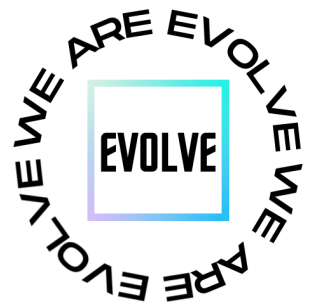


# EVOLVE NEWS

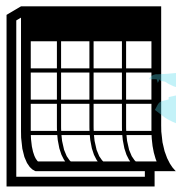
QUARTERLY NEWSLETTER



IT'S A NEW DAY, DO SOMETHING BOLD, DO SOMETHING BEAUTIFUL!



## EVOLVE EVENTS



*2021 Calendar*

### OCTOBER

Ebenezer Plaza Ribbon

Cutting 10/22 @ 1pm

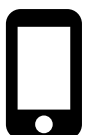
### NOVEMBER

Friendsgiving

### DECEMBER

Evolve Second Saturday

Meetup 12/11



**Sign up for event updates:  
Text COGEFEVOLVE to 59769**

## Work Burnout is real, here are some tips to manage...

1. **Be kind of yourself**- Take time out of your schedule to do something for yourself.
2. **Reach out for help**- this can be from supervisor or colleagues.
3. **Say no** and be okay about it.
4. **Make a schedule**-manage time
5. **Lead on your community** to talk, to pray, to offer an encouraging word.

**Check out these websites for more information:**

1. [therapyforblackmen.org](http://therapyforblackmen.org)
2. [therapyforblackgirls.com](http://therapyforblackgirls.com)
3. [ldontmind.com](http://ldontmind.com)- 13 therapy and wellness resources for black mental health article

# MEMBER HIGHLIGHT:

*Congratulations on the new positions/jobs*



**ESL Coordinator at PS 361**

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**CONGRATULATIONS!**

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." - Jeremiah 29:11

**PURPOSE**



**Principal at PS 345**

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