









Interact CSRP @ The Carriage House * January 2016



WHO & WHERE WE ARE	WHAT WE DO WHEN	TO PARTICIPATE PLEASE CONTACT	SHOPPING & TRIP GUIDELINES
The Carriage House Community Support Recovery Program (CSRP) 6012 Ridge Avenue (Rear) Philadelphia, PA 19128 215-487-0901 ext 3033 & 3034	Program Hours: M, T, W, F @ 1:00 – 3:00 Community Meeting @ 1:00 – 1:30	Lauriann Foster -Page @ 215-487-0901 Ext. 3039 Email: lfosterpage@intercommunityaction.org **See Other Side for Admission Criteria	* Call ext. 3033 or 3034 to cancel. * People on alternate list get 1 st pick the next month. * Departure time is on the Sign-Up. 15 minute wait period * No calls made to remind members * More than 1 person except for food bank & food shopping. * Movie Matinee: \$5 Up to 4 People per month. Ask for Details

National Hobby Month: What do you love to do???

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cooking Classes	Movies on Your Time	Computer Education	Birthdays	Food Shopping	1 Program Closed	2
For \$1.00 Learn to cook & taste a healthy variety of delicious food	Up to 4 people monthly. We pay \$6.00 and CSRP provides transportation tokens –You pay the rest	Anyone interested in learning more about computers call 215-487-0901 ext. 3039	13 th Bob C 17 th Maureen 21 st Frank 	Sav-A-Lot & Shoprite Tokens Available to Arrive @ Store*CSRP Picks Up @ Identified Time	 Happy New Year To You!!! 	@ The CH 12:00 Movie & Good Times
3	4	5	6	7	8	9
1 – 3 Do Your Own Thing	1:00 Needles, Pins, Hobbies & Coloring Meditation 2:15 To Your Health	1:00 Bowling 1:00 Recovery Discovery: Positive Self-Image 2:15 Money Management	11:00 Cooking Class: \$1 Healthy Comfort Food 1:00 Talent Show Rehearsal 1:00 Bulletin Boards 3:00 BJ's	10:00 A & N Produce 11:30 Buffet \$5.00	1:00 Current Events 2:15 Game: Scene It	@ The CH 12:00 Movie & Good Times
10	11	12	13	14	15	16
	1:00 Needles, Pins, Hobbies & Coloring Meditation 2:15 To Your Health	1:00 Bowling 1:00 Recovery Discovery: Self Advocacy	1:00 Mindfulness Yoga with Jodi 2:15 Talent Show Rehearsal 	Fundraiser: Hoagie, Wrap Salad Sale – VOLUNTEERS NEEDED 11:00 Food Pantry: 8230 Ridge Ave 1:30 Sav-A-Lot Pick-Up	11:00: Cooking Class: \$1 Quick One Pot Meals 1:00 Current Events 2:15 Trivia	@ The CH 12:00 Movie & Good Times
17	18 Program Closed	19	20	21	22	23
1 – 3 Do Your Own Thing	Martin Luther King Jr. Birthday 	1:00 Bowling 1:00 Recovery Discovery: Healthy Relationships & Conflict Resolution	11:00 Cooking Class: \$1 Healthy Easy Breakfast 1:00 Talent Show Rehearsal 6:00 Catering Board Mtg 	10:00 A & N Produce 2:00 Shoprite Pick-Up	1:00 Current Events 2:00 Jeopardy	@ The CH 12:00 Movie & Good Times
24	25	26	27	28	29	30
	1:00 Needles, Pins, Hobbies & Coloring Meditation 2:15 To Your Health	1:00 Bowling 1:00 Recovery Discovery: Personal Power How to say "No"	1:00 Talent Show Rehearsal 2:15 FREE Unity Dinner	Fundraiser: Quiche Sale VOLUNTEERS NEEDED 11:00 Food Pantry: 8230 Ridge Ave	11:00 Cooking Class: \$1 Healthy Gut: Fad or Fact? 1:00 Current Events 2:00 Bingo Bonanza	@ The CH 12:00 Movie & Good Times
31						
1 – 3 Do Your Own Thing						

Interact's Behavioral Health Services (BHS) Mission Statement - *Interact's Behavioral Health Division partners with people in recovery from mental health and addiction challenges and their supporters with the goal of enriching their lives through improving their health and wellness and fostering hope in realizing their full potential.*

@ ****The Carriage House**** Community Support Recovery Program: CSRP

The Carriage House CSRP Mission Statement:

The Carriage House is a compassionate wellness community that accepts and promotes learning, camaraderie and healing for people in recovery from behavioral health and addiction challenges.

Admission Criteria:

Referrals for prospective members are submitted by Service Providers such as but not limited to Case Management, Residential Services, Clinician and/or Psychiatrist to the Program Director (215-487-0904 ext.3039) who reviews information and schedules an interview. Participation at The Carriage House requires that program members are at least 18 years old and in recovery from behavioral health and addiction challenges. Members must have a level of independence that does not require staff supervision.

Membership is voluntary, free and does not require insurance.

Program Description: A nominal fee is charged for some activities, while other activities are funded by proceeds earned from our own

Interact's Community Support Recovery Program (CSRP) at **The Carriage House** is an innovative social leisure recovery-based service which provides recovery supports and activities for adults with behavioral health challenges. CSRP assists individuals develop life skills that support self-sufficiency and independence through activities that promote socialization, build self esteem, and maintain psychiatric and emotional stability. A fundraiser called Muffins for Mobility sells muffins that provides tokens to members to attend the program who do not live within walking distance to the carriage house.

Various activities that encourage overall wellness such as WRAP, Smoking Cessation, Cooking Classes, Budgeting, Community Garden, Bowling, Quilting, Scrapbooking, Storytelling, Food Shopping and Community Outing opportunities are just some of what CSRP offers its members.

 **Do You Want To Learn To Cook? Give Us A Call** 

Carriage House Recovery Kitchen: Mission Statement

Teaching people in recovery healthy cooking principles to increase access to healthy affordable food.

LOCAL FOOD RESOURCES

The Worship Center - 7860 Eva Street Philadelphia, PA 19128
Phone Number: 215-483-4480

Thursdays: 9:30 A.M. – Noon Those who are eligible for food are those who are **on social security, SSI, unemployment and welfare**. If you have any questions concerning eligibility please call the church office.

If you would like to help this food bank by a donation or by donating your time please call the church office. Your help is greatly appreciated.

Philabundance Food Help Line - 1-800-319-FOOD (3663)

North Light Community Center
175 Green Lane, Philadelphia, PA 19127, 215-483-4800
Monday and Friday 1:00 - 3:00
Web Page: www.northlightcommunitycenter.org

SHARE Food Program, Inc. www.sharefoodprogram.org

Phone Number: (215) 223-2220 Toll Free: 1 (800) 595-3663
2901 W. Hunting Park Avenue Philadelphia, PA 19129

SHARE an acronym for: **Self-Help and Resource Exchange is a program where people get a break on their grocery bills by exchanging volunteer time for the opportunity to buy affordable food.** For each package of food purchased, we simply ask for two (2) hours of "good deed time, whether at SHARE, other institutions in your community, or your own neighborhood, **volunteer YOUR Way!**

Food packages (worth up to \$45) offer meats, fresh fruits and vegetables and grocery items. SHARE purchases the food from growers, brokers and packaging plants. SHARE Food is never donated, government surplus, or salvage.

SHARE is unique: SHARE is for everyone!!!