

The Alcoholism Center for Women

March, 2010

The Alcoholism
Center for Women



ACW is an incorporated 501 C3 organization with the mission of supporting the recovery from and prevention of alcoholism and other drug-related problems among all women at high risk for substance abuse.

If you can help... ACW needs...

Funds for Living room furniture
-Miracle House

Food Storage cabinets for the
kitchen

Outdoor shed to store food
(Earthquake/ disaster planning)

Funds for Screens for both
buildings

Funds for Bedspreads for the
Miracle House

Commercial Refrigerator for the
Miracle House

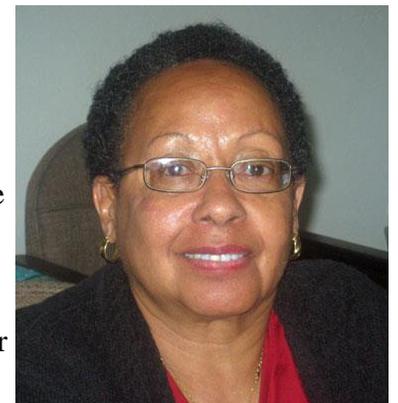
Flooring tile for kitchen,

Spring is in the air at ACW!

A Note from Pam Snowden - Chair, ACW Board of Directors

There is a vibrant air of excitement, optimism and enthusiasm among the clients, residents, staff and the Board of Directors.

The Synder House and the Miracle House have been fixed up and spruced up with new paint, carpeting, curtains etc. In 2009, ACW successfully dealt with a series of financial challenges, and although ACW, like most other non-profits, still faces financial challenges, we are moving forward with a vigorous "can do" spirit.



One example is ACW's implementation of innovative prevention programs for at-risk teens, which has greatly raised ACW's visibility in the Pico Union area where we are located.

I offer my heartfelt thanks and congratulations to everyone associated with bringing about the new and improved ACW for their hard work and dedication. Onward and upward!

-Pam Snowden

In addition to Pam, board members include: Shereen Beverly, MD., Board vice Chair, Connie Guzman, Board Secretary, Janet Blum, Board Treasurer, Kathy Godfrey, Jeannette Bronson, and Leslie Shea

We Keep Getting Better and Better...

Thanks to a grant from the Ahmanson Foundation we were able to purchase and

dinning room, game room, (3) bathrooms and foyer area for the Miracle House

Replace shower & tub in upstairs bathroom and plumbing for the Miracle House

Dinning room tables (8) & (32) chairs for the Miracle House

Microwave for the Miracle House

TV and DVD player for Prevention

Mattresses, Mattress Pads, Sheets, Comforters

Give the gift of Recovery...

\$60 - One day of Residential Treatment



No PayPal Account required.

\$420 - One week of Residential Treatment



\$1800 - One month of Residential Treatment



\$10,950 - Six months of Residential Treatment



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Quick Links...

[Our Website](#)

install new carpeting for both houses: Jalapeño in Snyder House and Cracker Barrel in Miracle House. The warm brown tones in the residential home evoke a "homey" feeling. The green hues in the Snyder House look refreshing and soothing next to all the beautiful wood. Eight People In Progress residents came and helped for 6 days to move furniture and remove old carpeting. They were very helpful and enjoyed the chance to lend a hand.

Thank you to those who attended and/or contributed to our December Holiday fundraiser. Funds raised this year went toward purchasing new curtains for the Miracle House. The curtains add needed privacy and security as well as beauty to the rooms. Come take a tour and see our new curtains and carpeting!



ACW residents enjoying the new carpet!



[E-mail us](#)

Shop at Ralphs Update!



Now you can donate to ACW, just by doing your weekly shopping!

If you don't yet have a Ralphs Rewards card, stop by Ralphs to pick and sign up...

Then, go to go to <http://www.ralphs.com>

- Click on the REWARDS CARD icon in the upper right corner.

If you have not previously registered your Ralph's Card...
Click on "Sign in/Register".

- Under New Customer, click on "Sign up today."
- Enter your zip code and select a store.
- Enter your account information and card number.
- At this point, you will have to check your email inbox for a link to complete the registration.
- When you click on the link, follow the directions listed below to add ACW as community organization.

If you have previously registered your Ralph's Card

The new curtains make all the difference!



Recent Events

Valentines Day Dance!

The last few months have been busy with organizing a Prevention Youth St. Valentines dance at the El Santo Nino Community Center. Over 150 youth attended the dance had fun and took home prevention messages.



Black History Month

In February, ACW celebrated black history month with the residents reenacting the Rosa Parks' bus experience, a documentary on the efforts of Ida Wells Barnett to stop lynching and viewing Amistad a movie about the bringing captured West Africans into slavery. We ended the day with ribs, corn bread, greens, macaroni and cheese and peach cobbler.

Prevention "New Choices" Program

We are also grateful to the **Marisla Foundation** who approved our grant application for \$25,000 to support our Prevention New Choices Program. New

...

- Click on the Sign in/Register and sign in.
- Go to "My Account" and click on it.
- Go to "Community Rewards Information"; hit "Edit".
- For organization name type in 90584 OR "Alcoholism Center for Women" and our agency should come up.
- Click the button next to our name and hit SAVE.

That's it. And ACW will receive a percentage of your purchases until September 2010!

Ralphs requires an annual renewal... so if you have registered before (prior to September 1st, please re-register!)

Choices inspires 11-19 year old girls to make positive "new choices" for their lives by preventing them from drug and alcohol use, gang affiliation, the peer pressure to engage in sex and more.

New Choices partners with local schools and youth programs to identify at-risk girls. Once enrolled in the program, the girls participate in a 10-week training program that offers extensive, age-appropriate curriculum and tools covering such topics as: self esteem; relationships and drugs; clubbing; anatomy; teen pregnancy; anger management; gang affiliation; and tobacco, alcohol and drug use.

Each participant receives at least two home visits to ensure that parents are aware of the program and staff has a fuller understanding of what the girls are coping with at home. The second tier of New Choices is a peer-based Advisory Board for graduates of the ten-week program. The girls learn to work together as a team, develop leadership skills and focus on helping the agency and the community. After a year on the Advisory Board the girls can join the Peer Mentoring Committee, which they created, to further their leadership, self-esteem, goal setting and community skills. "Stephanie" told us that her continued involvement in New Choices is the reason she is graduating high school.

Our prevention programs do not just mindless rattle off facts and figures but connect with the girls and help them with very real situations in their lives. For example when "Maria" confided in a staff member that she had been offered a job as a prostitute, staff counseled the girl, met with her parents several times, and then helped them to contact the police and support their daughter. The whole family feels stronger, closer and better able to handles situations that may arise in the future.

For more information about ACW, our activities, volunteer opportunities, and other methods of donation, check out our website at:

www.alcoholismcenterforwomen.org

Or call us at 213-381-8500

If you would like to be removed from our email list, just click the link below for Instant Removal.