



# Activities & Resources

AUGUST 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](http://hopeworxinc.org) and follow us on Facebook**

# CommunityWorx News

## Peace, Love, and Music

*Peace, Love, and Music* is a collaborative project with three Montgomery County nonprofits: Expressive Path, Brush With the Law, and Hope Worx.

Expressive Path is a 90% mobile organization that provides creative art and music programming to disadvantaged teens ages 12-19. Expressive Path gives students the opportunity to shine through exhibitions, performances, and community service.

Brush With the Law promotes community-based beautification projects throughout the Philadelphia metropolitan area. Projects are led by professional artists who create together with socially marginalized people (such as the incarcerated, parolees/probation, at-risk youth, and those struggling with addiction) to create public art.

Hope Worx's mission is to promote the continued development of a community environment which supports and believes in the expertise and passion of consumers to create and direct their own paths to health and recovery. All three organizations focus on projects that promote collaboration and building strong communities.

This year's *Peace, Love, and Music* theme was developed by the three organizations and our students and consumers completed the paintings. Since there are three panels, we were able to complete in a variety of locations. Participants learned about painting and drawing techniques while discussing the theme in a meaningful way.

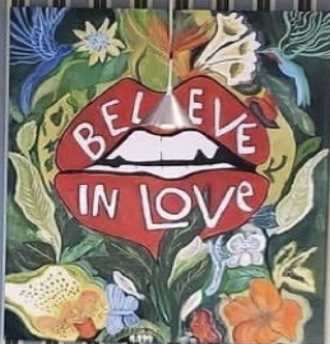
The panels were first displayed at Expressive Path's Annual Spring fundraiser in Norristown. This year it was virtual and was used for the stage set. The art is now a traveling exhibit that will move to the windows of Centre Theater Norristown, Montgomery County Community College, and Barnes and Noble Montgomeryville.

The message in the paintings is timely given the social unrest in the world. Viewers will be empowered since many as their own voices will be heard through our imagery. Communities that may have not had the opportunity to be exposed to original and conceptual art will get to enjoy it. Additionally, it will be a chance to absorb the message and pay it forward. We hope that our project will encourage others to spread positive messages and put their energies into creating something productive and healthy for others to appreciate.

The paintings are currently on display now at Barnes & Noble in Montgomeryville. Instagram [@bnmontgomeryville](https://www.instagram.com/bnmontgomeryville/) <<https://www.instagram.com/bnmontgomeryville/>>.

BIG thanks to Montgomery County Community College's [@mcccga](https://www.instagram.com/mcccga) gallery director, Patrick Rodgers for pulling this all together and hanging them just right. Special thanks to Pamela Martin from Expressive Path for thinking up this project collab! And thanks to everyone who participated and helped with the organizing and executing of Peace, Love, and Music.

The members of CommunityWorx and Maria Maneos, [BWTL](https://www.instagram.com/BWTL) are looking for opportunities to collaborate and create partnership. Do you have ideas you want to share or collaborate on #lmk then please contact us!



Brush With the Law  
Community Service Arts



# August 2021

## CommunityWorx Activities



If you have any questions, contact us at 610-813-1140 or email [amalcolm@hopeworxinc.org](mailto:amalcolm@hopeworxinc.org)

