



The Friends Connection Grapevine

Making the Right Connections

In This Issue

News Worthy	2
Alumni News	3
Did You Know	4
Double Trouble Group Meetings	5
Calendar of Events	6
Staff Listing	7
Circle of Friends	8
Upcoming Conferences	9
Recovery Zodiacs	9

The Friends Connection

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The Friends Connection of Montgomery County

700 E. Main St.
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P: 610.292.9922

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<http://www.mhasp.org/friends>

Consumer Operated Services Project (COSP) Update

Mark Salzer, Ph.D.

Congratulations to All Involved in Making the Research A Success!!

As many of you know the Friends Connection of Philadelphia is involved in an exciting national study that is examining the impact of consumer-operated services. Enrollment for this study ended in September 2001 and we are proud to announce that we were successful in recruiting 127 people!! This was quite an effort and we are thankful to many of you who assisted us in this accomplishment. Special thanks goes out to all the case management agencies for their patience and participation in this important effort, the dedicated staff of the Targeted Case Management Unit, as well as Friends Connection staff (especially Terrence Means and Bill Burns-Lynch), and of course the consumers who have been willing to help contribute to our understanding of Friends Connection.

Getting people involved is always one of the hardest parts of conducting studies like this, but keeping people involved is just as challenging. All of our attention is now focused on interviewing those enrolled in the study once every four months.

Completing these interviews is critical to our ability to maintain the success of this study. Consumers have been very enthusiastic about these follow-up interviews so far, and we expect the enthusiasm to continue into the future.

It is still too early in the project to report any results. However, the local research team has been actively involved both locally and nationally in various efforts pertaining to Friends Connection. Friends Connection staff and Dr. Mark Salzer from the University of Pennsylvania who is working with them on this project have been quite busy making presentations about Friends Connection and their participation in this research, as well as their experiences as a participant in this national study. They have also written a chapter about Friends Connection for a book about consumer-operated services and are actively involved in other writing efforts. Dr. Salzer and a colleague also have published an article in the *Psychiatric Rehabilitation Journal* that was based on interviews conducted with Friends Connection staff. This article, among other things, found that while the focus of the program is on assisting program participants in their recovery, Friends Connection staff also benefit in many ways.

We look forward to continued success with this project that will ultimately lead to better services and outcomes for persons with co-occurring disorders and other mental health problems. For more information about this project contact Terrence Means at 215-599-4011, extension 4 or Dr. Mark Salzer at 215-349-8483.

NEWS WORTHY

The Philadelphia Friends Connection Double Trouble Meeting

The Friends Connection Double Trouble meeting is back and looking for your support! We meet on the 4th floor, suite "C" at Riverview Place (520 North Delaware Avenue). The Double Trouble group meets every Saturday from 2:00 PM to 3:00 PM. We look forward to seeing you there! Many thanks to the folks at CTT for making the space available to the group!

The 12 Steps of Double Trouble— A Call for Action

The Friends Connection is putting a call out to individuals dealing with co-occurring issues who are interested in working on a committee to further develop and adapt the 12 steps for our Double Trouble groups here in Philadelphia. An initial work group completed work on only three of the twelve steps and we want to continue the process and complete the task. If you are interested in participating, please contact Terrance Means of the Friends Connection at 215-599-4011, ext. 4. The committee meetings will be held at the Philadelphia Friends Connection office, located in the Riverview Place building, at 520 N. Delaware Ave, Suite 200. Our first meeting is scheduled for Wednesday, February 6th at 3:00PM.

Enhancing Recovery Supports in the Latino Community

We continue to have our Spanish speaking Double Trouble Meeting on Wednesdays, from 1PM till 2PM at the Presbyterian Church on Hancock Street and Susquehanna Avenue. The meeting started in October of 2000 and continues to need a lot of support. These meetings can be an integral component for recovering individuals with co-occurring disorders within the Latino Community. Please spread the word and come out to join us in recovery. For further information contact Robert Cuadrado at (215) 599-4011 ext. 5.

Double Trouble Fellowship in Montgomery County

The Friends Connection of Montgomery County is starting a new chapter of the Double Trouble Fellowship. Come join us each Saturday beginning February 2, 2002 from 12:30pm until 1:30pm at 700 East Main Street, in Norristown Pa. Call us at (610) 292-9922 for more information.

