



ICAN IN LANCASTER, INC.

# PHOENIX

## New Years

Z G F F K N K A S F F C F T K S M Q G L  
 L V O N E W Y E A R S D A Y N D J Q T H  
 Z I O Q R M X U A J I R T O F C W D D D  
 Q C T C I T P F R D X T O T F W N M W I  
 V S B K T I R T S W S L T B V J F U V L  
 S D A F I J J Z W A L D Q Z R C R N Q Z  
 K N L B M H S I O A U F Q A O M E U R O  
 I E L V E Y U T B W F R E U I I K S L U  
 K I E L S G F X E F G Y N D X T A L O W  
 Y R V C S W C E F U W T N N Z T M Y I G  
 X F E J Q L V M W E D I V G Y E E H J H  
 F K S H U S C Y N O G Q Y B T F S W H K  
 N I R G A J P Y W H N V M X E N I V I G  
 V S A M R T P N T Y N Y W W G O O J F N  
 N S E Z E P A D R T T L F R W C N L I I  
 T A Y J A S B V W R H G F P T U Q Z P F  
 M T W H K H G B A S K R O W E R I F Z X  
 U K E H A M Z P Z C P F M C N T P U J M  
 T M N G B H K P E E E D M P F P Z O K U  
 K G R P L C E X I X R H W S A R C J Q A

- NEWYEARS DAY
- NEWYEARS EVE
- MIDNIGHT
- FOOTBALL
- PARTY
- TIMES SQUARE
- FIREWORKS
- KISS
- NOISE MAKER
- TOAST
- FRIENDS
- COUNTDOWN
- CONFETTI
- BALLOONS
- HAPPY NEW YEAR

*Happy New Year*

*If it didn't bring you joy  
just leave it behind  
Let's ring in the new year  
with good things in mind*

*Let every bad memory  
that brought heartache and pain  
And let's turn a new leaf  
with the smell of new rain*

*Let's forget past mistakes  
making amends for this year  
Sending you these greetings  
to bring you hope and cheer*

*Happy New Year* 

*With Best wishes*

*[www.forangelsonly.org](http://www.forangelsonly.org)*

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## **SPECIAL EVENTS:**

**BOARD ELECTIONS:** As mentioned in our previous member meetings, we are going to have board elections in January. At this time we expect to have 4 board seats up for re-election and will be voting all day January 11th.

**CATERPILLAR CLUB:** This discussion will be led by Alex Wilson, Kathy Lenox and Rachel Jackson.

ICAN will continue our reading circle on Saturday afternoons from 2:pm -3:30 pm. on **Saturday, January 14th and 28th.** We are reading Radical Self Acceptance written by Tara Brach in 2005. Copies of the book will be available to all participants. Our time together will be concluded by group discussion. On January 28th we will be starting The Power Of A Positive No , How To Say NO and Still Get To YES by William Ury.

**KARAOAKE/SOCIAL NIGHT/POOL TOURNAMENT– Saturday, January 21st** from 5 to 7 pm We will have snacks available with fresh fruit, the pool room open with prizes for all contestants, the support group room open so people can play board games, and the computer room open.

**RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT)-** This will be led by Alex Wilson from 6 to 8 pm on **Friday, January 20th and 27th.** . One of the fundamental premises of REBT is that humans, in most cases, get upset not just by unfortunate adversities, but also by how they construct their views of reality through their language, evaluative beliefs, meanings and philosophies about the world, themselves and others. (Wikipedia.org) In REBT, clients usually learn the A-B-C– model of psychological disturbance and change. The A-B-C model states that it normally not just an A, adversity that contributes to disturbed and dysfunctional emotional and behavioral Cs, consequences, but also what people B, believe about the A, adversity. A, adversity can be either an external situation or a thought or other kind of internal event, and it can refer to an event in the past, present, or future. We will be handing out the free e-book A Guide to Shameless Happiness which utilizes the principles of Rational Emotive Behavior Therapy by Will Ross for those who are interested.

**STRETCHING YOUR DOLLARS:** **Saturday, January 7th, 14th, 21st, and 28th** from 1 -2 pm. It will be led by Teresa Galliani and Garry LeFevre, our objective is to provide resources, tips and ideas that can help you make your income go further. Teresa will share her extensive knowledge and experience with online use of coupons. Garry will draw on his years of work in the areas of budgeting, banking, lending, and real estate. Let's do what we can so that each of us may enjoy a more prosperous future in the face of largely adverse economic times. This month we plan on making a trip to the grocery store to practice what we've learned.

