

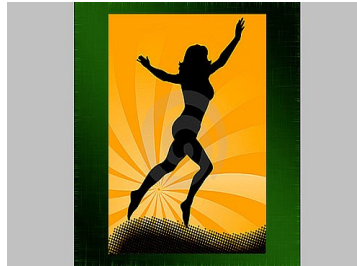
# ENTERPRISE NEWSLETTER

Volume 1, Issue 5 March 2011

## GOODWILL & RECOVERY

After working at the Enterprise Resource Center for about two and a half years I have decided to go to work in retail. Working at ERC was great and I know I have grown from the experience. The workshops and Peer Counseling course definitely enriched my life and helped me return to the mainstream. I did some searching around at different types of jobs and came to the conclusion I wanted to work in retail. Then I went to Goodwill and inquired about their Training Program. I was lucky to be accepted into the train-

ing program, and on February 9th I went to work at Goodwill on Lincoln in San Rafael. I view this experience as another step in my recovery.



So far I have been doing, what is called recovery; which is interesting because of my ideas about what recovery is.

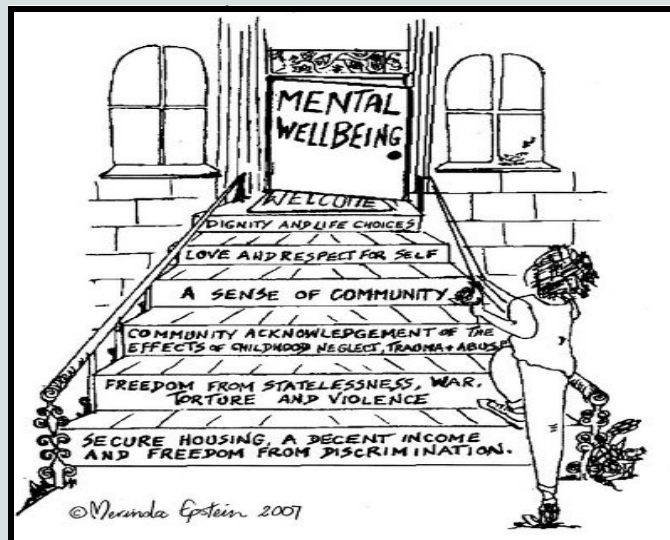
Recovery at Goodwill is cleaning up at the store, putting the clothes back on

the rack, and getting all the hangers straightened out. As for my experience with recovery, working is just another phase.

I have moved out of the safe, protective space of Peer Counseling as a volunteer at ERC and into the field of retail. I am getting my finances in order as well as keeping my symptoms under control. I see the parallel between recovery work at Goodwill and recovery work in my life as being an ongoing process of organizing and cleaning up.

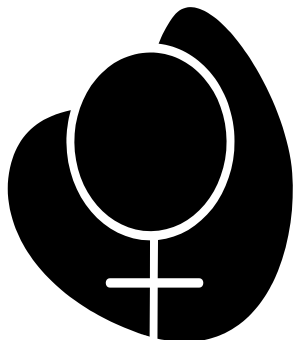
- Karen Balsamico

***Welcome to the 5th Edition of the ERC Newsletter! This is YOUR Community Newsletter. Please don't hesitate to submit your articles, cartoons, poems***



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## National Womens History Month!



Along with the beginning March winds we find ourselves full of excitement in anticipation of National Women's History Month! Here at the Enterprise we will be using our Tuesday Library time and focus on the theme *In Praise of Women*.

There are so many powerful and important women to be praised. We don't have to go far to find them or even think too hard to come up with names of women who have greatly impacted our lives.

This month we will meet **every Tuesday from 1-3:00 in the LRAC** room to hear women's stories, to read their words, and see their stories documented. Let's gather and celebrate!

- Gloria

## Healthy Habits Support Group!



Do you ever feel that you want to improve your general health, but are confused about how or

where to begin? Healthy Habits Support Group is the answer! We will discuss fun and affordable

ways to improve your health. Join us **Thursday afternoons from 3-4:00pm in the LRAC Room.**

## NEW Training & Support Group for Peer Groups Leaders



Facilitating groups is one of the most difficult things a counselor or therapist will ever do! It doesn't matter who you are or how many degrees you have. It doesn't matter how much training you've had. Groups

are scary. They are unpredictable. They are full of people who have different agendas and different needs.

If you want to know more about running groups, if you want to get support for

the groups you facilitate, come to Ron and Jeannie's NEW Peer Group Leader Training and Support Group! New participants welcome.