The Friends Connection of Montgomery County

The Friends Connection of Montgomery County has expanded its' service area to include Abington. Now members of BSU # 464 can participate in activities as well as learn or develop skills to support their recovery. Our recreational activities have always been open to people aspiring to a fuller healthier life. The Friends Connection is a way to make the changes or improvements you believe are necessary to achieve the goals you say are important to you. The positive support system of the Friends Connection can be a step in the right direction.

Support for your recovery and building a support network is as simple as making a telephone call. If you answer yes to the following questions we may have the support useful to you to meet your goals:

1. Do you live in Lower Merion, Norristown or Abington?
2. Have you been diagnosed with co-occurring problems of mental illness and substance dependency?
3. Have you received services from Base Service Units 464, 465, or 466?

If so please don't hesitate to give the Friends Connection a call. Allow us the opportunity to support you in taking the next step toward a more fulfilling life. If you're still not sure the Friends Connection is for you give us a call and we'll be happy to discuss our services. Be a part of the growing recovery community with the Friends Connection of Montgomery County. For more information, contact Carol Holmes at 610-292-9922.

Thank You!

A Special THANK YOU to all the consumers who are participating in the Consumer Operated Service Program research project.

We appreciate your willingness to participate and your dedication to the project.

Thank you for sharing your insight with us!

Alumni News

The Alumni program continues to be an alternative support system to our graduates of the Friends Connection. Alumni members meet on a monthly basis to complete our monthly business, and to interact in the community on a social level. To be involved with the Alumni is such a rewarding and enriching experience. It is an opportunity for members to expand their community involvement, participate in fund raising events and other social activities, and to identify and share related concerns with each other.

Spring and Summer seems to be an exciting time for the Alumni program. Last year the weather was great and our activities were creative and adventurous. For example, we had our annual picnic at Penn Treaty Park, went on a day trip to Atlantic City, cruised on the Spirit of Philadelphia, and celebrated Thanksgiving with a meal at the home of one of our member's. We look forward to more exciting activities in the new year ahead.

We continue to participate in several events with other consumers active in the Friends Connection. Many of us attended a trip to the Statue of Liberty and the Empire State Building last Spring, and we just attended the annual winter trip to see the lights at Longwood Gardens. A number of us still get involved weekly and come out to play billiards and go bowling on Mondays and Wednesdays (see calendar of Friends Connection activities).

Our gratitude goes out to the Friends Connection program for their support of our fund raising drive at the monthly dances. The dances are held on the third Friday of the month and Alumni members get together to sell hotdogs, cake and soda to those who attend the dance. This fundraising event is a big part of assisting the Alumni program on a financial level. The money we raise affords us the opportunity to plan activities all year around and to attend activities that we otherwise would not be able to afford.

Our Alumni members meet every first Friday of the month for a business meeting and a social activity afterward. If you are a former member of the Friends Connection program we invite you to join us. If you have any questions please feel free to contact us at (215) 599-4011 and ask for Robert Cuadrado.

Schedule of Meetings

Month	Alumni Meeting /Activity	Fund Raiser
January	January 4th	January 18th
February	February 1st	February 15th
March	March 1st	March 15th
April	April 5th	April 19th
May	May 3rd	May 17th
June	June 7th	June 21st

Co-occurring Disorders and Evidenced-Based Practice

It is estimated that between 40% and 60% of persons with severe mental illness will develop a substance use disorder (SUD) at some time in their lives. These co-occurring disorders are consistently found to adversely impact the course of mental illness and response to treatment, psychosocial functioning, and cost of care. The literature on co-occurring disorders documents a number of *common consequences* of SUD in persons with severe mental illness. Among those documented include: housing instability, symptom relapse, treatment noncompliance, violent behavior or threats of violence, suicidal ideation or attempts, cognitive impairments, difficulty budgeting funds, prostitution, social isolation and social difficulties, employment difficulties, hygiene and health problems, and legal problems.

The literature identifies several critical components that have come to be defined as “evidence-based” practices in the provision of services to individuals with co-occurring disorders. Effective programs are defined by their *assertive outreach, comprehensiveness, and their long-term perspective*. Recovery from both serious and persistent mental illness and substance abuse is generally recognized not to be a linear process. The literature suggests that individuals with co-occurring disorders often have difficulty linking with services and participating in treatment and do not usually develop stability and functional improvements quickly. Effective programs therefore, are developed on a long-term community-based perspective, are comprehensive in nature integrating substance abuse and psychiatric interventions, and work assertively to engage and develop trusting relationships with the individuals they serve.

Successful programs have adopted a stage-wise treatment perspective that has been adapted from Prochaska and DiClemente’s Stages of Change theory.

