







UPCOMING PLC EVENTS



PAREIIT LEADERSTHP COUNCIL (PLC)

JOIN US! INPERSON FOR OUR FLEA MARKET & RESOURCE FAIR

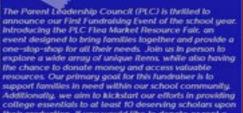


SAVE THE DATE:

DATE: NOVEMBER 28th, 2023 TIME: 10am-3om LOCATION: INPERSON AT WILLIAMSBURG CHARTER HIGH SCHOOL LOBBY **198 VARET STREET BROOKLYN, NEW YORK 11206**



their graduation. If you would like to donate or rent a table to sell food or goods please email Ms. Pink at moink@thewcs.org.





COURTION DE L'ADERAZGO DE PADRES (EXICO)

¡ACOMPÁÑENOS! EN PERSONA PARA NUESTRO MERCADO DE **PULGAS Y FERIA DE RECURSOS**



GUARDE LA FECHA

2023 HORA: 10am-3pm LUGAR: EN PERSONA EN EL LOBBY DE WILLIAMSBURG CHARTER HIGH SCHOOL 198 VARET STREET BROOKLYN.

NEW YORK 11206

FECHA: 28 DE NOVIEMBRE DE



I Consejo de Dilevazgo de Padres (PLC) se complace en anunciar nuestro primer evento de recaudación de fondos del allo escolar. Presentamos la Feria de recursos del mercado de culgas de PLC, un evento diseñado para reunir a las familias u brindaries un lugar único para todas sus necesidades. Acompátenos en persona para explorar una amplia gama de articulos únicos y, ol mismo tiempo, lenga la oportunidad de donor dinero u acceder a recursos valiasos. Nuestro obietivo principal para esta recaudación de fondos es apoyar a las lamilias necesitadas deniro de nuestra comunidad escolar. Ademis, nuestro obletivo es impulsar nuestros esfuerzos para brindar elementos bisicas para la universidad a al menos 10 estudiantes que la merezcan después de su araduación. Si desea donar o alguitar una mesa para vender alimentos a productos, emile un correo electrónico a la Sra. Pink a maink@thewes.org

ING PLC EVENTS



NOVEMBER 30th, 2023 6PM **LOCATION: 198 VARET STREET BROOKLYN, N.Y. 11206**



Come Join Old Williamsburg Charter High School's Parent Leadership Council: PLC) is hosting our Annual Family Portlack with Special Guest Speaker Dr. Torion Easterling on November 3001; 2025 Dr. Easterling will present The Young Doctors Project with our families and scholars. We will learn about the program's offerings and have an apportunity to ask questions about the program Dr Torian Easterling is a physician and public health expert who currently serves as the First Deputy Commissioner and Chief Equity Officer at the New York City Department of Health and Mental Hysione. He is responsible for coordinating non-COVID health matters and directing the department's internal and external equity agends. Dr. Easterling has dedicated his carner to advancing health equity and social justice particularly for energinalized communities in New York City, He has also served as the Deputy Commissioner of the Center for Health Equity and Community Wellness at the Health Department, where he lad the restructuring of the center and developed an equity plan in response to the COVID-19 pandemic

We will have direct as a school community and our Parent Linadorship. Council (PLC) Thanksgiving Raffle where there will be 4 winners. Plus, we will have our PLC Take What Wo Nined Table filled with clother, shoet, food, and other items families can take for they, plus prizes throughout the evening. This is: an except that you do not want to exist, his welcome any dish or heverage you can provide Email Ms. First for details at espekt/Othowcs.org.







un plan de equidad en respuesta a la pandemia de COVID-ES Tendremos una cema como comunidad escelar y muestra Kifle de Accide de Cracias. del Conselo de Lideração de Padres (PLC) dande habra á panadones, Además. dandressos suestra mesa PLC "Tome Lo Que Necesite" Besa de mosa, copiatos, comido a otros articidos que las fumilios pueden llevar gratis, además de premios darante toda: la noche Esta as un avento que no merris perterte Durans la bienvenida a cualquier plato o behide que ustad pueda proporcionar Emise un correo electrónico a la Srs. Pink para obtavor más distallas a mpinksöthewcs.org

School (PLC) organize nuestra-cometa familiar anual con un arador invitado especial.

actualmente se desempeta como Primer Comisionado Adjunto y Director de Equidad

esponsable de coordinar los asuntas de solud no relacionados con el COVID y dirigir la

agenda de aguidad interna y extorna del departamento. El Dr Easterling ha dedicade

su curreru a promover la aquidad en salud y la justicia social, particularmente para las:

privinidades manginadas de la ciudad de Nueva York. También se desempeñá como

Comissionado Adjunto del Centre para la Espédad en Salud y el Bienestar Comunitario

del Departamento de Salud, donde dirigió la reestructuración del centro y desurrollo.

el Dr. Torian Easterling el 50 de neviembre de 2025. El Dr. Easterling presimtará: The

Young Dectors Project con nuestras familias y estudientes. Agrendonemos sebre lo

que infrece el programa y tendremos la apurtunidad de hacer proguetos sobre el

programos E) Dir Torion Eastwrling es un médico y experto en talud pública que

en el Departamento de Solul e Higere Mental de la Civilad de Norva York. Es



NATIVE AMERICAN HERITAGE MONTH

Celebrating Hope, Honoring Resiliency, and Engaging Tribal Nations

National Native American Heritage Month celebrates the culture and ancestry of Indigenous people, honoring contributions and traditions.

How to celebrate Native American Heritage Month?

- Learn more about tribal communities in your area.
- Follow Native American news outlets on social media.
- Read books and share stories written by American Indians.
- Watch movies, shows and documentaries produced by or starring Native Americans.
- Visit these links: <u>Indigenous Heritage Telling All Americans' Stories (U.S. National Park Service)</u> (nps.gov); <u>American Indian Heritage (U.S. National Park Service)</u> (nps.gov)



November is American Diabetes Month

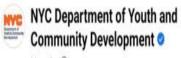
It's our chance to show the world what life with diabetes is really like and provide ways to manage it.

Every year, our community comes together to ring the alarm on the diabetes epidemic. For the millions of us who are at risk for it, it's a time to get educated, find resources and make sure all those around us are aware of their risk, too. And for the millions of us living with diabetes, it's a chance to tell our stories and awaken the world. Until we find a cure, we will find each other and lift each other up. Here are some resources: 1) Fact Sheets | Diabetes | CDC 2 Happy Diabetes Month - Toolkits and Resources - Diabetes

Education Services







Nov 6 · 0

November is Runaway and Homeless Youth Awareness Month, a critical time to shed light on an underrepresented issue.

The magnitude of the challenges faced by runaway and homeless youth often go unnoticed, making it all the more crucial for us to unite and take action!

Visit our site to explore drop-in centers and mental health hubs. Together, we can provide support to young individuals who need it most, and work toward a brighter future.

https://bit.ly/rhycenters





WCHS P.R.I.D.E. CORE VALUES

PERSEVERANCE

Consistently strive toward excellence. The ability to work diligently, be patient, and never give up. Even if there are problems, you still continue. If at first you don't succeed try and try again.

INTEGRITY

Doing what you know is right to do even when no one is looking honor and honesty in academic and social interactions.

EMPATHY

Compassion for others.

Considering the perspective of others.



RESPECT

The most important Core Value at WCHS. All community members are expected to demonstrate Self-Respect, Respect to Peers, Respect to Adults, Respect for Differences, and Respect for Property.

DISCOVERY

Embrace the diversity of our community, look for ways to contribute positively to those around you, explore solutions and respond to challenges with innovation.

Uniform Policy

Black Pants: Jeans, Chino pants, Shorts and Skirts (Shorts and Skirts need to be knee length).

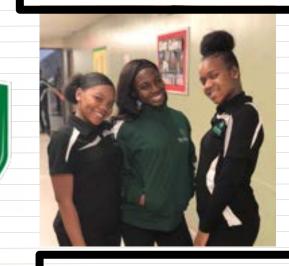
NO NON UNIFORM SWEATSHIRTS!

WCHS Shirts/Polos: Students are allowed to wear any WCHS tops on any given day of the week.

School ID Card: Students are required to wear their ID on their necks at all times.



School Uniform Items!



