



# Interact CSRP @ The Carriage House \* October 2015



WHO & WHERE WE ARE	WHAT WE DO WHEN	TO PARTICIPATE PLEASE CONTACT	SHOPPING & TRIP GUIDELINES
<b>The Carriage House</b> Community Support Recovery Program (CSRP) 6012 Ridge Avenue (Rear) Philadelphia, PA 19128 215-487-0904 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: <a href="mailto:lfosterpage@intercommunityaction.org">lfosterpage@intercommunityaction.org</a> <b>**See Other Side for Admission Criteria</b>	* Call ext. 3033 or 3034 to cancel. * People on alternate list get 1 <sup>st</sup> 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

## \*\*\*October is Depression Awareness Month\*\*\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sav-A-Lot &amp; Shoprite</b>  Tokens Available to Arrive *CSRP Picks Up @ Identified Time	<b>Happy Birthday</b>  7 <sup>th</sup> Bob Z 9 <sup>th</sup> Edward Rom 11 <sup>th</sup> Joe S 13 <sup>th</sup> Carrie 29 <sup>th</sup> Gwen 	<b>Computer Education</b>  Anyone interested in learning more about computers call 215-487-0901 ext. 3039	<b>Movies on Your Time</b>  Up to 4 people monthly. You pay \$5.00. We pay the rest and provide tokens	1  <b>10:00 Eva Street Food Bank</b>	2  1:00 Current Events  2:15 Bingo	3  1 – 3 Do Your Own Thing @ The Carriage House
4	5 1:00 Crocheting 2:15 To Your Health Tobacco & You	6 1:00 Bowling 1:00 Healing & Recovery 2:15 Line Dancing	7 12:00 Buffet \$5.00 up to 4 People 1:15 Mindfulness Yoga w/ Jodi 2:15 Photo Club	8 <b>Fundraiser: Muffins for Mobility</b>  9:30 A & N Produce 11:00 BJ's	9 11:00 Cooking Class Root Vegetable Medley 1:00 Current Events 2:15 Wii Sports	10
11 1 – 3 Do Your Own Thing @ The Carriage House	12 Columbus Day 1:00 Needles & Pins 1:00 Crocheting 2:15 To Your Health Tobacco & You	13 <b>NEED VOLUNTEERS Staff Lunch Preparation</b> 1:00 Bowling 1:00 Healing & Recovery 2:15 Line Dancing	14 <b>NEED VOLUNTEERS Staff Recognition Lunch</b> 1:00 Power in Recovery	15 10:00 Eva Street Food Bank 2:00 Shoprite Pick-Up 3:30 Sav-A-Lot Pick-Up	16 1:00 Current Events 2:15 Trivia	17
18	19 1:00 Needles & Pins 1:00 Crocheting 2:15 To Your Health Tobacco & You	20 1:00 Bowling 1:00 Healing & Recovery 2:15 Line Dancing	21 1:00 <b>Outing:</b> Photography in Nature 1:00 Inspirational Quotes	22 <b>Fundraiser: Hearty Soup &amp; Buttermilk Biscuit</b>  10:00 A & N Produce	23 11:00 Cooking Class Quick Hearty Soup 1:00 Jeopardy	24 1 – 3 Do Your Own Thing @ The Carriage House
25	26 1:00 Needles & Pins 1:00 Crocheting 2:15 To Your Health Tobacco & You	27 1:00 Bowling 1:00 Focus Group & Future Planning	28 1:00 Photo Club 1:00 Power in Recovery 2:15 <b>Unity Dinner FREE</b>	29 10:00 Eva Street Food Bank	30 11:00 Cooking Class Halloween Treats 1:00 <b>HALLOWEEN CELEBRATION</b> 2:00 Tobacco Initiative Presentation @ DBH	31 

*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:

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 LOVE TO EAT & WANT TO LEARN TO COOK? GIVE US A CALL!**



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

### ***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](http://www.northlightcommunitycenter.org)

**SHARE Food Program, Inc.** [www.sharefoodprogram.org](http://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!!!**