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NON-PROFIT WOMEN'S ORGANIZATION CELEBRATES 10-YEAR MILESTONE
A More Perfect Union Completes a Decade of Work with Addicted Women in Harlem

(NEW YORK, NY - February 22, 2006) A More Perfect Union, the not-for-profit organization committed to supporting at-risk women, recently completed its fall program at the Veritas Therapeutic community in Harlem. This marks the tenth year the organization has successfully delivered its signature series, The Circle of Women program, to the drug treatment center's female residents, helping them refine their life goals and establish personal support networks.

Sarala Dee, a founding member and the current board president of A More Perfect Union, says the work with Veritas is representative of the organization's goal of sustaining long-term relationships with transitional facilities treating women in the New York area. "We are proud of our relationship with the Veritas family and we are honored to be included as an integral partner supporting women as they prepare to rejoin their communities and families."

Approximately 25 residents participate in The Circle of Women program, a five-month series offered semi annually in residential treatment centers. The sessions promote stronger relationships between women while encouraging them to be responsible for their communication and behavior. It also promotes self-reliance by teaching the skills needed to ask others for support and set and fulfill goals. Both volunteers and residents share their life experiences through visualization, role-playing and goal-setting exercises. By the end of the series, residents reconnect with visions for their lives, rediscover their dreams and develop a better understanding of the way women can support each other in achieving their goals.

Angie Pascual, Veritas' Director, believes A More Perfect Union's program is a great enhancement to their treatment plan. "The group has all the tenets of the therapeutic community but presents them in a much more relaxed setting. We see the changes in our women. We see their communication skills improve, their sense of self increase, their ability to continue with their tasks, and this allows us to move the women through their treatment process."

In 2004, A More Perfect Union expanded its program to a second facility, Phoenix House in Brooklyn, and plans are in the works to add a third facility this spring. Earlier this month the organization held a new-volunteer orientation and training, bringing the total number of volunteers to 80 women. In May, the organization will honor its founding members at its annual fundraising event.

For more information, log on to www.amoreperfectunion.org, or call 212-971-1072.

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A More Perfect Union (www.amoreperfectunion.org) is an organization of women that trains women at risk to have supportive, healthy relationships. We deliver our program, The Circle of Women, to women recovering from lethal addiction, domestic abuse and homelessness. Through the sharing of common experiences, our program engenders trust, promotes personal responsibility and demonstrates the power of strong female bonds. A More Perfect Union, Inc. is a not-for-profit tax-exempt 501(c)(3) corporation founded in 1992.