Fully Charged Chromebook



WCHS's BELL SCHEDULE

PERIOD	MON	Mins	TUE	Mins	WED	Mins	THU	Mins	FRI	Mins
BFAST/0	7:15 AM	40								
1	8:00 AM	45	8:00 AM	45	8:00 AM	35	8:00 AM	45	8:00 AM	45
2	8:50 AM	45	8:50 AM	45	8:40 AM	35	8:50 AM	45	8:50 AM	45
ADVISORY	9:40 AM	15	9:40 AM	15	9:20 AM	40	9:40 AM	15	9:40 AM	15
3	10:00 AM	45	10:00 AM	45	10:05 AM	35	10:00 AM	45	10:00 AM	45
4	10:50 AM	45	10:50 AM	45	10:45 AM	35	10:50 AM	45	10:50 AM	45
5	11:40 AM	45	11:40 AM	45	11:25 AM	35	11:40 AM	45	11:40 AM	45
6	12:30 PM	45	12:30 PM	45	12:05 PM	35	12:30 PM	45	12:30 PM	45
7	1:20 PM	45	1:20 PM	45	12:45 PM	35	1:20 PM	45	1:20 PM	45
8	2:10 PM	45	2:10 PM	45	1:25 PM	35	2:10 PM	45	2:10 PM	45
9	3:00 PM	55	3:00 PM	55			3:00 PM	55	3:00 PM	55



Class of 2026

Academy Leader;
Angie Helliger
AHelliger@thewcs.org
Guidance Counselor:
Chered Spann
cspann@thewcs.org
Intervention and Family Support Counselor
Alejandra Aburdene
AAburdene@thewcs.org

Class of 2024

Academy Leader: Shante Martin SMartin@thewcs.org

Guidance Counselor: Kelly Leprohon ktraub@thewcs.org

Intervention and Family Support Counselor Brooke Bolnick bbolnick@thewcs.org

Dean's Team

Dean
Rodney Guzman Cruz
RGuzmancruz@thewcs.org
Assistant Dean 9th and 10th
Tiffany Pratt
TPratt@thewcs.org
Assistant Dean 11th and 12th
Natasha Robinson
NRobinson@thewcs.org

Class of 2027

Angle Helliger
AHelliger@thewcs.org
Guidance Counselor:
TBA
Intervention and Family Support Counselor
Ms. G
BGozikowski@thewcs.org

Class of 2025

Academy Leader:
Shante' Martin
SMartin@thewcs.org
Guidance Counselor:
Samantha Sales
stales@thewcs.org
Intervention and Family Support Counselor
Elodie St. Fleur
estfleur@thewcs.org

Additional Support

Instructional Academy Leader: Janelle Holford JHolford@thewcs.org Arturo Giscombe agiscombe@thewcs.org

> SNAS/ENL Melissa Wade MWade@thewcs.org

5th Year Guidance Counselor: Renee DeLyon rdelyon@thewcs.org

College and Career Counselor Abeje Leslie-Smith aleslie@thewcs.org

Athletics and Safety Support Lawrence Combs lcombs@thewes.org

<u>ADDITIONAL</u> SUPPORT:

FAMILY &
COMMUNITY
ENGAGEMENT
DEPARTMENT:
PARENT
COORDINATOR
MELODY PINK
mpink@thewcs.org

ENROLLMENT COORDINATOR JUSTIN USHER jusher@thewcs.org

Regents Review

January Regents Exam Dates

January 23, 2024-January 26, 2024

Regents Review Sessions

November 13, 2023- January 22, 2024

Fall Regents Review Schedule 3:10-4:10pm

Class	Teacher(s)	Days and Time	Rooms 223	
Algebra II	Jin	Monday, Tuesday, Thursday & Friday		
Algebra	Ahmed	Monday: Tuesday: Thursday & Friday	319	
Geometry	Your	Monday, Tuesday, & Thursday	513	
Chemistry	Waldron	Friday	622	
Earth Science	Wade	Tuesday	425	
iving Jimenez Monday, Tu invironment Thursday		Monday, Tuesday, & Thursday	224	
Living Environment	Miler	Monday	325	
Global History	Livshultz	Monday & Tuesday	409	
Global History (ENL)	Lara	Monday & Friday	330	
US History	Burchett	Tuesday & Thursday	613	
English McKay		Monday, Tuesday, Thursday (until November 30th) & Friday	612	
Chemistry	Solomon	Tuesday	532	
English	Brown	Thursday (starting 12/7)	612	

Repaso para los Regents

Fechas de los Exámenes Regents en Enero

23 de enero de 2024 - 26 de enero de 2024

Sesiones de Repaso para los Regerts

13 de noviembre de 2023- 22 de enero 2024

Horario de Repaso para los Regents en Otoño 3:10-4:10pm

Clase	Maestro(s)	Dias y Horas	Auta	
Algebra II	Jin	Lunes, Martes, Jueves, Viernes	223	
Algebra	Ahmed	Lunes, Martes, Jueves, Viernes	319	
Geometria	Your	Lunes, Martes, Jueves	513	
Química	ulmica Waldron Viernes		622	
Siencia de la Wade Martes Sierra		Martes	425	
Biología	lologia Jimenez Lunes, Martes, Jury Viernes		224	
Siologia	ia Miller Lunes		325	
Estudios Globales	Livihultz	Lunes, Martes	409	
Estudios Globales (ENL)	Lara	Lines, Vernes	330	
Estudios de los Estados Unidos		Martes, Jueves	613	
Inglés McKey		Lunes, Martes, Jueves (hasta 30 de noviembre). Viernes	612	
Química	Solomon	Martes	532	
Inglés	Brown	Jueves (comenzando 7/12)	612	



Monday, Tuesday, Thursday and Friday

Time: 3:10pm - 4:10pm

After School Club	Staff Name	Day of Week	Room	
Ceramics	Seth Failla	Monday	106	
Chess Club	Ms. Aburdene & Mr. Nunez	Tuesday & Thursday	613	
ENL Homework Support	Ms. Bandeira & Mr. Lima	Monday, Tuesday, Thursday & Friday	223	
Lab Make Up Club	Rebecca Miller	Tuesday	224	
Media Club	Stephen Galazzo	Thursday	121	
Music Lisb	Jennifer Parker	Tuesday	201	
Rainbow Coalition	Mr. Kronenberg, Ms. Chalbi & Ms. Bolnick	Tuesday	454	
Recording Studio	Cartyle James	Thursday	810/811	
Senior Committee	Brianna Martino	Thursday	409	
Superhero Club	Darien Long & Ryland Frost	Tuesday & Thursday	309	
Tennis Club	Leslie Ann Wint	Thursday	330	
Track & Field Club	Mattique Jones	Tuesday	Cafe	
Weightlifting Club	Robert Pasetsky	Monday	130	
Wrestling	Richard Sanchez	Monday & Friday	315	
Yearbook	Stephen Galazzo	Tuesday	121	

Rainbow Coalition was known as LGTBQI+ Club Superhero Club was known as Anime Club



Lunes, Martes, Jueves y Viernes

Hora: 3:10pm - 4:10pm

Club Después de la Escuela	Nombre de Personal	Dia de la Semana	Auta	
Cerámica	Seth Falls	Lunes	106	
Club de Ajedrez	Ms. Aburdene y Mr. Nunez	Maries y Juives	612	
Ayuda con Tarea para ENL	Ms. Bandeira y Mr. Lima	Lunes, Martes, Jueves & Viernes	223	
Club de Recuperación de Laboratorio	Rebecca Miller	Maries	224	
Club de Medios	Stephen Galazzo	Jueves	121	
Laboratorio de Música	Jennifer Parker	Maries	201	
Coalición Arcoins	Mr. Kronenberg, Ms. Chalbi y Ms. Bolnick	Maries	414	
Estudio de Grabación	Carlyle James	Jueves	810/811	
Comité de Cuarto Año	Brianna Martino	Jueves	409	
Club de Superhéroes	Darrien Long y Ryland Frost	Maries y Juines	309	
Club de Tenis	Lesle Ann Wint	Jueves	330	
Club de Adetismo	Mattique Jones	Martes	Cafe	
Club de Levantamiento de Pesas	Robert Pasetsky	Lines	130	
Lucha Libre	Richard Sanchez	Lunes y Viernes	316	
Yearbook/ Anuario	Stephen Galazzo	Martes	121	

Coalición Arcoiris fue conocido como el Club LGTBQI+ Club de Superhéroes fue conocido como el Club de Anime

NATIONAL HONORS SOCIETY PRESENTS



PLEASE HELP BY DONATING NON-PERISHABLE FOOD TO HELP THOSE IN NEED

Canned Vegetables ,Juice Packs ,etc

Drop off locations

LOBBY:(122) MS.ALLISON

2ND FLOOR:(210): MS. ANGIE

4TH FLOOR:(421): MS. JOHNSON

5TH FLOOR: OPERATIONS OFFICE

7TH FLOOR(711): MRS.MARTIN



LED BY NHS MEMBER: ANABEL TINEO

NATIONAL HONORS SOCIETY PRESENTA

PORFAVOR AYUDENOS DONANDO ALIMENTOS NO PERECEDEROS PARA AYUDAR A NECESITADOS

PUEDEN DONAR: Fruta enlatada Macarrores con queso, atun etc Donde Dejar



LOBBY:(122) SRA. ALLISON

PISO 2:(210): SRA. ANGIE

PISO 4:(421): SRA. JOHNSON

OFICINA DE OPERACIONES PISO 7(711): SRA.MARTIN

30 DE OCTUBRE-27 DE NOVIEMBRE ORGANIZADO POR MIEMBRO DEL NHS:





Community United: Free Turkey Drive with Assemblymember Nikki Lucas

Turkey Drive!

