

GREETING MEMBERS

OF THE PEARLS OF PROMISE FOUNDATION

THE FIRST QUARTER
OF 2024 HAS BEEN
SUCH AN EVENTFUL
TIME FOR PROVIDING
SERVICE TO THE YOUTH
OF METROPOLITAN
DETROIT.

SIGNATURE PROGRAM

MINOR HALL

Minor Hall observed "World Teen Mental Health Day" at their Emotional Wellbeing: Mental Health Awareness and Yoga and Meditation, facilitated by Andrea Rodgers of Hegira Health Inc. - Wellness First. **Minor Hall participants learned through interactive presentations and took away 5 strategies to cope with emotional stress.**

The session closed with a yoga and meditation exercise facilitated by Daryl Lawrence, providing a 6th strategy for coping with emotional stressors.

DID YOU KNOW? Teens make up 16% of mental health disease and injuries in people ages 10-19. Mental health issues start at around 14 years of age and often go undiagnosed

These 5 tips for teens from Hegira Health will help you Manage Your Mental Health

- Get some sleep** For teens, 8-10 hours of sleep is important
- Focus on your strengths** Think about what you're good at and ways to do more of those things
- Do things that make you happy** Find activities or hobbies that make you happy
- Engage in physical activity** Anything from a walk, bike ride or basketball game with friends
- Talk to someone** Talk to a parent, teacher or other trusted adult about your problems

HEGIRA HEALTH INC.
Wellness First
Source: National Council for Mental Wellbeing



SIGNATURE PROGRAM **IVYLETTES**

Ivylettes Green & White Ball
Buy your ticket: April 27, 2024

In celebration of Womens' History Month the Ivylettes dedicated the month to Professional Growth and Community Service.

On March 9th, the Ivylettes received tips on career and interview skills. They also took professional headshots for future college interviews and resumes. The month's session also included **writing greeting cards to the residents of Hartford Nursing Rehabilitation Center in Detroit, and Willowbrook Manor in Flint, through the Letters Against Isolation project.**

On March 16th, the Ivylettes hosted a Feminine Care Product Drive, to support young girls at two local schools to ensure access to necessary feminine care products. *Members of Alpha Kappa Alpha, Sorority Inc., Lambda Pi Omega Chapter supported with donations.*

Tickets are now on sale for the Annual Ivylette Green and White Ball.



POP FOUNDATION **UPDATES**

Grants Committee

Grants- Pearls of Promise Foundation, Inc., along with Alpha Kappa Alpha, Sorority Inc., Lambda Pi Omega Chapter were **awarded 2000 books from Books in the D workgroup of the 313Reads coalition**. Books will be distributed to youth impacted by the Foundation and Chapter programs.

Scholarship Ceremony!!
Save the date: May 16, 2024

Member Meetings

May 13th, 2024

August 26, 2024

November 11, 2024

Annual Events

April 27, 2024 - Ivyllettes Green and White Ball

May 16, 2024 - Scholarship Reception

July 27, 2024 - Walk, Run, Bike and Roll-a-thon



PEARLS OF PROMISE FOUNDATION



Ivyettes *Green & White Ball*

DATE: APRIL 27, 2024

6:30 PM

COST: \$85

SoHo Grand Banquet & Event Center
34615 Warren Rd. Westland, Mi 48185

IVYETTES

ROBYN THOMAS, PRESIDENT. IVY FIELDS-RELEFORD, VICE PRESIDENT
SHANTEL ROSS, CHAIRMAN. SHALIKA SANDERS, CO-CHAIRMAN ROSLYN RUFFIN, CO-CHAIRMAN



REGISTER

WWW.PEARLSOFPROMISEFOUNDATION.COM



Pearls of Promise Foundation, Inc.
Ivyettes Program

FEMININE CARE DRIVE

Saturday,
March 16, 2024

10:00am - 12:00pm

Spread The Love!

Let's come together to make a
meaningful impact.

Donations will benefit
elementary/middle school girls in
multiple metro Detroit schools.

Drop-off Location:



Rosa

19180 Grand River Ave
Detroit, MI 48223

ITEMS NEEDED

- ✓ Sanitary Napkins
- ✓ Underwear (Sizes 10/12, 14/16, Adult S/M)
- ✓ Socks

