

PRESS RELEASE



Commonwealth Healthcare Corporation

Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road, Navy Hill, Saipan, MP 96950



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FOR IMMEDIATE RELEASE

Community Guidance Center hosts mental health activity

The Commonwealth Healthcare Corporation Community Guidance Center (CHCC CGC), in collaboration with the Roman Catholic Diocese of Chalan Kanoa, hosted a mental health awareness outreach event Sept. 30, 2021, at the Mount Carmel Cathedral Joeten & Daidai Social Hall wherein 23 parishioners attended.

During the outreach event, the CGC facilitated a stress management presentation, sharing information such as different types of stress, recognizing signs and symptoms of stress, and local and national resources on where to seek help. Additionally, participants were able to create a toolkit of practical coping skills they can perform at home or work.

Following the stress management presentation, the CGC provided participants an opportunity to participate in "coffee and paint," which focused on promoting healthy coping skills among adults and their families. The event was funded through support from the Substance Abuse and Mental Health Services Administration's Disaster Response Grant.

For more information on mental health training and outreach events, contact the CHCC Community Guidance Center at (670) 323-6560/1.

For more information about CHCC programs, follow @cnmichcc on Facebook, Instagram, and Twitter; visit www.chcc.gov.mp; or call (670) 234-8950.

This press release may be found online at <http://www.chcc.gov.mp/pressrelease.html>.