

COCO CONNECT

Cocolife.black's Monthly Newsletter



Finishing Strong: Q4 Prep

It's that time of year again...Back to School! Parents are likely pretty happy. Kids, maybe not so much! Either way, it's time to get those school supplies and new school shoes, and start practicing the bedtime/wake up routine. Anyone else remember those days as a kid?!

As families are getting ready for the upcoming school year, so are the teachers. This year, Cocolife has decided to do a Teacher Supply Drive. Many people may not be aware, but for many teacher this time of the year hits their pockets big time. School funding isn't the best everywhere which means teachers will have to pay for items themselves. So, we decided we wanted to offer a helping hand.

We shared this initiative, and the requests have been coming in every day! As they've come in, we are reaching out to the community to make the next move. Some items are big ticket, and some are pretty basic and inexpensive. We ask that you share about picking items from the wishlist and blessing a classroom. [HERE](#) is the link to the Amazon Wishlist. Pick an item and share the list with others. Teachers are invaluable, and anything we can do to support them would be amazing!

IN THIS ISSUE

FINISHING STRONG:
Q4 PREP

A TIME FOR CHANGE

3RD ANNUAL DAY OF LOSS

BOOBS & BUBBLY

EMBRACING THE JOURNEY

UPCOMING EVENTS



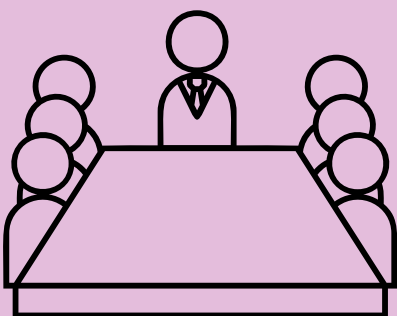
A Time for Change

By Courtnee Buck

Change is inevitable. The late, great Maya Angelou said, "If you don't like something, change it. If you can't change it, change your attitude." I think this is where I have found myself these last few weeks. The time for change is here, and it is bittersweet. There is grieving for things that will be left behind and excitement for things to come. The best thing I can do now is to allow my attitude to change. I can decide now to be disgruntled and enter this new season begrudgingly, or I can learn to adapt and enter this new season with great optimism.

That same choice is set before each person every single day. Life happens. There's no denying that. All we have the power over is how we handle it. We may experience grief, sadness, anger, joy, or anticipation. No matter what we feel, we have the power to decide how we will approach this life. Though I am a creature of habit, I still enjoy the excitement of a new experience. There's always some fear of what's to come, but the excitement usually overtakes the fear.

The best tip I'd share is to give yourself time and grace in times of change. Your routine may change. The demands placed on you may be different. Go easy on yourself as you adjust. Say to yourself, "It's okay. This is new, and I'm getting adjusted. I allow myself to make mistakes because I will learn from them." Love yourself through a change just as you would a friend. It may be difficult, but my friend, you will make it!



Building A Board

We are onboarding new board members now. Be on the lookout for the new faces of Cocolife.black.



3rd Annual Day of Loss

Hosts: Alexia Doumbouya

Cocolife.black is hosting our 3rd Annual Day of Compassion in honor of Pregnancy and Infant Loss Awareness day. Each year since our launch, we've created a space to allow moms and dads to share their experiences navigating loss and recognizing those angel babies by calling their names and honoring them in this space. Join us Saturday, October 15th at 12:30pm EDT on YouTube at "Cocolifedotblack."

If you'd like to share your story via writing or video, contact us at support@cocolife.black.

