

# The Family Recovery Program, Inc.

Restoring Families. Building Futures.

# March 2026

What a cold winter it has been! We can hardly believe it's already come to an end, with the first signs of spring finally peeking through. As the days start to warm up and the season begins to change, we're excited to look back on all the wonderful moments we shared together this winter.

Our amazing and dedicated staff filled the past few months with so much energy, community spirit, and support. Together, we created unforgettable moments, celebrated big wins, and continued building the strong community we're so proud to be a part of.

We're excited to share everything we've been working on and give you a look at some of the highlights from this past season.

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The Harry & Jeanette  
Weinberg Building at Sage  
Center: 1209 N Rose St.  
Baltimore, Maryland, 21213



Santa (Court Coordinator: David Sifford) came bringing smiles to all!



An abundance of gifts were donated by several of our incredible donors!



The Pollitt family (left) joined by Abigail C. (right) playing holiday BINGO



Dijon S. and Parker C. sporting their cute reindeer attire.



These lovely pieces of jewelry were donated by Dr. Gainer's Sorority Sisters!



Peer Recovery Specialist: Robin McDaniel and Malia H. hula-hooping in style!

# Sage Holiday and Gift Party

On December 18th, our Sage Center was filled with holiday cheer, laughter, games, and amazing food as we celebrated the season with our families!

A special thank you to Tijuana Jones, Housing Case Manager, for generously providing delicious food for everyone to enjoy and Court Coordinator, David Sifford for bringing the holiday magic as Santa

We are also incredibly grateful to Dr. Gainers and Delta Sigma Theta Sorority, Inc for their overwhelming generosity. From beautiful gifts, including designer coats and jewelry, they made this Christmas unforgettable for our families.

Thank you to everyone who helped make this celebration so special. Moments like these remind us what the season is all about: community, love, and giving.



Administrative Program Assistant: Ati N'Diaye and Journey A. sharing a smile!



# Staff Holiday Party



Stephanie White, Robin McDaniel, and Latoya Mercer playing "Musical Candy Canes"!



Monique Knight and Valerie Perry racing to get the most in "Marshmallow Cup Hands"



Lesley Snell and Dr. Jocelyn Gainers getting ready to start "Blindfold, Bowls and Bows!"

Our staff holiday party was a huge success, made possible by the incredible efforts of our Executive Assistant, Avery Lawrence! From a variety of festive, holiday-themed games to a fun White Elephant gift exchange, Avery truly created a joyful space for our team to relax, laugh, and celebrate together.



Dr. Jocelyn Gainers presenting James Gorham with a plaque recognizing his lasting contributions and upcoming retirement.

*This special gathering also gave us the opportunity to honor the retirement of our beloved Sage Facilities Manager, James Gorham. His dedication and hard work over the years will never be forgotten, and he will be missed by us all.*



James Gorham and his Sage security team, (left to right) Bernard Simmons, Lesley Snell, Keith Matthews (back) James Gorham, Robert Sparrow and Cheryl Ross



Coincidentally, everyone ended up with something they enjoyed at the White Elephant activity



Thank you to Sage Housing Program Coordinator Tracie Wyman for documenting the day with Polaroids!



Marian Green and Stephanie White laughing at their White Elephant presents!

As we moved through this past holiday season, we were reminded to cherish those closest to us, lead with kindness, and celebrate the moments that bring us together, carrying that spirit forward as we step into the days ahead a little more connected.

# Ravens Beautification Day at Sage



A group photo with all of the volunteers from the Baltimore Ravens, Empact Art, and FRP staff and board members.

On January 20th, we were grateful to host staff and board members, volunteers from the Baltimore Ravens, and our partners at Empact Art for a SAGE Beautification Day.

Together, volunteers reupholstered chairs and couches, assembled new dressers for our apartments, painted benches, and contributed mosaic and clay pieces to a community multi-medium art installation currently in the making.



Volunteers carefully reupholstering chairs and couches with precision and care.



(Left) Danyett Tucker, Innovation & Partnership Director of Empact Art, leading and documenting wall painting on the 2<sup>nd</sup> floor



These purple benches will add bold color and add some Ravens pride to our space!