WHEN: Saturday, Nov. 18, 11:00am-2:00pm

WHERE: 369 New Lots Ave., Brooklyn, NY

Assemblymember Nikki Lucas, who represents East New York and Starrett City in the New York Assembly, is giving away turkeys in her district this Saturday — don't miss out!





YOU'RE INVITED TO OUR 2ND ANNUAL THANKSGIVING GIVEAWAY & RESOURCE FAIR



FREE TURKEYS, FIXINS, & FRESH PRODUCE*
RESOURCES FROM CITY AGENCIES & COMMUNITY PARTNERS
LIVE MUSIC & PERFORMANCES

*WHILE SUPPLIES LAST

Saturday, November 18th, 2023 10am-2pm Prospect Heights Educational Campus (883 Classon Ave)

WITH GENEROUS SUPPORT FROM:















Ninth Tabernacle Beth El's Charity Committee and The Fountain Avenue Community Development Corporation (FACDC)

THANKSGIVING

ANNUAL GIVEAWAY

MONDAY NOVEMBER 20, 2023 5:00 PM

FIRST COME, FIRST SERVED & ONE PER FAMILY



MINTN TABERMACLE BETH EL BS FOUNTAIN AVENUE BETWEEN ATLANTIC AND LIBERTY AVENUES BROOKLYN, NY 11208 MINTHTABERMACLE@HOTMAIL.COM

Christ Apostolic Church (FITA) Goke Food Pantry

622 CORTELYOU ROAD BROOKLYN, NY 11218 718 713 4002

FREE TURKEY

GIVEAWAY



SATURDAY NOV. 18TH, 2023

FROM 10:00 AM UNTIL FINISHED







Brooklyn Paints Thanksgiving Foods Giveaway

WHEN: Wednesday, Nov. 22, 1:00pm-4:00pm

WHERE: 1134 Broadway, Brooklyn, NY

Brooklyn Paints, a local arts and crafts space, is hosting a Thanksgiving drive on Wednesday, Nov. 22. The organization will be giving out stuffing mix, corn, yams, carrots, potatoes, pumpkin and all kinds of other groceries needed to complete a Thanksgiving meal. The organization will also be raffling off a turkey.

We Build The Block & Project ECHO Presents:

Michael K. Williams Annual Turkey Give-Away



Music, Food, Fun for the Kids, Free Haircuts Community Resources & Opportunities Turkeys & Give-Aways while supplies last

NOV 20th 3pm-7pm 887 Utica Avenue

Sponsored By:

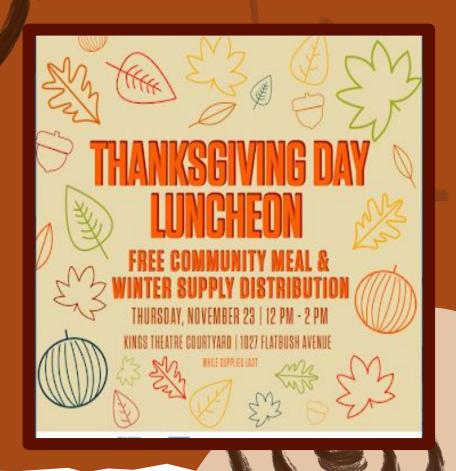


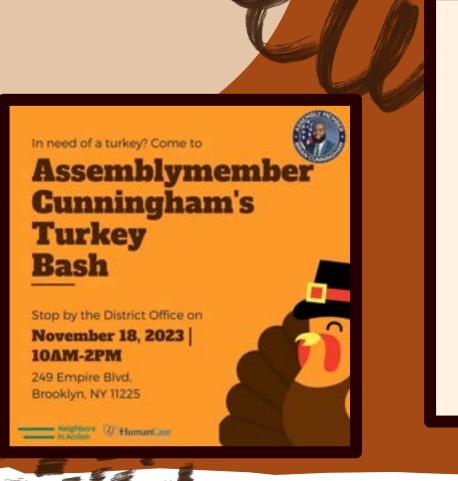










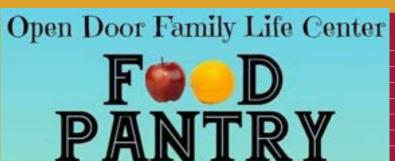










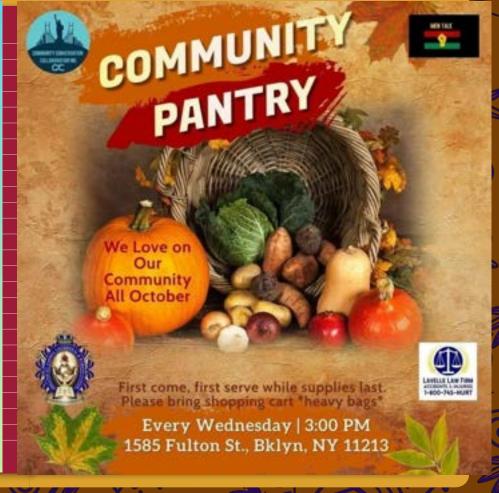


Men : 10 = 4 = 20: - (9 | M



EVERY SATURDAY - 8:30AM - 10:30AM 999 Greene Avenue, Brooklyn, NY 11221

www.opendoorflc.org





A Google Map used to locate essential resources such as food, shelter, clothing, substance abuse, mental health, education, employment, legal, & health services throughout the New York City Metropolitan Area.



- Hundreds of resources!
- Support in all 5 boroughs!
- Filter by category!

Brooklyn Justice Initiatives

Interactive Resource Guide



bit.ly/bjiresourceguide

If you or a family member need clothing please ask for assistance.

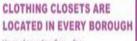
Stop by or email

nyc.gov/clothingclos









Hours of operation: 9am - 5pm

Bronx

Clothing Closets have gently used business

attire, casual clothing, accessories, and

At each of our Clothing Closets, probation

Donations Appreciated

or visit nyc gov/clothingcloset for more information.

Please stop by or small the appropriate location

shoes for men, women and children.

staff is successfully providing

198 East 161st St. bronsclosel@probation.nyc.gov

215 E. 161st Street, 5th floor bronxcloset@probation.nyc.gov

Brooklyn

345 Adams, 6th floor brooklynciosel@probation.nyc.gov

Queens

162-24 Jamaica, 2nd floor queenscloset@probation.nyc.gov

Staten Island

340 Bay Street statenislandcloset@probation.nyc.gov

Manhattan

100 Centre Street, 10th floor manhattanicloset@probation.nyc.gov



nyc.gov/clothingclosets



#NYCHA is recruiting Temporary Per Diem Snow Removal Workers to remove snow and ice at NYCHA properties throughout the city.

Pre-registration starts Nov 2, 2023. No appointment is needed. To pre-register, report to 90 Church Street, New York, NY, 5th Floor, between 12 noon and 4:00 pm to complete a Temporary Per Diem Snow Removal Worker Application Packet. Interested applicants should arrive on Tuesdays and Thursdays ONLY.

Required Documents:

You must bring a Valid Photo ID & Social Security Card, as well as one additional document, such as,

are not limited to:

- o Driver's License/ Learners Permit/ID Card
- o Social Security Card
- o US Passport
- o City ID
- o EBT Card
- o US Citizen ID Card (Form I-197)
- o Employment Authorization document issued by the Department of Homeland Security o Birth Certificate

You must be at least 18 years of age and able to perform heavy physical labor.

Duration of Employment: You will be called, as needed, during the 2023-2024 Winter Season.





Enhanced Young Adult Literacy Program

Are you ready to earn your HSE?

Join the Library's Enhanced Young Adult. Literacy Program, a pre-HSE prep program designed to meet the specific needs of young adults.

Participants must be between 17-24 years old, not enrolled in school or working full-time.

Take the Next Step

To get started, complete our online interest form via web or GR code: bkfynilb.org/eyelp-form



For more information, contact us at eyolpiibklymlbrory.org or 646,719,0113.

Visit us online at bklynlib.org/eyolp



The Directional Mounty Applit Literator Program (ETMLP) in agention's garance grant that the Dy of New York, to Manual Office to Garance Glassicals.

DUAL HSE & FRONT DESK CERTIFICATION CLASS

First impressions start with you! Are you interested in earning a nationally recognized hospitality front desk representative certification? Join our session to learn how you can learn the necessary skills to manage, solve problems, and handle safety concerns all while finishing your



Class Information:

Winter: Jan. - March Spring: April - June

HSE diploma.

10 weeks (hybrid) Saturdays 10-4 onsite and Thurs. 6-8 Zoom

To enroll use QR code or the link:

bit.ly/FrontDeskHSE





Adult

For questions, email admissions@bklynlibrary.org or text us at 732,930,0082.



FINISH YOUR HSE

Do you need to brush up on your HSE skills? We have four ways to help you! Follow the steps below to enroll.



Step 1: Attend info session via Zoom -scan QR code Step 2: Schedule your onsite enrollment assessment

Step 3: Meet with case manager to register for classes.