| Monday   | Tuesday  | Wednesday | Thursday  | Friday  | Saturday   |
|--|--|-----------|---|---|--|
| 2<br>Trivia Games   1 – 2pm<br>MCHVN "Taking Back Our Power"<br>  3 – 5pm with CIC     | 3<br>Gardening at St Gabe   1-2pm<br>Sandwich & Walk   1-2pm   | 4         | 5<br>Circle of Hope  <br>10:30am – 12pm with CIC  | 6<br>National Water Balloon Day  <br>Gardening at St Gabe   1 - 2pm<br>CommunityWorx   BWTL<br>Dodge Water Balloon Challenge<br>Fund Raiser   3-4pm | 7<br>Root Beer Floats  <br>12 – 3pm  |
| 9<br>Sandwich & Walk   1 – 2pm<br>MCHVN "Taking Back Our Power"<br>  3 – 5pm with CIC  | 10<br>Gardening at St Gabe   1-2pm<br>Spruce Up the Sundry Room<br> 12-2pm                                     | 11        | 12<br>Circle of Hope  <br>10:30am – 12pm with CIC   | 13<br>Gardening at St Gabe   1 - 2pm<br>CommunityWorx   BWTL<br>Dodge Water Balloon Challenge<br>Fund Raiser   3-4pm                                | 14<br>National Bowling Day  <br>Bowling at Our Town<br>Alley, East Norriton<br>(RSVP)   2-4pm                                      |
| 16<br>Art on the Wall   1-3pm<br>MCHVN "Taking Back Our Power"<br>  3 – 5pm with CIC   | 17<br>Gardening at St Gabe   1-2pm<br>Watch A movie with a Friend  <br>12 – 2pm<br>Computer Class (RSVP)   6pm | 18        | 19<br>Circle of Hope  <br>10:30am – 12pm with CIC<br>CSP Committee Meeting  <br>zoom 12 – 2pm & 7 – 8pm | 20<br>Gardening at St Gabe   1 - 2pm<br>CommunityWorx   BWTL<br>Dodge Water Balloon Challenge<br>Fund Raiser   3-4pm                                | 21<br>Cooking Around the<br>World   12 – 3pm   |
| 23<br>Sandwich & Walk   1 – 2pm<br>MCHVN "Taking Back Our Power"<br>  3 – 5pm with CIC | 24<br>Gardening at St Gabe   1-2pm<br>Explore your Creative Side  <br>1- 3pm<br>Computer Class (RSVP)   6pm    | 25        | 26<br>Circle of Hope  <br>10:30am – 12pm with CIC   | 27<br>Gardening at St Gabe   1 - 2pm<br>CommunityWorx   BWTL<br>Dodge Water Balloon Challenge<br>Fund Raiser   3-4pm                                | 28<br>National Thoughtful   Bow Tie<br>  Power Rangers Day<br>Open Mic/ Karaoke<br>12:00 – 3:00pm<br>Clip & Sip   12:00-<br>2:00pm |
| 30<br>Art on the Wall   1– 3pm<br>MCHVN "Taking Back Our<br>Power"   3 – 5pm with CIC  | 31<br>Gardening at St Gabe  <br>1– 2pm<br>Computer Class (RSVP)   6pm  |           |   |   |  |



# HOPEWORX COMMUNITY | BWTL DODGE WATER BALLOON CHALLENGE FUND RAISER

**Every Friday starting August 6th  
(National Water Balloon Day)  
Friday, August 6th, 13th, 20th, & 27th**

**3pm–4pm**

**1210 Stanbridge St., Suite 600  
Norristown, PA 19401**

**1 BALLLOON: \$5**

**3 BALLOON: \$10**

**THE TARGETS:  
AMEIKA, MARIA, SUE & PENNY**



**AT THE END OF THE FUND RAISER ON AUGUST 27TH  
THERE WILL BE A PRIZE FOR THE PERSON WITH MOST TARGET HITS.**

**100% of the money collected will go towards  
supplies for the Art and Craft Club.**

**More Information: 610-813-1140 | [amalcolm@hopeworxinc.org](mailto:amalcolm@hopeworxinc.org)**



CommunityWorx  
Summer Bowling



# LET'S STRIKE UP SOME FUN!



Saturday, August 14th, 2021


2 to 4 PM

Our Town Alley

2912 Swede Rd, East Norriton, PA 19401

**RSVP Beth (610) 813-1140**

**By 8/13/2021.**



Light refreshment  
will be provided!

# Microsoft Office Training

To Register email Johan at:  
Johan.g.martinez@gmail.com

Classes start Aug 10th and  
run until October 5th on  
Tuesdays at 6pm virtually  
via Zoom.



Sponsored by Hopeworx Inc.

