



CommunityWorx
Promoting Community
Integration & Connections

Activities & Resources

October 2021



1210 Stanbridge St., Suite 600
Norristown, PA 19401
Phone: 610-813-1140
Fax: 610-270-9155

For more information on services visit us at:

hopeworxinc.org and follow us on Facebook

Meet the CommunityWorx Staff

Elizabeth Burgess, CPS



In May of 2019, I came to Hopeworx Inc., as an administrative intern, through the Maturity Works program. I assist with, yet not limited too, maintaining the CommunityWorx(CW) member daily attendance, scheduling laundry and voucher appointments, regular donation pick ups for Vietnam Veterans of America as well as organizing CW community events/ partnerships and volunteers for CW. While at Hopeworx, I have greatly benefited from a variety of professional training including completing a peer specialist certification program.

Gene Paliecheskey



I am thankful that I work in such an influential field, where I can impact the lives of so many people, not just today but in the future too. By helping change the way people see individuals with mental health challenges and disabilities, I hopefully am improving the opportunities for those with noted and helping to create stronger families and communities, with the services and compassion that HopeWorx & CommunityWorx promotes and excels in !

Bryan Stoffregen



Hi my name is Bryan I like working for community worx is I have good co workers and a good work environment. I like that I can be myself I feel very safe here. My job duties are cleaning working in the hopemarket and I drive coworkers to and from work. And I also play games with the other hopemarket members and I clean and help organize the market I have been working at community worx for about 20 years and I still like it here.

Kevin Byrnes



HopeWorx is a place for our members to come where they can get their needs met and where they can come without getting judged. Working here at HopeWorx I feel like I can talk to our members as well as making them happy. Working here I feel like I can help the company by learning more about mental health and better serving my community. I enjoy working in the Community Worx and learning new tasks.

Ameika Malcolm

NAMI MONTGOMERY COUNTY PA

NAMI Montgomery County PA works to improve the lives of individuals and families affected by mental illness through support, education, advocacy and awareness.

EDUCATE - ADVOCATE - SUPPORT

A new Family Support Group is now being offered the 1st and 3rd Wednesday at 9:30am!

Groups are led by NAMI trained facilitators. They're also free and confidential. Come to a support group & know ***You Are Not Alone!***

Some groups will be held in-person and some virtually via zoom. No Cost to attend. Registration for all groups is required, [CLICK HERE](#)

Please note that masks are required for all in-person groups.

<https://namimontcopa.org/>

Microsoft Office Training

To Register email Johan at:

Johan.g.martinez@gmail.com

Classes start October 19th
and run until December
14th on Tuesdays at 6pm
virtually via Zoom.



Sponsored by Hopeworx Inc.

Training administered by Apt Key Software Solutions, LLC

Hybrid Costume Party
Presented By CIC/Hopeworx

HALLOWEEN



October 29th 3:00-4:30

IN PERSON AT HOPEWORX

****Masks Required****

RSVP to:

Karleen.Caparro@RHD.org

484-751-7264

VRITUAL ZOOM LINK

<https://us02web.zoom.us/j/99810950596>

Meeting ID: 998 1095 0596

Call in: +16465588656,,99810950596#

BEST COSTUME PRIZES

Martha's Community Farm Presents:

HALLOWEEN HARVEST FEST



Saturday, October 16 from 10-4pm.

TRICK OR TREAT!

Stop by Martha's Community Farm for a fun afternoon of
Halloween costume dress up, delicious cider, caramel apples,
And candies for the kids!

We'll have kids arts & crafts, entertainment, corn adventures,
It's The Great Pumpkin Charlie Brown and more!

Have a great time with the family, and take a walk around our beautiful
Farm to learn about all the amazing things we are up to!

Located at St. Gabriel's Hall: 1350 Pawlings Rd. Audubon PA 19407

Fall Freestyle Challenge



Run, Bike, or Walk to stay fit and earn swag in RUNegades' latest challenge!

It's FUN and EASY!

- **Register for the challenge and invite your friends!**
- **Complete 125, 250, 500, or 1,000 miles by running, biking, walking or a combination of all three.**
- **Easily log your daily mileage with our challenge tracker. Earn virtual badges as you go!**
- **Complete your miles by the last day of fall (December 21st) and earn your medal and swag!**
- **Share your pics and stories and get motivation on our group Facebook page**

For more info and to sign up, go to:

RUNegades.com

**HopeWorx Walking Crew
is taking on the Fall Challenge!!!!**

HopeWorx is participating in the Fall Freestyle Challenge and we are inviting you to join us walking on Mondays and Tuesdays from 8—8:30am. We will meet at HopeWorx and Walk in the Norristown Farm Park.

Registration ends November 15, 2021 at 11:59pm EST . If you register with "HopeWorx Walking Crew" the registration fee will be \$5 per person. There is limited space (20 people) and it is first come first serve. For HopeWorx registration please contact Ameika Malcolm at 610 909 6772 | amalcolm@hopeworxinc.org.



CREATING INCREASED CONNECTIONS

VIRTUAL MUTUAL AID GROUPS

Circle of Hope

Circle of Hope is peer-to-peer led discussion group. Join us for lively conversation about how we are feeling, our successes a challenges, our recovery, and how we maintain our wellness. Everyone is welcome.

Wednesday's 1:00PM-2:30PM
Thursday's 10:30AM-12:00PM

Zoom Link:
<https://us02web.zoom.us/j/86798393823>
Meeting ID: 867 9839 3823
Dial in:
1-301-715-8592

Thursday's 10:30AM-12:00PM
In Person Option
Hopeworx
1210 Stanbridge St #600,
Norristown, PA 19401

Alternatives to Suicide

Alternatives to Suicide groups are intended as non-judgmental confidential spaces where people can share some of their darkest thoughts without being assumed to have an illness or being assessed for involuntary interventions. Support to openly explore these thoughts and the feelings and experiences underneath them is often the key to moving toward something different.