Minimally, the stages include:

1. Engagement, the development of a trusting relationship;
2. Persuasion, helping the engaged consumer develop the motivation to actively pursue goal specific, abstinence oriented treatment;
3. Active treatment, helping the motivated consumer develop the necessary skills and supports to attain desired treatment goals related to both mental health stability and substance use reduction/abstinence; and
4. Relapse prevention, helping the consumer maintain treatment gains and avoid relapse.

Additional components include *motivational interventions, counseling (cognitive/behavioral skill development in the active treatment stage)*, and social support interventions. Consumers with co-occurring disorders are often not ready or not motivated for abstinence mandated treatment programs and fall out of treatment that is not responsive to their needs. Motivational strategies help consumers identify goals and behavior patterns that impede the realization of these goals. Maintaining psychiatric stability and substance abstinence (recovery) requires the development of specific cognitive and behavioral skills. Programs must be able to identify skill deficit areas and help consumers relearn or acquire these necessary survival skills. The role of family and social support is a key factor in helping to maintain recovery and community residential stability. Strengthening the immediate social environment is an important part of helping individuals to change or modify their behavior.

Drake and his colleagues assert that a “consistent finding in the research is that programs that show high fidelity to the model described – those that incorporate more of the core elements [described above]- produce better outcomes than low fidelity programs.

Article excerpted from: Drake, et.al.(2001).Implementing Dual Diagnosis Services for Clients with Severe Mental Illness.Psychiatric Services, Vol.52, No. 4.

DOUBLE TROUBLE GROUP MEETINGS



We have made every effort to contact the meetings listed below to confirm their activity. Additionally, we have tried to include phone numbers and contact people where possible. As of our printing date all of these locations continue to be actively meeting. If you are aware of other meetings that we have not included, or changes to this list, please contact Bill Burns-Lynch (215-599-4011) and we will be happy to update the meeting list in our next newsletter.

OD = Open Discussion **CD** = Closed Discussion

Philadelphia County
The Friends Connection
520 N. Delaware Ave
4th Floor, Suite C
Saturdays – 2 pm – 3 pm
(215) 599-4011 **OD**

Girard Medical Center
8th St. & Girard Avenue
Tower Building – Main Floor
Fridays – 7:00 pm
(215) 787-2131 **OD**

Consortium Partial Program
451 University Avenue
Wednesdays – 10:30 am
(215) 596-8000, ext. 234 **OD**

Do Drop In Consumer Center
1229 N. Broad St. – 2nd Floor
Thursdays – 3 pm
(215) 236-7675 **OD**

Path CMHC
8220 Castor Avenue
Tuesday – 7 pm – 8 pm
(215) 728-4600 **OD**

Northeast Consumer Center
6801 Frankford Avenue
(entrance on Charles St.)
Wednesday – 4 pm
(215) 624-6163 **OD**

Kirkbride Institute
111 N. 49th Street
Thursday – 8 pm
(215) 471-2000 **OD**

**Norris Square
Presbyterian Church**
(Spanish speaking group)
Hancock & Susquehanna Ave.
Wednesdays – 1 pm to 2 pm
(215) 599-4011, ext 5 **OD**

Warren E. Smith
1315 Windrum Ave. – 2nd Fl.
IOP Program
Wednesdays – 1 pm – 2 pm
(215) 455-3900 **OD**

Horizon House
120 S. Broad Street
Wednesdays – 11 am;
Thursdays – 11 am
(215) 386-1600 **CD**

Unity Club House
2221 North Broad Street
Monday, Wednesday –
3:00pm – 4:00pm
215-235-1366 **OD**

New Life Consumer Center
3119 Spring Garden Street
Tues, Thursday, Friday –
1:00 pm – 2:00 pm
215-243-0550 **OD**

Bucks County
For more information on
Bucks County Double
Trouble Groups listed below,
please call the Reach Out
Foundation of Bucks County
at 215-428-0404.

