



The Family Recovery Program Inc.

Restoring families.
Building futures.

March 2025

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FRP Graduation

On March 7, the Family Recovery Program (FRP) held its quarterly graduation ceremony at Sage Housing Center. Our graduates are required to complete 9-24 months in the program as they are working toward reunification with their children. Many face months of demanding work, including successfully completing treatment, weekly testing by FRP, meetings with FRP and Sage case managers, and numerous court hearings. They continue to work to satisfy the demands of the Baltimore City Department of Social Services (BCDSS) while balancing life's challenges. It is not easy, but all will tell you that their efforts were worth it once reunified and their lives are back on track.



(Kurundi interpreter Mrs. Claudine Mugabo, Capitolina Ndayibanje and her son, FRP case manager Domonique Smith, and Magistrate Kristin Peacock)

FRP Graduation-continued

This quarter's graduation was small, but full of joy and emotions. Ms. Capitolina Ndayibanje has overcome many hurdles to get to this point, including the difficulty of not speaking fluent English. She speaks Kurundi, a dialect of Rwanda, and requires an interpreter at court hearings. We were fortunate to have her interpreter attend our graduation so Ms. Ndayibanje could hear all of the praise laid upon her for her achievements.



(Stephan Brown receiving his FRP graduation certificates from Magistrate Kristin Peacock and FRP case manager, David Martinez)

Mr. Stephan Brown was our other graduate, and he is also a resident of Sage Housing. Mr. Brown's wife is a 2024 graduate of FRP and a resident of Sage. As a man of few words, Mr. Brown did speak about his journey at FRP and how his relationship with his case manager, David Martinez, was crucial in his progress after a rocky start in 2023.



(MD State Delegate LaToya Nkongolo presenting a citation for Dr. Jocelyn Gainers. Court Coordinator, David Sifford received it on her behalf)

Our guest speaker was Maryland State Delegate, LaToya Nkongolo. As a former Program Manager of Recovery Support Services for the Department of Health in Anne Arundel County and a licensed therapist for over 25 years, she understood the challenges our parents face, as well as the obstacles of a program like The Family Recovery Program. She gave words of encouragement, as well as citations from her office for the graduates and FRP Exec. Director, Dr. Jocelyn Gainers who could not be present on this day.



(Professional singer, Keith Matthews performed)

Salon Suite's Grand Opening

Congratulations to Sage Center on the Grand Opening of their new "Salon Suite at Sage" hair studio! We have some talented staff and parents who take pride in styling hair and what better way than to put their creativity to work.



Parents and Children who live in Sage can enjoy the experience of a salon setting without the hassle of traveling to another location. It can be as easy as walking downstairs to the first floor of Sage Center.



Our parents can now service each other and each other's children with all of the styles they like. From braids, to waves, curls and other non-chemical services.



Housing Case Manager, Tiajuana Jones did the first hairstyle for one of Sage Pre-teens, Abigail. Abigail gave an inspiring speech and shared her interest in one day being a hairstylist. We are looking forward to seeing more styles from Salon Suites at Sage.



(Color coordinated cupcakes for the occasion)

Valentine's Day

Valentine's Day has come to represent a time for expressing love and affection to our family, romantic partners, and friends. On February 13th, Sage staff celebrated "Expressions of Love: A Pre-Valentine's Day Dinner Party". Our families got together to enjoy music, food, activities, and the sharing of a speech by Sage resident and FRP graduate, Ms. Francine Clubb and her daughter.



(Jessica Brooks and her daughter)



(Ashley Byington and family)



(Tierra Johnson and her son)



(Creating our own Valentine's Day cards and our own games)

Women's History Month

Women's History Month began as a local celebration in Sonoma County, California in 1978. In 1980, President Jimmy Carter declared the week of March 8th as National Women's History Week, and in 1987, Congress designated March as Women's History Month.



(Monica White, Stephanie White, Yvette Pugh, and Dr. Lanise Stevenson)

Women's History Month is a time to celebrate and recognize the contributions of women to history, culture, and society. For 2025, the theme for the National Women's History Alliance (NWHHA) is "Moving Forward Together! Women Educating & Inspiring Generations." The guests on our Women's History Month panel at Sage Housing spoke about their careers and inspirations.



