

AUGUST 2025

Activities Calendar



Center of Hope
at Emmett Reed
CenterofHopeFL.org



Scan Me



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|--|--|--|--|
| | | | | 1 | 2 |
| 4 | 5 | Blue Zones 4-week Challenge 6–8 pm Diaper Distribution 6–8 pm | 6 UF Health Mindfulness Training 10–11:30 am Vista Landing Parent Café 1–2:30 pm | 7 | 8 |
| 11 | 12 | Parent Café 6–8 pm | 13 UF Health Mindfulness Training 10–11:30 am Vista Landing Parent Café 1–2:30 pm | 14 COH Partners Meeting 10 am–12 pm | 15 Neighborhood Blitz 12–2 pm Alpha Starz Inc. & Astronaut Starbright Back 2 School Jamboree 10 am–2 pm |
| 18 | 19 | Blue Zones 4-week Challenge 6–8 pm Diaper Distribution 6–8 pm | 20 UF Health Mindfulness Training 10–11:30 am | 21 | 22 |
| 25 | 26 | Parent Café 6–8 pm | 27 Vista Landing Parent Café 1–2:30 pm | 28 | 29 |
| | | | | | 30 |

Center of Hope at Emmett Reed

1093 W. 6th Street
Jacksonville, FL 32209
Monday – Friday: 9 a.m. – 5 p.m.

Heavenly Angels Learning Center

2318 W. 13th Street
Jacksonville, FL 32209

Community Neighborhood Blitz (Preacher In Action)

3405 Moncrief Rd.
Jacksonville, FL 32209

Sponsored by Grace at Vista Landing

5020 Cleveland Rd.
Jacksonville, FL 32209

FEATURED EVENT

Life's Course: The Load, The Impact

— Mindfulness Workshops for Women —



Free
Event

Learn to use mindful attention techniques to regulate your own nervous system during times of stress and distress. Mindfulness practices are useful to train attention to help us to be more present for our experiences.

Thursdays
Aug. 7, 14 & 21
10–11:30 am



URBAN HEALTH ALLIANCE

Weekly Parent and Youth Activities

Parent Cafés

Parent support group that allows you to freely share the joys and challenges of parenting, while uplifting other parents.

Diaper Bank Distribution

Free diapers for 32209 residents. Please contact Veronica for more information, 904.238.9078.

Community/Advocacy Opportunities

Parent Advisory Council

Your voice matters! Your suggestions and concerns as a parent living in the 32209 community are welcome.