

HERE'S HELP  
Recovery Through Education

SUBSTANCE ABUSE TREATMENT

GRADUATION HIGHLIGHT

*Congrats!*



**Kenneth Alvarado**



CAMPUS NEWS



Congratulations to **Steven Safron** on becoming the **Chief Executive Officer** at Here's Help!

Congratulations to **Liz Beaton** on becoming the **Chief Operation Officer** at Here's Help!

Congratulations to **JORDY O, TOMMY L. and DENNIS A.** on completing Food Handlers Certificate!

NEWSLETTER

OUR PROGRAMS

New Program Highlight!



Computer Class

The computer class presented by Mr. Desamme focuses on Microsoft Office and offers comprehensive training in essential productivity tools such as Word, Excel, PowerPoint, and Outlook. Students gain proficiency in creating professional documents, analyzing data, designing captivating presentations, and managing emails, equipping them with valuable skills for various academic and professional endeavors.

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Culinary Class



The culinary class integrated within the drug rehab program provides individuals with a unique opportunity to develop cooking skills while fostering a healthy and positive relationship with food. Through hands-on cooking techniques, nutrition education, and mindful meal preparation, participants learn valuable life skills and gain a renewed sense of confidence and self-worth in their journey towards recovery.

Music Class



The music class program provides individuals with a powerful outlet for expression, healing, and personal growth. Through learning instruments, exploring songwriting, and engaging in group music therapy sessions, participants discover the transformative and therapeutic effects of music, fostering emotional well-being and aiding in their recovery journey.

Graphics Class



The graphics class offers individuals a creative and therapeutic outlet for self-expression and skill development. Through learning graphic design techniques, exploring digital art, and engaging in visual storytelling, participants discover a positive means of communication, boost their self-esteem, and find a new avenue for personal growth and recovery.



## GED Class

The GED program offers individuals the opportunity to earn their high school equivalency diploma, empowering them with essential educational credentials to pursue further academic and career aspirations beyond addiction.



## MAINTENANCE

The maintenance program focuses on enhancing and beautifying spaces by providing professional cleaning and pressure washing services, creating a cleaner and more inviting environment for the residents to live in.

## ➤➤➤ CAR WASH



The carwash program provides a hands-on vocational opportunity, teaching valuable job skills and fostering a sense of responsibility and accomplishment, as participants gain the ability to contribute positively to society and rebuild their lives.

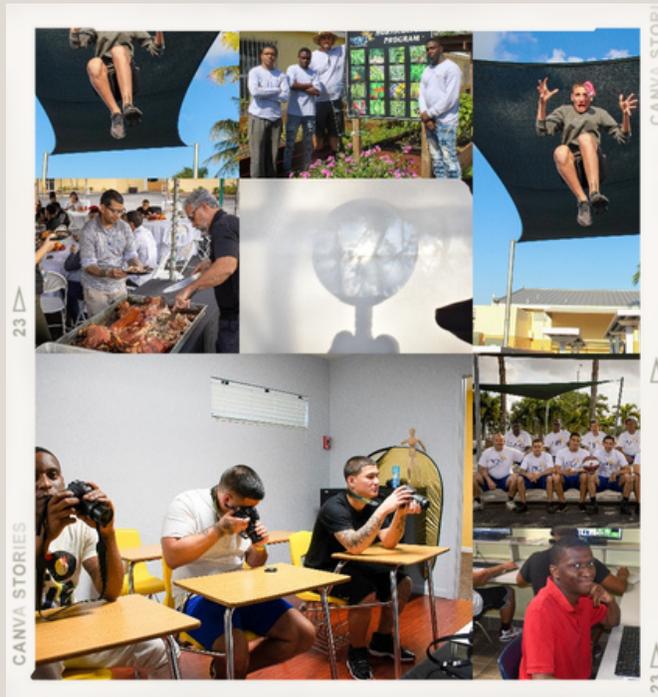
## Photography Class

The photography class program offers individuals a creative outlet for self-expression and healing, allowing them to capture moments of beauty, find new perspectives, and develop valuable skills that can be used as a therapeutic tool and potential career path.



# HERE'S HELP IS HERE TO HELP

Founded in 1969, Here's Help has become one of **Miami-Dade County's** premiere providers of residential and outpatient substance abuse treatment, annually serving 300 adolescents and adults starting at the age of 13. Funded by local, state and federal contracts, Here's Help has excelled as a substance abuse treatment provider.



**THRIVING MIND SOUTH FLORIDA®**  
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