



# Friendship News

A Quarterly Newsletter Published  
by Members of the  
Neighborhood House Association  
Friendship Clubhouse

**Celebrate Black  
History**



## FOREVER WELLNESS

By Mikail

My life of wellness started a long time ago when I saw myself going down the wrong path. At the age of nine, for reasons that I still do not understand, my mother decided that I could no longer live in my home with my siblings and I was placed in a group home for children with emotional challenges. After 6 years, I was asked to leave. I was told to go live with my Mother, who at the time was in the hospital recovering from a broken arm. She told me over the phone, "You better not be there when I get home!" This was the start of my struggles. The relationship between me and my Mother was very strained and I never knew my Father. At 15 years old, I had to survive in the streets on my own. I got involved in crime. And at the age of 18

I ended up in a maximum security prison with a twenty year sentence.



*Mikail delivers his speech to an awaiting crowd at the 2014 Wellness and Recovery Summit.*

I wanted to make a change. I told myself I would not leave prison being the same person I was when I entered. So I set out on a quest that at the time I didn't know would end up being a life long journey.

I started working on my wellness by participating in a lot of self-help programs that the prison offered, such as drug and alcohol awareness, Toastmasters and youth awareness. I also participated in a class called transactional analysis. In this class, I learned about the three intricate parts of how people communicate, which are: the child state, the adult state and the parent state. With this learned skill, it allowed me to be able to relate to people better. I started to read up on all different types and forms of religion which led me to believing in a higher power, who for me is Allah. Through this process, I also learned that I could change myself. I began to read and study various mental health books...

**Continued on Page 2**

## Why It Is Important To Come To The Clubhouse

By Phillip

I come to the Clubhouse in order to get out of the house, to learn something, to learn more about how to cope. The Clubhouse is very important to me. I

have learned many things that I remember. I come to be with one another and make friends. Why I am coming is to talk more with others, to stay and do

some chores, for my credits to be very good. I have learned some important things at the Clubhouse.



**&**

**WOMEN'S HISTORY  
MONTH!**



January—March 2014

Volume 2, Issue 3

### Inside this issue:

WELCOME!	2
Getting to Know New Friends: Tara Putnam	2
FOREVER WELLNESS Continued From Page 1	2
Chicken & Potatoes	3
The Garden	3
Laughter Yoga	3
Black History Month Reflections & Poems	4
Women's History Month Reflections	5
How I See Myself In 2014	6
Program Schedule	7
FOREVER WELLNESS Continued from Page 2	8
Thinking Forward	8
Community Resources	9
Encouraging Words	10

## Friendship News

**Welcome to the program!**

We would like you to relax and enjoy. Don't be afraid to look around, talk to new people and talk in groups. You can go on outings. You can go volunteer

at the food bank. You can cook, dance, and learn something new. We are happy that you came!

**WELCOME!**

By Paula

**NEW MEMBERS:**

\*Adrian \*Christine \*Cynthia  
\*Deborah \*Donna \*Elizabeth  
\*Hazel \*Isabel \*Jason \*Jaye  
\*Jessica \*Jesus \*Joseph \*Julio

\*Linda \*Lisa \*Mark  
\*Marshalena \*Patricia \*Raven  
\*Rosalind \*Sheila \*Shenna  
\*Sonseeahray \*Stacy \*Teresa  
\*Verna \*William

**Getting to Know New Friends: Tara Putnam**

By Dennis

Tara Putnam is our newest addition to the Friendship Clubhouse family! Tara joined the team on Thursday, January 23, 2014 as our newest Clubhouse Generalist! Tara focuses on Vocational Training for the Clubhouse members in efforts to grow their skills and open new windows of opportunity. **Where did you work before coming here?** I

worked at the Veterans Village of San Diego. I worked as a Program Coordinator for the Homeless Shelter. **What did you study in school? What degrees do you have?** I have a B.A. in Psychology; I mi-

nored in Spanish at Florida Atlantic University. **Why did you apply to work at the Friendship Clubhouse?** My passion is in working with others and I like to help people. I have a lot of patience and I feel that my experience would benefit the Friendship Clubhouse. **What do you enjoy most about the job? Why?** Interacting with each member because each person is different and I'm able to learn from them. I also love cooking with the members!

