

Friend to Friend



The Celebration of Life

held every 3rd Friday of the month from 12pm to 1pm. F2F members share food, festivities, celebrating the month's birthdays, special occasions, friends and life! Thank you to our gracious community church sponsors this quarter.

Saint Johns of Chula Vista & Holy Cross Episcopal Church of Carlsbad

Annual Thanksgiving Event

Over 75 Friend to Friend members and guests feasted on a traditional turkey dinner with all of the fixings. F2F members and staff shared what they are thankful for this year.



← Randy



Lonnie →

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Scott, Abbey, Stephanie, Stephen, Nomar, Leroy, Amber

Behind the Scene

Volunteer of the Quarter

A great deal of appreciation for our volunteer of the quarter, Georgia. Georgia is a retired high school teacher of 29 years from Chula Vista who volunteers at the reception desk at Friend to Friend every week.

Q: "Why do you like to volunteer?"

A: "I appreciate a nice, peaceful atmosphere. Friend to Friend is a kind and friendly place to be."

Georgia added, "I look forward to volunteering here because I love people."

Thank you
Georgia!



Welcome New F2F Staff

Monica Robles, BA Office Assistant



My name is Monica, I'm the Office Assistant for the Friend to Friend Program. I enjoy the idea of helping others and try to assist others whenever possible. I'm a graduate from California State Long Beach. My hobbies are eating, reading and laughing, so any clean good stories, or jokes are welcome.

Veronica Philipsborn, BA Outreach Worker

Hi! My name is Veronica & I am so happy to be a part of Friend to Friend as an outreach worker. I was born in Northern California, but have lived around the world. I moved to San Diego two years ago and am enjoying it. I love all kinds of music, trying new things & being with my dog. I enjoy getting to know people, so I'm excited to talk to you in the future.



Steps to Transition



Friend to Friend Member Deborah moved into her own one-bedroom. While living at the Downtown Safe Haven for 19 months, Deborah had been on this waiting list for well over a year. One of the criteria for this housing program is that all candidates must be clean and sober.

Debra obtained plates, bowls, utensils, a toaster, a dresser and a TV to make her home her own. Deborah was involved in many aspects of the program, such as WRAP, Seeking Safety, Wellness, Self-esteem/Self-Awareness and she was a regular volunteer. We wish Deborah success in her new surroundings.

Friend to Friend Member Benita (right) also transitioned into her own apartment after living at Downtown Safe Haven. Benita worked hard to increase her income. She also completed computer training courses. Her hard work paid off. Congratulations, you deserve the best!



Friend to Friend Member Mark said, "I used to look at Downtown Safe Haven from the college across the street." Since entering Downtown Safe Haven, Mark graduated from Wellness Recovery Action Plan (WRAP) and went on to the Peer Employment Training. While volunteering with F2F, Mark obtained part-time employment as a Peer Specialist. He volunteers at Friend to Friend and other community agencies, such as the National Alliance on Mental Illness (NAMI). Mark transitioned from DTSH into his own apartment.



My New Years Resolution

"This new year I will strive to be the best that I can be with the hand that I'm dealt and get some meaningful employment on my journey through life's trial and tribulation and be more festive along the way." by F2F Member Gary