**Lower Bucks County
Reach Out Foundation**
229 Plaza Blvd.,
Pennsbury Plaza
Morrisville, PA 19067
Wednesdays – 2 pm to 3 pm;
Thursdays – 7 pm to 8 pm
Fridays (Youth Adult
Meeting) 7 pm to 8 pm
215-428-0404 **OD**

Penndel Mental Health Center
1517 Durham Road
Penndel, PA 19047
Tuesdays – 7 pm to 8 pm
215-752-1541 **OD**

Lower Bucks Hospital
501 Bath Rd.
Bristol, PA
Fridays – 7 pm to 8 pm
215-946-2823 **OD**

**Candlelight – Woodbourne
Campus**

1609 Woodbourne Rd.
Suite 403
Levittown, PA
Thursdays – 7 pm to 8:30 pm
215-946-2823 **OD**

**Freedom from
Double Trouble**
Croyden Station Café
Rt. 13 & Newportville Rd.
Croydon, PA
Wednesdays –
7 pm to 8:30 pm;
Sundays – 7 pm to 8:30 pm
215-535-1727 or
215-752-8153 **OD**

**Northwestern Human
Services Center of Bucks
County Newportville Group**
4401 Sunset Ave.
Newportville, PA
Mondays – 8 pm to 9 pm
215-788-5800 **OD**

Penn Foundation
807 Lawn Ave.
Sellersville, PA 18960
Mondays – 7 pm to 8 pm
215-257-6551 **OD**

**Delaware County
Chester Consumer Center**
3101 West 7th St.
Chester, PA
Fridays – 1 pm
610-497-4300 **OD**

**Crosier Medical Center
CMHC**
2600 West 9th St.
Chester, PA 19103
Mondays – 12:45 pm
610-497-7671 **OD**

**Northwestern Human Services
of Delaware County**
800 Chester Pike
Sharon Hill PA 19079
Wed. – 11:00 am to 12 Noon
610-534-3636 **OD**

**Chester County
Community Crossroads
Drop-in Center**
529 E. Gay St.
West Chester, PA
Tuesdays –
3:30 pm to 5:00 pm
Thursdays –
3:30 pm to 5:00 pm **OD**

**Lehigh County
Allentown State Hospital**
1600 Hanover St.
Allentown, PA 18103
610-740-3200 **OD**

**Montgomery County
Montgomery County
Friends Connection - OD**
700 East Main Street
Norristown PA
Saturdays – 12:30 pm to
1:30 pm (starting 2/2/02)
610-292-9922 **OD**

Glenside DRA
(Dual Recovery Anonymous)
245 Keswick Ave. – 2nd Fl.
Glenside, PA
Saturdays – 8:00 pm to 9:30 pm
215-576-9796 **OD**

Eugenia Hospital
660 Thomas Rd.
Lafayette Hill, PA
Sundays – 7 pm
215-836-7700 **OD**

**New Jersey
Pemberton Corrections
Institute**
Pemberton, NJ
**2nd Wednesday of the
Month** – Men Only
**4th Wednesday of the
Month** – Women Only
To attend, contact Bob
Hewson, 215-545-0515



The Friends Connection 520 N. Delaware Ave., 2nd Floor, Suite 200 Philadelphia, PA 19123
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Calendar of Events

The Philadelphia Friends Connection
Calendar of Events
January to July 2002

Weekly Activities

Mondays 3:00 PM

Billiards at River Bank,
800 Delaware Ave., Philadelphia
Cost is \$2.50 per game.

Wednesdays 3:30 PM

Bowling at Erie Lanes, M and Erie
Ave., Philadelphia
Cost is \$2.50 per game.

Saturdays 2:00 PM

Double Trouble Group, 520 N.
Delaware Ave, 4th Floor, Suite "C"

Monthly Activities

Friday, January 18

Welcome the New Year with the
Friends Connection as we kick it off
with our first dance of the year
(7 pm - 9 pm). Northern Liberties Rec.
Center 321 North Fairmount Ave.,
1 block N. Spring Garden St.
Admission is free, refreshments sold
for a nominal fee.

Friday, February 15

Finish Sweetening your Heart as the
Friends Connection celebrates at our
Valentine's Day Dance (7 pm - 9 pm).
Northern Liberties Rec. Center, 321
North Fairmount Ave., 1 block N. of
Spring Garden St. Admission is free,
refreshments sold for a nominal fee.

Friday, February 22

Join the Friends Connection as we
explore the world of Black History!
Tour with us at the African American
Museum, cost is \$3.00 per person.
Contact Frenzell Campbell at 215-
599-4011 for more information.

Wednesday, March 13

Roll with the Friends Connection at our
annual Skating Party (7 pm - 9 pm).
St. Charles Roller Skating Rink on
the N.W. corner of 20th & Christian
Streets. Cost is \$3.50 including skate
rentals. Pay at the door, easy access by

the 17 Bus line, one block W. on
Christian St. if coming from Center
City. Please contact Frenzell
Campbell at 215-599-4011 for further
information.

