

PRESS RELEASE

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CAPE ASSIST TO HOST MILITARY VETERANS PROGRAM SERIES AT WOODBINE COMMUNITY CENTER

Woodbine—Mayor William Pikolycky is pleased to announce that Cape Assist will be hosting a four-week seminar series for military members and veterans at the Woodbine Community Center, 812 Longfellow Avenue, Woodbine.

The program is called Achieving Personal Balance. This program is based on the evidence-based curriculum, Coping with Work and Family Stress, and will focus on increasing the use of healthy coping skills by returning military members and veterans. Participants will increase skills that will provide a healthy balance in their lives.

The program provides military men and women skill-building sessions to achieve: Reduction or elimination of sources of stress; less reliance on avoidance coping strategies; healthy alternatives to alcohol and drug use; prevention or reduction of feelings of depression and anxiety; increased use of social support and personal plan of action; increased use of a wider range of stress management approaches.

The program is free of charge and there are incentives for participating.

The program will be held twice weekly from noon to 2 on September 4, September 9, September 11, September 16, September 18, September 23, September 25, and September 30.

"I urge all those eligible to register for this program and to call Cape Assist with any questions," added Mayor Pikolycky. "I thank Cape Assist for bringing this worthwhile program to Woodbine."

Lunch is provided and those completing the program will receive a \$100 gift card. Space is limited so pre-registration is required.

Call Joe Faldetta at 522-5960 or email him at joe@capeassist.com.