Classes have limited space, so don't wait! Program Options:

https://bit.ly/virtual-hae

Option I: General HSE Classes -need 3 or more sub to earn your HSE diploma

Option 2: Fast Track Classes -need only 1 or 2 sub. to earn your HSE diploma

Option 3: Adult Basic Education Classes - learn to become a better readen/writer

Option 4 Integrated Education & Training classes -finish your HSE diploma while earning a nationally recognized credential.

Denaral HSE

Morning Classes:

Mon/Wed 30-1 Eastern Plwy - Onsite Mon/Wed 30-1 New Lots - Hybrid

Evening Classes:

Tues/Wed/Thurs 6-8 Eastern Plowy - Hybrid Tues/Wed/Thurs 6-8 New Lots - Hybrid

Weekend Classes:

Saturdays 10-4 Fletbush - Onsite Saturdays 10-4 Central - Hybrid

Fast Track

Mon/Wed 10-1 Central Library swite

Weekend Classes

Seturdays 10-4 Pacific Library

For the extension process and particular process and particular process and 78 (62) 4400

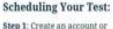
Earn your High School Equivalency

Earn your High School Equivalency Credential at BPL Adult Learning.

GED Testing:

- Computer based and paper based test with multiple choice, short answer, and essay questions
- Consists of four subtests: Reasoning Through Lang Arts, Math, Science and Social Studies
- Available in English and Spanish at Central, Pacific, and New Lots branches
- Provides quick turnaround of results and access score reports via your GED account. Minimum score of 145 on each subtest
- We offer FREE classes to help you prepare for the exam.

Biciyn Adult Learning



Step 1: Create an account or login to GED.com

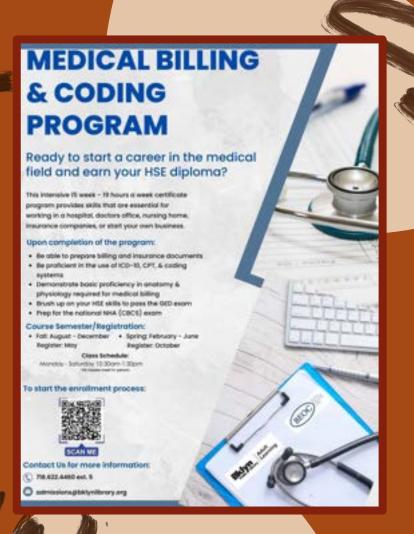
Step 2: Select a test center, subtest, date/time, and your preparation program

Step 3: Email us if you prefer paper-based testing at HSE@bklynlibrary or call 718.622.4460 press 4.

















Housing Resources In Your Community

The New York City Department of Housing Preservation and Development (HPD) and the Local Development Corporation of Crown Heights, Inc. (LDCCH), invites you to visit the HPD Outreach Van in Crown Heights to learn about HPD and housing-related issues.

Friday, November 17, 2023 10:00 AM - 4:00 PM

LDCCH Office

252 Kingston Avenue (bet. Lincoln & St. Johns Places) Brooklyn, NY 11203





Affordable Housing

Understand Your Rights

 Understand Your Rights and Responsibilities

We can help you:

. Prepare to Apply for

- File a Housing Complaint
- Finance Improvements and Repairs
- Register Your Building
- · Remedy a Violation
- . and More!

WINT HTG. BOY/REDOCTRESON FOR MORE INFORMATION ABOUT

Ter applicated information contact (318) 467-8660 for 18

VISIT NYS. GOV/HPOGUTHEACH FOR HORE INFORMATION ABOUT MED IN YOUR COMMUNITY.

Ter assistance information contact (718) 447-8888 for the Assistance of the Community of the Commu

BRIDGE PROJECT

PREGNANT MOTHERS CAN RECEIVE UP TO \$1,000 A MONTH FOR THREE YEARS NO STRINGS ATTACHED!

HOW?

The Bridge Project is New York City's first unconditional cosh transfer program. Selected mothers will receive consistent cosh, no strings attached, for three years beginning in their third trimester of pregnancy.

WHAT DOES THE PROGRAM INCLUDE?

After applying for the program, participants are entered into a lattery. If you are selected from the lattery to join The Bridge Project, you'll have access to manthly unrestricted cash, the appartunity to build community with other mams in the program, and the option to connect with a doula or midwife who can support you before, through, and after delivery at no cost to you. Participants also have the option to receive case management services from our dedicated Community Managers who can help you access available supports and materials across the city!

HOW DO I KNOW IF I'M ELIGIBLE?

Eligibility requirements:

- Must be 23 weeks pregnant or less with your first child
- · Must make less than \$52k annually
- · Must live in New York City
- No SSN required!



For questions, please contact us at info@bridgeproject.org





LaGuardia Community College/CUNY Free Immigrant Nurses Training Program

NCLEX-RN English Language Learner Course

2022

32 weeks | Monday to Thursday Evening classes: 6:00pm - 10:00pm Hybrid classes: in-person and online

Program Serefits

- · Poerfulture
- Indensire English language and even preparation
 Professional nursing and Ells, instruction
- Educational and pareer advisement
- Diverse classingles from around the world.

Requirements

- Bit a line riccone English Language Learner
- Have high-intermediate proficiency in spoken English.
- Be an NYC resident authorized to work in the US.
- Have a prior nursing degree from a foreign university
- Availability for swering study 16 hours per week
- Concretment to working in the NYC healthcare sector.

For more information

- (716)-480-6400
- ICCMCBOUGLists Mr.
- LaGuardia C-Building, Room C039
- New York City Welcome Back Center



The NCLEX-RN training program in the Center for Intringrant Education and Training (CET) is a free re-licensing preparation course for internationally trained in training.

This program can help you:

- · Improve your English
- Refresh your nursing skills
- Prepare for the NCLEX-RN examination to become relicensed in New York State
- Find a job after graduation.

Scan to apply and attend an information session:







Classes will be in-person



Doula training available

Interested in becoming a community doula with the Citywide Doula Initiative?



The Citywide Doula Initiative (CDI) is sponsoring a free community doula training in February 2024. Offered by Ancient Song Doula Services, these workshops are based in hope and healing, birth equity, and justice. Those who complete the training flat Haten Neghborhood Agreen Center 158 will work with the CDL

*Priority given to bilingual applicants and those who live in TRIE neighborhoods INITIATIVE

To be eligible, you must strend one of the following in person information sessions.

Newmber 29, 4-6pm Bast 115th St. NY, NY 10029

December 6, 10kes 17pm. Community Health Center of Richmond. 133 Canal St. Suize 300, States Saland, NY 10304

To sign up for a session, scan the QR code or wish http://bit.lg/communitydoulatestanguys



Want the skills to build a career in construction?

Do you have construction skills and need work?





Requirements:

- without pass Talls Will Tale
- THE PERSONNEL PROPERTY AND ADDRESS OF THE PERSONNEL PROPERTY AND ADDRE
- Must be 19 years or older performs a repairing to more or the centure finance
- 144 (44) 244-44 (444)

Construction Laborer Training

(currently, classes offered are only in Fridish

THOSE INTERESTED MUST ATTEND OUR FREE INFO SESSION!

When:

Wednesdays at Inc.



Where

St. Nicks Alliance Workforce, 790 Broadway, 2nd Ft., Brooklyn, MY 1120 USM Train to Flushing Avenue: and B/46/47/57/15 bases to Flushing Avenue!

Contact Info: (718) 302-2057 Ext. 450, skilledbuild/litetnicksalliance.org







Ready to earn a High School Equivalency diploma?

Free Classes! Open Enrollment

Ages 18 and up are welcome!

Plus:

Job Placement Assistance



Sign up



In-Person

Adult Education

ABE/HSE in English or Spanish classes taught by NYS certified teachers

SNAP RECIPIENTS WELCOME

Wher: We have morning and evening classes. M-F 9ks-12ns, M-W 6-9ns, T-TH 6-9ns

Where: St.Nicke Alliance Workforce, 790 Broadway, 2nd FL, Brooklyn, NY 11206

(J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

Contact Info: 718-302-2057 ext. 403, adulteducations/fd0stricksaliance.org







¿Deseas completar la Escuela Superior y obtener fu diploma?

¡Clases Gratis!

Servicios de asistencia para empleo



Inscribete aqui



En-Persona Educación para Adultos ABE/HSE en Inglés o español

claire reporting for requires conficados por relacio de

BEWENDOS RECEPTORES SNAP

Optrodo: Ofrecencia classes en la martana y neche: LUI-VI SABE-129M, LUI-MI 6-99M, MA-JU 6-99M

Déraile: Gertiro de tratagio de St. Nicko Alliance, 790 Broadway, Segundo Plan, Broadyn, NY 11208. U / Mil tren a la estación Phothrey Avenue y 8/46/47/5/715 autóbuses a Fhuthing Avenue.

Contacto: 718-302-2057 est. 400; adulteducatione/#@iomickooflance.org







Looking for a Job?

In-Person

Employment Services Informational Session

Every Thurs. 1PM

the proposed to stay at least 5 hours."

rectation multi-and market and for these interested in making farmer?

