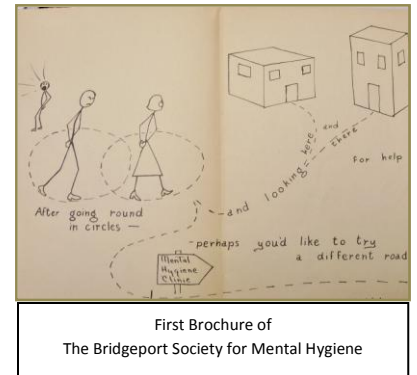




The Child and Family Guidance Center

For: Child and Family Guidance Center, 180 Fairfield Avenue, Bridgeport, CT 06604
Contact: Takeia McAlister (203) 394-6529 x3320, tmcalister@cgcb.org

FOR IMMEDIATE RELEASE



BRIDGEPORT'S FIRST MENTAL HEALTH CLINIC TO BE COMMEMORATED

Bridgeport, CT, August 9, 2010— The Board of Directors of the Child Guidance Center of Greater Bridgeport will dedicate its annual meeting to memorialize the agency's 85th anniversary and launch its new name, *The Child and Family Guidance Center* on September 1, 2010, from 5:30-7:30pm. Bridgeport's first mental health clinic, originally known as The Bridgeport Society for Mental Hygiene, opened its doors to the public on September 1, 1925 and was located at 991 Broad Street, now home to City Hall Annex (999 Broad Street). "This event marks a turning point for the agency. The new name highlights our transition from treating just children to incorporating treatment for adults with a focus on the family unit," says L. Phillip Guzmán, Ph.D., President/CEO of the Child and Family Guidance Center.

In the early 1900's, a time when mental health treatment was in its infancy in the United States, Bridgeport's leaders were well aware of the need to address the emotional and behavioral needs of its citizens. A major study by Yale University, conducted in June 1924, found that one in five individuals were in need of mental health services; no different than what we see in today's society where 20% of the general population has a diagnosable mental health problem.

The Bridgeport Society for Mental Hygiene, staffed just by a part-time volunteer psychiatrist, a part-time psychologist and a social worker, opened its doors a few days a week to treat children and adults. Eighty-five years later, the Child and Family Guidance Center (CFGC) services over 2,000 adults and children each year, from Bridgeport, Fairfield, Stratford, Trumbull, Monroe and Easton. CFGC is a child centered, family focused and community based agency that offers a continuum of quality behavioral health services to children under the age of eighteen and to all members of their families.

Mayor Bill Finch will unveil a plaque in honor of this historic event. Randy Kaye, noted radio personality, actress and author of "Ben Behind his Voices: One Family's Journey from Chaos to Hope", a memoir detailing her experience as a parent of a child with serious mental health problems, will lead as keynote speaker. Friedberg, Smith & Co., P.C. is Tribute Sponsor, and state and local politicians and leaders will be in attendance.

The event is open to the public and has sponsorship opportunities. Contact Takeia McAlister at tmcalister@cgcb.org to learn more about sponsoring. To RSVP and for more information contact Venice Palmer by August 16, 2010 at (203) 394-6529, ext. 3111 or vpalmer@cgcb.org. Visit www.cgcb.org.

HELPING KIDS AND FAMILIES TODAY FOR A BETTER TOMORROW

☐ 180 Fairfield Ave., Bridgeport, CT 06604-3794
Tel (203) 394-6529 Fax 394-6534

☐ 80 Ferry Blvd., Stratford, CT 066151
Tel (203) 378-1654 Fax 380-9169

☐ 48 Beach Road., Fairfield, CT 06824
Tel (203) 255-2631 Fax 256-8532