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| |  | | --- | | Upcoming Events  What’s Up at UP this month!  **Ferguson-Florissant**  \*Combs- April 26th , Join us as we engage in a spring craft creating memories decorating pottery and planting seed  \*Griffith- April 24th (S.T.E.A.M. Night 4:30-6pm)  **U-City**  \* Barbara C- April 25th, come enjoy a moment of relaxation designed with you in mind. We’ll have yoga, face mask, music and refreshments at 5pm.  \* Flynn P- April 30th (Poetry Recital- 4pm-6pm)  \* Jackson P- April 24th , join us as we engage in creative activities that will stimulate your critical thinking skills during our S.T.E.A.M. Night from 4:30pm-5:30pm  \*Pershing – April 24th (S.T.E.A.M. Night)  **Caroline Mission**  Parents, we have a preschool outing at the Science Center on April 12th and we look forward to seeing all of our parents on April 26th at our Spring Fling event in the chapel from 3:30p-5p. Please register in the front office. | | Contact  Niesha Nelson  nnelson@upstl.org  (314)255-4503 | | Strengthening Resilient Families April 2024 Edition Thank you so much for your participation in last month’s Day of Play, Just when you thought it couldn’t get better, we decided to add more! This month we will have computers available for you to sign your child(ren) up for summer camp since all registration takes place online. You will need to bring a physical copy of their shot records and medical documents which includes IEP’s, asthma action plans and behavior plans. In addition to technology support, we will have a guest speaker from Life Wise that will be sharing information about an Emergency Funds Match program that will be rolling out in May. Lastly, due to the high volume of request to bring back the aroma therapy, we will be providing some take-home kits so that you may continue your journey at home. Please join us at Immanuel UCC on Saturday, April 27th from 9:30am-12pm. See you there!   Mindfulness Moments *“When things change inside you, things change around you.”* Unknown  *“Spring will come and so will happiness. Hold on. Life will get warmer.”* Anita Krizzan  *“****A****lways keep moving forward,* ***P****ushing your limits, and* ***R****emember, each obstacle* ***I****s a chance to grow, to*  ***L****earn from the past and thrive.”* Unknown  *“Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.”* Ramana Maharshi  *“If it isn’t good, let it die. If it doesn’t die, make it good.”* Ajahn Chah  *“Always make new mistakes*.” Esther Dyson |  |

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| Community Connections  *“She stood in the storm and when the wind did not blow her way, she adjusted her sails.”―* Elizabeth Edwards. |

UP is closing the opportunity gap for children and youth by building on their strengths. We create educational and empowering experiences through early childhood education, after school programs, youth development and enrichment camps.

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| Family Fun Resources Bridgeton Missouri Reptile Expo - Show Me Reptile Show  April 9th |10am- 11:30pm  12365 St Charles Rock Rd., 63044  Kids 6 and under are free and kids 7-12 are $5 with paid adult admission.  Chain of Rocks Park Opening  April 14th | 2:00pm-4:00pm  10100 Riverview Drive, 63137  Free activities for every age group! Bike Trail Riding, Yoga, Guided Tour, Photo Booth and more. <https://www.eventbrite.com/e/free-yoga-outdoors-at-chain-of-rocks-park-opening-tickets-867458701327?aff=ebdssbdestsearch>  ‘Painting for Peace’ at the Delmar DivINe  April 18th | 2:00pm-3:30pm  5501 Delmar Boulevard, 63112  The art installation features emotionally charged street murals painted during the 2014 grassroots ‘Painting for Peace’ movement that emerged in Ferguson, following the death of Michael Brown. <https://www.slsc.org/exhibits-attractions/energy-stage/>  St. Louis Earth Day Festival In Forest Park  April 21st |11:00am -5:00pm  1 Theatre Dr., 63112  You'll enjoy food, music, activities and learn about the progress being made to heal our people and our planet. <https://earthday-365.org/festival/>  Education/Employment Resources  St Louis – MO. Gov  Website to help find jobs for youth ages 14-24.  <https://www.stlouis-mo.gov/government/departments/slate/youth/index.cfm>  Enterprise Mobility  Multiple positions available for full-time and part-time.  All of the driving positions are asking that you have a valid driver's license with no more than 2 moving violations and/or at-fault accidents on driving record in the past 3 years. <https://jobs.enterprise.com/st-louis/missouri/usa/jobs/>  TECH STL (STL Tech Week)  April 8th -12th | All Day  The events will take place at multiple venues throughout Saint Louis. These events are to help you understand, navigate and maximize the benefits of using technology.  <https://techstl.com/techweek/>  The Excel Center  gives adults the opportunity to earn an actual high school diploma along with college credits and industry-recognized certifications.  <https://excel.mersgoodwill.org/enrollment-form/>  Sustaining Resources  Amber Grants for Women  Applying is simple. Just take a few minutes to tell us about yourself and your business dream. No long, complicated forms to fill out. Submitting one application makes you instantly eligible for all grants related to your business.  <https://ambergrantsforwomen.com/get-an-amber-grant/>  ST. LOUIS FREE AND LOW-COST COUNSELING PROVIDERS  Various organizations that provide mental health services for low or no-cost. <https://wustl.app.box.com/s/h4ijnf94e0xg575rnuxhyqdiadcv36wi>  Third Baptist Church  620 North Grand Boulevard  St. Louis, MO 63103  Phone: 314-533-7340  April 20th | 8am-10:30am  Food Pantry 3rd Saturday of every month.    Free Black Therapy  Free Black Therapy is intended for Black or African American people who lack adequate health insurance and cannot otherwise afford to see a therapist. Must be 18 or over. Limit to 5 free remote (telehealth/teletherapy - phone or video) sessions per person.  <https://www.freeblacktherapy.org/see> |