

COME JOIN US AS WE GREET APPROXIMATELY 600-800 YOUTH PER WEEK AT OUR YOUTH AFTER SCHOOL OUTREACH AND SPEAK WITH THEM IN AN EFFORT TO DECREASE VIOLENCE AND RAISE AWARENESS OF GREAT OPPORTUNITIES. **VOLUNTEERS AND DONATIONS WELCOMED!**

For more information, visit us at:
www.letyourvoicebeheardinc.com

Meeting Time and Locations:

Wednesday's - 2:30 pm - Robinswood Middle School - Balboa rd. Track of Robinswood, nearest to bus loop (area will be set up with tent)

Thursday's - 2:00pm - Jones High School - Intersection of Rio Grande Ave. & Gore St. (area will be set up with tent)

Friday's - 2:00pm - Evans High School - Arc Christian Center (church located next door to Evans High School 5005 Silver Star Road Orlando, FL/ area will be set up with tent)



IMPOWER
Inspiring Life's Potential.

"a leading non-profit mental health and child well-being organization"

**5768 S. Semoran Blvd.
Orlando, FL 32822.**

Contact Ashley Rogers at 407-335-9037

Your Family Partner

IMPOWER (WrapAround Orange Collaborative Services)

Email at: arogers@impowerfl.org
or visit us at www.impowerfl.org

Saving Our Daughters Corp



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Community Service**

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SAVINGOURDAUGHTERS407@GMAIL.COM



Goodwill's Job Connection Centers provide a positive, supportive environment where anyone can access resources and learn skills to conduct a job search. Some of the many services we have to offer are:

- On Site Employer Recruiting Events
- Job Boards with local job openings
- Computer skills classes
- Access to phone, copiers and fax machines
- Dedicated team members to assist you along the way

Orange County Locations

3911 E. Colonial Dr
Orlando, FL 32803
(407) 872-0770

1312 E. Semoran Blvd.
Apopka, FL 32703
(407) 720-3300

3200 W. Colonial Dr
Orlando, FL 32808
(407) 745-5550

7531 S. Orange Blossom Tr.
Orlando, FL 32809
407-859-4750

HOURS
Mon, Wed, Fri
9AM-5PM

Tue & Thu
9AM-6PM



Elemental Earth Warriors Introducing Omegas

It matters not what religion you subscribe to; the fact remains ashes to ashes dust to dust pertains to us all. We are all earth warriors, I mean to say you and I are walking, talking, breathing clay molded by a master designer so eat like it Damn It!

Omegas in the house! What are they good for? Well omegas 3, 6, and 9 have three areas they affect the brain, the heart, and fighting inflammation.

Inflammation causes many diseases like high blood pressure and diabetes and pinched nerves just to name a few. EPA fights inflammation, DHA is the fat that makes your brain (literally), ALA is used for energy.

Where do you get them you ask? Flaxseed, vegetable oils, English walnuts, hemp: (oil, milk or seeds "raw") to name a few. Omega 3 helps immune systems, brain development even invitro (unborn babies), lowers LDL (cholesterol). Omega 6 and 9 helps with memory and weight loss and provide an abundant amount of energy. Omegas can improve memory speed as well as accuracy even in senior citizens.

The point I am making is that since you are earth incarnate you need to replenish your elemental storage through plant based nutrition for optimum health.

Genesis 1:29

And Elohim said, Behold I have given you every herb bearing seed, that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you.