**2nd Wednesday of every month 3:30-5pm. 1st session**

## VISION OF HOPE - By Margreet Winkler

I have a profound deep value and interest in the respect and care of the Homeless population and I wanted to know what the County is doing to offer them the sustaining support they need for their well-being. I am often impressed when I see a homeless person play a musical instrument on the street for everyone to enjoy. To gather information I started with making an appointment at the New Beginnings housing facility. I was glad to be granted an interview with Paula Jones, resource counselor at New Beginnings.

The shelter was opened in the year 2000. They have 84 beds available. Paula suggested that the general society who may not know any homeless people personally, and those that may stigmatize them, take a tour and meet the staff to see what they are about.

There are several personal enrichment programs at New Beginnings. For example, some of the classes offered are writing classes, janitorial classes, gardening and culinary skills.

There is certain criteria to meet prior to qualifying such as TB tests, verification of income and residency. Please call directly for additional information : 382-3532.

I thanked Paula for taking her time to answer my questions. I want everyone to know that this was a wonderful experience for me to write this article. I learned a lot by writing it.

### **UPCOMING EVENT WEDNESDAY, MARCH 23rd, 1:00-2:00pm:**

Bruce Gurganus will be here with Bobbe Rockoff from Health & Human Services to talk about Marin County's plans to address homelessness. Bruce is the Director of Community Mental Health Services for Marin County and comes to the ERC once a month to inform and advise on current mental health topics. In addition to answering questions, Bruce brings us mental health updates and on occasion brings guests to inform us about specific or various pertinent issues.

### **UPDATE ON C.A.M. PEER COUNSELING COURSE:**

Terry Fierer continues to facilitate the 12 week Intro to Peer Counseling class teaching communication skills on how to most effectively work with clients. Twenty people signed up for this popular offering so Terry split the class into two sections. They are on the 3rd week and learning is going well. The 2nd advanced course called Peer Counseling & Case Management will be offered in June.

## WOMENS HISTORY MONTH – “In Praise of Women”



**Be like  
the sun...  
Give  
light as  
soon as you  
rise.**

I could spend a lot of time talking and writing praises about well-known and famous women,...the one who flew first, the one who said “just say no”, the first women who won an Indy Car Race, women who got the vote, burned their bras and so on and so forth.

I'm going to write a bit about a certain single female. She was not known in a book, not famous on television, did not make her first million by the time she was 21. Basically she was my wife of 15 years and prior to that we were together for 4 years.

There is not enough

praise or thanks, appreciation, gratitude, and above all, respect and love for what this person does.

To me I think much praise should go to the mothers who raise our children. She carries the baby, gives birth, then begins a life-long job of raising, molding, teaching right from wrong. As children we go to them for support and for encouragement. We learn respect, honesty and love. They teach us not to give up and to stand up for what we believe in.

The way I see praising women, I believe they are the backbone of

society. As small babies they hold and nurture us. As children they teach us morals. And as adults some of us marry them, and the ones that don't, we still look up to them, listen to them, and at times follow their lead. In any case, I believe all women should be praised, for without them, us men would not exist. If you believe the story of God sending women to help man, I think he sent women to *save* man.

- Tom

## AROSTIC POETRY by Linda Reed Activity Club Participants

*An Arostic Poem is a simple format that uses each letter from the poem title for each line.*

### WATER

Waterfalls are pretty  
After we saw the waterfall  
we went somewhere new  
Today we are both together  
Ever see a duck land on a  
swimming pool?  
Rivers can be beautiful.

- Sebra

### WINTER

Wind is blowing & howling  
Ice is on the lake  
Now is the time for chilly  
weather  
Time to bundle up.  
Everyone is looking for snow  
Rain is cold and wet

- Florence

### SNOW

See the pretty snow -  
Nope, the snow is too cold!  
Ouch! That snow hurt my  
hands.  
Wow, it's a winter wonderland

- Steve F.

## A CLEAR VISION—By Maggie Baker



In making landscape art, I recognize this not as scenery but as the spaces and systems we inhabit, a system our own lives depend upon. There is no need to return to a landscape that has never been far from our thoughts: it is the thoughts that change.

