

Covid-19 and online events

Poetry for Personal Power <poetryforpersonalpower@gmail.com>

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To: Rita Cronise <rmc277@shp.rutgers.edu>



*Covid-19 resources and online events*

## **Stuck in the house and I'm in the house bored!**



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### **We know times are hard but we are here for you!**

Have you checked out the link on our website with resources on how to help you cope with covid-19? Well as always we are here to help! check out the link below.

<https://www.poetryforpersonalpower.org/covid-19-resources>

This list is for artist and advocates in Missouri, Kansas, and Colorado. If you know of anymore resources please feel free to contact us at [info@poetryforpersonalpower.org](mailto:info@poetryforpersonalpower.org)



## So what to do while you are in the house bored?!

There are plenty of online events that you can participate in while you are on quarantine. Here are a list of reoccurring and upcoming events.

785 Magazine presents virtual house concerts

<https://www.facebook.com/events/1526147600880180/>

Singer Ashley Gates will be singing live this Saturday.

<https://www.facebook.com/events/530044141037707/>

Saturday Morning Therapeutic and Restorative Yoga- Online Class Presented by The light of Truth and Unity Southeast

<https://www.facebook.com/events/486625448625188/>

Arsyn Spit fire open mic has an online open mic EVERY Tuesday <https://www.facebook.com/events/362562281080366/>

Sponsored artist Jen Harris holds a writing workshop weekly  
<https://www.facebook.com/events/802087000255566/>

Our own interim CEO Sheri Hall will be one of the featured artist for the National Poetry Month festivities at the InterUrban Arthouse.  
<https://www.facebook.com/events/252962182416138/>

If you have an event you would like us to send out please email [rwagner@poetryforpersonalpower.org](mailto:rwagner@poetryforpersonalpower.org)



“I can be changed by what happens to me. But I refuse to be reduced by it.” — Maya Angelou

During these times please stay positive and remember we are here if you need us. Feel free to email us at any time.  
[info@poetryforpersonalpower.org](mailto:info@poetryforpersonalpower.org)

Find Out More

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Poetry for Personal Power  
1854 Minnesota Ave  
Suite 5  
Kansas City, Kansas 66102

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