DORNISFE CENTER COMMUNITY GARDEN

Garden Seeding Giveaway!
Join us at the Dornsife Center on Saturday, April 17 from 10am-1pm for our Garden Seeding Giveaway. Representatives from Trellis for Tomorrow and Drexel Urban Growers will be giving sidewalk tours of the garden, discussing food justice in our community, and offering vegetable seedlings to visiting home growers. Due to COVID, garden access will be restricted, but visitors are welcome to approach the sidewalks alongside the garden on Spring Garden and/or N. 35th Streets. See you there!

Dornsife Center Garden Days
It’s time to get our hands dirty and grow in the garden together!
Coming soon: A full schedule of Garden Days and instructions on how to register to volunteer in garden Stay tuned!

BEACHELL FAMILY LEARNING CENTER (BFLC)
Career Services with Drexel HR: Looking for a job? Need a resume review? Schedule your career services appointment with Drexel professional staff here and we can help you through a virtual appointment on Microsoft Teams or over the phone. For questions, contact the Beachell Family Learning Center by email at BFLC@DornsifeCenter@drexel.edu.

Career Workshops: Employer information sessions about hiring opportunities. If you would like to be added to the email list, please contact BFLC@DornsifeCenter@drexel.edu.
Join us for a virtual information session to find out about a business who is looking to hire and recruitment for a FREE training program.

- Thursday, April 15th at 1:00 p.m.
- Virtual

Cash App is hiring for customer service support - $24/hr

BFLC Learn - Build your workforce skills while increasing your confidence

Online Training - Free – Personal Coach – 10 weeks

Follow BFLC on social media for resources and updates at Instagram: @bflcdornsifecenter, Facebook: Beachell Family Learning Center at Drexel University, and Twitter: @BeachellCenter.

BLACK WOMEN FIGHTING WORKPLACE RACISM

Tuesday, April 13 from 6:00–7:30 p.m. on Zoom. An open dialogue for Black women that have experienced racism in their workplaces hosted by West Philadelphia Promise Zone. Please submit questions or requested topics at the time of registration. Attendees will be contacted prior to the event for their interest to share their experiences and areas of conversation. This event is aimed to build a community focused on sharing personal experiences of situations of racism in the workplace. Panelists will share any available resources and/or advice.

The event is moderated by: Uva Coles, Inclusiva Global and panelists include: Councilmember Kendra Brooks, Councilmember Jamie Gauthier, Carnelsia Kwashie, Bicycle Transit Systems, and Nefertiti Sickout, Deputy Diversity and Inclusion Officer, City of Philadelphia.

REGISTRATION AT https://bit.ly/3m0uMbH

Helms Academy - is a community-based education program offered by Goodwill Industries of Southern New Jersey and Philadelphia and Community College of Philadelphia for adult learners who have not yet obtained their high school diploma. You can still work toward your high school diploma remotely! Interested in preparing for the GED or HiSET test? Helms Academy is enrolling new students now! Call or text 484.531.4835 or email aballard@goodwillnj.org to get started. At this time, you must have a computer and internet access at home to participate.

- Interested in preparing for the GED or HiSET test? Helms Academy is enrolling new students now! Fill out the interest form and a staff member will contact you to get started. At this time, you must have a computer and internet access at home to participate.
- Want to practice some key skills for GED or HiSET tests? Check out the Helms Academy’s YouTube virtual workshops! New workshops posted weekly.
- All are welcome to join them every Tuesday at 12:00 noon for Zoom Math Roundtable! You’ll be able to participate in this live event, just like the workshops in the lab. Email aballard@goodwillnj.org to get the password to enter.

For more information, call or text 484.531.4835 or email aballard@goodwillnj.org. You can also visit their website and follow them on Instagram and on Facebook.

Urban League Of Philadelphia - Housing Counseling Services
Homebuying assistance:
If you are in the homebuying process, the ULP can help with a $1,000 grant. New to homebuying? Please call 215.985.3220 ext. 201 or email housing@urbanleaguephila.org to attend the next online housing workshop and schedule an individual counseling appointment over the phone.

The series of First Time Homebuyer webinars will continue with two sessions scheduled for this month:
April 17th: https://www.eventbrite.com/e/first-time-homebuyer-webinar-april-17th-tickets-146983428373
April 24th: https://www.eventbrite.com/e/copy-of-first-time-homebuyer-webinar-april-24th-tickets-146985538703

BUSINESS IDEA GROUP (BIG) AND B SMART PROGRAM

The Business Idea Group (BIG) is an ongoing meeting group for entrepreneurs to collaborate monthly to share ideas and take advantage of resources to assist in building your business idea. Discussions and Subject Matter Experts on topics that include Business Finance, Social Media Marketing, and more topics are scheduled.

The B Smart program provides existing business owners and aspiring entrepreneurs with business knowledge and connects them to support and resources to

April 2021 Online

The Dornsife Center for Neighborhood Partnerships • 3509 Spring Garden Street, Philadelphia, PA 19104
**HEALTH AND WELLNESS**

The Community Wellness HUB is a place-based, community-driven, health promotion partnership between Drexel University and the residents of Mantua and Powelton Village. The HUB seeks to heal the community through preventative care, UNITE the community around better health, and BRIDGE the community to health services and health education programming, while tackling the social determinants that underlie their health disparities.

During this COVID pandemic we are still deeply committed to the safety and health of our Community Wellness HUB members and the Promise Zone community. In these difficult times of social distancing due to COVID-19, our on-site health and wellness services at the Community Wellness HUB continue to be temporarily suspended. However, we have established online programming to continue to provide services and would love for you to JOIN US!

