

Hello Families & Scholars, It's your Parent Coordinator Ms. Pink. I hope all is well with you and your family. I put together this resource packet with some Amazing resources just for you. Please note the SYEP Applications are open. (details are in the packet). This month we Celebrate Black History Month. Scroll through the entire packet, enjoy the Black History facts, artwork on the pages, inspirational quotes, Black Health & Wellness section. Scroll through the Community Resources, Teen Vaping, Immigration Resources, Trade School Programs, Parenting Tips and more. Remember I'm just an email away. You can reach me at mpink@thewcs.org











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

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Assistant Dean 11th and 12th
Natasha Robinson

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Class of 2027

Academy Leader: Angie Helliger AHelliger@thewcs.org Guidance Counselor: TBA

 $\begin{array}{c} \textbf{Intervention and Family Support Counselor} \\ \textbf{Ms. G} \end{array}$

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Class of 2025 Academy Leader:

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

Athletics and Safety Support Lawrence Combs lcombs@thewcs.org

ADDITIONAL SUPPORT:

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

ENROLLMENT COORDINATOR JUSTIN USHER jusher@thewcs.org



RESOURCE FAIR

DATE: FEBRUARY 14th, 2024 TIME: 10am - 3pm

LOCATION: WILLIAMSBURG CHARTER HIGH SCHOOL WCHS

198 VARET STREET BROOKLYN, NEW YORK 11206

Join us for an exciting Winter Market & New You Resource Fair! This event is a PLC Fundraiser & we can't wait to celebrate Valentine's Day with you In Person. Come & explore our vibrant Flea Market, where you can support Black Businesses and indulge in Caribbean Food, exquisite jewelry, unique crochet pieces, stylish handbags, and much more. Scholars, don't forget to ask your mom, dad, or guardian for some money to enjoy this shopping extravaganza. And guess what? The PLC will also be selling Valentine gifts, perfect for that special person in your life.





CONSEJO DE LIDERAZGO DE PADRES(PLC)

MERCADO DE INVIERNO Y FERIA DE RECURSOS PARA UN NUEVO TÚ

FECHA: 14 DE FEBRERO DE 2024

HORA: 10am - 3pm

LUGAR: WILLIAMSBURG CHARTER HIGH SCHOOL WCHS

198 VARET STREET BROOKLYN, NEW YORK 11206

¡Acompáñenos para una emocionante feria de invierno y feria de recursos para un nuevo tú! Este evento es para recaudar fondos para el PLC y estamos ansiosos por celebrar el Día de San Valentín contigo en persona. Ven y explora nuestro vibrante mercado de pulgas, donde puedes apoyar a las Empresas Negras y disfrutar de comida Caribeña, joyas exquisitas, piezas de crochet únicas, bolsos elegantes y mucho más. Estudiantes, no olviden pedirle algo de dinero a su mamá, papá o tutor para disfrutar de este espectáculo de compras. ¿Y sabes qué? El PLC también venderá regalos de San Valentín, perfectos para esa persona especial en tu vida.





JR SCHOOL PARENT SURVEY WILI CHARTER HIGH SCHOOL FEBRUARY 12th, 2024. HELP US GET 100%

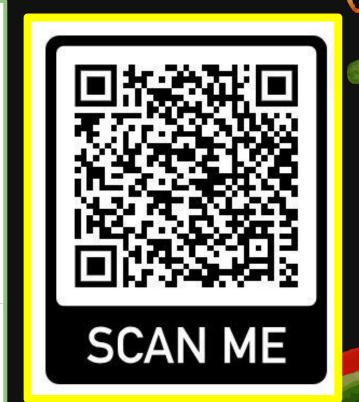
Families can take the survey online via computer or mobile device at NYCSchoolSurvey.org in any of the ten DOE-supported languages.

They can take the survey at www.nycschoolsurvey.org and click on the "Take the 2024 NYC School Survey"

What about the survey codes for families?

- Families will enter "f" followed by their child's nine-digit Student Identification (OSIS) Number. Note that "f" must be lowercase (example: f123456789).
- Families can find their child's Student Identification (OSIS) Number on their report card, student ID card, or NYCSA account or they can request it from their school





NYC School Survey 2/12-4/5

Starting February 12th!!

- Parents: Go to NYCSchoolSurvey.org
- Select your language and click "Take the survey"
- Enter the letter "f" (lowercase) followed by your child's nine-digit OSIS number. (The 9-digit # at the bottom of your child's ID card)
- Complete 1 survey for each child in school.
- Take a screenshot of the "Thank you" screen and email it to mmedina@thewcs.org to be entered in the WCHS raffle. Your voice counts! We need your feedback!



Encuesta Escolar de NYC 12/2-5/4

Empezando 12 de febrero

- Padres: Entre a NYCSchoolSurvey.org
- Elige su idioma y haga clic en "Take the survey"
- Entre la letra "f" (minúscula) seguido por los 9-dígitos del número de OSIS de su hijo. (El # de 9-dígitos en la parte baja de la tarjeta de identificación de su hijo)
- Complete una encuesta por cada niño en la escuela.
- Tome una captura de la pantalla que dice "Gracias" y mándala por email a mmedina@thewcs.org para entrar en la rifa ¡Su voz cuenta! ¡Necesitamos sus comentarios!





COMPLETE YOUR SCHOOL SURVEY LLENE SU ENCUESTA ESCOLAR

Go to NYCSchoolSurvey.org and enter your Access Code.





When your survey is completed PLEASE MAKE SURE TO EMAIL YOUR CONFIRMATION TO MS, MEDINA AT MMEDINA@THEWCS.ORG TO MAKE SURE YOU ARE ENTERED INTO OUR RAFFLE!



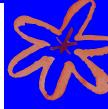
Visite a NYCSchoolSurvey.org y entra su Código de Acceso.

¡Por favor llene la encuesta antes del 5 de abril para entrar en nuestra GRAN

Después de llenar la encuesta

POR FAVOR ASEGÚRESE DE ENVIAR SU CONFIRMACIÓN POR CORREO ELECTRÓNICO A LA SRA, MEDINA EN MMEDINA@THEWCS.ORG PARA ASEGURARSE DE ENTRAR EN NUESTRA RIFA!









Dear Parents/Guardians of NYC Public School Students.

We are writing to make you aware that if you are a parent or guardian of a child who was enrolled in NYC Public Schools (NYCPS) in the 2021-2022 school year, Summer 2022 or Summer 2023, you are eligible for a food benefit card that you may not yet have accessed.

Parents/guardians of children who were enrolled in NYCPS in the 2021-2022 school year, Summer 2022 and Summer 2023 should have received a P-EBT food benefit card. These cards were issued to parents/quardians between May 2023 and December 2023 on a rolling basis.

The Pandemic Electronic Benefit Transfer Program (P-EBT) is a Federal program to provide food benefits to children who miss the opportunity to receive school meals due to pandemic-related school closures. These benefits take the form of funds on electronic benefit transfer (EBT cards) which can be used in the same manner as SNAP (food stamp) cards. While this is not a NYCPS program, we wanted to make you aware, as all children enrolled in NYCPS schools in those time periods are elicible.

At this time, many parents/guardians have not yet utilized these benefits, with millions of dollars currently unspent. These dollars can still be spent on food, and the first of these benefits may be expiring soon. Parents/guardians should call the benefits helpline (listed on the back of this letter) to determine their outstanding balance.

Benefits were automatically issued to families of all eligible students. For students whose households receive SNAP, Temporary Assistance, or Medicaid benefits, P-EBT benefits were loaded to those household accounts. For all other students, new cards have been issued to each student specifically for P-EBT benefits and mailed directly to students' home addresses. Benefits were issued between May 2023 and December 2023 on a rolling basis.

If you have received the card, but do not know how to use it, please see more detailed directions on the back of this letter. If you did not receive a card but were a parent of a NYCPS student at those times, or lost your card and need to order a replacement card, please also follow the directions on the back.

This is not a NYCPS initiative, so if you have more questions, please utilize the resources below this letter to find more information.

Thank you,

Emma Vadehra,

Deputy Chancellor for Operations and Finance

Kenita Lloyd,

Deputy Chancellor for Family and Community Engagement and External Affairs

The following resources are available to you for additional support:

P-EBT Food Benefits Helpline

If a family has questions, they may call the P-EBT food benefits Helpline at 1-833-452-0096.

To order a replacement card

Families can order a replacement P-EBT Food Benefit card by calling 1-888-328-6399.

Do P-EBT food benefits expire?

P-EBT food benefits will remain available and accessible on your EBT or P-EBT Food Benefit card for 274 days from the date they were issued.

You can check your family's P-EBT food benefit balance by visiting connectebt.com or by calling 1-888-328-6399.

