

Children and Families Celebrate the Holidays at The Up Center

Parents As Teachers & Healthy Families

In December, 49 families from our Home Visiting programs made reindeer ears, had their faces painted and enjoyed a delicious dinner from *Love Catering* at the Norview Community Center for their holiday party this year!



Thanks to *Newborns in Need of South Hampton Roads*, families chose from a wide array of stuffed animals, coats, socks, tasty treats and beautiful knitted blankets, hats and sweaters.

Because of generous support from S.L. Nusbaum Realty and other businesses in the Norfolk Wells Fargo Center (see photo above), we provided 135 children with numerous gifts for the holidays.



Foster Care and Adoption

Our Foster Care families enjoyed a winter wonderland at the Founders Inn, including a visit with Santa, a mountain of toys, and a giant gingerbread house.

Special thanks to the many community donors who selected a child from our Star Tree at Pembroke Mall. With your support, we delivered loads of gifts to 42 foster children for the holidays.

Team Up Mentoring

Thanks to the amazing generosity of our community, our Team Up Mentoring program had two wonderful holiday parties this year at ODU (pictured right) and the Hindu Temple of Hampton Roads.



Mentees Become Mentors

Taariq Brown, the oldest of 8 children, was very much in charge of his family when we met him in 2014 and needed a positive male presence in his life. He was matched with Elihu Jones for almost three years before aging out of the program in 2017. Elihu earned Taariq's trust and respect, forming the trusted friendship they have now.



The *Youth Advocates for Mentoring Program* is a 10-month advocacy, policy, and grassroots organizing training program that provides 12 young people ages 16 to 24 with the real life skills they need to communicate with elected officials, address issues in their communities, empower their peers into action, and become leaders. Elihu knew that Taariq would be a good fit for the program and recommended him.

Now 21 years old, Taariq was selected out of thousands of applicants and will attend the 10-month program, consisting of virtual trainings and in-person trips to Washington D.C. Taariq will receive access to advocacy professionals as well as a \$1,000 stipend for successfully participating in the program. Congratulations Taariq!



UPDATE

The Cohen Military Family Clinic at The Up Center

Since opening in August 2019, our clinic staff are making great strides in providing much needed mental health services for our military and veteran communities. Here are some exciting milestones:



259 clients have been served to date, including:

- **15%** children and adolescents
- **47%** couples and family members of veterans and active duty (includes children)
- **34%** veterans



ADULT ART
THERAPY GROUP
AT THE MILITARY
FAMILY CLINIC

every Tuesday from
January – April at 2:00 p.m.

No experience required.

Please contact 757-965-8686 or
cohenclinic@theupcenter.org
to register

For more information, please visit our website at theupcenter.org/cohenclinic or call 757-965-8686.

The Up Center relies on YOUR support so that we may offer programs and services for children and families in crisis. These programs include mental health counseling, early childhood home visiting, teen mentoring (Team Up), housing and financial counseling and more.

Thank you to our many generous donors and supporters who gave to the **Family Promise Fund** over the holiday season.



If you would still like to make a gift to The Up Center, we hope you will please consider sending in the enclosed envelope or registering for our annual community fundraising event – **Step Up for The Up Center** – and asking your friends and family to support you as you climb the tallest building in Virginia. Step Up will be held on April 18th at The Westin Virginia Beach Town Center (see back page for more information).

For more information about how you can help, please contact Lauren Rucker at 757-965-8684 or at lauren.rucker@theupcenter.org.

NEW Substance Use Disorder and Peer Recovery

For more than 130 years, The Up Center has assisted those in crisis by providing HOPE. We have now added a new program, providing Peer Recovery Support Services for those facing Substance Use Disorder.

Peer Recovery Support is community-based recovery support led by a certified Peer Recovery Specialist. Services include coaching, assistance and connections to resources for individuals challenged by substance use. Peer Recovery Specialists are trained to support people in recovery through non-judgmental and positive motivation. Because of their lived experience, a Peer Recovery Specialist has expertise that professional training cannot replicate and instills a sense of control and self-worth.



For more information about this program, please contact our Intake Coordinator at (757) 965-8622 or aieja.davis@theupcenter.org.



150 Boush St., Ste. 500 • Norfolk, VA 23510
 222 West 19th St. • Norfolk, VA 23517
 1805 Airline Blvd. • Portsmouth, VA 23707
 109 ½ Clay St. • Suffolk, VA 23434
 828 Healthy Way, Ste. 105 • Virginia Beach, VA 23462

Nonprofit Org.
 U.S. Postage
PAID
 Norfolk, VA
 Permit No. 2447

(757) 622.7017
 www.TheUpCenter.org

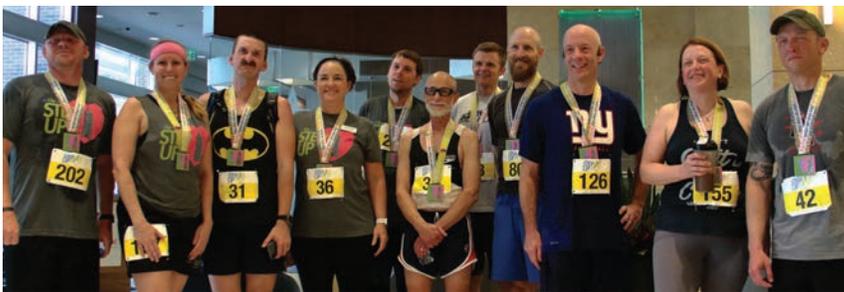


Community Partner



SAVE THE DATE

Climb the tallest building in Virginia!



Since its inception in 2011, Step Up for The Up Center has drawn more than 4,500 climbers, spectators and volunteers.

This year, YOU can help to make Step Up 2020 an even bigger success for OUR community by registering on your own or as part of a team and fundraising for The Up Center in honor of your climb!



THE WESTIN VIRGINIA BEACH TOWN CENTER
 SATURDAY · APRIL 18, 2020

**Your support
 has helped us to raise
 nearly \$375,000**
 to provide critical services to children, families and
 people with disabilities across Hampton Roads.

For more information about how YOU can get involved please visit us at StepUpVA.org.