**FUN FACTS:****Hometown:**

Fort Lauderdale, Florida

**Favorite Color:**

Green

**Favorite Ice Cream:**

Ben & Jerry's  
Heath Bar Crunch

**Favorite Singer:**

Beyonce

**Favorite Food:**

Pizza

**Special Talent:**

Dog Whisperer



*Tara welcomes members and visitors with a smile.*

**FOREVER WELLNESS Continued From Page 1**

...I sought to prepare myself to be a free man and get ready to re-enter the free world. But there were a lot of things I didn't plan for.

I was released from prison in 1996. I went in a child and came out a man. I had to get a job, get a car, get my own place, and do the things that a man had to do. But no one taught me how to do this. I did it on my own through trial and error.

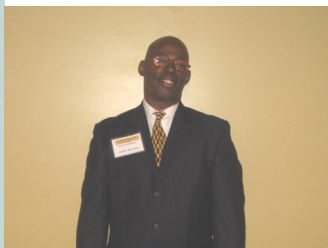
In prison I saw and experienced negative behavior that affected my way of being. My first job, when I reentered so-

ciety was at the Salvation Army. I worked there for a year, before I reverted back to my old ways of thinking and those learned behaviors that lead to my termination. This was the start of something. It became a continuous challenge with me. Those old ways of thinking interfered with my ability to maintain a job. Before I knew it, I was going in and out of jobs like I was going in and out of prison.

So, once again in prison, I realized the importance of seeking help. I went to see a therapist that told me to see a

psychiatrist, but I was released before I got to see the psychiatrist. When I got out I kept it in mind, but I didn't act on it until an argument I had with a friend of mine. My dear friend said to me, "Mikail, why are you going through job after job?" He said, "I think you need help." And I said, "Well maybe I do."

And for the second time in my life, I took a step back and really looked at myself. I realized my friend not only loved me, but that I had to come to grips with the fact that I...



*Mikail has been a member of the Friendship Clubhouse since June 2013.*

**Continued on Page 8**

## Chicken & Potatoes

By Joi

**Serving Size:** 16

### **Ingredients:**

16 Chicken Drumsticks

1 Large Can of Broth

1 Cup of Water

2 Cans of Peas

2 Cans of Corn

6 Potatoes

2 Celery Stalks

1 Onion

1 Large Pot

### **Instructions:**

1. Chop onion and celery

and place in the large pot.

2. Place 16 chicken drumsticks into the large pot.

3. Pour 1 large can of broth and 1 cup of water into pot with chicken, onions and celery until the chicken is completely covered by fluid.

4. Season broth mixture as desired. May require heavy seasoning.

5. Cover and boil chicken, onions and celery on high for 1 hour.

6. Chop 6 potatoes while

chicken boils.

7. After 1 hour, add chopped potatoes, 2 cans of peas, 2 cans of corn to the large pot.

8. Cover and boil for an additional 30 minutes.

9. Remove from heat.

10. Serve and ENJOY!

11. May be best complimented by a fresh fruit salad.



## The Garden

By Mike

So it's winter crop growing season. We've planted carrots. We are talking about a tomato plant also. There are other plants growing too. We water the garden every time we go there. I've also

turned the soil with trowels and shovels. There is also fertilizer that also is manure to help grow what we have planted. What usually happens, we go there once a week. We plant the vegeta-

bles for us to eat them. They are fully grown and ready for us to harvest. We make rows for every vegetable whether it is some kind of eatable. We all partake of this vegetable garden.

## Laughter Yoga

By Sherrie

I like Laughter Yoga because it calms me down and it got me so calm it got rid of my stress. I let all of my stress out when we filled our buckets and filled them up with sand and we threw them over our shoulder and dumped

them over all the way out. I like them when we filled them up fuller. I like the parts where we played cars and then I like stop light green light. I liked all of them that we did in Laughter Yoga. Now I do the Laughter Yoga tape that we

did on T.V. The teacher we had for Laughter Yoga I want her to come back and do more Laughter Yoga with us please. Tell her to come back and do more Yoga with all of us. I liked it that is all I have to say. Thank you very much.

