

The Family Recovery Program, Inc.

Restoring Families.
Building Futures.

June 2025

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It's been a vibrant and inspiring season for our family recovery community. From cheering on the Orioles and exploring the National Aquarium to engaging in enriching programs like art therapy, Attachment Vitamins parenting sessions, and other wellness classes, families have connected, healed, and grown together. We also proudly celebrated progress at our recent awards and graduation ceremony. With more events on the horizon, we're excited to keep the momentum going!



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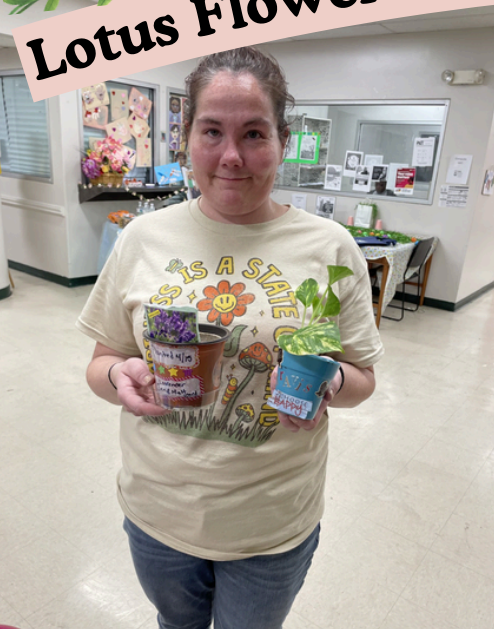
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Family
Recovery
Program

Lotus Flower Activity: A Symbol of Growth and Healing



Jennifer Ward sharing the beauty of her flourishing plants.



The Skowrunski family enjoying their time together during the activity.



Jennifer and Matthew Ward adding personal touches to their plant pots

Thanks to the dedication and efforts of Sabrina Gross, our incredible peer recovery specialist and case manager, the Lotus Flower activity on **April 15th** was a tremendous success. Families and staff came together to pot a plant—an act that symbolized much more than just gardening. It marked the beginning of a journey. Just like the plants we nurtured that day, growth in recovery requires ongoing care, attention, and love. This activity served as a meaningful reminder that healing is a process, and with continued support, beautiful things can bloom.



The garden sits right outside the office, making it easy for families to stop by, check in, and water the plants.



Administrative Program Assistant Ati N'Diaye proudly showing off her thriving plant!



Families and staff gathered outside the aquarium for a group photo

Baltimore National Aquarium

On **Friday, April 18th**, the Family Recovery Program families gathered for a trip to the National Aquarium in Baltimore! For many families, it was a first-time experience—a chance to learn, bond, and create joyful memories outside of everyday routines. These shared moments of connection and discovery are at the heart of FRP's mission to support families in healing and growing together.



April and her daughter Faith having a great time at the bowling alley



Blessing showing off her skills!

Bowling Day at Mustang Alley

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	5	12	15	16	23	31	39	47	55	63	63	63
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Bles	X	3	1	1	1	1	3	3	8	1	1	5
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Niq	5	2	1	8	7	9	7	6	3	6	2	4
	7	9	18	25	42	49	58	66	74	87	87	87
											329	329

Welcome to Mustang Alley's!!! Eat Drink & Bowl

On **Friday, May 2nd**, the Family Matters program treated our families to an afternoon of fun, fellowship, and friendly competition at Mustang Alley Bowling Alley. This event was organized through the dedication and hard work of Family Matters case manager Domonique Smith, whose efforts ensured every family could participate and enjoy a memorable day.

Ringling Bros. and Barnum & Bailey Circus!

On **April 11th**, families enjoyed a night of laughter and awe at the Ringling Bros. and Barnum & Bailey Circus!

It was a special chance to come together, make joyful memories, and celebrate their journey of healing.



Ashley Byington with her children Winter and Thomas



The Witt and Easter-Hill family



Alexandra Rostek and daughter Kali



Siblings Tyler and Trinity Breighner



Peer Recovery Specialist Robin McDaniel joined the Witt, Byington, Rostek, Breighner families, and more for a fun day at the circus—building community and sharing smiles beyond the Sage Center.



