



New Pathways 2008 GRADUATES

Jamal C. — Baltimore International College— Associate of Applied Science in Professional Cooking & Baking— (June 2008)

Monique H. — Baltimore Freedom Academy High School — High School Diploma (June 2008)

Monique M. — Northwestern High School — High School Diploma (June 2008)

Xia W. — Northwestern High School — High School Diploma (June 2008)

Shannan W. — Northwestern High School — High School Diploma (June 2008)

Latasha S. — GED (February 2008)

Aaron T. — Ridge School/ Dulaney High School— High School Diploma (June 2008)

Shawnece G. — GED (August 2007)

Angenette G. — Career Academy — High School Diploma (June 2008)

Tania W. — Reginald F. Lewis High School — High School Diploma (June 2008)

Lynette W. — Oakland Mills High School — High School Diploma (June 2008)

Jameia S. — Forrest Park High School — High School Diploma (June 2008)

Sarah S. — Chesapeake High School — High School Diploma (June 2008)

Alexandra D. — Randallstown High School — High School Diploma (June 2008)

Christopher L. — Owings Mills High School — High School Diploma (June 2008)

Courtney W — McDonough High School — High School Diploma (June 2008)

Trevor B — Woodlawn High School — High School Diploma (May 2008)

Jamal L — Woodlawn High School — High School Diploma (May 2008)

Ms. Sharnett Kelly — Masters Degree in Christian Counseling and Biblical Studies (May 2008) and CPR & First Aid Trainers (May 2008)

Ms. Lisa Pringle — CPR and First Aid Trainers (May 2008)

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and Intro to the Field of Child & Youth Work Certificate (Dec 2007)

Mr. George Hairston — CPR and First Aid Trainers (May 2008)

Mr. Nathan Toth — CPR and First Aid Trainers (May 2008)

Ms. Tonya Cook— CPR and First Aid Trainers (May 2008)

and Child & Youth Work Certificates (Dec 2007, June 2008 & continuing)

Ms. Sheena-Marie Hill— CPR and First Aid Trainers (May 2008)

Ms. Echo Hester— Associate of Applied Science in Business Management w/ Certificate in Human Resources Management (May 2008)



GRADUATION CRUISE

Hi New Pathways family, I hope you are enjoying this exciting time of the year when the weather allows such things as cook-outs, swimming, hiking, visits to the zoo, amusement parks, bike rides, oh, just a nice walk in the park is refreshing. Well speaking of enjoyment and a good time, I would like to first congratulate to all of our clients and staff for their academic accomplishments this year. We know the journey was not easy but you pressed your way and through hard work and perseverance you met your goals. We are so proud of you and wish you the best. With that being said, I would like to express my heart felt joy seeing us come together as a family and celebrate our graduates. On June 14 we boarded The Spirit of Baltimore for our celebration. Everyone was looking quite dapper! We enjoyed good conversation, great food, and as the evening progressed we got on the dance floor and worked it out!! We had a marvelous time...Once again I would like to thank my New Pathways for yet another great event...keep up the good work...

Karen Brown

I would like to say thanks, and congratulations to all the clients, and staff that came and received a graduation award from New Pathways. I believe that everybody enjoyed themselves, and had a great time on the Graduation Boat Cruise.

We started out finding our seats on the boat, and chatting amongst each other. After a nice dinner, staff took the graduates up to the top of the boat, where they were given their New Pathways Graduation Award. After the awards, staff and clients went back inside of the boat for a wonderful time of conversation, music and dancing.

The graduation cruise was like a family coming together at a family reunion, and having a good time. Clients, staff, and

other guests on the boat cruise came out to the dance floor and got their life on. Everyone got a chance to show off their dance moves on the dance floor.

I Mr. George would like to say congratulations to all the clients that graduated from high school, Trade school, and or college. **CONGRATULATIONS!!!!!!**. It takes a strong person to not give up and keep on going. Graduates I wish you all the luck in furthering your education

George Hairston

WELCOME

Ellen Torres, CFRE
President, Board of Directors

On behalf of the Board of Directors, I am very happy to announce our new Executive Director Mark D. Mittelman, LCSW-C for New Pathways. Mark comes to us with over 15 years experience in the child welfare system. Mark's most recent positions include serving as the Deputy Director/Chief of Operations for The Children's Home and for seven years prior to that as the Program Manager of Child and Adolescent Services for the Baltimore County Bureau of Mental Health.