Volume 2, Issue 3

### **Friendship Chefs!**



*Members  
cook up a  
storm in  
the  
Friendship  
kitchen!*



*Sherrie has a good laugh  
just thinking about Laughter  
Yoga.*



## CREATIVE ARTS

AFRICAN  
MASKS

Created By: Rhonda



Created By: Colandus



Created By: Mina



Created By: Tina



Created By: Gloria

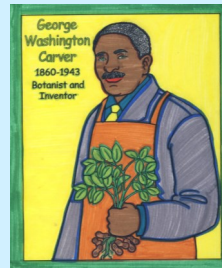
Celebrate Black  
History Month !

## Black History Month Reflections

"It is important to celebrate Black history because we all need to know that Black history is everyone's history. We as people need to understand that if not for Black people's contributions there would be no foundation for some of the things we enjoy today such as the ironing board (invented by Sara Boone), the traffic signal (invented by Garrett A. Morgan) and light bulbs (invented by Lewis H. Latimer) just to name a few. We have such a vast contribution to our nation's success. I am proud to be Black because we are a strong people who have overcome many obstacles. We have turned our adversity into positive achievements."

- Rhonda

"I love being Black. I think that Black peoples have had a lot to do with making this place a better place. We made a lot of inventions." - William



"I am proud to be Black, because it's a race that I desire to be. We sing well. We live well. And we are raised well. We have rights, are allowed to vote, and we are free, free to do whatever we like in this free country, because of all the people who fought for our rights like Martin Luther King,

Frederick Douglass, Rosa Parks, Harriet Tubman and Maya Angelou. I am very thankful for those people. I like being Black, because I think the color brown is beautiful." - Mina

"Black History Month is an inspirational activity. I am proud of the heritage of being colored. I was raised in California in the Bay Area. I went to school and earned a diploma in San Diego." - Teresa

"I love being Black, because I'm going to be fifty-nine and look at me! I'm Black and beautiful!" - Rosamaria

"To be Black is special. I like being Black, because it's a pretty color." - Gloria

## Black History Month Poems

By Rhonda

Beautiful is knowing how to,  
Love ourselves unconditionally,  
And,  
Cultivating positive experiences that  
Keep us all in one nation under God.

By Barbara

Beauty of those who do great things. The  
Last will be first.  
Act right, talk right, it makes you look good.  
Calling peace brings peace.  
Keep your eyes on God & Jesus.

By William

Black is beautiful.  
Love all peoples.  
Always keep your head up.  
Care about all peoples.  
Kiss all loving peoples.

By Mina

Bright,  
Love.  
Alive!  
Clean,  
Kingdom.



Created By: Bounlab



# CELEBRATE WOMEN'S HISTORY MONTH!



## Women's History Month Reflections

"Women use their gifts and talents to help people in different areas of life, to make life better. God made us that way. We can be single or married. We have a lot of choices. To have children or not. We learn from each other in all generations. I know times have changed. Women have more freedom. If women can't bare children it's not called a curse. Instead they give love to others. Women do some jobs that men do. They like doing things that build self esteem. They want to feel beautiful inside and out. Women put God first and it helps them deal with anything and brings blessings to them and others.

I am proud to be a woman because we give to others even when we're going through a lot. That makes us special. We make ourselves beautiful. We make things look beautiful. We are a blessing to others. We have come a long way. We monitor our feelings and thoughts. We love to learn and grow. We keep improving ourselves every day. We reach out and we get wiser. We become more beautiful, more comfortable in our own skin. We share that beauty with others."

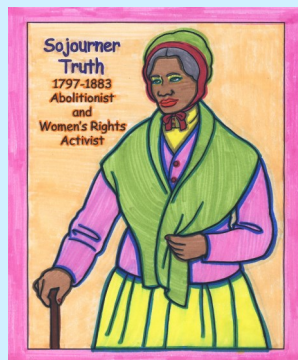
- **Barbara**

"I feel it is nice to be a woman. There are so many things I can do. I have Bible studies on Sunday. I am so thankful that I can be myself. I think about Rosa Parks. She was a special woman. She made great changes for women. I myself want to become a powerful woman like her."

