



CYN CONNECTION

JULY 2026

INSIGHTS AND UPDATES ABOUT CYN

Access Changes Everything

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



Dear Friends,

As we move through the second half of summer, the need for mental health support remains as important as ever. While the season offers opportunities for fun and relaxation, it can also bring changes in routine, increased isolation, and challenges that affect emotional well-being.

One of the things that has been especially encouraging this summer is seeing our programs reach young people in the community. Whether through individual counseling or youth skills-building groups, we're helping children and teens build confidence, strengthen communication skills, establish healthy boundaries, and develop the tools they need to navigate life's challenges.

As we prepare for our annual Behind the Mask Gala this September, we're reminded that none of this happens without the generosity of people like you. Your support makes it possible for individuals and families to receive quality mental health care when they need it most, regardless of their ability to pay.

Thank you for being part of the CYN community and for believing that mental health care changes lives. We look forward to sharing more stories of hope and progress with you in the months ahead.

Wishing you a wonderful rest of your summer,

A handwritten signature in cursive script that reads 'Gail'.

In this newsletter:

Community Connections, Youth Counseling, Behind the Mask Gala, and more. Keep reading.

Add to your calendar:

- **CYN Gala:** Saturday, September 26 at the Deer Path Inn, Lake Forest



Impact in Action: Helping Youth Find Their Voice

This summer, CYN launched a new partnership with Boys & Girls Club of Lake County, bringing our Own It and Real Talk groups directly into the community.

The response has been encouraging. Approximately 50% of participating youth chose to join one of the groups, where they explored topics like healthy boundaries, respectful communication, self-confidence, and positive relationships in a safe, supportive environment.

For many participants, the groups provided an opportunity to speak up, listen to others, and practice skills they can use at home, at school, and with friends. Through interactive activities and guided conversations, they learned that their thoughts and feelings matter and that treating others with respect begins with understanding themselves.

Programs like these are one of the many ways CYN helps young people build the confidence and practical life skills they need to navigate everyday challenges. By meeting youth where they are, we can reach them earlier, strengthen connections, and help lay the foundation for healthier futures.



Youth Counseling at CYN

Summer can be an ideal time for children and teens to begin counseling. Without the demands of school, they have more time to build confidence, strengthen relationships, and prepare for a successful new school year. Our therapists work with youth experiencing:

- Anxiety and stress
- Depression or mood changes
- Grief and loss
- Trauma
- Family, school or peer relationship challenges
- Behavioral or emotional challenges
- Self-esteem and confidence

CYN offers in-person and telehealth counseling in English and Spanish. We accept most major insurance plans, offer a sliding fee scale, and are committed to making care accessible for every family.

To learn more about our counseling services or to support CYN, please call our office at (847)548-6000 or email info@cyncounseling.org. For more info about all of our programs visit cyncounseling.org.

CYN BY THE NUMBERS

	Individuals served last year	3,460
	Clients received services free of at significantly reduced cost	89%
	Schools and community locations served across Lake County	26
	Youth in crisis safely returned home	100%
	Children and their families supported by Intact Family Services	21%
	Parents completed our Nurturing Families program	175%

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 or call (847)548-6000 ext. 080
cyngrayslake.org/cyn-gala-behind-the-mask/



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 to
reach Janet Gow directly.

