

# Our Daily Bread Community Outreach Center Inc



# NEWSLETTER

April 2024

Business: 414-755-0535

Fax: 866-804-0971



## WELCOME NEW BOARD MEMBERS

Our Daily Bread Community Outreach Center Inc (ODB) welcomes new additions to our board. Our new members, Mrs. Holeman and Mrs. Mosley Magee will assist ODB administratively. Both ladies will be an asset to our board.

As ODB advance, we are in need of committed and dedicated people who are community driven to help us go to the next level.

If you would like to join our team, please contact us or email [info@ourdailybread.org](mailto:info@ourdailybread.org)

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<http://www.facebook.com/ourdailybreadmil>

## A.S.K. (ASK-SUPPORT-KEEP IN TOUCH)

Mental Health is on the rise amidst our students and young adults. According to CDC, suicide's rates among students and young adults are extremely high. ODB has partnered with several agencies to help reduce the mental health crisis that is plaguing young people. May is Mental Health Month and ODB has begun introducing students to the new stop, drop, and row concept which is A.S.K. During our girl's group, young ladies began discussing their mental health status as it relates to rejections, isolation, abandonment, etc. These past trauma had left students and young adults in a state of depression and /or suicidal. We know that past trauma can impact the lives of young people for years if not treated. ODB has been hosting wellness activities and conferences with the goal to bring awareness on Mental Health. As we engage students with wellness activities, we aim to help young minds heal.

## ODB Internship Program

ODB partnered with Barack Obama.STCE to assist students with community services hours. As students support ODB's fund raisers and other activities, they will be eligible to apply for the Youth Scholarship Funds when they enroll in college. ODB aims to invest in our youth and foster post-secondary education.



## WELLNESS PROJECT

In November 2023, ODB implemented a wellness project to help youth and mothers identify mental health challenges. In doing so, we hosted our first conference at Barack Obama SCTE. During the conference, we were able to assess 70 students. 25% of 70 students stated that they need mental health support. The school counselors and the principal are discussing the student's needs. ODB hosted another Wellness Event on February 10th in which we assessed small group of individuals on mental health challenges. Also, on March 16th, mothers were engaged in a Community Baby Shower and participated in a self-care presentation. The speaker at the baby shower focused on wellness from the Self-Care/Self-Love perspectives. Mothers received self-care/self-love information and information on A.S.K. (Acknowledge-Support-Keep in touch).

 Our Daily Bread  
Invites You To  
**Meet & Greet**

Saturday, May 18, 2024 --- 12:30PM-3 PM

Light Snacks included

### Agenda

- Welcome!
- Member's Introductory
- Agency Presentation
- Board Recruitments
- Youth Testimonies
- Success Stories
- Future Plans




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