

COMMUNITY WOMEN AGAINST HARDSHIP

Mental Health / Pandemic

The plight to save our children's mental health, education, and the quest to preserve their history through our Truth; CWAH remains committed.



Where they are today and where they will be tomorrow depends on the seeds we plant today. It will take the whole village.



SCI Mental, named with a combination of the topics that explore science and mental health. We are living during a time when suicide rates have drastically increased among young people. The pandemic has been another contributor to the stress and premiere changes to life as we once knew it. Virtual learning, racial unrest, strained family dynamics, disparity in the quality of life among races have impacted humankind, but let's narrow it down. What about the children?" They too are stressed. Stress is a function of the demands placed on us and our ability to meet them. These demands come from outside sources, such as family jobs, friends, or school. But it also can come from within, often related to what we think we should be doing versus what we can do. That's quite a load for children. In SCI- Mental we help children learn how to deal with the stresses and their accompanying feelings in a constructive way. We want our children to know that CWAH cares about each of them, mind, body, soul and spirit.

Jacqueline Griffin and Megan Hill

Peace and Justice
Lens of A Black Child

Lois Ingram, the CEO/President of Ingram Studio LLC. Ingram Studio shares her gifts in our CWAH Summer Youth Enrichment Program. She teaches students basic skills in photography and videography while learning to express themselves, through uses of the written word, photography, and videography.

We are excited she will be Honorary Co-Chair for our 32nd Circle of Support Gala November 7, 2021





Each year CWAH provides a lesson in history to youth enrolled in the Summer Youth Enrichment Program. This six-week program emphasizes the value of understanding history and creates opportunities for them to see how it relates to their lives. This year we are endeavoring to voyage to Cincinnati Ohio, with another group of young exploring minds. Where was that great natural barrier that separated the slave states of the South from the free states of the North, we will explore and see what we can discover. Ten students and their parents will travel by bus to Ohio for a 3day 2-night stay at the Drury Inn in Sharonville Ohio. Visit the National Underground Railroad Freedom Center, Newport Aquarium and revel in a fun afternoon and picnic at Sharon Woods Park.

This program is committed to exposing our children to as much history as we possibly can. In the words of Marcus Garvey, "We have a beautiful history, and we shall create another in the future that will astonish the world." What a wonderful opportunity especially during this time of challenge to the Critical Race Theory to be able to visit these important historical sites, learn firsthand what has been, and endeavor to further their knowledge of the importance of our truth.

Will you help sponsor a child today? Your tax-deductible donation of \$25, \$50 or \$100 would greatly assist in this effort. To donate make checks payable to CWAH and mail to 3963 West Belle Pl, St. Louis, MO 63108 or visit www.cwah.org

Click here to [Donate Now](#)



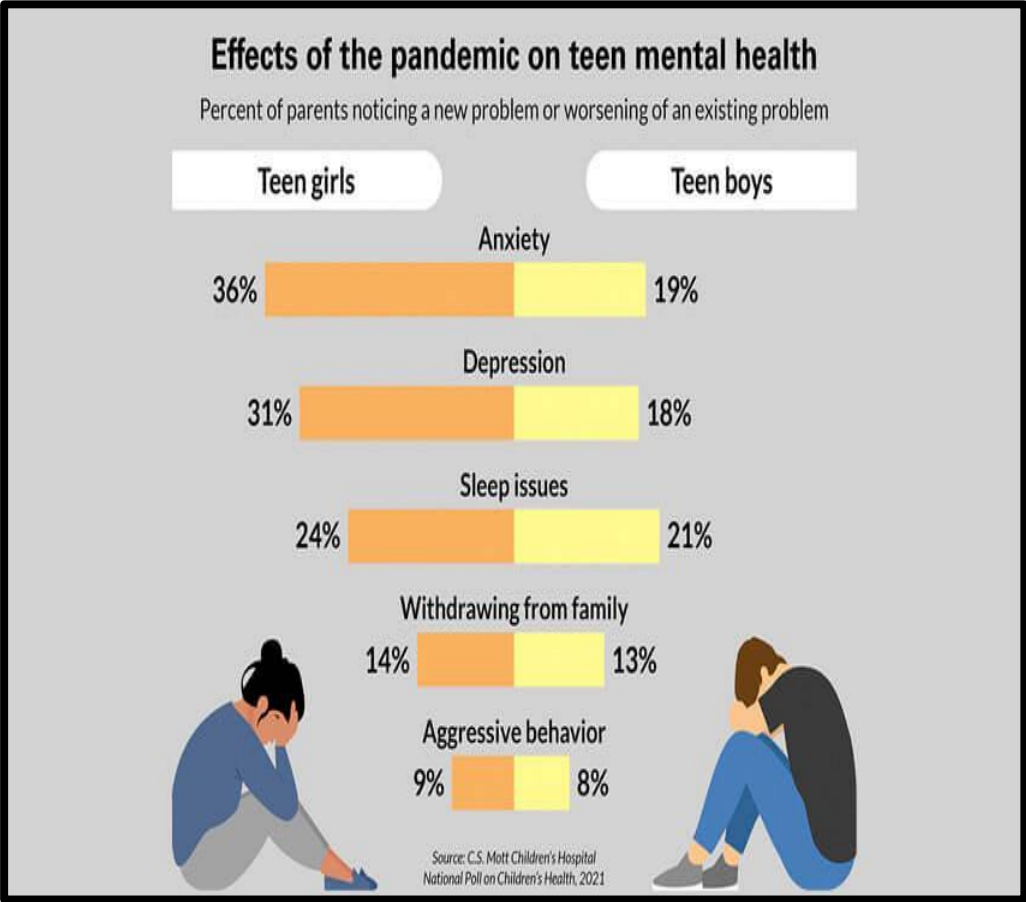
Stephanie Muldrow Board Chair accepts donation from the St. Louis Chapter of CHUMS in support of our youth programs and services. We appreciate their longtime funding



Bertha Myers teaches students how to use their voice. This class consisted of numerous higher order thinking skills; giving students the ability to understand their worth. The group used PowerPoint and Flipgrid as their presentation.



Click below:
[2021 Golf Registration Form](#)



THANK YOU FOR
 INVESTING IN THEIR WELL-BEING

Contact Us

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Against Hardship

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CWAH 32ND CIRCLE OF SUPPORT GALA BACK BY POPULAR DEMAND



Front row: Lois Ingram, Lillie Thomas, Cynthia Clay, Gloria Taylor,
Back row: Tina Wiley, Stephanie Muldrow, Joey Hollins, Pat Jones, Bonita Penny

Photo by Terry Kendrick III



Nicole Henry, one of the jazz world's most acclaimed vocalists, possessing dynamic vocal abilities, impeccable phrasing, and powerful emotional resonance

SUNDAY, NOVEMBER 7, 2021

SHELDON CONCERT HALL
3648 WASHINGTON
ST. LOUIS MO. 63108

We hope to see you there!