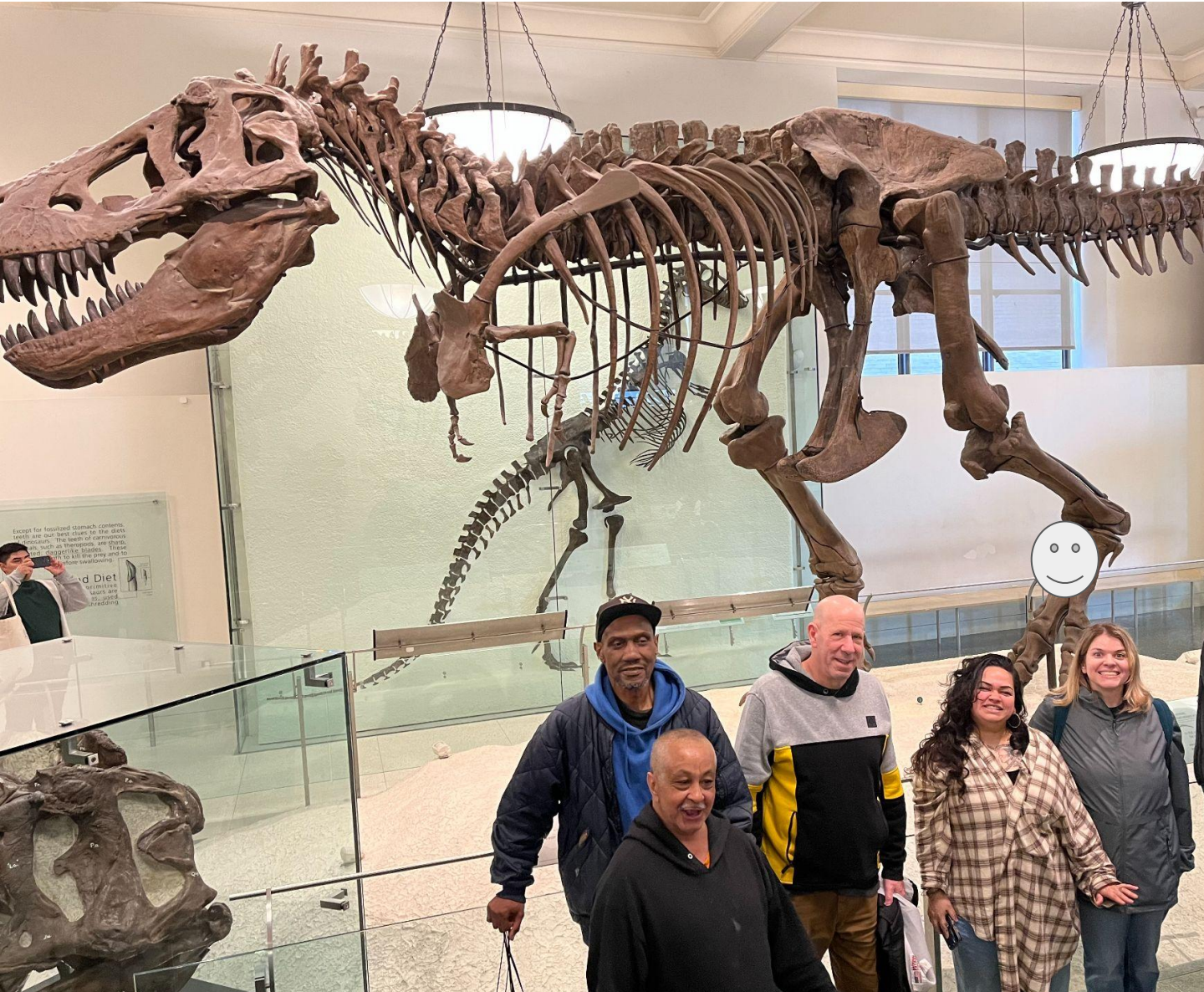



# 3RD STREET BEAT

PRODUCED BY CLIENTS OF THE RECOVERY CENTER

8 EAST 3RD STREET 10003

#58 MARCH 2025



We  Dinos

And the Museum of Natural History



# THE 3RD STREET BEAT MISSION STATEMENT

The Third Street Beat is a newsletter written by and created for people with substance use disorder. Our mission is to validate that experience so people know that they are not alone, and to emphasize the many unique roads that we take to recovery. This is an opportunity to share our experiences to creatively support each other. We are non-political, non-denominational, multi-racial, and gender neutral. Our mission is one of recovery and harm reduction, and all experiences are welcome. All the viewpoints herein are personal in nature and related specifically to our contributors' recovery.

