

**AUGUST**  
2023



LOS ANGELES  
**CITY HALL**

*Center of* **in**  
**POWER**  
**meant** *Inc. 501c3*



FOR MORE INFO CONTACT  
310-702-7592 OR  
VISIT [WWW.COINPM.ORG](http://WWW.COINPM.ORG)



*Let's talk*

# INPOWERMEANT



## EMOTIONAL HEALING

**One of the dangers of staying hurt too long is that you don't recognize or trust new help. Hurt impacts what level of help you're willing to receive. God has sent the help, and you're just too hurt to see it! HEAL..... you've got work to do the work of healing.  
Dr. Matthew Stevenson August 14, 2019**

Emotional healing will cost you your comfort. It is what has worked that is suffocating your freedom from trauma and the dream of resuscitating a dead relationship. Survival is suitable for a season, but when you outgrow the season of survival, and the echoing call is to destroy the chains of generational limitations, the challenge of fully releasing what must go is no longer optional.

[READ MORE](#)





# *Families in Transition Grant*



**OMB Families in Transition Grant** is a grant helping families in transition due to losing income, home, or other devastating events.

**CLICK HERE TO START!**




## *Ollie Marie Brown*

**We also give clothing and home furnishing to families in need.**

**COINPM has 13 openings for our 6 - 12 month program. We will walk 13 families through the initial process of rebuilding, restructuring, and securing their families' stability and future.**

BECOME A MONTHLY PARTNER FOR ONLY

**\$13**



**Become a  
BRIDGE BUILDER  
today!**

**NO AMOUNT TOO SMALL OR LARGE.**

**Text**

**COINPM**

**to**

**44321**

**zelle** [info@inPOWERmeant.org](mailto:info@inPOWERmeant.org)



**@Centerof-inpowermeant**  
**310-702-7592**



**[www.COINPM.org](http://www.COINPM.org)**

**ALL GIFTS ARE TAX DEDUCTIBLE.**



*Special Edition*

# The Day I Forgave GOD

IT'S NOT COMFORTABLE, BUT NECESSARY

*all*

PRE  
ORDER

DONATED TO

COINPM

[CLICK HERE](#)

*Written by*  
iRiS

the Dream Whisperer



*You are not alone*

MENTAL  
HEALTH  
MATTERS

*Caring for the Caregiver  
Grief Support*



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

**CLICK HERE TO START!**

**take  
care of  
yourself**

MENTAL  
HEALTH  
SERVICES



# FREE!



## DENTAL & VISION SERVICES

***NO Dental Insurance,  
No problem!***

No proof of Immigration status needed.

***ask about  
our free braces!***



*Medi-Cal: California residents*

*Healthy Families: California residents, low income,*

*Healthy Kids: California residents, low income,*

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

**Schedule your  
FREE  
appointment  
today!**

**CONTACT 310-702-7592 OR  
VISIT [WWW.COINPM.ORG](http://WWW.COINPM.ORG)**





# COMMUNITY FOOD SERVICE

*We provide nutritional foods to families in need.*

**MONDAY, WEDNESDAY, FRIDAY, SATURDAY**

Contact 310/ 702-7592 or email [info@coinpm.org](mailto:info@coinpm.org)







# RESOURCES





# JOIN STRIDES for RECOVERY Team AMP!



**EVERY**  
SATURDAY

**LIFE SKILLS EVERY SATURDAY**  
**7:30AM - 9:30 AM**

Join us at your own pace!  
Beginners - Advanced  
Walkers - Runners

Reuben Ingold Park  
4400 Mount Vernon Dr.  
Los Angeles, CA 90043

## **NEED RUNNING SHOES?**

**Shoe Distribution This Saturday:**  
**August 5th: 7am - 7:30am**

**MORE INFO**  
323-294-4932  
**OR DROP US AN EMAIL TO**  
[anaramos@aadapinc.org](mailto:anaramos@aadapinc.org)





**Loyola Marymount University**

**Extension**

# Peer Specialist for Youth

Training and Job Placement Program

Designed for individuals who have experience dealing with adverse childhood challenges and want to help others

## Program Includes:

- Fully funded scholarship program
- 80 hour peer training course
- Career development services
- Job placement assistance
- Post-training support
- Peer Specialist for Youth certificate upon completion of course program
- Eligibility to take the California Medi-Cal Peer Support Specialist Certification Exam



Online classes start  
August 29, 2023

[Scan the QR code to apply!](#)



**Contact Info:**

 310-338-5813

 [elizabeth.tobias@lmu.edu](mailto:elizabeth.tobias@lmu.edu)