**Gloria**

"Women's History Month is important because women are special and because women have done a lot in the past few years. Women are strong and don't give up. Women have helped a lot of people in need. We can vote!

I'm proud to be a woman because we have the right to own property. Also because when we're in need of food there's places where we can go and get help. Also if we're in need to see a doctor and we don't have insurance, there's clinics that will see you and take you in. I am also proud to be a woman because we are very responsible. We take care of our children. We take care of elderly people. And we believe in a God who's there to support us."



"Women's History Month is important because it means a lot of good things for women. They've come a long way. They've done a lot. Women have made a lot of effort to get to where they are now. Women are free to have whatever rights others have.

I am proud to be a woman because God chose me to be a woman and I am meant to be one. I am strong, smart and beautiful. When women are grown, they can fix problems themselves.

A woman is treated specially too." - **Mina**

Women's history month is important to me because it reminds me of the many wonderful things that women have done in life, such as fighting for the right to vote and fighting for their independence.

I am proud to be a woman because I can feel emotions and care for my loved ones. I am proud to be a positive influence in the lives of others even though I am struggling with my own issues."

**Cynthia**

"Women's History Month is

important because it gives women a chance to expose who they are and what they can do. There was a times when women did not matter to society, their role was to stay home and have children. During the 1900s women had the chance to go to school and work outside the home.

Today women are working all over. As a matter of fact women even become pilots. According to history the first woman pilot was Madam Therese Peltier. Within that era women started becoming independent. They started driving trucks, operating machines and even going to space. In today's world women can do anything that men can do. That's why I am proud to be a woman."

- **Helen**

Women's history Month is important because today it is important for women to have a life that is their own where they can realize their goals, make themselves independent and work.

I am proud to be a woman because I have a lot of value and good characteristics. As a woman I can iron out my future, have a college education and my own independent career. I can work, vote, be strong as well as beautiful."

- **Martha**





## How I See Myself in 2014

### JEFFREY



"My hair reminds me of wolf's fur."

My skin is brown. My skin reminds me of chocolate. My forehead's color is brown too. It is shaped like a coconut. My ears look like brown colored sapphires. They are brown. They're shaped like tear drops and are kind of small. My ears resemble a tear shaped jewel.

My eyes are shaped like a full moon. They are brown and round and big. They feel wet. I like my eyes because they are full of mystery and knowledge. My eyes remind me of a full moon. So far, yet so close and you can't fully understand 'em.

I like my mouth because when I smile, other people smile. My mouth resembles a skateboard. My lips look like they are ready to kiss somebody. When I look at my lips in the mirror I'm reminded of my first kiss.

My teeth are the color of pearls, but I don't like my teeth because they are weird. My teeth look like fangs. My tongue is the color of bubble gum; it's pink and has a weird

triangular oval shape. I like my tongue because without it I wouldn't be able to speak or taste anything. My tongue resembles undercooked meat.

My jaw is brown and adds a square shape to my face. My jaw is hard when you touch it. I like my jaw because it makes my face look stronger. My jaw resembles the jaw line of a wolf." - Jeffrey



### MINA



"My skin is brown, caramel, butterscotch. It looks very pretty when I put make-up on it. My skin is pretty girl colored. I call it 'lady brown.' It's soft and smooth. I get my skin color from my Mom's side of the family. I've always liked my skin color. It's perfect for me and I'm happy that's the color God chose for me. It's like bright sunshine!

My cheeks are soft and make a good smile on my face. They resemble my Mother's cheeks.

My ears are normal looking...and soft...They remind me of my identical twin sister's ears.

And my neck holds up my head. It's a perfect neck for an important job." - Mina

### BARBARA



I love my skin. My skin glows. People have told me that my skin feels good. My skin smells like baby oil. I love my skin. It is my favorite part of my outer appearance. It is a place that is youthful in a woman. I have a young face for my age. It goes with my young spirit and mind.

My forehead is big, but it's okay. I like it. My forehead is like a mountain. It feels like clay dough. It smells and tastes like chocolate pudding. It sounds like music. My forehead is a traveling place. It protects my mind.

