



Friend to Friend Newsletter

Thank you to all of our contributors and volunteers, including F2F members Daniel, Shiloh, Gary, Lascelles, Johnny, John, Joell and all who attended F2F Thanksgiving Event and Stand Down 2011 (pg. 4)

Happy Thanksgiving from Friend to Friend!!



Friend to Friend member Julie is getting ready to eat her Thanksgiving day meal.

Friend to Friend celebrated their annual Thanksgiving Day Feast on Friday, November 18th. The event was a great success. The Friend to Friend team, along with the wonderful food prepared by the ECS Nutrition Services staff and many wonderful volunteers fed 113 people a delicious Thanksgiving meal!! Here at Friend to Friend, we are so thankful for our F2F members. We feel blessed to walk with them and help them through their journey. We are thankful for what they teach us. Our members are talented, creative and expressive. In this issue of the Friend to Friend newsletter, you will see a few of our many talented members. Each and everyone of our members is a special person who has something wonderful to offer.

Thank you to Third Avenue Charitable Organization (TACO) for sharing their space with us for this event!

Christmas is right around the corner and the Friend to Friend team wishes everyone a happy and healthy holiday season!!



Friend to Friend Staff Doug and volunteer Robert are assisting people at the registration table and giving out "Proud to be a Friend to Friend Member" t-shirts.



Friend to Friend members Narriman, Greg, Press, and Lynda with there F2F t-shirts on after enjoying their Thanksgiving day meal.



F2F staff Amber talks with F2F member Gerald while eating his delicious Thanksgiving meal.



Friend to Friend member Press getting served his Thanksgiving meal.



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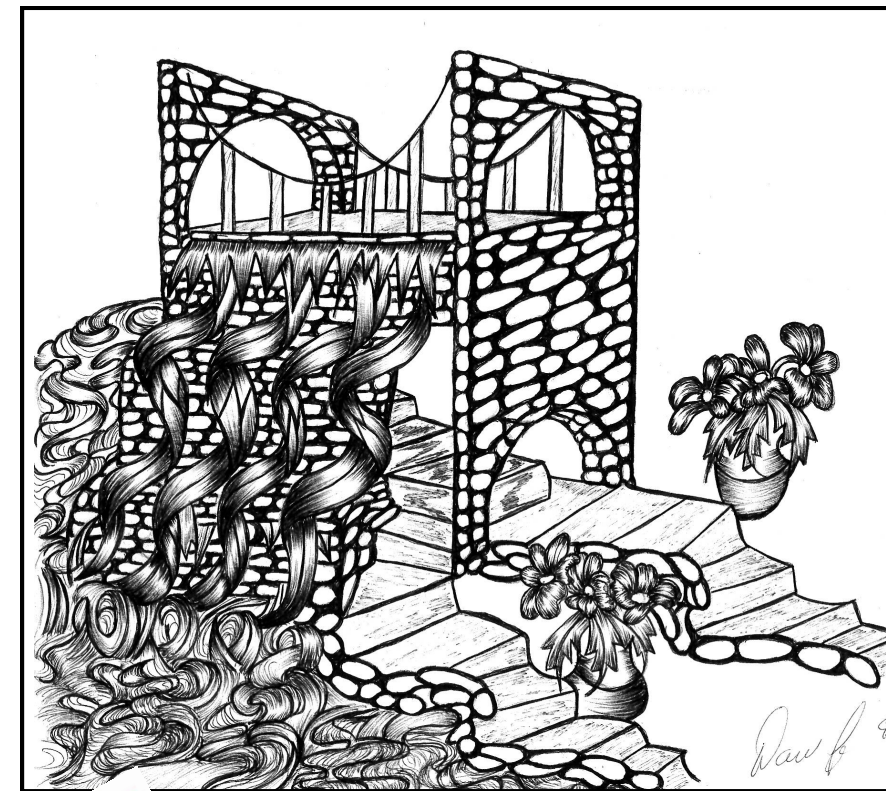
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We need your art! Friend to Friend members, please submit your artwork & writing to Tawni at (619) 955-8217

A creative and expressive drawing by F2F member Eva (below)



A stunning sunflower painting by F2F member Gary. (above)



Gorgeous drawing by F2F member Daniel

A poem written by F2F member Shiloh, for the Friend to Friend Program and Staff:

"FRIEND TO FRIEND"

What can I say?