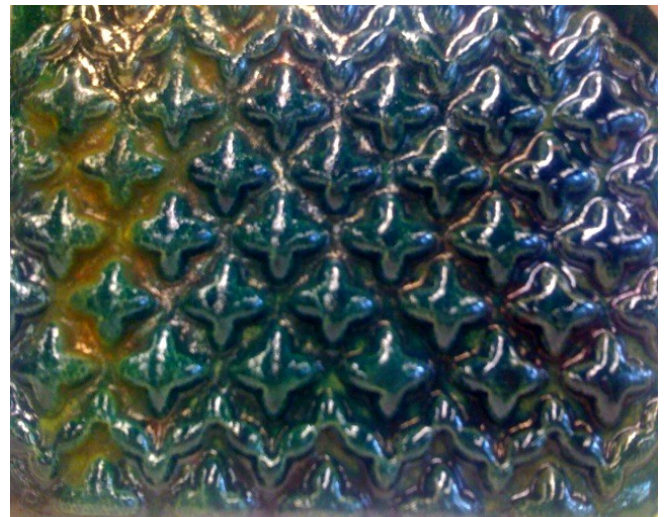
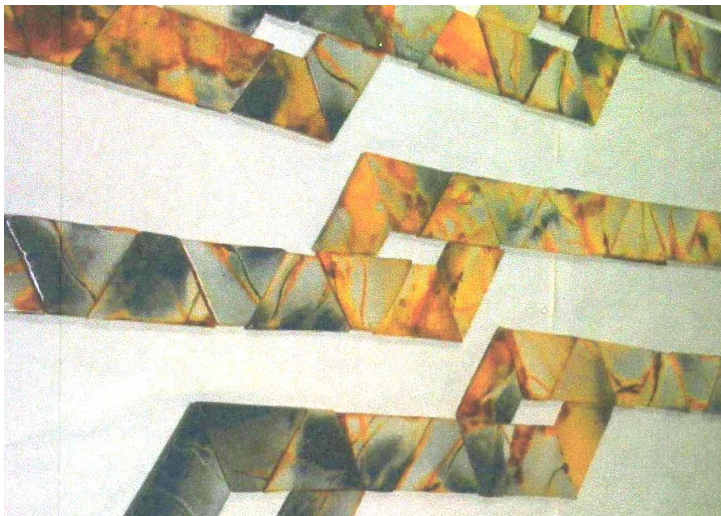
The installation of my artwork brings these issues inside, into environments that are responses to their sites and can be viewed as metaphorical constructs of the world; perhaps an art gallery, a bank, a home or a museum space. All venues are education journeys. I create my pieces as ca-

thartic elements for those wishing to bridge the gap between nature as a vision of not only what we want our world to become but also to maintain what we already have.

The landscape becomes a very big part of me, encompassing almost every element of my creative process. I am continually expanding and expounding upon my relationship with nature as I grow as an artist. I examine the lines and the symmetry along with the importance of the worldwide environment.

This emphasizes my relationship to nature as the foundation to all of my work. I have a strong respect and love for the land that exists throughout my artwork.

I cannot remember a time when I was not concerned with environmental issues or when I did not feel humbled by the beauty of the natural world. I do not believe anything that I can create can compare to the beauty of the natural world, but these tiles are a response to that beauty.



## **Enterprise Resource Center**

**3270 Kerner Blvd.**

**Bldg. A, Suite C**

**San Rafael, CA 94901**

**Phone: (415) 457-4554**

**HOURS: Mon-Fri 9:00am-  
4:00pm**

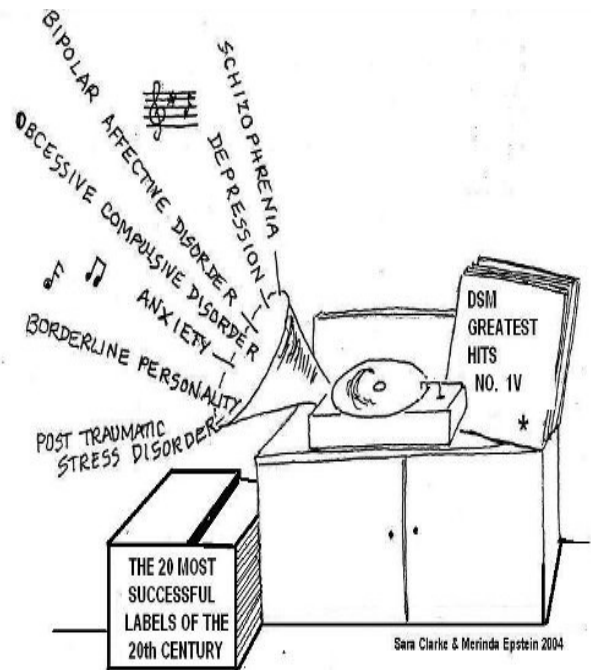
**Sat-Sun 10:00am-4:00pm**

**Editor: Cheryl August**

**Production: Amber Byassee**

**Contributors: ERC Participants**

## *Happy Spring!*



**P/T PEER CASE AID POSITION OPEN - Job description listed on bulletin board. See Barbara Coley for additional information.**

### **ONGOING MONTHLY FIELD TRIPS!**

**Be sure and check the bulletin board for upcoming events. This month we will be visiting the Marine Mammal Center in the Marin Headlands on Thursday, March 24th—leaving at 10:00am. Meet at the Enterprise Center. Bag lunch provided. Please note: There are ONLY 5 spaces available but there will be a waiting list too. Sign up in ERC Office. Good times!**