

ECS Friend to Friend



F2F members & staff and DTSH staff celebrate success at F2F

Hot Dog Friday

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

The Celebration of Life

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

F2F Luncheon

is held on the 4th Thursday of the month from 12pm to 1pm.



ECS Admin



St. Phillips Episcopal



Grace Episcopal



All Souls



F2F Members arrive for Maundy Thursday. Foot washing and new shoes for all!
Thanks to St. Phillips, our Academy of Our Lady of Peace, and St. Johns!
From top left: F2F Members, Terry, Lynda, & Roger, F2F Staff Beth
From the left in front: F2F Staff Amber, Monica, Veronica, & Arturo



Friends Food Fun



Top: F2F Members Terry, Harry, Lynda B. Below: Tim & Wayne

Steps to Transition



Terry K., has made the transition to Permanent Housing

Terry leaves DTSH after 7 months of being in the VA-HCHV Health Care for Homeless Veteran's program. Terry was one of the early participants in this program which sets aside 10 beds at ECS's Downtown Safe Haven program. June will be 1 year since the implementation of the program. Once veterans such as Terry stabilize while working with the VA Liaison, Amy Stephen, Residential Services Case Manager, Amber Hill and the Safe Haven/Friend to Friend staff they have the opportunity to earn a VASH voucher. Terry accomplished quite a bit during his time at DTSH. He also verified that working a program leads to wonderful outcomes. Good Luck, Terry. Enjoy the beach.



F2F Members, Catherine C. & Duane S. also transitioned into permanent housing. Residents at DTSH transition from the street in most cases with the goal of transitioning into sustainable permanent housing. DTSH occupancy is 28 persons. Currently DTSH houses up to 10 veterans on referrals from Veteran Affairs Healthcare for Homeless Veterans office as well as the F2F Outreach workers.

Contact a F2F Outreach Worker for more information about the DTSH Program



F2F Member Jerry S.

"Thank you, Friend to Friend, for a wondrous awakening and for walking with me on my journey. You gave me my life back."

Jerry's life has changed in significant ways over the past eight months. When he first came to Friend to Friend, he hardly said one word, and if he did speak, his speech was very slow. He also had trouble remembering who he was. Jerry integrated into the program quickly. He began attending groups and connecting with other members and staff. He is now very social and friendly and is always laughing and smiling. He attends many F2F events and has no problem interjecting his opinions during classes. He is a deep thinker, loves to write, and regularly utilizes the computer lab to do so. Jerry has been a great asset to the Friend to Friend community. He assists new members and volunteers at the front desk and by doing chores around the program. According to Jerry, the most touching and impactful aspect of his experience with Friend to Friend is the way the staff truly walk beside him, respecting and supporting him. He loves a saying on the wall of the reception area that says, "We hold the hope for our members. We believe that recovery is possible. "



Maundy Thursday

Friend to Friend Shoe Distribution & Foot Washing Event



On Thursday, April 2nd (Maundy Thursday of Easter week), 23 volunteers including folks from local churches, priests, and students from Academy of Our Lady of Peace helped to make our 2nd Annual Friend to Friend Foot Washing event a special one. 45 of ECS' homeless or formerly homeless clients were part of the day. Bishop James Mathes kicked off the event with a message about the importance of serving others. All enjoyed a hot meal provided by St. John's Episcopal Church (Chula Vista) and St. Phillip's Episcopal Church (Lemon Grove). Program members received new shoes and socks, toiletry items, and a sack lunch. Everyone enjoyed great company and conversations on this beautiful afternoon.



Creative Writing by Lynette G.

I've heard many beliefs as to seasonal change.

And the groundhog paving the way.

The garden green, sunshine beaming.

Butterflies reaching full beauty.

Choosing their direction and flying away.

Such is life.