For more information on the program

Please visit bit.ly/P-EBTfood or use the QR code below:











Estimado padre o tutor de un estudiante del NYCPS:

Le escribimos para informarle que si usted es el padre o tutor de un estudiante que estuvo matriculado en el Sistema de Escuelas Públicas de la Ciudad de Nueva York (NYC Public Schools, NYCPS) durante el año escolar 2021-2022, el verano de 2022 o el verano de 2023, tiene derecho a una tarjeta de beneficios para alimentos que es posible que aún no haya utilizado.

Los padres o tutores de niños que estuvieron matriculados en el NYCPS durante el año escolar 2021-2022, el verano de 2022 o el verano de 2023, tienen derecho a una tarjeta de beneficios para alimentos del Programa de transferencia electrónica de beneficios por la pandemia (Pandemic Electronic Benefit Transfer Program, P-EBT). Estas tarjetas se expidieron entre mayo y diciembre de 2023 de manera continua para padres y tutores.

P-EBT es un programa federal que proporciona beneficios de alimentos para niños que no pudieron recibir las comidas escolares debido a cierres de las escuelas por la pandemia. Los beneficios se aceden a través de fondos transferidos electrónicamente (tarjetas EBT), los cuales se pueden utilizar de la misma manera que las tarjetas del Programa de Asistencia Nutricional Suplementaria (Supplemental Nutrition Assistance Program, SNAP). Si bien este no es un programa del NYCPS, queríamos que estuviera al tanto de este beneficio, ya que todos los niños matriculados en escuelas del NYCPS durante dichos períodos cumplen los requisitos del programa.

Hasta el momento, hay millones de dólares para este beneficio que no han sido utilizados por los padres y tutores. Este dinero se puede utilizar todavía para comprar comida, y las tarjetas que se expidieron primero podrían estar a punto de caducar. Los padres y tutores pueden llamar a la línea de servicio al cliente (que figura al reverso de esta carta) para determinar cuál es su saldo.

Las tarjetas se expidieron automáticamente para todas las familias de los estudiantes que cumplian con los requisitos. Los estudiantes cuyos hogares reciben beneficios de los programas SNAP, Asistencia Temporal o Medicaid, recibieron el dinero de los beneficios P-EBT en las cuentas de dichos programas. A los demás estudiantes, se les envió por correo postal a sus casas la tarjeta P-EBT con el dinero de los beneficios. Estas tarjetas se expidieron entre mayo y diciembre de 2023 de manera continua.

Si recibió la tarjeta, pero no sabe cómo usarla, consulte el reverso de esta carta para ver las instrucciones detalladas. De igual manera, si no recibió una tarjeta, pero su hijo estuvo matriculado en una escuela del NYCPS durante los períodos mencionados, o si se le perdió la tarjeta y necesita solicitar una de remplazo, siga las instrucciones que figuran en el reverso de esta carta.

Esta no es una iniciativa del NYCPS, por lo que, si tiene preguntas, debe utilizar los recursos que figuran más abajo para obtener más información.

Muchas gracias,

Emma Vadehra,

Vicecanciller de Operaciones y Asuntos Financieros Kenita Lloyd,

Vicecanciller de Participación Familiar y Comunitaria y Asuntos Externos

Si necesita ayuda adicional, utilice los siguientes recursos:

Línea de atención al cliente del programa de beneficios para alimentos P-EBT:

Las familias que tienen preguntas pueden llamar a la línea de atención al cliente del programa de beneficios para alimentos P-EBT al **1-833-452-0096**.

Para solicitar una tarjeta nueva:

Las familias pueden solicitar una nueva tarjeta de beneficios para alimentos P-EBT llamando al **1-888-328-6399**.

¿La tarjeta de beneficios para alimentos P-EBT tiene fecha de vencimiento?

La tarjeta de beneficios para alimentos P-EBT se puede usar hasta 274 días después de su fecha de expedición.

Para conocer el saldo de su tarjeta de beneficios para alimentos P-EBT, visite connectebt.com o llame al 1-888-328-6399.

Para conocer más sobre el programa:

Ingrese a bit.ly/P-EBTfood o utilice el código QR que figura más abajo:













WHO WE ARE AND WHAT WE DO **OUR MISSION**

We the PLC are parent volunteers. Our group was founded in 2018. We represent the parents and guardians of Williamsburg Charter High School. We meet monthly as a collective group to discuss parent concerns and ways to improve our school. We work for you, the parents. Your voices, your comments and concerns are heard through us. We voice your comments, issues and concerns to the Board of Trustees, Head of School, and other School Leadership. We believe that every scholar deserves an outstanding education. Together we can Change History and Change Lives.



WHAT DOES IT MEAN TO BE PART OF THE PLC MOVEMENT?

- Be a parent/guardian that wants to improve the quality of your scholar's education.
- Attend monthly meetings and workshops.
- Get access to family and community resources.
- Make our school community stronger by letting your voice be heard.
- Participate in life changing programs and workshops.











OUIÉNES SOMOS Y OUÉ HACEMOS LA MISIÓN DEL PLC

Nosotros, el PLC, somos padres voluntarios. Nuestro grupo fue fundado en 2018. Representamos a los padres y tutores de Williamsburg Charter High School. Nos reunimos mensualmente como grupo colectivo para discutir las inquietudes de los padres y las formas de mejorar nuestra escuela, Trabajamos para ustedes, los padres, Sus voces, sus comentarios e inquietudes se escuchan a través de nosotros. Expresamos sus comentarios, problemas e inquietudes a la Junta Directiva, al Director de la Escuela y a otros Líderes Escolares. Creemos que cada estudiante merece una educación sobresaliente. Juntos podemos cambiar la historia v cambiar vidas.



¿QUÉ SIGNIFICA SER PARTE DEL MOVIMIENTO PLC?

- Ser un padre/tutor que desea mejorar la calidad de la educación de su estudiante.
- Asistir a reuniones y talleres mensuales.
- Obtenga acceso a recursos familiares y comunitarios.
- Fortalecer nuestra comunidad escolar dejando que tu voz sea escuchada.
- Participar en programas y talleres que cambian vidas.
- Demuestre a sus estudiantes que se preocupa por ellos y su educación.

















APPLY ANN API INIE

GRADES 9-12

APPLY NOW FOR 2024-25 SCHOOL YEAR DEADLINE APRIL 1ST, 2024

SOLICITE ANTES DEL 1 DE ABRIL PARA PARTICIPAR EN LA LOTERÍA 2024-25

> www.thewcs.org/apply www.thewcs.org/aplique

SCAN LINK WITH YOUR PHONE FOR MORE INFO

ESCANEE EL ENLACE CON SU TELÉFONO PARA MÁS INFORMACIÓN



<u>OPEN HOUSE DATES:</u> Dec 16 / Jan 20 / Feb 10 / Mar 16 <u>CASA ABIERTA EVENTOS:</u> 16 de Dec / 20 de Enero / 10 de Feb / 16 de Marzo

Starts @ 10 am

THANK YOU

FOR READING







POR LEER

Visita el sitio: www.beacons.ai/wchs



Contáctenos:

- ⊚ @williamsburgcharter■ admissions@thewcs.org
- (347) 217 6995





College & Career Readiness Office

Multi-Tier Supports

- Personalized individual and family meetings
- College and trade school application support
- Groups, workshops, and information sessions
- SAT administration
- Curriculum and resource materials
- · School-wide events
- Field trips
- · Fee waivers
- College NOW partnership

More Info

(718) 782-9830 198 Varet Street Brooklyn, NY 11206

Mission and Vision Statement

To deliver comprehensive ASCAaligned college and career readiness counseling with the belief that every student can develop the necessary mindsets and behaviors to achieve postsecondary success in college, trade schools, and the workforce.





Soportes de Varios Niveles

- Reuniones individuales y familiares personalizadas
- Soporte para solicitudes de universidades y escuelas profesionales
- Grupos, talleres y sesiones informativas
- · Administración del SAT
- Plan de estudios y materiales de recursos
- · Eventos para toda la escuela
- Paseos
- Exenciones de cuotas
- · Asociación con College NOW

Más Información

(718) 782-9830 198 Varet Street Brooklyn, NY 11206

Declaración de Misión y Visión

Brindar asesoramiento integral de preparación universitaria y profesional alineado con ASCA con la creencia de que cada estudiante puede desarrollar la mentalidad y los comportamientos necesarios para lograr el éxito postsecundario en la universidad, las escuelas vocacionales y la fuerza laboral





Intervention & Family Support Counselors

IFSCs are Social Workers who provide a variety of supports at WCHS:





Social/Emotional Counseling

IFSCs provide mandated and at-risk counseling services to support presenting needs related to social skills, self-esteem, stress management, emotional regulation, and more!



