

HerStory

Women Pioneers

National Women's History Month

The actual celebration of Women's History Month grew out of a weeklong celebration of women's contributions to culture, history and society organized by the school district of Sonoma, California, in 1978.

Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest and a parade was held in downtown Santa Rosa. A few years later, the idea caught on within communities, school districts and organizations across the country.

In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration.

Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.

Center of inPOWERmeant Inc. 501c3 March Newsletter



Our Mission

Our mission is to support families with hope and solutions beyond survival. Our services remove the stigma of mental health services for families, caregivers, those grieving with support services introducing counseling services to families with professional counselors and support processes as a way of life. We shift the families' path with basic needs, such as groceries, utility assistance, rental assistance, home furnishing, gas cards, financial counseling, and much more.



O. 310/702-7592
F. 323/531-0765
info@coinpm.org
506 S. Spring St.
L.A., CA 90013

Women in Los Angeles County History



Gloria Molina



Diane Watson



Judy Chu



Carmen Zapata



Bridget Mason



Auroro Castillo



Arlene Raven



Katherine Cheung



Octavia E. Butler

No judgement, only hope.

MENTAL HEALTH SERVICES

Online Support Groups

*Schedule a
complimentary appointment
for you and your family,
with our founder or one
of our Mental Health partners.*

*“Mental health...is not a destination, but a process.
It's about how you drive, not where you're going.”*

— Noam Shpancer, PhD



*Schedule a
30 min.*

*complimentary
consultation
today!*

▶▶▶ CLICK HERE



For more info contact

310-702-7592

email info@coinpm.org

SCHEDULE YOUR FREE APPOINTMENT TODAY!

We're partnered with a national eye care service and are able to offer year round service to families.

Eye Exam and Eye Glasses



**FREE
FREE
FREE**



For more info contact 310-702-7592 email info@coinpm.org



Let's talk inPOWERmeant!

**IT TAKES ALL OF US TO DO OUR OWN
SELF-REFLECTION/WORK, EDUCATE
OURSELVES, AND FIND WAYS THAT WE
CAN WORK TO INSPIRE CHANGE
WITHIN OUR CIRCLES OF INFLUENCE
AND BEYOND!**

**Written by
Cassandra Jackson, MA, Doctoral Candidate
Community Education & Education Specialist**



HOW CRT AFFECTS US ALL

**[CONTINUE READING
CLICK HERE](#)**

Building Bridges of HOPE!

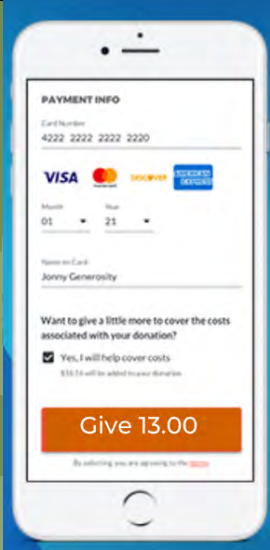
Become a Bridge Builder today!



No amount too small or large. All gifts are tax deductible.



IMMEDIATE NEED \$1000
10 PEOPLE X'S \$100 EACH
HELPS US MEET OUR NEED!



TEXT
44321
TO
GIVE!

zelle info@COINPM.org

venmo [@Centerof-inpowermeant](https://www.venmo.com/Centerof-inpowermeant)
310-702-7592

 www.COINPM.org

*****BECOME A MONTHLY PARTNER FOR ONLY \$13!*****

Take care of your smile!



**NO INSURANCE,
NO PROBLEM!**



NEW DENTAL SERVICES

Medi-Cal: California residents

Healthy Families: California residents, low income,

Healthy Kids: California residents, low income,

No proof of Immigration status needed.

For more info contact

310-702-7592

email info@coinpm.org



**ASK ABOUT
FREE BRACES!**



COMMUNITY FOOD SERVICES

*We provide nutritional
foods to families in need.*

**MONDAY, WEDNESDAY
FRIDAY, SATURDAY**

Contact 310/ 702-7592
or email info@coinpm.org



ONLINE

art & adventure

FUNDRAISER AUCTION

March 15th thru March 31st



Portugal

Paris

Santa Barbara

Saybrook Regional Ambassador Program Presents
Regional Ambassador Connection Event

YOU'RE INVITED

Join us to learn more about Saybrook University! Saybrook Regional Ambassador events connect local students, introduce local Regional Ambassadors as a resource, expand your network, and foster personal and professional growth. Don't miss this chance to connect offline!

During this event, you will have opportunities to:

- Receive university updates from our Saybrook president
- Support a community blood drive
- Participate in Breakout Focus Groups
- Enter Saybrook swag giveaways
- Network and mingle with local Saybrookians
- Learn about the projects current students and alumni are working on
- Discover local Saybrook Serve opportunities

Meet Your Southern California Regional Ambassadors



STUDENT AMBASSADOR

Lurinda Sumpter

M.A. in Counseling, Clinical Mental Health
Counseling Specialization



ALUMNI AMBASSADOR

Eleanor S. Cynamon-Julian, Ph.D.

Psychology



Saturday
March 25, 2023



Saybrook Campus
55 Eureka Street, Pasadena, CA 91103



12:00–2:00 p.m. (PST)

Scan Me to Register



REGISTER HERE



Contact us for questions
saybrooksevesinfo@saybrook.edu

Hosted by



Register today:

<https://app.groupize.com/e/saybrook-reginal-ambassador-connection>

Y

through the bond of



WE THE PEOPLE 4 THE PEOPLE

Upcoming Community Programs

Take The Pledge

CLEAN CALIFORNIA COMMUNITY DAYS!

Host a Community Clean-up or Plant a Tree in your Neighborhood

Between

MARCH 17 and **MARCH 27**



SIGN UP AT :

<https://cleancalifornia.dot.ca.gov/community-days>

AND PLEDGE TO REMOVE LITTER

(in any amount, large or small)

In Front of your Home, Building Complex,

On your Block or Nearby Park!

Share this Flyer with your Neighbors,

Family and Friends!

Let's All Do Our Part To

KEEP CALIFORNIA CLEAN!

Magnificent March

7th -Holi Begins



8th -International Women's Day

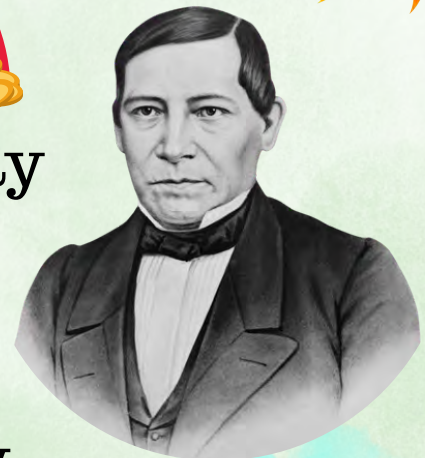
12th -Daylight Savings Time Begins



17th -St Patrick's Day



20th -Spring Begins
-Benito Juarez's Birthday



Benito Juarez

22nd -Ramadan Begins

31st -Cesar Chavez's Birthday



Cesar Chavez

"SPRING: A lovely reminder of how beautiful change can truly be."