

In the Stamford community

Friday, January 29, 2016



Mary-Jane Foster addresses the crowd at the Liberation Programs' Women-4-Women luncheon earlier this month.

Women-4-Women

The first of four yearly meetings of the **Liberation House Women-4-Women** group took place earlier this month at the home of Darien First Selectman Jayme Stevenson. The meetings, which are meant to explore the growing problem of addiction and how it affects the community, draw women from Stamford, Greenwich and Darien to hear guest speakers.

Mary-Jane Foster, **University of Bridgeport** Vice President of **University Relations** and co-founder and former co-owner and CEO of the Bridgeport Bluefish, spoke of her experiences with the organization while volunteering in Bridgeport. Meanwhile, Nicole, a young mother and tenant of Gini's House, Liberation Programs' supportive housing complex in Norwalk, spoke about her experiences inside the treatment program.

“After I finished treatment, I was able to re-start my life and I felt like I mattered again. The staff at Liberation never gave up on me. They were there for me even when I

relapsed. Thanks to them I got the chance that I needed,” said Nicole, of her experience with Liberation House.

Liberation Programs is a non-profit organization dedicated to providing substance abuse prevention and treatment programs in Fairfield County. They have treatment centers located in Stamford and Norwalk. For more information, visit liberationprograms.org