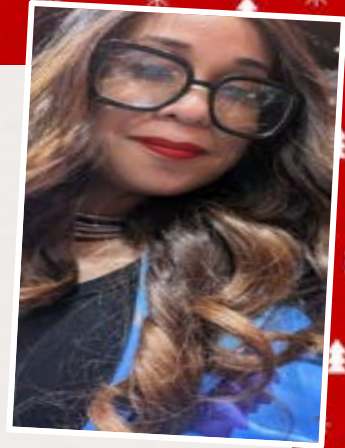




December



2024 HOLIDAY

*Resource Packet from
Your Parent
Coordinator Ms. Pink*



*HAPPY
HOLIDAYS!*



Happy Holidays WCHS Families,

I would like to wish you all a Very Happy, Healthy, and Safe Holiday Season. I put together some Holiday resources, magical places to go with your family, mental health tips, parenting tips & more for you. I look forward to seeing all families at our Virtual PLC meeting December 19th, 2024 at 6pm and in the New Year at our Virtual PLC meetings. Remember Parent Involvement is key to your scholar's success at WCHS.

Be Well & Stay Safe.

Warmest Regards,

Ms. Pink



Magical Things To Do In New York City This December



15 Places With The Best Hot Chocolate In NYC



NYC has no shortage of trendy spots to try, but when it comes to this chocolatey drink there's a handful of places you absolutely have to taste so we decided to create a map for you of where to get the best hot chocolate in NYC.

Some of these tasty creations are particularly chocolatey, others are all about the marshmallow topping, but one thing is undebatable—you'll be smiling from the warmth and deliciousness with each sip. Don't believe us? We'll let the pictures do the talking. Visit this link for location details: <https://secretnyc.co/best-hot-chocolates-nyc-keep-cozy/>

15 NYC Businesses Where You Can #ShopLocal For Last-Minute Holiday Gifts



Christmas is almost here! Here are some of the best places to find local goods this holiday season throughout NYC. Visit this site for more details:

<https://secretnyc.co/local-nyc-shops-holiday-gifts/>

8 Opportunities To Volunteer This Holiday Season In NYC



The holiday season is all about giving back, and these NYC organizations are hosting toy drives, coat donations, fundraisers, and more! Visit this link to find places to give back and volunteer: <https://secretnyc.co/volunteer-opportunities-nyc/>

Celebrating Kwanzaa 2024 In NYC



This holiday that celebrates African-American culture kicks off on December 26, and here's what you need to know! Visit this site for places to go from film, theater and more: <https://secretnyc.co/kwanzaa-in-nyc/> & Visit: [Celebrate Kwanzaa Is Back at Brooklyn Children's Museum - New York Family](#)

Things To Do On Hanukkah In NYC This Year



- The Grand Army Plaza Menorah Lighting:
<https://secretnyc.co/largest-menorah-in-brooklyn/>
- Fifth Avenue Menorah
Lighting:<https://secretnyc.co/worlds-largest-menorah-fifth-ave/>
- Hanukkah Family Day at The Jewish Museum

The Jewish Museum is NYC's hub for amplifying and celebrating Jewish culture throughout the city, and this year they're hosting a Hanukkah Family Day featuring drop-in art workshops and concerts!

On December 15th from 11 am – 3:30 pm, children and families are invited to come build holiday sculptures with a playful mix of found objects inspired by the museum's current exhibition *Ilit Azoulay: Mere Things!* There will also be live music from Grammy winner Joanie Leeds. Learn more and buy tickets [here:https://thejewishmuseum.org/calendar/events/2024/12/15/hanukkah-family-day-drop-in-gallery-activities-and-concerts-121524](https://thejewishmuseum.org/calendar/events/2024/12/15/hanukkah-family-day-drop-in-gallery-activities-and-concerts-121524)

25 Best Holiday Light Displays Illuminating NYC This Year



Between tree lighting ceremonies and pop-up events, the holiday spirit in NYC is absolutely unmatched! Of course a major part of this is the stunning holiday lights that are lighting up all across the boroughs, dazzling New Yorkers everywhere they look. And with the holiday season approaching, you'll definitely want to take in all the gorgeous lights scattered across the city!

Whether you're looking for a neat Instagram shot, or want to just get into a festive mood, here are some of the best places to find holiday lights in NYC: Visit this link for more details:

<https://secretnyc.co/definitive-guide-best-tree-lighting-ceremonies-nyc/>

10 Best New Year's Eve Dinners In NYC To Book This Year



New Year's Eve is approaching in the coming weeks and if you're still trying to figure out plans, why not at least start it off with a tasty meal? Going into 2024 with a proper final feast can be a great send off, and many of NYC's restaurants are offering delicious specials. From prix-fixe menus to full-on live music experiences, there's a little something for everyone and every budget! Here's my favorite NYE dinners being served in NYC this year! Visit this site for more details: <https://secretnyc.co/new-years-eve-in-nyc/>

Try all the mouthwatering treats at Bryant Park's Winter Village



Sure Bryant Park's Winter Village is perfect for ice skating and holiday shopping, but let's not forget that it's a foodie's paradise. Feast outrageously flavored hot cocoa, fruit-filled crepes, or Nutella-drenched bombolones. Visit this link for more details:

<https://secretnyc.co/treats-you-must-try-at-bryant-parks-winter-village/>

And of course, watch the Ball Drop on NYE!



