

Transforming Lives One Day at a Time

February 2016



ACW now has eleven (11) active and committed board members! We are grateful for their time and assistance. Thank you: Jeannette, Karen, Andrea, John, Jurline, Kelley, Kylee, Lisa, Wanda, Susan, and Sandra. The board recently participated in a day long board retreat and is working hard at moving the agency forward to implement our vision and mission. The board is also planning an exciting Casino Night, Saturday, April 30, 2016 at a fantastic offsite location. More details on the event will be forthcoming.

Thank you to the Green Foundation and the Orange County Community Foundation for their recent grants to help ACW more fully implement a Family Therapy Program by hiring a Licensed Clinical Social Worker or Licensed Masters Level Family and Child Counselor. We are in the process of establishing the program right now.

ACW is ready for El Nino! We patched the McMillen Family Foundation Miracle House roof ensuring there will not be any leaks. We also purchased a new washing machine and dryer, doubling the number of washers and dryers we have for our residents to use.

ACW's clients' artwork was showcased

at the 35th Annual Black Doll Show as part of the War Against HIV/AIDS, Women of the African Diaspora in the Trenches, December 12, 2015 – February 13, 2016 at The William Grant Still Arts Center. Artist Ofelia Esparza worked with ACW residents and out-patient clients to create boxes/idols that portrayed their visions and dreams for the future. The clients enjoyed the project and loved going to the exhibit opening. One of our residents stated that she enjoyed seeing all the dolls and



how they were relating to HIV and how other artists, both male and female were admiring the dolls. Charles Drew University Professor Cynthia Davis funded the artist and materials for ACW clients. Thank you Cynthia!

Does someone you know need help?

Have them call or e-mail ACW at 213.381.8500 or info@acwla.org



The first Thursday of each month St. John's Mobile Clinic comes to ACW!!
 --ACW is located at 1147 S Alvarado St, LA, on the corner of Alvarado and 12th Street--

- Physicals
- PAP Smears
- Breast Checks
- Blood Screenings
- HIV Testing & Treatment
- STD Screening & Treatment
- HEPATITIS A,B & C Screening & Treatment
- Vaccines
- Diabetes Screening & Treatment
- General Ailments
- Referrals for mental health and much much more!

Next Scheduled Visit:

Thursday, January 7th > 8am-4 pm

Thursday, February 4th > 8am-4pm

Thursday, March 3rd > 8am-4pm

Thursday, April 7th > 8am-4pm

Questions? Concerns? No insurance? Call us!
 (213)381-8500 or (213)361-4690

Mobile Clinic is open to the community.
 Call first to check availability for the day, walk ins welcomed.

Upcoming Fundraisers and Events

On Saturday April 9, 2016 from 9am to 9pm, our clients are organizing: **Queens of Recovery**, an all women speaker jam for women. We will have more information about this empowering/life changing event soon.

Please save the date for **ACW's Casino Night on April 30, 2016**. More details to follow shortly; it is going to be a lot of fun!

Brick Fundraiser: We will be installing personalized bricks in front of The McMillen Family Foundation Miracle House. We hope you will join us in beautifying ACW by purchasing an individually-inscribed brick. The two sizes are 4"x8" and 8"x8". For more information, go to:

www.bricksrus.com/order/acw or stop by ACW for a brochure.

ACW needs...

Financial Contributions:

- Please mail your check to 1147 S. Alvarado St, LA, CA 90006 or go to our website www.alcoholismcenterforwomen.org, click "Menu" and then "Donate"

For Miracle House:

- Curtains and Window treatment (1st floor) \$5200
- Blankets, sheets and towels \$1000
- New carpeting for the Breezeway \$2000

Other:

- Slightly used Cookbooks \$0
- Games and puzzles – new or slightly used, with all pieces \$0
- Workout tapes or equipment slightly used \$0

Client Corner

An ACW client (J) interviewed 2 clients and 1 staff person, asking them questions about ACW and in the process learned about herself.

J asked client C and client S what brought them to ACW, what they have learned at ACW, what keeps them motivated and what their goals are. C responded that she knew she needed help, that her addiction had gotten out of control. C stated that she learned a lot about her mental health at ACW and how to be compassionate towards others. Her kids and family are her biggest motivators but also seeing the changes in herself has been exciting. "I can't wait to see me in a few months." C's goals are to get a sponsor, obtain a job, continue with weekly meetings, be of service and be the best person she can be.

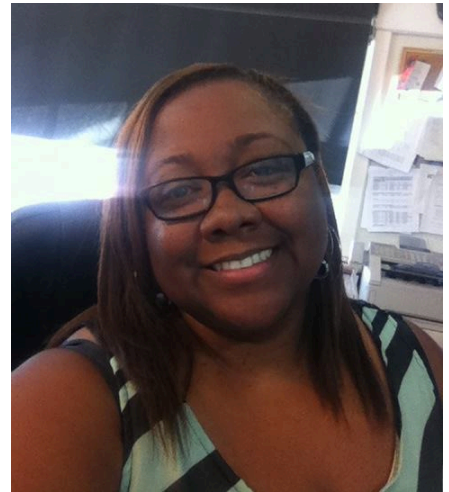
S explained that she came to ACW instead of serving 6 months in jail. She's learned that drugs and alcohol are only 5% of her problem, that her behaviors and attitude need a lot of work. She stated that seeing others with long term recovery living clean and sober every day has been very motivating. Her goals are to live with her family, continue her sobriety and learn all the tools she needs to be sober forever.

J interviewed Outpatient Counselor Kimya Abdul Jabbaar. Kimya stated that she has been working at ACW for 8 years and likes it because ACW is geared towards helping women. "ACW allows me to help women and teach women about recovery and life skills." Kimya stated she loves when women succeed. She also loves seeing alumni come back with years of sobriety. She does not like when women just show up but do not want to recover or have a better life.

And **Thank You** to the Residents and Outpatient Clients who helped edit and update our Client Recovery handbooks which are now more client-friendly including note pages to jot down important messages and reminders.

J liked interviewing the clients because she got to know them more personally than by just attending groups with them. She also liked interviewing Ms. Kimya because she was better able to think of her as a person not just a staff member. "Hearing Ms. Kimya talk about why she chooses to work at ACW helped me to understand that all the staff can choose where they work and have specific reasons as to why they are working at ACW. It helped me to see the staff more as humans who have likes and dislikes just like us."

J is graduating from ACW's residential program in a few days. Her goals are to apply everything she learned, stay clean and sober, live with integrity and use ACW as a flagship to keep in touch with, when needed. She knows that though the drugs are gone, she still has to make sure the bad and lying behaviors do not return.



Ms Kimya

Did you know...?

ACW's two turn-of-the-century homes are located at 12th and Alvarado, a few blocks south of MacArthur Park, an area once known as Westlake Park and sometimes referred to as "Charlie Chaplin's Bathtub," owing to the fact that many of Mr. Chaplin's early pictures were made there.