



MONTHLY NEWSLETTER

December 2010

Advocate Support Services, Inc.

HAPPY HOLIDAYS!

Thanks for your continued input and feedback. We continue to strive to make this newsletter a source of information and assistance.

Deadline for newsletter submissions for our January issue is Monday, December 27, 2010. Submit to Jennifer@AdvocateSupport.com, or call ext. 74.

Please also view our newsletter at www.AdvocateSupportBlog.com.

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SHARE & CARE

Postings:

PIANO LESSONS: \$5.00 per half hour. Must be accompanied by your advocate, as these are offered from a private home. If interested, please contact Kim at ext..

BALTIMORE FREE STORE: 1413 West Baltimore Street Baltimore, MD 21223. Open to shop and donate most Saturdays, 10am - 3pm Call for information: 410.340.9004

MOVING: Many of our clients are expressing a need for transportation assistance with moving furniture. If you know anyone with a truck, who can help move furniture, please contact Jennifer at ext.74.

BEAUTY SERVICES: Several of our clients are offering professional beauty services, at excellent rates. For more information, contact Stephenie, Terence or Heidi.

TUTORING: Anyone interested in private or small tutoring groups, please contact Terence. \$5.00 per hour. Includes GED tutoring, and lessons in most subjects.

BARBER SERVICES: Rauf's Hair International Barbershop located at 3044 Greenmount will give a great cut for \$13 excluding tax if you say Heidi sent you.

PIT BULL PUPPIES FOR SALE: 10 pit bull puppies for 200 or best offer. Contact Marlo for details.

CAKES BY ANGELA: everyday and special occasion cakes. Contact Shana for details.

ROOM FOR RENT: By private landlord. \$440/mo for a single; \$550/mo per couple. Single bedroom in large house, with access to common areas and kitchen. Direct TV and utilities included. Available immediately.

Advocate Support Services

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www.AdvocateSupport.com

www.AdvocateSupportBlog.com

Phone: 866-277-2080

Jim ext. 71

Sandy ext. 72

Jennifer ext. 74

Marlo ext. 88

Kim ext. 76

Shana ext. 75

Heidi ext. 83

Day ext. 80

Stephenie ext. 82

Terence ext. 78

Lyle ext. 79

The next CAC meeting is scheduled for Thursday, January 20, 2011, 1pm – 3pm, at the Atrium at Sinai. All CAC members will also be reminded via USPS mail.

In the near future, CAC minutes and information will be posted on Advocate's web blog/site.

Beginning 2011, one CAC member bio will be featured, per month. We'd like you to get to know your board!

****Deadlines for applying for holiday assistance are fast approaching, and in some cases, expired. Please contact your caseworker for further details.**

****Please remember to RSVP for any event that you wish to attend. It helps us better budget our resources! Watch out January newsletter for details on expanded programming.**

****Satisfaction surveys and activity questionnaires will be mailed out this month. Please complete and return at your earliest convenience.**

RESOURCE PAGE – CRISIS LINES

1st Call for Help (800) 492-0618; Local (410) 685-0525

24 hrs a day / 7 days a week.

Walk-In Hours: Mon.-Fri., 8:30 a.m.- 3:30 p.m.

100 S. Charles 5th Floor Baltimore, MD 21201

Call to find all types of assistance, including food, energy, holiday, eviction, etc.

Maryland Mental Health System: 24/7 toll free line for Medicaid recipients or eligibles sponsored by the Maryland's Public Mental Health System. (800) 888-1965

Baltimore Crisis Response, Inc.: Non-profit mental health, detoxification hotline serving Baltimore city residents with no insurance; Will dispense mental health care workers to your community if necessary. 24-hour support. **24 hour support: 410-433-5175**

Greater Baltimore Crisis Pregnancy Center: Non-profit provides free pregnancy tests, post-abortion support, and parenting classes in the greater Baltimore area. Does not provide abortion services or referrals. . **410-243-6555** Hours: (office) Monday-Friday, 9 a.m.-5 p.m. Location: 2418 Saint Paul Street, Baltimore, MD 21218 or 7329 Holabird Avenue, Dundalk, MD 21222

