

Community Women Against Hardship

December 2024 Newsletter



"It's Giving Tuesday"

Giving Tuesday, often stylized as #GivingTuesday for the purposes of hashtag activism, is the Tuesday after Thanksgiving in the United States. It is touted as a "global generosity movement unleashing the power of people and organizations to transform their communities and the world."

Community Women Against Hardship (CWAH) is a non-profit, volunteer-based organization dedicated to providing personalized programs and services to enable low- to moderate-income families struggling with poverty to become more self-sufficient.

We provide basic needs and services such as donated clothing, furniture, bedding, food, and household items to families in need, based on eligibility. We offer various educational and developmental programs and workshops to parents, children (5th to 12th grade), and families living in the city of St. Louis. All classes are free.

We believe in helping families become self-sufficient and creating opportunities for improving their lives. Through our Parent Opportunity and Student Enrichment Programs, CWAH offers education and developmental classes, workshops, and fun events for parents and children.



December 3, 2024



*"If you want to go fast, go alone.
If you want to go far, go together."
- African Proverb*

Scan to Give!



Community Women Against Hardship 2024 in Review

The past year has been a time of transition and opportunity! As you know, Community Women Against Hardship survives in large part because of the support we receive from our funders, donors and supporters. Primarily funded by the City of St. Louis Affordable Housing Commission, we continue to positively impact families struggling with poverty issues and be engaged in the conversations about affordable housing and the lack thereof.

Even with the changes in our economic and political landscapes, Community Women Against Hardship stands strong and forward moving as we enter our 37th year of service. In 2024, we focused on strengthening the foundation of CWAH through fundraising, raising awareness, and continuing to provide cost-effective programming for our families.

University of Missouri St. Louis (UMSL) School of Nursing 2024

Our partnership with UMSL's School of Nursing, our families worked with nursing students on nutrition/healthy meal preparation, reducing health issues such as high blood pressure and diabetes, and most recently focused on mental health and self-care.

Missouri State Parks Summer 2024 Show Me Series

Missouri State Parks Outreach and Engagement office coordinated a summer program called Show Me Missouri State Parks, which are free field trip for students ages 6 – 17 to explore and engage in our amazing state parks and historic sites. We were able to secure free field trips from a list of programs at our awesome Missouri state parks and historic sites and our office covers all the transportation and program costs. CWAH provided lunch and the Missouri State Parks provided transportation to and from our facility as well as a guide for the trip.

Vision for Children at Risk - PACT-STL through the Deaconess Foundation

Katina Johnson assisted in implementing the facilitation of peer learning through the offering of the Parent Cafe's. These learning communities provide parents and caregivers a safe and welcoming space to connect and learn from each other. They are centered on the Strengthening Families™ Five Protective Factors: Parental Resilience, Understanding Child Development, Social-Emotional Competence of Children, Social Support, and Concrete Support.



Partnerships - Friend and Fundraising!

Give STL Day!

Once again, on Give STL Day, our community came together in an incredible show of generosity. Tens of thousands of St. Louisans gave generously to support more than one thousand participating nonprofits on May 8, 2024. CWAH's supporters showed up and we raised \$6575 in 10 days!



Civil Rights Enforcement Agency for the City of St. Louis (CREA)

CREA received a grant to conduct Fair Housing Training facilitated by Robert Jordan Jr., Human Relations Specialist, coupled with a civil rights tour. The tour consisted of photos of historic neighborhoods for attendees to view as well as a keynote speaker for each event to discuss affordable housing, your rights, and the history of our community. April Ford-Griffin was the keynote speaker, and she shared some valuable information to the attendees as well as CWAH staff. Attendees received a certificate of attendance upon completion of the Fair Housing Training.



CWAH Open House and Community Fair

Chaired by Lauren Wiley, our Open House and Community Fair was a success! There were 42 attendees who engaged in conversations with our vendors and various activities. It was also a moment of reflection as we unveiled the new signage for the building and renaming it *The Gloria L. Taylor Family Support Center*. *Big thanks to Lauren for her creativity and leadership, Sigma Gamma Rho Sorority, Inc. , TLOD, CWAH Ambassadors, our Board, and staff for their support and the vendors for their attendance! Finally, a very special thank you to the family of Gloria L. Taylor.*



CWAH 18th Annual Golf Tournament - Hosted by the CWAH Ambassadors

This year's golf tournament didn't disappoint! Golfers had a great time and our Chairs Chris Penn, Kansas City Chiefs (retired) and Mel Gray, St Louis Cardinals (retired) were amazing hosts and ambassadors. The results? \$10,600 was raised in support of CWAH's operations and programs! Kudos to the CWAH Ambassadors for another successful tournament. We appreciate your hard work and dedication to the mission!



CWAH's 36th Annual Circle of Support Benefit Concert & Gala

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Thank you for attending the Annual Benefit and Concert. The performances by T-Ray and Chaz45 Band were electrifying, and we raised money for a good cause! I want to especially thank our sponsors. Thank you, thank you, thank you! We couldn't do this without your unwavering support! Thank you to Ms. Bonita Cornute who has always held CWAH in high regard. We love you. Thank you to Chair, Tina Wiley and Co-Chair Shrmichaels Hunter. I appreciate you stepping up in a big way for CWAH! The Committee members, Lillie Thomas, Arthurine Hunter, Bonita Penny, and my right hand and sometimes my left, Lisa Summers. We did it! And to our honorees, it was the least we could do! Your contributions to the St. Louis Community are immeasurable. Congratulations to a group of citizens who are more than deserving.