

IE 2023 OMS. PINK

JUNE 2024 NEWS & RESOURCES FROM YOUR PARENT COORDINATOR MS. PINK

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Hello Families. It's your Parent Coordinator Ms. Pink. I hope all is well with you and your family. I put together this resource packet for you with some Amazing resources for your family. Scroll through the entire packet. There are opportunities for the whole family. Plus a Special Father's Day Message. As always, you can reach me at mpink@thewcs.org I'm available to you Monday & Tuesday 9:30am-3pm (In Person), Wednesday 9:30am-1pm (Virtual) Thursday 9:30am-3pm (Virtual).







What Is A Dad?

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

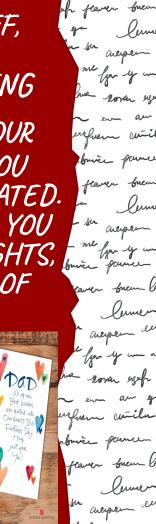
A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail... - Unknown

TO ALL THE FATHERS OF WCHS & STAFF,

WE CELEBRATE ALL OF THE AMAZING WCHS DADS ON FATHERS DAY. IT'S YOUR DAY TO BE REMEMBERED, TO KNOW YOU ARE CELEBRATED AND FEEL APPRECIATED. TODAY, HOPE YOU FEEL RIGHT WHERE YOU BELONG ... SURROUNDED BY THE THOUGHTS, GRATITUDE, AND THE WARM WISHES OF THE PEOPLE WHO LOVE YOU. HAPPY FATHER'S DAY ALL!

Dal

WARMEST REGARDS, MS. PINK



Best Father's Day Jokes to tell your Dad

- What do you call a dad who falls through the ice? A pop-sicle.
- Where do fruits go on vacation? Pear-is!
- What did the baby otter say to its dad? You are a dad like no otter.
- Why is Peter Pan always flying? Because he Never-lands.
- What did the accountant say while auditing a document? This is taxing.
- Why did the orange stop halfway across the road? It ran out of juice.
- Why did the Oreo go to the dentist? It lost its filling.
- Why are fish so smart? Because they swim in schools.
- Why should you never use a dull pencil? Because it's pointless.







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Juneteenth (short for "June Nineteenth") marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it officially became a federal holiday. Confederate General Robert E. Lee had surrendered at Appomattox Court House two months earlier in Virginia, but slavery had remained relatively unaffected in Texas—until U.S. General Gordon Granger stood on Texas soil and read General Orders No. 3: "The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free.'

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CELEBRATE JUNETEENTH 2024







15th Annual Juneteenth NYC

Thursday, June 13 through Wednesday, June 19 from 9am to 6pm

The East New York and Brownsville communities have been hosting the Juneteenth NY Festival for 15 years, bringing the local community together over to enjoy and celebrate Black culture with music, dance, family activities, poetry, history, and much more. Over 25,000 attendees are expected to join in the festivities, which include Black-owned vendors, workshops, live performances by local talent, a fashion show, a community art project, and much more. For more details visit this website:

https://juneteenthny.com/



SATURDAY, JUNE 15TH | 10AM - 6PM LINDEN PARK / GERSHWIN PARK

LINDEN BLVD. &, VERMONT ST, BROOKLYN, NY 11207

MUNIT D T П S

Visit this link for more details and registration:<u>15th</u> <u>Annual Juneteenth Festival</u> <u>Summit | FREE Festival &</u> <u>Concert in BKLYN Tickets, Thu,</u> <u>Jun 13, 2024 at 6:00 PM |</u> <u>Eventbrite</u>

JUNETEENTH





15TH ANNUAL JUNETEENTH NY PRESENTS

JUNETEENTH

UNDERSTANDING THE JOURNEY FROM OUR ROOTS **XXX JUNE 13-19TH, 2024 XXX**

WWW.JUNETEENTHNY.COM



Celebrating Freedom



The 71st Precinct Community Council in partnership with Councilwoman Darlene Mealy

Community Affairs Bureau & Youth Officers Presents



<u>WEDNESDAY. JUNE 19^m, 2024</u> <u>12:00PM - 4:00PM</u> 421 EMPIRE BOULEVARD

> Music & Entertainmenti

> Food & Beveragel

Mobile Health Vans!

- > NYPD Rock Wall
- > NYPD Game Trucki
 - > AND MUCH MORE!

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	
LGTBQIA2S+ ADVOCATE	FOOD TRUCK		FITNESS INSTRUCTOR	ART EXHIBIT	
CLOTHING STORE	AESTHETICIAN	BAKERY	JEWELRY CREATOR	FLOWER NURSERY	
ACADEMIC TUTOR			100% VEGAN RESTRAURANT	MECHANIC	

In celebration of Juneteenth. let's get out and show some love to our people by exploring our communities with a scavenger hunt! This is a journey of highlighting black excellence and black-owned businesses in your community! Find as many **#blackexcellence #blackowned** gems as you can by exploring your city, or road trip, Anyone? Email Ms. Pink photos of your journey at: mpink@thewcs.org

The Best New York City Pride Events 2024





New York City helped birth the global gay rights movement, so it tracks that the city's annual Pride March is one of the biggest in the world. This Pride Month, gather your people and celebrate queer culture at parades, parties, and gatherings throughout the five boroughs. Find your Pride at events in NYC where you can show up and show off who you truly are.VISIT THIS LINK BY **EVENTBRITE**:

New York City Pride 2024 Events | Eventbrite



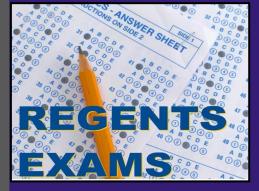
FAMILIES BELOW IS THE REGENTS SCHEDULE. PLEASE CHECK YOUR EMAILS FOR UPDATES. REACH OUT TO YOUR SCHOLAR'S COUNSELOR FOR ANY QUESTIONS OR CONCERNS.