Resources and Referrals

IFSCs work with families to identify outside resources to meet student and family mental and physical health needs. We keep information confidential and help identify the right points of contact.



McKinney-Vento

The McKinney-Vento liaison assists families and district staff with the identification and enrollment of students experiencing temporary housing, and ensures that families receive referrals to housing and health care services.



Each IFSC is part of a respective grade team to help support the needs of every student. Students are welcome to make an appointment for a check in:)



9th Grade - Ms. G. - bgozikowski@thewcs.org 10th Grade - Ms. Aburdene - aaburdene@thewcs.org 11th Grade & Department Leader- Ms. St. Fleur estfleur@thewcs.org 12th Grade - Ms. Bolnick - bbolnick@thewcs.org



Conse jeros de Intervención y Apoyo Familiar

Los IFSC son Trabajadores Sociales que brindan una variedad de apoyos en WCHS:



Asesoramiento Social/Emocional

¡Los IFSC brindan servicios de asesoramiento obligatorios y en riesgo para apoyar las necesidades presentes relacionadas con habilidades sociales, autoestima, manejo del estrés, regulación emocional y más!



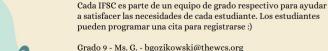
Recursos y Referencias

ILos IFSC trabajan con las familias para identificar recursos externos para satisfacer las necesidades de salud física y mental de los estudiantes y sus familias. Mantenemos la información confidencial y ayudamos a identificar los puntos de contacto adecuados.



McKinney-Vento

El enlace McKinney-Vento ayuda a las familias y al personal del distrito con la identificación e inscripción de estudiantes que reciben alojamiento temporal y garantiza que las familias reciban referencias a servicios de vivienda y atención médica.





Grado 10 - Ms. Aburdene - aaburdene@thewcs.org Grado 11 y Líder del Departamento- Ms. St. Fleur estfleur@thewcs.org Grado 12 - Ms. Bolnick - bbolnick@thewcs.org





The Williamsburg Charter High School Parent Leadership Council (PLC) is thrilled to announce our fundraising campaign for the 2023-2024 School Year. Our goal is to provide college essentials to a minimum of 10 deserving scholars upon their graduation, as well as establishing ongoing funds to support families & scholars in need, and to facilitate exciting parent activities. We are counting on your generous support as no donation is too small.

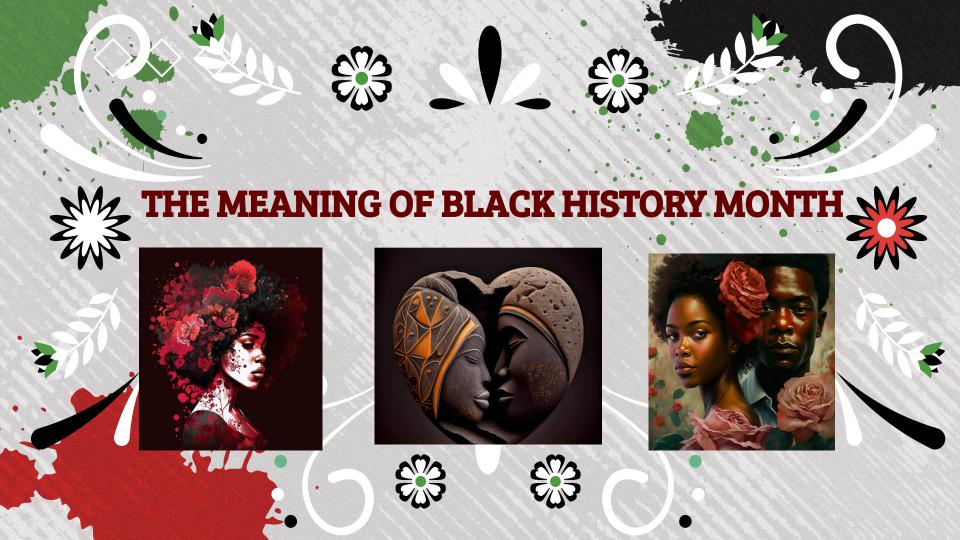
You can easily contribute by using Zelle: Simply send your donation to kfernandez@thewcs.org and Remember to write "PLC Donation" in the Memo line. We wholeheartedly welcome all donations and are incredibly grateful for your participation in this exciting endeavor!

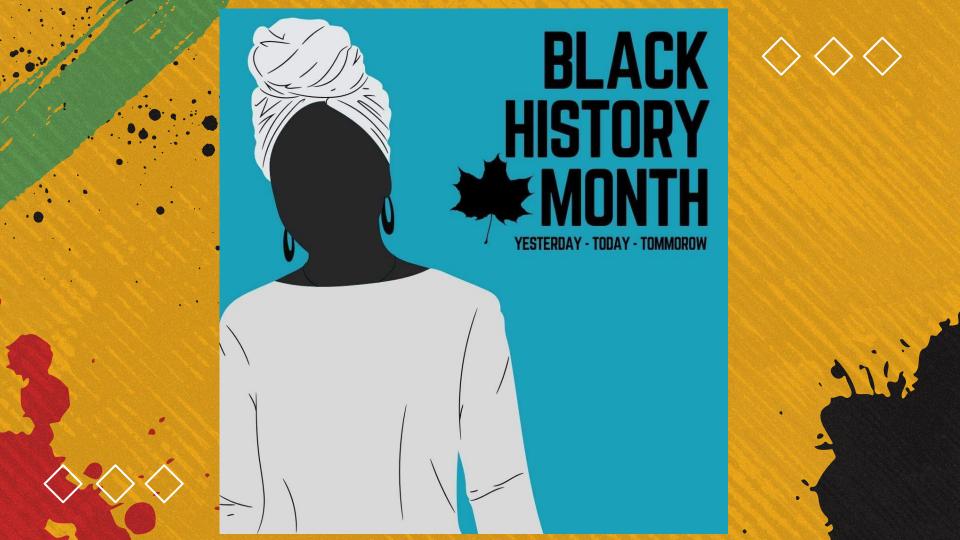


anunciar nuestra campaña de recaudación de fondos para el año escolar 2023-2024. Nuestro objetivo es proporcionar elementos básicos para la universidad a un mínimo de 10 estudiantes que lo merezcan después de su graduación, así como establecer fondos continuos para apoyar a las familias y estudiantes necesitados, y facilitar actividades interesantes para los padres. Contamos con tu apoyo generoso ya que ninguna donación es demasiado pequeña.

Puedes contribuir fácilmente usando Zelle: Simplemente envíe su donación a kfernandez@thewcs.org y Recuerde de escribir "PLC Donation" en la línea de notas. ¡Damos la bienvenida de todo corazón a todas las donaciones y estamos increíblemente agradecidos por su participación en este emocionante esfuerzo!







What is Black History Month 7

It is an annual celebration originated in the United States that extends through February of every year to recognize the sacrifices and achievements that African Americans have contributed throughout history.



It celebrates the resilience, determination and legacies of all Black people from all periods of U.S. history, from the first enslaved people brought over from Africa in the early 17th century to African Americans living in the United States today.



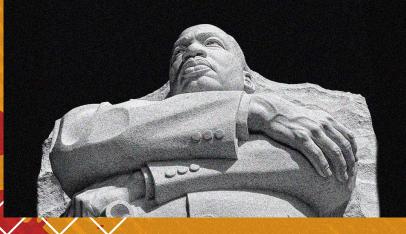
as this month coincides with the birthdays of two prominent US figures who played a role in abolishing slavery: former US President Abraham Lincoln and social activist and reformer Frederick Douglas.





It started as a way of teaching students and young people about Black and African-Americans' contributions. Now, it has become a celebration of those who've impacted the world with their activism and achievements.

It has since been observed in different parts of the world to recognize the people and events that helped shape the history of the African diaspora. Black History Month serves as reminder to persevere, have resilience against adversity, and always do what is right.

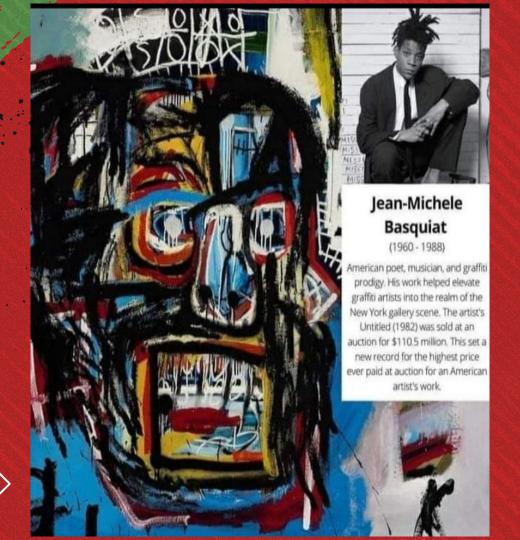




Every year, particular theme is chosen for Black History Month that highlights an aspect of African American History and the African American community.

