

# FEBRUARY NEWSLETTER

EOC  
FEB 2026

## WHAT'S NEW THIS MONTH

### W.O.W WORKSHOP

Keep your eye on you email for updates, due to inclement weather!  
Next workshop: Feb. 18 at 12:15pm, CPCC Central Campus

### BLACK HISTORY MONTH

Since 1970, Black History Month has been celebrated to remember the history and achievements of African Americans in this country. Learn more on page 3

### LET'S HAVE A GOOD TIME!

Join us in February for some community events!

Valentine's Day Party- February 12

MJ the Musical - February 26

### HIGHER AND HIGHER!

Join us for a COLLEGE TOUR at Johnson C Smith University on February 17!

## MESSAGE FROM EOC

### BECOMING YOURSELF

Each day, you place a brick that eventually builds who you will become. By focusing on your goals together with EOC, you are choosing to discover new and stronger bricks to build yourself with! Keep building! You are becoming yourself all the time, no matter where you are on your journey!

## In This Issue

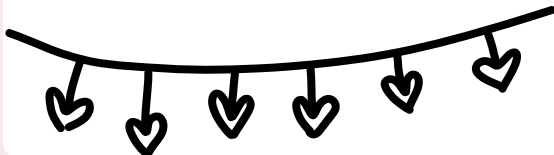
**Valentine's Day** -Using the day to celebrate love in all its forms!



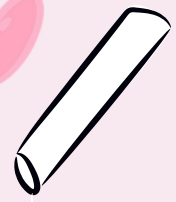
### CELEBRATE BLACK HISTORY

## Contact Us!

- Office: 704-536-9007
  - Cell: 704-408-0315
- [eoc@academicinstitute.education](mailto:eoc@academicinstitute.education)



# February



## Celebrate Black History

Black History Month is celebrated in the United States every February to honor the achievements, history, and contributions of Black Americans. It was first established as Negro History Week in 1926 by historian Carter G. Woodson and later expanded to a full month in 1976. Throughout February, schools, communities, and organizations recognize the impact of Black leaders, activists, artists, and innovators in shaping the nation. It is a time to reflect on the struggles and triumphs of the past while celebrating Black excellence and progress in the present.

## QUOTE OF THE MONTH

"All that you touch You Change.  
All that you Change Changes you.  
The only lasting truth Is Change."  
— Octavia E. Butler, Parable of  
the Sower

## VALENTINE'S DAY FEBRUARY 14



Valentine's Day is a day we celebrate love in the West, but love comes in many forms and that love can be radical. There is the love we have for our families, the love we have for our friends and neighbors, the love we have for our partners, and the love we have for ourselves.

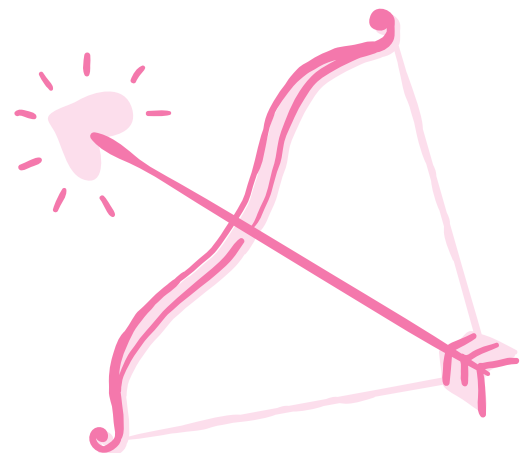
This Valentine's Day, how can you practice love beyond just romantic love?

SHOWING UP FOR PEOPLE WE CARE ABOUT CAN BE MORE THAN JUST BUYING CARDS AND CANDY. WE CAN SHOW PEOPLE THAT WE CARE THROUGH ACTS OF SERVICE, WORDS OF AFFIRMATION, AND BEING PRESENT WHEN THEY NEED US.



SELF-LOVE IS JUST AS IMPORTANT AS THE LOVE WE HAVE FOR OTHERS. TAKING CARE OF OURSELVES CAN ALSO IMPROVE OUR RELATIONSHIPS WITH THOSE WE CARE ABOUT. SELF-LOVE CAN BE CHOOSING TO REST, SPEAKING KINDLY ABOUT YOURSELF, OR TAKING THE INITIATIVE TO BETTER YOURSELF. SHOWING UP TO YOUR CLASSES, EVEN WHEN ITS DIFFICULT IS ALSO SELF-LOVE. IT MEANS YOU CARE ABOUT YOURSELF ENOUGH TO WORK ON YOURSELF!

LOVE IS ABOUT SO MUCH MORE THAN ROMANCE! AS WE CELEBRATE VALENTINE'S DAY THIS YEAR, THINK ABOUT ALL THE WAYS THAT YOU PRACTICE LOVE IN YOUR LIFE. THINK ABOUT ALL THE WAYS THAT YOU ARE LOVED. CELEBRATE LOVE IN ALL ITS FORMS!



# Black History MONTH

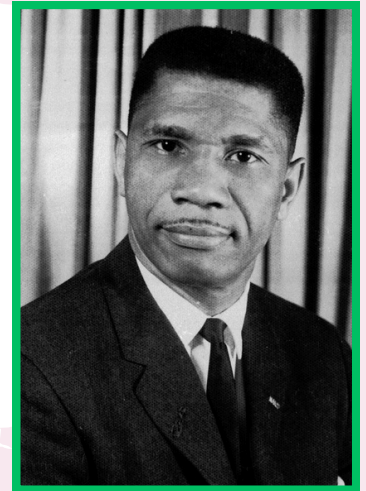


## Lorraine Hansberry

Lorraine Hansberry was the first Black American woman to have a play debut on the Broadway stage. Her play *A Raisin In The Sun* premiered on Broadway in 1959. It takes its name from the poem "Harlem" by the famous African American poet Langston Hughes. Her work is celebrated and still performed all over the world to this day!

## Medgar Evers

Medgar Evers was a civil rights leader, World War II veteran, and the first field secretary of the NAACP in Mississippi. Working under constant threat, Evers investigated racial violence, organized voter registration efforts, and challenged segregation in one of the most dangerous states for Black activism. In 1963, he was assassinated outside his home for his work. Though his life was cut short, his courage helped propel the Civil Rights Movement forward and exposed the deadly cost of racial injustice in America. Medgar Evers is remembered for his unwavering commitment to equality and his belief that justice was worth fighting for—even at great personal risk.



## Ketanji Brown Jackson

A Supreme Court justice appointed by President Biden, she is the first Black woman to serve in this capacity on the Supreme Court! She previously served as a judge on both the District Court for DC and the US Court of Appeals. Recently, Jackson became the first sitting Supreme Court justice to appear in a Broadway show in *& Juliet*.