In-person spectators are welcome to Times Square for NYE to see the iconic ball and Ring in 2025! Dress warm and be safe.



*School
Announcements &
News from Interim
Principal Jacobson*

December

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 T1 Finals (during class)	4 T1 Finals (during class)	5 T1 Finals (during class)	6 T1 Final Exam Make-ups (during class) Trimester 1 Ends	7
8	9 Trimester 2 Begins	10 T1 Grades Due@8am	11 T1 Grade Verifications Due@3pm	12  Virtual PLC Meeting @6pm	13 T1 Report Cards Distributed	14 Open House @10am
15	16	17	18	19	20	21
22	23 Winter Recess, school closed	24 Winter Recess, school closed	25 Winter Recess, school closed	26 Winter Recess, school closed	27 Winter Recess, school closed	28
29	30 Winter Recess, school closed	31 Winter Recess, school closed				
						School Days: 15 Instructional Hours: 93.75 Total School Days: 75

NHS PRESENTS

CANNED FOOD DRIVE



TOGETHER WE CAN DO IT

From: Dec 2nd
to Jan 17th



UNEXPIRED & NON
PERISHABLE
FOOD/CANS ONLY

Where to drop off?

- Lobby (122): Ms Allison
- 2nd Floor (210): Ms Angie
- 4th Floor (421): Ms. Johnson
- 5th Floor (503): Operations Office
- 7th Floor (711): Ms. Martin

Led by NHS members:
Roslyn Rodriguez
Grace Pugo
Jazmin Campoverde



NHS PRESENTA



RECOLECTA DE COMIDA ENLATADA

JUNTOS LO PODEMOS HACER

de: 2 de dic
hasta 17 de ene



ALIMENTOS/LATAS NO
EXPIRADOS Y NO
PERECEDEROS
SOLAMENTE

¿Donde dejar?

- Lobby (122): Sra. Allison
- 2do Piso (210): Sra. Angie
- 4to Piso (421): Sra. Johnson
- 5to Piso (503): Oficina de Operaciones
- 7mo Piso (711): Sra. Martin

Organizado por Miembros de NHS:
Roslyn Rodriguez
Grace Pugo
Jazmin Campoverde



JANUARY 2025 REGENTS REVIEW SESSIONS

ALGEBRA I & II

Algebra I with Ms. Ahmed
Days: Tuesday & Friday,
in room 319

Ms. Chuang Days:
Monday & Thursday in
room 609

Algebra 2 with Mr. Jin
Days: Monday, Tuesday &
Thursday in room 617

REQUIREMENTS

~ Attend Regents
Review afterschool to
earn a reward!

~ Must attend at least
7 review sessions by
January 17th



GEOMETRY & CHEMISTRY

Geometry

with Ms. Giscombe. Days:
Monday, Tuesday,
Thursday, room 522



Chemistry with Mr.
Solomon. On Tuesdays
in room 532



LIVING ENVIRONMENT & EARTH SCIENCE

Living Environment with Ms.
Reid. Days: Monday, Tuesday,
Thursday in room 325

Earth Science with Mr.
Duncanson. Days: Monday,
Tuesday, Thursday & Friday
in room 425



GLOBAL HISTORY

Global History (ENL)
with Ms. Lara. Days:
Monday & Friday in
room 330



Global History with Mr. Mauro.
Days: Monday, Tuesday,
Thursday in room 601

US HISTORY & ENGLISH

US History with Ms.
Burchett. Days: Tuesday
& Thursday in
room 613

English with Ms.
Doody. Day:
Mondays in room
411

With Ms. K. Day:
Thursdays in room
702

SESIONES DE REPASO PARA LOS REGENTS EN ENERO 2025

ALGEBRA I & II

Algebra I con la Sra.
Ahmed Días: martes y
viernes en el aula 319

Con la Sra. Chuang
Días: Lunes & jueves en
el aula 609

Algebra 2 con el Sr. Jin
Días: Lunes, martes & jueves
en el aula 617

REQUISITOS

~ ¡Asista a Repaso para los
Regents después de clases
para recibir un premio!

~ Debe asistir por lo
menos 7 sesiones de
repaso antes del 17 de
enero



GEOMETRÍA Y QUÍMICA

Geometría

con la Sra. Giscombe. Días:
Lunes, martes,
jueves, aula 522



Química con el Sr.
Solomon. Martes en el
aula 532



BIOLOGÍA Y CIENCIA DE LA TIERRA

Biología con la Sra. Reid.
Días: Lunes, martes, jueves en
el aula 325

Ciencia de la Tierra con el Sr.
Duncanson. Días: Lunes,
martes, jueves y viernes en
el aula 425



HISTORIA GLOBAL

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



Historia Global con el Sr.
Mauro. Días: Lunes, martes,
jueves en el aula 601

HISTORIA DE EEUU E INGLÉS

**Historia de
EEUU** con la
Sra. Burchett.
Días: Martes y
jueves en el
aula 613

Inglés con la Sra.
Doody. Día: Lunes
en el aula 411
Con la Sra. K. Día:
Jueves en el aula
702

REGENTS EXAMINATION SCHEDULE: JANUARY 2025

JANUARY 21 TUESDAY	JANUARY 22 WEDNESDAY	JANUARY 23 THURSDAY	JANUARY 24 FRIDAY
8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.
English Language Arts	Geometry U.S. History & Government	Global History & Geography II	Living Environment
12:15 p.m.	12:15 p.m.	12:15 p.m.	<u>Uniform Admission Deadlines</u>
Physical Setting/Earth Science Physical Setting/Chemistry	Algebra I Physical Setting/Physics*	Algebra II	Morning Examinations – 10:00 a.m. Afternoon Examinations – 2:00 p.m.