Training administered by Apt Key Software Solutions, LLC

# CommunityWorx

## Resources, Peer Support, and Social Opportunities

|   |  |  |   |
|---|--|--|---|
| <b>Free Laundry Services &amp; Hair Cuts</b><br><b>Peer Social Activities</b><br><b>Computer Access/classes</b>       | HopeWorx,<br>CommunityWorx                               | 1210 Stanbridge St,<br>Suite 600 (Rear),<br>Norristown, PA 19401 | You need to call or email to set up and appointment for these services.<br><br>610-813-1140<br>amalcolm@hopeworxinc.org   |
| <b>Community Service</b><br><b>Volunteering Opportunities</b>   | Brush With the Law<br><br>Community Service Arts Program | brushwiththelaw.org  | Maria Maneos<br>mariam@brushwiththelaw.org<br><br>215-872-5771  |
| <b>Healthy Food</b><br><br><b>Limited Financial Supports</b><br><br><b>Pantry and Farm Volunteering Opportunities</b> | Martha's Choice Marketplace & Community Farm             | 353 E Johnson Hwy,<br>Norristown, PA 19401                       | <b>Pantry Opening:</b> Weds 4-6pm, Thurs 10am-5pm, & Fri 11am-1pm<br><br><b>Maureen Feeny-Byrnes</b><br>mfeeny-byrnes@chs-adphila.org<br>(610) 279-7373<br><br><b>Farm Hours:</b> Tues & Fri<br><br><b>Jesse Antonini</b> 484-358-2655<br>jantonini@chs-adphila.org |
| <b>Peer Support Groups</b>  | Creating Increase Connections (CIC)                      | Zoom   | Questions? Contact<br><b>Sheila Hall-Pringleau</b><br>sheila.HallPringleau@rhd.org<br>215-906-0453  |
| <b>Free Laundry Services &amp; Hair Cuts</b><br><b>Social Activities/Events</b><br><b>Computer Access/classes</b>     | HopeWorx   | 1210 Stanbridge St,<br>Suite 600 (Rear),<br>Norristown, PA 19401 | You need to call or email to set up and appointment for these services.<br><br><b>Ameika Malcolm</b><br>610-813-1140<br>amalcolm@hopeworxinc.org  |
| <b>Self / Forensic Advocacy Support</b>   | Montgomery County Community Advocates                    | 1210 Stanbridge St,<br>Suite 600, Norristown,<br>PA 19401        | 610-270-0375 x103<br><b>Kim Renninger</b><br>krenninger@hopeworxinc.org   |
| <b>Mental Health Crisis</b><br><b>Homelessness Supports</b>   | Access Services  | Mobile Crisis Support  | Crisis support is available 24 hours a day, 7 days a week at:<br>1-855-634-HOPE (4673)<br><br>Non-emergencies, contact the Peer Support 1:00pm – 9:00pm<br>Call—855-715-8255<br>Text—267-225-7785   |
| <b>Family/Peer Support Groups &amp; Resources</b>   | <b>NAMI MontCo PA</b>                                    | 100 West Main Street<br>Suite 204, Lansdale, PA<br>19446         | <b>Our HelpLine is available</b><br>M-F 9am-3pm   215-361-7784<br><br><b>Abby Grasso</b><br>agrasso@namimontcopa.org  |



## **Come Join the Montgomery County CSP Social Committee at:**

Elmwood Park Zoo!!

Wednesday, September 1st at 10:00am

followed by light lunch at 12 noon.

Fun times with Friends.

**You MUST RSVP by August 23**

**Send RSVP to: [Ddespaigne@hopeworxinc.org](mailto:Ddespaigne@hopeworxinc.org)**

**Space is limited so hurry...!!**



Snacks and water  
will be provided as well.





# CommunityWorx Free Laundry Services



**This is done by appointment only.  
To schedule an appointment  
Call: Beth—(610) 813-1140 x 122  
or email: [hopeworxincdrive@gmail.com](mailto:hopeworxincdrive@gmail.com)**

**Mondays & Thursday | 10am - 3pm**

**Tuesday & Friday | 10am—11am | 4pm—6pm**

**Saturday | 11am—2pm**

**There is also access  
to a computer, coffee,  
food and our lounge  
area.**



## CommunityWorx “CLIP & SIP”

**We now offer Free Haircuts or Trim &  
Coffee on Saturdays from 12:00 – 2:00 p.m.**

### How this Works

**Anyone who need a haircut or trim please contact us in advance (*with at least 48 hours notice/2 days*) to schedule an appointment.**

**Appointments can be made by calling Gene Paliescheskey at 610-813-1140 x 135 or [gpalieschesky@hopeworxinc.org](mailto:gpalieschesky@hopeworxinc.org).**

**Due to limited time and resources; we can only work with two (2) people each Saturday.**



**HOPEWORX, CommunityWorx  
Hopes to See You There!!**





# **BRUSH WITH THE LAW**

Community Service Art

*Volunteer, Community Service, and Internship*

### Hours

Monday—Friday: 9:00AM—5:00PM

Saturday: 11:00AM—3:00PM

[brushwiththelaw.org](http://brushwiththelaw.org)

Brush With the Law uses the visual arts in community-based beautification projects throughout the Philadelphia metropolitan area and Montgomery County. Projects are led by professional artists who create together with college students, socially marginalized populations (such as the homeless, incarcerated, probation, those in recovery or struggling with addiction/Mental Health), people assigned community service hours and volunteers from the community/neighborhoods we work in to create public art.