PLASE DING MOST OF COVID-19 DESTRUCTOR



Join St. Nicks Alliance Workforce Development's

Job Club

FOR THOSE 18-YEARS OLD AND U



Where: St.Nicks Alliance Worldorce, 790 Broadway, 2nd FL, Brooklyn, NY 11206

(J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

Contact Info: (718) 302-2057 Ext. 450 or Careerservices@stnicksalliance.org



Jump start a career in Tech!

Gain professional skills in:

- Spreadsheets
- S0I
- Tableau
- R Programming Language

Graduates will be prepared for these positions:

monate data undyst + jamo stata solvetid Noone aranyst + igendices undyst Business performance analyst data bechnisin + tracketing analyst

Requirements:

- Must be 18 years or other and have a legal right to work in the United State
- Must have a government insues photo ID
- Must bring proof of COMD-10
- Tech savor



in Tech

Tech career opportunities for the LatinX community

TRAINING IS FREE

MUST ATTEND INFO SESSION: THURSDAYS AT 11AM

Where: St. Nicks Alliance Workforce, 790 Broadway, 2nd FL, Brooklyn, NY 11206 (J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

Contact: 718-302-2057 Ext. 450 or TechLiteracy@stnicksalliance.org

2 Registrations, Stoker, NY 11211 718-306-5454 www.deboolerco.og



Google.org







Learn English with We Speak NYC.

- Practice speaking English for free
- · Get to know your community
- Build confidence
- Learn about City services and resources

Get started at nyc.gov/WeSpeakNYC



跟 We Speak NYC

學英語.

- 免費練習說英語
- 了解您的社區
- 建立自信
- 了解城市服務和資源

訪問 nyc.gov/WeSpeakNYC 了解詳情



Aprende inglés con We Speak NYC.

- · Practica la conversación en inglés
- Conoce tu comunidad
- Habla con más confianza
- Obtén más información sobre los recursos de la ciudad

Comienza aqui: nyc.gov/WeSpeakNYC









MEASUREMENTS, SYMBOLS AND TERMS YOU SHOULD KNOW

FOR FREE HOMEWORK HELP CALL: 1-212-777-3380

12 Inches (In.)	-	1	foot (%) (12"= 1")
3 feet		1	pertipit) (F=1 pt)
36 m.	×	1	yd. (36° = 1 yd.)
56% B.		1	end (rd.)
320 rds.		1	mile (mi.)
Thio you.		1	mi.
5290 ft.	-	1	eti.

144 square inches = 1 square foot (sq. inc.) (sq. it.)

Tripping ft.	-	1	square p	inf his	p£.)
160 square rods	÷	Ī	acry (a.)		
640 poes		1	Aguard II	ole-bas	mil

VOLUME

(ou in) = 1	eable face (ex. ft.)
27 cubic feet = 1	

LIQUID HEASURE

# Suit euron (ft. sz.)	=1cap(c)
2.caps	= 1 piet (pt.)
2 piets	or 1 quart (gr.)
4 nes	- 1 quiet
32 oz.	= 1 quert
4 querts	= 1 gallon (gal.)
Apins	= 1 gallon

WEIGHT		
16 ources (ac.)		1 pound (%)
4 cz.	-	% 8s Operter pound
B sc.	-	% 8x (half pound)
12 00		% tb. (three quarters of a pound)
2000 lbs.	7	1 tun (T)

HETRICS

1	Nometer Gold	- 1000 nyten
10	decimeters (des)	= 1 meter
100	centreles (un)	= T marter
1000	millimeters (mm)	- 1 meter
1000	militari (m)	= 1 liter (L)
1	kilogram (kg)	- 1000 grams

use meters to measure length use fitters to measure liquid (supecity) use grams to measure weight

STANDARD HEASUREMENT HETRIC MEASUREMENTS

0.4	isches.	=1	centroste
22	pounds	=1	klögram
29.4	inches.	= 1	meter
1.06	quarts	-1	liter

TEMPERA

Celtilos	Temperature	
	(Fahrerbeit degrees - 3.7) o	103
	(Falrenheit degrees -32)	
Nibest	reit Temperature » Calisia decrees » 1 85 »	10

(Celtini degrees s 9/5) + 32

HOH	3/8					
panny		. 1	2110	36	1	.01
nichel	-	. 5	seets.	St	1	.05
pine	-	.10	pertic.	106:	1	.10
quieter		.25	dents;	75¢	1	.25
half dole	e e	50	red;	50¢;	1	.16
stofari.		100	MHT.	1000	1	1.00

SOURCES.

Me in a second of the second o

200	NAME OF TAXABLE PARTY.
Symb	of are used instruct of worth in m
-	ts equal to
	is not equal to
	is present than
4	is less than
+	glus, and (used in addition) or positive number sign
	minus, takes away lused in sub- traction) or negative. number si
R	multiplied by, times listed in multiplied

dwided by (u	ter	in dv	stri
a decimal po	èd	Motors	ties whole
numbers for			
mumber (1.5)	w	shows	partific
whole 10 540			

%	percent, the number of hundred
6	is a member of the set
C	is a subset of the set.
n	is an intersection of 2 sets
11	is a union of 2 arts

TERMS

polygon.

A Set is a collection of things, thu can list the members or elements of a set fetneen braces (). Set A = (1,2,5)

Arrays are anangements that have order. One array shows that 4 groups of 3 = 12. The other array shows that 3 groups of 4 = 12.



Digits are numerals (0.1.2.3.4.1.6.7.8.7s Area — the space overred by a surface, Perimeter — the distance around a

MEASUREMENTS, SYMBOLS AND TERMS YOU SHOULD KNOW

FOR FREE HOMEWORK HELP CALL: 1-212-777-3380

DOMAN HUMERALS

Remark	muni	nida i	Ú.	t a de	finite p	at	Ser.
	1	XI.	-	11	1000	-	30
	1	XII.	-	12	XI,		40
	3	CD.	-	13	L	de	50.
W -	4	XIV	-	14	UK.	4	60
F. m	5	XV.	-	15	UO		70
of a	6	XX	-	16	U00.	4	80
10 -	1	XVB	-	17.	300		90
vill +	8	XVII	-	18.	¢:		100
x -	9	XX		19	00		400
	10	XX.	v	26	0	-	500

CM = 900 M = 1000 exitten over a numerol obgys that

A bar extrem over a numeral shows that it has been multiplied by 1000. $\overline{V}_0^2 \approx 7 \times 1000$ or 7000

-

-	MAT TWO OF	-	rece	of hour?
80	mm/m	-	hour	(hr)
24.	hours.		day	
1	Jays		with	
4	metto	-	ner	th (ma)
12	months	-	jest	5(0)
51	peeks		year	
345	days	-	phat	
306	days	-	leep	year:
10	years.	-	steca	rde
20	years	-	SCEN	
100	years		cent	uty
4.45		_		

A.M. - morning 12:00 midnight - 12:00 noon.

P.M. - afternoon 12:00 noon - 12:00 midnight

HOITIGIGA

The operation of addition combines numbers called **additions** to get a total, called a **sum**.

		3			addmid
	±	5			addend
					SUR
-556	ωż.	- 14	ı.	-	- 10.00

SUBTRACTION

Submaction is the operation when you know the total, called a **minused** and one known part, called a **subtrakend**, and are broking for an unknown yart, called a **difference**.

> 6 minured - 2 skinshed 4 difference

minued - subsphere outfleence

HULTIPLICATION

The operation of multiplication visites tools included factors with a finish surface safety a product, thus are counting the same number many times which is a shorter way of adding the same number 3. Sucher 5. addeed

8.4. 20	Japan product	5	atter atter	d d d
		20	sum	Size
4		.5	-	20
Darter .		facto	M - 1	Cubern
4	between of	15.		25

DIVISION

Distant is the operature when you know the total, called a **division**, and one part, called a **division**, and are tooking for an unknown part, called a **quotient**.

diese	5 55 d	ect Vide	nd :	
56			7.	
distinct	dina		State of	-

FRACTIONS

A faction is one or more of the equal parts of a whole Numerals such as "I and "A are sailed fractions. The dight above the line is called the **summerator**. It talks about the part. The dight below the line is called the **decominante**. This number talk about the total number of parts.

	decompute
.16	is a proper fraction. It is part of 1 whole.
159	is a hactoral name for 1 whole
19	is an improper fraction. It is more than I whole:
1%	is a mixed numeral. It is 1 whole number and a fraction

DECIMALS

A decimal is a fractional number. We can use a fraction and a decimal to name the same number.

	۸.	-	2.1	bheir	-	ь.
		-	71.0	-	-	-
			_			
. 4	m.	-	9.2	N/s	Jen1	m,

UNITED REDERATION OF TEACHERS
DEPARTMENT OF EDUCATION OF THE CITY OF NEW YORK.