Monica White is the Chief Operations Officer at Misha House. She is also the co-owner and co-founder of Misha House, LLC and has spoken at FRP graduations in the past. Misha House offers innovative addiction treatment services to help participants learn the necessary skills to support continued abstinence as they bridge the gap from treatment to a recovery-based lifestyle.

Stephanie White is a certified health and wellness coach and personal trainer at ENERGU FIT. As an Integrative Nutrition Health Coach, she creates a supportive environment from healthy eating, exercise, and coaching to improve health through a lifestyle that works best for the individual.

Yvette Pugh is a certified neonatal nurse practitioner with Holy Cross Hospital and Mercy Medical Center. Dr. Lanise Stevenson is the founder of Live in Flow and is a board certified hypnotherapist. Live in Flow helps with starting a journey toward healing and transformation through services such as hypnosis, phobia release, and anxiety release.

Tickets For Kids- Disney on Ice

Tickets For Kids provides free access for low-income and high-risk kids to attend the arts, cultural events, and athletic events in their community that they may normally never get to attend.



(The skaters and costumes were fantastic)

By providing these experiences, the hope is that it inspires hope and dreams in our children. Sybil Imani was able to secure tickets to Disney on Ice at CFG Bank Arena in downtown Baltimore City.



(The Skowrunski family)



(Christina Prahl and her daughter)



(The Byington family)



Art Therapy with Ms. Kandice Medley

Art therapy is used most commonly to treat mental illnesses and can aid in controlling behaviors correlated with psychosocially challenging behaviors, slowing cognitive decline, and improving one's quality of life. Art therapy can help people express themselves more freely, improve their mental health, and improve interpersonal relationships. The basis of art therapy is established on the idea that people can recover and feel better through artistic expression.



(Ms. Kandice Medley provides art therapy at Sage and the FRP courtside office.)

Art therapy refers to various treatments, such as theatre therapy, dance movement psychotherapy, body psychotherapy, music therapy, and drawing, painting and craft therapy. Art therapy uses integrative techniques to captivate the soul, body and mind in ways that verbal expression alone doesn't appear to. Art therapy is gaining popularity in mental health settings because it provides a recovery-oriented, person-centered approach that includes emotional, spiritual, social needs and clinical demands.



(Ms. April Gilmore and her daughter at FRP courtside)

Cell Phone Day



March 18th was Cell Phone Day at FRP courtside. FRP parents were able to sign up for new cell phones with 100 free minutes and 100 free text messages. In 2025, having a cell phone seems to be more of a necessity than a luxury. We need them to stay in contact with family, make appointments, to pay bills and even to order food in a more timely fashion.

Our event was hosted by Jay Barr at Jay@RAISETHEBARR.PRO. Parents received a free Android smartphone with free unlimited texts, 1000 minutes and 4.5 GB of data. Anyone who receives government benefits such as SNAP/EBT, SSI, and Medicaid qualifies.

Upcoming Events

Expanded Parenting Time Room

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

Contact your FRP Case Manager or Monique Knight at 410-605-0492

Support Group meetings

Wednesday at Sage 1209 N. Rose Street (Sage) and 301 N. Gay Street

Contact your FRP Case Manager

Life Skills Support Group

Held at Sage Center at 1209 N. Rose Street

Fridays 11:30a-12:30p

FRP Graduation

June 13th at Sage 1209 N. Rose Street at 10am

Trainings

Documentation/Confidentiality & Ethics on Monday, April 7th at 301 N. Gay Street

CPR-First Aid/AED Training on Monday, May 12th at 301 N. Gay Street

Trauma-Informed Care Training on Monday, May 17th at 1209 N. Rose Street (Sage)

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>

FRP Fundraiser

DoubleGood Popcorn Virtual Fundraiser.

Our fundraising window begins on **April 07, 2025, at 8:00 AM** and goes until **April 11, 2025, at 8:00 AM**.