The Earth Science Lab Practical will be on Wednesday January 8th after school at 1:30pm in Room 425. Students registered for the Earth Science Regents on Tues., 1/21, must take the Earth Science Lab Practical on Weds., 1/8. If students were absent they must attend the make-up Lab Practical on Thurs., 1/9 after school at 3pm in Room 425.

La Práctica de Ciencias de la Tierra será el miércoles, 8 de enero a la 1:30pm de la tarde en la sala 425. Estudiantes programados para tomar el Regents en Ciencias de la Tierra el martes, 21 de enero, necesitan tomar la práctica de laboratorio el miércoles 8 de enero. Si estudiantes están ausente, deben tomar la práctica de laboratorio el jueves, 9 de enero a las 3pm en sala 425.

STRENGTH

In Brotherhood

**MEN'S
TALK**

**WITH MR. MYERS
FT THE WICK**

Mentorship

Emotional support, self-development, personal growth

Safe Space

Open to all. Come as you are and allow yourself to be a full transparent version of yourself amongst strong individuals from your community

Good Vibes

Nothing but GOOD VIBES!

**THE WICK
AGAINST
VIOLENCE**

los
sures

**Mentor
Men^{of}**

**FOR MORE INFORMATION
PLEASE CONTACT MR. MYERS**

LMyers@thewos.org



THURSDAY

**G.O.O.D.
THURSDAYS w/ THE
IFSCS**

**11/14 MINDFULNESS AND STRESS MGT
12/12 TEEN MENTAL
HEALTH**

- FUN INTERACTIVE ACTIVITIES
- PRIZES & SNACKS!

**JOIN US IN THE MEDIA ROOM
DURING LUNCH PERIODS**

 **COMMUNITY
COUNSELING
& MEDIATION**

"Complete Consent Form to Ms. Johnson in 421 before the first session!"

Complete & Return: [CCM Consent Form](#) ([Spanish Consent Form](#)) and [HIPPA Privacy Policy](#)

**G.O.O.D. JUEVES
CON IFSCS**

**14/11 CONCIENCIA Y MANEJO DE ESTRÉS
12/12 SALUD MENTAL DE ADOLESCENTES**

- ACTIVIDADES INTERACTIVAS GRATUITAS
- PREMIOS Y SNACKS!

**UNASE A ADOLESCENTES EN LA SALA DE MEDIOS
DURANTE LOS PERIODOS DE ALMUERZO**

 **COMMUNITY
COUNSELING
& MEDIATION**

"Devuelva los formularios de consentimiento completos a la Sra. Johnson en 421 antes de la primera sesión!"



CLASS OF 2025

**SENIOR TRIP
VILLA ROMA
JUNE 9TH-10TH**

PRICE \$300

\$150 DEPOSIT 1/17/25

INCLUDES:

ROUND TRIP TRANSPORTATION/SENIOR TRIP T-SHIRT/
FULL MEALS

FUN PACKAGE:

UNLIMITED USE OF THE BUMPER BOATS, GO KARTS, ROCK
CLIMBING WALL, INFLATABLE FUN LAND PARK, ZIP LINE, &
BOWLING

DJ DANCE PARTY

BON FIRE

DAYTIME ACTIVITIES, GAMES & PRIZES

INDOOR SPORT COMPLEX WITH BOCCE, SHUFFLEBOARD,

PING-PONG, TABLE & VIDEO GAMES

INDOOR POOL/ JACUZZI/ FITNESS CENTER

HEATED OUTDOOR POOLS / WATER SLIDE

Permission Slips: Please see Ms. Johnson

CLASE DE 2025

**PASEO DE CUARTO AÑO
VILLA ROMA
9-10 DE JUNIO**

COSTO \$300

DEPÓSITO DE \$150 17/1/25

INCLUYE:

TRANSPORTE IDA Y VUELTA/CAMISA DE CUARTO AÑO/
COMIDAS COMPLETAS

PAQUETE DE DIVERSIÓN:

