THE VINE Spring 2013

The Family Recovery Program, Inc.

## THE VINE



### The Family Recovery Program, Inc.

The Family Recovery Program, Inc. is now operating as it's own 501(c)3 nonprofit organization. Mrs. Jocelyn Gainers is the Executive Director of FRP, Inc. For years the Family Recovery Program has been assisting families under the leadership of the Family League of Baltimore City. We would like to thank all of our partnering organizations for continuing support of our organization.

#### June is National Reunification Month.

On June 19, 2012, Congresswoman Gwen Moore, Wis., hosted a congressional briefing on family reunification. A proclamation was issued declaring June as National Reunification Month. This event is to celebrate the accomplishments of parents and the many professionals that support them in getting their children home safely.

FRP is celebrating National Reunification Month on June 14, 2013 following FRP's graduation. There have been many FRP clients who have completed the program successfully and have been reunified. Come out and help us celebrate this wonderful accomplishment. We will be honoring FRP Alumni and their families; along with the staff, judges, DSS and all that have a role in making this a reality for the parents and children.



Staff of the Family Recovery Program, Inc.

### **Graduation at FRP**



March 2013 Graduates

FRP has a chance to celebrate the accomplishment of the clients with a graduation. The March 2013 graduation was a really special day for FRP and the graduates. The Graduation was held at FRP in the conference room and it was a very intimate memorable moment for graduates, family and the FRP staff. Mr. Alvin Winn, DSS Liaison, gave heartfelt and inspiring words of encouragement. Mr. Winn's children also entertained the audience with a song and dance. FRP will host the next graduation on June 14, 2013. Remember that everyone is welcome to attend. R.S.V.P to 410-605-0492 to attend the graduation ceremony.

### **Voice of Strength**

I'm Lafaithia Moore, an Alumni of FRP. I must say, "My life has been a roller coaster ride." FRP gave me the tools to be successful in my sobriety today. It is a wonderful feeling to live my life without using drugs today and be a part of my son's life. Lafaithia graduated from FRP in June, 2012 and continues to do well. Lafaithia shares some words of encouragement, "It feels good to have my self-respect back and to be a part of my family today. I had to let go of my past, the depression, the using buddies and places where I used. Hours turned into days, days turned into months and months turned into years. Just take it one step at a time and you will be well on your way to living a new life. I am so grateful for my sobriety today. I just want everyone to know without FRP, I don't know where I would be and I will always be thankful to the staff here at FRP."



### **Celebrating Families**

"Celebrating Families" Parenting Group, is a 16 week educational group for participants and alumni of the program. There have been two classes that successfully completed the program. Mrs. Elisabeth Leatherman and Ms. Holly Hensley facilitate the group. The group is held on Tuesdays from 1p.m. to 2:30 p.m. here at FRP. If interested please contact the office at 410-605-0492.

#### FRP Alumni/ Support Group

FRP encourages the current participants to join the Alumni group. The group focuses on maintaining sobriety, life skills and creating a strong support network. The group show cases guest speakers on all different areas of living skills.

For more information contact: Tosha Stubbs or Lasondra Shields @ 410-605-0492. Please remember to look out for the next meeting: Next meeting will be held on: Wednesday June 26, 2013 or check our new website: www.frpinc.org

### **Free In the City**

#### **Baltimore Museum of Art**

As a major cultural destination for the greater Baltimore region, the Baltimore Museum of Art is home to the internationally renowned Cone Collection, and it holds the largest and most significant Matisse collection of works in the world.

Outside the BMA walls, experience the lavish Sculpture Garden, featuring two terraced gardens, fountains and 34 sculptures.

Every Sunday the museum hosts hands-on workshops and interactive gallery tours for families from 2 – 5 p.m.

# This event is free to the public.

Don't miss the museum's Family Audio Tour, which highlights 20 objects in the collection. The tour is narrated by Raoudi, Matisse's perky schnauzer; rather than headphones, the tour offers a handheld audio device that allows families to pause and chat about a work.

### **Farmers Market Open**

Baltimore Farmers' Market & Bazaar

Holliday & Saratoga streets, Sundays, April-December



While strolling through Maryland's largest produce-only market, shoppers can revel at the sight of a vast quantity of foods, including crisp fruits and vegetables, poultry, seafood, beef, pork, lamb, bison, chicken, goat, turkey, rabbit, fresh baked ribs, and organically raised and produced milk, yogurt, butter, eggs and cheese products. The bazaar also offers shoppers a variety of unique crafts and collectibles.

### **Healthy Eating Tips**



#### Squash:

Unlike winter squash, summer squash has a soft and almost creamy quality. Its mild taste works well with herbs such as basil, thyme, and rosemary.

#### **Health Benefits include:**

Excellent source of Vitamin C contains omega-3 fatty acids.

#### **Eggplant:**

Most people think of eggplant in calorie—laden eggplant Parmesan. However, this rich purple veggie can be grilled, roasted, and enjoyed in a variety of summer dishes. Tomatoes: Though tomatoes are considered fruit, they lack the sweetness that characterizes that food group. However, cooking or grilling them may take away some of their bitter or acidic flavors.

## **FRP's Upcoming Events**

#### **FRP Graduation**

Zion Lutheran Church 400 East Lexington Street Baltimore, MD. 21202 June 14, 2013 10:00 A.M.

## FRP Twelve Step Meetings

Kim Pryor, Alumni of FRP holds Twelve Step meetings:

Every Friday
11:30 a.m. - 12:30 p.m.
3rd Floor
Conference Room



3rdFloor Conference Room

### National Reunification Month Celebration

June 14, 2013 Zion Lutheran Church 400 East Lexington Street 11:00 a.m.

Following graduation ceremony

# "Celebrating Families" Parenting Group

Tuesday's here at FRP Next class will start June, 2013

For more info call FRP at: 410-605-0492

### **Editor's Corner**



Hello, My name is Tosha Stubbs. I am the Program Assistant here at FRP. I have worked here for one year and it has been a pleasure to join such a wonderful team. I would like to thank Dana Young for encouraging me to put this Newsletter together and to Mrs. Gainers for always challenging me to take on new tasks. I am looking forward to more issues of **The Vine** in the future. Thank you!!

Tosha Stubbs, Editor of The Vine