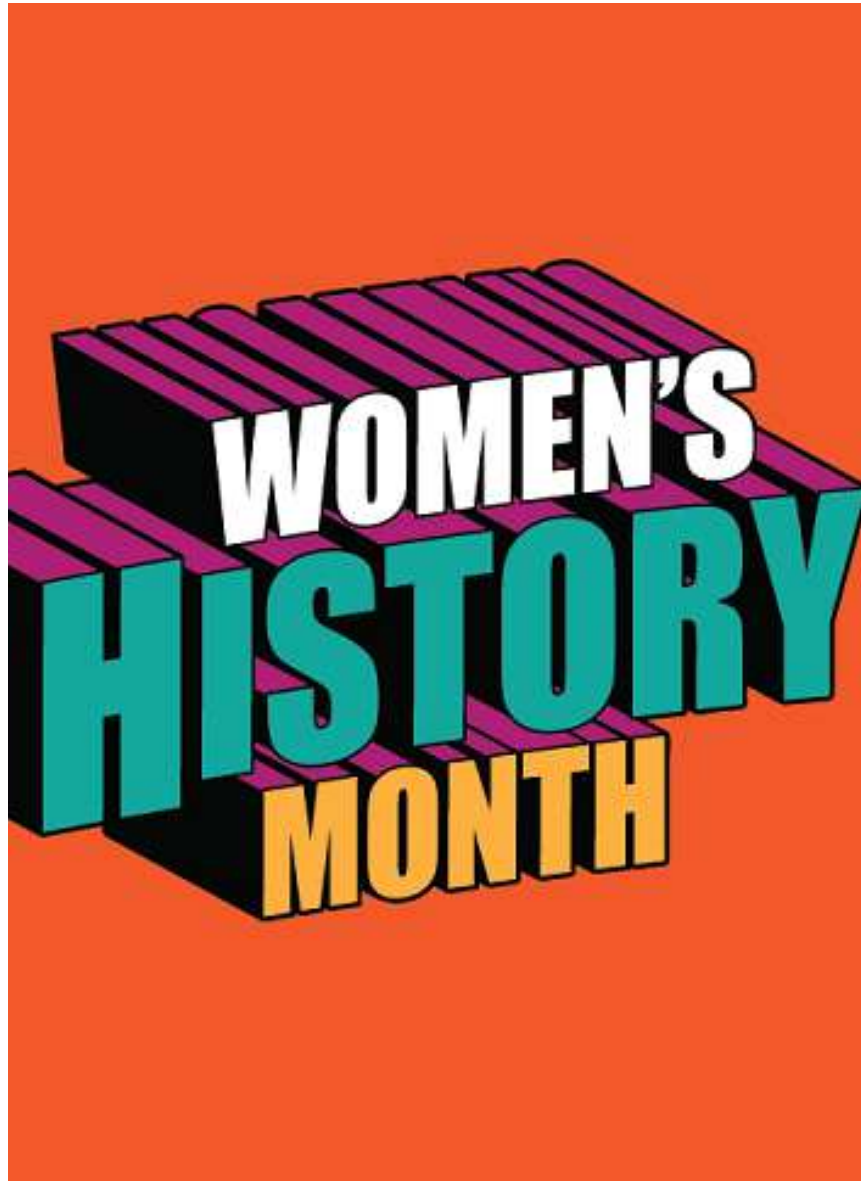


ASANTE NATION SAFE PASSAGE

NEWSLETTER

March

Vol. 4



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Community Empowerment Association

Community Empowerment Association (CEA), Inc. was organized by community activist T. Rashad Byrdsong in 1993 in an effort to reduce and prevent violence in the Homewood-Brushton area of Pittsburgh. CEA's mission is to restore, reclaim and transform distressed communities through strategic planning, collaboration, advocacy, education and mobilization. CEA seeks to develop the knowledge, skill, leadership and influence that will enable its participants, families, and the community to live healthy secure, fruitful, and productive lives. Since its inception in 1993, CEA has been tirelessly serving thousands of disadvantaged and minority families throughout the Greater Pittsburgh area and has served over 25,000 individuals, youth and families residing in 48 neighborhoods, enrolled in 74 schools and 9 school districts within Pittsburgh and Allegheny County.

Youth Intervention and Prevention

Family Engagement Workshop

This month we would like to welcome our parents to our "Parenting With Intention" workshop. Our workshops will focus on how to take an active role in Violence Prevention. We will cover topics such as getting to know your child, issuing effective discipline, and how to stay involved in a child's life (social media, academics, etc.).

Cosmetology Workshops

"Many of our youth have shown interest in the cosmetology field by performing different styling techniques on each other and also seeing some of their older peers already involved in cosmetology classes in school. So why not have workshops that are led by our cosmetology students to give the youth better insight into the field.

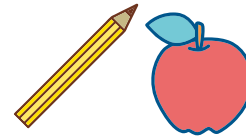
Jasona Belyeu and Alaya Poindexter are two of our youth who are currently enrolled in Cosmetology classes at The McKeesport Area High School. They conduct workshops here at the program for anyone who wants to participate be it male or female. While exposed to the fun aspects such as healthy hair, braiding and styling, and skin care, they are also taught about class scheduling, credits, grades and post high school careers.

