

Center of inPOWERmeant Inc. 501c3

FEBRUARY NEWSLETTER



BLACK HISTORY MONTH

O. 310/702-7592

F. 323/531-0765

info@coinpm.org

506 S. Spring St.

L.A., CA 90013



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.

EXPLORE MORE SERVICES!
[CLICK HERE](#)



**Hiram
Revels**

**Ella
Baker**

**Marcus
Garvey**

**Harriett
Tubman**



**Madam
CJ Walker**

Malcom X

**Maya
Angelou**

**Nelson
Mandela**

Dr. Mamie Phipps Clark & Dr. Kenneth B. Clark

BLACK VOICES IN MENTAL HEALTH

**COINPM MENTAL HEALTH SERVICES
ONLINE SUPPORT SERVICES**

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

NO JUDGEMENT, ONLY HOPE!

*Schedule a
30 min.*

*complimentary
consultation
today!*

CLICK HERE

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

**Dr. Patricia
Era Bath**



**INVENTOR
VISIONARY
HUMANITARIAN
OPHTHALMOLOGIST**

**FREE!
FREE!
Eye Exam & Glasses**

**FREE!
FREE!**

Contact 310-702-7592

or 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.



FROM THE BLACK PANTHER PARTY'S ANGELA DAVIS PEOPLE'S FREE FOOD PROGRAM

10,000 FREE BAGS OF GROCERIES (WITH CHICKENS IN EVERY BAG)

WILL BE GIVEN AWAY FREE MARCH 29, 30 AND 31, 1972

AT THE BLACK COMMUNITY SURVIVAL CONFERENCE

MARCH 29, 1972 Oakland Auditorium 10th St. OAKLAND, CALIF. (Doors Open at 5:00 P.M.)

MARCH 30, 1972 Greenman Field 66th Ave. (Near East 14th) OAKLAND, CALIF. (12:00 P.M.)

MARCH 31, 1972 San Pablo Park 2800 Park St. (at Oregon) BERKELEY, CALIF. (12:00 P.M.)

FREE ADMISSION ALL THREE DAYS

SPEAKERS

- BOBBY SEALE, CHAIRMAN, BLACK PANTHER PARTY
- SISTER JOHNNIE TILMAN, NATIONAL CHAIRMAN, WILKINS RIGHTS ORGANIZATION
- ERICKA HUGGINS, BLACK PANTHER PARTY
- RONALD W. DELLMUS, CALIFORNIA CONGRESSMAN
- JULIAN BOND, DEMOCRATIC STATE SENATOR
- REVEREND FRANK PINKARD, SOUTH UNITED MEMORIAL PRESBYTERIAN CHURCH
- DON DAVIS, ARKANSAS BLACK COUNCIL
- ARTHUR WELE, NEW YORK STATE ASSEMBLYMAN
- LLOYD BARBER, WISCONSIN STATE ASSEMBLYMAN
- DONALD WILLIAMS, MEDICAL AUTHORITY ON SCHOOL BUS ARREST
- FATHER EARL WEIL, ST. ANASTASIA CATHOLIC CHURCH