Funding for the Dahle Regime Program, a provided by the United Releasing of Facilities and the Beau Book City Department of Education



MEDIDAS, SÍMBOLOS Y TÉRMINOS QUE DEBERA SABER

LLAMEN PARA RECIBIR AYUDA CON LAS TAREAS GRATUITAMENTE: 1-212-777-3380

LONGITU	LONGITUD				
12 pulgades	=1 pie	(12'= 17)			
3 pies	= 1 yards	(3'=1 yards)			
36 pulgadas	=1yt.	(35"= 1 yd.)			
Wit ples	- Tyana				
320 varies	- f mila				
1760 yardas	- 1 milla				
5280 piles	- 1 mila				

AREA

144 pulga	Bi	us pie madrado
cuadrades.	(pulgidin)	fpie21

9 pies cuadrados - 1 yarda cuadrada 160 varies quadraties. - 1 acre. 640 acres cuadrates - 1 milla cuadrada (1 mila2)

VOLUMEN

1728 pulgadas robica	as will pie cidro	ē
	(Eriq)	
27 pies citricis	= 1 yards oil	Ŕ

CAPACIDAD IMEDICIÓN DE LÍQUIDOS

Rossen Soulder-	- 1 tara
2 tarm	= 1 pitta
2 petas	= 1 ourtilo
4 taxes	= I quatilo
32 onais	= 1 ouetflo
4 cuartifos	- 3 galdin
il pintas	= 1 galon

PESO

56 ordas (cc.)	-	13ba(1h)
4 as	-	% b. (un quarto de libr
For:	-	(ir lb. (media libra)
12 oc.		% b. (tres cuartos de 16ra)
2000 lbs.		- 1 tonelada

MÉTRICO

El sistema métrico se basa en nuestro sistema decimal.

1	kildmetra (km)	= 1000 metros
10	decimetros (dm)	= 1 metro
100	certimetrus (cm)	- Timetro
1000	milimetros (mm)	= 1 metro
1000	militios (ml)	- 1 8tro (0
1	kingsieno (ko)	- 1000 cumos

grades or usu para medir la longitud. Altres se usa para medir los liquidos. Itanucidad).

El gramo se usa para mede el peso.

MÉDIDAS INGLESAS -MEDIDAS MÉTRICAS

1000				
0.4	pulgadas	= 3	cerdinato	
2.2	libras.	= 1	kilograno	
39.4	pulpaties	= 1	DITTE	
1.06	cuartities	- 1	litro-	

TEMPERATURA

Temperatura en grados certigrados -Security, Faturentum -121 x G.56-to igrados Fahvenheit -32) « W

Temperatura en grados Fahrenheit lesados certigrados x 1.83 + 37 o (grades certigrados x %) + 32

MONEDA

enique.	-	1 centavo;	10:	5.01
Slovel		5 centavos;	50:	5.05
lime	-	10 centavos:	104;	\$.10
		25 centavos.		
Vedio dila	-	50 centavos;	500	5.50
Notae .	-	100 centavos	1004	\$1.00

SIMBOLOS

Los simbolos se usan en matemáticas en vez de las palabras.

110,00	and the second of the
	igual a
	no igual a
>	mayor que
<	metor que
	más, y (utilizado para sumar) s: añada el signo
	menos, sustrae lutilizado para restar) o afuda el signo de la resta
	multiplicado por futilizado para multiplicar)
+1	dividiós por (utilizado para dividir)
	ur punto decimal separa la parte emera de la parte fraccionaria (1.5) o representa la parte fraccionaria (1.56)
%	tanto por ciento, número de certé- simos
E	miembro del corjunto
-	subcorgunto del corgunto

senior de 2 consumbos TÉRMINOS

Un conjunto es una colección de cosas, Se pueden enumerar los miembros a elementos de un conjunto entre conhetes []. Conjunto A = (1.2.3)

intervesción de 7 conjuntos

Las formaçiones son agrapaciones ordenadas. Dna formación muestra que 4 grupos de 3 = 12.1a ptra formación muestra que 3 propos de 4 = 12.



Los digitos son números. 0.1,2,1,4,5,6,7,8,91

Avea - superficie comprendida dimore de un perimetro.

Perimeter - la distancia alrededor de una Figura.



MEDIDAS, SIMBOLOS Y TÉRMINOS QUE DEBERA SABER

LLAMEN PARA RECIBIR AYUDA CON LAS TAREAS GRATUITAMENTE: 1-212-777-3380

HUMEROS ROHAHOS

Los numeros romanos tienen un patrón determinado

1		1	XI.		11	XXX	-	30
i.		2	XII -		12	36		40
ia.		2	XII	w	13	i.		50
N	-	4	XIV	-	14	DK.	-	60
٧	-	5	XV.	-	15	DOL		70
Vt.		6	3000	-	16	1,000	-	80
VII.		2	XVI	-	17	XC	÷	90
VIII	-	8	XVII	-	18	5	-	100
bt.	-	9 .	XX	=	19.	CD	-	400
X	-	10	XX		20	0	-	500
						CM	-	900
						M		1000
Dist.	n by	211.05	erits.	enh	Mr Let	himse	es la	mfire.

que ha sido multiplicado por 1000. VE - 7 a 1000 or 2000

TIEMPO

60.	segundos.	u i mode (no.)	
60	mirutos	= 1 hors (h.)	
24	hous.	-1 dia	
7	dis	- 1 senana	
4	seminas.	- 1 mes	
12	meses	= 1 afc	
52	зетипак	= T afc	
365	this	- 1 ato	
366	dies-	- 1 afo bisiesto	
10	afteri	= 1 década	
20	afes.	- T veintens	

100 after. A.M. - mañana

= 1 sigls 12:00 reducate - 12:00 redictla FM. + tarde

12:00 metadis - 12:00 medianahe

La operación de sumar combina números. famados adendos para flegar al total, famado de la sarna.

		1 00	má
		5 80	éná
		E 10	NA.
ade.	ú	 sidentis - s	-

RESTA

La resta es una operación en la que se conoce el total, flamado minuende y una parte formada **santraevido**, y que busca una parte desconocida flamada diferencia.

> 5 minutede 2 sumerolo 4 dileterica

minuando - sustriaendo - diferencia

MULTIPLICACION

5 factor

La operación de multiplicar relaciona dos números flumados factores con un tercer número l'amatic producte. Se cuerta el mismo número muchas seces, de manera que es una forma abreviada de sumar el misms númers.

5: adendo

20	product.	- 3	ader ader	ndo
		±5.	ide im	ndo #
4		. 5		- 20
(jeto)		factor	-	этобис
4	grupes de	5		20

DEVISION

La división es una operación en la que se conoce el total. Namurio dividenda y un parte flamada **divisor**, chisos y se busca una carte descrepcita famada cociente.

and bearing and		
	7 moies	de -
dvoor	#.56 m	/dendu
0.0		- 7

TRACCIONES

Una franción es una o más de las partes de un entirio Números como 1/3 y 1s se llaman fractiones. El digito que está encima de la linea se Roma **numerator** y el de debalo se llama denominador. Este mimero indica el número total de las partes.

dVidendo + dvisor - cociente

٠		3 denominador
•	4	es un fracción propia. Es parte de 1 enters.
	4/4	es un nombre fraccional de T enters
		es una fracción impropia. Es mayor que un entero.
	1.5	es un número mido. Es 1 número entero y una fracción.

2 named to

DECIMALES

Un decimal es un número fraccional. Podemos usar una fracción y un decimal para nombrar el mismo número.

Viv. - 0.1 un décima Viv = 0.2 dos decimos.

FEDERACIÓN UNIDA DE MAESTROS.

DEPARTAMENTO DE EDUCACIÓN DE LA CIUDAD DE NUEVA YORK

Foreign para el programa Clamar A LACO Milandro hum com facilitativo por La Anteración Livela de Sheetres, a el Departamento de Falucable.



THE MANHATTAN DISTRICT ATTORNEY'S

HIGH SCHOOL PROGRAM



Interested in working toward safety and justice

Join us this summer for a PAID internship!

Application period opens January 5th

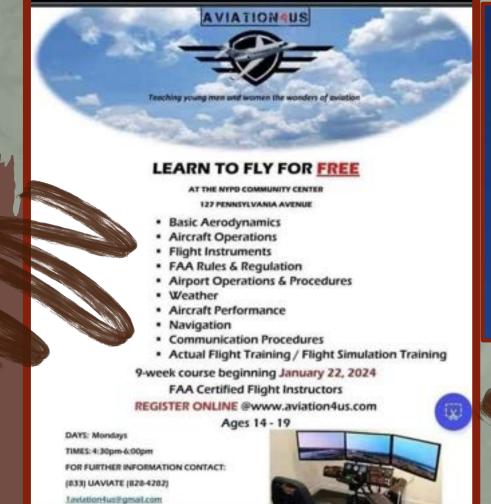
Applications are due in March 2024 The internship runs from July 8th through August 9th, 2024.

Eligibility: Applicants must be current high school sophomores, juniors, or seniors who live in or attend school in Manhattan.