Graduations

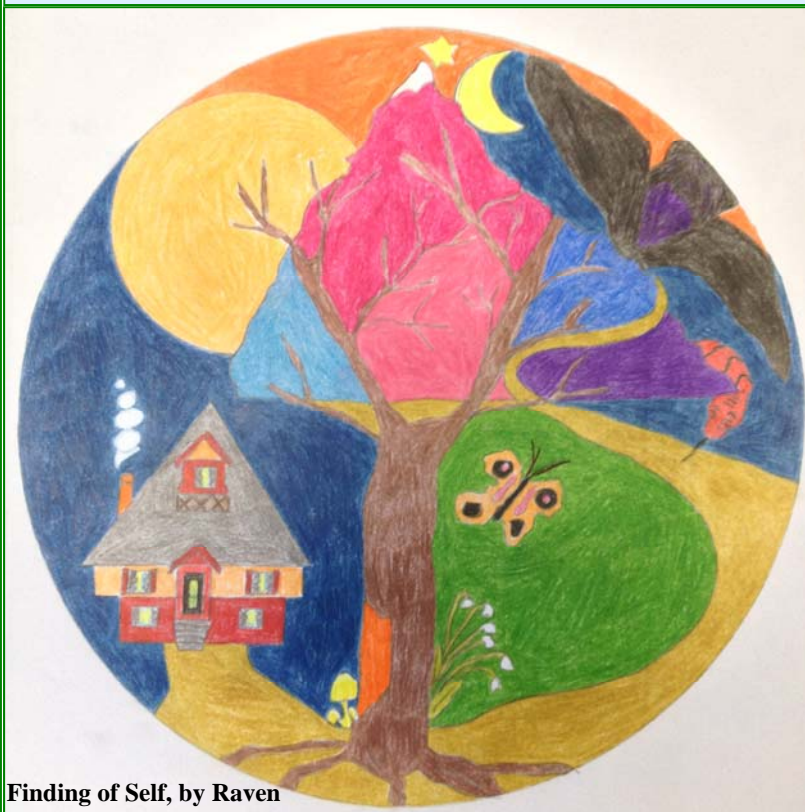


Wellness Recovery Action Plan

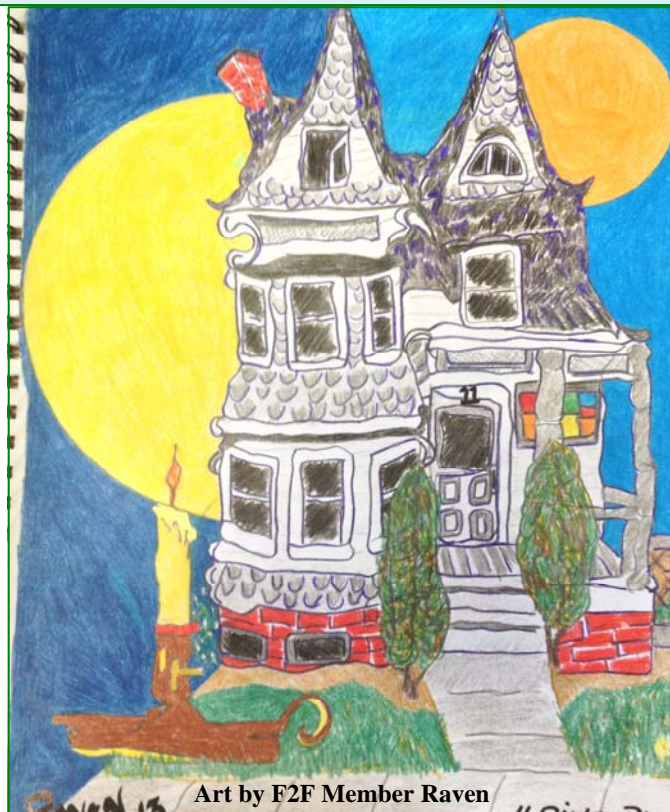
Congratulations to Friend to Friend members Eddie and Cornell for completing WRAP classes. Graduates of WRAP learn how to take control of their own recovery.

F2F members can attend WRAP classes at Friend to Friend on Wednesday from 10-12pm—lunch included! The class is subject to availability and scheduling. Please check ahead of time for class schedule. *Pictured left to right: Eddie, Sarah, Pam & Cornell*

Creative Arts and Writing



Finding of Self, by Raven



Art by F2F Member Raven

A Reindeer's Fly-By

The Stars sprinkled through the dusky night sky,
Awaiting Santa's sleigh to do its fly-by!
Soon came the pitter patter of little feet.
Alight in the clouds, the sleigh piled high with gifts,

Santa and his elves flew through the night's mist!
Just where they were off to,
I'm quite sure I don't know.

However I assure you that what I saw that night
was

One heck of a show!

May your 2013 Holiday Season be Happy and
Blessed!

Poem by F2F Member Sara



Art by F2F Member Bud



F2F Member Ed in Art Class

Community Gatherings

Meeting of the Minds

Many San Diego agencies, including Friend to Friend staff and members, attended the annual Meeting of the Minds conference presented by Mental Health America, on October 31, 2013. The conference is hosted by and for San Diego community agencies with the goal of improving service through education and collaboration on all levels.

*Pictured back row from left to right: Bernie, Stephen, Sarah and Jayne.
Front row from left to right: Mark, Veronica, Pam and Amber*



Vocational Corner



Congratulations to Friend to Friend Member Aaron for becoming employed full-time! Aaron came to Friend to Friend almost every day to use the computer lab to job search and to perfect his resume. Aaron said, "I'll take any job. My job is to get a job." Aaron's persistence paid off. Not only did Aaron get the job, he got the job he wanted most.

