

The Guidance Center of Westchester TIMES

Winter 2019

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Save the Date
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FROM THE CEO

Sometimes, it seems as though one day can just roll into the next. We get so caught up in the day-to-day tasks and chores that “busy” our lives that we often forget to reflect on how the small steps—**the one-foot-in-front-of-the-other days**—are what propel us along the journey.

But when someone is a part of The Guidance Center of Westchester, there truly are no ordinary days. For our program participants, each day is extraordinary in its small steps. Whether someone is seeking to overcome addiction, learning to live with bi-polar disorder, or challenging themselves to complete their education, each day is the opportunity to learn, work, and thrive.

“In this newsletter, we share some reflections of our program participants. In their own words, they share how TGCW is helping them along their journey. As a friend and supporter of TGCW, you are part of the team that helps our program participants achieve their goals.”

As we enter the new year full of hope and promise, may their stories of courage, triumph, and discovery inspire us all to rejoice in the steps they took along their journey.



Chief Executive Officer

This newsletter is produced by the Development Department. Reach out to us anytime: Info@TheGuidanceCenter.org

I N T H E I R O W N W O R D S

Reflections by Program Participants

"The Guidance Center of Westchester helped me get into a domestic violence shelter where my children and I were safe. I no longer had to be afraid. Working with (TGCW) has helped me and my children obtain stable, permanent housing. My children and I now have a two bedroom apartment... I never believed that dreams come true, but I learned they really can with good people in your life, and hard work. I thank (TGCW) and the counselors for everything that they have done for my children." – R.

"(Due to substance use) I lost two marriages, lost a house, lost a business. I thought I just couldn't face a day sober... (TGCW) got me out of the revolving door. It gave me a chance to concentrate on my mental health, on my sobriety, on my physical issues... to make ties with the community, to make amends with my family and friends, and to make plans for the future. I'm very proud that I am sober. I've never been happier in my life." – J.

"It wasn't until I came to The Guidance Center where I learned that past experiences were causing me pain and the reason for my drug use. I am overcoming and becoming more of a productive and responsible individual in my community. The commitment that I've given to myself and the (Sunrise) program has a wonderful effect, and it motivates me to continue to be effective in my process of recovering. I learned that feelings do not last forever, and that what direction I choose depends on me. I am grateful for The Guidance Center of Westchester. With their help, I have a new understanding of life, (and I can) make my life better no matter the obstacles." – K.

"Just remember there is always hope. You see, I needed this (program). My family ain't what it used to be... I'm just happy to be here because it's given me a direction." – T.

"I'm grateful for this program. It helped me achieve so many things – things that I never thought I'd be able to do again. At one point in my life, I lost all hope, and this place gave me a shot... I'm paying my bills on time. I keep coming and keep taking advantage of the (program)." – L.

"I'm grateful to The Guidance Center for keeping their doors open, giving me a place to be at during the day. I'm grateful for the groups and the patience they (the staff) show as we deal with our issues." – L.

"Not only did the CCC (Center for College and Careers) program guide me through the college application process, but the CCC also is responsible for helping me to experience one of the biggest turning points in my life... because of the event that the CCC hosted... I was able to get an internship. Truthfully, it is through my internship... that I discovered a passion for electrical engineering." – N., who obtained a B.A. in 2018 from Grove School of Engineering, City College of New York

"Before I came here, I was in night school, and I wouldn't really pay attention to my work. I didn't focus much, and I didn't want to go to school. I felt like I was really behind. They (the staff) inspired me to keeping doing what I want to do. They're really putting it to me (holding me accountable)." – C.

"My child is shy and I was concerned that she wouldn't have friends. The teachers are so supportive and are teaching my child how to be a friend... thank you." – P., a preschool parent

"I want to give thanks to the PROS program for getting my life back together. I'm glad I've got some type of support that I can come to every day and participate in my own recovery." – L.

"This has been a big year. My life has started to slowly make a turn for the good. I was on a bad path and now I'm headed down a good one." – M.