Written on by Malcolm L Dyer
on Instagram as @charming_vegan_rebel

Top Ten Food for Thought

By *Malcolm L Dyer* aka @charming_vegan_rebel

1. **Honey is bad!** Why you ask? Honey is a bee's food for now and later. In the spring and summer pollen is everywhere but in the fall and winter there is far less pollen so bees can't make honey. The solution bees make extra during spring and summer so every time you eat honey you are eating their winter food. They can't go buy a coat and go to work during freezing weather. Alternatives: maple syrup, agave.
2. **Plants feel pain!?** Umm really! Your clothes are made from cotton, that's a plant. Your house is wood, that's a plant. Rubber soles for your shoes, rubber comes from the rubber plant. Your sheets and towels are all made from PLANTS!. You feed plants to animals then eat the animals and serve the animal with more plants like a side salad. Beer and wine are made from plants. Enough already! you know they don't feel pain!
3. **Pork in your toilet tissue??** Yes, animal by-products are used as a binding agent to hold pulp together. The whiter the tissue the more harmful chemicals some even cause cancer. Many people know that the cartilage from animals makes a great glue so is it that shocking that it's in your napkins and toilet tissue and facial wipes and even baby wipes?!!
4. **But protein Bro!** Okay stop right there. Protein comes from one source only and that is amino acids. Amino acids are made by plants only, you see amino acids build a chain and at the end, they chain double over creating protein. Per serving beans, oats, hemp all have way more protein than beef. Sorry body builders but vegans are actually stronger!! Shocking.
5. **Soy has estrogen!** Yes. it does but so does your whey protein shake. You see people milk comes from a lactating animal whom is producing copious amounts of estrogen. The estrogen in soy does contain Phyto-estrogen which actually regulates your hormones to keep them in balance.
6. **Calcium is in milk.** Yes. It's true but there are two types of calcium like there is two types of fiber soluble and non-soluble. You see spinach contains absorbable calcium and dairy does not. The top three countries that consume dairy have the highest incident of broken hips and osteoporosis.
7. **But I have canines like a carnivore ROAR!** True you do have canines; however, lions do not salivate only herbivores produce saliva. Plus, lions do not masticate (chew) they swallow their meat whole for they do not possess molars like you do.
8. **Eating nothing but plants is not good for you.** The top ten causes of death in America list 4 things related to food, and guess what carrots isn't on the Damn list. Heart and lung disease plus cancer are top 3 killers of Americans and meat causes cancer (especially smoked meat like pepperoni) and heart disease. Wake up people.
9. **Hey, my ancestors ate meat.** Well they did and died at the age of 40 so what's your friggin point!
10. **Well, if meat is so bad why can I digest it??** Technically you digest sperm, so once again what's your point? Ripley's believe it or not has a woman who eats hair, a man who eats light bulbs, and a man who ate a friggin car!

Health
in **Her** **ritance**

www.TheKGTimes.com 1.833.KG.TIMES NEIGHBORHOOD CENTER LOCATIONS NEAR YOU

• Anchor Program 3200 W. Colonial Dr. Orlando, FL 32808 (407) -521-2566 Ext. 227 • Chad Czarney "Salvation Army" West Rehab Center. 3955 W. Colonial Dr. Orlando, FL 32808 (407)- 295-9311 Ext. 58275 • Coalition for the Homeless 639 W. Central BLVD Orlando, FL 32801 (407) - 426 - 1250 • Covenant House Florida 5931 E. Colonial Dr. Orlando, FL 32807 407) 482 -0404 • Lakeside Residential 4099 Thistledown Dr. Orlando, FL 32804 (407) - 291 - 6335 • Mental Health Association of Central FL (407) – 898 -0110	• Orlando Union Rescue Mission 410 W. Central Blvd Orlando, FL, 32801 (407) – 423 – 8581 • Rescue Outreach Mission 1701 W. 13th St Orlando, FL 32771 (407) – 321 -8224 • Safe Haven 4049 S. O. B. T. Orlando, FL 32839 (407) – 447 -3060 Ext. 117 • Salvation Army Shelter (Men) 624 Lexington Avenue Orlando, FL 32804 (407) – 423 – 8581 • Salvation Army Shelter (Women) 400 W. Colonial Dr. Orlando, FL 32804 (407) -423 -8581 • Summertime Retirement LVG 909 N. Wymore Road Winter Park, FL 32789 (407) – 645 -5515	• Tangelo Park 5115 Anzio Street Orlando, Florida 32819 (407) – 226 -1714 (Co- located at Tangelo Park Elementary School). • West Orange 303 W. Crown Point Road Winter Garden, Florida 34787 (407) - 245 -1930 • Wayne Densch 100 -102 Kingston Court Orlando, FL 32810 (407) – 599 -3900 • Woman's Residential & Counseling 107 E. Hillcrest St. Orlando, FL 32801 407 – 425 -2502 Fax: 407 – 425 -1911 • Open Homes Fellowship, Inc. 1831 Central Park Ave, Orlando, FL 32807 (407) – 382 -7962 or (407) 392 -2262
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IMPORTANT NUMBERS