For 2023, the theme is "Black Resistance" highlighting the opposition to oppressive systems across history, and how the legacies of the previous generations have impacted today's society.







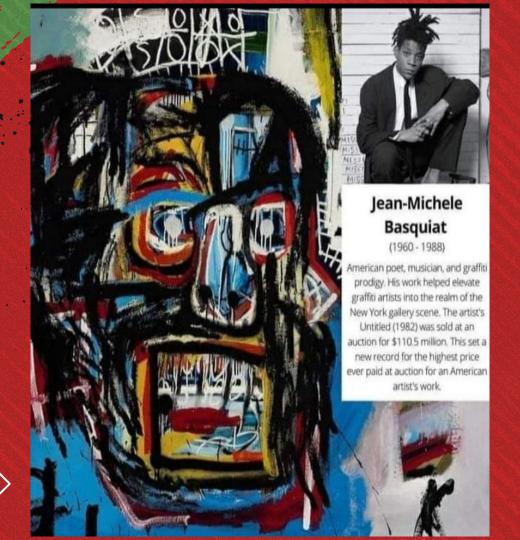
















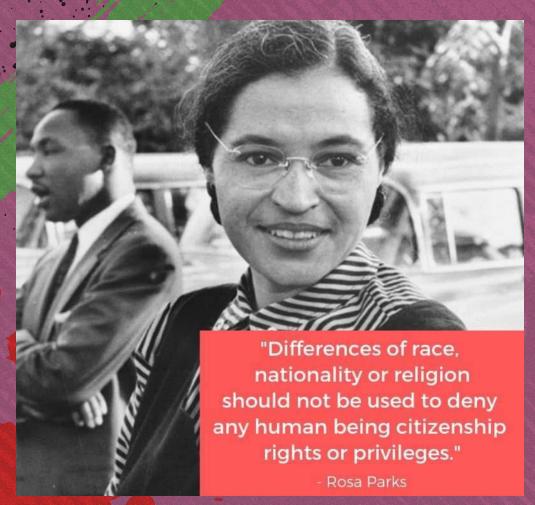














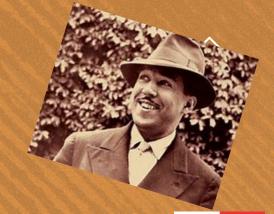
"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."

Maya Angelou



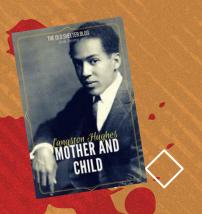
LANGSTON HUGHES





Langston Hughes was a singular voice in American poetry, writing with vivid imagery and jazz-influenced rhythms about the everyday Black experience in the United States. While best-known for his modern, free-form poetry with superficial simplicity masking deeper symbolism, Hughes worked in fiction, drama, and film as well.

Fast Facts: Langston Hughes



Full Name: James Mercer Langston Hughes **Known For:** Poet, novelist, journalist, activist

Born: February 1, 1902 in Joplin, Missouri

Parents: James and Caroline Hughes (née Langston)

Died: May 22, 1967 in New York, New York **Education:** Lincoln University of Pennsylvania

Selected Works: The Weary Blues, The Ways of White Folks, The Negro

Speaks of Rivers, Montage of a Dream Deferred

Notable Quote: "My soul has grown deep like the rivers."





LANGSTON

HUGH S

READE

"Women, if the soul of the nation is to be saved, I believe that you must become its soul."

- Coretta Scott King





"If they don't give you a seat at the table, bring a folding chair."

Shirley Chisholm



HONORING OUR HISTORY

IDA B. WELLS-BARNETT

Wells, an activist and journalist in the 19th and 20th centuries, focused her efforts on the intersections of race. gender, and violence. She investigated the lynching of Black men and the ways in which racial stereotypes against Black men were used by White mobs to justify lynching. Wells spoke openly about violence that Black people across the South fled from. She also stood against suffragists who pushed harmful stereotypes of Black men as rapists and those who refused to advocate for the right to vote for Black women. Wells helped found the first Black women's organizations, including the NACW and the NAACP. She mentored some of the most prominent early civil rights activists, and the American Civil Rights Movement adopted many of her activism strategies.



ROSA PARKS

12 years before sparking the Alabama Bus Boycotts, Parks investigated sexual assaults and was an early pioneer in the anti-sexual violence movement. Parks was a branch secretary for the NAACP in Alabama, where she investigated the ways in which the criminal justice system impacted Black communities. Parks had two focuses: protecting Black men from false allegations and ensuring that Black victims of sexual violence by White perpetrators saw justice. Parks investigated Recy Taylor's case and used the same tactics to support Gertrude Perkins after she was assaulted by two White police officers.















Nigerian Artist, John Amanam is the first African to produce hyper-realistic prostheses for black people.

He is the CEO of Immortal Cosmetic Art.

Read more here: www.theafricandreamsl.com





Highlighting
Black Early

Black Early
Childhood
Leaders and Their
Impact on the
Industry







Dr. Evangeline Ward

Dr. Ward was an early childhood education professor at Temple University, and the author of several books that outlined a code of ethics for early childhood professionals. This was an important step for the sector because it provided a base of professionalism for educators, and this level of professionalism is a constant talking point for childcare advocates to this day.

Her other literary work focused on the importance of treating children as individuals, the value of an educator's ongoing learning, and the educator's role in working with families.





Rita Pierson

In 2013, Rita performed a TED talk titled Every Kid Needs a Champion, detailing the importance of connection and relationship building when teaching young children. She identified the need for positive reinforcement and the role of the adult in developing a child's self-esteem, alongside rote learning. An advocate for treating children with basic human respect, her philosophies align with the pillars of how learning happens: belonging, well-being, engagement, and expression.

These are the pillars that most early childhood educators are shaped with today.

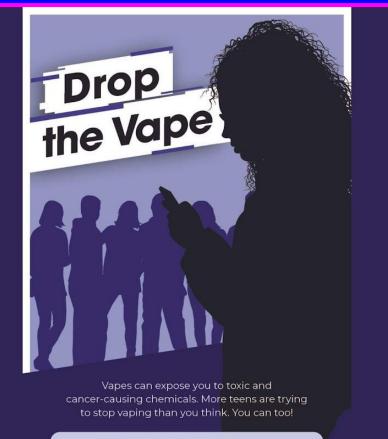




Dr. Eugenia Duodu

Dr. Duodu's 2019 TED talk, The Unlikely Scientist, illustrates the internal and external systemic challenges she faced as a young Black woman pursuing a career in science. part of her mission is to make science accessible for children who grow up in similar social conditions – especially young girls. She has combined her passions for community work and science and is now the CEO of Visions of Science Network, a program that works with underprivileged youths to engage them in science, technology, engineering, and math.





Text DROPTHEVAPE to 88709 to get advice and motivation from other teens. It's free, anonymous and confidential support, available 24/7.

For more information, visit nyc.gov/health and search for e-cigarettes.



Teens and Vaping:

What Are the Risks?

Electronic cigarettes (e-cigarettes) and vaping devices come in many forms, but they all heat liquids that are called e-liquids into aerosol. E-liquids usually contain nicotine, flavors and other chemicals.

Other names for e-cigarettes include vapes, vape pens, e-cigs or e-hookahs. While vape companies use tricks such as attractive packaging, flavors and advertising campaigns to make e-cigarettes seem harmless, they are not.









disposable e-cigarettes

E-cigarettes usually contain nicotine.

- · Nicotine is addictive, especially for teens.
- · Nicotine can negatively affect a teenager's memory and concentration, and may decrease learning ability.
- · Most e-cigarette pods can have as much nicotine as a pack of cigarettes or more.
- Vaping can cause lung injury and affect lung health in other ways.



- · Formaldehyde, a cancer-causing chemical
- · Benzene, a cancer-causing chemical
- . Diacetyl from flavoring, which has been linked to lung disease
- . Heavy metals such as nickel, tin and lead
- E-liquid ingredients are not closely regulated, and their long-term health effects are unknown.
- People have been poisoned by swallowing e-liquid or getting it on their skin or in their eyes.
- E-cigarettes are harmful to the environment and can contain plastic, electronic and hazardous waste.

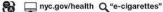






Need help quitting vaping? Text DROPTHEVAPE to 88709 for free, 24/7 and confidential support. For more information, visit nvc.gov/health and search for e-cigarettes.