BOBBY SEALE
CHAIRMAN,
BLACK PANTHER PARTY



ANGELA DAVIS

WILL BE AT THE
BLACK



HUEY P. NEWTON



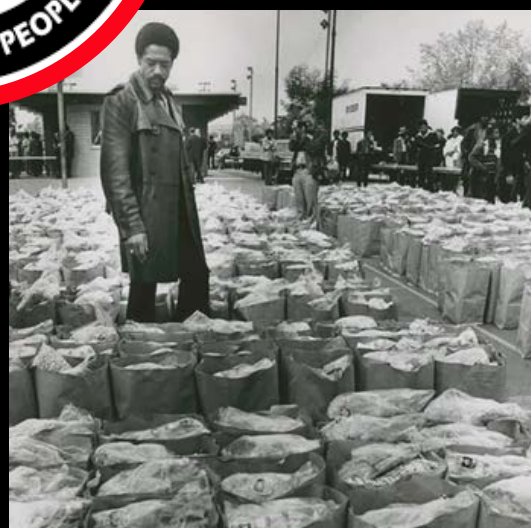
SERVANT OF THE PEOPLE

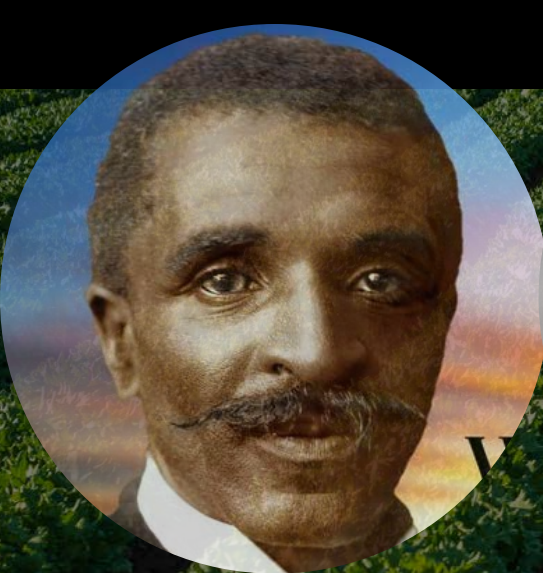
EACH ONE REGISTER ONE

SERVE THE PEOPLE
BODY AND SOUL

INCLUDING:

FRANK PINKARD
of the
SOUTH UNITED MEMORIAL
PRESBYTERIAN CHURCH,





George Washington Carver



Booker T. Washington



Henry Blair



Fredrick McKinley Jones



John W. Boyd Jr.