Spectacular Art



By Vita



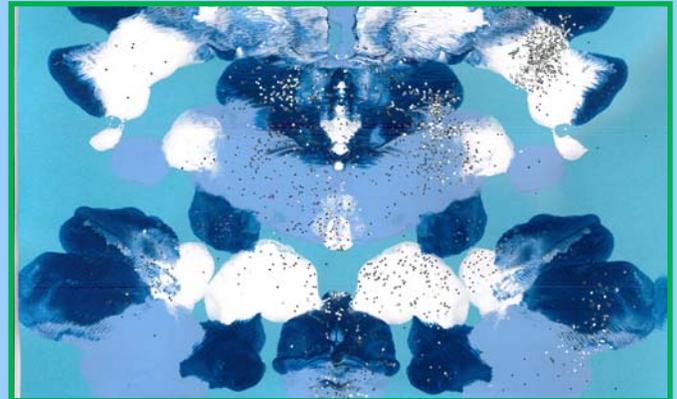
By Samantha



Thank you for your service!



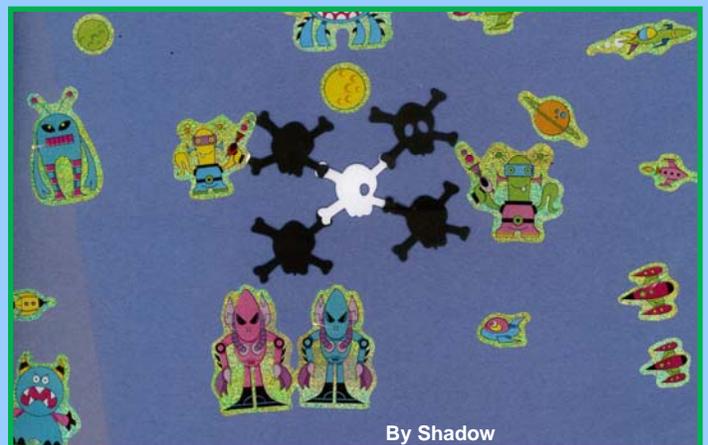
By Janie



Anonymous



Anonymous



By Shadow

Calling All Friend to Friend Members

Come to Creative Arts and Writing on
Fridays at 1pm.



Health



WELLNESS IS THE KEY

One Saturday in early March members of the Friend to Friend team took an early morning hike up Cowles Mountain. The hike lasted about 90 minutes. In maintaining good mental and physical health doing something physically active at least 30 minutes a day is key. In the Seeking Safety group one of the many quotes speaks about "taking a walk around the lake". What that involves is taking time to take care of yourself, mentally and physically, doing something good for yourself. In our demanding lives it is important to do positive self-care activities such as a hike, a run, a bike ride

or a walk around the lake. The F2F team plans to continue the topic of wellness and self-care by offering activities for members to participate. In an effort to support the National Alliance on Mental Health (NAMI) we are participating in the NAMI walk. Please join us for the NAMI walk on Saturday May 2nd 7:30am at Liberty Station. Please contact Outreach Worker Beth Kolbe for details or to sign up regarding the NAMI walk as well as other wellness activities with F2F. See you around the lake.

By Bernie M. F2F/DTSH Program Manager



On March 19th, The Wellness and Recovery Summit with the theme of "The Art of Recovery" was held at the Joe & Vi Jacobs Center hosted by Recovery Innovation. A number of providers and consumer attended the event learning many tools to help focus on recovery. Friend to Friend members and staff attended Keynote speaker Joi Jackson was phenomenal in sharing her story of her struggles with mental health and techniques to help her to function. She shared how she was able to use tools to manage symptoms and earn a Masters of Fine Arts in Creative writing. Joi still struggles but is an example of never giving up. Other techniques included lessons in Tai Chi, Zentangle a relaxing and de-stressing meditative art method as well as music. Music is offered at F2F every Monday at 10am, Art is offered every Friday at 1pm. Please join us in participating in wellness opportunities as we continue to venture into the art of recovery.

Joel C, F2F Staff: Bernie, D'Aundra, Beth, DTSH Staff Mary
F2F Members: Wanda S. & Taffy M.

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- By Bernie M.



