



# DREAMERS AND ACHIEVERS CENTER

## QUARTERLY NEWSLETTER

Formerly known as Our Door Wellness Community Center, which was located on 2041 Martin Luther King Jr. Ave, in the District of Columbia in ward 8, was renamed to Dreamers and Achievers Center, Inc. in 2019. The center is a non-profit organization that serves as a drop-in-center where people can come throughout the day for support and resources.

In December, the Center moved to the heart of Washington, DC where we started setting up our new location while reaching out to the participants through virtual group meetings and making sure everyone was aware of the new location address which is located at 30 Atlantic Street, SE.

Our staff has first-hand knowledge and experience dealing with mental and substance abuse and devoted their lives to uplifting the DC community. Our dream is to improve the quality of life in our community for people affected by mental and substance use.

We welcomed four (4) new participants in January and two (2) more in February. If you need help or support, we are here for you!



## BLACK HISTORY MONTH CELEBRATION

During our Black History Month Celebration on Friday, February 26th, Dreamers and Achievers was able to serve lunch to the community. The Center served a total of sixty-five (65) people.

The participants provided entertainment for the program. They presented a dance by impersonating James Brown, a speech on Maya Angelou, Frederick Douglass, and other black history people.

One of the center's participant baked a cake for the celebration.



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## BLACK HISTORY MONTH CELEBRATION



CELEBRATING JAMES BROWN



CELEBRATING MAYA ANGELOU



CELEBRATING FREDERICK DOUGLASS

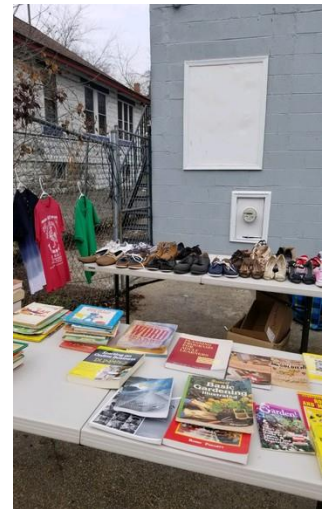
### *Community Outreach*

At Dreamers and Achievers, we want to give back to the community by providing different resources whether it be clothing, food, providing face masks, resource materials, or just needing someone to talk to during this time of COVID 19 and isolation.

We want to be able to identify and meet the needs of the community through our outreach program, which is held every Wednesday from 1:00 pm to 3:00 pm.

(With social distancing practices being in place)

- The Center provided food, clothing, face mask, household, and other items for forty (40) people.
- We are in partnership with AME Community of Hope Church and AR-COMMUNITY CENTER. These organizations provide food, face masks, clothing, and household items.



CLOTHING, BOOKS, SHOES, AND MORE

In March, the Center is providing a WRAP Open House on March 26, from 10 – 12:30 pm. Light refreshments will be served.





# DREAMERS AND ACHIEVERS CENTER



CLOTHING DONATIONS



FOOD DONATIONS



CLOTHING DONATIONS

## *Center Group Activities*

- WRAP -(Wellness Recovery Action Plan)

This is an individual plan developed and written to encourage people dealing with mental illness to learn ways to prevent and maintain wellness. In their individual plan, they will use a series of tools and action plans, to get well and stay well for long periods of time.

- Substance Support/Opioid Use

This group is facilitated by a Recovery Coach Specialist who has dealt with substance abuse and is able to support others who are struggling with this issue in a group setting. This group is designed to help those with various forms of addictions to realize and accept and work on a positive solution to remain clean.

- Double Trouble

This group helps people deal with both substance abuse and mental illness. The participants can relate to both sides of the struggle and get treated for both at the same time. This group gives people an opportunity to share with one another how they cope with substance and mental issues.

- Anger Management

Groups that are geared toward helping people cope with anger issues. They share how frustration and life circumstances can become overwhelming. This group supports each other in learning how to deal with their anger in positive ways.

- Resource Support / Community Outreach

Need help filling out SNAP, benefits applications, or are you in need of other support? We are here to help!

Held every Wednesday, from 1:00 pm to 3:00 pm.

- COVID-19 Group Support

Teaching about social distancing, how to handle isolation, and educating on the benefits and safety of wearing face masks, hand sanitizing, following the guidelines for family gatherings.

Providing information on the COVID vaccine.

- Peer One on One Support

This allows participants to speak confidentially about issues they may be facing and solutions. Peer support is provided by staff who has a group of participants assigned to them for one-on-ones. The staff check in with the participants to see how they are doing, their goals, and see if they need assistance /support with anything. The session is for fifteen (15) minutes throughout week.

- Spirituality Support

Spirituality support groups foster the connection between spirituality and recovery in helping with behavioral health challenges and using their spiritual belief as a source of strength.

**My Dreams To Become Excellence Starts Today!**