My eyebrows are black and they curve. I like my eyebrows. They are young. They taste like peppermint. My eyebrows are beautiful like the eyebrows of a baby doll.

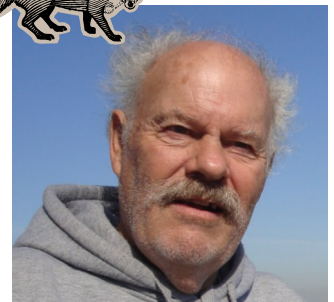
My eyes are round and brown. My eyes feel like marbles. My eyes are a mirror to my soul." - Barbara

### CYNTHIA

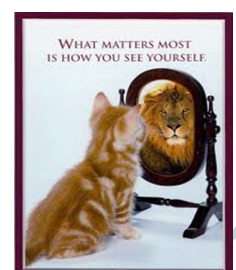


"My skin is peach like a peach. Some areas of my skin are soft and some are a little rough. My skin smells like red roses. I blush when I smile. I like the way I feel when I smile." - Cynthia

### MIKE



"I have a furrowed forehead and high cheek bones. My hair is soft and silvery, so I've been told I could be called a 'silver fox.' It smells like coconut shampoo after I use it and soap my body and rinse off. Cleanliness is next to godliness." - Mike





Members and Staff  
of the Friendship  
Clubhouse get  
licensed as  
professional food  
handlers.



**NHA Friendship Clubhouse**  
286 Euclid Ave., Suite 104, San Diego, CA 92114  
Tel. (619) 263-6269 Fax (619) 264-3581 E-mail: [friendship@neighborhoodhouse.org](mailto:friendship@neighborhoodhouse.org)

## Program Schedule

Effective 04/14

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
08:30-09:00	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting
09:00-09:30	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize
09:30-10:15	Computer Class/ Indep. Living Skills/ Community Garden	Volunteer @ SD Food Bank/ Yoga/Zumba	Arts & Crafts/ New member orientation	Computer Class/ Indep. Living Skills/ Community Garden	Computer Class/ Indep. Living Skills/ Community Garden	Computer Class/ Indep. Living Skills/ Community Garden	Computer Class/ Indep. Living Skills/ Community Garden	Computer Class/ Indep. Living Skills/ Community Garden	Computer Class/ Indep. Living Skills/ Community Garden
10:15-10:30	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ
10:30-11:15	Communication Skills	Volunteer @ SD Food Bank/ Men's and Women's Group	Vocational Group	Recovery Group/ Members' Interest Grp.*	Recovery Group/ Members' Interest Grp.*	Recovery Group/ Members' Interest Grp.*	Recovery Group/ Members' Interest Grp.*	Recovery Group/ Members' Interest Grp.*	Recovery Group/ Members' Interest Grp.*
11:15-11:30	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ
11:30-11:45	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up
12:00-01:00	ⓐ	ⓐ	ⓐ	ⓐ	ⓐ	ⓐ	ⓐ	ⓐ	ⓐ
01:00-01:15	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.
01:15-02:00	WRAP/Medication for Success/W.E.L.L. ** By Recovery Innovations (RI)	Computer Class	Health & Wellness	Roadmap to Recovery By Behavioral Health Education & Training Academy (BHETA)	Roadmap to Recovery By Behavioral Health Education & Training Academy (BHETA)	Roadmap to Recovery By Behavioral Health Education & Training Academy (BHETA)	Roadmap to Recovery By Behavioral Health Education & Training Academy (BHETA)	Roadmap to Recovery By Behavioral Health Education & Training Academy (BHETA)	Roadmap to Recovery By Behavioral Health Education & Training Academy (BHETA)
02:00-02:15	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ
02:15-03:00	WRAP/Medication for Success/W.E.L.L. RI	Fitness & Nutrition/Life Enrichment Fun Activity ***	Community Resources	Roadmap to Recovery BHETA	Roadmap to Recovery BHETA	Roadmap to Recovery BHETA	Roadmap to Recovery BHETA	Roadmap to Recovery BHETA	Roadmap to Recovery BHETA
03:00-03:15	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ	ⓑ
03:15-04:00	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills
04:00-04:30	Housekeeping/ Wrap-up	Housekeeping/ Wrap-up	Housekeeping/ Wrap-up	Housekeeping/ Wrap-up	Housekeeping/ Wrap-up	Housekeeping/ Wrap-up	Housekeeping/ Wrap-up	Housekeeping/ Wrap-up	Housekeeping/ Wrap-up

**There will be work units each day from 8:30 AM to 3:30 PM.**

A separate schedule will be issued each month for special activities.