Volunteers from the Ravens created beautiful mosaic pieces for us to add to our community piece

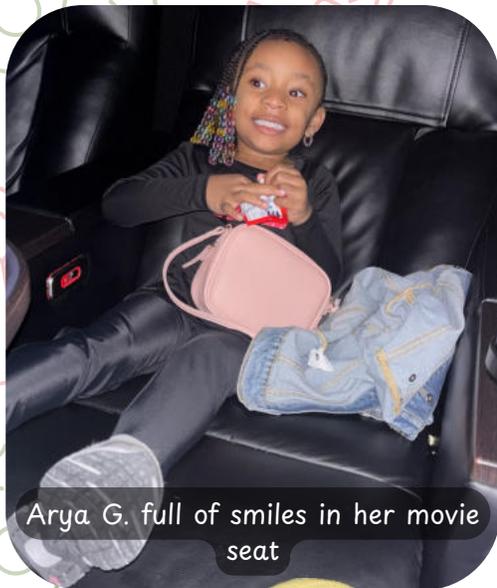
Thank you to everyone who showed up to help transform this space with creativity, care, and new furnishings. Creating a welcoming and beautiful environment is an important part of supporting healing and recovery, and we are deeply thankful for this community effort

# M O V I E T R I P

With Family Matters Case Manager Domonique Smith!



The Garris family joined Domonique and her granddaughter



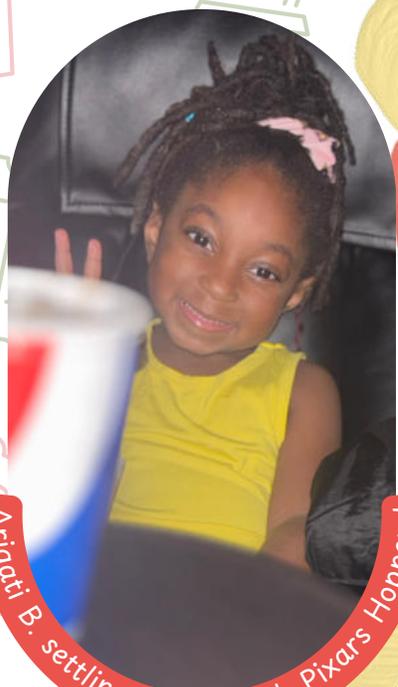
Arya G. full of smiles in her movie seat



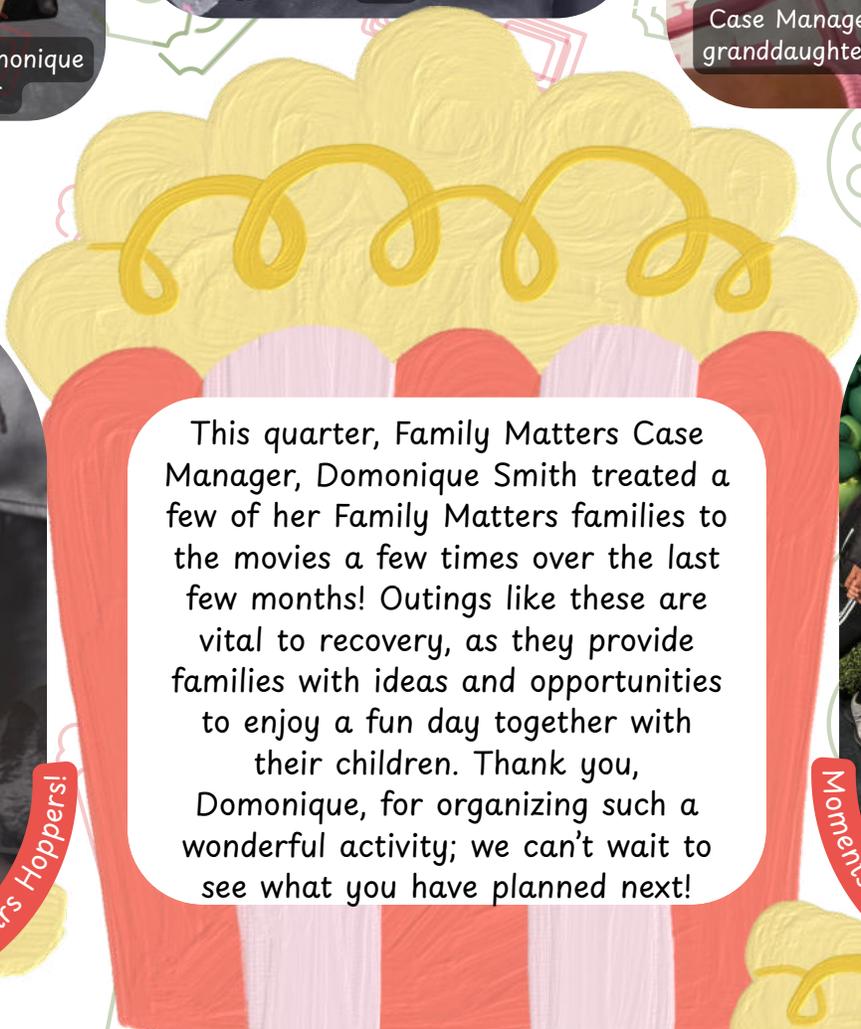
(Left to right) Joanna G., Arya G. and Domonique's granddaughter



Case Manager Domonique Smith and her granddaughter with their popcorn. They're movie ready!