SYEP Applications are OPEN! The Deadline to submit applications is 3/01/2024. APPLY TODAY SCHOLARS!!!





SYEP Applications are now open!

NYC Youth ages 14-24.

Get paid while developing skills that can lead to more money.

APPLY TODAY!
application.nycsyep.com
or call 1.800-246-4646





The Summer Youth Employment
Program (SYEP) connects NYC youth
ages 14-24 years old with career
exploration opportunities and paid
work experience each summer. SYEP
gives youth the opportunity to prepare
for their careers in the future.



Summer Youth Employment Program

SYEP Applications are available!

APPLY TODAY!

application.nycsyep.com or call 1.800-246-4646

....

....







Summer Youth Employment Program







2024 SUMMER YOUTH EMPLOYMENT - SYEP

Summer Youth Employment Program (SYEP) is the nation's largest youth employment program, connecting NYC youth between the ages of 14 and 24 with career exploration opportunities and paid work experience each summer. By participating in structured project and work-based opportunities, NYC youth are better prepared for careers of the future.

WHAT DOES THE PROGRAM OFFER?

- · Career Exploration: Flex your research skills and discover new career possibilities.
- Project-Based Learning: NYC Teens aged 14—15 learn about career opportunities and make a difference in their communities through paid project-based activities
- Work Experiences: Young people aged 16–24 improve their work readiness skills and explore career pathways through paid summer jobs in a variety of industries throughout NYC
- Community Building: Our democracy needs your voice. Learn valuable skills to become an active citizen at work and in your community.
- · Earn Money: Get paid to participate!

WHO IS ELIGIBLE?

- · Young people ages 14 to 24
- · Must be a resident of one of the five NYC boroughs.
- · Legally allowed to work in the US.

HOW DO LAPPLY?

- 1. Go to https://application.nycsyep.com/ . Click on begin application.
- 2. Search for THE GREATER RIDGEWOOD YOUTH COUNCIL as the provider.
- The deadline to submit applications is MARCH 1st, 2024



PLEASE NOTE: that you may only submit one application for SYEP. Selection into SYEP is based on a lottery. Submission of an application does not guarantee that you will be offered a summer experience.



SCAN ME

First Tech Fund's 2024 Application

First Tech Fund provides a supportive, adaptive ecosystem where NYC high school students get access to free tech, free broadband, skills training, social capital, mentorship, and more.

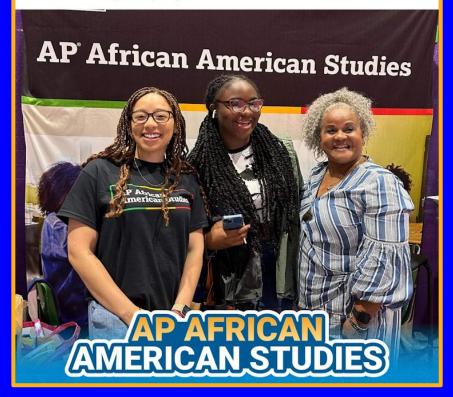
Apply at www.FirstTechFund.com/apply

FOR QUESTIONS, REACH OUT TO INFO@FIRSTTECHFUND.COM

Our fellowship application is now open for rising 11-12th graders from NYC! We're thrilled to continue serving low-income youth through our hybrid, yearlong fellowship program focused on tech equity, college access, mentorship, skills training and career exploration in 2024.

The deadline to apply is May 11th & you can find the link to apply on our website firsttechfund.com NOTE: On your application under referral put Ms. Pink from Williamsburg Charter High School referred you.

In the 2024-25 school year, students nationwide will be able to take AP African American Studies after its years in development. Hear from students, educators, and course developers as they share the significance of launching the course. http://spr.ly/6184RPbCi





SCAN ME

The @HBCUALUM Scholarship Committee will award multiple book scholarships valued at \$1,000.00 USD to **HBCU-Bound Graduating H.S. Seniors**

APPLY: THEHBCUALUM.COM

Summer Youth Employment 2024 Program NVC Department of Employment Program NVC Department of Employment Program



Apply Today!

Application deadline: March 1st, 2024

Applicants must be:

- · Between 14 24
- Living in Brooklyn, Staten Island, or The Bronx

Program dates:

July 8 - August 16

Application.NYCSYEP.com





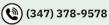
Choose

New York Center for Interpersonal Development

as your provider

Ages Ages 14 & 15 16 - 24 Earn up Earn \$16 to \$700 per hour







THE MANHATTAN DISTRICT ATTORNEY'S

HIGH SCHOOL INTERNSHIP PROGRAM

Interested in working toward safety and justice for all?

Join us this summer for a PAID internship!

Apply Here:



Applications are now open!

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:

- (917)-808-6421
- https://manhattanda.org/careers/inter nship-opportunities/high-schoolinternship/





Apply to the Summer 2024 Session of the Mount Sinai Department of Health Education's Public Health and Racial Justice Program

A six-week program for girls of color, ages 15-18 years, dedicated to exploring public health issues through a racial justice lens.

Participants will:

- Learn about a wide range of issues impacting community health
- Build skills around advocacy, activism, and civic engagement
- Connect with guest speakers from across New York City and the Mount Sinai Health System
- Create a final project advocating around the issues they care about

Programming takes place:

- · Mondays Thursdays from 10:00 AM 3:00 PM
- · July 8 August 15, 2024
- In-person at Mount Sinai Hospital (1468 Madison Ave.)

Stipends are provided for all participating youth.

Scan the QR code to complete the application. Applications due by Friday, March 1.



This program is made possible through partnership with the Mount Sinai Blavatnik Family Women's Health Research Institute and the support of the Helen Gurley Brown Foundation

The Mount Sinai Department of Health Education is thrilled to offer our Public Health and Racial Justice Program this summer 2024!

Our program serves girls of color, ages 15-18 years. Over the course of six weeks, we explore a variety of public health topics through a racial justice lens, emphasizing the importance of civic engagement, community advocacy, youth activism, and a diverse public health workforce.

Program Details:

Participants: Girls of color, ages 15-18 years

Location: Mount Sinai Hospital (1468 Madison Ave.)

Dates: Each Monday - Thursday from Monday, July 8 -

Thursday, August 15, 2024 Time: 10:00 AM - 3:00 PM

Stipends: Participants will receive a stipend of \$2,160 to offset the cost of participation (distributed in two installments, one at the halfway point, and one on the final day of programming)

SYEP 2024

.........

CHOOSE

"Bridge Street Development Corporation"

AS YOUR PROVIDER

APPLICATIONS NOW OPEN!



NYC Youth between the ages of 14-24 are welcome to apply,



Applications are due by March 1st , 2024



14 & 15 year olds can earn up to \$700 16-24 year olds can earn \$2,400



For more information contact info@bsdcorp.org



SYEP Sign-up https://application.nycsyep.com/













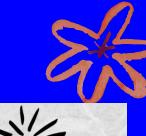




[noun] se·nior·i·tis ,sē-nyər-ʿī-təs

: lack of motivation during senior year

finish high school strong with these tips to stay senioritis-free.*







REMEMBER IT'S NOT OVER YET:

You're still a few months from graduation. While grades may not impact accepted college admission, choices now can influence unforeseen outcomes later.

2

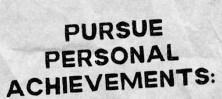
BE SOCIAL AND REACH OUT:

Loneliness can make senior year feel isolating. Enjoy the community around you, creating lasting memories with loved ones.

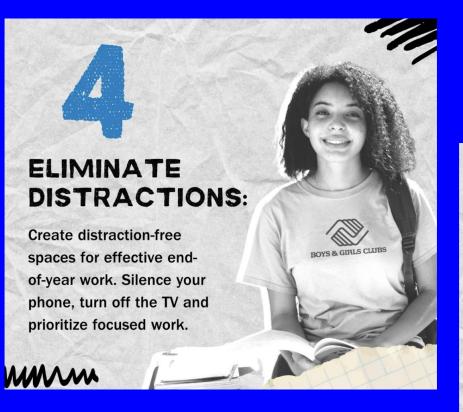


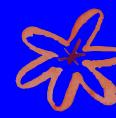






After the hard work you put into school, do something for yourself! Spend time reconnecting with hobbies.













Classes are Free!

We offer childcare age 6 and up if you come with your children MUST REGISTER FOR CLASS



Eligibility:

- . Any NYC resident without a US High School Equivalency Proof of US residency NOT required
- Languages:

Adult ESL

English as a Second Language at Grand Street Campus

When: Mon-Thurs, 6:00pm-8:30pm

850 Grand Street, Room 154, Brooklyn, NY 11211

L-Train to Grand Street Station/ Bus Q54 or Q59 to Bushwick

& Grand Street

(347) 831-5392

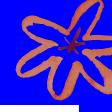


Where:









Join Our Outstanding Home Care Team!