Dr. Booker T. Whatley



Black Farmers

**PRESERVING
OUR CULTURE**

*We provide
nutritional foods
to families in need.*

**MONDAY, WEDNESDAY
FRIDAY, SATURDAY**

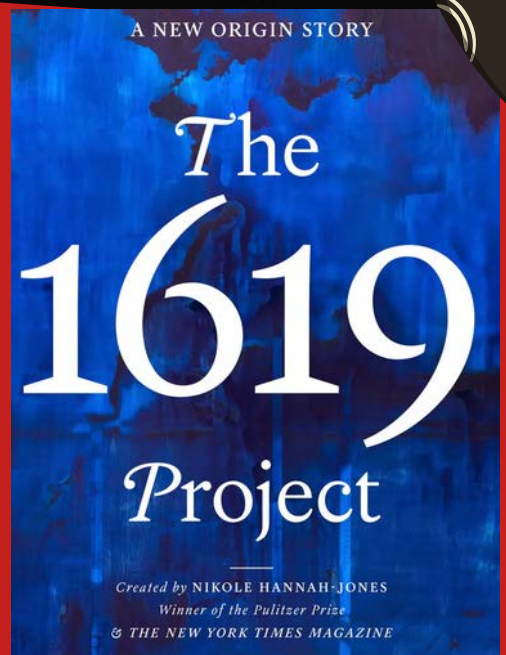
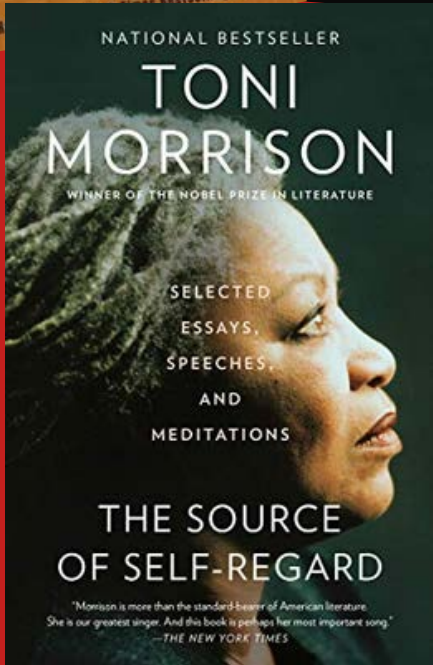
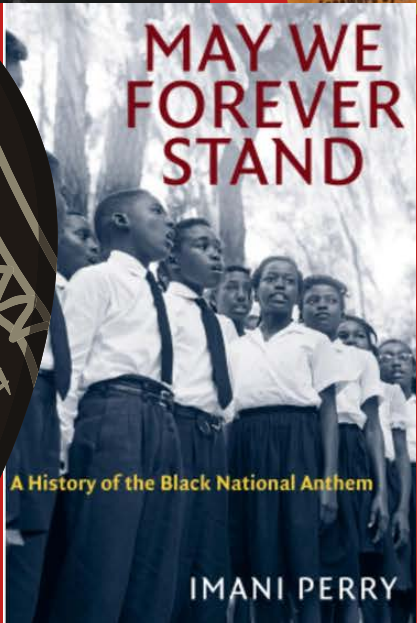
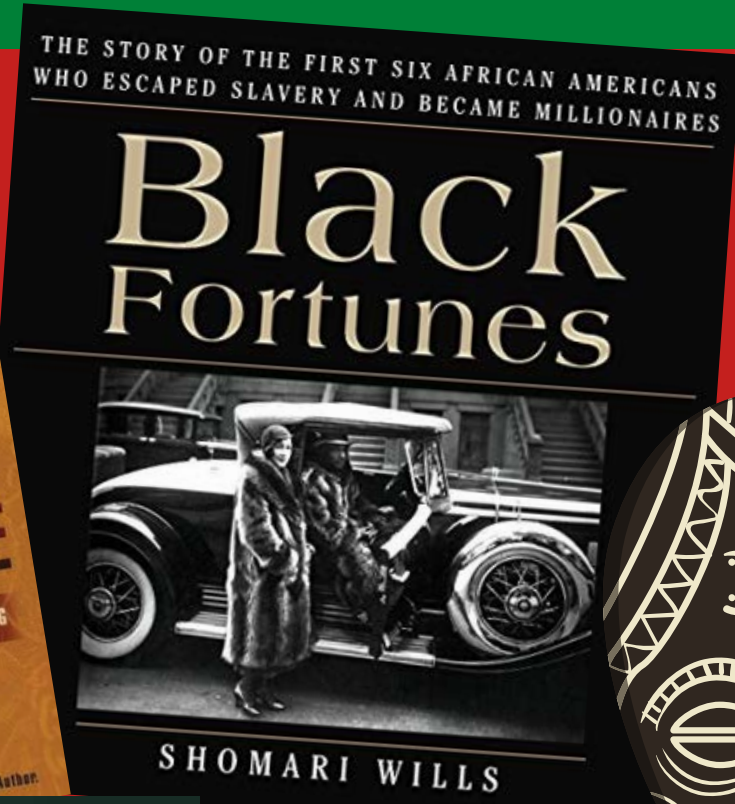
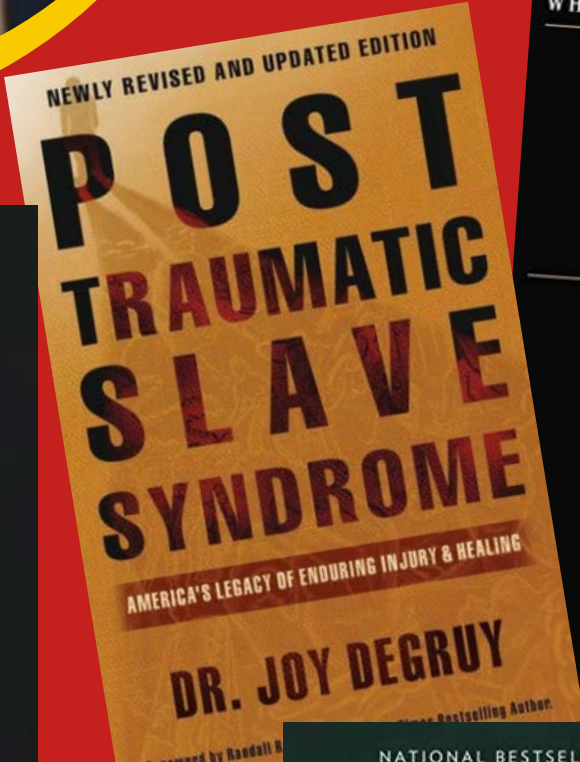
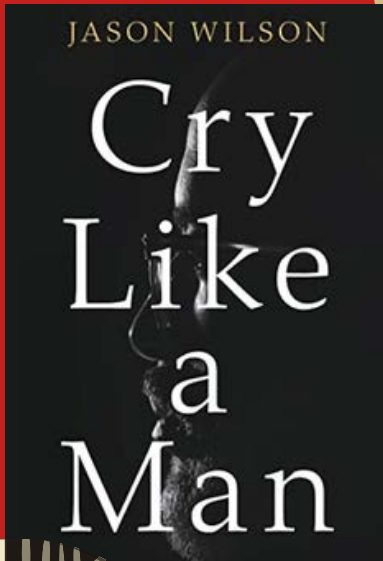
Contact 310/ 702-7592
or email
info@coinpm.org





AFRICAN AMERICAN *Authors*

"If there's a book that you want to read, but it hasn't been written yet, then you must write it." -Toni Morrison



Let's talk **INPOWER MEANT**



Iris Jones

DIRECTOR/CONSELOR

*"I challenge each of us to pause, reflect,
and allow the feelings of
pain, anger, and fear
push us towards hope beyond ordinary solutions
of calm down until the next atrocity."*



**TRAUMA BONDING
BY LURINDA IRIS JONES
DIRECTOR OF COINPM & COUNSELOR**

**CONTINUE READING
CLICK HERE**

Center of
**INPOWER
MEANT**

Inc. 501c3



BECOME A BRIDGE BUILDER!



