# Daily Schedule

8:00 Breakfast Begins

9:30 Morning Prayer

10:30 Bible Study (no food service)

11:30 Lunch Begins

1:30 Afternoon Bible Study

2:15 Last Shower

2:30 Laundry & Kitchen Close

2:50 Closing Prayer

3:00 Building Closed (12:30 on Saturdays)

#### On-site Resources

Nurse Practitioner Chapel Service Tuesdays and Thursdays Thursdays

Clothing Closet Dental Clinic
Tuesdays and Thursdays Legal Services
See Case Manager

# **Support Groups**

A wide variety of support groups are offered here at TLC. Please ask the front desk for meeting information, dates, and times.

AA

Celebrate Recovery

Arm & Arm

Overcomers (Chris Atwood Foundation)

Sisters on a Journey

Housed Support Group

Jobs Club

Open Art

### Contact Us

Phone (703) 691-3178

Fax (703) 273-9643

Website www.thelambcenter.org

Address 3160 Campbell Drive Fairfax, VA 22031















The Lamb Center

Tara Ruszkowski, Executive Director



**Guest Guidebook** 



A daytime drop-in resource center for those experiencing homelessness.

# **OPEN**

Monday-Friday 8AM-3PM

Saturday 8AM-12:30PM

### Our Table

The life of the Lamb Center (TLC) community is shared at the main table. This is where we gather to eat, talk, read, pray, care for, and enjoy each other's company.

## Prayer and Bible Study

- Each day begins and ends with a brief devotional prayer.
- No one is required to attend, but all are welcome.
- During Bible study, please show reverence and respect for the prayers and discussions conducted at the table.
- Prayer requests of our guests, staff, and volunteers are welcome. To have your name added, please ask a staff member.
- If at any time you would like to pray or speak with someone in private, please don't hesitate to ask a staff member. It is our privilege to begin to know you, listen to you, and pray with you.

Our Desire is to build a sense of community, diversity, and inclusion.

Our Hope is to begin to know you so that we may encourage you.

Our Prayer is that you encounter the Living God in this space and experience His transformative power.

### Laundry

Laundry service is available 8AM-2:30PM daily. (8AM-12PM on Saturdays)

- · One load of laundry is accepted per day.
- Clean laundry left more than one week may be discarded.

### Storage

When available, TLC can offer you a limited amount of storage space for personal effects.

- Lockers are assigned to guests by case managers.
- Lockers have no locks, so TLC cannot guarantee the safety of your belongings.

# Transportation

If you have an interview with an employer, social worker, doctor, or other essential appointments, our case managers may offer bus tokens when available. TLC cannot offer rides.

## Case Management

Sign up at the front desk to meet privately with a case manager.

- Evaluate your needs and set goals together.
- Receive assistance in replacing identification, applying for benefits, and making referrals.

### **Showers**

Showers are available until 2:15PM (11:45AM on Saturdays). Towels and toiletries are available in the laundry for use at TLC.

#### TLC Guidelines

- Engage with each other respectfully. TLC is committed to providing an environment free from harassment, intimidation, and physical or sexual assault.
- Take care of TLC property and keep Campbell Drive clean. Vandalism and theft are not acceptable behaviors.
- Show respect for other guests and conduct yourself in a way that does not disrupt others.
- Maintain a safe and sober environment; consumption or possession of alcohol, drugs, or weapons is absolutely prohibited at TLC or on Campbell Drive.
- TLC's parking lot is for volunteers and staff only.

Please ask a TLC staff member if you have any concerns or questions.

#### Mail Service

As a guest, you are welcome to use TLC's address to receive your mail.

- Please check for mail at the front desk during each visit.
- After 30 days, unclaimed mail will be returned to sender.

## Telephone & Computer

A guest phone and computer are available for your use. Please see the front desk staff regarding time and usage limits.