USO ILIMITADO DE BOTES CHOCONES, GO KARTS, MURO DE
ESCALADA, PARQUE INFLABLE DE DIVERSIÓN, TIROLESA Y
BOLOS

FIESTA DE BAILE CON DJ

HOGUERA

ACTIVIDADES DURANTE EL DÍA, JUEGOS Y PREMIOS
COMPLEJO DEPORTIVO CUBIERTO CON PETANCA, JUEGO DE
TEJO,

PING-PONG, JUEGOS DE MESA Y DE VIDEO

PISCINA CUBIERTA/ JACUZZI/ GIMNASIO

PISCINAS EXTERIORES CLIMATIZADAS / TOBOGÁN DE AGUA

Hojas de Permiso: Visita la Sra. Johnson



Monday, Tuesday, Thursday & Friday

Time: 3:10pm - 4:10pm

First Name	Last Name	After School Club	Which day(s)?	Room
Elodie	St. Fleur	Book Club	Thursday	531
Melissa	Wade	Botany Club	Monday	532
Seth	Falla	Ceramics Club	Monday	106
Daniel	Vileneuve	Chess Club	Tuesday	414
Athens	Karoutsos	Creative Writing Club	Tuesday	702
Reuben	Dilworth	DeeJaying	Thursday	810/811
Peggy	Doody	ELA Homework Help	Tuesday, Thursday	411
Enrique	Duplat	ENL Homework Helper	Monday & Friday	223
Laura	Pazour	Knitting Club	Tuesday	522
Joy	Chuang	Mo- Math Club	Monday, Tuesday & Thursday	609
Jennifer	Parker-Sparks	Music Lab	Tuesday	201
Reuben	Dilworth	Music Production	Tuesday	810/811
Brooke	Bolnick	Rainbow Coalition	Monday	801
Jeremy	Kronenberg	Rainbow Coalition	Monday	801
Brianna	Martino	Senior Committee	Monday	712
Ryland	Frost	Super Hero Club	Tuesday	309
Darien	Long	Super Hero Club	Thursday	309
Robert	Pasetsky	Weightlifting Club	Monday	129



Lunes, Martes, Jueves y Viernes

Hora: 3:10pm - 4:10pm

Nombre	Apellido	Club Después de Escuela	Días	Salón
Elodie	St. Fleur	Club de Libros	Jueves	531
Melissa	Wade	Club de Botánica	Lunes	532
Seth	Falla	Club de Cerámica	Lunes	106
Daniel	Vileneuve	Club de Ajedrez	Martes	414
Athens	Karoutsos	Club de Escritura Creativa	Martes	702
Reuben	Dilworth	DeeJaying	Jueves	810/811
Peggy	Doody	Ayuda con Tarea de Inglés	Martes, Jueves	411
Enrique	Duplat	Ayuda con Tarea de ENL	Lunes & Viernes	223
Laura	Pazour	Club de Tejido	Martes	522
Joy	Chuang	Club de Tutoría de Matemática	Lunes, Martes, y Jueves	609
Jennifer	Parker-Sparks	Laboratorio de Música	Martes	201
Reuben	Dilworth	Producción de Música	Martes	810/811
Brooke	Bolnick	Coalición Arcoiris	Lunes	801
Jeremy	Kronenberg	Coalición Arcoiris	Lunes	801
Brianna	Martino	Comité de Cuarto Año	Lunes	712
Ryland	Frost	Club de Superhéroes	Martes	309
Darien	Long	Club de Superhéroes	Jueves	309
Robert	Pasetsky	Club de Levantamiento de Pesas	Lunes	129



DRAMA CLUB

with Mr. K
Fridays 3pm
Room 801

Come join the fun and explore all things Theatre- Movie Musicals,
Fun Theatre Projects, Chatting about all that's happening on the
The Great White Way!



CLUB DE TEATRO

Con el Sr. K
Viernes 3pm
Sala 801

¡Únase a la diversión y explore todo lo relacionado con el teatro:
películas musicales, proyectos de teatro divertidos y charle sobre
todo lo que sucede en The Great White Way!

9th Grade Team

Academy Leader: Ms. Angie
ahelliger@thewcs.org

Counselor: TBD reach out to Ms. Angie
ahelliger@thewcs.org and
Ms. Sales ssales@thewcs.org for now

IFSC: Ms. Bolnick bbolnick@thewcs.org

10th Grade Team

Academy Leader: Ms. Angie
ahelliger@thewcs.org

Counselor: TBD reach out to Ms. Angie
ahelliger@thewcs.org and
Ms. Sales ssales@thewcs.org for now
Ms. Augustin gaugustin@thewcs.org (After
December)

IFSC: Ms. G bgozikowski@thewcs.org

11th Grade Team

Academy Leader: Ms. Martin
smartin@thewcs.org

Counselor: Ms. Augustin (Until December)
gaugustin@thewcs.org
Ms. Sales (After December)
ssales@thewcs.org

IFSC: Ms. Bolnick bbolnick@thewcs.org

12th Grade Team

Academy Leader: Ms. Martin
smartin@thewcs.org

Counselor: Ms. Sales (Until December) Ms. Sales
ssales@thewcs.org
Ms. Chery (After December) nchery@thewcs.org

IFSC: Ms. St. Fleur estfleur@thewcs.org





Parent Leadership Council

Parent Leadership Council (PLC) Family Potluck

Program

- * Welcome- Ms. Pink
- * Welcome From The PLC
- * Holiday Message- Interim Principal Jacobson
- * Muscial Selection- WCHS Music Department
- * Holiday Message & Safety- 90th Precinct
- * Holiday BINGO
- * PLC Raffles
- * Dinner
- * Take What You Need Table & Holiday Food Pantry Bags

Highlights from the PLC Potluck

















*IMMIGRANT
RESOURCES /
RESOURCES FOR ALL*



VIRTUAL TRAIN-THE-TRAINER WORKSHOP

BE INFORMED:

What is ICE? How do they operate?
What are your rights during an encounter with them?

