

The Family Recovery Program Inc. Restoring families. Building futures.

September 2024

In this issue:

\*FRP Graduation \*Community Day \*Cooking Classes \*FRP Impact Letter \*New Model Apartment at Sage \*Tickets for Kids \*Family Fun Day \* Upcoming Events

### **FRP Graduation**

On September 13, the Family Recovery Program (FRP) held its quarterly graduation ceremony at Sage Housing Center.



(Keynote speaker, Pastor Kevin Foxx of Strong Tower Bible Church)

Our graduation is a celebration of 9-24 months of hard work, which includes completing treatment, weekly testing, meetings with case managers, and numerous court hearings. This graduation had 6 graduates-3 were Soldiers of Sobriety with white gowns to symbolize zero positive tests while in FRP. Congratulations to our the FRP Graduating Class of 2024!



(CEO/Director Dr. Jocelyn Gainers, Program Coordinator, Tracie Wyman, Reengagement Specialist Monique Knight) FRP Graduation (continued) As we mention to our graduates at each graduation, this celebration signals the end of your time in FRP, but the beginning of so much more as the parent and person you've worked so hard to become.



(FRP Case Manager, David Martinez and Leroy Collins III)



(Magistrate Kristin Peacock, Lucretia Mott, David Martinez)



(Magistrate Kristin Peacock, Tierra Johnson, FRP David Martinez, Case Manager



(Magistrate K. Peacock, Heather Courts, FRP Case Manager, David Martinez)

## **Community Day**

On September 20, in celebration of National Recovery Month, the Family Recovery Program, Inc. held a Community Day and fundraiser at Sage Housing Center.



There were plenty of vendors from the Baltimore community to assist those with issues ranging from smoking cessation and other health areas, legal issues, or possibly you just wanted to get something to eat and have a good time.



(Community Day vendors on 1209 N. Rose Street)

Justin Inman aka Dr. Baltimore, owner of Big House Fitness LLC, was there to provide a workout for those ready to put in a little sweat and get the heart pumping. He participated as part of our fundraiser for the families of the Family Recovery program and Sage Housing.



(The Baltimore City Health Department participated as a vendor)



(Dr. Baltimore leading a fitness routine for the group)



(Medical student from Johns Hopkins Medicine providing cancer awareness information)

# **Community Day (continued)**

Many Baltimore residents have battled with the addiction to smoking. The Baltimore City Health Department's Tobacco Education and Cessation was on hand to educate us on how smoking affects our bodies. Not only is smoking a serious cause of illness, every cigarette takes 11 minutes off of our lives. Smoking affects fertility and gives us bad breath.



(Mother and son viewing lung exhibit by the Baltimore City Health Department)

What seemed to get the point across to the younger viewers was the comparison of healthy versus unhealthy lungs. Judging by the amount of "blahs" and "yucks" I think it worked.



(There were plenty of new and gently used clothes to pick up)



(Local treatment providers like Seventy Times Seven were onsite for those in need)



(Baltimore City Department of Housing and Community Development was present to assist those in need)



(Maryland Office of the Public Defender has always been a partner with FRP)

# **Cooking Classes**

The Family Recovery Program continues to hold biweekly cooking classes at Sage Housing. Chef Eula McDowell of the Big Bean Theory facilitates groups where our parents learn to shop and cook their own healthy meals.



(Chef Eula McDowell of the Big Bean Theory)

In September, our parents continued to hone their culinary skills as they prepared chicken tacos, a favorite of kids and adults.



(Teamwork makes the dream work)

The recipe of the month for September was Lemon Chicken Orzo Soup.



(Chicken tacos on deck)



(Lemon Chicken Orzo Soup)

## **FRP Impact Letter**

The Family Recovery Program Inc. (FRP) has been in existence since 2005 and has done its best to improve the lives of our families by assisting with obtaining a clean and sober lifestyle, attain stability through an array of services, and educate them in areas from personal health, to GED classes, to voter education. Parents enter FRP and are assigned an FRP case manager to help guide them through their ordeal with the courts and the Department of Social Services. During that time, bonds are often created through their winding navigation through the system. Sometimes, after graduation, a parent will reach out to that case manager to thank them for what was poured into them. Surprisingly, one of the teenage children of a recent graduate reached out with a letter for her mother's former case manager, Deborah Geiger, who is now our Program Operations Manager. You never know who and how your words and actions can affect someone.

