

# ECS Friend to Friend

## JOBTOBERFEST

**Balboa Park Club Inn**

**2144 Pan American Rd. W. San Diego, CA. 92107**

October 24th, 2017

10AM to 2PM



### HEPATITIS A OUTBREAK

Governor Jerry Brown declared a state of emergency Friday over an outbreak of hepatitis A in California.

Since June 2017, Friend to Friend Clubhouse has teamed up with San Diego County Public Health Nurses providing outreach and vaccinations for the community.

### Our Mission

The SDCEPD works to promote employment opportunities for persons with disabilities through community action, providing free training to businesses and collaboration with public and private organizations.

**Jobtoberfest**: An Annual Job Fair for People with Disabilities, held in October during **National Disability Employment Awareness Month**.

## San Diego Clean Slate Clinic

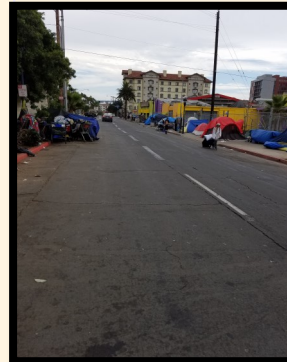
### 2017 CLINIC DATES

November 4th, (South Metro Career Center)

December 2nd, (South Metro Career Center)

### GET POSSIBLE HELP WITH

Expungements, Felony Reduction to Misdemeanor, Early Termination of Probation, Prop 47 and Prop 64



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# THEATER & CALENDAR EVENTS

**HAMLET** as well as **BENNY & JOON**  
AT THE HISTORIC OLD GLOBE THEATER



Members enjoyed an evening at the Old Globe Theater in Balboa Park



## MONDAY

**Music Class**  
10am to 11am

**Health & Fitness**  
1pm to 2pm

## TUESDAY

**Roadmap to Recovery**  
10am to 12pm

**Guidelines to Success**  
1pm to 2pm

**PAG**  
3rd week of month  
2pm

## WEDNESDAY

**Wellness Recovery  
Action Plan**  
10am to 12pm

**Next Step Group**  
1pm to 2:30pm

## CLUBHOUSE CALENDAR

There is something going on at Friend to Friend every day.  
Members have been taking part in new groups and activities  
at the clubhouse since July 1985.



## THURSDAY

**Seeking Safety**  
10am to 11:30pm

**Rec & Wellness**  
First 2 Thursdays of the  
month (1st 5 individuals)  
1pm to 3pm

**Resource Group**  
Last 2 Thursdays of the  
month  
3rd week of month  
1pm to 2pm

## FRIDAY

**Dimensions of  
Wellness**  
10am to 12pm

**Creative Arts & Writing**  
1pm to 2:30pm

**CLOSED Sat. & Sun.**



# REC & WELLNESS EVENTS



**Bowling with Friends**



**Beach and Ice Cream Time**



# HOLIDAYS & MORE



**Friend to Friend Holiday Party Wednesday, December 20th  
11:30AM to 1:30PM**

Third Tuesday - Balboa Park with F2F San Diego Art Institute.  
Mingei International Museum.  
San Diego Museum of Art.  
San Diego Museum of Man.  
Japanese Friendship Garden.  
The Timken Museum of Art is always free.

Take advantage of this great cultural experience and enjoy one of the biggest and most beautiful parks in America.



**THE 3RD ANNUAL HALLOWEEN EVENT IS COMING TO FRIEND TO FRIEND OCT. 31**



**Friday, November 17th  
12PM to 1PM**

# STEPS TO TRANSITION

Over the last few months, some of our Friend to Friend Clubhouse Members have worked diligently with F2F Housing Navigators to successfully transition to their own homes through San Diego: Rapid Rehousing, Independent Living, and Permanent Supportive Housing. Keep coming back.

**We would like to acknowledge the following members:**

Amy S.  
 Randolph R.  
 Todd T.  
 Lindsey M.  
 Leshia D.  
 Jenny H.  
 Edward A.  
 Trisha B.  
 Jerry H.  
 Wesley N.  
 Michael W.



## CAREER FAIRS

State of California  
**Honor a Hero, Hire a Vet<sup>SM</sup>**  
**Job and Resource Fair**  
 Open to all job seekers

NOVEMBER 7th, 2017  
 10:00AM—2:00PM 2017  
 3500 Sports Arena Blvd.  
 San Diego, CA 92110

**ALL JOBSEEKERS WELCOME**

**San Diego Career Fair**

THURSDAY,  
 OCTOBER 26, 2017  
 11:00 AM To 2:00 PM



# PAST & UPCOMING EVENTS

A special thank you and shout out too **DJ Redlite** and our Grill Master **David W.** for donating their precious time for our **Hot Dog Fridays** here at F2F Clubhouse.



## Celebration of Life



### THANK YOU

**July:** St. Phillip's the Apostle Episcopal, Lemon Grove

**August:** St. David's Episcopal Church, Clairemont

**September:** St. James by-the-Sea Episcopal, La Jolla

### CELEBRATIONS TO COME

**October 20th:** St. Paul's Cathedral, San Diego

**November 17th:** Thanksgiving lunch provided by ECS Nutrition Services and St. Paul's Cathedral, San Diego

**December 15th:** Church of the Good Shepherd, National City



### Hot Dog Friday

is held on the 2nd Friday of the month from 12pm - 1pm.

### The Celebration of Life

is held on the 3rd Friday of the month from 12pm - 1pm.

### Lunch with Friends

is held on the 4th Friday of the month from 12pm - 1pm.





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



**ECS Friend to Friend (F2F)** is a non-residential outreach and engagement program for homeless adults over the age of 18 diagnosed with a serious mental health condition - including those with co-occurring substance use disorders - who are interested in improving their social and vocational skill sets and rebuilding their lives. The program serves homeless adults on three levels: outreach, engagement and intensive case management.

**THANK YOU ONCE AGAIN: Francis Parker Students** for doing community service here at ECS - Friend to Friend on August 21. You truly did an AWESOME job trimming bushes, mowing the grass, picking up trash, and power washing the windows and facade. Your hard work is very much appreciated.



## Welcome Statement

Friend to Friend (F2F) welcomes all homeless, mentally ill adults in central San Diego who are seeking recovery through the services we provide. We are committed to providing our members with the support, resources and referrals our members request. Although our focus is working with those who are faced with mental illness, we recognize and welcome those who also struggle with alcohol and drug addiction. In order for our members to achieve the best quality of life in all areas, we strive to address all of their needs and goals. We hold the hope for our members even when they have lost hope for themselves. We believe that recovery is possible. No matter where our members are in their journey, we are there to support and open doors for them. The life of each person is precious and we welcome the opportunity to change and grow alongside our members. We thank you for giving Friend to Friend the opportunity to “walk with you” and provide support to you on your journey to recovery.

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