*Painting mural for Norristown police station with community service.*



*Super hero theme, Community Service project Royersford Victory Park*



*Brush With the Law Art Project community service volunteers helped Habitat for Humanity's Norristown branch during Rock the Block*



*535-2017 chandelier sculpture of heroin baggies with crystals on view at Pa State Museum for Art of the State 2018. From left Maria Maneos, Artist, First Lady of Pa Frances Wolf, Pa Secretary of Health Dr. Rachel Levine*

### Contact Information

Brush With the Law  
P.O. Box 917  
Montgomeryville, PA 18936

Email: [mariam@brushwiththelaw.org](mailto:mariam@brushwiththelaw.org)  
Phone: 215-872-5771

### Follow us on Social Media:

Check out our YouTube Page  
Facebook: @brushwiththelaw  
Twitter: @brushwiththelaw  
Instagram: @brushwiththelaw



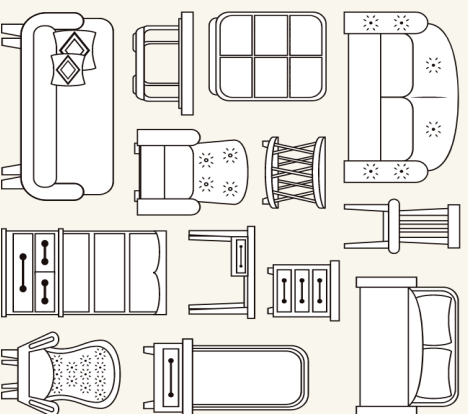
COMMUNITYWORK

# GENTLY USED HOUSEHOLD ITEMS & FURNITURE DONATION DRIVE

for the benefit of the  
individuals and families starting over.

To arrange pick-up or drop-off  
contact Gene Paliescheskey at  
610-813-1140 x 135 or  
email [paliescheskey@hopeworxinc.org](mailto:paliescheskey@hopeworxinc.org).

VISIT US ONLINE AT  
[HOPEWORXINC.ORG](http://HOPEWORXINC.ORG) & FACEBOOK



# GETTING RID OF YOUR HOUSEHOLD GOODS AND FURNITURE?

Donate them to a good cause!

### What you can donate:

- Home furnishings
- Working electronics
- Working appliances
- Arts and craft supplies

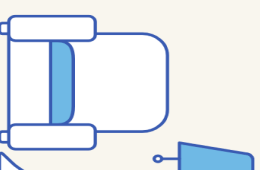
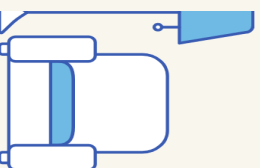
### Additional Supplies:

- Toiletries
- Feminine Products
- Outdoor Winter Wear/Gear
- Money - *Every little bit counts!*

HOPEWORX IS A 501C3 ORGANIZATION.

### WE APPRECIATE AND THANK YOU FOR YOUR DONATIONS!

IF YOU NEED A LETTER CONFIRMING YOUR TAX-DEDUCTIBLE  
DONATION, PLEASE LET US KNOW WHEN YOU SCHEDULE A  
DELIVERY OR PICKUP.



# Camping at Green Lane Park

COME JOIN THE FUN!!!



September  
18th and 19th

Check in will be after 3pm Saturday.

Check out will be by 12pm Sunday.

We will be in the group site behind the park office.

Everyone is invite expert or novice. This is a great event to try out camping. There is limited tents and gear available on a first come first serve basis.

**There is an area near by reservoir to rent boats and picnic.** There is no cost for the camp site, however you need to bring your own food to cook. There will be some stoves and grills available.