REGENTS EXAMINATION SCHEDULE JUNE 2024

TUESDAY, June 4	FRIDAY, June 14	MONDAY, June 17	TUESDAY, June 18	WEDNESDAY, June 19	THURSDAY, June 20	FRIDAY, June 21	MONDAY, June 24	TUESDAY, June 25	WEDNESDAY, June 26
8:15 a.m.	8:15 a.m.	Eid al-Adha	8:15 a.m.		8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.	
Algebra I*	English Language Arts		U.S. History & Government	Juneteenth Holiday Observed School Closed	Physical Setting/ Earth Science	Geometry	Algebra II	Physical Setting/ Physics	RATING DAY
	12:15 p.m.	Observed	12:15p.m.		12:15 p.m.	12:15 p.m.	Uniform Admission		
	Living Environment	Closed	Global History & Geography II		Physical Setting/ Chemistry		French Morning 10: Latin Afternoon		eadline Examinations: .00 a.m. Examinations: .00 p.m.

* The Conversion Chart for this exam will be available no later than June 26, 2024.

**Students registered for the Earth Science Regents on Thurs., 6/20, must take the Earth Science Lab Practical in class on Fri., June 7th. If students were absent or not enrolled in the class, they must attend the make-up Lab Practical on Weds., 6/12 after school at 2pm in Room 425. / Estudiantes registrados para el examen Regents en Ciencia de la Tierra el jueves, 20 de junio deben tomar la Práctica de Laboratorio de Ciencia de la Tierra el viernes, 7 de junio durante la hora de clase. Si el estudiante está ausente o no está matriculado actualmente en la clase, deben tomar la Práctica de Laboratorio el miércoles, 12 de junio después de la escuela a las 2pm en el salón 425.





REGENTS EXAMINATIONS will occur on Tues., 6/4 & Fri., 6/14 through Tues., 6/25:

• On 6/4 and starting 6/14, students report to exams only (except there is no school on Mon., 6/17 & Weds., 6/19)

- Full uniform required plus Student ID
- Cell Phones, electronics, including smart watches and fitbits are NOT Allowed! Leave

your electronics and ear buds at home or and they must be checked in.

- \cdot Room assignments will be posted at the school
- Morning Exams begin promptly at 8am and afternoon exams begin promptly at 12pm
- Get a good night's rest and do your best!

JUNE 2024 REGENTS REVIEW SESSIONS

ALGEBRA I & II

Algebra I with Ms. Ahmed, (starting 4/9): Days: Monday, Tuesday & Thursday in room 319



Algebra 2 with Ms. Giscombe: Days: Monday, Tuesday & Thursday in room 522

GEOMETRY & CHEMISTRY

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Chemistry with Mr. Solomon. On Tuesdays in room 532

Geometry with Ms.

Yoon. On Tuesdays

in room 513

GLOBAL HISTORY Global History (ENL) with Ms. Lara. Days: Monday & Friday in room 330 Global History with Mr. Livshultz. Days: Monday & Tuesday in room 330

REQUIREMENTS

- Attend Regents Review afterschool to earn a gift card!! (\$\$)

~ Must attend at least 7 review sessions by lune 13th

Show Ms. Johnson in room 415 when you reach 7 sessions for your gift card!



LIVING ENVIRONMENT & EARTH SCIENCE

Living Environment with Ms. Jimenez. Days: Monday, Tuesday, Thursday, Friday in room 224 Earth Science with Mr. Duncanson. Days: Thursday

> Thursdays in room 612

& Friday in room 425 **US HISTORY & ENGLISH US History** with Ms. Burchett. English with Days: Tuesday Ms. Brown. On & Thursday in

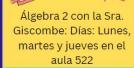
room 613



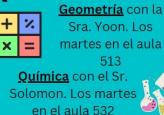


ALGERRA I & II

Álgebra con la Sra. Ahmed. (comenzando 4/9): Días: Lunes, martes y jueves en el aula 319



GEOMETRÍA Y OUÍMICA



HISTORIA GLOBAL

Historia Global (ENL) con la Sra. Lara. Días: Lunes v viernes en el aula 330 Historia Global con el Sr. Livshultz. Días: Lunes y martes

en el aula 303

REQUISITOS

~ ¡¡Asista a Repaso para los Regetns después de clases para ganar una tarjeta de regalo!! (\$\$) ~ Debe asistir al menos a 7 sesiones de repaso antes del 13 de junio

BIOLOGIA Y CIENCIA DE LA TIERRA

Biología con la Sra. Jimenez. Días: Lunes, martes, jueves, y viernes en el aula 224

Ciencia de la Tierra con el Sr. Duncanson. Días: Jueves y viernes en el aula 425

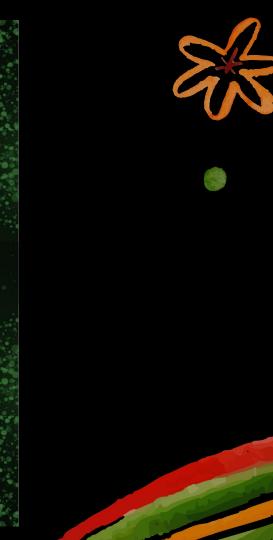
HISTORIA DE EEUU E INGLÉS Historia de EEUU con la Sra. Burchett. Días: Martes y jueves en el el aula 612 aula 613

Inglés con la Sra. Brown. Los jueves en

¡Muestre a la Sra. Johnson en la oficina 415 cuando llegue a 7 sesiones para obtener su tarjeta de regalo!







THE WILLIAMSBURG CHARTER HIGH SCHOOL ATHLETICS DEPARTMENT PRESENTS...

2023-24 ATHLETICS AWARDS BANQUET

198 Varet Street | Brooklyn, NY 11206 Tuesday, June 11, 2024 @ 5:00 PM - 7:30 PM FORMAL ATTIRE IS REQUIRED IN ORDER TO ATTEND! DINNER AND REFRESHMENTS WILL BE SERVED! Email dlong@thewcs.org for more information!



We will be offering the following courses during summer school: Math, Science, English, Social Studies and PE.

Please see the dates below:

<u>**Trimester 1 Dates</u>**: Monday July 8th, Tuesday July 9th, Wednesday July 10th, Thursday July 11th and Monday July 15th</u>

<u>**Trimester 2 Dates</u>**: Tuesday July 16th, Wednesday July 17th, Thursday July 18th, Monday July 22nd, Tuesday July 23rd</u>

<u>**Trimester 3 Dates</u>**: Wednesday July 24th, Thursday July 25th, Monday July 29th, Tuesday July 30th, Wednesday July 31st</u>

Summer School 2024

Below is the contact information for the academic counselors. Please see them ASAP to discuss your child's plan to get back on track.