\* Instead of Recovery Group, Members' Interest Group meets on the 3<sup>rd</sup> Thursday of each month from 10:30 AM – 11:15 AM (RI).

\*\* Please call for information on current group/class by Recovery Innovation.

\*\*\* Fitness and Nutrition and Life Enrichment Fun Activity alternate biweekly.

Friendship Clubhouse is open to all adults with severe and persistent mental illness including those with co-occurring substance use disorder.

Membership is not required to attend the Program.

Members and Staff  
of the Friendship  
Clubhouse  
celebrate  
Valentine's Day!



Members of the  
Friendship Club-  
house join with the  
community on an  
annual Whale  
Watching voyage.



# Program Schedule

Page 7

Volume 2, Issue 3

Members and Staff  
of the Friendship  
Clubhouse  
celebrate  
Cesar Chavez Day!





## Friendship News



*With the encouragement of Clubhouse staff like Joi Jackson (l), Mikail (r) was able to share his story at the 2014 Wellness & Recovery Summit.*



**Clubhouse Vocational Temp, Jessica Guido** (second from the right), who was as sweet as she was talented, said goodbye to the members and staff of the Friendship Clubhouse in January 2014. We wish her luck in all of her future endeavors!



*Sergio encourages others to think positively in order to achieve their goals.*

**FOREVER WELLNESS Continued From Page 2****By Mikail**

...was really struggling and needed help. I was upset, but the truth is always better than a lie.

Three days later, I got back on my wellness journey by seeing a psychiatrist. She suggested medications and that I would need to see a therapist and psychiatrist regularly. I felt I wanted to read up on my symptoms for myself. I started participating in different mental health awareness classes and programs such as the Friendship Clubhouse, Recovery Innovations and the Department of Rehab.

At the Friendship Clubhouse I take wellness and recovery classes. I was also able to get a job through the employees that helped me with resume techniques. They help me understand my behavior. And I really enjoy being around my peers. I even get to cook for them from time

to time.

Recovery Innovations helped me complete the WRAP program. They come to the Friendship Clubhouse and conduct classes that are really helpful. Now I'm working on completing the Peer Employment Training program.

The Department of Rehab helped me with employment search techniques, job skills and they even got me work clothes so that I could go to work. Through these programs I learned to be more respectful, humble and let go of old ways of thinking. They helped me overcome bad habits.

I'm now working again with better awareness of my strengths and challenges thanks to all the people who have helped me on my journey. Now my goals are to keep myself mentally

healthy, to be able to maintain a job and have a better relationship with others around me. I'm glad because it's made me a better person. It took a long time to get here, but I'm here.

As far as my future, it looks bright. I now can work on finishing my book. And with all this in mind I would like to become a peer support specialist. This has always been a desire of mine, to be able to help or assist other people along their way as they set out for their quest and their journey wherever it may lead, to strengthen their wellbeing.

Today, I am celebrating a new me and a future where I can use my skills and lived experiences to help others.

So, if you are on a quest for wellness like I was, then I just simply tell you, "YOU CAN DO IT! And I know, because I did it too!"

**Thinking Forward****By Sergio**

I came to the Program for therapy for three years. I recently got a job in cleaning. It makes me feel powerful that I can make it. I do all of my work: vacuum, mop the floor and throw away trash. I was working thirty-two hours. Now I am working forty hours. I have been thinking forward. As long as I keep working I'm going to be fine in my life.

My illness is better and under control. I'm going to do the right thing. It feels good to come back to life again. I just pray to God that everything goes good and everything does go good.

Communicating with people has made me a better man. Doing a lot of positive things like cleaning up and going to work and coming

home and driving has made me succeed in life. I feel so great and powerful.