Friday, March 15

March on down to the Friends
Connection Dance (7 pm - 9 pm).
Enjoy the performance of the United
Soul Production Drill Team.
Northern Liberties Rec. Center, 312
North Fairmount Ave., 1 block N. of
Spring Garden St. Admission is free,
refreshments sold for a nominal fee.

Friday, April 12

Join the Friends Connection as we
discover the world of Zoology at the
Philadelphia Zoo. This date is tenta-
tive so contact Frenzell Campbell
at 215-599-4011 for more informa-
tion.

Friday, April 19

Don't be fooled and miss out on the
Friends Connections Dance
(7 pm - 9 pm).
Northern Liberties Rec. Center, 321
North Fairmount Ave., 1 block N. of
Spring Garden St. Admission is free,
refreshments sold for a nominal fee.

Friday, May 10

Join the Friends Connection as we
travel to Longwood Gardens (10 am -
4 pm). Transportation and admission
to the gardens is \$4.00 per person.
Seating is on a first come first serve
basis. Bus leaves TFC office at
10:00 am and returns approximately
4:00 pm. Contact Frenzell Campbell at
215-599-4011 for further information.

Friday, May 17

Come on up to the Friends
Connection Dance and spring into
the fun. (7 pm - 9 pm). Northern
Liberties Rec. Center, 312 North
Fairmount Ave., 1 block N. of Spring

Garden St. Admission is free, refresh-
ment sold for a nominal fee.

Friday, June 21

Enjoy the fun at the Friends
Connection Summer Fest Dance
(7 pm-9 pm) Northern Liberties Rec.
Center, 321 North Fairmount Ave., 1
block N. of Spring Garden St.
Admission is free, refreshments sold
for a nominal fee.

Sunday, July 21

Come Beat The Heat at the Friends
Connection annual Splash Party
(3 pm - 6 pm) Northern Liberties
Rec. Center, 321 North Fairmount
Ave., 1 block N. of Spring Garden St.
Admission is \$3.00 and includes 1
slice of pizza and a soda. No cut off
shorts or thong bathing suits allowed.
Contact Frenzell Campbell
at 215-599-4011 for more informa-
tion.

Montgomery County Friends Connection Calendar of Events Scheduled Activities

Friday 4:00 PM – 5:00 PM

**Bowling at Facenda
Whitaker Lanes**
Swede Road & Germantown Pike,
Norristown. Cost is \$2.25 per game.

First Friday of the Month
Come out and join us for our
Monthly Dances at the George
7:00 PM – 9:00 PM
Washington Carver Community
Center, 249 E. Jacoby Street
Norristown, PA, 19401.

For information on all Montgomery
County Friends Connection activities,
contact Ted Dawson at 610-292-
9922.



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The Friends Connection Staff Listing

As another year winds down and a new one begins we want to recognize the efforts of all of our Friends Connection staff. There have been many new additions to the Philadelphia program and our staff has grown as well out in Montgomery County. We are thankful for their hard work and dedication without which the Friends Connection could not continue to provide the much needed services that it does in the community! Below is a listing of staff from both of our programs.

Director

Jeanie Whitecraft Director of Friends Connection Programming for
Mental Health Association of Southeastern Pennsylvania

The Friends Connection of Philadelphia

Bill Burns-Lynch Clinical Manager
Terrance E. Means Senior Supervisor
Robert Cuadrado Supervisor/Alumni Coordinator
Celeste Ford Supervisor/Quality Improvement Coordinator
Rasheta Duval. Administrative Coordinator
Karim Bey. Peer Support Counselor
Anthony Bowser Peer Support Counselor
Robert Brisbon Peer Support Counselor
Frenzell Campbell. Peer Support Counselor/Activities Coordinator
Darryln Dinkins Peer Support Counselor
Earl Driscoll Peer Support Counselor
Stephen Faust Peer Support Counselor
Nikole Fitzpatrick Peer Support Counselor
Michael Nelson. Peer Support Counselor
Ryan Neris Peer Support Counselor
Victoria Pressley Peer Support Counselor
Gwendolyn Young-El Peer Support Counselor

The Friends Connection of Montgomery County

Carol Holmes Program Manager
Lisa Figuero Administrative Coordinator
Ted Dawson Peer Support Counselor/Resource Coordinator
Angel Ortiz. Peer Support Counselor
Harriet Benson Peer Support Counselor



Circle of Friends

This is the section of our newsletter that we dedicate to you our readers. We invite you to share your thoughts with us in short stories, poems, or inspirational sayings.