9th grade- Ms. Spann cspann@thewcs.org **10th grade- Ms. Augustin** gaugustin@thewcs.org **11th grade- Ms. Sales** ssales@thewcs.org 12th grade- Ms. Chery nchery@thewcs.org

5th Year Seniors- Ms. deLyon

rdelyon@thewcs.org

Additional Questions?

Contact Ms. Shante Martin, Summer School Administrator at Smartin@thewcs.org



Tell us about your experience at

WCHS!

What makes Charter special?

Go to Niche.com & submit a review!





Creating in Community since 2004

Click here to fill out survey about your experience at WCHS

THANK YOU!



$\star \star \star \star \star$

SUPPORT OUR SCHOOL GIVE US A REVIEW



Creating in Community since 2004

Click here to fill out survey about your experience at WCHS

THANK YOU!



Dear Williamsburg Charter Students and Families,

We want to hear from YOU! Your experiences at Williamsburg Charter are invaluable to us and to the broader community. As we continuously strive to enhance our educational environment and community engagement, your feedback plays a crucial role. Whether you're a student who has thrived in our classrooms or a family that has witnessed growth and success, your stories matter.

How to Leave a Review:

 Be Specific: Talk about specific experiences or aspects of the school that stood out to you, like an inspiring teacher, a particular program, or how the school handled a certain challenge.
 Be Honest and Respectful: Honesty helps us improve, so feel free to share constructive feedback. We value polite and respectful discourse in our reviews.

 Include Highlights: If there was a particular event, project, or achievement that was memorable for you or your family, please mention it! aney

As part of the Williamsburg Charter community, your voice is essential. By sharing your experience, you directly contribute to our school's narrative and assist others in making informed decisions about their educational paths.





Creando en comunidad desde 2004

Haga clic aquí para completar la encuesta sobre su experiencia en WCHS

¡GRACIAS!



Estimados estudiantes y familias de Williamsburg Charter

¡Queremos escucharlos a USTEDES! Sus experiencias en Williamsburg Charter son invaluables para nosotros y para la comunidad en general. A medida que continuamos esforzándonos por mejorar nuestro entorno educativo y el compromiso comunitario, su retroalimentación juega un papel crucial. Ya sea que seas un estudiante que ha prosperado en nuestras aulas o una familia que ha sido testigo del crecimiento y éxito, sus historias son importantes.

Cómo dejar un comentario:

- Sea Específico: Hable sobre experiencias específicas o aspectos de la escuela que le hayan impactado, como un maestro inspirador, un programa particular o cómo la escuela manejó un desafío específico.
- Sea Honesto y Respetuoso: La honestidad nos ayuda a mejorar, así que no dude en compartir también comentarios constructivos. Valoramos el discurso educado y respetuoso en nuestras revisiones.
- Incluya Destacados: Si hubo un evento, proyecto o logro particular que fue memorable para usted o su familia, ¡menciónelo!

Como parte de la comunidad de Williamsburg Charter, su voz es esencial. Al compartir su experiencia, usted contribuye directamente a la narrativa de nuestra escuela y ayuda a otros a tomar decisiones informadas sobre sus caminos educativos.

Uniform Reminders

Make sure your child is in full uniform every day, including during Regents Exam days.

CHECK YOURSELF: ARE YOU IN UNIFORM? Tops Uniform polo, inspiration tees, team Team uniforms with exposed arms, uniforms (with sleeves!) non-uniform tees, other color tops Layers Uniform track jacket, uniform pullover, Hoodies, non-black zips, coats black zip up worn open with no hood Bottoms Black pants, professional length black Ripped or torn pants, non-black pants, athletic shorts or sweatpants shorts and skirts Shoes/Accessories Green, black, white, or gray shoes Sandals, crocs, other color sneakers in any combination of colors; NO HATS OR DURAGS **Religious headcoverings**



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PLEASE SHARE WITH YOUR FAMILY, FRIENDS AND COWORKERS WHO ARE LOOKING FOR AN AMAZING HIGH SCHOOL OPTION.





Last Day for <u>Locker Clean Out</u> is Thurs., June 13th by 10am!

Grades 9-11: Clean out your locker and TURN IN YOUR LOCK TO YOUR ADVISOR on Weds, 6/12 or Thurs., 6/13.

Any items leftover in lockers after 6/13 will be removed & donated to charity starting Fri., 6/14. ***The LAST POSSIBLE DAY TO TURN IN YOUR LOCK TO YOUR ADVISOR IS TUES. 6/13!!***

Last Day for <u>Locker Clean Out</u> is Thurs., June 13th by Advisory!

Graduating Seniors: Clean out your locker and turn in your WCHS lock to your advisor by 10am in Advisory on 6/13.

** The fee for lost/damaged locks is \$5.**

Start cleaning out your locker this week! Any items leftover in lockers after 6/13 will be removed & donated to charity starting Friday, 6/14.

Last Day for <u>Senior Equipment Return</u> is Thurs., 6/13 by 7th period!

Graduating Senior Equipment Return: You must return the below WCHS-issued materials prior to picking up your diploma: -WCHS chromebook

-WCHS chromebook charger

-WCHS wifi hotspot

Return your items to the <u>Tech Team</u> in the **Lobby during** Lunch (periods 4-7) on Mon., 6/10-Thurs., 6/13.

Last Day for <u>Senior Equipment Return</u> is Thurs., June 13th by 7th period!

Graduating Senior Chromebook, Charger, Wifi Return: Return your items to the Teach Team in the Lobby during Lunch (periods 4-7) on Mon., 6/10-Thurs., 6/13. **If you have lost any of these items, you will be expected to pay a replacement fee prior to diploma pickup. *Replacement fees for Chromebooks are \$200, \$25 for Chargers, and \$5 for locks. Payments can be made via Zelle to kfernandez@thewcs.org. Please write the student's name in the "Memo" field.



Ms. Pink's Boutique Dress Giveaway for Prom, Graduation, College & Beyond)







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YOUTH OPPORTUNITIES & EVENTS

Stay connected by checking our Instagram Stories regularly!

We share valuable resources, opportunities, and partner updates to keep you informed about what's happening in our city!

Follow us @nycyouth



Department of

Youth & Community Development CULTURE

NATIONAL MUSEUM of

AFRICAN AMERICAN HISTORY &

Hybrid, virtual & onsite

- Stipends paid
- Academic credit offered
- Hands-on professional experience
- Part-time and full-time positions available
- 10-13 weeks in duration
- Professional development and enrichment workshops and trainings
- Dynamic and supportive learning environment

Students from underrepresented groups encouraged to apply.

