



UPSTATE
CIRCLE
OF FRIENDS

Upstate Circle Of Friends (UCF) is a not for profit organization located in Greenville, South Carolina. Our mission is a solid commitment to expand opportunities, enhance the quality of life, and the progression of at-risk children and their families through various educational recreational, and social programs.



Uniting Our Community for a Brighter Future

George Singleton-Vice President/COO

Over the past several months, UCF has highlighted various topics through a variety of mediums (social media, website, and the UCF newsletter); topics involving issues such as mental health, food disparities, affordable housing, and the lack of transportation that individuals and families of District 25 are faced with daily.

We are glad to announce that through a collaboration of Unity Health on Main (UHM), Upstate Circle of Friends (UCF), Say Something (JSS), and partners, funded by a Healthy Greenville grant, we are opening a clinic at Upstate Circle of Friends to provide a holistic approach to family-centered health and wellness. These expanding services are targeted at under-resourced communities in District 25. This coordinated system of care with wrap-around supported services will focus on minorities needing medical and mental health care, intensive case management, behavioral health, nutrition, wellness education, and supportive parenting classes in a culturally sensitive environment.

Please watch for the grand opening announcement to meet the team!



"From Personal Struggle to Community Support: How Upstate Circle of Friends is Changing Lives and Promoting Autism Awareness"

Mrs. Deloris Pinson's personal struggle with finding a caregiver for her special needs son inspired her to take action and help other parents facing similar challenges. In just one month, she established Upstate Circle of Friends, a non-profit organization dedicated to providing care and resources for individuals with special needs and their families. By resigning from her position at the Greenville County School District, Mrs. Pinson showed her commitment to making a difference in the lives of those in her community. Upstate Circle of Friends opened its doors in May 2006, and since then, it has helped countless families by providing a safe and nurturing environment for individuals with special needs. Mrs. Pinson's dedication and selflessness serve as an inspiration to us all.

Upstate Circle of Friends, founded by Mrs. Deloris Pinson, plays an important role in promoting Autism Awareness in the community. Autism is a neurodevelopmental disorder that affects communication and social interaction skills. Individuals with Autism often have unique needs and require specialized care and support. Upstate Circle of Friends provides a safe and inclusive environment for individuals with Autism to learn and grow. Additionally, the organization raises awareness about Autism and advocates for the needs of individuals with Autism and their families. By promoting Autism Awareness, Upstate Circle of Friends helps to reduce the stigma associated with the condition and encourages a more accepting and inclusive community.



THE BENEFITS OF GARDENING FOR THOSE ON THE

SPECTRUM

Kim Gibson, Urban Teaching Farm Manager

Gardening is a wonderful activity that can benefit people of all ages and abilities, including those on the autism spectrum. The sensory experience of gardening can be especially beneficial for individuals with autism, who may be hypersensitive to certain sensory stimuli.

Here are some of the ways that gardening can benefit people on the spectrum:

1. Encourages sensory exploration: Gardening provides a hands-on experience that engages all of the senses. From the feel of the soil to the smell of the flowers, gardening encourages individuals on the spectrum to explore and engage with their environment.
2. Provides a calming, therapeutic outlet: Gardening is a low-stress, low-pressure activity that can help reduce anxiety and promote relaxation. For individuals on the spectrum who may struggle with communication or social interaction, gardening can provide a peaceful, solitary outlet for self-expression.
3. Helps develop fine motor skills: Gardening requires a range of fine motor skills, including planting seeds, pruning, and weeding. Practicing these skills can help improve hand-eye coordination and fine motor abilities.
4. Fosters a sense of responsibility: Gardening requires a certain level of commitment and responsibility, as plants must be tended to regularly and cared for over time. This can help individuals on the spectrum develop a sense of responsibility and accomplishment.

Overall, gardening can be a wonderful activity for individuals on the autism spectrum, providing a calming, sensory-rich outlet for self-expression and development.



