



DREAMERS AND ACHIEVERS CENTER

QUARTERLY NEWSLETTER



In life, we get to choose our friends, and the people whom we want to interact with daily. We get to decide whether or not we want them to be a part of our lives. At Dreamers and Achievers Center, we believe in building a community where we become like family.

Here, we focus on growing nurturing relationships that are based on unity and connection. Through sharing our own lived experiences, we are more focused and understanding of those who are dealing with mental health and substance misuse issues and may need additional support while in recovery.

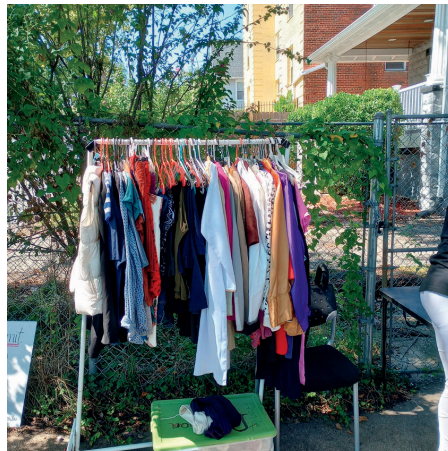
We can relate to what you are going through because we have lived the experiences as well. We understand that it's about being inspired and motivated while strengthening socialization skills, learning how to cope, and enhancing life skills. But most important, it's about unity and coming together where we all have something in common.

Come, and be a part of our community by joining us today in one of our groups.

DREAMERS AND ACHIEVERS CENTER



BUILDING COMMUNITY THROUGH GIVING



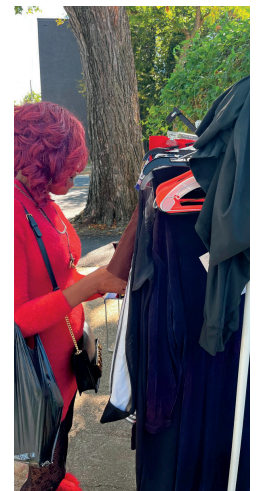
We would like to recognize all of our donors and say thank you for your contribution to the center.



Martha's Table

DREAMERS AND ACHIEVERS CENTER

BUILDING COMMUNITY THROUGH GIVING



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BUILDING COMMUNITY THROUGH GIVING



SURRENDERING

Are you a team player?
Do you believe in sharing or are you your all?
Do you know how to work together?
For the common good so we all stand tall,

When you surrender to God,
He will work it out,
He knows what needs to be done,
And we can all rejoice and shout,

You know you have to surrender,
When you stop trying to manipulate others,
Forcing your agenda, in order to have your way,
Or trying to control the situation,

Instead of trying harder,
Learn to trust more,
Open up the lines of communication,
And give God the glory,

Working as a team does not edge others out,
We are not just self-serving or demanding our rights,
We are not a people with the word "I"
We are people that keep the vision in sight,

When we work together,
We share our plans and pain,
We do what must be done,
Because there is so much more to gain,

For being a team player,
One must learn to give and take directions as well,
If you can't work in the background,
What story will you try to sell?

God loves a team player,
It doesn't matter what you do,
What matters is how you do it,
So learn to share you.

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Activities At The Center

- **WRAP (Wellness Recovery Action Plan)**

This is an individual plan developed and written to encourage people dealing with mental illness and substance misuse to learn ways to prevent and maintain wellness.

- **Substance Support Group**

Facilitated by a Recovery Coach Specialist and Peer Specialist who has dealt with substance abuse and is able to support others who are struggling with this issue in a group setting. Designed to help various forms of addiction to work on a positive solution to remain clean.

- **Community Resource Center**

The center's staff has identified and is able to meet the needs of the community through our outreach program by providing different resources whether it is clothing, food, PPE supplies, resource materials, or just needing someone to talk.

- **One-on-One Peer Support**

This allows participants to speak confidentially about issues they may be facing and solutions. Peer Support is done by staff who have a group of participants assigned to them for one-on-ones. The session is held throughout the week.

- **Spirituality Support Group**

Spirituality support groups foster the connection between spirituality and recovery in helping with behavioral health challenges.

- **COVID-19 and other Communicable Disease Sessions**

Teaching about social distancing and educating on the benefits and safety of wearing face masks, hand sanitizing, up-to-date changes, guidelines issued by the state or government, and how they feel about COVID. We also provide up-to-date information sessions to educate on other communicable diseases that are affecting our nation.

- **Anxiety and Coping Skill Group**

This group helps people use coping skills to deal with their anxiety. We provide information to help them to recognized things that may trigger their anxiety and what strategies can be used to overcome it.

- **Mindfulness**

Our mindfulness groups meet once a month to learn how to be mindful of our thoughts through meditation and learning how to decrease stress. This group helps us focus on what is going on inside of us and get a healthy outlook on things around us.

- **Self-Care**

Self-care provides an opportunity for participants to discuss and engage in different strategies to increase their knowledge of self-care techniques that can be used to improve their overall health.

- **Anger Management Group**

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.

- **Double Trouble**

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

Hours of Operation

Monday: 9 am - 5 pm
Tuesday: 9 am - 5 pm
Wednesday: 9 am - 5 pm
Thursday: 9 am - 5 pm
Friday: 9 am - 5 pm
Saturday 2nd and 4th Weekend:
10 am - 2 pm