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Date: February 8, 2010

A Day of Shopping and Beauty to Beat the Winter Blues

The Women's Center of Greater Cleveland with the Light Salon and Spa in Avon will be hosting the "Answer to the Winter Blues" on Wednesday, February 24th for the clients that are engaged in alcohol and other drug treatment.

Light Salon and Spa in Avon has volunteered four professionals to provide mini manicures along with make-up application. Tony Stillings, Owner of the Spa indicated that it was a great cause and one he and his staff want to support.

"We were also very fortunate to have received over 3,000 pieces of new and gently used clothing from a store that was closing, as well as a nice shipment of new clothing from Coldwater Creek, said Kara Russo, Development Specialist. Each client will start the day with a before photograph, receive a mini-manicure and make-up makeover. Each client will then be shopping for new outfits to necessary to continue their sobriety and self-sufficiency. Each client will then receive a before and after photo from the day of pampering. A day of celebration would not be complete without a goody bag for each client that to take home filled with donated beauty products ranging from organic body cream to whitening toothpaste!

The Women's Center offers comprehensive outpatient alcohol and other drug treatment services. Addiction to drugs is a serious, chronic, and relapsing health problem for women of all ages and backgrounds. For women, however, drug abuse may present different challenges to health, progress differently, and requires different treatment approaches, said Mary Jane Chichester, Executive Director.

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Many women who use drugs have faced serious challenges to their well-being during their lives. For example, research indicates that up to 90 percent of drug abusing women report histories of physical and sexual abuse or witnessing violence. Data also indicate that women are far more likely than men to report a parental history of alcohol and drug abuse. Often, women who use drugs have low self-esteem and little self-confidence and may feel powerless. The day of pampering encourages women to take time to care for and to feel good about herself. The day will promote self-care and increase her self-esteem necessary for long-term sobriety and recovery.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), it is estimated that 6.5 million American women are diagnosed with substance abuse or dependence that are not seeking treatment services. It is suggested that between 20,000 – 30,000 women are chemically addicted.

Addiction is a progressive disease. Each year, complications of addiction claim 200,000 women's lives. This figure represents four times the number of women that die from breast cancer. Without treatment, women die. The Women's Center has incorporated trauma services to address the specific traumas while treating the addiction.

It is that time of year in Cleveland when the sun rarely reveals its face and your skin is dry from the constant cold. The Women's Center of Greater Cleveland is looking to brighten the spirits of the ladies in treatment by offering a day of shopping and beauty.

The Women's Center operates a non-profit outpatient drug and alcohol treatment facility for medically indigent women and their families. The telephone number is 216-651-1450. The mission of the Women's Center of Greater Cleveland is "providing opportunities for women to take greater control over their lives – physically, emotionally and economically." For more information, visit www.womensctr.org.

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