James Gorham, our Sage Center Facilities Manager, serving up smiles at the grill.



Dedicated Johns Hopkins volunteers loading wheelbarrows with mulch



The Campbell family lending a hand by spreading mulch



Jessica Brooks and her son refreshing the playground with new woodchips



Baby Winter proudly wearing the evidence of her hard work

Saturday Spring Clean-Up

Thank you to everyone who joined us on **Saturday, April 26th**, for our Spring Clean-Up at the Family Recovery Program! Together, we cleaned, planted, organized, and brought fresh energy to our space. Your time and effort help keep our environment welcoming and full of hope. We're grateful for your support and community spirit!



Board member Sandy Nichols filling planter pots with care.



A heart-shaped mulch pile—left behind as a sweet gesture by one of our volunteers.



Our helpful John's Hopkins University volunteers, joined by Dr. Jocelyn Gainers, our CEO (left)



Dr. Gainers, Tiffinee Scott, President of the Maryland Peer Advisory Council (middle) and Sandy Nichols



Let's Go O's!



Smiles all around from the Winn-Alvin Family as they take in the game!



O's took down the Yankees 4-3 with help from O'Hearn and Sugano!



Stephen Brown, celebrating his April graduation from FRP with a day at Camden Yards

On **April 28th**, a few of our families enjoyed an unforgettable day at the Orioles vs. Yankees game—an experience made possible by our incredible staff. From the roar of the crowd to the connections in the stands, it was a day full of joy!



Peer Recovery Specialist Jada Smith (right) and Dr. Jocelyn Gainers our CEO (left)



Lesia Ellis, our Finance Coordinator catching a foul ball!



On **May 15**, our FRP staff took a break from the office and headed to Camden Yards to catch an Orioles game together. It wasn't about the score but about spending quality time with our coworkers, enjoying the sunshine, and having good conversation.

Moments like these remind us that the strength of our work comes from the connections we build with each other. Whether it was sharing laughs in the stands or just having time to relax outside of work, it was a great way to recharge and appreciate the people we work alongside every day. We're lucky to have a team that works hard and genuinely enjoys each other's company.



Reashawnda Cambell accepts her Welcome to Sage Center award with her daughter Ledgend by her side



Honoring Abigail with the Inspiration/Vision award, joined by her supportive friend Thomas



Melody Skowrunski earned several awards for her Phase 2 promotion and consistent commitment to compliance



Ms. Trinity receives the Most Welcoming award with a smile!

Sage Award Celebration

On **April 30th**, we held an award ceremony to recognize the efforts and progress of the parents and children living at the Sage Center. The event marked important milestones in their journey and acknowledged the steps they've taken toward personal and family growth.

One parent shared, *"This was the first time I've been recognized for something positive. It reminded me that I'm moving forward, and that matters."*



Alexandra Rostek proudly joins other parents in receiving an award for excellent compliance



A special moment as Thomas Byington accepts his Curiosity award with his mom Ashley there to celebrate



Ashley Byington is recognized for her strong compliance and given special thanks for helping to lead the ceremony



Ana Molina proudly holding her certificate of graduation that shows her hard work and dedication to recovery



Congratulations to Ms. Ana Molina!

We are proud to celebrate Ms. Molina's graduation from Helping Up Mission on **Friday, May 2nd**. Her achievement is a testament to her determination, resilience, and commitment to personal growth. We honor this important milestone and look forward to all that lies ahead for her.



FRP Case Manager Domonique Smith, whose guidance supported Ana Molina throughout her journey



At the Helping Up Foundation graduation, Ana Molina stands with her son Andrew and the Helping Up staff, celebrating this big accomplishment.

Honoring Our Mothers!

On **May 6th**, we hosted a special Mother's Day brunch to honor the incredible mothers in our program. The event featured heartfelt messages from our esteemed staff and families, creating a warm and memorable celebration.



Ashley Byington



Alexandra Rostek and daughter Kali



Reashawnda Cambell with daughters Legend and Raven



Krystal Lawing

Happy Mother's Day from us to you. We thank you for your resilience and passion towards recovery. Thank you for everything you do.

"A mother did not indulge but loved unconditionally in the deepest possible of ways."

