficult.

### That kind of care is built over time. Monthly giving is one way to make that possible.

- \$24 a month can support ongoing mentoring for a young person navigating the justice system or substance use challenges
- \$49 a month can help make therapy accessible for someone who couldn't otherwise afford it
- \$65 a month can help support a family counseling session
- \$96 a month can provide parent education for someone working to create a more stable home environment
- \$105 a month can help support therapy over several months for a veteran or someone working through trauma

Each of these represents real care that continues beyond a single visit.

Become a monthly donor and choose a schedule that works for you. Set it up once, and your gift continues automatically, helping ensure services remain available year-round.



[Click here to become a monthly donor today!](#)



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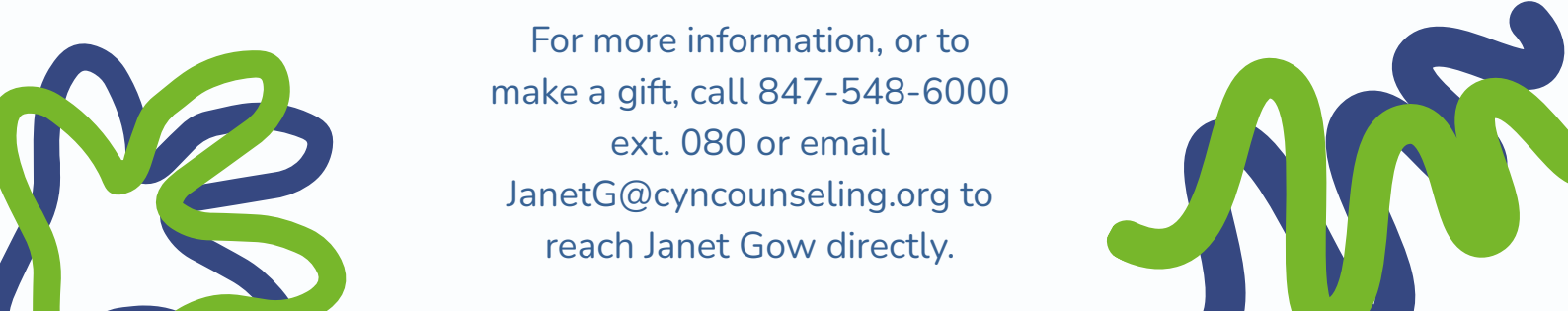
## Other Ways to Give

**Make a Tribute Gift:** Honor or remember a loved one, celebrate a milestone, or recognize someone special.

**Create a Facebook fundraiser** for your birthday or any occasion and support mental health in our community.

You may also donate by mail. Please make your check payable to CYN Counseling Center and send to: CYN Counseling Center, 18640 W. Route 120, Grayslake, IL 60030

For more information, or to make a gift, call 847-548-6000 ext. 080 or email [JanetG@cyncounseling.org](mailto:JanetG@cyncounseling.org) to reach Janet Gow directly.



BE  
yourself

The best thing you can be is **yourself**. Your unique qualities are what make you valuable.

Let your  
personality  
shine

Share your  
opinion

Express your  
creativity

Celebrate what  
makes you  
unique

Because belonging isn't about changing who you are, it's about finding spaces where you can be yourself and feel valued.

## SAVE THE DATE BEHIND THE MASK



# 2026 GALA

SATURDAY | 26 SEPTEMBER

Deer Path Inn, 255 E Illinois Road  
Lake Forest, IL 60045

For more info, email [janetg@cyncounseling.org](mailto:janetg@cyncounseling.org) or call (847)548-6000 ext. 080

[cyngrayslake.org/cyn-gala-behind-the-mask/](https://cyngrayslake.org/cyn-gala-behind-the-mask/)