Orange Co. Health Dept.: (407) 836 – 2600
Christian Service Center: (407) 425 – 2523
Blueprint Employment Program: (407) 246 – 4490
FL Domestic Violence: (800) 500 -1119
Emergency: 911
FL Abuse Hotline: (800) 962 -2873
Health Care Center for the Homeless: (407) 428 – 5751
HOPE Team: (407) 428 – 5751 Ext. 320
Homeless Service Network: (407) 893 – 0133
Legal Aid Society: (407) 841-8310
Mustard Seed (Furniture): (407) 875 – 2052
Orange Country Social Service: (407) 836 – 6500
JMJ Pregnancy Center: (407) 839 – 0620
Community Food & Outreach Center: (407) 650 - 0774
Social Security: (800) 772 -1213
Access Florida – Food Stamps: (866) 762 – 2237
Catholic Charities (immigration services): (407) 658- 0110
Samaritan Resource Center: (407) 482 - 0600

GOODWILL Industries & Orange County's Neighborhood Centers for Families

Employment & Job Readiness Services

- *Improve your employability skills
- *Develop an effective resume
- *Target potential employers
- *Learn interview techniques and strategies
- *Explore career paths & training opportunity
- *Learn to sell yourself & land the perfect job
- *Free "one-on-one" assistance with an Employment Specialist until you find a job

Referral Services

- *Food Assistance
- *Childcare
- *Counseling providers
- *After School Care
- *Housing Assistance
- *Health Services
- *Computer Training
- *Adult Education
- *English for Speakers of Other Languages (ESOL)

All NCF services provided at no cost to Orange County residents 18 years of age or older

Winter Park
901 West Webster Avenue
Winter Park, Florida 32789
(407) -622 -2911
(Co – located at Winter Park Tech).
Oak Ridge
150 Amidon Lane
Orlando, Florida 32809
(407) -850 -5109
(Co – located at Walker Middle School)
Pine Hills
2000 Beecher Street
Orlando, Florida 32808
(407) -294 -3519
(Co – located at Molly Ray Elementary School)

Eatonville
323 East Kennedy Blvd.
Suite D
Eatonville, Florida 32751
(407) – 629 -5655
Union Park
9839 East Colonial Drive
Orlando, Florida 32817
(407) – 207 -1684
Engelwood
6000 Stone Jackson Road
Orlando, Florida 32807
(407) – 736 -1040
Ivey Lane
5151 –c Raleigh Street
Orlando, Florida 32811
(407) – 254 -9491

Taft
9500 South Orange Avenue
Orlando, Florida 32824
(407) -254 -1960
(Co – located near Orange County Head Start).
Apopka – Zellwood
6565 Willow Street
Zellwood, Florida 32798
(407) -254 – 9430
Bithlo –Christmas
18510 Madison Avenue
Orlando, Florida 32820
(407) -254 -9400



Covenant House Florida
5931 E. Colonial Drive
Orlando, FL 32801
Phone: (407) 482-0404
Fax: (407) 482-0657
Toll-Free: (800) 441-4478

IF YOU ARE UNDER AGE 21 AND NEED A SHELTER BED PLEASE CALL 407-482-0404 IN ORLANDO.



SHELTER (MEN)

- **COALITION FOR THE HOMELESS**
(407) 377 – 9773
639 W. Central Blvd, Orlando, FL 32801
Monday – Friday: 9:00 a.m. – 5:00p.m. (for intake only)
- **ORLANDO UNION RESCUE MISSION**
(Bring picture ID)
(407) 423 - 3596
410 W. Central Blvd. Orlando, FL 32801
Every day from: 3:00 – 6:00 p.m.
• **SALVATION ARMY**
(407) 423 -8581
400 W. Colonial Dr. Orlando, FL 32804
Monday – Friday: 4:30 – 8:00 p.m.
Weekends: 4:00 – 8:00 p.m.
SHELTER (WOMEN AND CHILDREN)
- **COALITION – CENTER FOR WOMEN / CHILDREN**
(Call from 9:00 – a.m. to 12:00 p.m. (noon) for intake
(407) 426 -1250
639 W. Central Blvd. Orlando, FL 32801
Sunday, Monday, Tuesday, and Thursday from 9:00 a.m. to 12:00 p.m. (Noon)
- **COVENANT HOUSE** (Youth / 18 -20 years old)
Toll Free: (800) 441- 4478
5931 E. Colonial Dr. Orlando, FL 32807
Open 24 hrs
- **SALVATION ARMY WOMEN / CHILDREN**
(407) 423 -8581
400 W. Colonial Dr. Orlando, FL 32804
Every day from: 4:30 – 8:00p.m.
- **WOMEN'S RESIDENTIAL & COUNSELING CENTER (WRCC)**
(407) 425 -2502
107 Hillcrest St. Orlando, FL 32801
Open 24 hrs.
- **ORLANDO UNION RESCUE MISSION**
(407) 423 -2131

WOMEN'S RESIDENTIAL & COUNSELING CENTER (WRCC)

- (407) 425 -2502
107 Hillcrest St. Orlando, FL 32801
Open 24 hrs.
- **ORLANDO UNION RESCUE MISSION**
(407) 423 -2131
1525 W. Washington St. Orlando, FL 32805
Every day from 9:00 – 4:00p.m.