**EXECUTIVE DIRECTOR**

Rachel Jackson

**ASSISTANT DIRECTOR**

Jackie Marrero

**ART DIRECTOR: Mary Miller****STAFF MEMBERS:**

Dwayne Charles

Garry LeFevre

Kathy Lenox

Mary Miller

Steve Newell

**TEP**

Patricia Frehafer

**BOARD of Directors****PRESIDENT**

Charles Webb

**SECRETARY**

Anya Porter

**BOARD MEMBERS**

Tori Von Buren

Janice Herman

Eileen Lewis

Adam S. Price

Amy Reis

Alexaundrea Wilson

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**PHOENIX****DROP-IN CENTER****HOURS**

Monday-Saturday 12 -8 pm

Sunday closed

# January 2012

| S  | Mon   | Tue  | Wed   | Thu   | Fri  | Sat   |
|----|---|--|---|---|--|---|
| 1  | 2<br>2:00 Art Class<br>5:00 Women's Group                               | 3.<br>3:00 *SA Group<br>6-8 Piano Lessons  | 4.<br>1:00 General Sup Gp.<br>3:00 Bipolar Group<br>5:00 *PTSD Group  | 5.<br>2:00 Scrapbooking<br>3:00 Spirituality<br>3:30 Guitar Class<br>6-8 Piano Lessons  | 6.<br>2:00 Art Class<br>3:00 Ashley Group                                | 7.<br>1:00 Stretching<br>Your dollar  |
| 8  | 9.<br>2:00 Art Class<br>5:00 Women's Group<br><u>6:00 Board Meeting</u> | 10 .<br><u>2:00 Member's Mtg</u><br><u>2:30 Mem/Staff Mtg</u><br>3:30 *SA Group<br>6-8 Piano Lessons | 11. 1:00 Gen.Supp. Gp.<br><u>BOARD ELECTIONS</u><br>3:00 Bipolar Group<br>3:30 Knitting<br><u>4:30 Staff mtg.</u><br>5:00 PTSD<br>6:00 Computer Class | 12.<br>2:00 Scrapbooking<br>3:00 Spirituality<br>3:30 Guitar Class<br>6-8 Piano Lessons | 13<br>2:00 Art Class<br>3:30 Ashley's Group                              | 14<br>1:00 Stretching<br>Your Dollar<br>2:00-3:30<br>Caterpillar Club             |
| 15 | 16.<br>2:00 Art Class<br>5:00 Women's Group                             | 17.<br>3:00 *SA Group<br>6-8 Piano Lessons   | 18<br>1:00 General Sup Gr.<br>3:00 Bipolar Group<br>5:00 PTSD Goup  | 19<br>2:00 Scrapbooking<br>3:00 Spirituality<br>3:30 Guitar Class<br>6-8 Piano Lessons  | 20. 2:00 Art Class<br>3:30 Ashley's Group<br>6-8 *REBT<br>6:00-8:00 REBT | 21.<br>1:00 Stretching<br>Your Dollar<br><u>5:00-7:00</u><br><u>Karaoke Night</u> |
| 22 | 23.<br>2:00 Art Class<br>5:00 Women's Group                             | 24 .<br>3:00 *SA Group<br>6-8 Piano Lessons  | 25.<br>1:00 General Sup Gr.<br>3:00 Bipolar Group<br>3:30 Knitting<br>5:00 *PTSD Group<br>6:00 Computer Class   | 26.<br>2:00 Scrapbooking<br>3:00 Spirituality<br>3:30 Guitar Class<br>6-8 Piano Lessons | 27.<br>2:00 Art Class<br>3:30 Ashley's Group<br>6-8 *REBT                | 28.<br>1:00 Stretching Your<br>Dollars<br>2:00 Caterpillar<br>Club                |
| 29 | 30.<br>2:00 Art Class<br>5:00 Women's Group                             | 31.<br>3:00 *SA Group<br>5:00 General Sup Gr.<br>6-8 Piano Lessons                                   |   | *SA=Schizophrenics<br>Anonymous<br>*PTSD=Post Traumatic<br>Stress Disorder              | * REBT=Rational<br>Emotive Behavior<br>Therapy                           |   |