A training to prepare advocates, organizers, and allies across the nation to give Know Your Rights information to clients and community members.



December 17th | 1:00 - 3:00pm EST

REGISTER TODAY: bit.ly/be-ICE-informed



IMMIGRANT DEFENSE PROJECT



FREE LEGAL CONSULTATION

MUST CALL FOR AN APPOINTMENT

CONNECT & SPEAK WITH A LAWYER

WHERE WE CAN HELP!

- ✓ TEMPORARY PROTECTED STATUS (TPS)
- ✓ IMMIGRATION REFERRALS
- ✓ REQUEST For EVIDENCE (RFE)
- ✓ FAMILY REUNIFICATION PAROLE PROCESSES
- ✓ APPLICATION FOR EMPLOYMENT AUTHORIZATION (EAD)
- ✓ MORE...

FOR MORE INFORMATION
POU PLIS ENFOMASYON



718.362.3162 | info@lohnyc.org



Community Legal Resource Network

CUNY SCHOOL OF LAW



of Hope

SUPPORTED BY

NEW YORK CITY COUNCIL MEMBER
FARAH N. LOUIS
District 46

New York City Council
RITA JOSEPH
DISTRICT 46

New York City Council
MERCEDES NARCISSE
DISTRICT 46

Immigration Legal Help

- **Free, safe immigration legal help is available through [ActionNYC](#) .
Call the ActionNYC hotline at 1-800-354-0365 during business hours Monday through Friday.**
- **Beware of unlicensed immigration service providers who take advantage of their customers. Get help only from a trusted, licensed attorney or accredited representative. For questions about this, call the New Americans Hotline at 1-800-566-7636 between 9AM-8PM on Monday through Friday.**





**Your Rights and Free
Resources in NYC →**

NYC

NYC

#1:

Know Your Rights

In New York City and State,
discrimination is **ILLEGAL**.

Your rights are enshrined
in our state constitution
and city charter.



Discrimination based on

Gender Race Age Sexual Orientation

Ethnicity Origin Creed Military Status

Pregnancy Marital Status Citizenship

Religion

Disability

★ IS PROHIBITED ★

#2:

NYC's Reproductive Care

- ✦ Safe, confidential, and legal abortion services are available in New York City.
- ✦ Regardless of your insurance or immigration status, you have options here.



**CALL 1-877-692-2482
TO REACH NYC'S
ABORTION ACCESS HUB**

more at
nyc.gov/abortion

#3:

LGBTQ+ Services in NYC

NYC is home to America's biggest LGBTQ+ community.

We look after our neighbors with:

Affirming health care in all five boroughs

Youth programming, employment, and housing

Inclusive public school curriculum

Gender-based violence support

and much more at nyc.gov/lgbtq



#4:

NYC Immigrant Resources*New York is a city of immigrants.*

We have free and safe services to support our newest New Yorkers at every step of their journey:

- ✦ Legal help
- ✦ Health care
- ✦ English classes
- ✦ Mental health support
- ✦ Access to public education



All at nyc.gov/immigrant

#5:

NYC's Vaccine Services

New Yorkers of all ages can receive key immunizations at no or low cost, including:

COVID-19 HPV Polio Flu DTaP Tdap Td

Meningococcal MMR Pneumococcal

Varicella Hib Hepatitis A Hepatitis B



regardless of insurance or immigration status.

Make an appointment at
 ✦ nyc.gov/health ✦

#6:

Freedom to Learn in NYC

- * All New Yorkers are entitled to a free, public school education from age 3 to 21.
- * NYC public school students have the right to freedom of expression.



NYC prides itself on an **inclusive curriculum**



#7:

NYC Mental Health Support

In New York City, all teens ages 13-17 have access to FREE online therapy.



Get started at talkspace.com/coverage/nyc

AND New Yorkers of all ages can call 988 to get free, confidential mental health care for:



- Substance use
- Anxiety
- Referrals
- Depression
- Someone who will listen 24/7
- Stress
- Alcohol use
- Crisis counseling



Who Can Answer Your Immigration Questions?

- **Private Attorneys:** Call the American Immigration Lawyers Association at 1-800-954-0254 for a referral.
- **Attorneys or Accredited Representatives at Board of Immigration Appeals-Recognized Non-Profit Organizations:** A list of these organizations can be found at <https://www.immigrationadvocates.org/legaldirectory/>

How to Avoid Fraud

- Only go to an attorney or Department of Justice accredited representative if you have immigration questions. Notaries or Notary Publics are not attorneys and cannot give legal advice. Attorneys from other countries who are not licensed by a state in the United States cannot give legal advice.
- Lawyers must have a license from a U.S. state to practice law – ask to see their law license.
- Accredited representatives have to be accredited and work for an agency recognized by the Board of Immigration Appeals. Ask to see their accreditation documents and confirm they work or volunteer for a nonprofit organization and their accreditation is not expired.
- Never sign an application with false information.
- Review all information on an immigration application before signing.
- Never sign a blank form.
- Ask for copies of everything you sign.
- Be skeptical of social media and other advertisements promising quick or new immigration relief.
- If the advice sounds too good to be true, get a second opinion before filing an immigration application.

