



## **SECTION G**

### **EDUCATIONAL OPPORTUNITIES**

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Furthering your education can be an important step in your recovery. If you did not complete high school, then you may want to obtain your Graduate Equivalency Degree (GED). Once you have your GED, you will have more options available to you, such as applying for college or specific job training programs.

**CLEVELAND BOARD OF                      216-574-8000**  
**EDUCATION**

For information on earning your GED, contact the Cleveland Board of Education. You may also use this number to gain information on how to enroll your children in school.

**CLEVELAND STATE                      216-687-2000**  
**UNIVERSITY**

A university offering numerous four-year degree programs. Disability services are available through the Access Office. Also offers financial aid, as well as many career counseling and placement services.



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### **EDUCATIONAL OPPORTUNITIES**

#### **CUYAHOGA COUNTY** **COMMUNITY** **COLLEGE (TRI-C)**

**216-987-4000**

Metro Campus, Eastern Campus,  
Western Campus

This local college not only offers two-year associate degree programs, but also offers services such as career planning, financial aid, tutoring, support for disabled students, academic and career counseling. Tri-C offers many life preparation courses that can be taken even if you are not pursuing your degree.

#### **PELL GRANTS**

Ask a financial aid advisor about Pell Grants. Pell grants are need based financial grants from the United States Department of Education. You may contact your local college or university for more information and an application.



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**CLEVELAND PUBLIC**  
**LIBRARY** (Main Branch)  
325 Superior Avenue  
*www.cpl.org*

**216-623-2800**

**CUYAHOGA COUNTY**  
**PUBLIC LIBRARY**  
2111 Snow Road  
*www.cuyahogalibrary.org*

**216-398-1800**

#### **LIBRARY CARDS & INTERNET RESOURCES**

Getting a FREE library card will enable you to use the services and resources of the Public Library systems at neighborhood branches throughout Cuyahoga County. The library can be a very valuable resource of information, recreation and enrichment. The Public Library systems work together to provide a wide range of information materials as well as programs for pre-school and school-age children. These include:

Books	Magazines
Newspapers	Audio Tapes
Video cassettes	Compact Discs
Internet access	Computer Use
Reading to Children	Lectures



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In addition, most local libraries provide computer access free of charge. Computers are easy to use and you can become skilled at using them by simply sitting down and getting acquainted with them. This will enable you to find any type of information through the many Web sites set up by government institutes, community agencies and private organizations.

You may also get a free e-mail account—an Internet mailbox—through which you can contact your community support worker, counselors, family and friends. A library staff person can assist you in doing this. Two places that offer free e-mail accounts are *www.hotmail.com* and *www.Yahoo.com*

## MY RECOVERY NOTES



TOOLS FOR RECOVERY



**"We are  
learning to rely on  
ourselves and to take  
an active and creative role  
in our recovery  
and in our lives.  
We are empowering  
ourselves."**

***~Esso Loete***

TOOLS FOR RECOVERY