

**NOVEMBER  
2023**



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



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



Center of in

**POWER**



**meant** *(Inc. 501c3)*

**CO-SPONSORS:**

**BRIDGE BUILDERS:  
MONTHLY COINPM INVESTORS  
IRIS INSPIRES LLC  
ANONYMOUS DONATIONS**

**Sun., Nov. 19th thru  
Thurs., Nov. 23rd**

***First come, first serve,  
while supplies last!***

**If you and your  
family are in need  
please contact**

**310-920-6047 OR  
INFO@COINPM.ORG**

***We're still  
accepting donations!***

**Thanksgiving  
\$200 Grocery  
Gift Cards**

**Bags of Blessings**

**CANNED GOODS  
HYGIENE PRODUCTS  
BABY ITEMS  
CLOTHING  
SCHOOL SUPPLIES  
AND MUCH MORE!**





# let's talk inPOWER meant

**Sometimes, people will call your process resentment and bitterness because they feel you should be over it already.**

**Or they have been where you are and know what you are going through.**

**Or your pain is showing up in decisions without clear thinking. That is not a resentment or bitterness.**

Read More Here



*Larinoa*

iRiSINspires.com





**WORLD  
DIABETES  
MONTH**

**Diabetes is when blood sugar levels are above normal.**

**Our body turns the food we eat into sugar to use for energy. An organ called the pancreas makes a hormone called insulin to help our bodies use sugar.**

**When you have diabetes, your body either doesn't make enough insulin (type 1 diabetes) or can't use its own insulin as well as it should (type 2 diabetes). This causes sugar to build up in your blood.**

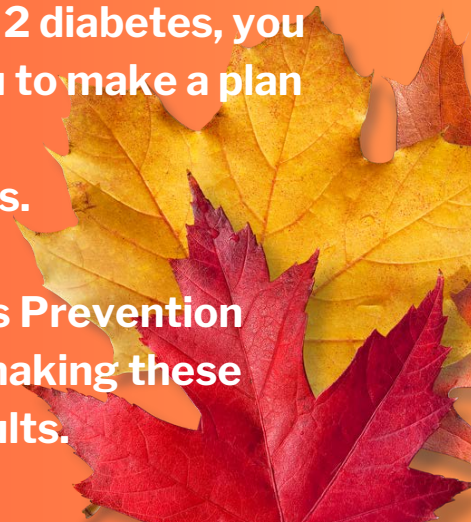


**More than 37 million Americans have diabetes.  
1 in 5 of them doesn't know they have it.**

**You can lower your risk for type 2 diabetes by making healthy lifestyle changes, such as losing weight, eating healthier, and getting regular physical activity.**

**If you have prediabetes or are at high risk for type 2 diabetes, you should talk with your doctor. They'll work with you to make a plan to help reverse prediabetes and stop type 2 diabetes.**

**Ask your doctor about CDC's National Diabetes Prevention Program lifestyle change program for help in making these healthy changes that have lasting results.**





*Become a*

**BRIDGE BUILDER**

**Become a  
monthly  
partner  
for only \$13**

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



**www.COINPM.org**



**Text COINPM to 44321**

**zelle**

**info@inPOWERmeant.org**



**venmo**

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



# OMB Families in Transition Grant



**[CLICK HERE TO START!](#)**

**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.



*Ollie Marie Brown*



**MENTAL  
HEALTH  
SERVICES**

Caring  
for the  
Caregiver  
*and*  
Grief Support

*You're not alone*

**CLICK HERE TO START!**

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





**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,

## **Dental and Vision Services**



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)





We provide nutritional foods to families in need.

# COMMUNITY FOOD SERVICE

MONDAY, WEDNESDAY, FRIDAY, SATURDAY



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



# Resources



November 14th



November 23rd



November 19th



**A Day to give and support nonprofits meet their budgets**  
**We at COINPM Thank you for choosing and partnering with our mission**