-Maya Angelou



Sincerely from,

**Delta Sigma Theta Sorority Inc.
Baltimore Metropolitan Alumnae
Chapter**

Physical and Mental Health Committee



Aisha Hall



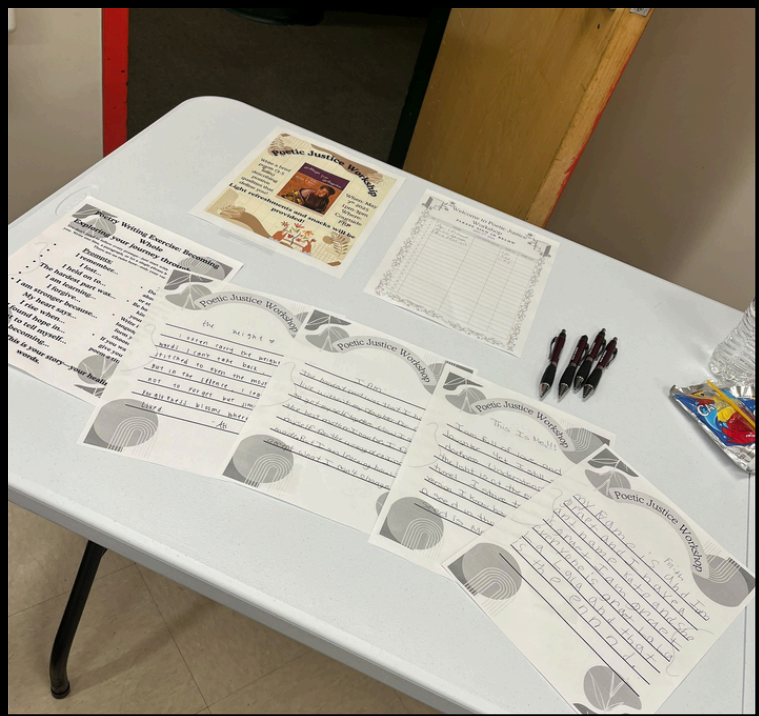
Shannan Hill



Tiajuana, Housing Case Manager at Sage Center and Tracie Wyman, FRP Program Coordinator



Melody Skowrunski



FRP Courtside showcased poems contributed by our staff and families

April Gilmore crafting her poem at FRP Courtside.

