



## CYN CONNECTION

MAY 2026

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

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



Dear Friends,

Mental health is as important as physical health, and it's something everyone has to pay attention to at some point, even if the need doesn't always look the same.

At CYN, that shows up in very practical ways. People come to us with specific challenges, and our role is to help them work through those in ways that carry into their daily lives. That might mean helping a student manage anxiety well enough to stay in class, or supporting a parent who is trying to respond differently in a stressful moment.

Across our programs, the focus is on building skills like communication, coping, and decision-making in ways that people can actually use in their daily lives.

May is Mental Health Awareness Month, and it's an opportunity to be more direct about what this work looks like and why access to care matters.

Thank you for your continued interest in CYN and the role mental health plays in our community.

Warmly,

#### In this newsletter:

Growing Resilient Teens,  
Ways to give and give  
back, becoming a board  
member, Gala 2026 —  
keep reading.

#### Add to your calendar:

- **Fresh Check Day:** Wednesday May 6th, 10:30 AM - 12:30PM at College of Lake County
- **Juvenile Justice Council Seminar:** Friday May 8th, 7:15AM - 1:15 PM at Greenbelt Cultural Center 1215 N. Green Bay Road, North Chicago
- **CYN Gala:** Saturday, September 26 at the Deer Path Inn, Lake Forest

# What's New For Growing Resilient Teens?



Out at the farm, the Growing Resilient Teens program is coming together in a way that really reflects the needs of the teens in the group.

Joey and Fatima, both CYN therapists, built the curriculum based on what they're seeing in real time. Sessions focus on skills like communication, coping strategies, and managing stress. Since a lot of participants are hesitant to try new things, they start with guided deep breathing to help everyone settle in, then encourage each teen to give the activity a try at least once.



The group also has a say in how things run. Teens are invited to suggest activities, and those ideas are often incorporated into future sessions. It gives them some ownership and helps build trust.



What's been noticeable is the shift that happens during the sessions. Many teens show up tired or stressed. As the time goes on, that often changes. Being outside, spending time with the animals, and having space for one-on-one conversation with a therapist makes a difference. Joey and Fatima also work with the Susanna Farms' owner to weave discussion topics into the farm activities, so conversations happen more naturally.



It's practical, steady work that helps teens build skills they can actually use.

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



## 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.



# Interested in Joining the Board?



If you are passionate about helping kids and families and want to join our efforts to achieve our vision of de-stigmatizing mental health issues please contact us.

We are currently seeking volunteers for our committees and Board of Directors!

Contact Gail Weil, Chief Executive Director at [gailw@cyncounseling.org](mailto:gailw@cyncounseling.org)

[Click Here For  
More Info](#)

SAVE THE DATE

BEHIND THE MASK



2026 GALA

SATURDAY | 26 SEPTEMBER

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

