



SOMEONE TO SHOW YOU THE WAY

He could have chosen the “easy” route. Many of his peers in the rough-and-tumble neighborhood of Walnut Park where he grew up chose that route, only to find that the short-term “easy” often led to the long-term “hard” of prison or death.

Eighteen-year-old Luke Nelson spoke candidly of the challenges he faced early on from peer pressure. “I saw a lot of my friends going the wrong way, and for a while, I slipped into doing only what was necessary, being okay with being average, and I had to get out of that stagnant mindset,” he said. With a strong support team, he did just that.

This spring, Luke-the-National Guard-Reservist, will be heading to college, majoring in Aeronautical Engineering, at Missouri University of Science and Technology in Rolla, MO. His “forward-thinking” approach to life, unusual in a young man his age, manifested itself early with his determination to get his family back involved with church. His mother, Caryon Nelson, spoke fondly of a 7-year-old Luke running down the road to the church, insisting that *he* wouldn’t go unless the *entire family* accompanied him. They did, and the support their church has provided for Luke has been priceless. He had people to “show him the way.”

Support came from other sources, as well. Luke said the most influential person in his life is Derek Novel, his Godfather and mentor through the St. Louis Mentorship program. “He felt that I could be somebody, stayed on me when I was slacking, and helped me find my direction.”

CWAH has played a part in Luke’s growth for more than 10 years. Along with his mother, Luke attended numerous classes at CWAH, including Computer Applications, Financial Management, Jewelry Making, African Arts, Culinary Skills and many others. Luke believes he has been able to apply the principles of all the classes to his “everyday life” and feels they helped him forget about some of the other challenges in his life. “CWAH was a big release and an outlet for me,” especially the opportunities to travel and experience so many historical places.

Most importantly, Luke’s mother, Caryon, provided all the resources she could to help him stay on track and never gave up on him. “It’s important to keep your children involved in church as well as in other activities outside of school. The parents should participate in those activities *with* them and keep God first,” she says . . . showing them the way. Luke’s advice; “Don’t do what’s easy . . . in school, work or life in general. *Anybody* can do what’s easy.”

Finding your way “out” is a challenge. But with some *help* along the way, it’s a challenge that we can all meet. A new year; an opportunity to make a new start, a good place to start is CWAH!

“For every one of us that succeeds, it’s because there’s somebody there to show you the way out.”
– Oprah Winfrey

Thank You, You, and You!!!

Their faces say it all, wonderment, hope, and appreciation are the looks we see on the faces of the children their parents and the volunteers that assisted us this year during our People Against Poverty Campaign.



The backing of the community is incredible and greatly valued. As we enter into the year 2019 with all that is going on throughout the world, we remain persistent in our commitment of providing hope to those in need.



Thanks for all you do to help us live up to that promise.

On behalf of our Board of Directors, staff and the families we serve, we salute each of you.

St. Louis Chapter of Chums,

Ms. Bazzle proudly models her new coat, donated by the St. Louis Chapter of the Chums. Their organization donated 75 coats, along with hats scarves and gloves to the families at CWAH.



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CWAH Black History Month Benefit Jazz Concert

Grammy Award Winning Trumpeter

Keyon Harrold

Raised in Ferguson, Missouri, Keyon has developed a reputation as one of the world's most sought-after, emotionally electric young trumpeters on the scene.

A graduate from the famous Mannes Jazz Program at the New School University, Keyon is an eclectic trumpeter/music producer/arranger/songwriter that who has been featured on nearly 100 albums ranging from jazz, R&B, pop, gospel, blues and hip-hop.

Keyon has toured and recorded

with or produced for some of the world's best artists and ensembles like Jay-Z, Beyonce, Common, Erykah Badu, and Lauryn Hill to name a few.

Also performing:

Mr. Jeffrey Anderson, Bass

Mr. Adam Maness, piano

Mr. Montez Coleman, drums

Ms. Anita Jackson, vocals

All proceeds benefit the Institute for Modern American Music



February 17, 2019

BB's Jazz, Blues & Soups

700 S. Broadway

St. Louis, MO 63102

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www.bbsjazzbluessoups.com

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Students (5th – 12th Grade)

Beginner Classes Available Drums and Piano



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Saturdays: 12:00pm – 1:00pm

February 2nd and 16th, 2019
March 2nd and 16th, and 30th 2019
April 6th, 13th and 27th 2019
May 4, 2019 Recital

Cost
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Community Women Against Hardship

Institute of Modern American Music

SATURDAYS: 10:00AM – 11:30AM

February 2nd and 16th, 2019
March 2nd and 16th, and 30th 2019
April 6th, 13th and 27th 2019
May 4, 2019 Recital

For more info: Call (314) 289-7523

Community Women Against Hardship

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Providing Hope for Those In Need

We're on the Web!
www.cwah.org

The Mission

To provide personalized and evidence-based programs and services to enable families struggling with poverty to become more self-sufficient

The Vision

To be a respected national model for helping families become self sufficient

Helping children achieve success begins with helping parents become successful. Community Women Against Hardship's Parent Opportunity Program helps low to moderate income families gain success in the most important ways that support children: achieving economic and personal stability, improving their standard of living, and becoming better parents and strong, stable community members. Participants identify, set and ultimately meet goals through engaging in our educational and developmental classes which focus on interpersonal and family relationships, education, job readiness, entrepreneurship, personal fitness and nutrition, and mental health. Our approach - focusing on quality and not quantity - ensures greater success and results in improved self-efficacy, parenting skills, community involvement and initiative in the lives of women and men, who then positively impact families and the larger community.

SAVE THE DATE

Community Women Against Hardship 15th Annual Walk Athon and Health Fair

Saturday, MAY 18, 2019

Tower Grove Park
4256 Magnolia –
Grand Entrance –Son of Rest Shelter
For More Information:
314-289-7523

8:00 Registration
Choose 1k, 3k, or 5k
Non-competitive walk/run
Health Screenings, Resource Information
and more ...



Food, Fitness and Fun - Come and Enjoy!

