



NEWSLETTER



Special Points of Interest

- Learn about our monthly Family Enrichment Seminars/Workshops
- Introducing our new donation platform
- We've updated our website
- Our food pantry
- Volunteer Opportunities

Upcoming Family Enrichment Seminar/Workshop

You're invited to join us on the first Saturday of every month as we provide practical resources for families in our community. Our next event will be held on April 5th, and we're excited to announce that a professional chef will be demonstrating how to cook a Fusion Mild Szechuan Hot Pot. Scan the QR code below to register. All attendees will receive a free t-shirt.



Healthy Cooking Workshop

Saturday

April 5, 2025 10:00am - 12:00pm



FREE

REGISTER TODAY




Join us for a one of a kind cooking class and workshop with

Chef Jessica Cakswell

Owner, The Food Academy LLC

All necessary ingredients and equipment will be provided.

SPONSORED BY:





LOCATION

1174 Heyward Brockington Rd
Columbia SC 29203

www.nmcosc.org

Healthy Blue is offered by BlueChoice HealthPlan, an independent licensee of the Blue Cross Blue Shield Association.

Contact Us:

Phone: 833-803-6622
 Address: 1174 Heyward Brockington Rd
 Columbia SC 29203
 Web: www.nmcosc.org

The Food Pantry

Hours:
Thursday & Saturday
10:00am - 2:00pm



Our food pantry continues to serve our community with upwards of 30 visitors a week stopping by for food and resources to help meet the needs of every day life. We partner with local organizations and grocers to provide fresh fruits and vegetables, can goods, cereal, bread, and toiletries. We thank God for our partnerships and the families we serve. We look forward to continuing to serve our community and encourage all those in need to stop by and let us help fulfill your needs.



Join us for Upcoming Seminars/Workshops:
April - Healthy Cooking
May - Financial Wellness
Scan the QR Code to Register Now!



Highlights from our past Family Enrichment Seminars/Workshops



Our February Family Enrichment Seminar was conducted by RanaPeri Davis, Burnout Coach and Life Certified Caregiver. It focused on Caregiving and how to prevent BURNOUT. Attendees were provided with strategies to prevent burnout while caring for others. Thanks to RanaPeri Davis and attendees.



Our March Family Enrichment Seminar was conducted by Sheresa Melvin, LPC. It's focus was Mental Health: Reduce Your Stress - Let It go! Attendees were provided with lists of things to let go of and practical ways of letting of them go. We're thankful for Mrs. Melvin and all those who attended.



Help Support Our Efforts!

We encourage you to check out our new donation platform. You can support us with a one-time donation or with your recurring donations! No amount is too small or too great to support our ongoing efforts to provide practical resources to our community. Please scan the QR code below and make your tax-deductible contribution today. We thank you in advance for your partnership!



Opportunities for Volunteering:
We are seeking passionate individuals to assist in planting and nurturing our garden. Contact us if you're interested in joining!

Be On the Look-Out
Exciting news: we've got MERCH!
Check out our online store, now live.
Don't miss our first Community Cookout on April 12, 2025!