



MONTHLY NEWSLETTER

February 2011

Advocate Support Services, Inc.

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IT'S COLD OUTSIDE

Please be safe in this cold, cold winter. Communicate any needs to your case worker, for assistance with utilities, clothing, etc.

Deadline for newsletter submissions for our March issue is Monday, February 21, 2011. Submit to Jennifer@AdvocateSupport.com, or call ext. 74.

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

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, Lyle 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.

MAKEUP SERVICES BY GWEN: Please call (443)764-9853. Individual and sting eyelashes also available

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. Contact Terence for more information or to set up application.

BASKETS BY MONICA: Gift baskets for all occasions, at all price points. Contact Terence for more information.

Advocate Support Services

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Annapolis, MD 21401

Fax: 800-372-0799

Email: info@advocatesupprt.net

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

Biopic:

Forrest is the CAC Board President, and brings excellent organization and detail management to the position. He has a background in education.

Forrest is active in the community, and has interests in advocacy.

Feel free to contact Forrest with questions, concerns or suggestions. We thank him for his service!

**Please remember to RSVP for any event that you wish to attend. It helps us better budget our resources!

**Programming will be expanded as of March 1, 2011. Watch for more groups throughout the week, facilitated by our case workers.

**Satisfaction surveys have been mailed out. Please complete and return at your earliest convenience. We ask the same, related to our pending activity surveys. Your feedback is important to us!

RESOURCE PAGE – CRISIS LINES

The United Way's "First Call for Help" Statewide 24-hour Emergency Shelter Hotline: 800-492-0618

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

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!!!

Knitting & Crafts 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

Tuesday, February 8th, 12:30pm – 2pm. Meets at the 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

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

Bowl & Lunch – Valentine Theme!!

Thursday, February 10th, 12pm – 2pm. Woodlawn Lanes (6410 Security Boulevard Baltimore, MD 21207). Free to Advocate clients, plus one guest. Two hours of bowling, plus pizza lunch. Wear pink or red and be entered into a raffle.

Men's Group with Terence

Monday, February 14th, 12:30 – 1:30pm. Meeting at the Starbucks/Target at Mondawmin Mall. Conversation and support for men's issues. Coffee/snacks provided.

Resource Club with Jennifer

Wednesday, February 16th, 12:30pm – 1:30pm, meeting at the Atrium at Sinai. Come by for information and resources. This month's focus: recreation options. Coffee/snacks provided.

Book Club

Thursday, February 17th, 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.

Card & Game Club with Stephenie & Day

Monday February 21st, 12:30pm – 1:30pm, meeting at the Baskin Robbins (Dunkin' Donuts), 5800 Reisterstown Rd Baltimore, MD 21215 (next to DSS). Cards, games and socialization. No experience necessary. Coffee/snacks provided.

Coffee Social with Kim

Tuesday, February 22nd, 1-2pm, meeting at the Starbucks/Target at Mondawmin Mall. Social and resource opportunity. Coffee/snacks provided.

Living with Grief

Wednesday February 23rd, 12:30pm – 2pm. Meeting at the Atrium at Sinai Hospital. Offering support and coping skills for people suffering with grief and loss. Lunch provided.

Clean & Sober Club

Thursday, February 24th, 11:30am – 1pm. Meeting in the Atrium at Sinai Hospital. Education and support for persons struggling with addiction issues. Lunch provided.

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 - 1:00 PM Knitting and crafts with Kim	2 Groundhog Day	3	4	5
6	7	8 - 12:30 PM Ice Cream & Coffee Social - 1:00 PM Knitting and crafts with Kim	9 - 11:30 AM Diabetic Support Group	10 - 12:00 PM Bowling	11	12 Lincoln's Birthday
13 Valentine's Day - 12:30 PM Men's Group	14	15 - 1:00 PM Knitting and crafts with Kim	16 - 12:30 PM Resource Club with Jennifer	17 - 11:30 AM Book Club	18	19
20 President's Day - 12:30 PM Cards & Games Group	21	22 Washington's Birthday - 1:00 PM Coffee with Kim	23 - 11:30 AM Living with Grief	24 - 11:30 AM Clean and Sober Club	25	26
27	28	1 - 1:00 PM Knitting and crafts with Kim	2	3	4	5