If you would like to contribute contact Bill Burns-Lynch at 215-599-4011 or just send your contributions to Bill at the Friends Connection office. We look forward to seeing your words in print!

The Friends Connection

Friends
Repeating
Incentives
External
Networking
Doing
Special

Common
Or
New
Natural
Experiences
Concerning
Teaching
Intervention
Over
Negativity

- Gwen Young-El,
Peer Support Counselor

Being Here

Being here at Friends Connection, is an experience indeed. We don't focus on the faults, we try to assist with the needs. Everyone needs someone to walk with through this life. To help them get through the misery and strife. We strive for progress and not perfection. That's why it's so important to make the right connection. Everyday I see so much pain. But if I can help somebody then my living will not be in vain.

- Gwen Young-El, Peer Support Counselor

At Night I Am

At night when I close my eyes,
I remember...
I remember the loneliness, I remember the pain.
I remember my substance abuse all done in vain.
It only made me feel numb, it did not make me whole,
It brought me deeper despair, it darkened my soul.
But now when it's dark, I walk in the light,
My sobriety sings, and my soul it takes flight.
For in place of the drugs, I have truly found me,
And I have come to believe I am a good place to be.
At night, when I close my eyes,
I remember - who I am.

- Anonymous

Recovery Haiku

Peaceful as dew
Lush green on mountains -
Embrace each day.

- Bill Burns-Lynch

Upcoming Conferences

March 20 - 22, 2002

20th Therapeutic & Psych Rehab Conference
Sheraton Bucks County Hotel,
Langhorne, PA

Sponsored by MCP Hahnemann University
For info call: 215-842-4380

April 2 – April 6, 2002

PAPSRs Annual Conference
Hershey Holiday Inn, Grantville,
PA

For info contact papsrs@aol.com

April 15 - 17, 2002

13th Conference on Dual Disorder (MH/DA)
Lancaster Resort Hotel,
Lancaster, PA

Sponsored by MCP Hahnemann University
For info call: 215-842-4380

June 10 – 14, 2002

International Association of Psychosocial Rehabilitation (IAPSRs)
27th Annual Conference
Toronto, Ontario, Canada

For info call: 410-789-7054

Recovery Zodiacs



Aries (Mar 21-Apr 19)

When you were a child, the ways of a child were helpful. Now that you are an adult, seek not the ways of a child. Identify your immaturity and grow.

Taurus (Apr 20-May 20)

Is your recovery alive...or stagnant? Make a conscious decision today to increase your wellbeing.

Gemini (May 21-Jun20)

Support is a key aspect of your recovery. Reach out to a friend today.

Cancer (Jun 21-Jul 22)

Get in touch with your emotions through creativity. Dance, sing, or write a poem today.

Leo (Jul 23-Aug 22)

It is said that the journey of a lifetime begins with one step. Do you have the courage to take that step in your life?

Virgo (Aug 23-Sept 22)

Listen to your body: when it is tired – sleep; when it is sad – weep; when it is happy – celebrate.

Libra (Sept 23-Oct 22)

Knowledge of self is a key to recovery. How well do you know yourself?

Scorpio (Oct 23-Nov 21)

Our words and actions can be powerful. Be mindful today of how your words and actions affect others around you.

Sagittarius (Nov 22-Dec 22)

Take care of yourself today and do these three important things: Relax, Relax, Relax.

Capricorn (Dec 23-Jan 1)

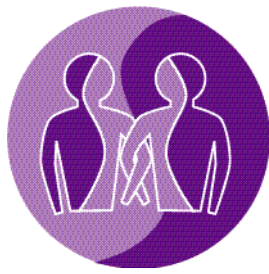
The new year is full of opportunity and change. What changes will you make? What opportunities will you take advantage of?

Aquarius (Jan20-Feb 18)

Good intentions are not enough. Show others who you really are by your actions.

Pisces (Feb 19-Mar 20)

Ask yourself, " Am I really doing what I want to be doing? Am I really on the right path?" If not, chart a new path and begin your journey.



The Friends Connection Grapevine

Making the Right Connections

TFC is bridging the gap to provide supports for individuals with co-occurring disorders.

Special Thanks to the Grapevine Newsletter Contributors:

Gwendolyn Young-El	Mark Salzer
Frenzell Campbell	Terrance E. Means, Sr.
Carol Holmes	Bill Burns-Lynch
Robert Cuadrado	

<http://www.mhasp.org/friends>

Mental Health Association of SE PA
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Nonprofit Organization
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