

House News

Empowering Female Leaders of Tomorrow

Fall 2020

Issue 1

Bernadette's House Goes Virtual With House Talk for Teens



On September 8th, Founder and CEO of Bernadette's House (BH) Carol Nash and Co-host Monet Nicole broadcast the first episode of House Talk. This new format of communication allows BH to reach out to teens while we are under mandated social distancing restrictions. Each

episode features a central message along with prayer and helpful tips for teens and parents.

The first session focused on the history of BH and Carol's path to establishing the non-profit organization providing after school care and tutoring for girls in the local community. Her customary greeting to girls of, "hello beautiful, how was your day today?" epitomizes her caring and nurturing nature which she is now providing online.



Carol and Monet delivering their House Talk for Teens message via WBGR Networks cable station.

The second session focused on back to school topics related to the pandemic such as considerations for and against traditional classroom learning. Points to consider include concerns for immune compromised students, having personal protective equipment (PPE), and



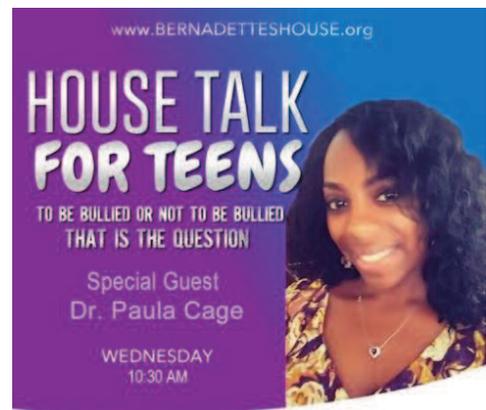
UPCOMING EVENTS

First Day of School
August 31
Labor Day
September 7
Rosh Hashanah
September 19-20
Yom Kippur
September 28
Halloween
October 31
Election Day
November 3
Thanksgiving Break
November 25-27

maintaining social distancing. They also provided excellent tips to help organize your student as they embark on their new virtual school year. Carol and Monet encouraged open communication between parents and their children regarding their concerns about the pandemic and virtual learning.

The next session will cover the controversial but ever important topic of bullying.

As with all challenges in life, including the pandemic, one of Carol's favorite sayings is "if God brings you to it, he will bring you through it."



Master Class Featuring Delectable Dishes

Join Bernadette's House for our next
VIRTUAL COOKING MASTER CLASS FUNDRAISER!
Caribbean Jerk Chicken & Music!



Learn to create a favorite Caribbean dish while enjoying
 upbeat music with the Jamaican duo **Carol and Patrick!**

You will learn how to make the popular
 "Authentic Caribbean Jerk Chicken"

Thank You to Those Who Attended

<https://www.eventbrite.com/e/caribbean-jerk-chicken-cooking-music-tickets-118978288263>

About the event: Can't make it to your desired Caribbean destination for vacation? Let us bring some of that island flavor to you! Jamaica is known for its friendly people, rich heritage, scrumptious food and infectious music. This webinar will bring it all to you at home. Allow us to take you on a culinary musical escapade. We truly hope to give you an amazing hour of fun, food and frolic. ~Chef Patrick and Carol~



Proceeds benefit Bernadette's House



On Saturday, September 19th, Bernadette's House offered a special Master Class on preparing and cooking Caribbean Jerk Chicken. Interested in more classes like this to learn how to prepare tasty dishes? Let us know!

Virtual French Pastry and Homemade Ice Cream Class



When
 Wednesday
 December 2nd
 7pm- 8:30pm



Virtual Pasta and Sauce Making Class



When
 Saturday, November 7th
 1pm- 2:30pm



Virtual Silent Auction



**VIRTUAL
SILENT
AUCTION**

**OCT
16-18
2020**

Bidding begins
Oct. 16 12:00 pm

Bidding ends at
Oct. 18 11:59 pm

Questions?
571-299-8638

- Home, Hobby, Sports, and Children's Baskets
- Valuable Gift Cards and More!

<https://www.biddingowl.com/BernadettesHouse>

All proceeds benefit



bernadette's house
empowering female leaders of tomorrow

www.bernadetteshouse.org

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Bernadette's House is happy to announce that we have attained the Guidestar Platinum Seal of Transparency. This seal is presented to non-profit organizations for demonstrating progress towards achieving the goals of the organization's mission.



"BEAUTY ISN'T ABOUT HAVING A PRETTY FACE. IT'S ABOUT HAVING A PRETTY MIND, A PRETTY HEART, AND A PRETTY SOUL."





A few friendly reminders:

- Visit our BH website
- Follow our BH Facebook page
- Follow us on Instagram
- Be sure to check in for our weekly Teen Talk sessions



A note of appreciation to all of our anonymous donations through facebook.

Doing the best at this moment puts you in the best place for the next moment.

- Oprah Winfrey



We have work to do!

By making a tax-deductible donation now, you can help us to continue our most critical programs in the upcoming year. Please visit our website www.bernadetteshouse.org, and click the "Donate Now" button.

The mental health issues related to our lockdown and the pandemic are especially hard for people with depression. NAMI, The National Alliance on Mental Health, has a 24 hour helpline: 800-950-6264.

Please could any two of my Facebook friends just copy and repost to share the helpline far and wide?

Just two. Any two. Say done.