Fall 2024 Internship Applications Open Until June 15, 2024

Ben Sullivan / NMAAH

Intern at one of Washington, D.C.'s most exciting museums!

Our museum provides a dynamic learning environment and access to supportive mentors that help interns reach their educational and professional goals. Interns can gain practical museum skills and program development experience in a variety of traditional and non-traditional museum careers.

"I loved and still cherish my internship at NMAAHC. It was the highlight of my undergraduate career. Working at such a meaningful, symbolic, and impactful organization gave me a sense of purpose, especially as a young Black woman in America." - Jada A., Curatorial Internship intern (2019)

Learn more and apply before Saturday, June 15: <u>https://s.si.edu/434KJ4x</u>



in partnership with Weeksville Heritage Center







More than 20 nonprofits, city agencies & businesses attending!

> Music, Food &

TEENS & YOUNG ADULTS

Join us for interactive workshops and activities & get info about:

- Jobs & Internships
- Enrichment Activities
- Service Opportunities
- Training Programs
- College
- Academic Supports

CB3: 718.622.6601 CB8: 718.467.5574 Scan to RSVP



NYPD Summer Youth Police Academy

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Last day to submit an Application will be: June 9, 2024.

NEW YORK CITY POLICE DEPARTMENT

COMMUNITY AFFAIRS BUREAU

YOUTH STRATEGIES DIVISION





WHAT IS THE YOUTH POLICE ACADEMY?

The Youth Police Academy (YPA) is an annual six (6) week summer program that runs Monday - Friday and is offered to city resident youth ages 10-15. Lunch is provided daily. This structured curriculum is operated by NYPD Police Officers and School Safety Agents as a para-military component of the NYPD during the summer school break. YPA takes place in a classroom setting which includes lectures in anti-bullying, law, drug & gang awareness/ prevention and empowerment seminars by motivational speakers. As part of their daily schedule, members will learn military drills and participate in physical training. In addition, youths will participate in various trips e.g. Intrepid Air & Space Museum, Amusement Park. Transportation is provided on trip days.

The goals of the academy are:

- \checkmark To enhance responsible citizenship.
- ✓ To provide positive interaction with police officers and to educate young people about the challenges and responsibilities of police work.
- ✓ To encourage young people to take part in other youth programs offered by New York City's Police Department such as: the Law Enforcement Explorers, Police Cadet Corps and the Police Athletic League.

FOR INFORMATION, APPLICATION & SITE LOCATIONS SCAN THE QR CODE NEW APPLICATION WILL BE OPEN MAY 1 YOUTH POLICE ACADEMY



onow us on twitter many any polommaffairs & instagram @127Penn

MAKE **A FILM** TELL YOUR **STORY** PAID SUMMER FILMMAKING WORKSHOP FOR STUDENTS AGE 15-20





DUAL LANGUAGE DOC LAB

PAID SUMMER FILMMAKING PROGRAM FOR NYC YOUTH

DO YOU HAVE A STORY TO TELL?

Reel Works invites NYC youth to apply to the Dual Language Doc Lab this summer. Over 5 weeks, learn to use cameras, lighting, and sound to tell a story of family heritage, women's empowerment, or the importance of mental health as teenagers. All workshops will be in Spanish and English. A stipend is provided to participants in the Lab.

WHEN? // MONDAYS THROUGH THURSDAYS 9:30 AM - 2:30 PM // JULY 8, 2024 - AUGUST 8, 2024

APPLY BY JUNE 4TH





FILME Y

ESTUDIANTES EDAD 15-20

TU

LABORATORIO DOE EN DOS IDIOMAS

PROGRAMA DE CINE DE VERANO PAGADO PARA LA JUVENTUD DE NUEVAYORK

¿TIENES UNA HISTORIA QUE CONTAR?

Reel Works envita a los jovenes de a ciudad de nueva vork a postularse para el labotorio de Doc. En Dos idiomas este verano. Mas de 5 semanas aprende a usar camaras, iluminacion y sonido para contar una historia sobre la herencia familar, el empoderamiento de las mujeres o la importancia de la salud mental en la adolescencia. Todos los talleres seran en espenol e ingles. se poporciona un estipendio a los participantes en el laboratorio.

> **QUANDO? // LUNES HASTA JUEVES** 9:30AM - 2:30PM // JUL 8, 2024 - AGOSTO 8, 2024

> > APPLY BY JUNE 4TH

YOUTH ADVOCACY SUMMER INSTITUTE (YASI) ARE YOU INTERESTED IN SOCIAL JUSTICE? IN ADVOCACY?

The Youth Advocacy Summer Institute (YASI) is a 6-week intensive social justice training & experiential learning program.

YASI has 3 components:

1.Workshops 2.Community Outreach 3.Personal Advocacy Campaigns

Participants must be:



- Between the ages of 15 22
- Available from July 8 to August 16
- Available to meet in-person & online
- Have access to a laptop/tablet & internet service







The Door's Adolescent Health Center is here to help. From sexual and reproductive care to vaccines, we offer NYC young people ages 12 to 24 free, confidential health services in a diverse and caring setting. Call 212-453-0222 or visit door.org/health. #DoorNYC #health #youth #NYC

Health Services

🗒 Door



VISIT OUR ADOLESCENT HEALTH CENTER

> From physicals to vaccines to sexual care, our community health center offers NYC youth confidential services in a diverse and caring setting.

Appointments are available for young people ages 12–24.

BOOK TODAY

- 212-453-0222
- 833-569-0033
- door.org/health

555 Broome Street, Lower Level New York, NY 10013



Learn While You Earn with CUNY Online



Study Anywhere, On Your Terms









How to Sign Up for NYC Teenspace

NYC Teenspace is a free mental health support program available to any teenager age 13 to 17 living in New York City. To register:

Visit talkspace.com/nyc and enter your address and birthday.



2 Enter your parent or guardian's information and email address so they can provide consent.

Complete a simple online assessment to share your mental health needs and preferences.

You will then get matched with a licensed therapist for ongoing virtual support, access to online mental health exercises or both.







