



The Rosebud

Rosie's Place Guest Newsletter December 2017

Learn about Rosie's Place activities! Get advice. Share your story.

Sign up for the newsletter! Email mchause@rosiesplace.org

What's New at Rosie's Place?

Creative Writing and Resume Workshops for Native English Speakers and High ESOL Students

Write for our WEC book or learn how to create an effective resume in these classes, January 8-February 8, 2018. Contact Liz Hughes at 617.318.0255 or lhughes@rosiesplace.org for schedule and to sign up.

New Support Groups in January

Advocacy is offering a Women's Support Group, AA meetings, Nurturing/Parenting, Anger Management, Philosophy Workshop and The Healthy Me (tentative) groups. Check the calendar at the front desk for a schedule.

For information about activities and services at Rosie's Place, see the [Front Desk](#), the [Legal Services Page](#) or the [Directory of Programs and Services](#).

Ask Rosie's Place

Dear Rosie,

What services do you have in the winter?—Joanie

Rosie's Place tries to keep guests warm and dry in the cold winter months. When you visit an Advocate, you can ask for a hat, gloves or mittens, scarf and coat. You can also ask for new underwear and socks. For boots, go to St. Francis House at 39 Boylston St., Boston. To make an appointment with an Advocate, go to the podium in the lobby. You will be put on a list and helped in the order you sign up.



The lottery for a bed in the Overnight shelter is at 8 am Monday -Friday and 10 am on weekends. When temperatures are very low or there is a big snowstorm, Rosie's Place invites women to stay overnight in our sitting room.

You are encouraged you join us seven days a week for a hot breakfast, lunch and dinner and warm up in our dining room.

For more information about resources for everyday needs, visit the [Find Help](#) page of the Rosie's Place website, www.rosiesplace.org.

Yes, We Can! Si, Se Puede! Wi Nou Kapab!

Stories of Success: Taking Action to Create Change in Our Lives

Our guest Diana L. has just moved into permanent housing and wanted to share some of the things that helped in finding her own place:

- The blessing of family
- Walking the walk

- Working on your applications
- Asking for help
- Believing in yourself
- Believing in Rosie's Place
- Having good friends around always
- Praying to a higher power

Looking Back and Looking Ahead

by Florence P.

As 2017 is nearing the end, a suggestion for closure is writing a list of things you are grateful for this year. You can do this by using the alphabet, starting with the letter A and going to Z. Here are some examples:

- **A**ttitude
- **C**ourage
- **S**elf-forgiveness
- **T**rustworthiness

When in doubt, you can go back to the gratitude list. You will be amazed by the courage, the miracles, and things you have accomplished throughout the year.

Or you can write a thought or two:

- I decided to take care of me first by doing one thing for myself in 2017.
- I learned to be responsible in 2017
- I went back to school in August 2017.
- I attended my first self-defense class in 2017.
- In March 2017, I did not go to bed angry with myself.

A Suggestion for 2018: Write Out Three Goals for the New Year

"A goal is a date with a deadline," which means every day I must take action to reach the goal.

Here are some examples:

- I will get my license to drive in 2018.
- I will pay all my bills on time in 2018.
- I will become a motivational speaker in 2018.

Goal setting is important because it gives you the courage to go forward for yourself. It builds up your self-esteem; it gives you integrity; it gives you self-worth.

- I am
- I can
- I will

Do you have a story of hope or success to share? Please contact Michele at 617.318.0210 or mchause@rosiesplace.org.

About Rosie's Place

Rosie's Place was founded in 1974 as the first women's shelter in the United States. Our mission is to provide a safe and nurturing environment that helps poor and homeless women maintain their dignity, seek opportunity and find security in their lives. To learn more, go to www.rosiesplace.org, How We Help.

Rose image in the header generously provided by a Rosie's Place guest.