## THE 3RD STREET BEAT EDITORIAL TEAM

The 3rd Street Beat is produced by The Recovery Center community with assistance from the occupational therapy team.

## 3RD STREET BEAT BACK ISSUES

### CAN BE DOWNLOADED AT:

<https://www.projectrenewal.org/news-and-publications/publications/page/1/?byCategory=the-recovery-center>

### FOLLOW US ON INSTAGRAM!

@[recoverycenternyc](https://www.instagram.com/recoverycenternyc)



INTERNATIONAL OVERDOSE  
AWARENESS DAY

AUGUST 31 2024

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# HAPPY SPRING



An actual photo of me adjusting  
to Daylight Saving Time

@NoDomesticDiva



# WINTER BOD IS OUT



# SPRING ROLLS ARE IN



# Community Mobilities with Alex

**Mutual Aid for donated clothes, shoes, and  
personal items**









What Fashion is To ~~me~~ me  
In my Culture and Nativity

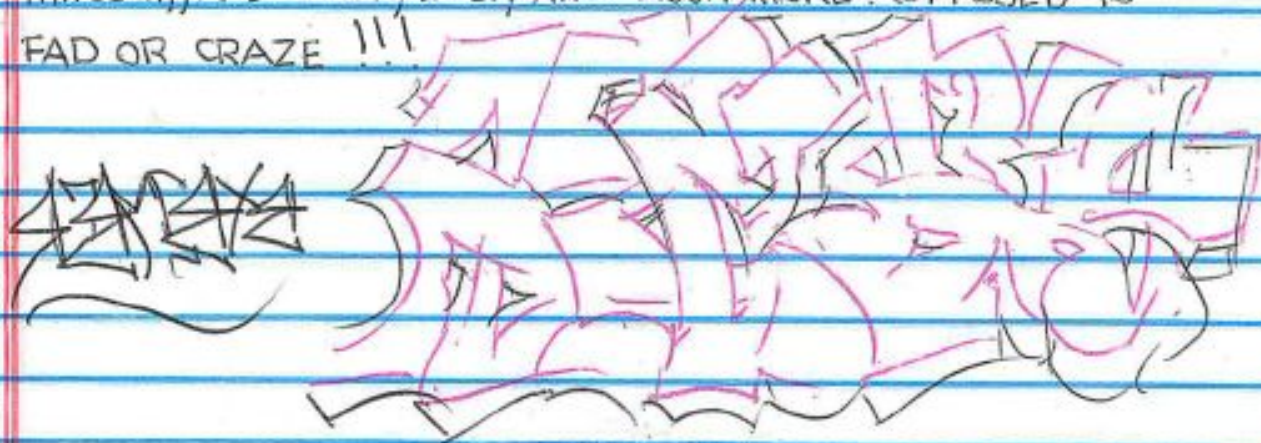
was

FASH



FASHION TO ME WAS AND IS THE CORPORATE  
AND OUTSIDERS' MARKETING GRAFTATION OF MY  
PEOPLES CULTURE AND NATIVITY'S EXPRESSION OF OUR  
SELVES AND IDENTITIES: THAT WE'VE ALWAYS CALLED  
< FLAVOR AND STYLE >, NOT SUPERFICIAL PROJECTION.  
FLAVOR (SOUL-CREATIVITY-~~STRENGTH~~ STRENGTH THROUGH STRUGGLE)  
WAS THE FOUNDATION (GOD-GIVEN) AND ELEMENT THAT  
WE USE TO EXPRESS ~~OUR~~ OUR HEART, MIND, ~~WITNESS~~  
WITNESS AND PERSPECTIVE ~~OF~~ OF LIFE AND HERITAGE!  
STYLE WAS THE SECONDARY, NOT PRIMARY ELEMENT THAT  
CAME NATURALLY AFTER ~~OUR~~ OUR FLAVOR MANIFESTS  
IN DIFFERENT FORMS & WAYS:

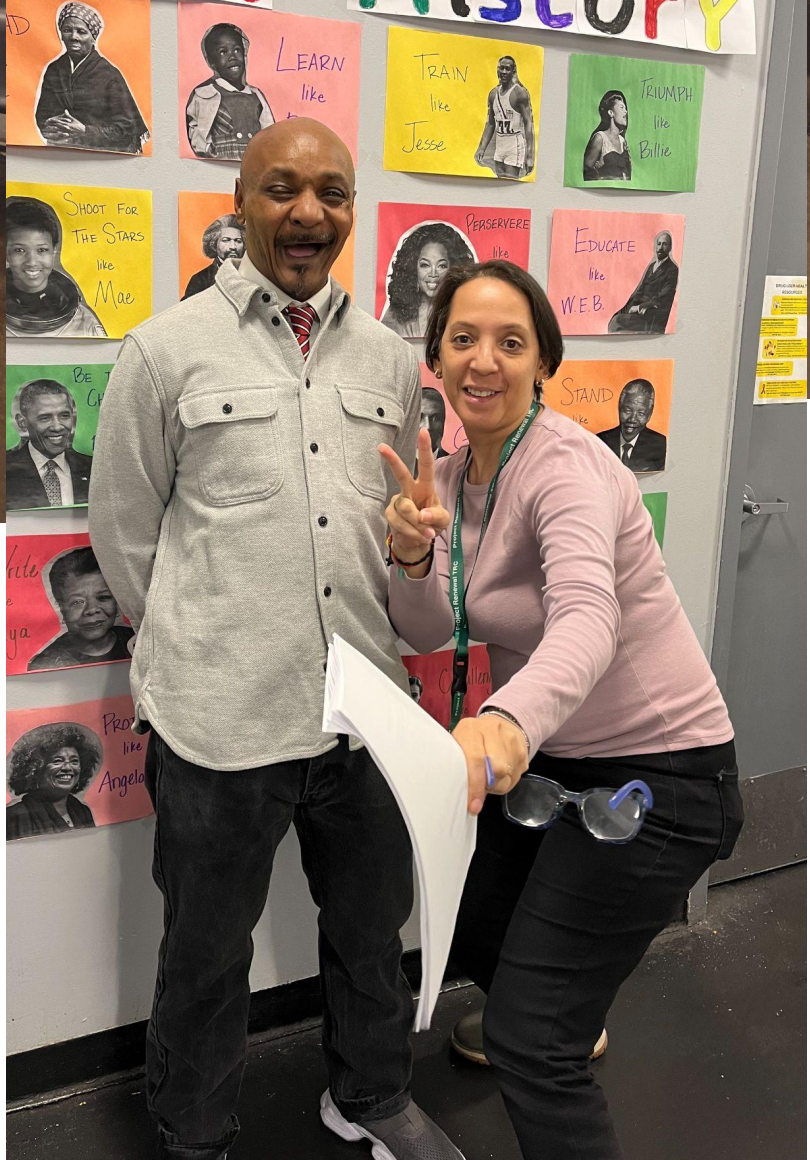
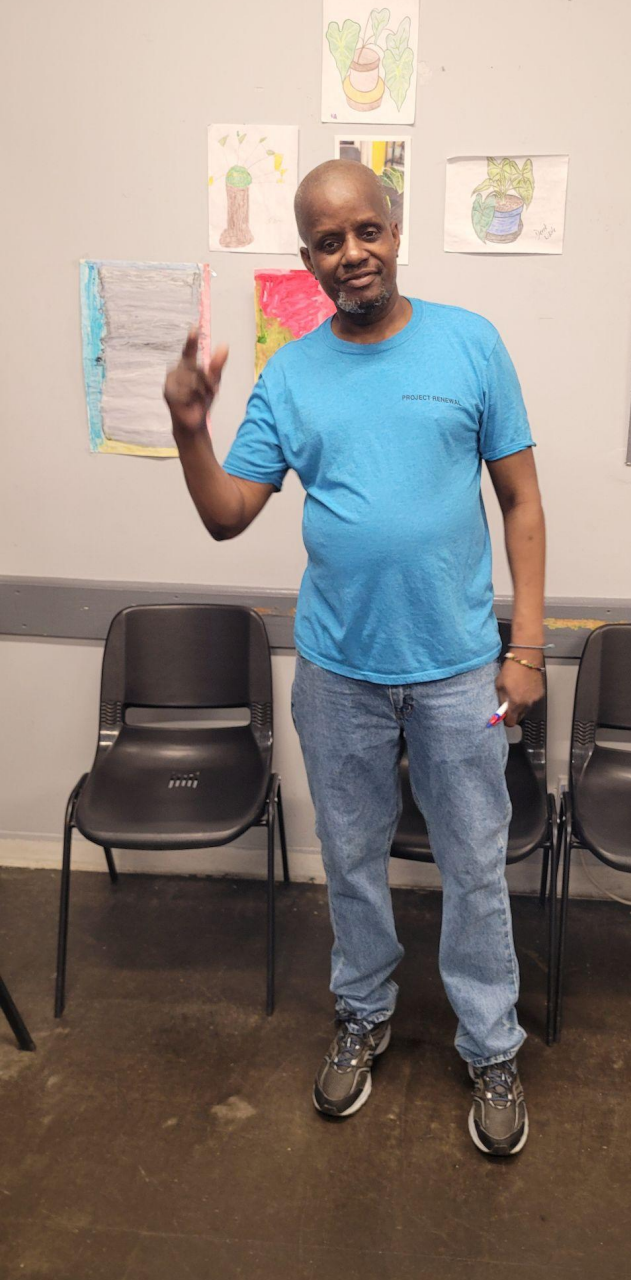
IT ~~REPRESENTS~~ REPRESENTS WHO WE ARE, WHAT WE'VE BEEN  
THROUGH, AND WHY, ETC., AND MUCH MORE: OPPOSED TO  
FAD OR CRAZE !!!











