



" And let us consider one another in order to stir up love and good works..."

-Hebrews 10:24

Bridging the gap between neighborhoods, neighbors and community partners. The Zone will circulate important information and happenings that are beneficial and essential to you.



Happy



MOTHER'S DAY



to All Mom's

As May arrives, let's be intentional about nurturing our mental well-being right here in West Louisville. This Mental Health Awareness Month reminds us that connection and new experiences can significantly uplift our spirits. What better way to embrace this than by spending quality time with our loved ones? And with

Mother's Day around the corner, May offers the perfect opportunity to explore new local gems and celebrate these discoveries with the cherished mother figures in our lives. Let's make this a month of both inner growth and joyful exploration together, strengthening our mental health through connection and shared experiences in our vibrant community.

## TABLE OF CONTENTS

- WHAT'S GOING ON
- HAPPY MOTHER'S DAY!
- MEET YOUR NEIGHBORHOOD CHURCH

# May

05 MAY 2025

S	M	T	W	T	F	S
1	2	3				
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

THE ZONE

# What's Goin' On?

Highlights for you! Check out the information and opportunities in our community.



## Don't Miss Out!!



### DARE TO CARE | COOKING MATTERS

Unlock the joy of cooking and nourish your well-being with Dare to Care's Cooking Matters classes! These engaging and hands-on sessions empower you with the skills and knowledge to prepare delicious, healthy meals on a budget. More than just cooking, it's about taking a powerful step in the ongoing battle against food disparities by learning how to create nutritious and affordable options for yourself and your loved ones. The next class is on **May 13th**, and spots are going fast, so don't miss out on this fantastic opportunity to invest in your health and culinary confidence!



### FREE HOME REPAIR | PROJECT WARM

Project Warm offers free home repair services to eligible homeowners within the Shawnee, Portland, and Chickasaw neighborhoods of Louisville, Kentucky. These vital services aim to improve the safety, warmth, and energy efficiency of homes for qualifying residents in these specific West Louisville communities. To determine eligibility and learn more about the types of repairs offered, residents of Shawnee, Portland, and Chickasaw are encouraged to contact Project Warm directly or visit their website for application details and requirements.



### DATE CHANGE: SHAKESPEARE IN THE PARK|SHAWNEE PARK

Gather your family, friends, and neighbors, West Louisville! Let's celebrate spring with a delightful afternoon of Shakespeare in the Park at beautiful Shawnee Park. On Saturday, **May 7th, at 6:30PM**, join us for a free, family and pet-friendly event sponsored by Fund For The Arts, in partnership with Metro Parks. Kentucky Shakespeare will bring the timeless tale of Macbeth to life, offering an experience for all ages. Pack a picnic, bring your furry friends, and enjoy a wonderful community outing filled with art and entertainment. We can't wait to see you there!



## MENTAL HEALTH AWARENESS MONTH|RESOURCES NEAR YOU

May marks Mental Health Awareness Month, a vital time to dismantle the stigma surrounding mental well-being, right here in West Louisville. It's time to cast aside any shame or disparagement associated with seeking support from a mental health professional. This year, let's courageously engage in mental health sessions, classes, groups, or forums, whether individually or with our families. Establishing true wealth begins with a healthy mindset, and prioritizing our mental health is a powerful step towards building a stronger, more resilient future for ourselves and our community.

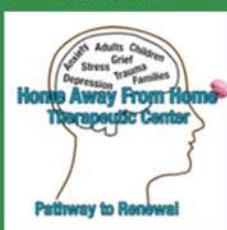
Let this be the year we invest in our minds, fostering a culture of openness and support in West Louisville. Listed below are a few of the professionals residing right in our neighborhood.

#### THE HEALING CIRCLE AND COUNSELING TEAM



EVERY 4<sup>TH</sup> THURSDAY @ 7PM

#### HOME AWAY FROM HOME THERAPY



SOUTH 37TH STREET,  
LOUISVILLE, KY

#### STEPS BY STEPS FAMILY SERVICES



Family Services  
SOUTH 37TH STREET,  
LOUISVILLE, KY

#### FAMILY HEALTH CENTERS WEST MARKET COUNSELING CENTER



2500 W MARKET ST,  
LOUISVILLE, KY 40212

YOU ARE  
NOT ALONE



Mental Health Matters



THE ZONE

# Happy Mother's Day!



## Treat Your Mother to a Meal!

To all the cherished mothers of West Louisville, the heart and soul of our community: This Mother's Day, let's shower you with the love and appreciation you so richly deserve! For all the countless meals you've lovingly prepared, the unwavering support, and the endless care, it's our turn to treat you. This week, give yourselves a well-deserved break from the kitchen and savor the delicious offerings right here in our beloved West Louisville. From the tried-and-true flavors of our local eateries that are dear to our hearts, to exciting new tastes just around the corner, let's celebrate you with a feast made with love by our very own. Let's keep our community vibrant and our mothers feeling cherished by supporting the wonderful food establishments that make West Louisville so special. Happy Mother's Day to all the incredible moms!