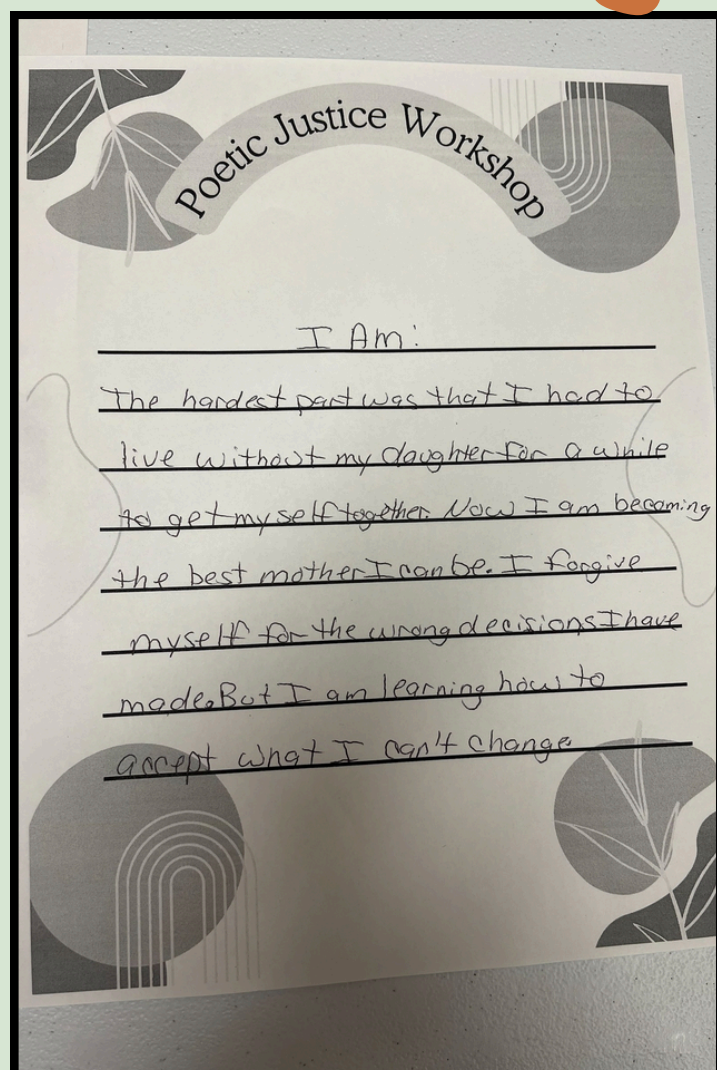
Poetic Justice Workshop

We were honored to host a transformative Poetic Justice Workshop led by our incredible Peer Recovery Specialist Jada Smith on **Wednesday, May 7th**. Through powerful spoken word and open dialogue, participants explored themes of identity, healing, and empowerment in a safe and creative space.

A special thank you to April Gilmore for sharing her heartfelt poem, adding a deeply personal and moving voice to the experience.

Together, we created a space for truth, connection, and healing through the power of poetry.

Thank you, Jada and April, for reminding us that our words have power.



"I am"

By: April Gillmore

Attachment Vitamins Workshop



Beginning **May 5th** and ending **June 2nd**, our dedicated facilitators — Executive Director Dr. Gainers, along with Sybil Imani and Tracie Wyman — launched a powerful 5-session parenting group series. Together, they created a supportive space for growth, connection, and shared learning on the journey of parenting.

Join **Attachment Vitamins** © for a In-Person Parenting Group!

With Facilitators Sybil Imani, Dr. Jocelyn Gainers and Tracie Wyman

- Do you wish to strengthen your relationship with your child by learning the development and communication of babies and young children?
- Learn tools to decrease the impact of stress on you and your child
- Reflect on parenting goals and gain insight on your parenting styles

Sign up for the 5-session group today!

Location: Sage Center @ 1209 N Rose St Baltimore, MD 21213
Dates: May 5th, 12th, 19th, 27th, and June 2nd 2025

Light refreshments will be served!

Gift cards at completion at the end of all 5 sessions!

Raffle at the 3rd session!

Mom + Dad's welcome!

Bus tokens available upon request!

To sign up, contact Jada Smith-FRP Courtside at **443-401-0276** or Robin McDaniel-Sage Center at **443-683-0589** by **Friday, May 3rd 2025**

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“The objectives of these classes are to provide knowledge about early childhood development and the effects of stress and trauma on parenting. We aim to help you get in touch with your child’s needs, set parenting goals, strengthen the parent-child relationship, and understand and appropriately respond to challenging behaviors.”

Trauma Informed Care Training



Dr. Venus and her associate Shamara Thomas

The Family Recovery Program staff recently participated in a powerful and insightful trauma-informed care session led by Dr. Venus on **May 19th**. With her compassionate expertise, Dr. Venus guided the team through core principles of trauma awareness, resilience-building, and empathetic engagement. This training marks an important step in deepening the staff’s ability to support families with understanding, sensitivity, and healing-centered care.



Dr. Venus leading Trauma-Informed Care training for all FRP staff at the Sage Center.

The Family Recovery Program Inc. Graduation

June 2025

On **June 13th**, the Family Recovery Program (FRP) proudly celebrated the remarkable accomplishments of its latest graduating class. The event was filled with joy, pride, and heartfelt reflection as seven resilient individuals were recognized for their dedication to healing, personal growth, and creating stronger, more hopeful futures for themselves and their families. Surrounded by family, staff, and a supportive community, each graduate was honored for the strength and perseverance they demonstrated throughout their journey.