The Community & Autism

Jameka Murphy

Autism is a complex disorder that can have a profound impact on individuals and their families. While there is no cure for autism, there are many treatments and therapies available that can help individuals with autism lead happy and fulfilling lives. However, these treatments and therapies can be expensive and time-consuming, and families dealing with autism often feel overwhelmed and isolated.

This is where community support comes in.

Communities can provide a sense of connection and support to families dealing with autism, helping them navigate the challenges they face and find the resources they need. By connecting with other families in the same situation, families dealing with autism can share experiences, support each other, and learn from one another. This can be invaluable for families who may feel alone and isolated.



Communities can also provide access to resources that can help families dealing with autism. This can include everything from support groups and therapy services to educational programs and advocacy groups. These resources can be difficult to find on your own, but communities can help connect families with the resources they need to thrive.

In addition to providing resources and support, communities can also advocate for families dealing with autism. By raising awareness about autism and pushing for policies that support the needs of individuals with autism and their families, communities can help reduce the stigma associated with the disorder and promote inclusion and understanding. Overall, community support is essential for families dealing with autism. By providing a sense of connection, access to resources, and advocacy, communities can help these families navigate the challenges they face and thrive. If you or someone you know is dealing with autism, consider reaching out to your community for support. Together, we can help individuals with autism and their families lead happy and fulfilling lives.



WHAT WE PROVIDE:

- **A Weekend Backpack Program for children in dire need of nutritious food. They will receive non perishable food items to cover the weekend.**
- **Pay past due balances on children's school meal accounts so they can receive hot meals**
- **Ensure an annual toy drive for needy children**

HOW CAN YOU HELP

DONATE:

- **INDIVIDUAL PACKETS OF OATMEAL**
- **PEANUT BUTTER & JAM**
- **FRUIT CUPS IN 100% FRUIT JUICE**
- **SMALL POP TOP VEGETABLES, LOW SODIUM SOUP/STEW**
- **CEREAL AND SHELF MILK**
- **SMALL BAGS OF POPCORN**
- **FRESH ORANGES & BANANAS**
- **BREAKFAST/ GRANOLA BARS**
- **INDIVIDUAL PACKETS OF MAC & CHEESE**
- **APPLESAUCE**
- **INDIVIDUAL BAGS OF GRITS**
- **2 GALLON ZIP LOCK BAGS**

\$BITSPROGRAM

FOR MORE INFO
864-652-1879





From January 1963 to today's focus on expanding home ownership, revitalizing the Augusta Road Corridor at I-85, and creating Greenville County's first Urban Development District, the present and future are bright for District 25.

You are invited to join us as we celebrate the 60th year of District 25's contribution to Greenville County. In doing so, we are planning three amazing events that will highlight the rich history of District 25, while creating awareness for businesses and organizations focused to improve the quality of life in our communities. These events allow for targeted resources in areas of education, financial literacy, health and human services with wellness activities in a festive and energetic environment. Ending the year-long celebration with a formal gala culminating historical milestones and honoring community leaders: past, present, and future.



We Welcome Drive Smart Academy



Jacinda Smith
Founder & CEO

SUMMER CAFÉ BREAK

Upstate Circle of Friends is a sponsor for the Summer Break Café under the State Department of Education Food Program. We are accepting new locations to serve summer meals. We can feed Summer Camps, Summer Reading Programs, and Vacation Bible Schools.

We offer hot or cold meals.

2 of the following meals are offered.
Breakfast, Lunch, Snack and Supper.

IF YOU ARE INTERESTED CALL:
Deloris Pinson-864-201-8591





Weekly Events

LINE DANCING

Monday & Thursday 6-8:30PM

THE GATHERING: SEASONED ADULTS WITH FLAVOR

Tuesday & Thursday 10am-2pm

URBAN TEACHING FARM MARKET

Farmer's Market Every Thursday
Coming Soon

UCFGREENVILLE.ORG



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