Mark comes to us with a great reputation in the child welfare system in Maryland and has developed tremendous relationships with many of our providers. He is also known to be an experienced and compassionate leader, and has earned the loyalty of all of the people with whom he has worked. We feel that Mark will bring a wealth of knowledge and a deep passion to his role as Executive Director.

Please join me in welcoming Mark to our organization!

NEW PATHWAYS ANNUAL BOARD OF DIRECTORS DINNER

The NP Board of Directors, staff and former clients joined together on June 2 at LaScala Restaurant in Little Italy to recognize and reward all for their hard work this past year.

Ellen Torres, President of the BOD introduced Mark Mittelman, the new Executive Director to our organization.

Charlotte Cross, BOD Treasurer, awarded Priscilla D, Emilly O. and Courtney L. The Michael J. Cross Award. Each received a plaque and a check.

Jeff Lambert, Associate Director recognized Angela C. Womack our housekeeper with five years of service and Deanna Murray, Second Generations Life Skills Counselor with six years of service to New Pathways.

Nancy Strohminger, a long time Board member and former President of the BOD, was recognized for ten years of dedicated service, devotion and support to our youth. Ms Strohminger is retiring from the NP BOD this year, but will continue to support NP in other ways.

And lastly, Jeff Lambert, was recognized for his work over the last nine months as Acting Executive Director for New Pathways – thank you Mr. Jeff.

“The Wiz”

WOW!!! For those of you who didn't go to see the play, “The Wiz”, you truly missed a treat! I've seen The Wiz so many times but never did I have an experience like this! First let me start by saying half of the proceeds from the play were being donated to help a young lady and very dear friend of Ms. Karen who is in the 5th stage of breast cancer. She is a very successful young woman who has acted in various plays and shows one of them being, “The Wire”, is married and just had a new baby. Shortly after having the baby she was diagnosed with cancer. Through all of her treatments, pain and struggles the most amazing thing to witness is her extreme amount of faith, strength, boldness, and her determination to in fighting back. She uses the line, "I HAVE BREAST CANCER, BREAST CANCER DOES NOT HAVE ME!" To witness her makes me feel so grateful for life. She was at the show with so much joy, peace and happiness looking as if she didn't have a care in the world. I was extremely proud to be a supporter and from New Pathways.

The play was very funny from the beginning to the end. I laughed so hard and long to the point my throat, stomach and face muscles were hurting. The play was an updated “2008” version of The Wiz. The same theme from the original “Wiz” was used and added were a lot famous lines taken from good movies like “Dream Girls”, “Roots”, “The Friday After Next”, “The Five Heart Beats” and so much more. The clients that did go really enjoyed the play and were still talking about how good it was when I came in on Monday. The play was awesome and I would defiantly see it again.

Ms. Sharnett M. Kelly

On Saturday June 21, 2008 Monique C., Mr. Ray and I went to Johns Hopkins auditorium to see the play, “The Wiz”. It was very good and had a comical side. It had me laughing and to see the expression on Monique's face it was a play worth going to see. I enjoyed myself, Mr. Ray enjoyed himself and I know Monique enjoyed herself. We would like to thank New Pathways for giving us an opportunity to go and see that. The play was for a good cause. I met a woman named Sheenera who was a very nice young lady. She was diagnosed with breast cancer a couple months ago, and half of the proceeds were to help her with her medical bills.

Maureen M

THE COLOR PURPLE Lakiena G.

The Color Purple was an awesome play. It was good to see a group of people have so much fun doing something they enjoy. Also the singing performances were good, especially the three old noisy women. The play was well put together. I really did enjoy it.

2008 HOLIDAYS



By: **Lakiena G**

INDEPENDENCE DAY (July 4) is also known as the fourth of July. The holiday commemorates the adoption of the Declaration of Independence on July 4, 1776. The colonies declared their independence from the Kingdom of Great Britain. People celebrate independence by parades, fireworks, barbecues, carnivals, picnics, baseball games, etc.

