



DREAMERS AND ACHIEVERS CENTER NEWSLETTER

SEPTEMBER - DECEMBER 2024

RECOVERY

ENGAGE

JOIN

PARTICIPATE

UNITE

INVOLVE

Engage, join, participate, unite, and get involved both individually and collectively to support recovery and tackle behavioral health challenges. Together, we can establish a supportive network that encourages understanding, resilience, and empowerment for all. Our events, workshops, and community gatherings offer chances for learning, sharing experiences, and forging connections that uplift and inspire. We warmly invite you to explore our programs, volunteer your time, or simply reach out to connect with others who share your commitment to making a positive difference. Let's collaborate to create a brighter, healthier future for everyone.

Dreamers and Achievers Center Inc.

3109 Martin Luther King Jr. Ave SE, Ste #12. Washington, DC 20032

Email Address

info@dreamersandachievers.org

Phone

202-763-7904

Website

dreamersandachievers.org

CURRENT & UPCOMING EVENTS

Navigating Recovery During the Holiday Seasons

During the holiday season, we welcome you to join us in learning different strategies and support systems to maintain sobriety and behavioral health amidst celebrations. The focus will be on creating supportive environments and fostering resilience while equipping attendees with confidence and practical tools to navigate recovery effectively during this challenging time.

Join us on December 13, 2024



Navigating Recovery During the Holiday Seasons

The holiday season is a time of joy, yet it can pose challenges for individuals recovering from opioid, stimulant, substance use, or mental health issues.

Seeking support is essential, and adopting a proactive mindset enables those in recovery to participate in celebrations while prioritizing their well-being, creating a supportive and enjoyable holiday experience.

Join us to learn how to navigate recovery during the holiday seasons.

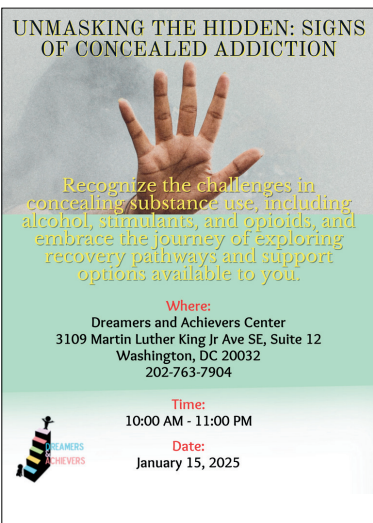
Date:
Wednesday
December 13, 2024

Where:
Dreamers and Achievers Center
3109 Martin Luther King Jr Ave SE, Suite 12
Washington, DC 20032
202-763-7904

Time:
11:15 am - 12:15 pm

UNMASKING THE HIDDEN: SIGNS OF CONCEALED ADDICTION

Join Us on January 15, 2025, @ 10:00 am for a workshop that highlights the subtle indicators of addiction that frequently go unnoticed. This event will provide individuals with the knowledge and tools needed to recognize these signs in themselves and/or others. By promoting awareness and understanding, attendees will be more equipped to offer support to those on their journey to recovery and healing.



UNMASKING THE HIDDEN: SIGNS OF CONCEALED ADDICTION

Recognize the challenges in concealing substance use, including alcohol, stimulants, and opioids, and embrace the journey of exploring recovery pathways and support options available to you.

Where:
Dreamers and Achievers Center
3109 Martin Luther King Jr Ave SE, Suite 12
Washington, DC 20032
202-763-7904

Time:
10:00 AM - 11:00 PM

Date:
January 15, 2025

Unhealthy Coping Mechanisms

A forum designed to provide insight and practical strategies for recognizing and overcoming negative coping habits. Join us for an engaging session that is aimed at empowering individuals to foster healthier mental and emotional well-being.

February 19, 2025 @ 10:00 AM



Unhealthy Coping Mechanisms

Are you struggling to discuss life challenges or resorting to unhealthy coping mechanisms? It's important to address these feelings constructively. Let's talk about healthier coping strategies.

Date:
February 19, 2025

Time:
10:00 AM - 11:00 AM

LET'S TALK ABOUT IT

3109 Martin Luther King Jr. Ave SE • Suite #12 • Washington, DC 20032 • 202-763-7904

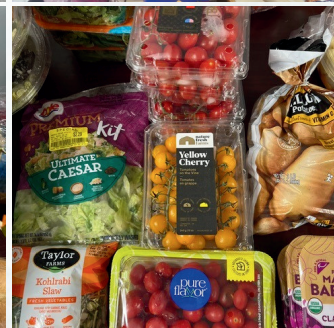
COMMUNITY OUTREACH



thank you 

Thank you to all of the vendors and partners who supported us.

OUTREACH DONATIONS



OUTREACH DONATIONS



DONORS, SUPPORTERS, AND PARTNERS (YEAR 2024)

Infinite Legacy
Giving Life. Restoring Hope.

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infinitelegacy.org



FOOD RESCUE US

Washington, DC

BLICK
art materials

HOPE CENTER
Behavioral Health ▽ Recovery Support ▽ Primary Care

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- FreshFarm
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- Giant Food
- Martha's Table
- Operation Moses
- Oriental Trading
- FurnishHope DC
- SNPha-Howard University

- City Care
- BRINC.org
- Hope One Source
- Mindfulness
- Saint Elizabeth Hospital
- Get Ripped Fitness
- Divine Therapeutics
- Transformers Academy, LLC
- Howard University Research Department (CHTC DC)
- Congress Heights Community Training & Development
- Consumer Advocate Network (CAN)
- Family Medical and Counseling Services, Inc.
- Wards 7&8 DC Prevention Center
- The Pathway Out to Rightly Guided Life
- Hillcrest Family and Children Center

A WIDER CIRCLE'S
WARD 8 HUB

Wegmans



Activities At The Center

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

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

- **Substance Support Group**

Facilitated by a Recovery Coach Specialist and Certified Peer Specialist who has dealt with substance misuse and is able to support others who are need additional support. This group is designed on finding positive solution to remain clean.

- **Community Resource Center**

Come and join us to learn more about the risk factors of misusing prescribed stimulants and opioids and what preventions measures that can be taken. Let us work together to prevent stimulant and opioid.

Free for all: prepared foods, bagels, fresh foods, clothing, personal hygiene supplies, and more.

- **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.

- **Monday Afternoon Activities**

- ✦ Share Feeling of Isolation
- ✦ Motivation and Accountability
- ✦ Movie & Popcorn
- ✦ Music & Relaxing
- ✦ Sharing Your Lived Experience
- ✦ Meet and Greet
- ✦ Healing Through Art
- ✦ Too Good for Drugs Youth Substance Prevention Program

(Monday - Thursday from 3:30 pm - 6 pm)

- **Anxiety and Coping Skill Groups**

These groups 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.

- **Current Events**

Providing up-to-date information to educate participants on current events that are taking place in our world from business, technology, science, health, and more.

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

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