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| Upcoming EventsWhat’s Up at UP this month!**All UP Locations - Lights On After School Oct 24th. Please look for individual invites from each individual location. In addition to Lights On we have the following activities:****U-City** Barbara C- Costume Party Oct. 31st Flynn Park- Costume Party Oct. 31st  |
| ContactNiesha Nelsonnnelson@upstl.org(314)255-4503 |

 | Strengthening Resilient FamiliesOctober 2024 EditionUnleashing Potential’s Strengthening Resilient Families (SRF) theme for this month is “Forward Thinking”. Hello SRF members. This is the monthly newsletter to inform you of things that are happening within our organization and throughout the city. This month we are encouraging all of our families to register to vote. If you are unsure if you are registered or need to register, please click this link <https://s1.sos.mo.gov/elections/voterregistration/> . This is also the month that we began to sign families up for Santa’s Helper’s. To participate in that program you will need to submit the following information to nnelson@upstl.org :* Names and ages of all the people in your household including you (if you have an adult child with children, please have them submit their information separately)
* Your race and phone number
* Everyone’s clothing size and shoe size (if there is a need). Gifts that the children would like
* Because this is a partnering organization, we must submit a short story stating why your family should be chosen for gifts. If you have a specific need or area of support, please reach out to Niesha Nelson (Ms. Nah) at nnelson@upstl.org or Shawnica Andrews at sandrews@upstl.org

   Mindfulness Moments*“At the Root of Every Tantrum and Power Struggle Are Unmet Needs.”* *“The First Step in Healing Is To Put the Focus on What’s Alive Now, Not What Happened in The Past.”**“Regardless Of Our many Differences, We All Have The Same Needs. What Differs Is The Strategy For Fulfilling These Needs.”* |  |

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| Community Connections *“Children have never been very good at listening to their elders, but they have never failed to imitate them.”―* James Baldwin |

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 ResourcesFirst Saturdays at Little Creek Nature AreaOct. 5th | 9am-12pm2295 Dunn Rd., 63033Prehistoric Park Expedition, Dino Dig, Create a Fossil, Scavenger Hunt, Animal Feeding and more. <https://www.facebook.com/events/2760116124169214> Trunk or Treat at the St. Charles County Police Department Oct. 12th | 10am–2pm101 Sheriff Dierker Ct., 63366There will be lots of TREATS & no tricks at our Annual Trunk or Treat.Trunk or Treat at Don Brown ChevroletOct. 19th | 9am - 3pm2244 S. Kingshighway, 63110Kids come dressed in costume for a chance to win a prize! Streetdogz Food Truck will be here from 11:00am to 2:00 pm and we will also have face painting! Science Spooktacular at the Science CenterOct. 25th - Oct 27th |9:30am-8pm5050 Oakland Ave, 63110 Get ready for science thrills at our annual Science Spooktacular. This is a no-cost, candy-free event packed with Halloween-themed festivities for the entire family.<https://www.slsc.org/event-overviews/science-spooktacular/> Education/Employment ResourcesQuickTripOct. 5th, 10am-2pm2166 Hampton Ave, 63136P/T- Up to $19 per hourF/T- Up to $57,700 a year <https://www.quiktrip.com/store-jobs/> InTown Suites9067 Dunn Road, 63042 Guest Services Representative \*WEEKLY PAY\* \*FULL-TIME\*Apply in person or on Indeed.com <https://www.indeed.com/viewjob?jk=9d8ccaa9333a7ff0&from=mobRdr&utm_source=%2Fm%2F&utm_medium=redir&utm_campaign=dt> NordstormMultiple position at the Galleria <https://nordstrom.wd5.myworkdayjobs.com/nordstrom_careers?locations=c8fdb73683a5017d5046f02d321b3f8a> STLOUIS- MO GOVNon Civil Service Positions Multiple opportunities available: Clerk, Clinical service advocate, events worker, Licensed Practical Nurse, maintenance worker, parking attendant and Youth Leader Specialist! <https://www.stlouis-mo.gov/government/departments/personnel/jobs/other-positions.cfm> Sustaining ResourcesCommunity Action Agency of STL CountyThe Food Pantry is open by appointment only on Tuesday and Thursday, 9-12 pm and Wednesday 1-4 pm. A household can receive food assistance every 30 days. To schedule an appointment please call 314-446-4467 or via email at foodpantry@caastlc.org .Dollar MoreHelping families pay their Ameren bill. Type your zip code in the search to find an agency in your area.<https://www.ameren.com/missouri/account/agency-finder> St. Louis Area FoodbankHelps to supply, coordinate, and hold food distribution events around the bi-state area each month. Link to calendar listed below. <https://stlfoodbank.org/find-food/food-distribution-events/> Provident Behavioral HealthProvides quality and caring counseling to help individuals and families to a brighter future in the St. Louis metropolitan area.<https://www.providentstl.org/> Crisis LineCall or text 988 |