Arigati B. settling in to watch Pixars Hoppers!



This quarter, Family Matters Case Manager, Domonique Smith treated a few of her Family Matters families to the movies a few times over the last few months! Outings like these are vital to recovery, as they provide families with ideas and opportunities to enjoy a fun day together with their children. Thank you, Domonique, for organizing such a wonderful activity; we can't wait to see what you have planned next!



Moments like these strengthen our community!



Our staff taking in all the pertinent information from Dr. Doaty's training.



FRP Case Managers, Peer Recovery Specialists and Directors coming together for a group activity.



We thank Dr. Doaty for sharing her expertise with us all!

This quarter, our entire staff participated in Intro to ACEs and Urban ACEs (Adverse Childhood Experiences). Trauma-informed training is essential to the work we do and the families we serve.

# Introduction to ACE Training

With Dr. Tara Doaty



Dr. Jocelyn Gainers and Dr. Tara Doaty showing some trauma-informed book recommendations. (Left book: Post Traumatic Slave Syndrome by Joy DeGruy Right book: My Grandmother's Hands by Resmaa Menakem)

Trainings like this allow our staff to deepen their understanding of trauma's impact on the brain and behavior, helping us better identify unmet needs and tailor our support to each family's unique experiences. We are incredibly grateful to Dr. Tara for sharing her expertise and equipping our team with practical tools to recognize trauma-related gaps and support parents in developing healthier coping mechanisms.



"Trauma creates narrative and ruins curiosity."  
-Dr. Tara Doaty



# The Family Recovery Program, Inc. Graduation



Magistrate Kristen Peacock, Adina P. and FRP Case Manager David Martinez



Magistrate Kristen Peacock, Monica W. and FRP Case Manager Domonique Smith



Magistrate Kristen Peacock, Trisina C. and FRP Case Manager David Martinez

On March 6, 2026, we hosted a special, more intimate FRP Courtside Quarterly Graduation, celebrating four incredible graduates, with three in attendance to mark this important milestone. We were honored to welcome back alumni Amanda P. and Inshirah B., who shared heartfelt reflections on their recovery journeys and gratitude for the support they received through FRP offering inspiration to everyone in the room.

The celebration was further enriched by our keynote speaker, Mr. Sterlin Miller, who delivered a powerful message of hope and resilience through his personal story. We're grateful to all who made this day so meaningful and look forward to our next graduation on June 5, 2026 at Sage, where we'll also celebrate Sage's 10-year anniversary!



Mr. Sterlin Miller delivering his strong testimony to our graduates

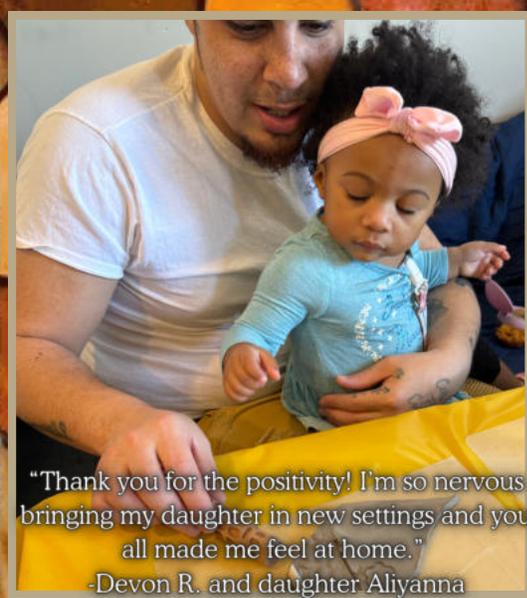


Amanda P. (left) and Inshirah B. (right) shared powerful alumni speeches





Family Recovery Program



"Thank you for the positivity! I'm so nervous bringing my daughter in new settings and you all made me feel at home."  
-Devon R. and daughter Aliyanna



"I gain so much from these workshop...I enjoy the way you can be yourself through the art."  
-Inshirah B and daughter Nala



"I enjoy getting my hands dirty and having free space to do whatever comes to my head! Creating a leaf feels like planting a seed in my soul."  
-Joanna G.