ASAP ACE is now at SUNY

Get academic, financial, and personal support to succeed in college—now at 25 SUNY campuses



Learn more at suny.edu/asap-ace





RUNAWAY & HOMELESS YOUTH SERVICES

*Drop-in Centers

Young people between the ages of 14 to 24 are welcome! Food, clothing, showers, laundry and case management services are available. Receive referrals to crisis services programs and additional support services.

*Please call to verify times of operation and intake.

Manhattan

Ali Forney Center 321 West 125th Street New York, N.Y. 10027 (212) 206-0574 24

The Door

555 Broome Street New York, N.Y. 10013 (212) 941 - 9090Mon-Fri: 9am-6pm

Safe Horizon Streetwork Harlem

209 West 125th Street New York, N.Y. 10027 (212) 695-2220 Mon, Tues, Thurs-Sun: 12pm-6pm

Bronx

KEY:

Cardinal McCloskey **Community Services** 333 East 149th Street Bronx, N.Y. 10451 (718) 993-5495 (917) 334-0957 247

Department of

Brooklyn SCO Family of Services

774 Rockaway Avenue Brooklyn, N.Y. 11211 (718) 685-3850 👧

Queens Sheltering Arms/Safe Space

165-19 Jamaica Avenue, 2nd floor Jamaica, NY 11432 (718) 526-2400 ext. 2077 24

Sheltering Arms

(Far Rockaway Site) 1600 Central Avenue Far Rockaway, N.Y. 11691 (718) 471-6818 ext. 2123 Mon-Thurs 2pm-8pm Fri: 11am-7pm, Sat: 12pm-8pm

Staten Island 247 Project Hospitality

27 Port Richmond Avenue Staten Island, N.Y. 10302 (718) 876-4752 YDICOutreach@projecthospitality.org

Crisis Services Programs

*Contact Drop-in Center

(212) 206-0574 or

(646) 944-7193

jcarrion@aliforneycenter.org

These DYCD-funded programs provide emergency shelter and crisis intervention services for young people between the ages of 16 and 20 or between the ages of 21 through 24 for Homeless Young Adult (HYA) sites. These voluntary, short-term residential programs provide emergency shelter and crisis intervention services aimed at reuniting youth with their families or, if family reunification is not possible, arranging appropriate transitional and long-term placements.

Bronx	Manhat	tan			
The Bridge* (347) 275-2749 abarber@covenanthouse.org	Covenant House Under 21 (and Mother + Child)	Safe Horizon Streetwork Harlem (917) 507–1562			
*Female Identifying/HomelessYoungAdult	(212) 613-0300	Sheltering			
Maya's Place*		Arms/Safe Space*			
(718) 583-2380		(917) 410-3790			
*Female Identifying/Mother + Child		(347) 266–7044 *Male Identifying Youth			
Brooklyn	Queens				
Ali Forney Center*	Ali Forney Center				

Homeless Young Adult (Ages 21 to 24) (646) 944-7193 icarrion@alifomevcenter.org

Transitional Independent Living Programs

Transitional Independent Living (TIL) facilities provide homeless youth between the ages of 16 to 20 or between the ages of 21 through 24 for Homeless Young Adult (HYA) sites, with support and shelter as they work to establish independence. A young person in need of longer-term residential services should first visit our Crisis Shelter and obtain a referral to Transitional Independent Living facilities. Youth may stay in the Transitional Independent Living facilities for up to 24 months. Services offered at TILs include:

Services Available at Crisis Services Programs and TILs

 Educational Programs
 Vocational Training
 Job Placement Assistance Counseling
 Basic Life Skills Training
 Mental Health Services
 Housing Referrals And Placement • Family Reunification Assistance (when applicable)

Street Outreach

24/7 = Open 24 hours, 7 days a week; due to COVID-19, please call first.

Vans traveling in all 5 boroughs provide clothing, food, information about and transportation to crisis services programs and drop-in centers. For updated locations and information follow Streetwork on Instagram @streetworknyc

DYCD Community Youth & Community Development Connect

Contact DYCD Community Connect at 1.800.246.4646 or

y fo







5-BOROUGH COMMUNITY PARTNERSHIP SERIES

AGES 14 - 24



CHANCE TO WIN PRIZES!!! → LAPTOP → IPAD → STEM KIT → AND MORE !!

For more information: renaissanceyouth.org (718) 450-3466 LET'S WORK TOGETHER

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(646)-610-5323







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STATEN ISLAND | MAY 25TH | ST JULIAN PLBRONX | JUNE 1ST | 200 E 161 STMANHATTAN | JUNE 15TH | 127 W 127TH STQUEENS | JUNE 22ND | 92-20 UNION HALL STBROOKLYN | JUNE 29TH | 387 PEARL ST

ALL EVENTS WILL BE 3PM - 5PM !

LIVE BAND PERFORMANCE BY MUSIC WITH A MESSAGE



FOR MORE INFORMATION REACH OUT TO (718) 450-3466.

f the NYC Department of Probation in partnership with Renaissance Youth Center. For requests regarding accessibility or language interpretation service

Benefits

ACCESS NYC helps New Yorkers identify and apply for eligible benefits. There are over 30 programs you or your family may be eligible for regardless of immigration status and even if you are already receiving benefits or have a job. Call 718-557-1399 or visit access.nyc.gov.

Unemployment Assistance:

To apply for temporary income for eligible workers who lose their jobs through no fault of their own, call 888-209-8124 or visit **ny.gov/services/get-unemploymentassistance.**

Financial Counseling:

For free, one-on-one financial counseling, visit <mark>nyc.gov/talkmoney</mark>



Know Your Rights: What Happens When One Parent Wants to Move Away

Learn about custody and visitation rights, how the court decides when a parent can move or not, where to file and when to file in Family Court, and more!

Thursday, June 20th 12-1:30 PM

Register Here

http://tinyurl.com/FLCwebinar24



Deed Theft and Foreclosure Prevention Educational Panel and Resource Fair with New York State Attorney General Letitia James

Congressman

Hakeem Jeffries

Senator

Jabari Brisport



Tuesday June 11, 2024 6 p.m. - 8:30 p.m.

Bedford Stuyvesant Restoration 1368 Fulton Street, Brooklyn, NY 11216

Hear from a panel of housing and legal experts, discussing the most prevalent deed theft and foreclosure issues and acquire tips on how to protect your home. Collect homeowner resources from representatives from premiere housing and legal organizations, that offer free help, counseling, and information to help you stay in your home.