For more information, contact us at:

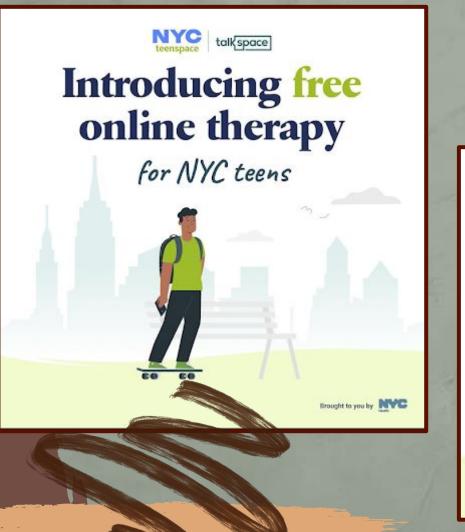
- highschoolinternship@dany.nyc.gov
- (917)-808-6421
- https://www.manhattanda.org/careers /internship-opportunities/high-schoolinternship/



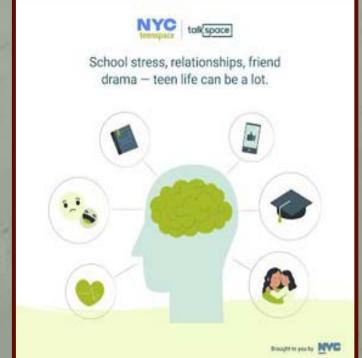


Red Hook Initiative, Inc. WEARE HIRING YOUTH! We Are Looking For Requirements Evrolled in high school HIGH SCHOOL Documents to sook in the US: sooking propers, both confliction, C. Sannit Sanuary Clark, & actived inconcept YOUTH IN GRADES 8-12 W time in Blad Hook (NOSI sign could are interested in the following roles. Four Do you must require month? Health Educator, Feer Health Navigotor, House Photogramatics, Arch. Volumes. Scran the Oth noote & WE AUSO PROVIDE: LON-1 & DROLF UTOWNS, COLLEGE ACCESS, CASE MANAGEMENT, & MENTIL HEALTH SUPPORT APMiDrhicenter.org GR CALLUS AT 910-518-1544 NYC











- Su aregerno for y no for y no power

lever apper is

- rown syft - an y Yearn with

boile power

lemen



The NYC Health Department is offering teens mental health support. Now anyone 13-17 living in NYC has access to Talkspace at no cost.







Get matched with a therapist for 1-on-1 online support.

Visit talkspace.com/nyc to get started.



Sought to you by MYC







YOUR LIFE.

Need to talk to someone about your mental health or substance use? We're only three numbers away. Call or text.

















Practice self-compassion. Be kind to yourself. Try to

limit and course correct your self-judgments.



Make time for yourself.

Allow time for rest. Pay attention to when your self-care battery is running low-and take the time to recharge.



Set manageable goals for yourself. Write goals down-they will lead to bigger accomplishments in the end.

5 TIPS to TAKE CARE OF YOUR MENTAL HEALTH

Notice the moments of joy in your day-no matter how big or small. When you take time to notice positive

moments in your day, your experience of that day becomes better.

Gather strength from others &

build a support system. Countless. other people have faced similar stresses or challenges. Reach out to friends, family, or a therapist.

Are you a father or an expectant father and have either your GED or High School Diploma? Are you between 18-30? Don't miss out on this 100% free program!

New York City Housing Authority (NYCHA) in partnership with CUNY Fatherhood Academy and The NYC Young Men's Initiative, is hosting an info session on Monday, November 20 to explain more about what the CUNY Fatherhood Academy can offer you.

A few quick highlights:

- Explore College and Career Options
- Parenting Workshops
- Job Readiness and Employment Assistance
- Financial Assistance

Register for the 11:00 AM session on Monday, November 20 by calling 718-218-8100.



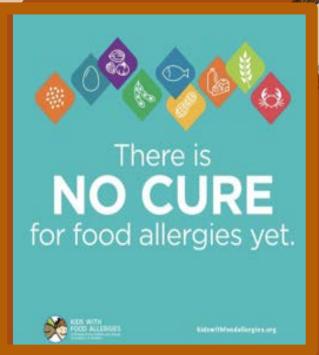
Looking for a COVID-19 test near you? All New Yorkers can:

- Pick up free at-home rapid testing kits at sites around the city: https://on.nyc.gov/3bvriaq
- Make an appointment at one of our COVID Express sites: http://on.nyc.gov/covidexpress











Why get the updated Vaccine

Everyone can benefit from the COVID-19 vaccine, which:

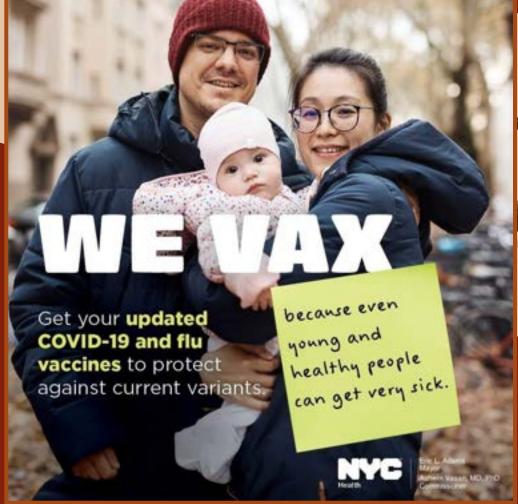
- @ Reduces the risk of hospitalization and death
- Reduces the duration and severity of symptoms if you become infected
- @ Reduces the risk of long COVID

The updated vaccines are designed to protect against currently circulating variants and strengthen immunity from previous vaccines or infection, which can decrease over time.



To date, hundreds of millions of people in the U.S. have safely received a COVID-19 vaccine under the most intense safety monitoring in U.S. history.







RESOURCES

for the LGBTQ+ community



Anti-Violence Project Report harassment or violence here: (212)-714-1141 avp.org/get-help



COLAGE

Supporting people with LGBTQ+ caregivers



Straight for Equality

Learning sessions to help support allyship straightforequality.org



Transgender Legal Defense & Education Fund Ending discrimination based upon gender

identity and expression transgenderlegal.org

More resources are available at: glaad.org/resourcelist

elatinxinsocialwork

@LATINXINSOCIALWORK

from with

luner

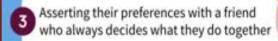


5 boundaries teens may need to set with others

Explaining to a sibling that they need alone time and asking them to knock before coming into their room

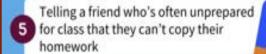


Letting a friend know when they're not comfortable with an activity (like drinking) or a behavior (like looking at their phone while driving)





Requesting that a romantic partner respect their time with others by not calling or texting while they're out with friends



How to PAUSE before responding to your child's behavior

1. Accountability.

Tell your kids/family you're going to try pauses; it changes the expectation that you'll respond immediately and allows them to remind you if you forget.

2. Awareness.

Notice your triggers and become aware of how your body feels when you start to get angry.

3. Slow down.

Practice talking more slowly and/or not reacting immediately in situations that aren't emotionally charged.

4. Destress.

Make space for self-care so you're not as close to the end of your fuse when tense situations arise.

to to

5. Apologize.

If you do overreact or yell, offer a genuine apology and commit to continuing to practice. And give yourself grace, mistakes are part of learning!



5 Tips For Communicating with your Teen

Let them talk: Teenagers are at an age where they are just beginning to find their voice. Let them talk so that they can become more comfortable with you, and in practicing their ability to speak, more comfortable with themselves

Talk about your teenage experiences: You've been an adult for your teen's whole life. As they struggle with the changes in their lives, level with them and their experiences by talking honestly about your own at their age.

Keep calm: Your teen can drive you up a wall. But when you get angry, you only validate their emotional outbursts. Keep calm, and show them through your actions how an adult communicates. You have to walk the walk before you can talk the talk.

Do Things Together: Big talks can be intimidating to a teen. Doing things together allows you the opportunity to build your relationship so that they feel more comfortable talking openly. Go on hikes, work through a self-book like ours with them, cook together. It's the together part that makes all the difference.

Show them your trust: When you let your teen know you trust them, they'll have the confidence to trust themselves. Give them grown-up opportunities around the house. Let them pick a Saturday activity. When you build a solid level of trust, they'll trust you with their vulnerability.



Ways to Strengthen Your Family Life

Teach kindness and empathy

Prioritize family time.

Create family traditions.

Eat meals together.

Lead by example.

Support each other's goals.

Resolve conflicts with a focus on finding solutions rather than assigning blame. Make an effort to be mentally & emotionally present for each other

Express gratitude & appreciation to each other.

Encourage open communication



Tips on Coping with Stress as a Mom

Identify the source of stress: Identify what is causing stress in your life to address it more effectively.

Say "no" to unnecessary commitments: Prioritize your time and say "no" when needed.

Take care of yourself: Take care of yourself physically, spiritually, & emotionally in order to better manage stress.

Embrace mindfulness techniques: Deep breathing exercise, meditation, & yoga can help alleviate stress & anxiety. Prioritize relaxation: Take time to relax & do things that help you unwind.

Seek support: Talking to someone about your stress can be a helpful way to manage it.





