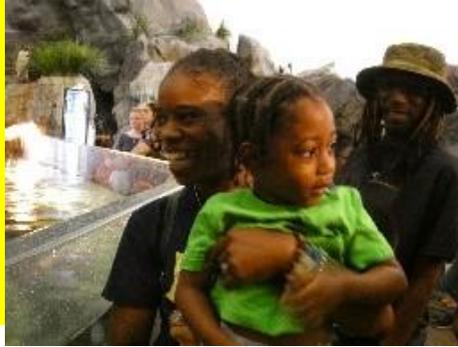


UP Strengthening Resilient Families

UNLEASHING POTENTIAL

"SRF"



RECAP

PAUSE FOR INSPIRATION

Last month at Atlas, a special guest from Pause for Inspiration joined us to provide relaxation tools to help families experience peace of mind along with a book and motivational handouts.

THIS MONTH

SELF-LOVE/COMPASSION

This month we will be hosting a session on self-care @ Barbara C. Jordan. We will be showing families different breathing techniques to utilize along with creating a room spray using essential oils. Be on the lookout for an additional flyer.

PLAN AHEAD

HOPE & RESILIENCE

Mark your calendar for March 28 and join us for a special **Day of Play** centered on *hope and resilience*! Bring the whole family out for a joyful day of games, creative arts and crafts, and a calming re-centering space designed to help everyone relax, recharge, and leave feeling inspired.

VALUES WE BELIVE IN

◆Respect for all

Unleashing **P**assion for respecting individuals while creating strong communities that empowers families and inspires children to their greatest potential.

◆Faith and Stewardship

Unleashing **P**ower inspired by our faith-based legacy.

◆Quality Programs and Caring Staff

Unleashing **P**erformance of dedicated staff to provide the highest quality of educational experiences for children and youth.

◆Resilience and Empowerment

Unleashing **P**ossibilities by affirming the resiliency of the children, youth and families we serve; building upon their own strength and capacity to overcome challenges.

"Your finest work, your best movements, your joy, peace, and healing come when you love yourself."
 – Melodie Beattie

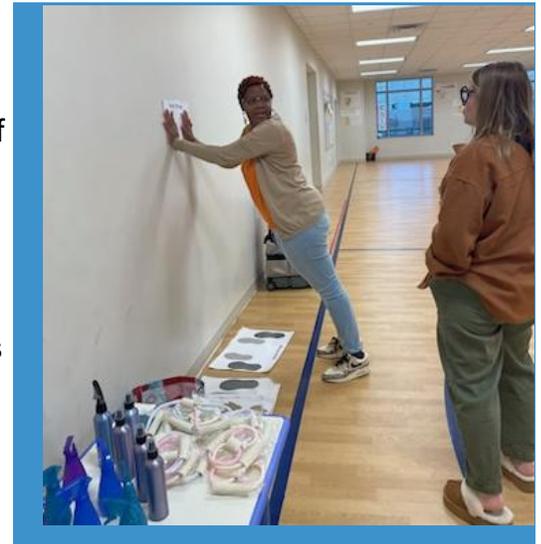


FAMILY FUN RESOURCES

Black History Family Movie Matinee. 1807 Biddle St.,
February 7th | Doors Open @12:30 p
Join us for a free movie viewing of “Sarah’s Oil” as we kick off Black History Month. For more info, [Click Here](#)

Black Girls Build. 7606 Natural Bridge Rd
February 11th | 5:30p-8:00p
Get an introduction to construction and skilled trades from Black Girls Build then create a craft to take home. Free, Ages 8-12. Registration required.
<https://slcl.events.mylibrary.digital/event?id=270358>

Valentine’s Day Family Handout. 9909 Lewis-Clark Blvd
February 14th | 2p-3p
Come enjoy a Valentine’s Day themed craft and snack. All Ages. Registration required.
<https://slcl.events.mylibrary.digital/event?id=231002>



EDUCATION/EMPLOYMENT RESOURCES

52nd Diversity Job Fair- February 11th from 11a-3p at 2577 Redman Avenue. This is a great opportunity for face to face interviews with companies such as St. Louis County Parks & Recreation, St. Louis City Police Department, CW Resources and more. Click the link to register. [Register Here](#)

Urban League Financial Empowerment Cohort-Get practical financial education to support recovery, resilience, and future planning. There will be access to matched savings opportunities and gift card rewards. Class begins February 20th through April 17th at 5:30p. Seating limited. [Register Here](#)

TMCF McDonald’s Black & Positively Golden Scholarship- This scholarship supports undergraduate freshman, sophomore, junior or senior attending an HBCU during the 2026-2027 academic year. Deadline to apply is April 24th. [Apply Here](#)

SUSTAINING RESOURCES

Drive-Thru Food Access and Resource Market -February 6th, 9a-10a at 1717 Biddle St ., St. Louis Area Food Bank in partnership with Affinia Biddle Street will be giving neighbors the opportunity to get a mix of fresh and nonperishable food items at no cost. For more info, [Click Here](#)

Gateway EITC Community Coalition- FREE state and federal tax preparation for individuals and families earning under \$67,000. For more info, [Click Here](#)

St. Louis Free Store & Clothing Swap- February 15th , 1p-3p at 3140 3022 Cherokee ., Free Store! Everything free, gently used items such as clothing, toys, kitchen appliances and utensils, camping equipment, school supplies, books, and more! For more info, [Click Here](#)

“Self-love has very little to do with how you feel about your outer self. It’s about accepting all of yourself.” – Tyra Banks