**For reservations and more information**

**Contact: Beth at 610-813-1140 | [hopeworxincdrive@gmail.com](mailto:hopeworxincdrive@gmail.com)**



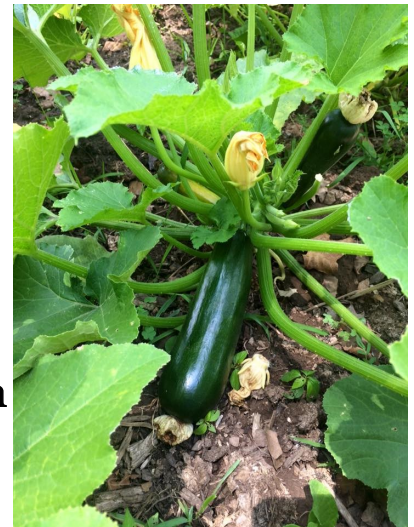


**DATE:** Tuesdays and Fridays

**TIME:** 12noon–2pm

**WHERE:** 1350 Pawlings Road,  
Audubon, PA19401

- \* CommunityWorx Members volunteer at the farm on the days listed above.
- \* You are invited to join us or contact Jesse, the Farm Manager, at 484-358-2655, to make other arrangement to volunteer at the farm .
- \* Currently, we can provide transportation for 5 people living in the Norristown Area to and from the farm.
- \* To schedule a ride to the farm, call Ameika at 610-813-1140 x 105 or email [amalcolm@hopeworxinc.org](mailto:amalcolm@hopeworxinc.org).



### **Benefits of Community Gardening**

- Growing fruits, vegetables, flowers and herbs to support the community.
  - Cooking and sharing recipes made with what you grew.
- This is a great time to connect with other gardeners and community members while enjoying the great outdoors.
  - Feel free to bring a snack to share with the community.



# Montgomery County Community Support Program (CSP) Community Connection Grant Application

**Purpose:** To foster community and social interaction among members of the mental health community and the larger community.

## Criteria:

- An application form must be completed and submitted
- Any individual member of the Community Support Program (CSP) community may apply.
- The grant must be used for some form of social activity.
- No more than one grant will be given per person each year ([July 1, 2021-June 30, 2022](#)).
- The individual applying for the grant must provide half of the funds for identified activity. (*Though it is not necessary, applicants should try and seek additional funding sources for the other half.*)
- Individuals who are approved for and accept funds must be willing to write a short paragraph about their experience out in the community for the CSP newsletter, which is published monthly.

**Approved grants will be awarded monthly, at the CSP meetings, which is the third Thursday each month.**

If you or anyone you know is interested in applying for a grant, contact: **Ryan Schweiger at 267-404-5953 or [ryan.schweiger@sluhn.org](mailto:ryan.schweiger@sluhn.org)** .

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

### Have you attended a CSP meeting or related community events?

Yes  No If yes, when and where? \_\_\_\_\_

### **Are you willing write about and share your experience with the CSP monthly newsletter?**

Yes  No

### **Description of Activity (Date, number of participants, budget, etc.):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Note:** Due to limited funds the CSP committee may provide up to half of the total cost.

|                        |    |
|------------------------|----|
| Amount Requested       | \$ |
| Matching Funds Source: | \$ |
| Total Activity Cost    | \$ |

### **Additional Comments:**

\_\_\_\_\_

**Return completed application to: [ryan.schweiger@sluhn.org](mailto:ryan.schweiger@sluhn.org)**

# 2021 Walk/Run/Ride Fall Challenge with the RUNegades Run Club

In fall of 2020 We had 10 people from HopeWorx participated in the RUNegades Fall Walk/Run/Ride Challenge and together we walked over 1118 miles.



We are looking forward participating again this year and we are inviting you to join us.

## Here's how it works

1. Register for the challenge and invite your friends!
2. Complete 125, 250, 500, or 1,000 miles by running, biking, walking or a combination of all three.
3. Easily log your daily mileage with our challenge tracker. Earn virtual badges as you go!
4. Complete your miles by the last day of fall (December 21st) and earn your medal and swag!

No matter how far you run or ride, you'll receive our unique Fall Freestyle Challenge medal and a long-sleeved challenge-themed tech T-shirt in the mail!

**FREE SHIPPING IS INCLUDED WITH THE COST OF REGISTRATION!**

The challenge usually run from October 1 - January 1. Our goal is to get 20 people to participate this year. Registration fee is be \$10 for each person if you register with HopeWorx Walking Crew. More information will follow as we get closer. In the mean time, if you would like to walk with us or have question call or text Ameika—(484)424 8581 or email [amalcolm@hopeworxinc.org](mailto:amalcolm@hopeworxinc.org).

## Temple University Collaborative on Community Inclusion

“The opportunity to live in the community and to be valued for one’s uniqueness and abilities like everyone else.” (Salzer, 2006)

Source: [www.tucollaborative.org](http://www.tucollaborative.org)