Sometimes in life we go our own way
 Sometimes good, sometimes bad,
 But friends are important whether happy or sad.
 We go through life everyday,
 Learning to love, laugh and the right things to say.

We truly need this I know,
 Whether in the sun on the beach,
 Or in the snow.
 True Friends show love and a helping hand,
 Even when only one set of footprints are in the sand.

Friends are special from the start,
 Even in our last day they will never part.
 So if you need someone any day,
 Come to Friend to Friend,
 They will show you the way.

By:
 Shiloh



The Friend to Friend Program is in transition!!



The Friend to Friend Program has moved from its previous location!

We are in a transition period and currently looking for our own home.

Member mail services are Monday-Friday from 2:00-4:00 at our

Temporary location:

4305 University Ave. Suite 400
San Diego, CA 92105

The F2F staff would like to thank everyone for their patience during this transitioning time. When we have a new home, we will let you know!



Friend to Friend Transitional Outreach Schedule for December 2011

Please contact Friend to Friend if you have any questions

(619)-955-8217 Monday-Friday 8:00am-4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Outreach:</u> 10am – 12pm Neil Good Day Center 299 17th St SD, CA 92101</p>	<p><u>Outreach:</u> 8am – 10am Rachel’s Women’s Center 759 8th Ave SD, CA 92101</p> <p>(Starting 12/13) <u>Outreach:</u> 8am – 10am Veteran Winter Tent 2801½ Sports Arena Blvd SD,CA</p>	<p><u>Outreach:</u> 8am – 10am Neil Good Day Center 299 17th St SD, CA 92101</p> <p>(Starting 12/5) <u>Outreach:</u> 8am – 10am Winter Tent 16th and Newton Ave SD, CA 92101</p> <p>RICA’s WELL class: 9am 1425 C St SD,CA 92101</p>	<p><u>Outreach:</u> 8am- 10am Rachel’s Women’s Center 759 8th Ave SD, CA 92101</p>	<p><u>Outreach:</u> 12:30pm -2:30pm Saint Vincent de Paul 1501 Imperial Ave SD, CA 92101</p>



F2F Volunteers (from left to right): Johnny, Lascelles and John

We value our F2F Volunteers!!!

We have many wonderful F2F members who volunteer for the F2F Program. There are many benefits to volunteering, including:

- Build your resume
- Contribute to a cause you care about
- Use your skills in a productive way
- Feel good about yourself
- Make new friends
- Develop new skills
- Gain a personal reference
- Giving back to the community
- And many, many more!!



A big THANKS from the Friend to Friend staff to all those who have served and are currently serving in the military!



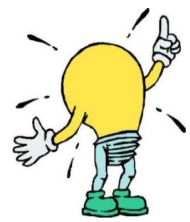
F2F staff, Cassandra, assisting a veteran.

Stand Down 2011

Stand Down is a three day event designed to transform the hopelessness and immobility of homeless veterans to motivate them into recovery, to resolve legal issues, to seek employment, to access health services and benefits, to reconnect with the community and to get off the streets. This primary emphasis was placed on the creation of a community in which homeless veterans are treated with respect and given the opportunity to relax, interact and form ties with peers and volunteers while receiving much needed specific services. Stand Down has helped thousands of homeless veterans since its start in 1988.



F2F Staff with F2F member Jerry who is a veteran



Improving Emotional Health

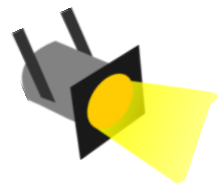
An article on HelpGuide.org

Physical health is connected to mental and emotional health

Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. For example, exercise not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energize us and lift our mood.

