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CN Guidance Launches Specialized Mental Health and Wellness Program for Afghan Refugees

State-Funded Initiative Provides Culturally Responsive Support for Survivors of Trauma Resettled in Nassau County

HICKSVILLE, NY – CN Guidance & Counseling Services has launched a specialized mental health and wellness program designed to provide essential support to Afghan refugees living in Nassau County, many of whom have endured profound trauma, displacement, persecution, and loss.

Supported by a **\$200,000 grant from the New York State Office of Mental Health (OMH)**, the program offers free, culturally responsive behavioral health services tailored to the unique needs of Afghan individuals and families as they rebuild their lives in the United States.

Many Afghan refugees (particularly Sikhs, Hindus) have experienced or witnessed violence, lost loved ones, or faced religious and ethnic persecution before arriving in the U.S. These experiences can create lasting emotional and psychological challenges, often compounded by language barriers, cultural differences, and limited access to specialized care.

Through this initiative, CN Guidance will provide:

- **Free mental health screening, assessment, diagnosis, treatment, and care coordination**
- **Health education and mental health literacy resources**
- **Wellness-focused group activities and supportive services**
- **Trauma-informed care with culturally competent interpretation and translation services in participants' preferred languages**

To ensure effective outreach and engagement, CN Guidance is collaborating closely with local Afghan community leaders and a dedicated community liaison. The program is grounded in trauma-informed practices, cultural humility, and a deep commitment to building trust within the refugee community.

Drawing on more than 50 years of experience serving Long Island residents, CN Guidance brings extensive expertise to this effort through its network of more than 400 employees and over 60 behavioral health programs dedicated to improving the well-being of underserved populations.



“Many of these individuals have experienced severe trauma in their home country and continue to live with its effects long after arriving in the United States,” said **Keisha Graham-Wilson, Program Director at CN Guidance**. “Our goal is to provide compassionate, culturally responsive support that helps participants heal, strengthen their resilience, and build fulfilling lives in their new communities.”

“We are deeply grateful to the New York State Office of Mental Health for making this program possible,” said **Jeffrey Friedman, CEO of CN Guidance & Counseling Services**. “Access to high-quality, culturally respectful mental health care can be life-changing for refugees who have endured extraordinary hardship. We are proud to help ensure that these individuals and families receive the support they deserve as they establish new beginnings on Long Island.”

For more information about CN Guidance and its services, visit cnguidance.org or call **516-822-6111**

***About CN Guidance and Counseling Services:** Serving children and adults with mental and emotional disorders since 1972, CN Guidance delivers NY-State licensed mental health and substance use treatment services – especially to economically disadvantaged individuals and families, including many communities of color – working in partnership with county government and other community services. With deep, localized knowledge of Nassau County and Suffolk County communities, a 24/7 crisis center, mobile fleet, telehealth capabilities, and a NY State Integrated Outpatient Services license, CN Guidance maintains an exemplary track record of delivering outreach and high-quality behavioral healthcare to more than 25,000 individuals per year. For more information, visit <https://cnguidance.org/>*