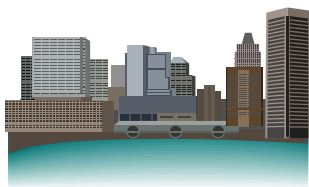
CIVIC DAY (August 4) A holiday celebrated by legislative parliament, congress, or sovereign has declared by statute, edict or decree. The day is a non-working day when the official parties of the government such as the court systems are closed.

LABOR DAY (September 1) is a federal holiday that takes place the first Monday in September. The holiday began in 1882. It's a day that the working man or woman can sit at home and relax and still get paid.

CITIZENSHIP DAY (September 17) Citizenship day is a holiday designed to honor both the native-born and naturalized foreign citizens. Being a citizen gives you freedom, legal rights, you are able to gain great benefits, and equality. It is an awesome privilege to be considered a United State Citizen.

THE FIRST DAY OF AUTUMN (September 22) This is the day fall starts. The leaves turn colors. Autumn marks the transition from summer in September in the Northern Hemisphere and in March for the Southern Hemisphere. The first day of autumn begins September 22 and ends December 20.

AIN'T NOTHING MEAN ABOUT SAVING SOME GREEN... BALTIMORE ACTIVITIES EDITION



Submitted by **Aaron Milton**

As you all have noticed, summer is here! The flowers are in bloom, the lawn mowers are blaring, and the humidity has begun to make its presence known. With the increase in the pleasantness of weather, our motivation to get out and do activities has increased, though the rising prices of everything can act as a hindrance. Though we can sometimes pay \$10 for a movie and \$10 for soda and

popcorn, and club admission and after hour's activities can single handedly wipe out a budget, there are some affordable and free activities for all to enjoy. Here are three types.

1. Artscape

Artscape is one of Baltimore's best outdoor summer festivals that is held annually in downtown Baltimore. Often called "America's largest free public arts festival", Artscape shows over 150 artists of performance, sculpture, theater, and fashion. The environment is always nice and the many different types of people Baltimore has mix for a peaceful enjoyable event. Artscape has numerous performances scheduled this year, from Charm City Swing Band to R&B singer and writer Ne-Yo. And all performances are free!

Artscape.org

Located at: Cathedral Street and Mt. Royal Avenue

Friday July 18th 12pm-9pm

Saturday July 19th 12pm-10pm

Sunday July 20th 12pm-8pm

2. Nature-Based

Two of the best known outdoor spots Baltimore has to offer are Federal Hill and Lake Montebello. Federal Hill, located just south of the Inner Harbor, offers views of the surrounding historical area of the city, the expansion and the development that is currently taking place in that area, and the sights and sounds of the city. This area is great for going with friends to hang out, to read, or to simply enjoy the sights. The views are particularly great in late evening and night. However, do beware of this area at night since the Hill is sometimes closed by police at 9pm.

Lake Montebello and Herring Run are located in eastern Baltimore. This is a great area to hike, jog, or simply visit to get a touch of wilderness in the big city.

3. Museums

Two of the best museums here in the city are the Baltimore Museum of Art and the Walters Art Museum, and most exhibits are free. The BMA, located near 33rd Street and Charles Street, has many exhibits and currently is showing European Art spanning 5 centuries, as well as African Meditation Art. The Walters, located at 600 N. Charles Street, has exhibits shown year around and is currently featuring one on the cosmos and space exploration.

You don't have to spend a lot of money, if any, to have an enjoyable time!



Word of the Month

"FUN"

Sharnett Kelly

It's summer time! School is out, the sun is up, the heat is on, the beaches, parks and pools are up and running. It's time to for reunions, parties, cook-outs, birthday bashes, traveling and just having some really straight out un-interrupted fun. It's time to have fun, fun fun!!! But let's not lose focus while on vacation relaxing. Yes let's have fun and continue to keep our minds working and growing by reading and keeping up with the current data and news. Briefly read topics related to your areas of study, read over old homework and projects. Stay updated with local news and world news by the way of radio, television or internet. I'm not saying spend your summer studying or even a day of study. For a lack of words I would like to use, "Look Over and Take Thought". For example, I graduated Sunday, May 4th, 2008. Since then I haven't attended any other schools or class. I'm taking a break from school. But while on my break I'm making sure I stay abreast, update and current within in my area of study by reading related books, watching related shows, reading internet article's and interacting with people of the same study. This is how you not only stay current but the process of leaning is continued. Don't totally go on break; just limit your time and interaction. The process of leaning is never completed.

