



NEWSLETTER

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A Taste of Sarvis



Sarvis Empowerment Café hosted its first event. It was a total success. “A Taste of Sarvis, Hard Hat Tour & Fundraiser. This event was held at the location where the Café will be housed at 5711 Sarvis Avenue, Riverdale Park, Maryland 20737.

Attendees received a hard hat tour of the facility that is now under renovation. MGM chefs prepared “A Taste of Sarvis” that included a very delicious crab cake with remoulade sauce and beet salad. This event celebrated the 1960’s café renovation, gave partners and supporters a tour of the build-out, and was geared towards generating additional funding needed to complete the project.

Donations are still being accepted and all proceeds will go towards this project. Click on the following link [TO DONATE NOW:](#)



Riverdale Park, Maryland – Business Spotlight

“I help them realize

what is not theirs and help them to let it go.”



Interview with Sonia Ross

What is the name of your business? Full Circle Therapy Services.

How long has your business been in operation and in the community? For about two years

What are your days and hours of operation? Mondays, Tuesdays, Thursdays and Fridays. I am available by appointment only.

What made you choose your location? I initially chose it because it was close to my home. I am a mom and I needed to be in a place where my daughter was accessible and I can get to her quickly as necessary.

Describe what your company does and the services it provides. I provide psychotherapy to black women healing from intergenerational trauma. The reason I do this is because as black women often times we carry a lot of burdens and have taken in a lot of toxic information that is not our own but that we receive from our families. So I help them realize what is not theirs and help them to let it go.

How has your business changed over the years? If anything has changed in my business, it has been my services. When I first started I was more of a generalist for the last year. I have become more specialized. I was open to see everyone and now it has changed in the last two years.

What is unique about your business? I focus specifically with black women because I am a black woman. The most work and the biggest impact in any community comes through the women. We carry the heavier burden and are more in need of help. A man can change himself but when a woman changes she changes her community. So that is why I focus on black women.

What do you enjoy most about what you do? I love it. Its beautiful work and it's really sacred. When I work with black women we are in community with each other and that is what is missing from our community. We are not in community with each other. We kind of exist with each other in a very superficial way. But when we are in community with each other we are having transparent conversations, we are having vulnerable conversations, and we are really sharing. And for the first time a lot of them are being listened to in a way that they have not been listened to as a child, as a teenager and as an adult. To have someone open up their spirit to me and share their pain is beautiful work it's very sacred and I think it's a privilege that I have been chosen to do this type of work.

If you had one piece of advice to someone just starting out, what would it be? Get mentors. Don't try to start everything from scratch and cause yourself a lot of frustration. There are a lot of resources that will

Continued on next page

resources are. Don't think you have to do it all by yourself. There are countless people who have gone before you to do every single thing and you can find people who are doing what you need. You can model them, work with them, hire them, whatever the case maybe. So you don't have to do it by yourself.



For more information:
 Business Name: Full Circle Therapy Services
 Address: 6801 Kenilworth Ave,
 Suite 203 Riverdale Park, MD 20737
 Phone: 301-971-4096

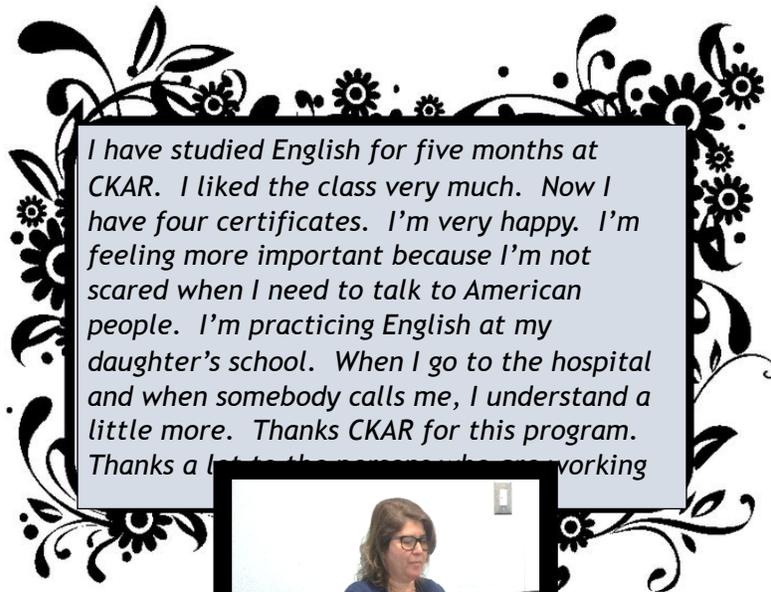
Website: www.fullcircletherapyservices.com