FAMILIES THRIVING

We partner with families to provide:



- Individual Counseling
- Family Counseling
- Social Emotional Skill Building

Services can take place at home, at summer program, or on Zoom



Contact us to learn more:

(212) 453-4503

ft@universitysettlement.org











THE HOLIDAYS











Hallmark Movies Quissenes

MIRACLES OF CHRISTMAS

All New 2023 Movies THURSDAYS 8/7c

- Ms. Christmas Comes to Town
- NOV 2 My Christmas Guide
- NOV 9
 Mystery on Mistletoe Lane
- A MONTHS
- NOV 16
 A World Record Christmas

A Season for Family

NOV 30

■ NOV 22 (WED)

- Time for Her to Come Home for Christmas
- DEC 7 To All a Good Night ● DEC 14

Heaven Down Here

DEC 21
 Miracle in Bethlehem, PA

W HOUSE

Get the latest movie schedule! #MiraclesofChristmas





** NETFLIX



Klaus Elf Pets

Christmas Break In

48 Christmas Wishes



A Boy Called Christmas.

Happy Holidays from Madagascar

Trolls Holiday

Unaccompanied Minors

White Christmas

Angela's Christmas

Klaus

Let It Snow











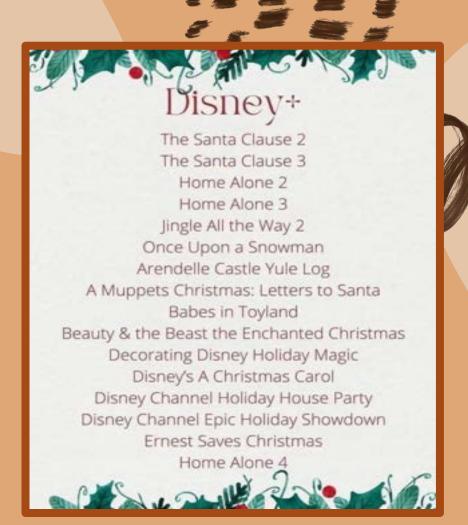












PRIME

It's a Wonderful Life

The Polar Express

National Lampoon's Christmas Vacation

Die Hard

Jingle all the Way

The Grinch

Christmas with the Kranks

The Nightmare Before Christmas

Home Alone

A Christmas Story

Mickey's Christmas Carol

The Santa Clause

Jack Frost

A Bad Mom's Christmas

Peppa Christmas

Ernest Saves Christmas

A Christmas Carol

Home Alone 2

PRIME

Fred Claus

4 Christmas

Miracle on 34th St

Mickey Once Upon a Christmas

Smurfs Christmas Carol

The Santa Clause 2

Home Alone 3 Santa Clause 3

The Star

Curious George A Very Monkey Christmas

A Muppet Christmas Carol

A Flintstone Christmas Carol

Prancer

Yogi's First Christmas

Casper's 1st Christmas

A Fairly Odd Christmas

Babes in Toyland





HOLIDAY MOVIES ON TUBI





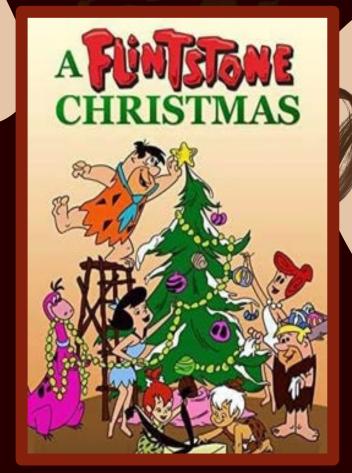




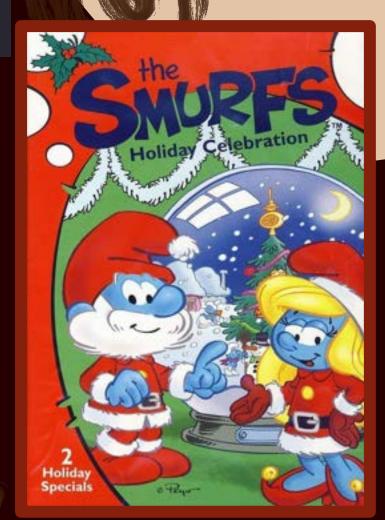


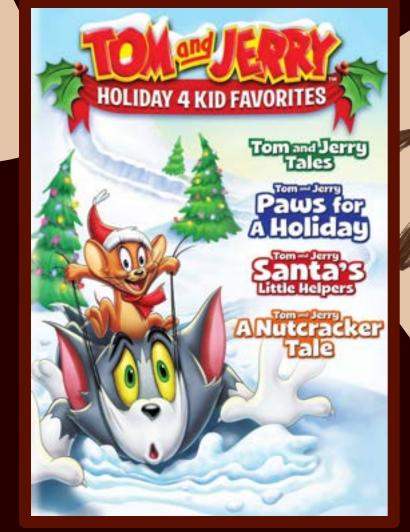






tubi Free Movies & TV







This Bacon Ranch Turkey Cheeseball will be a hit at the holiday table! Recipe:

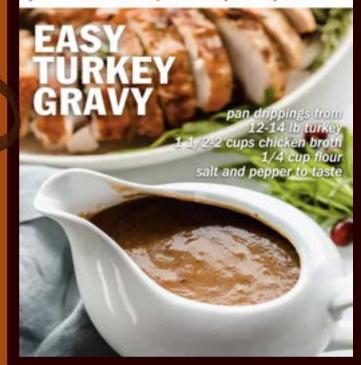
https://theblogette.com/turkey-cheeseball/



Recipe here:

https://therecipecritic.com/turkey-gravy/

Turkey gravy is rich, thick, and creamy! This gravy takes less than 15 minutes to make! Once you drizzle it all over your turkey and potatoes, well, you will use this recipe for every holiday season!





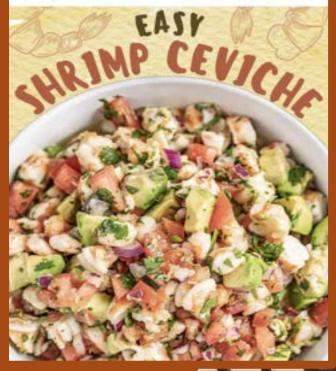
https://therecipecritic.com/turkey-charcuterie -board/

Gobble gobble your way to Thanksgiving dinner with the cutest turkey charcuterie board there ever was! Guests of all ages will love this fun way to enjoy a snack or appetizer full of meat, cheese, crackers, and lots of fruit!



Easy shrimp ceviche uses pre-cooked shrimp marinated in citrus juices with cilantro, red onion, tomato and avocado. Even ceviche newbies will love it!

Recipe:https://thestayathomechef.com/ shrimp-ceviche/







RECIPE - https://buff.ly/3hKnw5v

Coconut Snowballs are a simple, no-bake, winter-themed cookie your loved ones will enjoy! They make a great addition to holiday cookie trays!





https://therecipecritic.com/apple-cider-donuts/

These baked apple cider donuts are rich, soft, and filled with spiced apple flavor! Topped with a creamy apple glaze, they almost look too good to eat! They're the perfect addition to any fall get-together.





https://www.spendwithpennies.com/cherry -cheesecake-egg-rolls/

These sweet cheesecake egg rolls make a great appetizer and can be air fried or deep fried!







https://therecipecritic.com/hummingbird-cupcakes/

A bite-sized take on a classic Southern dessert, these hummingbird cupcakes are sure to win your heart! Filled with pecans, chopped fruit, and topped with smooth cream cheese frosting, you won't be able to stop at one!

HUMMINGBIRD CUPCAKES

1 cup butter
4 cup gramulated sugar
34 cup brown sugar
3 large eggs
2 tip vanilla
2 ripe bananas, mashed
54 cup shredded coconut
54 cup cushed pineapple
2 14 cups all-purpose flour
1 tsp baking soda
1 tsp candamom
54 tsp salt
55 cup chopped pecans

FROSTING

3/4 cup unsalted butter 12 oz cream cheese 1 1/2 tsp vanilla 1/2 tsp salt 6 cups powdered sugar



Recipe here:

https://therecipecritic.com/melt-in-your-mouthpumpkin-cookies-with-cream-cheese-frosting/

Delicious and soft pumpkin cookies that just melt in your mouth! These are the BEST pumpkin cookies and the cream cheese frosting on top is fantastic!

PUMPKIN COOKIES with to ream cheese frosting

I cap butter
I cap geneithed sugar
I tap baking powder
I tap baking powder
I tap ground cinnamon
I/2 tap salt
I tap ground cinnamon
I/2 tap ground nottneg
I tag
I tap vanilla
I cup canned pumpkin
I cups all-purpose flour

CREAM CHEESE FROSTING

1/2 cup butter 8 oz cream cheese 4 cups pewdered sugar 1 tsp vanilla



Recipe here:

https://therecipecritic.com/apple-brown-betty/

An Apple Brown Betty is a warm and comforting apple dessert that is full of fall flavors. The apples are coated in lemon juice with a brown sugar spiced crumble throughout that satisfies with every bite. If you don't like oats, this recipe is for you!





