



*Preserving and strengthening families while
protecting children from abusive or high-risk situations.*

Counseling Center Office

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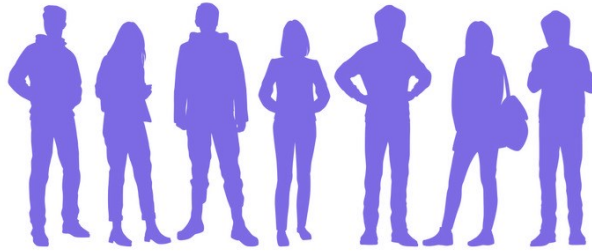
www.cyngrayslake.org



Finding Motivation for E-Learning

Program Description.....

The goal of this free group is to increase the level of motivation, offer encouragement and coping techniques for Waukegan high school students during the holidays and into the new year.



Topics of discussion could be...

- depression and anxiety
- substance abuse
- bullying and peer issues
- Sexting and internet safety
- family conflicts and divorce
- Covid-19 related stressors
- Emotional and/or anger management

Group Structure...

- Wednesdays, 5pm via telehealth
- Starts Wednesday, December 23rd
- To sign up please contact Kate Charland at (224) 688-8925, katec@cyngrayslake.org



About CYN Counseling Center...

We are a registered 501c3 nonprofit whose mission is to preserve and strengthen families while protecting children. We offer a varied menu of mental health services like psychotherapy, case management, crisis intervention and community education.