FOR IMMEDIATE RELEASE

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**MENUS WITH A MISSION:**

**ASTOR ANNOUNCES 3rd DINE OUT EVENT FOR MENTAL HEALTH AWARENESS MONTH**

**HUDSON VALLEY AND BRONX, NY, April XX, 2022** – Several restaurants throughout the Hudson Valley region have enthusiastically signed on for [Astor Services’](http://astorservices.org/) 3rd annual Dine Out for Mental Health, during May, Mental Health Awareness Month. Restaurants in the Hudson Valley will donate a portion of their proceeds to support Astor and the mental/behavioral services the nonprofit organization provides to more than 10,000 children and families throughout the Hudson Valley and the Bronx.

According to Sonia Barnes-Moorhead, executive vice president The Children’s Foundation of Astor, “Dine Out was created in 2021 to help restaurant owners and small businesses who suffered from the economic impact during the shutdown get diners out again for a good cause. It was a great way to draw attention to the mental health crisis in our communities, and to get friends together to show their commitment to local businesses while garnering much-needed resources for our children and families.”

This year, the month-long event will include many return participants from last year, along with some familiar and new restaurants in the lineup. Money raised by participating restaurants will help Astor ensure that every child has the opportunity to meet life’s challenges, pursue their dreams, and reach their full potential.

To view the Dine Out Calendar and participating restaurants, visit: <https://www.astorservices.org/events/dine-out-for-mental-health/> Diners are encouraged to return to Astor’s website throughout the month for updates and special offers from Dine Out participants.

**About Astor Services**

For seventy years, since 1953, Astor Services has been providing behavioral and educational services in a caring environment where children and their families find strength, healing, hope and trust. The organization, which has been accredited with The Joint Commission’s Gold Seal of Approval, now serves more than 10,000 children and families annually in more than 70 locations. Astor’s range of services in the Hudson Valley (Dutchess, Orange and Ulster counties) and the Bronx include: Early Childhood Programs; and Community-Based Behavioral Health and Prevention Services. Visit the organization online at [www.astorservices.org](http://www.astorservices.org). To learn more about Astor’s programs and services, visit, [www.astorservices.org](http://www.astorservices.org).

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