Dear Ms Debby, thank you for everything you've done for our family and the endless support you're given us we are beyond grateful to be apart of This program as it has guided us through the most difficult periods of our lives. You've been an Inspiration to me as well as everyone fortunate enough to meet you. I never really understood the concept of one person altering someone's life Completely until 1 experienced it first hand as I'm sure most people who walk through your door can say the same. You're helped change my mindset into something worth living in and youve created a space worth every second of insecurity and self doubt it took to get here. In the past year and a half live seen my mother change into someone I never expected her to be. From believing she was defined by a label or something her mind tricked into being true to the Woman capable of anything she sets her mind to Every struggle behind her life has been supported through this program and as shes said countless of times before, this program saved her life. You saved her life. Thank you a million times over And thank you to whoevers life you change next!

#### (Letter written about the impact FRP had on a her mother)

### New Model Apartment at Sage

The Harry and Jeanette Weinberg Building at Sage Center (Sage) has been a resource for housing for FRP families since October 2016. Many of our families were in need of housing and Dr. Jocelyn Gainers decided to create our own resource to help families stabilize and increase the opportunities for reunification. To be eligibe, parents must be a part of the FRP program, be recommended by their case manager, complete an interview process, and must provide 30% of their income to their rent. Sage I is located at 1209 N. Rose Street and consists of 23 two and three bedroom apartments.









# **Tickets for Kids**

Tickets For Kids provides free access for lowincome and high-risk kids to attend the arts, cultural events, and athletic events in their community that they may normally never get to attend. By providing these experiences, the hope is that it inspires hope and dreams in our children.



(End Zone view at M&T Bank Stadium)

In August, Sybil Imani of FRP, was able to secure twelve tickets to the Ravens vs Commanders football game at M&T Bank Stadium. Glenda Camper and Monique Knight volunteered as chaperones for the day.



(Glenda Camper and guests enjoying the Ravens)

Another event we were fortunate to get tickets to was the Premier Lacrosse League (PLL) game held at Johns Hopkins University. The PLL is a professional lacrosse league where the best players in the world compete. Many of the games are broadcast on ESPN.



(Premier League Lacrosse players warming up for the game)



(Heading home from Homewood Field at Johns Hopkins University)

# Family Fun Day

On Tuesday, August 13<sup>th</sup>, FRP and first year medical students of Johns Hopkins University held Family Fun Day at the Sage Housing Center as part of their "Day of Service."



This was a chance for our families and the community to come together before the commitments and hectic pace of the school year begins.



The kids really enjoyed kicking of the shoes and jumping in the Bounce House. FRP Peer Recovery Specialist, Glenda Camper, was a popular person because she volunteered to share her skills at face painting.



Lots of music, food, and activities was the recipe for a good time. We thank all that made it possible!



(A kid with no shoes on this day was a sign of a moon bouncer)

# **FRP Donations Link**

When you make a donation to Family Recovery Program, you are directly supporting the reunification of children with their families in Baltimore. As the holidays approach, please consider making a donation to FRP as we continue to try to provide meals, clothing, gifts, and housing for families in need during the holiday season. Thank you!

https://frpinc.charityproud.org/Donate

### **Upcoming Events**

#### **Circle of Security Parenting Program**

Held at Sage Center at 1209 N.Rose Street

Thursday for 8 weeks beginning September 28<sup>th</sup>

### Support Group meetings

Held at Sage Center at 1209 N.Rose Street Fridays 11:30a-12:30p

### OPSC Symposium November 20-21, 2024

Sheraton Baltimore North Hotel 903 Dulaney Valley Road Towson, Maryland 21204

### **Expanded Parenting Time Room**

Held at 301 N. Gay Street (The Chance Bldg)

Contact your FRP Case Manager or Monique Knight

410-605-0492

### Life Skills Support Group

Wednesdays at Sage 1209 N. Rose St and 301 N. Gay St Contact your FRP Case Manager or 410-605-0492

Veterans Day Holiday - FRP offices closed on November 11, 2024	
Thanksgiving	-FRP offices closed on November 28-29, 2024
FRP Graduation	-December 6, 2024 at Sage Center at 10a