

LET'S START NEWSLETTER

May 2009



A SUPPORT PROCESS FOR WOMEN

CONGRATULATIONS CORY!

Let's Start would like congratulate our Board President Cory Elliott, who was the recipient of the 2009 St. Louis American Foundation Excellence in Health Care Award. Ms. Elliott is the Executive Director of Facility and Support Services and manages day to day operations for DePaul in Bridgeton, St. Joseph Hospital in St. Charles, Wentzville, and St. Joseph Hospital West in Lake St. Louis. In addition to serving on the Board of Let's Start, she is also President of the Missouri Health Executives group.

LET'S START WITH THE KIDS: A THERAPEUTIC PROGRAM

Let's Start is offering a new therapeutic program, Let's Start with the Kids, for children whose lives have been impacted by incarceration. Sara Barwinski, LCSW, ACSW will be working with seven families and 15 children under the age of 18 to offer individual and/or group work and various levels of support to the families involved in the program. The program started in May and will be on-going.

Let's Start Memory Quilt

Let's Start is sponsoring quilt making sessions! Participants in this course are creating their own unique quilt patch with their names, pictures and comments. The patches will eventually be sown together to create a Let's Start Memory Quilt. The tentative finish date for this project is December.

LADUE NEWS CHARITY OF THE YEAR AWARD

Let's Start is a finalist for the Ladue News Charity of the Year Award in the Category of Human Service. If chosen, Let's Start will be awarded \$3000.00 to support the programs and services we offer. The winner will be chosen at an awards dinner on June 11th.

STORIES OF HOPE: JUNE 23rd 6:30pm

The "Stories of Hope" will be performed at Let's Start on June 23rd. "Stories of Hope" is a play performed by the women of Let's Start that reflects the experiences of women and their journeys through incarceration, addiction and recovery. This event is free and open to the public.

SAVE THE DATE: SUPPORT LET'S START

Show your support for showing up for these upcoming fundraising events being sponsored by Let's Start! For more information, call 314-234-2324 or visit www.letsstart.org

LET'S START THE DAY

Thursday, June 18
City Coffee House Creperie
36 North Brentwood Blvd.
6:30am- 4:30pm

Stop by and make a purchase at the City Coffee House on June 17th and 25% of the proceeds will go to support the programs and services offered at Let's Start. The City Coffee House & Creperie is a casual eatery that serves crepes, sandwiches, soups and smoothies. Let's Start would like to thank Ann Gallardo, the owner of The City Coffee House and Creperie, for her participation in this fundraiser.

LET'S START ANNUAL LUNCHEON

Saturday, July 18
1408 S. 10th street
Cost: \$15.00

Celebrate the women of Let's Start and join us for our annual luncheon on July 18th. Lunch will be followed by a keynote speaker and a raffle in which you can register for a chance to win a variety of prizes. Raffle prizes in the past have included gift cards, hotel packages, tickets to sporting events, and gift baskets. All proceeds will be used to support the programs offered at Let's Start.

LET'S START THE MUSIC: AN EVENING WITH DENISE THIMES

Saturday, September 26
524 Trinity Avenue
6:30pm

Join us for our annual Let's Start the Music fundraiser featuring jazz vocalist Denise Thimes. Cocktails and light appetizers will be provided as you enjoy one of the most preeminent voices in contemporary jazz. The proceeds will be used to support the programs provided at Let's Start.

100 donors to give \$100 in 100 days

As Mother's Day approaches, Let's Start invites you to be one of 100 donors to give \$100 in 100 days. This Mother's Day, we invite you to join us in remembering families impacted by incarceration by making a contribution to support the programs provided to formerly incarcerated women and their children here at Let's Start. To make a contribution, **send checks made payable to Let's Start to 1408 S. 10th Street, St. Louis, MO 63104**

Caregiver Bus Trips To Vandalia

In an effort to maintain the familial bond between mothers in prison and their children, Let's Start sponsors trips to the Vandalia prison for children with incarcerated mothers and their caregivers. These trips are free and take place every other month. For more information, please call 314-241-2324 and speak to our **Advocacy and Outreach Coordinator Cynthia Stevenson-Johnson.**

Special Thanks

Parenting and Relationship Building Group

Let's Start would like to thank the women who participated in the new parenting and relationship building sessions. These sessions used the 12 step model to help women begin to mend relationships impaired by addiction and incarceration. New six week sessions will be offered soon. For more information, please see Courtney McDermott.

Financial Literacy Group

Let's Start would also like to thank the women who participated in the financial literacy group. This four week course focused on budgeting and building good credit. New sessions will be offered soon. For more information, please see Courtney McDermott.

SUPPORT LET'S START!

Let's Start bracelets are available for \$30.00 each. Each bracelet is designed and crafted by the women of Let's Start and 100% of the proceeds go towards supporting the programs offered at Let's Start. For more information, or to make a purchase, please call 314-241-2324 or go online at www.letsstart.org