LODGING AND COUNSELING

- **BETA Center:** (407) 277 – 1942
- **Center for Drug Free Living:**
(407) 245 – 0012
- **Central Care Mission (men):**
(407) 299 -6146
- **Compassion Corner:** (407) 488 -1955
- **Harbor House (domestic violence):**
(407) 886 - 2856
- **Family Promise of Greater Orlando:**
(407) 893 – 4580
- **Lakeside Behavioral:** (407) 875 -3700
- **Maxwell Garden:** (407) 447 - 1211
- **Maxwell Terrace:** (407) 521 - 6335
- **Open Homes Fellowship (men)** (407) 382-7962
 - **Shepherd's House:** (407) 674 -7386
 - **Teen Challenge:** (407) 330 -9600
 - **VA Medical Center**
(407) 629 – 1599 Ext. 6607
- **VA Homeless Vet Program:** (407) 234 -2272
or (407)429-8628
- **Wayne Densch Center:** (407) 599 – 3900
- **Pathways Drop in Center:** (407) 843 -5530

CHRISTIAN SERVICE CENTER (DAILY BREAD)

(407) 425 – 2523
808 W. Central Blvd, Orlando, FL 32805
Monday – Friday
12:00 (noon) – 1:00 p.m.
COALITION FOR THE HOMELESS
(407) 426 - 1250
639 W. Central Blvd, Orlando, FL 32801
Everyday – Dinner for the community 7:20 p.m.
FIRST PRESBYTERIAN CHURCH OF ORLANDO
(407) 423 -3441
106 E. Church St. Orlando, Fl 32801
Sunday
6:30 – 8:00 a.m.
ORLANDO UNION RESCUE MISSION
(407) 423 – 3596
410 W. Central Blvd. Orlando, FL 32801
Saturday
10:00 – 11:30 a.m. (or until it's finished)

SALVATION ARMY (FOOD PANTRY)

(Bring picture ID or Social Security Card and 1 proof of residency)
(407) 423 – 8581
400 W. Colonial Drive, Orlando, FL 32804
Monday - Friday
9:00 a.m. – 4:00 p.m.
ST. GEORGE ORTHODOX CHURCH
(407) 451 -0242 ask for Rachel
(Parking lot) 24 N. Rosalind Avenue, Orlando, FL 32801 (at Wall Street)
Monday: 6:00 – 8:00 p.m.
Tuesday: 6:30 – 8:30 p.m.
Wednesday: 1and 3 of each month from: 6:30 – 7:30 p.m.
Thursday: 5:00 -6:30 p.m. and 5:30 -7:30 p.m. Alternate
Friday: 5:00 – 6:30 p.m.
Saturday: 8:00 -10:00 a.m. 8:00 – 10:00 a.m. (1st, 3rd, & 5th of each month)
1:00 a.m. -1:00 p.m. (2nd and 4th of each month)
5:00 – 7:00 p.m. (1st & 3rd Saturday) and Sunday: 5:00 – 6:30 p.m.
FIRST HAITIAN BAPTIST CHURCH OF ORLANDO
(407)-578 -6988 - Call for further Information and Instruction
4701 Lenox Blvd, Orlando, FL 32811