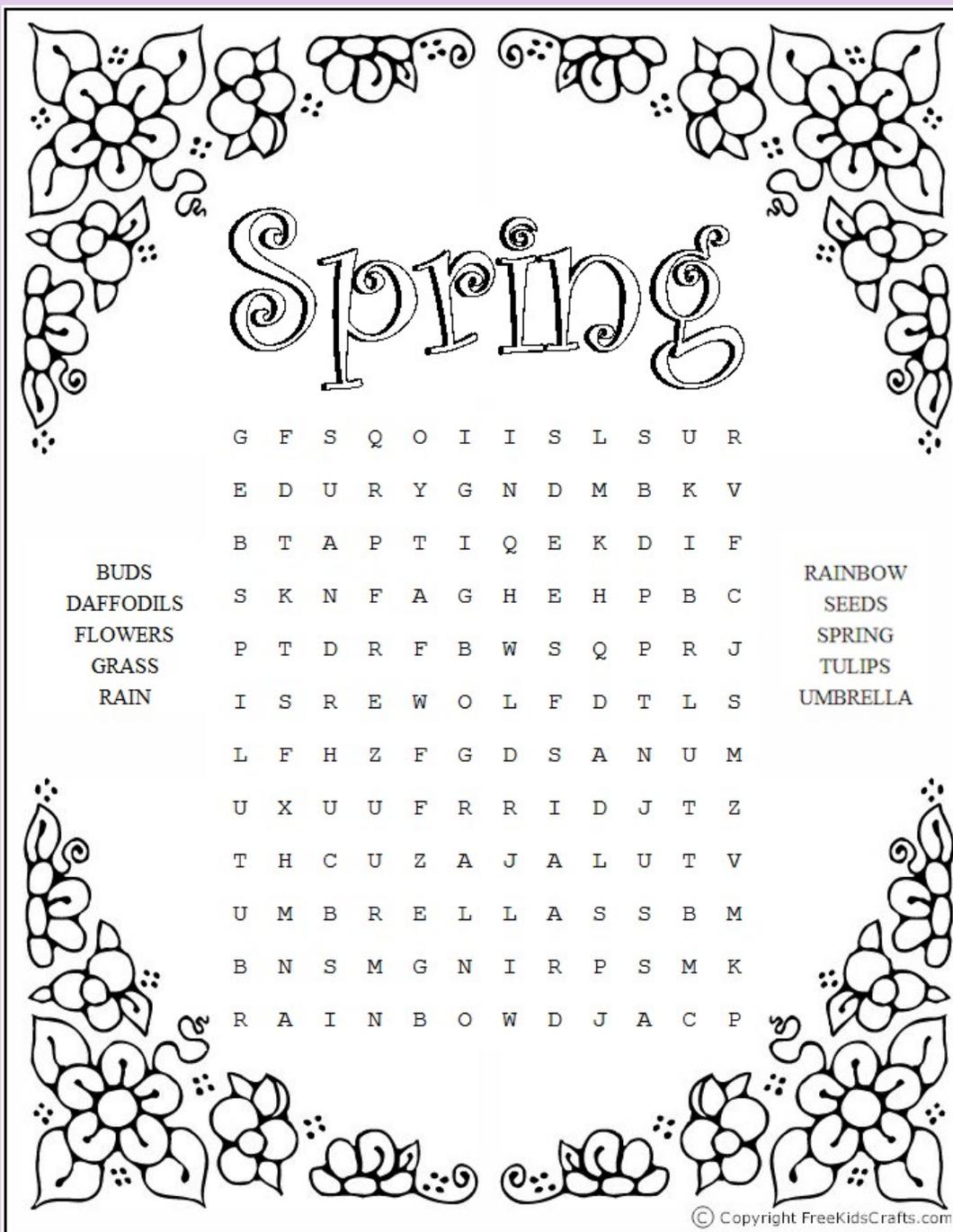
To learn more about ECS, please visit our website at

www.ecscalifornia.org

Phone: (619) 955-8217 Fax: (619) 955-5142

Welcome Statement

Friend to Friend (F2F) welcomes all homeless, mentally ill adults of downtown 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.



Us-y time! Stephen, D'Aundra, Athelia, Vic, & Monica



Tanya & Veronica



Shadow poses with ECS Admin

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