DRY DROWNING: WHAT IS IT AND HOW CAN IT BE PREVENTED?

Ericka Morgan

3,600 people drowned in 2005, according to the CDC. About 10 to 15 percent were dry drownings, which can occur up to 24 hours after water is breathed into the lungs. Whether it is a wet or dry drowning, death occurs due to lack of oxygen (laryngospasm) or cardiac arrest from a low body temperature. Laryngospasm or spasm of the larynx is specifically a response to water just starting to be taken into the lungs. It is a natural physiological mechanism for the larynx to spasm, stopping the water from entering the lungs. Dry drowning can happen when someone has forceful contact with the water, such as from high diving, a water slide, summer fun in a pool or even from a bath. These activities have been associated with dry drowning. The victim involuntarily suffocates by holding his breath or experiencing a muscle spasm of the larynx. If the victim's epiglottis (a leaf-shaped flap of tissues that covers the opening of the trachea in the throat so that food and liquid do not enter the lungs; flap re-opens to allow for breathing) was hit forcefully with

droplets of water, the flap will spasm and close over the windpipe. Once it is closed, water and air are unable to enter the lungs. It is also important to notice whether someone is choking or gagging while they are in or around water. It may be an indication that water has hit the epiglottis and caused spasms. This can happen in the water or after leaving the water and usually occurs 6 to 10 minutes after the water hits the epiglottis.

But know that the signs can be delayed and doctors don't know why. Signs include extreme fatigue and strange behavior which results from a reduction in oxygen to the brain. Victims need to get to an emergency room and have a breathing tube inserted so oxygen can be forced into the lungs so they regain their function.

PENNY BANK



Dear Penny Bank:

How can I get my stipend Direct Deposited into my bank account?

Client

Dear Client:

It's as easy as 1,2,3.

1. Pick up a Direct Deposit form from your case manager or the main office.
2. Complete the form and attach a voided cancelled check for a checking account (go to your bank for the Trans ABA number and your account number for a savings account).
3. Turn the form into either your case manager or Ms Echo and you are done.

Your account will pre-note one week and then your stipends will go directly into your bank account from then on.

Penny Bank

Do you have a question or problem about bill paying, saving money, budgeting or other money related question? If so, please send your questions to Penny Bank NP News c/o Main Office (this can be done via your case manager or other staff member) and we will be happy to answer your question in the next issue. Answers to Penny Bank will be kept simple.



LETTERS TO MR. BOB

Dear Mr. Bob:

Is marijuana an addictive substance?

Weed

Dear Weed:

It is ILLEGAL period. No further discussion.

Mr. Bob

Do you have a problem or question and don't know where to turn for an answer? Send your problem or question to the NP News Desk at the main office. We will respond in the next issue of the NP News. All submissions will be discrete and no names will be published



PARENTING JULY 2008
Nurturing Parents and Kids
Sheena-Marie Hill, *Parent Trainer*

It is my pleasure to introduce the new parenting curriculum that we are getting ready to implement at Second Generations. The Nurturing Parenting Program® was developed by Dr. Stephen Bavolek in 1983 after extensive research on abuse prevention in families with school-aged children. The original 3-year research on the program implementation produced incredible results: 93% of families who completed the program were able to develop and enhance skills that did not rely on physical discipline. Since then, Dr. Bavolek adapted the curriculum to suit several parent populations, including military families and teen parents. All of the programs are based on the idea of nurturing families in order to help parents strengthen their skills and learn to manage the stress and demands of parenthood.

The founding principles of the Nurturing Parenting Program® are:

- **The family is a system:** kids and parents participate in the programs
- **Build empathy within families:** the ability to be aware of the needs of others and to value those needs is crucial to maintaining trust and communication, and is one of the most important parenting skills necessary.
- **Parenting exists on a continuum:** all families experience positive and negative interactions, so increasing their ability to work through negative ones and have more positive ones is a major goal.
- **Learning occurs on 2 levels:** the cognitive (knowledge) level and the affective (feeling) level. Learners must be inspired on both levels in order to retain and best apply information.
- **Confidence and self-esteem enhance nurturing in parents:** someone who feels good about themselves is better equipped to be empathetic and respond appropriately to the needs of the child.