Maryland Crisis Hotline: Provides crisis intervention & linkage with local community resources, information and referral and telephone support for troubled youth and their families. Serves people of all ages who are in crisis. Trained crisis counselors provide support, counseling, information and referral to resources within the caller's community. Some of the regional crisis centers provide 24-hour walk-in crisis intervention. Serves as a primary intervention resource for people of all ages struggling with problems such as suicide, substance, physical and sexual abuse, loneliness, depression, stress, pregnancy, homicide concerns, eating disorders, sexual identity concerns, running away, relationship problems, divorce, fear, sexually transmitted disease and school issues. (800) 422-0009 55 Wade Avenue Baltimore MD 21228

Rape, Abuse & Incest National Network: - <http://www.rainn.org/> National helpline, counselor in the victim's area assists the caller through the crisis. **Phone: (800) 656-4673** Hours: open 24 hours a day, 7 days a week.

Baltimore City Eviction Prevention Program: Eviction prevention and homelessness prevention through landlord-tenant negotiations, financial assistance, and agency brokering. Crisis intervention and landlord-tenant issues. Assistance with stays of eviction and rent arrearages. Baltimore City resident with a failure to pay rent and/or warrant of restitution notice. **Phone: (410) 878-8650** Hours: Monday-Friday 8:30 a.m. -1:00 p.m. and 2:00 p.m.- 4:30 p.m.

EVENT DETAILS

PLEASE RSVP TO GROUP FACILIATORS. THANK YOU!!!

Glen Burnie Social Club with Jennifer

Every Monday, 2-3pm. Starbucks/Target (6717 Ritchie Hwy Glen Burnie, MD 21061 – near the MVA). A socialization and resource group for client in AA County and southwest Baltimore. All are invited to attend. Snack provided.

Knitting & Crochet with Kim

The first 3 Tuesdays of every month, 1pm – 2:30m, meeting at the Starbucks/Target at Mondawmin Mall. Supplies and teaching are offered; no experience necessary. Coffee/snacks provided.

Ice Cream & Coffee Social with Jennifer

Tuesday, December 7th, 12:30pm – 2pm. Baskin Robbins (Dunkin' Donuts), 5800 Reisterstown Rd Baltimore, MD 21215 (next to DSS). Join us for ice cream and socialization. Snack provided.

Diabetic Support Group

Thursday, December 9th, 11:30am – 1pm. Meeting in the Atrium at Sinai Hospital. Education and support for persons with diabetes. Lunch provided.

Card Club with Jennifer

Tuesday December 14th, 12:30pm – 2pm, meeting at the Atrium at Sinai. Cards, games and socialization. No experience necessary. Coffee/snacks provided.

Book Club

Thursday, December 16th, 11:30am – 1pm. Meeting in the Atrium at Sinai Hospital. Conversation and sharing about written works, with a new book discussed each month. Books/equipment supplied. Lunch provided. NEW BOOK in December is “Wishin’ and Hopin’”, by Wally Lamb.

Holiday Party with Advocate

Saturday, December 18th, noon to 4pm. League for People with Disabilities (large group room). 1111 East Coldspring Lane, Baltimore, MD. See related flyer for all details.

Resource Club with Jennifer

Tuesday, December 21st, 12:30pm – 2pm, meeting at the Atrium at Sinai. Come by for information and resources. This month's focus: housing. Coffee/snacks provided.

Clean & Sober Club

Thursday, December 23rd, 11:30am – 1pm. Meeting in the Atrium at Sinai Hospital. Education and support for persons struggling with addiction issues. Lunch provided.

Women's Group

Tuesday, December 28th, 12:30pm – 2pm, meeting at the Atrium at Sinai. Support, resources and discussions focusing on women's issues. Coffee/snacks provided.

Living with Grief

Thursday, December 30th, 11:30am – 1pm. Meeting at the Atrium at Sinai Hospital. Offering support and coping skills for people suffering with grief and loss. Lunch provided.