St. Nicks Alliance **Home Care** is hiring Personal Care Aides

JOBS AVAILABLE FOR ALL HOURS & DAYS

Special Needs for: LIVE-IN (24-HOUR) AND WEEKEND



- Valid PCA or HHA certificate

- Flu/COVID-19 Vaccination

- We Offer:

CALL FOR AN APPOINTMENT AND MORE INFORMATION!

Where: St. Nicks Alliance, 2 Kingsland Avenue, 2nd Floor Brooklyn, NY 11211 718.388.5654 Ext. 235 or Ext. 206 or email: hchire@stnicksalliance.org Contact Info:

2 Kingsland Avenue, Brooklyn, NY 11211 www.shicksalliance.org 718 388 5454





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

SNAP RECIPIENTS WELCOME

When: We have morning and evening classes. M-F 9AM-12PM, M-W 6-9PM, T-TH 6-9PM

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 Info: 718-302-2057 ext. 403, adulteducationwfd@stnicksalliance.org





¿Deseas completar la Escuela Superior y obtener tu diploma?

¡Clases Gratis!

Servicios de asistencia para empleo



Inscríbete aquí



Educación para Adultos ABE/HSE en inglés o español

clases impartidas por maestros certificados por estado de M

BIENVENIDOS RECEPTORES SNAP

Cuándo: Ofrecemos clases en la mañana y noche: LU-VI 9AM-12PM, LU-MI 6-9PM, MA-JU 6-9PM

Dónde: Centro de trabajo de St. Nicks Alliance, 790 Broadway, Segundo Piso, Brooklyn, NY 11206
(J / M tren a la estación Flushing Avenue y B/46/47/57/15 autobuses a Flushing Avenue)

Contacto: 718-302-2057 ext. 403: adulteducationwfd@stnicksalliance.org







PARENT **SUPPORT** FUND 2024 Black History Month Edition

APPLY FOR UP TO \$250 OF **MONETARY SUPPORT**

BEAM is giving \$10,000 to Black and marginalized parents who are living with mental health conditions or supporting children living with mental health conditions.

Limited Funds Available

Learn More & Apply: beam.community/grants







samaritandaytopvillage



NEW YEAR-NEW CAREER Samaritan Daytop Village **ONE-DAY HIRING EVENT**

We are looking for the BEST candidates for our sites throughout New York City.

Same Day Job Offers!



Thursday, February 15, 2024 10 a.m.-3 p.m. 138-02 Queens Blvd. Briarwood, NY 11435 Pre-Registration is Required



indeedhi.re/42nu2Ct

Available Job Openings

We encourage applicants from the community who are proactive team players.

- Residential Workers
- Shift Supervisors
- Administrative Assistants
- Cooks/Food Service Workers

- Updated Resume
- · Minimum high school diploma or GED
- Authorization to work in the U.S.

- Childcare Specialists
- Housing Specialists
- Security Counselors

YOU NEED:

- · Starting Annual Salary Ranges \$32K-\$50K
- 25 PTO (Paid Time Off) & 11 paid holidays
- Employee Assistance Program
- Employee Discounts & Wellness Programs

Samaritan Daytop Village, an Equal Opportunity Employer, does not discriminate based on age, color, disability, ethnicity, marital or family status, national origin, gender, identity, race, religion, sex, sexual orientation, military veteran status, or any other characteristic protected by law. We are committed to attracting, retaining, and maximizing the performance of a diverse and inclusive workforce.

To register, please click on the link below and bring five (5) printed copies of your resume to the event: indeedhi.re/42nu2Ct

If you are unable to attend the event, send your resume to resumes@samaritanvillage.org with the Subject line: Addiction Services Hiring Event.

Samaritan Daytop Village - Talent Acquisition • 138-02 Queens Blvd. • Briarwood, NY 11435 • (718) 206-2000

samaritandaytopyillage Start Your New Year with a New Career at Samaritan Daytop Village!...



BUSHWICK COMMUNITY PARTNERSHIP CELEBRATES BLACK HISTORY MONTH

Join us for a Conversation on Cultural Competence and Community Engagement Work



Maxwell Manning, Ph.D.

Keynote Speaker

TUESDAY, FEBRUARY 20TH, 2024 10am to Ipm



Hope Gardens Community Center 422 Central Avenue, Brooklyn, NY 11221

Light Breakfast Followed by Lunch at I2pm

PLEASE RSUP BY FEBRUARY 15TH https://bit.ly/BCPMEETING or Call 718-497-6090 x766











This event is Co-Sponsored by the Bushwick Family Enrichment Center and Coalition for Hispanic Family Services.

TAX PREP FRIDAYS

Get **FREE** help filing your taxes at our office!

Every Friday: 2/09 - 4/12

Closed Fri 3/01 and 3/08



Call for an appointment

718-784-0877

Press 1 for English & 2 for Spanish then dial ext. 7



tackling poverty, changing lives

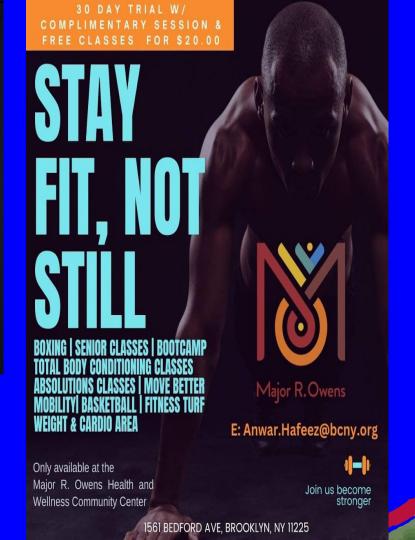


February 15th, 2024 12PM – 4PM EST



To register: https://nulcareerfair.vfairs.com











Join the Rochdale Village Community Center and Queens DA Melinda Katz,

BLACK HISTORY MONTH CELEBRATION

Honoring Family, Community & Culture

avelhe da

Thursday, February 15, 2024 5:00PM - 8:00PM

Rochdale Village Community Center Grand Ballroom,

169-65 137th Avenue, Jamaica, NY 11434

PROGRAM BEGINS AT 6:00PM

ALL PERSONS AND PACKAGES ARE SUBJECT TO SECURITY SCREENING.

CALL TO RSVP: (718) 286-6413



SCAN QR CODE WITH PHONE CAMERA TO REGISTER.



TAX PREP FRIDAYS

Get FREE help filing your taxes at our office!

Every Friday: 2/09 - 4/12



Call for an appointment

718-784-0877

Press 1 for English & 2 for Spanish then dial ext. 7











KNOW YOUR RIGHTS

Illegally locked out of your home?









Tenant Support Unit

If you are illegally locked out of your home,

FOLLOW THESE STEPS

#1

Call 911 right away.

#2

Call 311 and ask for the Tenant Helpline.

#3

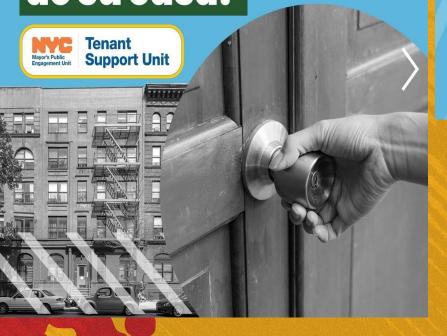
Go to your borough's housing court to file an Order to Show Cause for emergency relief to be allowed back into your home.

#4

Call 311 and ask for HPD to report utility shut-offs.

CONOCE TUS DERECHOS

¿Le han dejado ilegalmente fuera de su casa?





Es ilegal dejar a alguien fuera de su casa o intentar desalojar a alguien sin pasar por un proceso judicial. Su estatus migratorio y de arrendamiento no importa. A menos que un oficial de la ciudad de Nueva York lo desaloje mediante un proceso judicial oficial, usted tiene el derecho legal de permanecer en su hogar.





Tenant Support Unit

Si se le bloquea ilegalmente el acceso a su casa,

SIGA ESTOS PASOS

#1

Llame al 911 de inmediato. #2

Llame al 311 y solicite la línea de ayuda para inquilinos.

#3

Vaya al tribunal de vivienda de su condado y presente una Orden para Demostrar Causa (OSC) para regresar a su hogar con ayuda de emergencia.

#4

Llame al 311 y pida al HPD que reporte cortes de servicios públicos.