Boobs & Bubbly

Join us to celebrate Breast Cancer Awareness Month with PWNC Foundation, Cocolife.black, and special guest speaker, Kimberly S. Reed. Register [HERE!](#)

Boobs & Bubbly
A Breast Cancer Networking Event

VERONICAJAY'S Signature Sips | **EATIBLE DELIGHTS CATERING**
Classic Cuisine with a Modern Flair

PWNC Foundation, Inc | **COCOLIFE.BLACK**

DATE: TUESDAY OCTOBER 4, 2022
TIME: 6:30 - 8:30 PM
VENUE: 1635 MARKET STREET
16TH FLOOR
PHILADELPHIA, PA 19103

EARLY BIRD PRICE: \$35.00
DEADLINE FOR EARLY BIRD IS SEPTEMBER 14

GENERAL ADMISSION: \$40.00
REGISTRATION - BIT.LY/PWNCBOOBS

MORE INFORMATION:
INFO@PHILLYWNC.COM

Felicia Shanken
Founder PWNC Foundation

Kimberly S. Reed
Award Winning Author and Speaker, Diversity & Inclusion Expert

Alexia Doumbouya
Founder COCOLIFE.BLACK

Join PWNC Foundation, Inc and Cocolife.Black as we celebrate Breast Cancer Awareness month with networking, signature sips, food, and information.

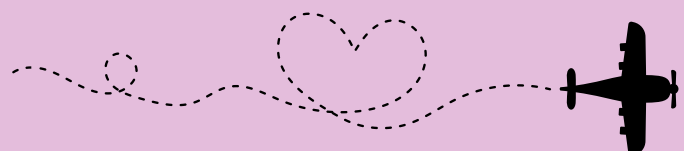
Special Guest Speaker:
Kimberly S. Reed

Veronica Jay's Signature Sips
Food Sponsored by David Sims of Eatable Delights Catering



Embracing the Journey

This month we are beginning a series on Transitioning. It can be difficult to transition in work, residence, or life in general. We are going to discuss it all. Join me, your host, Courtnee, as we delve into the highs and lows of change.



UPCOMING

IN PERSON & VIRTUAL
EVENTS

Register on [Cocolife.black/events](https://cocolife.black/events)

(unless otherwise noted)

OCTOBER

- Regal & Resilient Fundraising Gala register with **Beauty Over Ashes 10/2**
- **Boobs & Bubbly**: A Breast Cancer Networking Event **10/4**
- Register at **Writings on the Wall**, for the Releasing Our Suffocated Words: Holding Space and Taking Space **10/10**
- 3rd Annual International Day of Compassion - Live on YouTube, "**Cocolifedotblack**" **10/15**

NOVEMBER

- Women's Know Your Numbers hosted by and at Enon Tabernacle Baptist Church, **11/12**
- Doula Mixer: Understanding the Benefits of Having a Doula for Perinatal and Postpartum Support - Virtual **11/20**

What are people
saying about
Cocolife.black?

Please click the [link](#) to leave us a
review on Google.

This organization consistently
shows support for
undeserved communities.
-Moussa D.



Calling All MOM *Bassador*

We are looking for you! Doulas, birth workers, moms, dads, teachers, writers, and everyone in between, we want you to join the Mombassador movement. Not a mom? No worries.

Being a "Mombassador" is about serving Black & Brown Moms as they navigate various maternal stages.

Contact us to join or launch a Mombasssador movement in your area. We need your talents in advocacy, creativity, engagement & more!



THANKS & ACKNOWLEDGEMENT

Thank you for the amazing opportunity to collaborate with wonderful partners.



A special thanks to all the teachers who participated in our Teacher Supply Drive. Your service to our youth is greatly appreciated. We also want to thank the participants of the Back2School Basics event.



SUPPORT COCOLIFE.BLACK

501c3



CASHAPP



WEBSITE



PAYPAL

Thank you



LEAVE US
A GOOGLE
REVIEW

CONNECT ON SOCIAL

FACEBOOK: @COCOMOMLIFE
TWITTER: @COCOLIFEBLACK
YOUTUBE: @COCOLIFEDOTBLACK
LINKEDIN: @COCOLIFE.BLACK



INSTAGRAM

COCOLIFE.BLACK