Be Alert for Digital Scams

- The U.S. government (including Department of Homeland Security, U.S. Citizenship and Immigration Services, Immigration and Customs Enforcement, and State Department) will never contact you via WhatsApp or social media.
- With limited exceptions, such as people who are released from detention and told they must check in with ICE via telephone, the U.S. government generally does not contact individuals by phone.
- If you receive an unexpected message or phone call from someone who claims they are an immigration official or other government official, do not respond or share personal information. Do not wire or transfer money to pay a "processing fee" or for any other reason.
- If in doubt, consult an attorney or accredited representative before taking any action.

What You Should Know

- You cannot apply for lawful permanent residency because you have been in the United States for a long time unless you have lived here continuously since January 1, 1972.
- If you apply for employment authorization or lawful permanent residence or other immigration benefits when you do not qualify, the Department of Homeland Security may start removal proceedings against you, which may result in your deportation.
- A lawful permanent resident may lose this status if he/she commits a crime or if he/she is outside the United States for more than six months without advance permission from the Department of Homeland Security.

If You Are A Victim of Immigration Fraud, Report It!

People in Illinois and Chicago should report immigration fraud to the following offices:

Attorney General of Illinois
<https://illinoisattorneygeneral.gov/Rights-of-the-Prospective-Legal-Immigrant>
1-800-386-5438 or 1-800-310-8396 (Spanish)

Call 311, use ICH311 mobile app, or
311.chicago.gov (Chicago Police)

Illinois Registration and Disciplinary Commission
<https://www.ircdc.org/homeFraudComplaint>

Cook County State's Attorney Consumer Fraud
Complaint Form
<https://www.cookcountystatesattorney.org/consumers-fraud-complaint-form>

People in Indiana should report immigration fraud to the following office:
Attorney General of Indiana
www.in.gov/attorneygeneral
1-800-382-5516

City of Chicago Business Affairs and Consumer
Protection
BACP.ConsumerProtection.Services

For additional resources, see StopKnowsFraud.org

Visit the following link or scan the QR code below to view this page on our website:

<https://immigrantjustice.org/know-your-rights/avoid-immigration-fraud>



/ImmigrantJustice



@nipc



Immigrantjustice.org/raction



/ImmigrantJustice



National Immigrant
Justice Center



immigrantjustice.org/donate

Youth Opportunities & Resources





HBCU
Experience
Staten Island

**SATURDAY
JANUARY 25TH**

11am to 3pm

Curtis High School

**105 Hamilton Avenue
Staten Island, NY**

Register here:
<https://bit.ly/SIHBCUFair2025>

#SIHBCUEXPERIECE
#SIHBCUFAIR

SCAN HERE TO REGISTER



Email: sihbcufair@gmail.com
Facebook: @SIHBCUExperience
Instagram: @sihbcufair
TikTok: @sihbcufair
Bluesky: @SIHBCUfair



Over **30+**
HBCUs are Invited!
A FAMILY FRIENDLY EVENT!

Sponsored by:



- Dozens of HBCU to choose from!
- High School SENIORS! Bring your unofficial transcript & test scores! Must have a 2.0 GPA!
- On the spot admissions to select HBCUs!
- International & Transfer Student recruitment!
- STEM opportunities at HBCUs!
- Students with IEPs are welcome!
- Workshops for parents and students!
- Scholarship information!
- DJ Tystorm, Delaware State alum!
- Co-MCs: Kiara Brown, Howard, class of '23 & Isiah Williams, Virginia State, Class of '23

5-min bus ride on 552 from the Staten Island Ferry!

👛 Don't let FAFSA keep you from your college dreams. Apply to CUNY for Spring 2025.

Did FAFSA put your plans on hold?

We'll help you catch up—
start college this Spring semester at CUNY!



CUNY
THE CITY
UNIVERSITY
OF
NEW YORK

cuny.edu/apply

ASAP|ACE is now at SUNY

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



ASAP | ACE
Advancing Success in
Academic Pathways | Advancing Success in
Academic Pathways

Learn more at
suny.edu/asap-ace

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



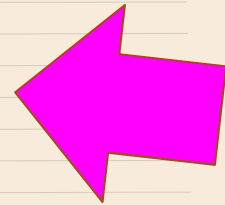
NYC
Department of Youth & Community Development

NYC Ladders for Leaders

NYC Youth Ages 16-24
Paid Internships, Priceless Opportunities.

Apply now
application.nycsyep.com
or call 1.800.246.4646

The poster features a group of five diverse young professionals (three women and two men) dressed in business-casual attire, standing against a teal background with a grid pattern. A blue circular graphic at the bottom right contains the application information.





Bronx Alumnae Chapter
Delta Sigma Theta Sorority, Inc.

In partnership
with



PRESENT

EmpoweRED

College and Career Readiness
Webinar Series

The **EmpoweRED** 4 part webinar series is designed to provide tools and insight to high school students looking to succeed in college and trade schools. Participants will gain practical knowledge on college preparedness, career exploration and key skills needed to thrive beyond high school.

