

## **NEWS RELEASE**

### **For Immediate Release**

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### **Mental Health Workshop Focuses on Helping Families Understand and Cope with Mental Illness**

Woodbridge, VA – More than 100 attendees came out on Saturday, May 20, to the first Mental Health Workshop hosted by Alpha Kappa Alpha Sorority Inc. ®, Omicron Chi Omega (OCO) Chapter at the Kelly Leadership Center in Manassas, Va. Part of a broader, national effort by the sorority to bring attention to the national mental health crisis, the workshop featured Dr. Tracy Price, a local, board-certified psychiatrist, and 13 organizations from Prince William County focused on mental health.

“Mental health is something that is impacting individuals but needs support from the community. That is where our outreach program steps in,” said Omicron Chi Omega President Christina H. Robertson. “During Mental Health Awareness Month, and throughout the year, we are hoping to provide awareness about the resources available in our community for those in need, and fight the stigma of mental illness.”

Mental health is part of Alpha Kappa Alpha Sorority’s effort to fortify families within our communities by addressing child hunger and promoting positive youth development and leadership, mental well-being, and senior life. Residents of Prince William County can stay in touch with OCO’s activities and see photos from this event on their website at [omicronchiomega-aka.com](http://omicronchiomega-aka.com).

#### **About Alpha Kappa Alpha Sorority, Inc. ® and Omicron Chi Omega Chapter**

Alpha Kappa Alpha Sorority, Incorporated® (AKA), a 115-year-old international service organization founded on the campus of Howard University in Washington, D.C. Comprised of more than 325,000 members who hail from 1,060 graduate and undergraduate chapters worldwide, Alpha Kappa Alpha is the nation’s oldest Greek letter organization established by African American college-educated women. The Mid-Atlantic Region of Alpha Kappa Alpha Sorority, Incorporated® has 130 chapters and 13,000 members in North Carolina and the Commonwealth of Virginia. For more information visit [aka1908.com](http://aka1908.com).

The Alpha Kappa Alpha Sorority, Incorporated® Omicron Chi Omega Chapter was chartered in 1985. The chapter has been serving the Greater Prince William County community for 38 years and has received many community awards as well as recognition by the State of Virginia for its engagement in numerous service programs. For more information on Omicron Chi Omega, visit [omicronchiomega-aka.com](http://omicronchiomega-aka.com).

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