If you are a Friend to Friend member and you looking for an opportunity for training, employment or volunteering, Friend to Friend can help.

Jobtoberfest 2013



Pictured to the left is F2F Member, Marte attending *Jobtoberfest* at Balboa Park.

The annual job fair featured over 30 employers and three workshops for persons with disabilities.

Education Opportunity

Eli Lilly and Company, one of the largest producers of medications for various illnesses worldwide, is offering persons with Bipolar Disorder, Schizophrenia or Schizoaffective Disorder the Lilly Reintegration Scholarship Program, a program designed to offer financial assistance for a wide range of educational opportunities in which the student works towards getting a degree or a certificate, and hopefully leading to a job. Eligible programs include High School Equivalency Programs, Associate Degrees, Bachelor Degrees, and Graduate Degrees.

For more information and the application, here are the ways to get it:

Email: lillyscholarships@reintegration.com

Phone: (800) 809-8202

Mail:

Lilly Secretariat, PMB 327, 310 Busse Highway

Park Ridge, IL 60068-3251

By Ray Schwartz, LCSW Peers Linking Peers Newsletter

Memorial



Candlelight Vigil

The Rescue Mission's 12th Annual Candlelight Vigil honored the 63 men and women who died on the street from Oct 1, 2012 – September 30, 2013.

Friend to Friend was there. Everyone carried a pair of shoes with a tag attached, listing each deceased person's name. Each individual's name was read aloud.



Robert "BJ"

It is with the greatest and sincerest regret to share the accidental passing of Friend to Friend Member BJ. BJ is pictured above with former F2F Outreach Worker Linda. BJ achieved many goals including reconnecting with his family. He will be sorely missed. *Grief does not have to be faced alone. Contact the Access and Crisis Line at (888) 724-7240 7 days a week / 24 hours a day.*



To learn more about ECS, please visit our website at
www.ecscalifornia.org
 Phone: (619) 955-8217 Fax: (619) 955-5142

10 Relaxation Techniques That Zap Stress Fast

If your hectic lifestyle has got you down, experts say relaxation techniques can bring you back into balance. Managing stress is key to staying healthy. These stress-relieving tips can get you from OMG to Ahhh in less than 15 minutes.

1. **Reach out**—A good social support system is one of the most important resources for dealing with stress. Talking to others —preferably face to face—is a great way to better manage whatever is stressing you out. You can always connect with others at Friend to Friend in WRAP, Resource Group and Roadmap to Recovery. Many choose to reach out in expressive ways, such as at Music Group on Mondays or Creative Arts and Writing on Fridays.
2. **Meditate**—A few minutes of practice per day can help ease anxiety. The process is simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting—out loud or silently—a positive statement such as “I feel at peace” or “I love myself.” Let any distracting thoughts float by like a cloud.
3. **Breath Deeply**—Give yourself a 5 minute break from whatever is bothering you and focus instead on your breathing. Again, sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.
4. **Be Present**—Everywhere you look, rushing from one task to the other seems to be part of everyday life. Try something different: Slow down. Take 5 minutes and focus on only one behavior with awareness. It can be about noticing on purpose how the air feels on your face when you’re walking and how your feet feel hitting the ground. Try to pause to notice and focus on your senses. You should feel tension leave your body.

Source: webmd.com

Project Homeless Connect

A one-day resource fair that served 854 homeless San Diegans on December 4, 2013. Friend to Friend was there among more than 600 volunteers and 86 other service providers who came together at this event to provide services, which included flu shots, dental exams, haircuts, housing assistance information, and identification cards from the State Department of Motor Vehicles.



Pictured to the right are F2F Member Tim and Residential Outreach Worker Tracy.



**Are you looking for a place to
voice your thoughts, ideas or concerns?**

The Peer Liaisons are looking for you. What are your experiences with the San Diego County Behavioral Health System? This is your chance to be heard at the Mental Health Board. The Peer Liaisons will work with you one on one to prepare your presentation and assist with transportation if necessary, 4-6pm every 1st Thursday @ 1600 Pacific Coast Hwy (City Admin Bldg).

Call Mary Benson at 858-274-4650

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Health and Human Services Agency.*