Our staff at FRP Courtside participating in a mosaic workshop with guidance from Impact Art Executive Director Ali Mirsky.



These beautiful hand-built clay leaves were created by our staff and parents during Workshop #2.

Our families have been having such a wonderful time at our Mosaic Workshops at Sage! Each photo captures a special moment, and captioned below them are heartfelt quotes from the parents who are creating right alongside their children. These classes have become more than art-making; they've become a space for connection, confidence, and community.

With three more classes to go before we unveil this incredible piece, the excitement is building! We truly cannot wait to showcase the final mosaic and celebrate the creativity and love poured into every piece.

Stay tuned... The final reveal is going to be amazing!

**Due to recent developments at Sage (see page 10), several of our in-person meetings and workshops have temporarily transitioned to a virtual format. However, our Case Managers and Peer Recovery Specialists have been diligent in navigating this change and continue to host these sessions successfully!**

# Relapse Prevention Group

This relapse prevention group is facilitated by Certified Peer Recovery Specialist Sabrina Gross, who uses her lived recovery experience to provide supportive guidance, practical tools, and encouragement to help individuals maintain their recovery.



**JOIN US FOR A RECOVERY & RELAPSE PREVENTION GROUP**

**When:** Thursdays 11am to 12pm  
**Where:** On Zoom

Led by Certified Peer Recovery Specialist Sabrina Gross, who draws on her personal recovery experience to provide empathetic support and guidance, promoting long-term recovery and overall wellness.

**Want to join? Contact Sabrina at (410) 746-1788 or [sgross@frp-inc.org](mailto:sgross@frp-inc.org)**



**Certified Peer Recovery Specialist Sabrina Gross**



A few members of Sabrina's group and staff sharing some laughs together after the meeting!



# Attachment Vitamins



This group also provides a space for parents to share how they've applied what they've learned and to receive supportive feedback from others.

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

**With Facilitators Domonique Smith and Stephanie White**

- 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: February 23rd, March 2nd, 10th, 16th, and 23rd from 11am-12:30pm

Light refreshments will be served! Gift cards at completion at the end of all 5 sessions! Raffle at the 3<sup>rd</sup> session! Mom + Dad's welcome! Bus tokens available upon request!

Case managers Domonique Smith and Stephanie White facilitate the Attachment Vitamins program, a parenting group that helps better understand early childhood development, stress, and behavior while providing tools to strengthen healthy parent-child relationships and support family well-being.





# Flooding at Sage Center

Flood damage reaching over 12" impacting the entire lower level

In early February, a burst pipe in a nearby building caused heavy flooding throughout the terrace level of the Sage Center. The water caused major damage to residential units, program spaces, and staff offices. Staff have been relocated within the building so services for families can continue without interruption. Two families were displaced and lost essential items, and important areas like the Learning Center, Community Room that includes the children's play area, kitchen, and salon, laundry facilities, and staff offices were all affected.



Post water-removal Sage Community Room showing significant water damage

## How to Support:

We warmly invite anyone able to contribute to our Emergency Recovery Fund:

<https://frpinc.charityproud.org/Donate/Index/?cid=28172>

Other ways to support:

- Please share this update with anyone who may be able to assist.
- Contact us at [info@frp-inc.org](mailto:info@frp-inc.org) if you can support in-kind donations for household essentials

# Upcoming Events

## **FRP Courtside**

Staff Training: Conversations with Dr. Venus Stewart—March 30<sup>th</sup>

Community Mosaic Workshop—April 13<sup>th</sup> @11am

Trauma-Informed Care Training with Dr. Venus Stewart—May 12<sup>th</sup>

Peer Recovery Activities—Call for event dates and times

## **Sage**

Community Mosaic Workshop—March 28<sup>th</sup> at 12pm, May 11<sup>th</sup> at 11am

FRP Graduation—June 5<sup>th</sup> at 10am

Recovery Support Group—Tuesdays at 11am

12-Step Group—Tuesdays at 11am

Flow and Restore Exercise Group—Fridays at 11am

**FRP Offices will be closed May 25<sup>th</sup> in observation of Memorial Day**

As we close out the March 2026 edition of the Family Recovery Newsletter, we want to pause and extend our heartfelt gratitude to everyone who supports our mission. We are a dedicated team committed to loving and serving our city, and none of this work would be possible without you.

Thank you for standing with us, we look forward to reconnecting with you in June!

Follow us on Instagram:

@thefamilyrecoverprogram\_inc