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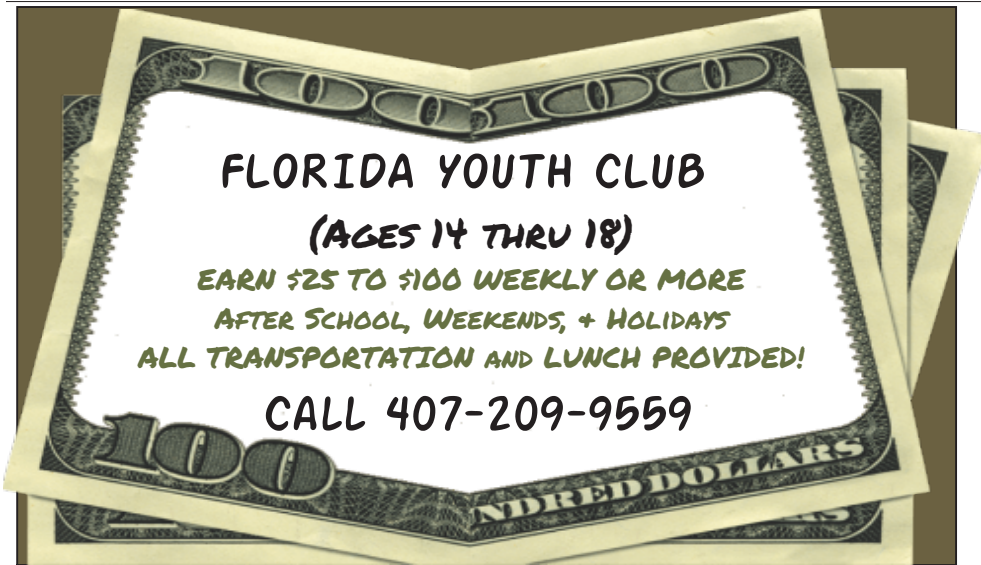
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(407) 841-2351
Daytona
(386)693-6715
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(407)953-6556



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2-1-1
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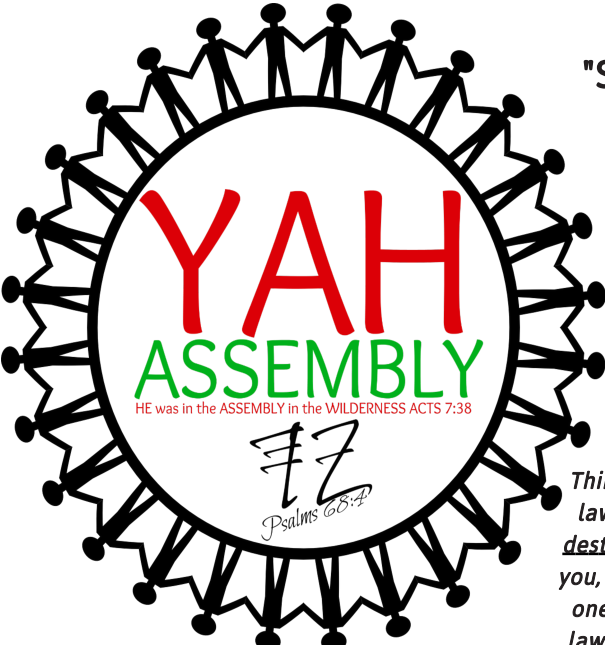
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For more information, contact Lynn Nicholson
at lynn.nicholson@cityoforlando.net.

 655 West Church Street
Orlando, Florida 32805

Market will be located
on the east side of the
Orlando City Stadium

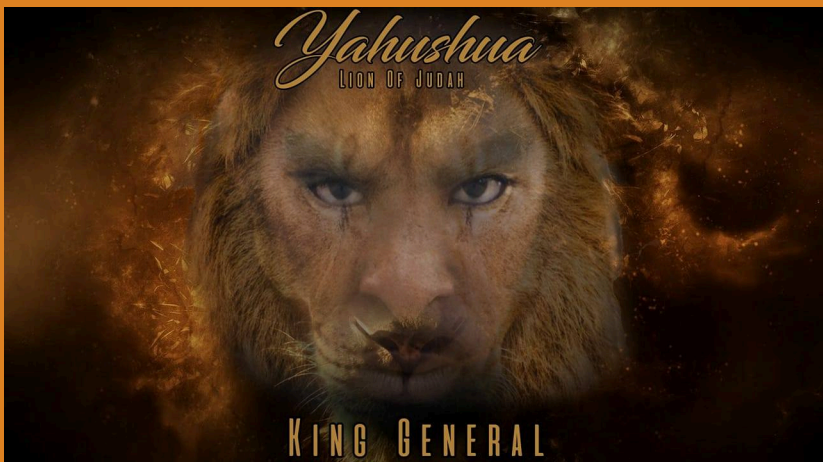




YAH ASSEMBLY
"SABBATH GATHERING"
Every Saturday
Time: 12pm
Location:
Orla Vista Park
1 N. Powers Dr.
Orlando, FL. 32835
(Canopy behind Office Building)
407-860-1946

Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.-Matthew 5:17-18

HE was in the ASSEMBLY in the WILDERNESS ACTS 7:38
Psalm 68:4



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