You can be good as long as you keep working and keep busy and stay positive. You can accomplish anything. You can do anything you put your mind to and thinking forward is the goal of my life.



## Help Lines

Access & Crisis Line	Phone: 1-888-724-7240
Consumer to Consumer Warm Line	Phone: 1-800-930-WARM (9276)
National Alliance on Mental Illness (NAMI)	Phone: 619-543-1434 NAMI.org

## Emergency Services

Home Start (Utility Assistance)	Phone: 619-229-3660
MAAC Project (Utility Assistance)	Phone: 619-428-1139, 619-409-1697
Metro Good Neighbor (Food)	Phone: 619-264-0368

## Housing

HUD Housing	Phone: 619-557-5305 HUD.gov
Townpeople	Phone: 619-295-8802
San Diego Housing Commission	Phone: 619-231-9400
Supportive Housing	HousingMattersSD.org

## Mental Health Services

San Diego County Psychiatric Hospital	Phone: 619-692-8200
NHA Project Enable	Phone: 619-266-2111
Health Services Complex	Phone: 619-692-5725
Network of Care San Diego	SanDiego.NetworkOfCare.org
Recovery Innovations of California	Phone: 858-274-4650 RecoveryInnovations.org
Substance Abuse and Mental Health Services Administration	SAMHSA.gov

## Social Services

Neighborhood House Association	Phone: 619-263-7761
Social Security Administration	Phone: 1-800-772-1213 SocialSecurity.gov
Low Income Health Program (LIHP)	BenefitsCalWin.org
ACCESS Customer Service Center	Phone: 1-866-262-9881 (For help with LIHP website, Medi-Cal, Food Stamp Programs)
Catholic Charities:	Phone: 619-231-2828 CCDSD.org
211 San Diego	Phone: 211 211SanDiego.org
California Smoker's Helpline	Phone: 1-800- NO-BUTTS (1-800-662-8887) NoButts.org

## Advocacy Services

Consumer Center for Health Education and Advocacy	Phone: 877-734-3258
Jewish Family Services Patient Advocacy Program	Phone: 800-479-2233

## Volume 2, Issue 3

### Member Testimonies:



#### **Consumer to Consumer Warm Line...**

*"I liked it."*

*-Victoria*



#### **San Diego Housing Commission...**

*"Good...They will contact you, let you know where you are on the waiting list; then you get it."*

*-Ronnie*



#### **Health Services Complex...**

*"They are okay...They were there to help you."*

*-Jose*



#### **Social Services Administration...**

*"They help me with what questions I had, with benefits that I have and don't have."*

*-Barbara*



## NEIGHBORHOOD HOUSE ASSOCIATION

A neighbor you can count on!

### Friendship Clubhouse

286 Euclid Avenue, Suite 104  
San Diego, CA 92114

Phone: 619-263-6269

Fax: 619-264-3581

We're on the web!

[www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

## Encouraging Words

"Your attitude, not  
your aptitude, will  
determine your  
altitude."

-Zig Ziglar

"Take time away from your  
worries. Think positive." -

**Mike**

"It's all right. And it's going  
to be all right." - **Edward**

"It is not the end of the  
world. What's happening  
with our symptoms is not  
about us, because it's not our  
fault." - **Phillip**

"Everything will be all right.  
Just trust in a Higher Power.  
It will be fine." - **Christine**

"I think you should pray  
more and look for a better  
day to come and the Lord  
will make a way for you." -

**Gloria**

"You will feel better. Give it  
some time. Rest a while. I'll  
help you." - **Uvaldo**



"Help each other. Take your  
medication." - **Bounlab**

"Open up your Bible. Read  
a chapter of Psalms and fo-  
cus on that. Have a nice  
day." - **Rhonda B.**

"Grin and bear it and still do  
what you do." - **Rosa**

"Look on the bright side.  
The sun comes out every day  
and you should also, to  
broaden your horizons." -  
**Martin**

"Believe in yourself because  
even if no one else is around  
you and you don't have sup-  
port, there's something spe-  
cial inside you that can help  
you, if you just remember  
that you're special just the  
way you are. But don't be  
afraid to change things that  
aren't working and try new  
things." - **Anna**