Social Media: Full Circle Therapy Services

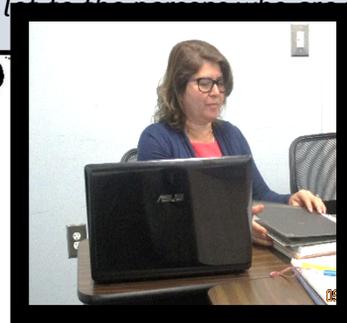
@fullcircletherapyservices



Do you own a local business? If you would like to have your business highlighted in the next newsletter, email us at:



I have studied English for five months at CKAR. I liked the class very much. Now I have four certificates. I'm very happy. I'm feeling more important because I'm not scared when I need to talk to American people. I'm practicing English at my daughter's school. When I go to the hospital and when somebody calls me, I understand a little more. Thanks CKAR for this program. Thanks a lot to the teachers who are working



Maria J. Figueroa

I have four certificates. When I started my first class, I didn't speak English at all. I love learning English. Now it is my goal to learn English. For me, it is very important because I work in a restaurant and some customers don't speak Spanish. At my work, sometimes I work alone and have to answer the phone and sometimes there are people who don't speak Spanish on the phone. It is very important to learn English! We have the best teacher, she has patience and good ideas. I love my class.



**ESOL Instructor:
 Theresa Pfeiffer
 ESOL Student:
 Gladis Figueroa**

I learned to use computers. I learned PowerPoint, Word and Excel. I learned how to use the internet. I learned to speak in English.



Carmen Arteaga

CKAR's ESOL program helps people of all languages learn how to write and speak Basic English. This is a 5-week class that awards students with a certificate at completion. Students not only learn English, but also basic computer skills. Day and evening classes are available. Registration is required by calling our office at 240-608-2527.

Follow us on Social media



Greater Riverdale Place-Based Initiative

Fill out CKAR's survey to make your voice heard! Your responses will be used to shape new projects in Greater Riverdale through CKAR's partnership with Kaiser Permanente!
<https://ckarcdc.force.com/s/>

Register
for the ...

Living Well

Chronic Disease Self-Management Program

Take
Charge
of Your
Health!



October 30 - December 18, 2019

Meets Every Wednesday - 1:30 pm - 4:00 pm

This program consists of six (6) **FREE** classes Led by Trained Leaders



**CKAR Career
Empowerment Center**

6801 Kenilworth Avenue
Second Floor - Suite 203
Riverdale Park, MD 20737

You must register and attend by November 13th

Who should register?

People (along with their caregiver or relatives) who have arthritis, diabetes, heart disease, hypertension, or any other chronic condition that requires ongoing medication.

BENEFITS:

- ✓ Learn how to manage stress
- ✓ Improve your strength & endurance
- ✓ Create & practice action plans
- ✓ Develop a healthier lifestyle
- ✓ Learn how to be a partner with your health care team
- ✓ Receive a "Living a Healthy Life with Chronic Conditions" textbook for completion of program

MUST REGISTER | SPACE IS LIMITED | SNACKS/LIGHT LUNCH WILL BE SERVED

Disclaimer: In case of low participant attendance, the scheduled program may be cancelled.



MARYLAND
Living Well
CENTER of EXCELLENCE



HEALTH
DEPARTMENT
Prince George's County



For registration and more information - Call: 240-608-2527 or Email: mekeister@ckarcdc.org