RSVP: ag.ny.gov/protect-homes

Please submit requests for ASL and language translation by June 1 at ag.ny.gov/protect-homes/accommodations For event questions email: Monica.Abend@ag.ny.gov

PARTICIPATING ORGANIZATIONS: NHS BROOKLYN CENTER-NYC NEIGHBORHOODS Brooklyn Legal Services Corporation A CYPRESS Our office developed the Homeowner Protection Program (HOPP) to help H homeowners protect their homes. Free HOPP services include: 🖀 legal court representation 🛛 🖀 home-ownership counseling 🔮 loan-modification help ROTECTI 1-855-466-3456 | homeownerhelpny.com

IN CONJUNCTION WITH:





Brooklyn Borough President Antonio Reynoso





Assemblymembe Stefani Zinerman



LEARN ABOUT:







Earn-as-you-learn

OPEN ENROLLMENT

WWW.STRIVE.ORG/NYPROGRAMS





CONSTRUCTION TRAINING

5-WEEK PROGRAM

- OSHA, Flagger, SST
- Scaffolding & Silica
- Custodial Maintenance
- PAID stipends & internships
- Placement assistance

ENROLLMENT

OPEN

STRIVE.ORG/NYPROGRAMS





WEEKLY INFO SESSION 790 Broadway, Brooklyn. 1:00 PM

Monday: Financial Services and Customer Service

Contact: <u>careerservices@stnicksalliance.org</u>

Tuesday: Tech and Digital Literacy

Contact: <u>techliteracy@stnicksalliance.org</u>

Wednesday: Green Trades (Construction, Environmental Remediation, HVAC, and Greenscaping)

Contact: greentrades@stnicksalliance.org

Thursday: Employment and Job Club

Contact: <u>careerservices@stnicksalliance.org</u>

Friday: Healthcare Training

Contact: <u>healthcaretraining@stnicksalliance.org</u>



Interested in a career in HVAC or Building Maintenance?

On-Track to HVAC

Online Info Session



Requirements:

When:

Where

Contact Info:

- Must pass TABE M10 Test with a minimum 7th grade reading level
- Must be physically fit and able to lift at least 50 pounds
- Must be 18 years or older and have a legal right to work in the United States
- Must have a government issued photo ID
 Must bring proof of COVID-19 vaccination

THOSE INTERESTED MUST ATTEND OUR FREE INFO SESSION!

St. Nicks Alliance Workforce, 790 Broadway, 2nd Fl., Brooklyn, NY 1120 (J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

with main to Flushing Avenue, and b/40/47/57/15 buses to Flushing Av

(718) 302-2057 Ext. 450, skilledbuild@stnicksalliance.org



Looking to start a career in technology?

with paid internship & employment assistance!

Get the tools for SUCCESS in a tech career

Get Certified in: • MS Excel • SQL • Tableau

Classes will cover:

- Interviewing skills
- Data analyst tools

Program Eligibility:

- Ages 18+ and able to work in U.S.
- Must pass TABE exam
- Bring government issued ID
- Bring proof of COVID-19 vaccination



Join the info Session: TUES at 1PM

Data Analytics

be prepared to stay at least 3 hours* *includes a math and reading test for those interested in moving forward

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





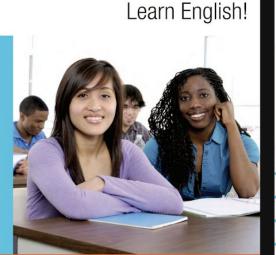
St.Nicks Alliance

Training

Classes are Free!

plus

Job Placement Assistance





In-Person **ESOL Classes**

SNAP RECIPIENTS WELCOME Classes taught by NYS certified teachers

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

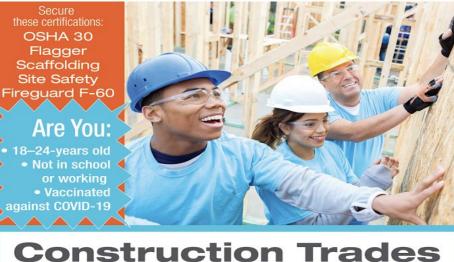
St.Nicks Alliance Workforce, 790 Broadway, 2nd Fl., Brooklyn, NY 11206 Where: (J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

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





You'll EARN \$ while you TRAIN!



FREE Training and Certification!

	DN INFO SESSION EVERY WEDNESDAY AT 1PM <i>Be prepared to stay at least 3 hours*</i> ath and reading test for those interested in moving forward										
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 TrainandEarn@stnicksalliance.org TTY Number: 800-662-1220										











Job Corps is the largest nationwide residential career training program with free room, board, meals, and uniform. We help people 16 through 24 complete their high school education, train for careers, and become employed. Students obtain career technical skills and employment. Job Corps provides transitional support services and help find employment, housing, child care, and transportation. Graduates enter the workforce or an apprenticeship, go on to higher education or join the military. Learn more at <u>https://www.jobcorps.gov/</u>

Food Assistance

For all types of food assistance:

- Call 311 and say "Get food"
- Text "NYC FOOD" or "NYC COMIDA" to 877- 877 to find a free meal distribution site near you

Visit nyc.gov/getfood to find a food pantry near you or to determine eligibility for free meal delivery.

Emergency Food Assistance:

Call 866-888-8777 or 311.

Hunger Hotline:

Call 866-348-6479. For Spanish, press 3 **SNAP/Food Stamps**.

SNAP/Food Stamps:

Call 718-557-1399 or visit

access.nyc.gov/programs/supplemental-nutritionassistance-program-snap

to find

out if you are eligible to enroll.



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

www.opendoorflc.org





PROTECT YOUR HOME!

Identifying Foreclosure Scams and Deed Theft



Don't risk losing your home because you don't know your rights. Join our live webinar to understand foreclosure and discover ways to protect yourself from potential exploitation.

OUR PARTNERS



Crystal Hudson Councilmember



Thursday June 13, 2024 ^{6:00 PM}

> Questions? Email: info@bka.org

Register Here: https://bit.ly/00061324



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										•	

Need a job? Visit Workforce1



nyc.gov/getwork

Summer Job Opportunity!



HVA is seeking Ops Interns for school-based and Network Summer Teams

6/10-8/16 (School-based); 9-4 PM 6/17-8/23 (Network); 10-5 PM \$15-16/hr, depending on placement

hours may vary based on summer events

Please send resumes to ischwartz@harlemvillage.org if interested!