**WEAR YOUR  
FAVORITE  
new  
CLOTHING  
ITEM**





# TRC at the Museum of Natural History







# Spring Walk

Feat. Patience the Lion





# MOVIE DAY!

## The Alto Knights





## The Life in the Shelter

My life in Williamsburg in the Brooklyn section been connect to the program I'm in the outpatient in the program in Manhattan Project Renewal or TRC in NY in East Village on 3rd Street in the Bowery Section. People that works in the kitchen, staff, Medical, OT - that means Occupational Therapist - that works at both places borough in Manhattan and Brooklyn they know each other or went to the same schools together and guys in the same that are clients went to both program and shelters Manhattan and Brooklyn in both places I'm talking about little politics Donald Trump is cutting and firing and layoffs people off their jobs and he is cutting and don sizing the food stamps and cash assistance benefits from people that is on Public Assistance or welfare. Trump got Elon Musk a billionaire as a business partner running the country United States of America the more money you got the more power you got. I guess about the rich get richer and the poor get poorer. It is sad but it is real that the end of my story so God bless the city, the country, and world

Thank you  
Darryl A.



## My Life in the Shelter in Williamsburg in the Brooklyn by Darryl A.

I love living in the shelter at Williamsburg in Brooklyn. I work in security right the street where I lived at now. Williamsburg Charter School them High School kids drove my crazy butt in staying there 8 hours a day from 7:30am in the morning to 4:30 pm in the afternoon 5 days a week Monday to Friday. I had to relax on the weekends Saturday and Sunday my days off I had to break up fights almost every day. I was crazy these High School kids are set in their ways they are hard head they don't listen I told them to go to class they want to hang out in the hallways. That enough talking about that High School I'm not there anymore I want to talk about where I'm at now the shelter is connect to the program I go to at Project Renewal or TRC in the East Village in Manhattan. The guys that is there are 55 years or older I'm 63 year old so can deal with them because they are my age. Our TV is broke so we don't watch TV anymore. We didn't have TV in 2 weeks so the guys in the shelter be fighting over cell phone, money, and rugs. It is crazy there but I got to hand in there and get my apartment, studio, or 1 bedroom and get out of there that why I got to make my appointment to see my case worker or counselor every 2 week and make my doctors appointment for my health so that the end of my story so God bless the city country and world



## Life in the Shelter

I'm paying rent at the Williamsburg in Brooklyn they HRA or welfare they taking \$72 out of \$91.50 I get \$22.50 that all right things are getting better in life for me. Working on my health and getting my ID in the mail or in person. It time and money but I got do it to get my apartment, studio, or 1 bedroom. I don't want a SRO sharing a kitchen or bathroom you have a lot of problems with people that share or argue or fights argument, calling the owner to kick you out lot of problem you don't want to go through I think the summer of 2025 is going to be crazy. Is going to be crazy with Trump in the White House and Elon Musk a billionaire Trump's business partner to shake this country United States up that the end of my story God bless the city the country and world

Thank you  
Darryl A.