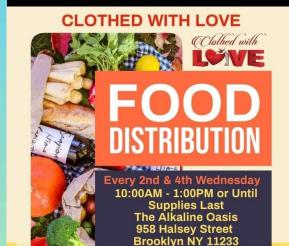
Open Door Family Life Center





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

www.opendoorflc.org



Scan QR Code to Sign up



FIRST COME, FIRST SERVED WHILE SUPPLIES LAST!

For More Information Call: (516) 962-1758 www.clothedwithlove.org







Immigrant Affairs

Legal help is for every immigrant New Yorker.

ActionNYC offers
free, safe immigration
legal help in your
community and
in your language,
regardless of
your immigration
status.

Mayor's Office of Immigrant Affairs

Call 1-800-354-0365 to access trusted community organizations and attorneys.











Immigrant Resource Fair

Saturday, Feb 24 11am-2pm

RiseBoro Youth Center 1474 Gates Ave, Brooklyn

Join us and 20+ organizations for this free community event & learn about:

- OSHA
- Healthcare
- Legal Services
- Immigration Services
- Employment

- Family Services
- Housing Services
- Street Vendor Resources
- · Housing and more!

This event is supported by:

























- · Mayor's Office of Immigrant Affairs (MOIA)
- Brooklyn Borough President
- Brooklyn District Attorney
- Senator J. Salazar
- Assemblywoman M. Dávila
- Council Member J. Gutierrez
- IDNYC
- · Dept. of Consumer & Worker Protection (DCWP)
- Dept. of Health (DOHMH)
- NYC Health & Hospitals
- · Civilian Complaint Review Board (CCRB)
- Bushwick Community Partnership
- · Hispanic Federation
- · Make the Road New York
- RiseBoro

- · Literacy Inc. (LINC)
- · Churches United for Fair Housing (CUFFH)
- · Bushwick Ayuda Mutua
- Mixteca
- Mil Mundos
- · Street Vendor Project
- Domestic Violence Project
- Kichwa Hatari
- · Hope & Healing Family Center (HHFC)
- NY Communities for Change (NYCC)
- Alianza Ecuatoriana Internacional
- Brooklyn Coop FCU
- St. Nick's Alliance
- Brooklyn Legal Services Corp A

... and more!



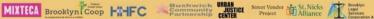




























Resources at-a-glance



NYS Office for New Americans

 If you or someone you know is in need of free legal assistance, call the hotline at 1-800-566-7636. All call information is confidential. Assistance is available in 200+ languages.

NYS Department of Health

- For the latest information on the COVID-19 pandemic, call the hotline at <u>1-888-364-3065</u> or visit <u>ny.gov/coronavirus</u>.
- Get the facts on the COVID-19 vaccine in New York at <u>ny.gov/vaccine</u>.
- Apply for health coverage: call <u>1-855-355-5777</u> or visit <u>nystateofhealth.ny.gov</u>.

NYS Office of Mental Health

- For questions about mental health services or to find a mental health service provider, call 1-800-597-8481 or visit omh.ny.gov.
- If you are experiencing anxiety due to the coronavirus emergency, call 1-844-863-9314.
- National Suicide Prevention Lifeline: If your life or someone else's is in imminent danger, call 911. If you are in crisis and need immediate help, call 1-800-273-8255 or Text "GOTS" to 741-741.
- Domestic Violence: If you or someone else is in a relationship is being controlled by another individual through verbal, physical, or sexual abuse, or other tactics, call the NYS Domestic Violence Hotline at 1-800-942-6906.

NYS Department of Labor

- The Department of Labor is committed to protecting and promoting workers' safety and health, wages, and working conditions.
- For information about wage and hour laws, workplace health and safety, or to file a complaint, call <u>1-888-469-7365</u> or visit dol.nv.gov/safety-and-health
- For help with Unemployment Insurance, call 1-888-209-8124 or visit doi.ny.gov/ unemployment/unemployment-insuranceassistance.

NYS Division of Human Rights

- The Human Rights Law in New York prohibits discrimination in areas like employment, housing, credit, education, and places of public accommodations, based on age, race, national origin, sex, sexual orientation, gender identity or expression, marital status, disability, military status, and other classes.
- If you feel you have been discriminated against, file a complaint at <u>1-888-392-3644</u> or visit <u>dhr.ny.gov</u>.

New York City COVID-19 resources

- NYC residents looking for service providers or other resources can find directories below:
 - Education: <u>nyic.org/covid-education-resources</u>
 - Employment: <u>nyic.org/covid-employment-resources</u>
 - Financial: nyic.org/covid-financialresources
 - Food: <u>nyic.org/covid-food-resources</u>
 - Healthcare: nyic.org/covid-healthcareresources
 - Small business: <u>nyic.org/covid-small-business-resources</u>

If you have contact with an agent, say:

- ✓ I wish to exercise my Fifth Amendment right to **remain silent**.
- ✓ I do not wish to speak with you or answer your questions.
- ✓ I do not give you permission to enter my home without a warrant signed by a judge.
- ✓ I do not give permission to search my home or any of my belongings.
- ✓ If I am detained, I want to contact my attorney immediately.
- ✓ I refuse to sign anything without advice from an attorney.

Si tiene algún problema, no diga nada y entregue esta tarjeta al oficial. ¡Usted tiene el derecho a permanecer en silencio!

Para reportar alguna actividad de ICE en la ciudad de Nueva York, llame al Proyecto de Defensa de Inmigrantes: 212 725 6422

Para informar una actividad

de ICE fuera de la ciudad Nueva York, llame a United We Dream:

18443631423

Para asistencia legal llame a The New Americans Hotline:

1800 566 7636





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





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 aquí: nyc.gov/WeSpeakNYC







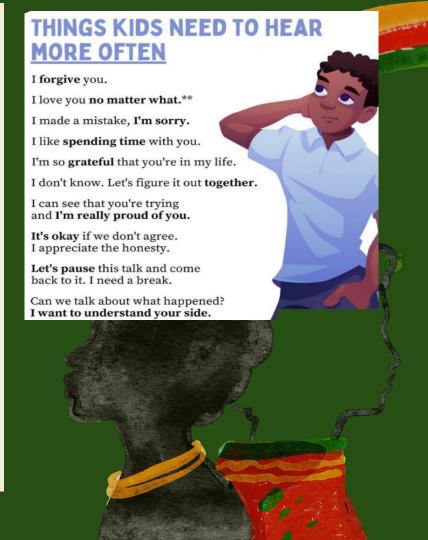


Where are you with your homework for today?

How do you feel the test went today?

? How did your day go?

Why do you think I'm going to say no to that?





ALTERNATIVES

to "How was your day?"

SKIP the "I don't know"s INSPIRE a conversation!

What were some of the feelings you felt today? Can you name them?

What was one thing that made you laugh today?

What did you play at recess today? Who did you play with?

What was the best part of the day? And the worst?

What was your favorite lesson your teacher taught you today?





- Encourage them to talk about their feelings
- O2 Choose one or two activities every day that are relaxing for your child
- O3 Help your child practice breathing exercises when they're feeling anxious
- O4 Make sure your child has a therapist who can help them learn coping mechanisms for their

anxiety



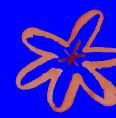




7 Mental Health Tips for Minorities

- 1) Address and challenge mental health stigmas
- 2) Seek support from people you trust
- 3) Celebrate your culture to foster a sense of pride, connection, and well-being
- 4) Find culturally responsive mental health resources
- 5) Incorporate mindfulness into your daily routine
- 6) Prioritize self-care
- 7) Set boundaries and practice self-advocacy







How To Cope With Social Anxiety

Exercise

It will help release endorphins, which can help reduce anxiety.

Meditation

Try meditating for 15 minutes a day.

Breathing Exercises

Deep breathing can help calm your nervous system down and get it back into balance.

Talk To Someone

Talking about what's bothering you may help bring the problem into perspective so that it doesn't feel so overwhelming.

NYC Health + Hospitals/Woodhull partnered with the "WICK Against Violence"



Mission Statement: NYC Health + Hospitals/Woodhull has partnered with the "WICK Against Violence", a program of the Public Safety Coalition, to enhance the hospital's existing violence prevention efforts by inviting violence interruption and mediation services into the hospital to support victims of violence. We provide a collaborative community-based approach to those more likely to be impacted by gun violence and provide them with access to resources and services in an effort to prevent future violence and break the cycle of violence. The program is geared to be the hub that provides compassionate, comprehensive care and innovative strategies to steer high-risk New Yorkers away from a culture of violence and guns.

Services provided:

- CV (Cure Violence) interruption and mediation services.
- + Engage in supportive conversations.
- + Exchange contact information with family/victim for follow up assistance.



