The Wedge Centers

Welcome to the Wedge
By Yolanda, O., Germantown REC

Mind over Matter
By Jamal S., North MHOP

Angel
By Stacey R. R., North MHOP

Swan
By Desha L., North MHOP

Drawing of Anonymous
By Nasir T., North MHOP

Jones G. (thankful turkey)
By Jose R.
Germantown REC

By Jose R. —Self Portrait
Germantown REC

By Jose R. Self Portrait
in Nature
Germantown REC

Who What When Where Why
Juniper REC

What lies ahead will always be a mystery. Do not be afraid to explore.

When life pushes you over you push back harder.

Where there are choices to make, make the one you do not regret.

Why things happen will never be certain. Take it in stride and move forward.

From 100 Days Wedge representations
TO MY HEROES AND HEROINES
By Allison O. of Wedge North MHOP

I wish your mirror would reflect what I see.
Like snow white, it would declare you the fairest of them all.
It would whisper in your ear how you are selfless, and kind, and like no other.
It would remind you that others are jealous, jealous of what they do not have.
It would rip the apple from your hands, beg you not to bite.
You’ve poisoned yourself long enough with his lies, and her lies and your lies. You must see the beauty, the grace, the love.
It is all inside your story.

If I could only reflect what I hear, what I experience, and what I know, then you would finally see.
You don’t need a white knight on a white horse; you can save yourself.
If only you could wipe away tears that have soiled the screen, and slay the dragon that tried to burn you, if you could look deeper, past the fire and pain, you would finally believe.

Believe that you deserve, that you are worth, a happily ever after.

ECHOES
By Aletha of Juniper MHOP

The things that I have heard
They echo in my ears
The things I have heard

Words run by
Never understood
The things I have heard

Fear not dear mother
For those I already knew
Those things I have heard

Time and time again
I hear these things
Echo in my ears

Words sound strange to me
Echo in my ears
These things that I now hear

Love, love, love
Echoed in my ears
These things that I now hear

A LOVE SO DEEP
By Leesaan R. of Wedge North MHOP

A love so deep like the ocean
Stood still
As the wind blows
It roars throughout the day and night
Your heart and mine
Combined together as one for eternity
My heart smiles whenever you touch me
My heart speaks,
It says you’re the only man for me.

Just one kiss from you makes my heart beat
Real love like ours is meant to be
My love for you is unconditional
It defines what true love is all about
It’s more than eternal

I love you
You love me
Our love is everlasting

DREAMING
By Hassan B. of South D&A

Each time I fall asleep
Your face is all I see
Dreaming of you night after night
Coming home to me
I wish time could rewind back
To the way things used to be
When there was no emptiness
And this house was filled with happiness
I just need to feel whole again
And I want this pain to completely end

I’m tired of shedding these tears
We’ve been together for so many years
I still can’t believe;
You and I have drifted apart
Just want you to know
I’ve always loved you from the start
You have weakened my bones
The way you left me all alone
But I will remain strong
As our memories live on
I can’t stop thinking about you
And the fun things we liked to do.

TEARDROPS
By Leesaan R. of Wedge North MHOP

Teardrops roll down my eyes
Just as rain falls from the sky
Left a track inside my heart
As you dared to say goodbye
And no matter how hard I try
This hurt will never go away
If you only knew how much I wanted you to stay
BACKWARDS STEPS
By Anonymous; Juniper REC

I took steps backwards and fell back into that hole That dark place, which once sucked out my soul Hello again old familiar feeling, my old friend I remember you. How you almost caused my life to end Going to do different laps with things Hate to say it comes down to relapse Just get down on knees and pray.

BEAUTY
By Hassan B. of South D&A

I see the beauty in your eyes, I see the pain that you try to hide, I see the love deep inside, I see you not satisfied. You tried to scrub it away but there’s no more tide. You wanna tell me but there’s too much pride. But pride is nothing when it comes to you and I, Cause like Maya Angelou… Still you rise.

I see the Things God has blessed you with. You’re a perfectly imperfect person being perfects a myth. I see your smile light up the world. And when you frown my worlds upside down.

RECOVERY
Anonymous; Juniper REC Member

I found that attending the Wedge is a beautiful thing in helping me with my recovery towards mental health. You see I wasn’t recovering while not attending the Wedge; I started off with a therapist and a psychiatrist. Two months into attending the Wedge I was asked if I wanted to attend REC on the second floor. At first I thought it wouldn’t work out because I wasn’t good in a group setting, but later found out that I was wrong. My recovery at the Wedge has been super so far and it’s only been four months. I could not achieve any of my mental health recovery without the Wedge.

ALL THIS TALK OF CHILDHOOD, I ASK...
By Aletha of Juniper MHOP

What is it? What was it? Did anyone have it? What is the use of thinking about it now? You can’t miss what you don’t have. What you may ‘you had it so hard’ To me it was normal I had friends I laughed, I played. I went to school. I even played sports and had a job. Please don’t throw “your normal” on me. I’m me. The roots of my tree, Planted in miracle grow.

“WEDGE”
By Rahschitah B. of Venango D&A

W is for withstanding adversity and weathering the storm. E is for effectively making the effort to change. D is for devotion and diligent dedication to recovery. G is for gravitating towards greatness. E is for elevating education.

MEMORIAL DAY
By Rochelle D., submitted by Anthony W. of Wedge North Older Adult REC

The cold air will fade away The flowers will bloom They smell like perfume The flags will go up and wave For all the men that were brave I hope they come to my funeral and stand by my grave.

FATHER SHOW ME MYSELF
By Craig M. of Venango D&A

Father show me myself as thou seest thee. So that I may know how to take care of me For I need your strength, guidance, and direction to fight this good fight and strive for perfection. Then Father, stand me up and let me face this fool. Who’s sly, selfish, corrupted, and cruel. Show me my fear and let me see my wrongs. By only conquering this, Father, can I be strong Then, Father, show me myself as thou seest me So I may show others what you have done with me I want to be a doer and not just a hearer. So let me be in discernment with this man in the mirror. For that which I do, I’ll allow not I’m cold, I’m lukewarm, but I need to be hot. For that which I do my mind will debate. For that which you told us not to do you told us not to hate. Now in this darkly glass I’m beginning to see the flesh and the spirits that are warring in me. Wretched man that I am, good spirits that I cling. For in this flesh here dwelleth no good thing. Now father show me myself as thou seest me for then I will know that thou lives in me.

WALK IN THE PARK
By Carolyn O. of Juniper REC

The sun is shining bright. There is a beautiful breeze in the air. I’m watching children playing in the park, swinging from swings; sliding down slides, and throwing a ball to each other. There is laughter, from their lips, smiling faces everywhere. Ducks are swimming in the pond, while birds are singing in my ears. Couples are walking with their dogs throwing sticks for them to catch. I say to myself, thank you dear Lord, for you have created everything on this Earth. If it wasn’t for you, Dear Lord, I wouldn’t be seeing or smelling any of these for I know there is a God above me. Thank you Dear Lord for what you have given me.