### Stevie J's Bar-B-Que

1831 W Jefferson St, Louisville, KY 40203



Who says BBQ is only for fathers? This Mother's Day, treat your mom to some seriously delicious BBQ at this Louisville spot, open Monday through Saturday from 11 am to 6 pm, and be sure to try their unbelievably tender rib tips. They are an absolutely must try!

### Blak Koffee

2820 W Broadway Louisville, Kentucky 40211



Blak Koffee on West Broadway is your vibrant weekday spot (Monday-Friday, 8 am - 3 pm) for exceptional coffee and a welcoming atmosphere perfect for the working mothers on the go who could use relaxation, as they work and connect with others. Experience their culturally conscious space and outstanding service!



### Southern Hospitality

3402 W Broadway, Louisville, Kentucky 40211



Is your mother craving soul food and legendary wings with a relaxed atmosphere? Southern Hospitality Bar And Grill in West Louisville is the perfect spot. This local favorite serving up deliciousness from breakfast to burgers, with their hot, fresh food and friendly service making it a must-try spot.

### Hip Hop Sweet Shop

516 South 18th St., Suite A Louisville Kentucky



Louisville's unique Hip Hop Sweet Shop, known for bringing sweet to the streets is a great way to treat the mothers in your life to something uniquely sweet. Louisville's Hip Hop Sweet Shop in the Russell Neighborhood, open Wednesday to Sunday from 12-6 pm! Their extensive menu of hip-hop-inspired shakes, puddings, cookies, cobblers, and more is the perfect way to celebrate.

# Welcome to Your Neighborhood Church!



**JOIN US SUNDAY @ 10AM**  
SUNDAY MORNING SERVICE

**& TUESDAYS @ 7PM**  
TUESDAY NIGHT BIBLE CLASS



## ESTABLISHING THE WEALTH STANDARD IN OUR FAMILIES!

2025 is the year we "Establish the Wealth Standard" at Christ Temple Christian Life Center! This theme encompasses wealth in every aspect of our lives. Explore how to achieve financial legacy, cultivate healthy habits, and deepen your spiritual connection. Discover practical wealth-building strategies in our in-person and online classes, seminars, and services. Learn how to stay focused and accountable on your journey. Together, and with the guidance of Jesus Christ, we can build a stronger community where wealth and well-being flourish among our families, friends, and neighbors in West Louisville.



### RELATIONSHIP THERAPY

Join Christ Temple Christian Life Center **every 2nd and 4th Tuesday at 7:00pm**, for the "Relationship Therapy" series. Discover your families wealth standard as it relates to marriage, raising children, and life as a single individual the way God intended it to be. Come and receive proven strategies to heal and strengthen your intimate family relationships, laying the foundation for a wealthy, healthy, and spiritually sound future for yourself and your loved ones. This is the place to be."

Christ Temple Christian Life Center  
723 South 45th Street  
Louisville KY 40211



### MASTER BUILDERS ACADEMY

Master Builders Academy isn't just a non-profit, it's a revolutionary launchpad for dreams and a bridge for financial freedom. Join the Master Builders' movement! You can visit [www.masterbuildersacademy.org](http://www.masterbuildersacademy.org) for the monthly live events day and time. MBA looks forward to network as we focus on building up each other individually, and empowering our community to rise together.



### COUNCIL OF MEN

In 2025, Christ Temple Christian Life Center's Council of Men's group is dedicated to helping men "Establish the Wealth Standard" in their homes. **Every 2nd and 4th Saturday at 8:30 AM**, we gather for more than just a **free breakfast**. It's a powerful forum where faith and experiences are shared to equip men with the tools for a fulfilling life. The Council of Men discusses daily challenges, offers support in a safe space, and explores strategies for strengthening relationships with God and family. Join us as we learn and grow together, establishing a legacy of strength, purpose, wealth, and abundant life for ourselves and future generations.



### KINGDOM WOMEN

Christ Temple Christian Life Center's Kingdom Women's group is a vibrant sisterhood where hearts are uplifted and spirits soar as women grow together on the road of faith, support, and empowerment. In 2025, we are challenging all women to 'Establish the Wealth Standard' in their families. Come discover practical strategies for juggling family, career, purpose, and faith in this loving environment. Learn how to thrive in all areas of your life, from financial well-being to spiritual growth. Women of all ages are welcome. **Join us at 7pm, every 3rd Friday of the month** at Christ Temple Christian Life Center.