



## COMMUNITY EVENTS

• Jan. 3rd - April 7th - [Baltimore Youthworks Application](#)

[Clothing Resources](#)

• Jan 28th - [Baltimore Coat Drive/ 1pm-3pm](#)

[Job Fair](#)

• Jan. 19th- [Baltimore Career Fair/ 10am](#)

• Jan. 23rd- [Baltimore Career Fair/ 9:30am](#)

[Career Development](#)

Baltimore City One-Stop Career Centers, a partnership with local workforce development agencies, providing a full range of assistance to job seekers and businesses.

[Northwest One-Stop Career Center \(home of the Re-entry Center\)](#)

Mondawmin Mall, Suite 302

2401 Liberty Heights Avenue

Baltimore, MD 21215

Telephone: 410-396-7873 Fax: 410-523-0970

DLWDALBaltimoreJS-LABOR@maryland.gov

[Eastside One-Stop Career Center](#)

3001 E. Madison Street

Baltimore, MD 21205

Telephone: 410-396-9030 Fax: 410-396-4063

DLWDALBaltimoreJS-LABOR@maryland.gov

The Eastside & Northwest Baltimore City One-Stop Career Center is open [Monday through Friday from 8:00 a.m. to 4:30 p.m.](#)

[Free Employment & Training Application!](#)

## Advice from our Juvenile Attorneys



- You are not alone.
- We are rooting for you.
- Reach out to someone when you need help.
- Be your own advocate.
- Identify positive relationships with peers, mentors, teachers, friends, and family.
- Get on top of things while they are happening, do not wait.
- Reach out to your attorney for any clarification.
- Do not wait until the last minute to meet all of your requirements.
- Document all of your community service hours, court dates, texts, phone calls, messages, emails by screenshots or filing documents in a folder.
- Make copies of any documents you receive.

## January Awareness

National Slavery & Human Trafficking Prevention Month

National Mentoring Month

National Blood Donor Month

Cervical Health Awareness Month

Mental Wellness Month

Poverty Awareness Month



### Featured Articles:

<https://tinyurl.com/yc4p2au9>

<https://tinyurl.com/4fd6aw2t>



# January 2023 Newsletter

## Gas Station Heroin' Is Causing Intense Withdrawals. It's Legal in Most States.



Prescription opioids played a huge role in starting the opioid epidemic as we know it. Even with changes in company policies and a decade's worth of legislation, there are still ways to acquire highly addictive opioids without the need for a doctor. Recently, a narcotic has entered the public eye for being similar to an opioid and being available at gas stations. **Tianeptine** (brand name TD Red), is marketed as a dietary supplement, but in reality, has much more in common with prescription opioids.

This "gas station heroin" is not FDA approved, and has already been banned in several states. In other countries it has been used as an antidepressant, although very addictive. Because it can be bought at many different locations and its effects wear off quickly, this drug has been documented as being a risk for both abuse and overdoses. Additionally, because this drug attaches itself to the opioid receptors in the brain, there is also a serious withdrawal process associated with getting off of this drug.

**If you or someone you know is struggling with Opioid addiction, please call the National Rehab Hotline: 1-866-210-1301**

## Beat the January Blues Tips !



The end of the holiday season marks the conclusion of a time that is filled with good times for some, and deep stress for others. No matter what the holidays mean for you, there is no doubt that the first few weeks of the new year may be an adjustment period for everyone. Here are some tips to avoid the January Blues:

1. At this time of the year, we may need to talk to someone now more than ever; do not be afraid to seek professional help.
2. This may be a good time to visit friends and family, reach out to them to see how they are doing.
3. Regular physical activity can counter the depressant effects that the winter months can bring.
4. If you are worried about being alone, find out what is going on in your local community or join a local group
5. Remember that alcohol is a depressant and can worsen the symptoms of depression

**If someone you know needs support now, call or text 988 or chat 988lifeline.org**