



COMMUNITY EVENTS

- Dec. 11th - Free Holiday Event/ 11am-2pm
- Dec. 14th - Jam Session/ 5:30-6:30
- Dec. 17th - Christmas Giveaway/ 1pm
- Dec. 17th - Let's Thrive Toy Drive/ 3-6pm

Clothing Resources

- Dec. 3rd - Holiday Suite Giveaway/ 10am-4pm
- Dec 3rd - Christmas Came Early Winter Drive/ 1pm-5pm
- Dec. 6th - Coat Drive/ 5pm-7pm
- Dec. 15th - Free Clothes Giveaway/ 11am-2pm
- Dec. 15th - Free Professional Clothing/ 11am-2pm

Job Fair



- Top Golf Baltimore - Hiring
- Dec. 14th - Job Fair/ 11am-2pm

Baby Essentials

- Dec. 16th - Baby Essentials Giveaway/ 2pm
- Dec. 21st - Free Food & Diapers/ 2:30-3:30pm

Coping with Holiday Grief

- Strategies for coping with loss during the holidays
- How to cope with the feelings of overwhelm and sadness
- Ways to honor your loved one during the holiday season
- How to get the support you need

I hope that you will be gentle with yourself this holiday season and always.

<https://tinyurl.com/2x4e85ss>

December Awareness

- National Drunk and Drugged Driving Prevention Month
- Universal Human Rights Month
- World AIDS Awareness Month



Featured Articles:

<https://tinyurl.com/2vp7ct9d>

<https://tinyurl.com/mryf9j4n>



December Newsletter 2022

Stigma Around Opioid Deaths Needs to Change, Say Medical Professionals



While the science surrounding addiction has made great progress in the last 20 years, often it seems that the perception of those who suffer from addiction has not changed in a very long time. There is no doubt that addiction is a disease and should be treated as such. Unfortunately, there is a prevalent perspective that portrays those with addiction as "other" or "less than." Clinicians in Newfoundland, Canada have spoken about the stigma surrounding those with opioid addiction and who it affects.

Opioid addiction is not limited to one specific demographic. These clinicians noted that those who die as a result of an opioid overdose does encompass a certain age range. However, those in their 20's to 50's experience higher rates of overdoses. As a result, many self-medicate and do not seek treatment.

In an effort to reduce the stigma, medical professionals in this Canadian province have increased access to methadone (which can be used to treat opioid addiction) and Naloxone kits, (which can rapidly reverse an opioid overdose). This acts as a harm reduction model to decrease opioid overdoses and deaths.

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

Stress, Depression and the Holidays: Tips for Coping



- Acknowledge your feelings: It is OK to cry and express your feelings.
- Reach Out: If you feel lonely or isolated, seek out community, religious or other social events or communities.
- Be realistic: As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
- Set aside differences: Try to accept family members and friends as they are, even if they don't live up to all of your expectations.
- Plan ahead: Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items..
- Don't abandon healthy habits: Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks. And Get plenty of sleep during the holiday season.
- Take a breather: Make some time for yourself. Find an activity you enjoy. Take a break by yourself.