





## SEPTEMBER 2022 REGULAR WEEKLY ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am	Inspiration Welcome	Share & Support Circle	Inspiration Welcome	Inspiration Welcome	Inspiration Welcome
10:00 am	Movement & Meditation		Golden Heart Players Drama Club	Movement & Meditation	Movement & Meditation
10:30 am	Card & Board Games	Music & Movement w/ Nancy & Larry		Spanish Language	BINGO!
11:00 am					
11:30 am	Lunch	Lunch	Lunch	Lunch	Lunch
12:00 pm					

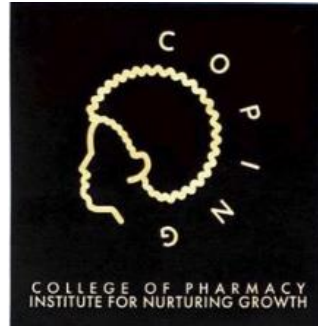
\* Everyone entering the Center **must wear a mask, at all times.** Temperatures will be taken upon entry.

**Activities may change.** Please call ahead. **For SEPTEMBER Lunch will be to-go due to Covid-19.**

## SPECIAL SEPTEMBER ACTIVITIES

MON	TUE	WED	THU	FRI
			1)  Noble Minds Drama Club 9:30-10:30am	2) BEI Loyola Student Led Games 10:30-11:30am
5) <b>KINSHIP CLOSED!</b> <b>Labor Day</b> 	6)	7) BEI Loyola Origami Making 11-12pm	8) Fall Prevention Workshop  9:30-10:30am	9)
12) Noble Minds Book Club 9:30-10:30am	13) Gladewaves Senior Luncheon 12-1pm 	14) COPING Workshop 9-10am BEI Murder Mystery 11-12pm	15) Noble Minds Drama Club 9:30-10:30am	16)
19) WALMART 10-12pm	20)	21) BEI Loyola Volunteer Meet 11-12pm	22)	23) BEI Loyola Student Led Games 10:30-11:30am
26) Noble Minds Book Club 9:30-10:30am	27) Anew Fitness Health Workshop 12:30-1:30pm	28) BEI Loyola Murder Mystery 11-12pm	29) N.M. Drama Club 9:30-10:30am BIA Meet & Greet 11-12pm	30)

Kinship is proud to welcome the **COPING Program** out of Xavier University's College of Pharmacy to our center!



*The College of Pharmacy Institute for Nurturing Growth's (COPING) mission is to empower Black people to lead full lives by nourishing their mental health.*

## What is COPING!

We provide free services to Black people in New Orleans centered on 3 evidence-based target areas to improve Black mental health:

- **Destigmatization**
- **Suicide Prevention**
- **Self-Care**

We offer a self-care incentive program that gives you cash for taking care of your mental health!

**SELF CARE CARD**  
Complete 8 acts of wellness, earn \$\$\$

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Just attend our events**

- Workshops
- Health fairs
- Journaling
- Meditation
- Counseling

## What is mental Health?

- 1** Mental health refers to our emotional, psychological, and social well-being.
- 2** It affects how we think, feel, and act.
- 3** It helps determine how we handle stress, relate to others, and make choices.

Sign up for the COPING incentive program TODAY!

Scan the QR Code

