

# ECS Friend to Friend



## STAND DOWN Leave No One Behind 2018



**SAN DIEGO** -- [Veterans Village of San Diego](#) held its annual "[Stand Down](#)" [event](#) serving homeless veterans at San Diego High School this year.

The final day's activities wrapped up a 3-day "intervention event" in which vets in need were provided a range of services including health screenings, substance abuse treatment, mental health counseling, food and clothing.

## F2F Halloween Event



**October 31, 2018**  
**Trick or Treats & Lunch**  
**12pm - 1pm**

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# F2F EVENTS & LIFE CELEBRATION



## **THANK YOU** **Life Celebration Hosts**

Grace Episcopal Church, San Marcos  
 Church of the Good Shepherd, Bonita  
 St. Phillip's the Apostle Episcopal, Lemon Grove  
 Christ Church, Coronado  
 St. David's Episcopal Church, Clairemont  
 St. Dunstan's Episcopal Church, San Carlos  
 St. Andrews by-the-sea, Pacific Beach

### **Hot Dog Friday**

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

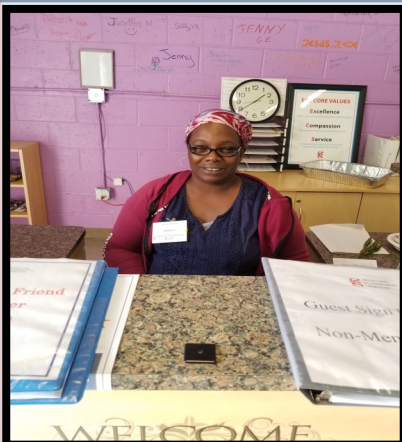
### **The Life Celebration**

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.

# VOLUNTEER RECOGNITION



Leshia  
Manjulla  
Jenny



## Big Thank You

to the hardworking volunteers here at F2F Clubhouse. Each of these volunteers reached 90 hours of service and are being recognized for their dili-

# RECENTLY HOUSED F2F MEMBER



**Manjulla S.** has been recently placed in a Permanent Supportive Housing unit thanks to her hard work and the advocacy of the Friend To Friend Clubhouse staff.

F2F staff works hard to help members stabilize by offering groups, such as Seeking Safety, SUD, referrals to mental health programs as well as navigating through Regional Task Force On the Homeless - Coordinated Entry System and working with property management systems.

## OTHER HOUSED MEMBERS

Dario  
Daniel  
Toni  
Debra



## LANDED EMPLOYMENT

Wesley  
Mary  
Tom  
John





# How many words can you find?

## Thanksgiving Word Search

A	N	C	I	G	R	F	K	K	T	U	B	D	M	L	S	D	P	X	Q
P	S	U	R	Y	C	V	I	C	V	E	D	I	G	L	P	Y	R	Z	I
K	T	K	O	G	V	G	J	L	E	A	A	W	U	R	V	W	N	D	Z
I	H	C	R	O	O	G	M	F	F	Y	V	P	Z	G	D	F	C	K	P
N	P	P	N	L	J	E	H	G	R	A	K	F	A	N	R	H	R	G	V
X	T	B	D	P	T	Q	D	P	S	D	V	Y	U	A	J	X	F	Z	L
U	O	Y	G	Y	N	H	D	T	I	I	N	E	L	T	V	X	K	V	P
R	N	W	N	L	O	P	A	O	O	L	F	F	S	I	A	A	B	Y	F
A	J	A	P	I	V	H	G	N	O	O	G	L	U	V	M	S	G	S	D
B	I	V	P	E	E	I	G	A	K	H	U	R	X	E	P	A	Z	D	H
A	D	I	Y	L	M	O	J	J	I	S	J	Z	I	A	Q	Q	F	N	B
K	G	I	K	D	B	J	K	L	E	Z	G	P	P	M	N	Z	J	K	O
J	N	C	W	B	E	J	R	F	I	A	N	I	O	E	S	Q	K	N	G
A	U	Y	L	B	R	I	L	H	Q	I	O	Q	V	R	B	Z	U	A	P
B	S	E	V	A	E	L	H	A	K	Z	S	O	I	I	G	K	R	X	Q
A	Y	K	E	Q	I	S	X	P	J	T	F	U	B	C	N	W	I	R	X
I	M	R	Y	Y	U	Y	M	X	N	N	F	T	Y	A	X	G	R	O	X
P	T	U	A	U	T	U	M	N	O	Y	L	L	H	N	F	R	B	H	N
K	Y	T	L	T	P	L	J	R	F	I	O	S	V	S	U	M	T	S	D
H	Q	T	A	F	R	M	Q	Y	S	H	A	Z	V	L	Y	H	E	J	R

**Word List**

Pilgrims  
Buckle Hats  
Turkey  
Autumn

November  
Holiday  
Thanksgiving  
Gobble

Pumpkin Pie  
Leaves  
Family  
Native Americans

St. James Gallery by-the-Sea presents Art from Outside, An Exhibition  
ECS Member Artwork will be on display  
November 2, 2018 from 4pm-7pm  
743 Prospect St. La Jolla 92037

F2F Thanksgiving Lunch will be held November 16, 2018  
11:30am-1:30pm.

Please RSVP at [outreach@ecscalifornia.org](mailto:outreach@ecscalifornia.org)

F2F Holiday Party will be December 21, 2018 from 11:30am-1:30PM



# ART THERAPY AT F2F



**ECS - Friend to Friend Clubhouse** would like to thank the San Diego Downtown Rotary Club for their kind donation towards our very popular art therapy classes. F2F members really enjoy these classes, and have created many amazing art pieces.



## MONDAY

**Music Class**  
10am to 11am  
**Physical Wellness**  
1pm to 2pm

## TUESDAY

**Roadmap to Recovery**  
10am to 12pm  
**Art Therapy**  
12:30pm to 3:30pm  
**PAG**  
3rd week of month  
2pm

## WEDNESDAY

**Women's Group 9-10am**  
**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  
**Art Therapy**  
12:30pm to 1:30pm  
**Diabetes Education**  
11:30pm to 12:30pm

## FRIDAY

**Dimensions of Wellness**  
10am to 12pm  
**Creative Arts & Writing**  
1pm to 2:30pm

**CLOSED Sat. & Sun.**





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

### San Diego Clean Slate Clinic



### 2018 CLINIC DATES

Oct 6  
Nov 3  
Dec 1

**10 AM – 2 pm**

Walk-ins Accepted until 11 AM  
No Appointments Req'd / 1st come, 1st serve

### GET POSSIBLE HELP WITH

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

# 19th Annual JOBTOWERFEST



SAN DIEGO  
COMMITTEE ON  
EMPLOYMENT OF  
PEOPLE WITH DISABILITIES

OCTOBER 22nd  
10:00AM—2:00PM



## Welcome Statement

Friend to Friend (F2F) welcomes all homeless, adults with mental health challenges in central San Diego who are seeking recovery utilizing 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 health issues, 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.

*This newsletter is funded in part by the County of San Diego Health and Human Services Agency.*

