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Long Island Community Rallies for Mental Health and Substance Use Recovery at 3rd Annual Serve Up Hope Pickleball Fundraiser

(Port Washington, NY) The Long Island community came together in a powerful show of support for mental health and substance use recovery at **CN Guidance's 3rd Annual Serve Up Hope** charity pickleball event, held November 7 at SPORTIME Port Washington.

The annual fundraiser brought together pickleball enthusiasts, community leaders, local businesses, and supporters from across Long Island for an afternoon of friendly competition, connection, and giving back. The nearly $30,000 raised from the event will help fund CN Guidance's vital mental health and substance use treatment and recovery programs, which serve more than 25,000 children, adolescents, adults, Veterans, and older adults each year.

Adding to the day's excitement was a special appearance by Arnie the Wellness Dog, whose visits provide therapeutic comfort, encouragement, and joy to CN Guidance clients and staff.

"We are incredibly grateful to everyone who participated, sponsored, donated, and volunteered to make this event such a tremendous success," said **Jeffrey Friedman, CEO of CN Guidance**. "Serve Up Hope is more than a fundraiser. It is a reminder that when a community comes together, we can break down barriers to care and help ensure that individuals and families have access to the support they need to heal, recover, and thrive."

1 in 5 Long Islanders are impacted by mental illness and/or substance use challenges each year. The event highlighted the growing impact of pickleball as a force for connection while underscoring the community's commitment to expanding access to life-changing behavioral health services across Long Island.

Photos from the event are attached.

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 to individuals and families, 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/*