

Friends of Give Back Alexandria,

Next month, Give Back Alexandria has the opportunity to address mental health issues and realities in a unique way. Critically acclaimed author David Lozell Martin has written his first work of nonfiction, a memoir that details a childhood spent with an abusive father and a mentally ill mother and the impact it has had on his life. Mr. Martin has agreed to read some excerpts from his book and discuss with us how mental illness affects the entire family.

Through our partnership with Friends of the Alexandria Mental Health Center and The Reading Connection, Give Back is committed to reducing the stigma of mental illness. We hope you will join us for this open and extremely honest dialogue. Books can be purchased at amazon.com but will also be available that evening. Mr. Martin is donating 100% of the proceeds of books purchased at the event to Friends of the Alexandria Mental Health Center and The Reading Connection.

Thank you for supporting Give Back Alexandria – please see the **Upcoming Events** section to find out about more opportunities to get involved and support our partners and the greater Alexandria community.

Allison Erdle & Kathy Martin
Co-Chairs, Give Back Alexandria

UPCOMING EVENTS

Losing Everything Book Reading – Monday, March 9th, 6:30pm-8pm at [Grape + Bean](#) – Critically acclaimed author David Lozell Martin will be reading from his most-recent book, *Losing Everything*, a no-holds-barred personal story of the rise, fall and rise again of a man who learned important truths about himself, and about the art and loss of living. Space is limited. RSVP to brandi@givebackalexandria.org. All proceeds from book sales from the evening will be donated to Friends of the Alexandria Mental Health Center and The Reading Connection.

The Reading Connection's Of Wine and Words – Thursday, March 12th, 6:30pm-9:30pm at [Hilton Arlington](#) – Help celebrate the 20th Anniversary of The Reading Connection with a wine tasting and silent auction. Tickets are \$65/person. Visit www.thereadingconnection.org for more details.

Dine & Donate for Community Lodgings – Tuesday, March 17th, 5:00pm-8:00pm at [Los Tios Grill](#) – Community Lodgings, a 2008 Give Back partner, will hold a restaurant night fundraiser to raise money for an exterior landscaping project at their Learning Center. Ten percent of the sales will be donated to the organization. Give Back will also be recruiting volunteers to help with a Work Day in April or May, coordinated through The Giving Circle of Alexandria.

ABLE Social Event – Wednesday, March 18th, 5:30pm-7:30pm at [Mango Mike's](#) – *What are you passionate about?* Homelessness, hunger, the environment, youth development, women, seniors, the arts, or civic involvement? Chances are there is a nonprofit organization or government agency in Alexandria that addresses your interest and needs your help. Meet fellow Alexandrians already serving on nonprofit committees and boards; join in conversation with others interested in serving; and get to know some nonprofit leaders who have opportunities for you to serve. You are welcome to come just to explore and ask questions or ready to volunteer. Registration is \$25/per person. Visit www.ablealex.kintera.org/socialevent for more details.

Alexandria Community Services Board & Friends of the Alexandria Mental Health Center Anniversary Celebration – Thursday, March 19th, 6:30pm-9pm at George Washington Middle School – A celebration of accomplishments and a rededication to the community. Food, music and prizes for the best 60's costumes. RSVP to rhamowitz@gmail.com or call 703-683-2360.

Spring for Alexandria 2009 – April 30th – May 2nd - Spring for Alexandria is a three-day community wide event focusing on giving and service. In 2008, over 1,500 people participated in volunteer projects, philanthropy awards and other activities to make a difference in Alexandria. Four major events comprise this collective celebration

including: ACT's Generations of Giving Gala, Volunteer Alexandria's Business Philanthropy Summit and Day of Service and Kids Helping Kids' Lemonade Day. Give Back will be putting together a volunteer team for the Community Service Day on Friday, May 1st. Stay tuned for details. Visit www.springforalexandria.org for more information.



The 2nd Annual BUBBLES & BLUEGRASS will be held in early June 2009 – finalized date coming soon. If you would like to get involved with the planning committee, if you have silent auction items to donate, or if your business is interested in sponsoring this event, please contact Brandi at brandi@givebackalexandria.org.

*ABOUT GIVE BACK'S ORGANIZATIONS

FRIENDS OF THE ALEXANDRIA MENTAL HEALTH CENTER

[Friends of the Alexandria Mental Health Center \(FRIENDS\)](#) provides a safety net for families and individuals with mental illness, mental retardation or substance dependency who have limited resources and no family or friends to help them when emergency needs arise. Emergency needs include rent support, minor medical expenses, transportation, food, clothing, assistance with utility bills, and other quality of life activities.

THE READING CONNECTION

[The Reading Connection](#) (TRC) is dedicated to improving the lives of at-risk children and families by helping them create and sustain literacy-rich environments and motivation for reading. TRC conducts literacy programs in Alexandria-based shelters and nonprofits and provides reading activities and books to children and parents.

Give Back Alexandria, an initiative of the Alexandria Community Trust (ACT), is designed to educate, engage and empower the next generation of leaders and philanthropists to give back to those in need in Alexandria. Launched in 2004, ACT is a community foundation serving as a catalyst for increasing charitable investment and involvement in Alexandria. For more information about ACT, please contact 703-739-7778 or visit www.actforalexandria.org.

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