# CHANGE

**I need Change. I want Change.**

**It creates all things new. When I explore the endless possibilities of chance, I experience the joy and excitement it brings. I embrace the rewards, the benefits welcome change 2025. Change provides me with an opportunity to learn, grow, just when I think I've got it, change returns with something new that needs to change again and again.**

**G.C.**





TODAY I'M WRITING ABOUT LIVING YOUR  
BEST LIFE.

FIRSTLY.

TRUST YOURSELF!!

LEAD BY EXAMPLE!!

UNDERSTAND THAT NO ONE IS  
RESPONSIBLE FOR YOUR PERSONAL  
HAPPINESS

PRACTICE SELF CARE

BE MINDFUL OF YOUR FEELINGS!!

FEELINGS ARE NOT FACTS HOWEVER YOU  
HAVE A RIGHT TO HOW YOU FEEL

PRACTICE SELF COMPASSION

BE ALERT TO NEW POSSIBILITIES

UNDERSTAND YOU CONTROL YOUR DESTINY

-DAVID T.





RWTE  
MIA

MIA

MIA



<K.J.H>

In the wilderness  
Where the oreb and neshar goshen  
The ground below, doesn't often  
(have) leave a carcasse



David Lilly ©





## Watching the Flower

Watching the planet  
Become a beautiful flower  
With all kind of colors  
As we walk down  
The street of paradise

K.W.



I saw frog jumps water  
Frog sound of water  
A frog water sound  
I went to see live red tree  
I pick up frog in my hand





# Recovery Center Weekly Schedule for Winter

## TRC GROUP SCHEDULE ~~2025~~ Updated 10/17/24

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 A.M.	Preventing Recurrence (Angela)	Self Care (OT)	Substance Use Education (Brian)	Healthy Relationships (Rosa)	Back to Work/ Weekend Planning (OT)	<u>9:30am</u> Open Discussion (Nikolay)
10:05 A.M.	Health & Wellness (Katie)	Anger Management (Nikolay)	Values (Nikolay)	Spanish Speaking Group (Aida)	Anxiety Busters (Karin)	Free Time
11:00 A.M.	Free Time	Newsletter (OT)	Cooking Club (OT)	Men's Group (Nikolay)	11:00 – 11:15 Recognition Meeting	Open Discussion (Rotating)
12:00 P.M.	Free Time	Free Time	Free Time	Free Time	12:00 pm Staff Clinical Meeting (Group room closed)	Free Time
2:00 P.M.	Free Time	Art or Garden Group (OT)	Art or Garden Group (OT)	Creative Writing (Katie and OT)	Free Time	Free Time
5:15 P.M.	Road to Recovery (Brian)	Preventing Recurrence (Aida)	No group	No group	<u>TRC Hours of Operation</u> Mon – Tues: 8:30am to 6:15pm Wed – Fri 8:30am to 5:00pm Saturday 9:00am to 5:00pm	

**PLEASE BE SAFE....  
ASK THE TRC  
OR THE 2ND CHANCE  
PROGRAM IF YOU NEED  
FENTANYL TEST STRIPS OR  
NALOXONE KITS + TRAINING!**

**ARE YOU IN NEED OF RESIDENTIAL  
TREATMENT OR WITHDRAWAL  
MANAGEMENT?**

**24 HOUR INTAKE HOTLINE  
212-763-0596**

**EVERY LIFE IS WORTH SAVING!**

**THANKS FOR READING  
OUR NEWSLETTER, WE  
HOPE YOU ENJOY IT!**

**THE 3RD STREET BEAT  
IS ACCEPTING SUBMISSIONS!**

**THE RECOVERY CENTER**

212-533-8400 x5144 for Intake  
8 East 3rd Street

Outpatient Substance Use Treatment Program