**CONSIDER BECOMING
A \$13 MONTHLY
BRIDGE BUILDERS.**

→ **CLICK HERE**

**OR, BECOME A
PREMIER BRIDGE
BUILDER.**

→ **CLICK HERE**

**TEXT
2
GIVE**

**DONATE BY
TEXTING
COINPM
TO
44321**

amazonsmile
You shop. Amazon gives.

HERE'S HOW IT WORKS!

**VISIT:
SMILE.AMAZON.COM**

**CHOOSE COINPM AS
YOUR CHARITY.**

WE THE PEOPLE 4 THE PEOPLE



UPCOMING COMMUNITY PROGRAMS

A BAIACA PROGRAM

BLACK HISTORY MONTH CELEBRATION

This Month BAIACA will be hosting various programs and activities that will educate the community on the accomplishments, milestones, and historical moments that made America what it is because of their contributions. Listen, digest and process the people that shook the United States for the better.



FEB FEB
01-28

A MONTH LONG
VIRTUAL CELEBRATION

MARK YOUR CALENDARS

For more information email BAIACA@saybrook.edu

A BAIACA PROGRAM

BLACK HISTORY MONTH CELEBRATION



Starts on Friday, January 27th to Feb 24th -- EVERY FRIDAY

Dark Diva of Depth: All About Love by Bell Hooks - <https://bit.ly/CBRE-LOVE>

Week 1

Wednesday, February 1st @ 1 pm EST <http://bit.ly/3wfmduE>

Writers Speak Book Review: The 1619 Project

by Nikole Hannah-Jones and The New York Times Magazine <https://a.co/6APqbEc>

Thursday, February 2nd @ 8 pm EST <http://bit.ly/3XlvUIV>

Black Activist Game Show

Friday, February 3rd @ 7 pm EST <http://bit.ly/3XmjUHo>

Podcast: BAIACA and History of Black Activism

Week 2

Wednesday, February 8th @ 1 pm EST <http://bit.ly/3XdXSqj>

Writers Speak Book Review: Black Fortunes: The Story of the First Six African American Who Survived Slavery and Became Billionaires by Shomari Willis

<https://a.co/28jrT8H>

Thursday, February 9th @ 8 pm EST <http://bit.ly/3GR2pro>

Black History Movie Night: Who We Are - A Chronicle of Racism in America

Friday, February 10th @ 7 pm EST <http://bit.ly/3J3N1e1>

Podcast: Weaponization of Critical Race Theory

For more information email BAIACA@saybrook.edu

A BAIACA PROGRAM

BLACK HISTORY MONTH CELEBRATION



Week 3

Wednesday, February 15th @ 1 pm EST <http://bit.ly/3WlwZPw>

Writers Speak Book Review: The New Jim Crow:

Mass Incarceration in the Age of Colorblindness By Michelle Alexander

<https://a.co/7Zuhhlk>

Friday, February 17th @ 7 pm EST <http://bit.ly/3XAZzoe>

Podcast: Conflict Within The Diaspora

Saturday, February 18th

Saybrook Services and BAIACA Project

Saturday, February 18th @ 2 pm EST <http://bit.ly/3Xkv7ba>

How to Be an Activist; How to be an Ally

Week 4

Wednesday, February 22nd @ 1 pm EST <http://bit.ly/3JzAs7Z>

Writers Speak Book Review: The Vanishing Half by Brit Bennet

<https://a.co/jiaDjip>

Friday, February 24th @ 7 pm EST <http://bit.ly/3HhSCfu>

Podcast: The Black Health Crisis of 2023

Saturday, February 25th @ 2 - 3:30 PM EST <http://bit.ly/3XL14t3>

BAIACA Justice Youth Panel

SPECIAL THANKS TO
SHENIKAH GRANDISON,
DENISE DAMIJO, AND ALETHA
WILLIAMS!

HAVE A QUESTION? SEND US
AN EMAIL!
BAIACA@SAYBROOK.EDU

For more information email BAIACA@saybrook.edu

IRIS INSPIRES



BAIACA and History of Black Activism

PODCAST: Friday, February 4th @ 7pm EST

<http://bit.ly/3XmjUH0>

For more information email BAIACA@saybrook.edu

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!