Graduating couple Brandon Snyder and Katelyn Lebon beam with joy alongside their son and case manager Dominique Smith as they celebrate this meaningful milestone together



A double celebration for the Skowrunski family! Melody was honored for graduating FRP, while her daughter Trinity was also recognized for graduating kindergarten earlier that day



Graduate Ashley Byington shares a proud moment with case manager Domonique Smith, as her son Thomas looks on with pride and support



Graduates Dana Decarolis and her partner John Rangel, honored by the Mayor's Office from their achievements, pictured with FRP Program Coordinator Tracie Wyman



A heartfelt thank you to our dedicated court coordinator, David Sifford, for emceeing and thoughtfully organizing such a meaningful event



Christina Prah celebrates her achievement with her daughter Reign, FRP Program Coordinator Tracie Wyman, and Executive Director Dr. Jocelyn Gainers



Special thanks to Ana Molina, a December graduate, for sharing her powerful story and words of encouragement during the ceremony

Each graduate's journey has been marked by resilience, courage, and a deep commitment to change. Through their hard work, they've shown that recovery is not just possible—it's powerful.

The ceremony was filled with emotional moments, meaningful reflections, and well-deserved recognition. Families cheered, mentors shared words of encouragement, and the FRP community stood united in support of these graduates as they stepped into their next chapter.

To our graduates: You inspire us all. We are so proud of you and can't wait to see what the future holds.

A Heartfelt Thank You to the Sage Center Team

We sincerely thank the staff at the Sage Center for their exceptional facilities and warm hospitality. Pictured here is our apartment model, along with Sage Case Manager Tiajuana Jones and Tracie Wyman, our FRP Housing Program Coordinator at Sage, who share what they love most about being part of FRP.



Every Sage room includes a full kitchen and dining area



Some of our apartments come with bunk beds—perfect for families with several kids



“I care about all our families, but my heart is really with the children. It’s fulfilling to help them find their footing, because they are our future—and if parents can’t overcome their own struggles, those challenges often get passed down.”

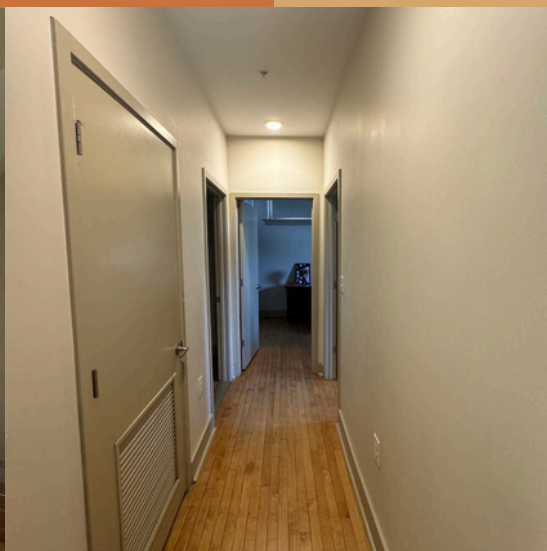
-Tiajuana Jones

“My favorite part about working for FRP is definitely assisting the parent, getting to know their needs and helping them out. It’s also helping the children because children are the love. I love giving them the opportunity to have a voice and seeing them grow from the time they start to when they leave. It’s beautiful to see the milestones they accomplish and that’s truly the best thing about working here.”

-Tracie Wyman



Relax on the couch, catch up on TV, or get things done at the desk; our living rooms offers comfort and functionality



A glimpse down the hallway of one of our model apartments at the Sage Center



Our master bedroom comes with spacious dressers and a generous closet (not shown)



Upcoming Events

June 19th 2025, The Family Recovery Program Inc. will be **closed** in observation of Juneteenth

At FRP Courtside

Art Therapy with Kandice, Wednesdays from 11-2pm

At Sage Center

Men's Breakfast, June 18th from 10am to 12pm

Meditation & Yoga every Monday at 9:50am to 11am

Daily Living Group every Wednesdays from 11am to 12pm

Cooking class every other Tuesday (continuing June 17th) from 10am to 1pm

Recovery Support Group online from 1pm to 2pm; for more information, please email Peer Recovery Specialist Robin McDaniel at rmcdaniel@frp-inc.org

As we wrap up this edition of The Family Recovery Program newsletter, the June 2025 edition, we want to thank each of you. The families, staff, and supporters thank you for your continued dedication, strength, and resilience. Every story shared, every moment celebrated, and every step forward is a powerful reminder that recovery is not a journey taken alone.

Together, we are building a stronger, healthier community. Until next time, take care of yourself and each other.

**With Gratitude,
The Family Recovery Program, Inc.**