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 <u>1-800-</u> <u>566-7636</u>. 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 <u>1-800-597-8481</u> or visit <u>omh.ny.gov</u>.
- If you are experiencing anxiety due to the coronavirus emergency, call <u>1-844-863-9314</u>.
- National Suicide Prevention Lifeline: If your life or someone else's is in imminent danger, call <u>911</u>. If you are in crisis and need immediate help, call <u>1-800-273-8255</u> or Text "GOT5" to <u>741-741</u>.
- 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 <u>1-800-942-6906</u>.

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.ny.gov/safety-and-health
- For help with Unemployment Insurance, call <u>1-888-209-8124</u> or visit <u>dol.ny.gov/</u> <u>unemployment/unemployment-insurance-</u> <u>assistance</u>.

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-</u> resources
 - Employment: <u>nyic.org/covid-employment-</u> resources
 - Financial: <u>nyic.org/covid-financial-</u> resources
 - Food: <u>nyic.org/covid-food-resources</u>
 - Healthcare: <u>nyic.org/covid-healthcare-</u> resources
 - Small business: <u>nyic.org/covid-small-</u> <u>business-resources</u>



HEALTH, MENTAL HEALTH & WELLNESS TIPS

aupa

Have you heard about NYC Care? The program guarantees care for all New Yorkers, regardless of your language, immigration status or ability to pay. It's now easier than ever to enroll!

Learn more: https://www.nyccare.nyc/

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NYC Care speaks your language!

Enroll in NYC Care regardless of your language, immigration status or ability to pay.

HEALTH+ HOSPITALS Need someone to talk to? Text 988 Call 988 Chat Now

LIFELIN

Connect with someone who will listen and help 24/7

NYC 988 is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.

At any hour of any day, in almost any language, from phone, tablet or computer, **NYC 988 is your connection to get the help you need.**

For more information, visit bit.ly/3K9EYeE

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:

HEALTH+ HOSPITALS Woodhull

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

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

Servicios prestados:

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



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

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

HEALTH+SEPITALS Woodhull

Vapes can expose you to toxic and cancer-causing chemicals. More teens are trying to stop vaping than you think. You can too!

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

Line

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

Drop the Vape

E-CIGARETTES VAPING

E-cigarettes almost always contain nicotine.

- Nicotine is addictive, especially for teenagers.
- Nicotine can negatively affect a teenager's memory and concentration, and may decrease learning ability.
- Nicotine can be toxic. People have been poisoned by swallowing vaping liquid or getting it on their skin or in their eyes.

Vaping can expose you and others around you to harmful chemicals, such as:

- 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)

For more information about how you can defeat flavors (including menthol) and end nicotine dependence, email **tobacco@health.nyc.gov**. To find more information about e-cigarettes, visit **nyc.gov/health** and search for e-cigarettes.

Resource from Ms. Pink



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.

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.
- The aerosol from heated e-liquids may contain harmful chemicals including:
 - · 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 guitting vaping? Text DROPTHEVAPE to 88709 for free, 24/7 and confidential support. For more information, visit nyc.gov/health and search for e-cigarettes.



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tank

devices

pen

disposable

e-cigarettes

Parents: Is your teen up to date on all their routinely recommended vaccines? Following the vaccine schedule helps ensure your teen has protection against vaccine-preventable diseases.

Talk to your teen's doctor. For more on vaccines for teens, visit: https://bit.ly/432YDFJ

Staying on schedule helps protect your teen from:

Meningococcal disease

- Tetanus, diphtheria, and whooping cough
- HPV infections
- COVID-19
- Flu

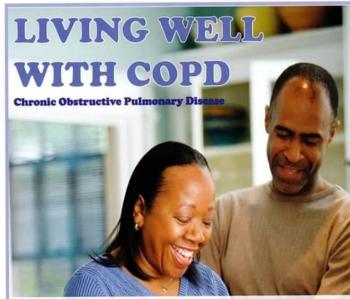
Getting enough folic acid before and during pregnancy can help prevent serious birth defects. Some traditional ingredients like corn masa flour used in your favorite family recipes may provide this important nutrient. Be sure to check nutrition labels to ensure they contain folic acid. https://bit.ly/2H53m0A

Did you know?

Hispanic women have a higher risk of having babies with serious birth defects of the brain and spine.

Taking **400 mcg of folic acid** before and during pregnancy can help prevent these conditions.

#PowerToPrevent



ACHIEVING A HEALTHIER EAST NEW YORK WILL DEPEND ON WHAT WE DO TOGETHER

LET'S STAND TOGETHER IN THE FIGHT AGAINST COPD!!

THIS GUIDE WILL HELP YOU UNDERSTAND & MANAGE YOUR COPD BETTER

For more information, please call RiseUp at 347-417-5368 or email info@riseupeny.org Visit us 240 Cozine Avenue



Trauma

Feeling depressed or anxious

SOME REASONS TO CALL, TEXT, AND CHAT **988**

988 SUICIDE & CRISIS

Thoughts of suicide

Drinking too much or drug use





SUPPORT

No.

NYC 24-Hour Domestic Violence Hotline: 1-800-621-HOPE

Survivors of domestic violence may receive temporary housing, emergency shelter and supportive services for themselves and their children. All programs provide a safe environment as well as counseling, advocacy and referral services. Domestic violence and abuse can include:

- Hitting, slapping, kicking or using any other kind of physical violence against you
- Forcing you to have sex when you don't want to, or to do sexual things you don't want to do
- Threatening to hurt you, your children, or someone else you care about or your pet
- Constantly insulting and criticizing you
- Stalking, obsessively checking up on or otherwise trying to control your behavior

If you or someone you know is experiencing this kind of behavior from a partner, please call New York City's 24 hour Domestic Violence Hotline, 1-800-621-HOPE.



PREVENT FOOD ALLERGY REACTIONS:

Always use soap and water or wipes to clean hands or surfaces. Hand sanitizers do not remove food proteins.



