



INVITATION TO

An exciting and engaging weekend
for our Single Parents



THE HAGAR MINISTRY:

"The Abundant Life and Wellness Weekend"
Register Today!

Email bridgittegriffin@yahoo.com or tkoluwafermi@ywcarocheater.org

FRIDAY, APRIL 22 AT 7 PM

Single Parent Mixer at 7:00pm appetizers and music
Joey B's at Brickstone
Elmwood Ave., Rochester, NY

SATURDAY, APRIL 23 AT 10 AM

Single Parent Seminar and Breakfast
with activities and love bags at 10:00 AM
Aeon Baptist Church
Murphy Greer Fellowship Hall

In partnership with YWCA, CCSI
and Excellus Blue Cross and Blue Shield





eliminating racism
empowering women
ywca



Media Contact:
Dr. Bridgitte Griffin
email: bridgittegriffin@yahoo.com

For Immediate Release

Registration Opens for Free Weekend Program for Single Parents

Registration is now open for the first in a special year-long series of free programs designed to help single parents in Rochester and Monroe County, especially those in black and brown communities. The "Abundant Life and Wellness Weekend" will be held on two days:

April 22, Mixer, 7 p.m. at Joey B's Brickstone Restaurant, 1325 Elmwood Avenue. The mixer is to allow the single-parent participants to develop interpersonal relations and social support.

April 23, Workshop and Breakfast, 9 a.m. to noon at Aenon Missionary Baptist Church, 175 Genesee Street. "Health and Wellness: Body, Mind and Spirit" is the workshop theme. Melanie Funchess, a long-time child, youth and family advocate, will be the guest speaker.

Aenon is a partner with the YWCA of Rochester and Monroe County and Coordinated Care Services, Inc. in the Hagar Ministry Health Equity Collaboration, sponsor of the year-long series of support and health resources programs for single parents. The "Abundant Life and Wellness Weekend" is the kickoff event.

Single parents who want to attend the free weekend event must register in advance by sending an email to Dr. Bridgitte Griffin, Project Leader, at: bridgittegriffin@yahoo.com or Talitha-Koumi Oluwafemi, Co-Project Leader @ tkoluwafemi@ywcarochester.org. In the subject area write: Hagar Ministry Single Parent April Event. In the body of the email state whether you want to attend the mixer or the workshop and breakfast or both. Register TODAY to reserve your desired selection.