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FOR IMMEDIATE REALEASE

CONTACT:

Dr. Sharon Harris: 516- 676-2008

safeglencove@yahoo.com

SAFE Glen Cove Coalition: Parents Receive SNAP Education and Information about CEC Healthcare

On May 7th, Glen Cove's parents received vital information about NY Supplemental Nutrition Assistance Program (SNAP) and an overview of the Glen Cove Charles Evans Center.

Parents have been struggling to provide for their families. This is stressful and often causes many to experience depression and anxiety. These issues have been raised to Mrs. Laurent Caballero, SAFE Coalition's Parent Committee Chair and bi-Lingual Life Skills Training (LST) parent program facilitator.

LST is an evidence-based parenting program offered twice yearly, Fall and Spring, for eight weeks to Glen Cove parents. The program provides parents with the tools and knowledge to be effective, and to learn practical approaches that come with the challenges of raising children utilizing positive approaches to resolve conflict. LST seeks to educate parents to decrease the risk factors that cause youth to use drugs and alcohol. Mrs. Caballero provides guest speakers as issues are raised to comprehensively address parents' concerns.

Run via Catholic Charities of Long Island, Mrs. Raina Rivas explained what exactly SNAP is and how struggling families may obtain the help they need. The SNAP program helps families meet their monthly food costs with convenient electronic benefit transfer (EBT) cards that can be used like cash at most grocery stores. As a Coordinator, Mrs. Rivas facilitates the SNAP benefit application process, providing advocacy to ensure that eligible families receive the benefits. The assistance is free and confidential. Mrs. Rivas maintains a presence at the SAFE office at 9 Glen Street room #204 every Thursday. To contact Mrs. Rivas for an appointment, please call (516) 317-1929 or visit info@catholiccharities.cc

Mrs. Carolina Romero, Case Manager for CEC Healthcare (formerly Melillo Center) discussed the organization's outpatient chemical dependency, mental health treatment and supervised housing programs. Additionally, the agency provides primary medical care, women's health, and dental services. Most insurances are accepted including Medicaid. To contact Mrs. Romero please call (516) 479-7832 or visit charlesevanscenter.org.

SAFE is the only alcohol and substance use prevention agency in the City of Glen Cove. To learn more about SAFE and its programs and services please visit www.safeglencove.org. To learn more about the SAFE Glen Cove Coalition please follow us www.facebook.com/safeglencovecoalition.