There is **NO CURE** for food allergies yet.



kidswithfoodallergies.org



kidswithfoodallergies.org



FOOD ALLERGY:

The body's immune system sees a certain food as harmful and reacts against it. Symptoms can be life-threatening.



kidswithfoodallergies.org

Steps to inject epinephrine:

- 1. Hold the leg of a young child firmly in place.
- 2. Take the epinephrine auto-injector out of its package/carrier.
- 3. Remove the safety cap.
- 4. Hold the auto-injector in your fist.
- 5. Push the end with the needle firmly against the outer side of your child's thigh. After you feel or hear a click from the auto-injector, hold it in place for 3 seconds.
- 7. A protective shield will cover the needle when it is pulled out of the thigh.
- 8. Call 911. The child treated with epinephrine should be taken to a hospital.
- 9. Give the used auto-injector to the EMS or hospital staff for disposal.

Instructions may vary depending on the brand.



Wellness Corner -10 Summer Wellness Tips for Healthy Living:

There are so many things to reflect on as we close out another school year. As parents, we think about the growth our scholars have made over the year. We think about what worked well and what areas we can improve. Through the stress and uncertainties faced, you made it! To help close out the year, here are some helpful summer tips to improve your wellness over the break.

- 1. Get your vitamin D. Vitamin D is an essential nutrient needed to support properly bodily functioning.
- Eat your sunscreen. No, not the lotion in a tube! But real food is actually some of the best sunscreen around. That's because sunburn is a type of inflammation, and diet has a tremendous impact on inflammation in the body. Your diet can increase or decrease your skin's sensitivity to UV rays, as well as its ability to repair itself when it does get damaged.
- 3. Protect your skin with natural sun care. Cover up and enjoy the sun responsibly.
- 4. Stay Hydrated. Proper hydration is important any time of year.
- 5. Practice self care. It's important to make some time for yourself, especially with the warmer weather.-
- 6. **Develop an exercise routine**. The warmer summer months is a great time to start⁻
- 7. **Travel**. Enjoy visiting family and friends, or trying new places.
- 8. Reduce your tv time. Enjoy the outdoors while the weather allows it.-
- 9. Meet up with friends and family. Time spent with loved ones is beneficial to our emotional wellbeing.
- 10. Have Fun!

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Summer is a welcome time of the year for many, as we have a chance to recharge and release pent up energy.



Get help with immigration legal questions, emergency family plans, and more.

> Mayor's Office of 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.





If you have contact with an agent, say:

 I wish to exercise my Fifth Amendment right to remain silent. York C

Immigration Coalitio

- ✓ 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:

1844 363 1423

Para asistencia legal llame a The New Americans Hotline: **1 800 566 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





includenyo ONLINE PARENT SUPPORT GROUP

Share your experiences, struggles, and successes as parents of children with disabilities.

Discuss different topics, including:

- Self-care and balance
- Coping with stress and mental health issues
- Managing family dynamics
- Helping your child make friends
- Getting what your child needs at school
- Supporting independence
- Teaching self-advocacy
- Humor as a coping mechanism
- Managing guilt and "what-if"s

people with disabilities.



When:

Tuesday June 11, 2024 |

6:00 pm - 7:00 pm

<u>Where:</u> Virtual <u>Type:</u> Workshop

• This webinar is for Parents only. Visit this link to Register Under Events: INCLUDEnyc | Love. equity. and access for young

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Wellness Corner: June Wellness Resources

As the school year winds to a close and your scholar gazes longingly toward the summer months, it is a good time to begin thinking about how to keep them learning over the summer in the midst of fun activities that you may plan.

Here's a list of general tips for you to keep in mind as the summer approaches.

- 1. Check-in with your child's teacher: Before the school year ends, check-in with your child's teacher to see where they stand academically. There may be skills that your child has not quite mastered or areas of weaknesses that could be further strengthened. Ask your child's teachers what they'd recommend doing to work on those skills over the summer months.
- 2. Keep a schedule: One of the more difficult aspects of the summer months is the lack of a schedule that the school day provides. If your child is not enrolled in a summer program during the day, it can be easy for him or her to fall out of a normal routine. Sit down with your child before the summer begins to set clear expectations of how his or her days should look. Help your child make a clear schedule of what her or she will do throughout the day and when to wake up and go to bed. While the schedule doesn't need to be elaborate or finely detailed, it can at least establish some clear expectations of what your child should do each day.
 - Weekly Planners (Edmentum Organization & Wellness Planner)
- 3. Have fun together! Lastly, have fun together! It is summer, after all. There are all sorts of amazing benefits to playtime that your children can gain from, so be sure to let those summer days be filled with fun in the sun.



The school year is almost

over...

Some children may be having a challenging time staying motivated. Maybe they're feeling a little **burnt out** by all their hard work, **stressed** about final exams, or **distracted** by the thought of summer vacation.

As parents, what can we do to help our kids keep up their motivation at school?

1. Keep them engaged.

Younger children are often excited by whatever their parents are excited about. By **showing interest** in your child's work, you are showing them that **school can be exciting**.

One way to do this is to sit with your child while they do their homework. Show your **enthusiasm**, offer **support**, and let them know that you are available to answer questions. Wow! How did you solve this problem?

2. Offer reinforcement.

Offering small rewards can help your child stay motivated to do their work.

It is often most effective to do this with positive things that would happen anyway, but attaching the privilege **to their work**. For instance, you can offer your child their favorite snack after they have spent an hour working. Reinforcement can also be verbal praise.

However, be careful to **reward your child's efforts, as opposed to just the outcomes**. Show your children that you value hard work.





3. Get peer support.

Working with a **"study buddy"** – a friend from school, a sibling, or a tutor – could help your child feel more motivated. They may be more encouraged by relating to someone close to their own age.

4. Work with teachers.

Consider meeting with your child's teacher to discuss helpful motivating strategies.

It can be beneficial for your child to experience a **consistent working environment** between home and school.



5. Get support for you.

Seeing your child struggle at school can be difficult for you as well.

Support groups in your community can help you **connect with other parents** who are going through **similar experiences** with their children. * / *

FAMILIES,

I HOPE YOU FOUND THIS PACKET HELPFUL. REMEMBER, LET'S KEEP OUR SCHOLARS ENGAGED IN ACTIVITIES & PROGRAMS OVER THE SUMMER TO BUILD THEIR RESUME FOR COLLEGE AND BEYOND. I WISH YOU ALL A SAFE AND JOYOUS SUMMER BREAK. AS ALWAYS, I'M JUST AN EMAIL AWAY. PLEASE CHECK YOUR EMAILS FOR SUMMER RESOURCES & MEETINGS.

WARM REGARDS, MS. PINK

