

## PRESS RELEASE



June 11, 2021  
11:30 a.m. ChST

# Commonwealth Healthcare Corporation

Commonwealth of the Northern Mariana Islands  
1 Lower Navy Hill Road, Navy Hill, Saipan, MP 96950



CHCC-PR-21-167

### FOR IMMEDIATE RELEASE

#### CHCC Community Guidance Center presents at Rota conference on pandemic support resources

On Saturday, June 5, 2021, the Commonwealth Healthcare Corporation (CHCC) Community Guidance Center (CGC) presented at the Rota Grace Christian Academy (GCA) and the Rota Christian Assembly's Refresh and Renew Ladies Fellowship Conference.

Over 40 participants attended the conference to learn about resources available to women to overcome challenges brought on by the COVID-19 pandemic.

Daisy Villagomez-Bier, manager for the CGC Behavioral Health Response Program, shared the importance of being supportive and understanding of one another. She emphasized that seeking guidance from family, friends, and agencies can help with the overwhelming challenges experienced in life, and that no one is alone when it concerns mental health.

"We need to break the stigma and as mothers, grandmothers, sisters, aunts, cousins, and members of our society, we need to show our families the importance of taking care of our mental and physical well-being," said Villagomez-Bier. "When we make the time for our own self-care, we are able to continue to provide support and guidance in the lives of our families and our community."

Guest speakers included Catherine Perry and Sandy Howard of Grace Christian Assembly, Saipan; Elaine Kinsella of Grace Christian Ministries; Elvira Mesngon of the CNMI Public School System School Counseling; and Jesusa B. Calvo of FILCOR of Rota.

To ensure the success of the conference, Jessica Barcinas, Systems of Care wraparound coordinator, and Vanessa Quitugua, Rota Health Center resident director, coordinated with Anne Acuna, principal for GCA Rota, and Pastor John Manglona and Agida Q. Manglona of Rota Christian Assembly of God.

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