



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.



Breaking the Stigma: The Importance of Mental Health Awareness and Support in Our Community

A Message From President Deloris Pinson & George Singleton-Vice President/COO

May is Mental Health Month. As an organization that tries to be as impactful as possible in providing resources to individuals and families of the Upstate, it is necessary to provide programs and services that positively affect our community. This is demonstrated by our collaboration with mental health providers to provide services in our UCF Medical Center beginning in August 2023.

Leading into June, where the message will focus on Men's Mental Health, we have partnered with various organizations to be impactful in this broad national effort to change the narrative regarding Mental Health. There are many forms of Mental Health needs, and it is up to those of us in a position to help to continue to become more educated and be an outlet for those searching for help. Upstate Circle of Friends will continue to do our part during this mental health crisis.

If you or someone you know is struggling with mental health issues, please contact your trusted provider, check out NAMI, the National Alliance on Mental Illness, or call the National Suicide Prevention Lifeline (1-800-273-8255).



How Gardening Can Improve Your Mental Health

Kim Gibson, Urban Teaching Farm Manager

Gardening is not just a hobby, it is also a therapeutic activity that can have a

positive impact on your mental health. Here are some ways gardening can improve your mental well-being:

Reduces Stress and Anxiety

Gardening can help you reduce stress and anxiety levels. Being surrounded by nature and greenery can help you feel more relaxed and calm. The physical activity of gardening can also help release endorphins, which can improve your mood and reduce stress levels.

Boosts Self-Esteem and Confidence

Gardening can help boost your self-esteem and confidence. Seeing your plants grow and thrive can give you a sense of accomplishment and pride. It can also help you feel more connected to nature and the world around you.

Provides a Sense of Purpose

Gardening can provide a sense of purpose and meaning. Taking care of plants and watching them grow can give you a sense of responsibility and a reason to get up in the morning. It can also be a great way to connect with others who share your love of gardening.

Improves Cognitive Function

Gardening can improve cognitive function and memory. It requires planning, problem-solving, and decision-making skills, which can help keep your mind sharp. It can also be a great way to learn new things and expand your knowledge of plants and gardening techniques.

Encourages Mindfulness

Gardening can encourage mindfulness and being present in the moment. It requires you to focus on the task at hand and pay attention to your surroundings. This can help you feel more grounded and connected to the present moment.

In conclusion, gardening is a great way to improve your mental health and well-being. It can help reduce stress and anxiety levels, boost self-esteem and confidence, provide a sense of purpose, improve cognitive function, and encourage mindfulness. So, if you haven't already, give gardening a try and see how it can positively impact your mental health.



Mental Health Community Summit 2023

" Look Around ,Look Within"

Toya Y. Moore

During Mental Health Awareness Month, Upstate Circle of Friends hosted a Resource Fair and panel discussion spotlighting resources around social and emotional wellbeing. There was a unique panel discussion with local mental health professionals in the community. The panel was facilitated by

the Eta Sigma Sigma RHOer Club. The idea behind having the youth facilitate the discussion is so that we can teenagers, friends, family members together to have a dialogue about this topic. The theme this year for Mental Health Awareness is "Look Around, Look Within". All the questions and talking points all came from the middle and high school students of the Eta Sigma Sigma RHOer Club and made for very impactful dialogue between the audience and panel.

The panel treated the youth facilitators with respect and positive regard, and the



conversation was very meaningful around the topic. Parents and students in the audience were engaged, and several participants were able to identify local resources and information to help them when it comes to Mental Health.



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



Upcoming Summer Programs At UCF

ISHAPE ME PREP SCHOOL



iShape me
PREP SCHOOL

A four-part series for rising sophomores, juniors and seniors in high school to guide girls from

DREAMS → **ACTION PLANS**

- Choosing a path
- Organizing college applications
- Requesting letters of recommendation
- Finding and applying for scholarships
- Learning what to expect in college

MEAL PROVIDED

SUGGESTED DONATION
\$20

- GUEST SPEAKERS
- PORTAL ACCESS



Register online at
www.iShapeMe.org/PrepSchool



iShape me
PREP SCHOOL



UPSTATE
CIRCLE
OF FRIENDS

Upstate Circle of Friends

29 Ridgeway Drive | Greenville, SC 29605

Wednesday, June 14th

Wednesday, June 28th

Wednesday, July 12th

Wednesday, July 26th

12 - 2 PM

StringFusion Summer Camp with Christina Brown

Unleash your musical talents this summer at our string summer camp! Designed specifically for 6th-8th graders who play the violin, viola, or cello, our camp offers an immersive experience that will take your skills to the next level. With expert instructors, a warm energetic environment, and a dynamic curriculum that covers everything from technique to performance, you'll learn, grow, and have fun alongside other talented musicians. Our string summer camp is the perfect place to develop your craft and make memories that will last a lifetime.

REGISTER HERE



Admission
\$100
/camper



About This Camp

Unleash your musical talents this summer at our string summer camp! Designed specifically for 6th-8th graders who play the violin, viola, or cello, our camp offers an immersive experience that will take your skills to the next level. With expert instructors, a warm energetic environment, and a dynamic curriculum that covers everything from technique to performance, you'll learn, grow, and have fun alongside other talented musicians. Our string summer camp is the perfect place to develop your craft and make memories that will last a lifetime.

- Breakout Sessions
- Relaxation Sessions
- Life Skills Sessions

Camp Location
Upstate Circle of Friends
29 Ridgeway Dr.
Greenville, SC 29605



Christina Brown, 21, has played the violin for a decade. She studied under Katie Martin and Joanna Mulfinger before attending the Fine Arts Center and South Carolina Governor's School for the Arts and Humanities. She has performed at the Peace Center and is a member of the Greenville County Young Artists Orchestra. Christina is an only child and has unwavering support from her parents, Phillip and Barbara Brown. She is studying Music Education at the University of South Carolina, where she plays in the USC Symphony Orchestra and teaches violin through USC's String Project. Christina dreams of becoming a music teacher and performer to "spark" musical passion in others.

Camp Dates July 24-28

Drop Off 9:45am
Pick Up 4:00pm

Performance Day Friday July 28th

Lunch & Snacks Provided

Register here

StringFusionCamp.com

More Information info@stringfusioncamp.com





TEEN DRIVING COURSE

**Teen Driver's Ed course is
Sat. June 3rd.**

- 8 hours of classroom training.
- 6 hours of behind the wheel training.
- Lunch Provided.
- Discount for insurance upon completion.
- A deposit of \$175.00 is required to register for the class.
- Remaining balance due at/or before the first behind the wheel training session.



SIGN UP TODAY

**Registration deadline is
Wed. May 31st**

For More Info Email:
thedrivesmartacademy@gmail.com

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



Upstate Circle of Friends | 29 Ridgeway Dr, Greenville, SC 29605

[Unsubscribe_roseanne@ucfgreenville.org](mailto:unsubscribe_roseanne@ucfgreenville.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by roseanne@ucfgreenville.org powered by