These workshops have been a great way to kind of bridge the gap between our older and younger youth for them to connect with each other with something fun and educational."

- Ashley Robinson (*Family Intervention Prevention Specialist*)



Honor Roll Students



McKeesport Site

- Amyca Wilson
- A'Ziahla Simmons
- Darrelle Mott, Jr.
- Antiniya Simmons- Staples
- Ganiya Lee
- Jalayia Fant
- Morgan McClung
- Noah Henderson
- Spirit Perdue
- Naama Crosby
- Janyah Burns
- Khloe Johnson
- Montay Watson
- Jurnee Murphy

Homewood Site

- Jaquar Thomas
- Jeremy Moore
- Jeremiah Moore
- David Benson
- Annete Afolabi
- Amira Afolabi
- Raja Dotsom
- Jordan Boyd
- Chace Thompson
- Brayzee Hughes
- Nadia Elerby
- Thomas Coleman
- Teonna Greenwood
- Ricaree Wright
- De'Monie Reese
- Alaiyah Nelson



Youth Spotlight



Noah Henderson

Student in CEA's Safe Passage After School Program and Learn and Earn Employee (McKeesport Site)

Why do you like coming to Community Empowerment Association?
 "People are glad to see me, people are nice, and there are good people here."

What is your favorite thing to do while you're here?
 "Help adults do projects and do projects with people."

What does "Community Empowerment" mean to you?
 "Noah enjoys coming to the CEA after school program. Noah has made huge strides in developing new friendships. He has become more positive in himself and CEA has helped him to accomplish that."

- Jim Kumpf BHT (Behavioral Health Technician) Alliance Wraparound Services

"CEA has been invaluable in helping Noah to form community attachments. He loves coming to the after-school program and has made many friends there! Noah has grown personally and is becoming quite the social butterfly! This couldn't of happened if CEA and its wonderful staff were not available. Thank you so much!"

-Lisa Medich (Behavioral Consultant from Alliance Health Wraparound



Jeremiah Moore

Student in CEA's Safe Passage After School Program (Homewood Site)

Why do you like coming to CEA?
 "Because it is fun and I get to learn black history."

What is your favorite thing to do while you're here and why?
 "I like to do my journal entry because it helps me think about things."

What have you learned during the after-school program?
 "We learned how to take care of our bodies and fitness."

Staff Spotlight



Cheri McDonnell

Family Intervention Prevention Specialist (McKeesport Site)



What makes CEA special?

CEA is special for numerous reasons but the two main things I love is the fight against social injustice and the family atmosphere. All of the initiatives, outreach, forums and work with the individual families all boil down to doing and advocating for what is right. We do our best to make sure that all of our families have access to and understand the resources that are available for them. The love and care that all of the staff show for their families and members of the community show that it is not just a job to us, that we all genuinely care about everyone. With that same care we show for our families that we work with, there is a family feeling among all of us that are working together that make it an enjoyable place to work as well. We are our own big family and rely on each other the same way that our families rely on us.

What initiatives has CEA's programs implemented to promote anti-violence and resilience?

I like to try to keep some of the older youth involved that have gone through the Safe Passage after school program and/ or summer camp. The younger students still look up to the older youth and enjoy when they are around. We try to include the older youth by making it more of a "mentoring" program for them as opposed to "after school program" language. We have recently had some high school youth come in and are doing a cosmetology and allied health care piece for the youth, which also helps them learn about different careers and post-high school options. The older youth also participate monthly in community service outings such as serving dinner at the 9th street community kitchen in McKeesport and working with Produce for People with the Greater Pittsburgh Community Food Bank. This allows the students to experience the feeling of "giving back" to the community.

Do you have a favorite CEA memory? If so, what is it?

One of My favorite CEA memories is probably right after I first became an employee. There was a Team building training that we attended at a Boy Scout campground. I had only known 2 people, and was my first time around the rest of the staff. We had participated in team building workshops and other physical tasks and games. I was so nervous and all of the staff were so kind, funny, and made me feel like I had been with them for years as opposed to one day. We had to get out of hula hoop chains, race each other on boards, and walk across ropes. I had such a great time and I laughed so hard but was thankful for everyone being so nice and welcoming.



Upcoming Events



Monday, 3/9/20, 3/16/20

*Yoga with Youth (Homewood)
5pm-6pm*

Monday, 3/16/20

*Cooking Workshop (McKeesport)
5pm-6pm*

Wednesday, 3/11/20

*Cooking Workshop (McKeesport)
5pm-6pm*

Thursday, 3/5/20, 3/12/20, 3/29/20

*Staff Yoga (Homewood)
10am-11am*

Thursday, 3/19/20

*Community Service (McKeesport)
5pm-6pm*

Saturday 3/7/20, 3/14/20, 3/21/20, 3/28/20

*Saturday University (Homewood)
10am-2pm*

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Looking to donate or volunteer? You can do so on our website www.ceapittsburgh.org