01

Introductory Informational

November 19, 2024 | 7pm

02

College & Career Awareness
What are my options?

December 3, 2024 | 7pm

03

SAT Prep Orientation

January 14, 2025 | 7pm

04

Financial Aid/ Scholarships

February 11, 2025 | 7pm

Open to High School Students,
Parents/Guardians, and
School Officials

Register Here



<https://bit.ly/EmpoweRED3425>

For More Information:

www.dftbx.org

scholarship@dftbx.org OR adewes@bronxworks.org

Stay Connected:



#BRONXWORKS2025

BROOKLYN DISTRICT ATTORNEY
Now Accepting Applications



2025 HIGH SCHOOL INTERNSHIP

WINTER & SPRING

The Brooklyn District Attorney's Office is offering an internship to high school juniors and seniors during the winter and spring. Selected students will receive a weekly stipend (pro-rated as necessary) of \$150.00.

Winter Session

February 18th - 21st

Spring Session

April 14th - 18th

Application Deadline:
January 17, 2025

STUDENT REQUIREMENTS

- High School Juniors and Seniors who live in or attend High School in Brooklyn
- Resume (one page)
- Most recent transcript
- Working papers
- Personal Essay
(minimum of 300 words, double-spaced 12pt. font)

Why do you want an internship with the Brooklyn District Attorney's Office?

How will an internship at the District Attorney's Office support your career interests?

To apply, visit:
<http://www.brooklynnda.org/internships/>



RUNAWAY AND HOMELESS YOUTH SERVICES

Bronx Youth Center 24-hour Drop-In Center



SHELTER SUPPORT



CASE MANAGEMENT



MENTAL HEALTH HUB



BENEFITS NAVIGATION



FINANCIAL COUNSELING

BASIC NEED SERVICES

SHOWER & LAUNDRY

MEALS

- Breakfast, Lunch, Dinner, Snacks

HYGIENE KITS

- Soap, deodorant, toothbrush, menstrual products, etc.

DOOR STORE

- Crisis clothing (underwear, socks)

RESTING SPACE

- Quiet space available to recharge
- First come first served

CONNECT WITH US!

General questions: 2999 3rd Avenue, 1st FL.
dropinservices@door.org Bronx, NY 10455

Shelter access: door.org
shelterinfo@door.org 646-661-4585



RUNAWAY AND HOMELESS YOUTH SERVICES

Centro de atención ubicado en la sala 109

Abierto para Servicios las 24hrs



APOYO DE REFUGIO



GESTIÓN DE CASOS



CENTRO DE SALUD MENTAL



NAVEGACIÓN DE BENEFICIOS



ASESORAMIENTO FINANCIERO

SERVICIOS DE NECESIDADES BÁSICAS

DUCHA Y LAVANDERÍA

ALIMENTOS

- Desayuno, Almuerzo y Cena

ESTUCHE DE HIGIENE

- Jabón, desodorante, cepillo de dientes, productos menstruales, etc.

TIENDA DOOR

- Ropa, zapatos, calcetines, ropa interior

ESPACIO DE DESCANSO

- Espacio tranquilo disponible para recargar

¡CONÉCTATE CON NOSOTROS!

Preguntas generales: 2999 3rd Avenue, 1st FL.
dropinservices@door.org Bronx, NY 10455

Acceso a el albergue: door.org
shelterinfo@door.org 646-661-4585

McDonald's HACER National Scholarship:

(Visit this link: <https://www.tun.com/scholarships/mcdonalds-hacer-national-scholarship/>) The McDonald's Hispanic American Commitment to Education Resources (HACER) scholarship provides resources for Hispanic students entering college. Intended to help outstanding Hispanic high school seniors, the program offers generous scholarships based on academic achievement, financial need, community involvement, and their performance in an interview during the application period. The number of winners and the total amount awarded varies by year. To apply, interested students must submit an online application. Applicants are required to submit a personal statement, a transcript, a letter of recommendation, a list of community service work, and a completed FAFSA and/or Form 1040. Applicants will also need to participate in an interview, which may be conducted in-person or by phone. **Award:** Up to \$100,000 (over 4 years)

Eligibility:

- Must be a high school senior
- Must be a legal U.S. resident
- Must be younger than 21 years of age
- Must have a minimum cumulative GPA of 2.8
- Must be eligible to attend a two- or four-year college or university with a full-time course of study
- Must enroll and attend an accredited college or university in the academic year after your selection (scholarship funds are paid directly to the institution)
- Must have at least one parent of Hispanic heritage

Eligible Grade Levels: High School Senior **Eligible Majors:** All majors **Residency Requirement:** No residency requirement

Minimum GPA: 2.8 **Deadline:** February 6, 2025

Please note that scholarship deadlines often change, so make sure to check the scholarship sponsor's website for up-to-date deadlines.

- *Jackie Robinson Foundation (due January 9) Visit this link: [Apply - Jackie Robinson Foundation](#):
The Jackie Robinson Foundation scholarship is a merit-based scholarship for graduating, minority high school seniors. More details are on the application flyer here.*



The flyer features a group photo of diverse students in various colored t-shirts (red, blue, orange, black) standing in front of a building. The background is split into blue and yellow sections. The text is in a mix of bold, sans-serif and serif fonts. A QR code is located in the bottom right corner.