**COVID-19 AND YOU**

It’s difficult to know what exactly to do to protect you and your family during a pandemic. Here are some recommendations from the CDC on how to stay precautions, be safe, and cope with your stress. Please press Ctrl+ right click to follow the links to get more information.

What YOU can do?

Follow steps to prevent the spread of COVID-19 if you are sick:

- Take precautions: Wash your hands. Wear a mask. Social distance (at least 6 feet from another)
- Wear gloves if you are caring for someone who is sick.
- If you or someone you care for is at higher risk of getting very sick from COVID-19, take steps to protect them and you from getting sick.
- Cope with stress to make yourself, the people you care about, and your community stronger.
- Find ways to connect with your friends and family members and engage with your community while limiting face-to-face contact with others.

**INTERACTIVE HEALTH & WELLNESS CHAT**
The Community Wellness HUB continues to present the “Health and Wellness Chat.” A virtual program where healthcare professionals lead conversations on how to stay well and healthy during the COVID-19 pandemic and beyond. Join us for our April Virtual Health and Wellness Chat about Cancer and the African American Community: Confronting Disparities and Finding Solutions.

**Thursday, April 15th, 5:30 - 6:00 p.m.**
Join the Zoom Room Chat at https://drexel.zoom.us/j/89166712035 or Dial by telephone: 267-831-0333. The Meeting ID is 980 129 155 and the passcode is 578872.

Let’s continue to learn, talk, and stay connected in 2021! If you have a topic you are interested in hearing about please email the Community Wellness HUB at wellnesshub@drexel.edu.

**APRIL IS NATIONAL MINORITY HEALTH MONTH!**
This is a time to raise awareness about the serious health disparities that continue to affect underserved racial, ethnic, and geographic communities across the United States. Cancer is a disease that can affect anyone, but it doesn’t affect everyone equally. Take a look at a few stats that illustrate these inequities:

- African Americans have the highest incidence rates of colorectal cancer of any racial or ethnic group, according to the American Cancer Society.
- Black men are more than twice as likely as White men to be diagnosed with prostate cancer.
- Black and White women have similar breast cancer incidence rates, but Black women are 40% more likely to die of the disease.
- Hispanic men and women are twice as likely as their White counterparts to be diagnosed with and die from liver cancer.
- American Indians/African Natives are more likely to die from kidney cancer than other racial/ethnic groups.

Luckily, we can make cancer prevention a priority! Screening, or checking for abnormal cells that may become cancerous in people who have no symptoms, can help doctors find and treat several types of cancer early. Early detection is important because when abnormal tissue or cancer is found early, it may be easier to treat.

Regular screening paired with a healthy and active lifestyle can make a difference in combating these disparities. Cancer is not equal, but conversations today can pave the way to closing the gap. Early detection is your best protection. To learn more about cancer prevention, visit [www.cdc.gov/cancer/dpcp/prevention](http://www.cdc.gov/cancer/dpcp/prevention). Call your doctor today to enquire about screening and contact the Community Wellness HUB at wellnesshub@drexel.edu for additional information and questions. You can also check out Penn Medicine’s Abramson Cancer Center.

**NUTRITION & COOKING WITH DREXEL’S EAT RIGHT PHILLY**
Join us this month for virtual nutrition workshops! These 1-hour free virtual workshops presented by Eat Right Philly will be full of easy healthy eating tips and tools to promote good health. Whether you’re new to healthy living, interested in learning more, or looking for ways to add a dash of nutrition to your daily routine, these workshops are perfect for you!

**Date:** Tuesday, April 13th from 10:00 - 11:00 a.m.
**Lesson Topic:** Physical Activity is the Key to Living Well

**Date:** Tuesday, April 27th from 5:30 - 6:30 p.m.
**Lesson Topic:** Eat Your Way to Health

**FREE ONLINE QIGONG CLASSES FOR BEGINNERS**
Discover the health benefits of Qigong. For questions email: dornsifeqigong@drexel.edu or learn more at [www.holisticqigong.com](http://www.holisticqigong.com)

**ARTS AND CULTURE**

**ASTRONOMY NIGHT WITH DREXEL’S LYNNCH OBSERVATORY (VIRTUAL) OPEN HOUSE**
Join us for Astronomy Night with Drexel’s Lynch Observatory (Virtual) Open House physics.drexel.edu/observatory. Learn about the galaxies in the universe while enjoying a virtual telescope galaxy tour.

**Wednesday, April 7th at 8:00 p.m., Wednesday, May 5th at 8:30 p.m., Wednesday, June 2nd at 9:00 p.m.**
**REGISTER NOW AT** [https://drexel.qualtrics.com/jfe/form/SV_837tK9vIhRjCDnU](https://drexel.qualtrics.com/jfe/form/SV_837tK9vIhRjCDnU)

**INDIVIDUAL AND FAMILY SUPPORTS**

**ANDY AND GWEN STERN COMMUNITY LAWYERING CLINIC (CLC)**
Drexel’s Kline School of Law provides a number of free legal services to residents. The Andy and Gwen Stern Community Lawyering Clinic (Stern CLC) takes on a wide range of legal issues of community interest during the law school’s regular semesters. We are currently prioritizing cases involving estate planning, unemployment compensation, benefits appeals, pardons, and compassionate release. However, residents may contact the Stern CLC about legal issues not listed above. Please feel free to call 215.571.4014 or email clc@drexel.edu to schedule an appointment.

- **Criminal Record Expungement Project** – Fridays, April 9 & April 16, 1:00 - 3:00 p.m. – Have you ever been arrested in Philly? Do you believe your arrest record is impacting your life, employment, education, or housing? Please join us at our monthly intake clinic to determine if you are eligible for our FREE expungement service. Located in the Dornsife Center Parking Lot.