For more information, please contact:

Jessica Arocho Director of Community Affairs Program Coordinator 718-963-8140

Totteanna Conley Community Liaison Worker 718-963-8934

NYC Health + Hospitals/Woodhull • 760 Broadway, Brooklyn, NY, 11206

HEALTH+ HOSPITALS Woodhull

NYC Health + Hospitals/Woodhull en asociación con el "WICK Against Violence"



Declaración de objetivos: NYC Health + Hospitals/Woodhull se ha asociado con el "WICK Against Violence", un programa de la Coalición de Seguridad pública, para mejorar los esfuerzos existentes de prevención de la violencia del hospital invitado servicios de interrupción de la violencia y mediación al hospital para apoyar a las víctimas de la violencia. Proporcionamos un enfoque colaborativo basado en la comunidad para aquellos que tienen más probabilidades de verse afectados por la violencia armada y les brindamos acceso a recursos y servicios en un esfuerzo por prevenir la violencia futura y romper el ciclo de violencia. El programa está orientado a ser el centro que brinda atención, compasiva e integral y estrategias innovadoras para alejar a los neoyorquinos de alto riesgo de una cultura de violencia y armas.

Servicios prestados:

- + Servicios de interrupción y mediación de CV (Curar la violencia (Cure Violence))
- + Participar en conversaciones de apoyo.
- + Intercambiar información de contacto con la familia/víctima para asistencia de sequimiento



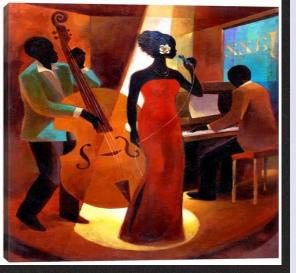
Para obtener más información, póngase en contacto con:

Jessica Arocho
Directora de asuntos comunitarios
Coordinadora del programa
718-963-8140

Totteanna Conley
Trabajadora de enlace comunitario
718-963-8934

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HEALTH+ HOSPITALS Woodhull



THIS MONTH DO A
BLACK EXCELLENCE
SCAVENGER HUNT
WITH YOUR FAMILY &
FRIENDS.



Black Excellence SCAVENGER HUNT

ICECREAM PARLOR	LIVE BAND PERFORMANCE	BEAUTY SALON	WELLNESS CENTER	MUSIC STORE
SOUL FOOD RESTRAURANT	JAZZ MUSIC LOUNGE	MENTAL HEALTH ADVOCATE	BOOKSTORE	NAIL TECHNICIAN
LGBTQIA2S+ ADVOCATE	FOOD TRUCK		FITNESS INSTRUCTOR	ART EXHIBIT
CLOTHING STORE	AESTHETICIAN	BAKERY	JEWELRY CREATOR	FLOWER NURSERY
ACADEMIC TUTOR	YOGA STUDIO	HISTORIC STATUE	100% VEGAN RESTRAURANT	EDUCATOR

Black History Month

BLACK MENTAL HEALTH DIRECTORY

EDUCATION & ACCESS TO RESOURCES

<u>ABPsi</u>: A collective of Black psychologists whose mission is to promote the advancement of African psychology and influence social change.

<u>American Foundation for Suicide Prevention</u>: A non-profit organization with the mission to save lives and bring hope to those affected by suicide.

<u>Black Emotional and Mental Health Collective (BEAM)</u>: A non-profit movement dedicated to creating a world where there are no barriers to Black healing.

<u>Black Mental Health Alliance</u>: An organization developing and promoting culturally-relevant educational forums, trainings, and referral services for the health and wellbeing of Black people.

<u>Black Mental Wellness</u>: A corporation providing information about mental health topics, increasing the diversity of mental health professionals, and decreasing mental health stigma in the Black community.

<u>The Boris Lawrence Henson Foundation</u>: A non-profit with the mission to improve mental health in Black communities by building culturally-competent resources, programs, and education across the country.

<u>Center for Healing Racial Trauma</u>: An organization whose goal is to heal racial trauma through love, liberation, equity, and creativity.

BLACK MENTAL HEALTH DIRECTORY

EDUCATION & ACCESS TO RESOURCES

Couched in Color Podcast (by MHC Program Board Member Dr. Alfiee): A podcast promoting conversation about mental health in diverse communities.

Eustress: An organization starting conversations about mental health with members of the Black community at large, paying special attention to students, young adults, and athletes.

Mental Health America: A non-profit organization dedicated to helping people live mentally healthier lives.

Mental Wealth Alliance: An organization designed to proliferate pathways for addressing the unmet and underserved emotional needs of Black people.

NAMI: The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

One Mind: A non-profit project whose goal is to help individuals utilize technology in a way that is mentally healthy.

Vibrant Emotional Health: An organization aimed at creating accessible mental health support to help individuals and families achieve emotional wellbeing.

BLACK MENTAL HEALTH DIRECTORY

THERAPY NETWORKS & SERVICES

Ayana Therapy: An organization whose mission is to end structural racism and systematic oppression in mental health care for marginalized communities.

Inclusive Therapists: A mental health service that promotes therapy that celebrates all identities, abilities, and bodies.

Open Path Collective: A psychotherapy collective that seeks to make therapy accessible by offering services at a reduced rate.

LGBTQ+ FOCUSED

The National Queer & Trans Therapists of Color Network: A healing justice organization that actively works to transform mental health for QTPOC.

The Trevor Project: A non-profit organization aimed at the mental health support and suicide prevention of people identifying as LGBTQIA+, with resources available on intersectional identities.





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BLACK MENTAL HEALTH DIRECTORY WOMEN-FOCUSED

Black Girls Smile: A non-profit organization dedicated to empowering & supporting the mental health of Black girls & young women.

Loveland Foundation: An organization whose mission is to promote mental health healing for Black women and girls.

Pretty Brown Girl: A national movement to empower Black and Brown girls while encouraging self-acceptance by cultivating social, emotional & intellectual well-being.

Therapy for Black Girls: An organization committed to creating mental health accessibility for Black women and girls.

MEN-FOCUSED

TheBlackManCan: A brand and trust creating and amplifying stories that showcase what Black men & boys can do.

Therapy for Black Men: An organization committed to breaking the stigma for Black men seeking mental health support.

BLACK MENTAL HEALTH DIRECTORY YOUTH-FOCUSED

AAKOMA Project (by MHC Program Board Member Dr. Alfiee): A nonprofit empowering youth and their families to seek help managing their mental health.

The Defensive Line: A nonprofit on a mission to end the epidemic of youth suicide, especially for young people of color, by transforming the way we communicate and connect about mental health.

Silence the Shame: An organization whose mission is to empower and educate communities on mental health and wellness.

The Steve Fund: An organization whose focus is to support the mental health and emotional wellbeing of young people of color.

7 Cups: A peer-to-peer mental health community of kind, compassionate listeners who provide anonymous and free emotional support.

IN THE COALITION'S NEW

TheMentalHealthCoalition.org/Black





SELF-CARE TIPS

For Black Men



Prioritize Your Mental Health

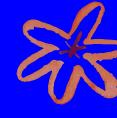
Black men are often stereotyped as being less in touch with our emotions than other racial or gender groups. These assumptions make it even harder for us to seek out help or support when we need it. However, if you ever feel like you aren't thriving emotionally or mentally you should get help.





Eat Healthy Meals

As Black men we face higher rates of hypertension, stroke, heart disease and prostate cancer, so it's important to take care of our health by eating nutritious meals.



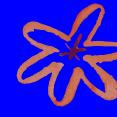
Practice Good Grooming Habits

Grooming is an essential part of self-care. When you take care of your physical appearance, it can also help support your mental health.



See Your Doctor Regularly

It's essential that we monitor our health, especially with a high risk of heart disease, cancer, stroke, diabetes, kidney diseases, and chronic lower respiratory disease among Black men. So schedule a check-up with your doctor today as a small but important act of self-care.



Maintain Friendships

Black men need to connect and build healthy friendships and it's important to try to maintain these friendships over time. Make plans to hang out with your friends to help strengthen your support system.



Someone in a Crisis

ST

- Talking openly and honestly. Don't be afraid to ask questions such as "Have you had thoughts of ending your life?"
- 2. If there are multiple people around, have one person speak at a time
- 3. Express support and concern
- 4. Remove means such as guns, knives or stockpiled pills
- 5. Be patient

12 SELF-CARE TIPS For When You're Having a Bad Day Drink Take A Get a Take a More Relaxing Haircut Long Water Bath Walk Do Your Talk it Write Do 30 Minutes **Favorite** Out Out A With a Of Yoga Hobby **Bucket** Friend List Turn Off Celebrate Eat Watch Social A Small Some Your Media Win From **Favorite** Fruit For One The Day Show Day

Call or text the 988 Suicide and Crises Lifeline, available 24/7