The primary goals of the nurturing curriculum include: increase parent's knowledge of age appropriate developmental needs and milestones, increase empathy, increase parental knowledge of positive behavior management techniques, increase parental self-awareness, and to empower children to make good choices and express their views in the family. This program supports the authoritative parenting philosophy, which expects that parents set clear, firm and consistent guidelines while offering affection, praise and unconditional support and respect to the child. In this way, the child learns that they are valued and do not become powerless in their own families.

Parenting Classes will be offered at Second Generations on Tuesday nights at 6:30 pm. Classes last for 1 ½ hours and include healthy snacks. The structure of the program features an hour-long class for the moms, where they discuss and clarify their values and experiences and work to discover techniques that allow them to be more effective parents. Simultaneously, the children will be in their own class with two staff members, playing games that support what are the parents are learning in the comparable class. For the last half hour, the moms and children will be combined so a parent-child activity. This mommy-and-me time helps families bond and encourages quality time, enhancing both confidence in parenting and empathy.



MENTORING PROGRAM
Tom Mumaw

I hope you notice that Peer-to-Peer Mentoring is only one of four options to new and present clients. The choices for clients are:

- 1) Peer-to-Peer Mentoring. This refers to a one-to-one relationship with a well established client or graduate of NPW's who is willing to be trained as a mentor and agree to at least one weekly face-to-face visit/activity to support and encourage their mentee to succeed in all aspects of the program.
- 2) Small Group Mentoring. This refers to a trained mentor who works with three or four youth in a weekly small setting. The mentoring goals are the same as other types of mentoring, but provide more comfort for youth who do not like one on one peer mentoring.
- 3) Adult Career Mentoring. This refers to an adult who works in the career area of the client's career area of interest.
- 4) Adult Mentoring. This refers to an adult one-to-one mentor.

YOUTH ADVOCACY PROGRAM

NP's is asking staff to suggest which clients are interested in volunteering to have a louder voice in decision making. We need to get 5-7 clients ASAP. Please phone or call Mr. Tom at 410-464-2600 x103.

AFTERCARE

The aftercare program is up and running in 2008. Each graduate departing NPW's will be supported with a follow up face-to-face meeting within 60 days of graduation. A monthly support group is being formed to add support and direction to each graduating client as they transition into the real world of independent living. If any valued previous graduates of NPW's are interested please contact Mr. Tom at 410-464-2600 x103.

“BIG UPS TO”



Collet prays for Lloyd...



By Cribi/Steph 5/7/08

GOOD GIRL Jocelyn W.

Constantly whimpering
 “Baby come chill,
 Keep me company here,
 My curfew’s coming fast
 Haven’t I made that perfectly clear?”
 “He says” don’t worry sweetie
 I can hide behind your bed.”
 She says, “I’m not getting in trouble for you,
 How many times does it have to be said?”
 If you leave now
 Everything will be alright
 If you stay past curfew,
 You don’t know when
 You’ll see me again, right?”
 So if you want to see me tomorrow,
 You’re going to have to wait
 My curfews coming up and
 I don’t want to be late!

BIG UPS: Congratulations to Jamal C who graduates from Baltimore International College on Friday May 2nd !!!! Job well done and good luck on your future educational endeavors.

Christine Adams

BIG UPS: Congratulations to Xia W who has made the honor roll for the 3rd quarter in a row. Keep up the good work!!

Christine Adams

BIG UPS: Congratulations and Good Luck to Daniell W who successfully completed and aged out of New Pathways on April 21st. Take care and keep in touch.

Christine Adams

BIG UPS to Mr. Nathan for spending quality time as a positive male role model.

From the Children at 2G

BIG UPS to Amber D for completing her EMT class with a B and was the ONLY student out of 14 who did not drop out of the class!!

Zea Forrest

BIG UPS to Tyrell P for having a clean room for the entire month of March. Good job with keeping up on cleaning up after yourself in your apartment for an entire month.

Nathan Toth

What is “BIG UPS TO” you ask? It is your opportunity to acknowledge something good about a staff member or client at New Pathways. Did someone do something nice for you? Did you enjoy an event or class at New Pathways? Do you have something nice to say about someone at New Pathways? This is your chance to share your thoughts and feelings. Please write down your Kudos and forward them to the NP News c/o Main Office (this can be done via your case manager or other staff member). Thank you.