Tuesdays 12:00PM-1:30PM

Zoom Link:
<https://us02web.zoom.us/j/86161479674>
Meeting ID: 861 6147 9674
Passcode: 148161
Dial in:
1-312-626-6799

Questions Contact:
Shelia Hall-Pringleau
215-906-0453

Shelia.HallPringleau@RHD.org
<https://www.ciconnections.org/>

Facebook: Creating Increased Connections



Creating Increased Connections
A program of Resources for Human Development



CREATING INCREASED CONNECTIONS

VIRTUAL MUTUAL AID GROUPS

Young Peoples' Hearing Voices Group

The Young People's Hearing Voices Group is a safe space for teens and young adults who have the experience of hearing, seeing, or sensing things not perceived by others. It's a place to talk and find personal meaning in our experiences.

Tuesday's
6:00PM-7:30PM

Zoom Link:
<https://us02web.zoom.us/j/84853101167>
Meeting ID: 848 5310 1167
Dial in:
1-312-626-6799

Taking Back Our Power

Taking Back Our Power hearing voices groups are open to anyone with the experience of hearing voices, or other sensory phenomena not shared by others. We offer a non-clinical, non-judgmental environment for free and open discussion away from traditional psychiatric treatment.

Monday's 3:00PM- 4:30PM
Tuesday's 3:00PM-4:30PM
Wednesday's 3:00PM-4:30PM

Zoom Link:
<https://us02web.zoom.us/j/85399542179>
Meeting ID: 853 9954
Dial in:
1 646 558 8656

Fun Day Friday

Fun activities and games to end the week with. Different games and activities each week. A place to laugh and socialize with peers.

Friday's 12:00PM-1:30PM

Zoom Link:
<https://us02web.zoom.us/j/99810950596>
Meeting ID: 998 1095 0596
Dial in:
1-646-558-8656

September Fun Day Friday Groups:

9/3 BINGO
9/10 Sing Along
9/17 Jeopardy
9/24 Show and tell
(Share meaningful items
with the group)

For up to date groups go to:
<https://www.ciconnections.org/>

CommunityWorx

Resources, Peer Support, and Social Opportunities

Free Laundry Services & Hair Cuts Peer Social Activities Computer Access/classes	HopeWorx, CommunityWorx	1210 Stanbridge St, Suite 600 (Rear), Norristown, PA 19401	You need to call or email to set up and appointment for these services. 610-813-1140 amalcolm@hopeworxinc.org
Community Service Volunteering Opportunities	Brush With the Law Community Service Arts Program	brushwiththelaw.org	Maria Maneos mariam@brushwiththelaw.org 215-872-5771
Healthy Food Limited Financial Supports Pantry and Farm Volunteering Opportunities	Martha's Choice Marketplace & Community Farm	353 E Johnson Hwy, Norristown, PA 19401	Pantry Opening: Weds 4-6pm, Thurs 10am-5pm, & Fri 11am-1pm Maureen Feeny-Byrnes mfeeny-byrnes@chs-adphila.org (610) 279-7372 Farm Hours: Tues & Fri Jesse Antonini 484-358-2655 jantonini@chs-adphila.org
Peer Support Groups	Creating Increase Connections (CIC)	Zoom	Questions? Contact Sheila Hall-Pringleau sheila.HallPringleau@rhd.org 215-906-0453
Free Laundry Services & Hair Cuts Social Activities/Events Computer Access/classes	HopeWorx	1210 Stanbridge St, Suite 600 (Rear), Norristown, PA 19401	You need to call or email to set up and appointment for these services. Ameika Malcolm 610-813-1140 amalcolm@hopeworxinc.org
Self / Forensic Advocacy Support	Montgomery County Community Advocates	1210 Stanbridge St, Suite 600, Norristown, PA 19401	610-270-0375 x103 Kim Renninger krenninger@hopeworxinc.org
Mental Health Crisis Homelessness Supports	Access Services	Mobile Crisis Support	Crisis support is available 24 hours a day, 7 days a week at: 1-855-634-HOPE (4673) Non-emergencies, contact the Peer Support 1:00pm – 9:00pm Call—855-715-8255 Text—267-225-7785
Family/Peer Support Groups & Resources	NAMI MontCo PA	100 West Main Street Suite 204, Lansdale, PA 19446	Our HelpLine is available M-F 9am-3pm 215-361-7784 Abby Grasso agrasso@namimontcopa.org



CommunityWorx

Promoting Community
Integration & Connections

Community members sharing the idea of a diverse, safe, and nonjudgmental environment, where the members embrace, respect, and empower the free flow of individual choices for personal strengths, development and decisions.



Our Mission is to...

- Create an environment that welcomes all individuals who are directing their own life goals, growth, recovery and wellness.
- Create opportunities for people to socialize and express themselves through learning new skills, different art forms and to pursue wellness.
- Providing self-advocacy and organic peer support, education and connection to external community resources beneficial to individual needs.

Community Members have free access to... food, clothes, home furnishings, electronics, laundry services, skills development, community services, volunteering opportunities, community advocates and peer support.

You can also earn membership by volunteering for nine (9) hours or trading skills, item and/or services with the community.

Please note that some community partnership projects may require us to start earlier or end later than our listed office times.

For more Information, to schedule a visit, volunteer or make a donation, please contact us at...

communityworx@hopeworxinc.org

610-813-1140

1210 Stanbridge St, Suite 600 (Rear)
Norristown, PA 19401

CommunityWorx Office hours:

Monday – Friday: 9am – 5pm

Saturday: 10am – 4pm