The activities you engage in and the daily choices you make affect the way you feel physically and emotionally. Some tips to help your mental health are:

- **Get enough rest.** To have good mental and emotional health, it's important to take care of your body. That includes getting enough sleep. Most people need seven to eight hours of sleep each night in order to function optimally. [Learn More](#)
- **Learn about good nutrition and practice it.** The subject of nutrition is complicated and not always easy to put into practice. But the more you learn about what you eat and how it affects your energy and mood, the better you can feel. [Learn More](#)
- **Exercise to relieve stress and lift your mood.** Exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day, like taking the stairs instead of the elevator or going on a short walk. To get the most mental health benefits, aim for 30 minutes or more of exercise per day. [Learn More](#)
- **Get a dose of sunlight every day.** Sunlight lifts your mood, so try to get at least 10 to 15 minutes of sun per day. This can be done while exercising, gardening, or socializing.
- **Avoid alcohol, cigarettes and other drugs.** These are stimulants that may unnaturally make you feel good in the short term, but have long-term negative consequences for mood and emotional health.



SPOTLIGHT ON SUCCESS: TAMMY



Tammy was struggling with homelessness and over 40 years of substance abuse issues, all while suffering from paranoid schizophrenia. Tammy became a Friend to Friend member in August 2010. After over 15 years of living on the streets, Tammy now has a place to call "home", when she became a resident of Downtown Safe Haven (DTSH). Working with Case Management, the F2F and DTSH staff Tammy is now regularly volunteering, has been sober for over 8 months, started a savings account and is diligently looking for permanent housing. Tammy stated, "F2F and DTSH saved my life. F2F helped me get off the streets after years and they helped me get clean and sober." She also said, "F2F and DTSH staff help lead me in the right direction. I wouldn't have known how to get my life back together. I had no hope, now I do. I was on drugs real bad, I was lower than dirt now I have my life back and I can hold my head high". We are all so proud of Tammy and we will continue to assist her on her recovery journey. We wish her all the best in her bright future.



The Friend to Friend Program of Episcopal Community Services



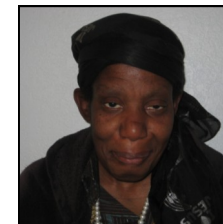
To learn more about ECS, please visit our website at www.ecscalifornia.org

Phone: (619) 955-8217

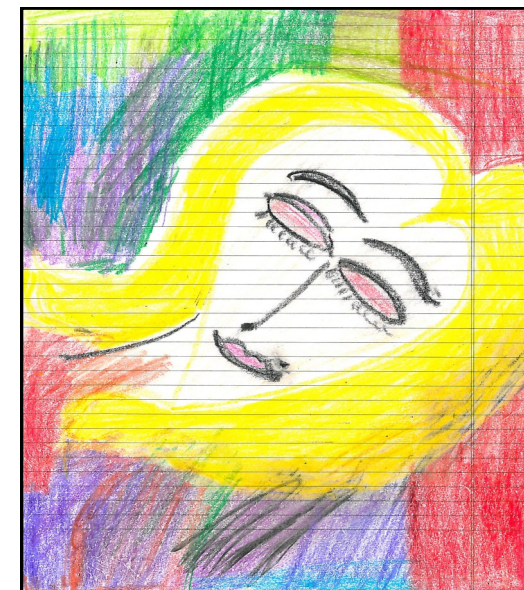
Fax: (619) 955-5142

Friend to Friend 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. "Once a member, always a member." 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.



F2F member Joell shows her creativity with this beautiful colorful drawing



Meet Troy Nickell. Troy is F2F's new Vocational Outreach Worker. Troy has his Masters in Counseling Psychology and extensive experience with supporting people with mental illness. We are excited to have Troy with us!

MEET OUR NEW F2F STAFF!!



Meet Kristina Phelan, F2F's new Outreach Worker. Kristina has her Bachelors in Human Services and experience working with Severely Emotionally Disturbed (SED) youth who have had traumatic backgrounds. We are so happy to have her on our team!

Are you a Friend to Friend member with any suggestions, questions and/or concerns? The Friend to Friend Program Advisory Group (PAG) will meet the **3rd Tuesday** of each month while we are in transition at the Downtown Safe Haven, 1425 C St., San Diego CA 92101, at 2:00pm.