Sudoku

					7		
	9	8					2
6			1	2		3	
					1		9
	6			3			2
5			9				
		2		5	9		4
8					3		7
		3					

Fill in the grid so that every row, every column, and every 3 x 3 box Contains the digits 1 through 9.



New Pathways, Inc.

Is going to

Six Flags in New Jersey

Thursday, July 17, 2008

Pick up at Walker (Chinquapin Pkwy)— 10:00 am

Pick-up at Reisterstown (Home Depot Lot)— 10:30 am

“Everyone will receive a meal ticket”

First come, First Serve

Former Clients are welcome to attend!

No extra guest on the bus (clients, former clients, & staff ONLY)

Reserve your space by Monday, July, 14, 2008 with Ms. Angel

410-464-2600 Ext. 123

“IF YOU DID NOT ATTEND THE LAST ALL CLIENT MEETING, IN JUNE, YOU CAN NOT ATTEND THIS TRIP”



New Pathways

Cordially invites You and a Guest to Our

Annual Reunion & Picnic

Saturday September 13, 2008

Druid Hill Park

(Columbus Pavilion)

12:00 Noon to 8:00 p.m.

- Transportation will be provided from Mondawmin Mall to the park!
- One guest is allowed to accompany you (children - age 6 & under - will not count as a guest)
- To ensure that we have enough food, drink, etc, please reserve a space for you and your guest

Columbus Pavilion:

- From 83 South— Exit 7 (28th St./ Druid Park Lake Dr.)
- Stay in your right lane on Druid Park Lake Drive
- Right on Swan Dr. (keep straight)
- Pass 1st STOP sign
- At the 2nd STOP sign make a left (Mansion house Dr.)
- The Pavilion will on your right

Contact Ms. Angel by: Thursday, September 11, 2008 at 410-464-2600 Ext. 123 or ALYLES@NEWPATHWAYS.ORG

UPCOMING EVENTS & HOLIDAYS CALENDAR

7/17/08 Six Flags in New Jersey

7/25&26/08 Maryland State Teen Conference-Baltimore City DSS Clients only (call worker for more information)

8/1/2008 Kings Dominion – Baltimore City DSS Clients only (call worker for more information)

8/8/2008 Cookout, Milford Mills Swim Club, Awards Presentation for honor roll, perfect attendance & most improved Baltimore City DSS clients ONLY (call worker for more info)

9/13/2008 New Pathways Annual Picnic at Druid Hill Park

9/30/2008 It's My Life Conference (Youth aging out within 2 years) Baltimore City DSS clients ONLY (call worker for more info)

11/27/2008 Thanksgiving at Golden Corral

12/17/2008 Annual Holiday Celebration at Idlewyde Hall

****ALL DATES SUBJECT TO CHANGE**

NP NEWS JULY 2008

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

AFFECTIVE , ARTSCAPE , COMMEMORATE ,
 CONGRATULATIONS , CRUISE , DEVOTION ,
 DIRECTOR , DROWNINGS , ENJOYMENT ,
 EXPANSION , FIRST , GRADUATES , HINDRANCE ,
 INDICATION , LUCK , MANAGER , MASTERS ,
 MENTOR , MONEY , PERFORMANCESREGINALD ,
 RESEARCH , SCIENCE , SUFFOCATES , TREASURER



New Pathways, Inc.

540 E. Belvedere Avenue

Belvedere Square Suite 201/Baltimore, MD 21212

Phone 410-464-2600 Fax: 410-464-2687

**Independent Living Programs for Maryland's Youth
Mission**

New Pathways is committed to the development of self-sufficiency in young adults. We prepare youth to become empowered, educated, and economically independent adults, who are able to meet the daily challenges of life and make positive contributions to the community.

NP News Staff

Echo G. Hester - Jeff Lambert

Jennifer Pettis – Angel Lyles

The New Pathways News is a monthly publication for staff and clients. Any client or staff member may submit articles, stories, poetry, etc. for publication. Articles must be submitted by the third Friday of the month for the next month edition.

A special thank you to all clients and staff, who have made the NP News possible.



540 East Belvedere Avenue

Suite 201

Baltimore, MD 21212