4P JACKIE ROBINSON FOUNDATION SCHOLARSHIP OPPORTUNITY

The Jackie Robinson Foundation (JRF) perpetuates the memory of Jackie Robinson by awarding generous four-year scholarships and comprehensive support services to highly motivated college students with financial needs to ensure their success and further develop their leadership potential.

To be eligible for a Jackie Robinson Foundation Scholarship, an applicant must:

- Be a graduating, minority high school senior;
- Be a United States citizen;
- Present evidence of financial need;
- Demonstrate a record of academic excellence;
- Demonstrate leadership potential and a dedication to community service;
- Plan to attend an accredited and approved 4-year college/university within the United States or affiliated with a United States-based college or university;
- Have not accrued more than 25% of credits needed to graduate from college.

Online Application Components:

- One recommendation;
- Demographic information;
- High school information, including a high school transcript;
- College plans;
- Four essays;
- Activities, honors, and distinctions;
- Completion of CSS profile;
- Test scores (AP, IB, PSAT, ACT, or SAT) if applicable.

The Timeline:

- **SEPTEMBER 2024 APPLICATION OPEN**
- **JANUARY 9, 2025 APPLICATION DUE**
- **FEB-APRIL 2025 REVIEW**
- **APRIL-MAY 2025 INTERVIEWS**
- **JUNE 2025 ANNOUNCEMENT**

APPLY NOW!

For more information and to apply, scan the QR code or visit, jackierobinson.org/apply/



RUNAWAY HOMELESS YOUTH NYC

Department of
Youth & Community
Development


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

All Forney Center
321 West 125th Street
New York, NY, 10027
(212) 206-0674 

The Door
655 Broome Street
New York, NY, 10013
(212) 941-9000
Mon-Fri: 8am-6pm

Safe Horizon Streetwork Harlem
209 West 125th Street
New York, NY, 10027
(212) 695-2220
Mon, Tues, Thurs-Sun: 12pm-6pm

Bronx

**Cardinal McCloskey
Community Services**
333 East 140th Street
Bronx, N.Y. 10451
(718) 963-8496
(917) 334-0067 

Brooklyn

SCO Family of Services
774 Rockaway Avenue
Brooklyn, NY, 11211
(718) 686-3860 

Queens

Sheltering Arms/Safe Space
195-19 Jamaica Avenue, 2nd floor
Jamaica, NY 11432
(718) 626-2400 ext. 2077 

Sheltering Arms

(Far Rockaway Site)
1900 Central Avenue
Far Rockaway, NY, 11691
(718) 471-6828 ext. 2123
Mon-Thursday 2pm-6pm
Fri: 11am-7pm, Sat: 12pm-6pm

Staten Island

Project Hospitality
27 First Richmond Avenue
Staten Island, N.Y. 10302
(718) 876-4752
DYCD Outreach@projecthospitality.org

Crisis Services Programs

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

The Bridge*
(347) 275-2749

ibster@covnarthous.org
Female Identifying/Mother/Young Adult

Maya's Place*
(718) 583-2380

Female Identifying/Mother + Child

Brooklyn

All Forney Center*
Contact Drop-in Center
(212) 206-0674 or
(646) 944-7193

janion@allforneycenter.org

Manhattan

Covenant House
Unit 21 (and
Mother + Child)
(212) 613-0300

**Safe Horizon
Streetwork Harlem**
(917) 607-1662

**Sheltering
Arms/Safe Space***
(917) 410-3700
(347) 296-7044
*Male Identifying Youth

Queens

All Forney Center
Homeless Young Adult
(Ages 21 to 24)
(646) 944-7193

janion@allforneycenter.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

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

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



DYCD
Community
Connect

Contact DYCD Community Connect at 1.800.246.4648 or
646.243.6900; Monday-Friday, 9am-5pm



nycyouth

BROWNSVILLE ACADEMY HIGH SCHOOL



Recover credits, build job skills, and plan your future beyond high school

Open Enrollment

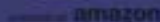


Every Thursday
In Person & Virtual
8A.M-10A.M

1150 E. New York Ave,
Brooklyn, NY 11212

ADVANCED
PLACEMENT
CLASSES

INVITING ALL
COUNSELORS &
COMMUNITY
MEMBERS



LEARN MORE

CURRENT STUDENTS WHO REFER A STUDENT WILL RECEIVE A \$50 AMAZON SHOPPING SPREE

PAID INTERNSHIP

All Students will receive a paid Internship



1 ON 1 COLLEGE & CAREER COUNSELING

All Students will receive 1 on 1 Support and have a Successful Post Graduation

PERSONALIZED LEARNING ENVIRONMENT

All Students will receive a personalized academic plan with smaller classes and online opportunities

Contact: CSD Ms. Shemeta Sbahair@newyorkedge.org

Mission

Brownsville Academy High School (BAHS) - A new opportunity to achieve your full potential.

Vision

Brownsville Academy High School is a school community dedicated to providing a renewed experience for all students to excel in college, careers, and life. We aim to do this through a safe, nurturing, academically rigorous and scholar-oriented environment. Our goal is to foster compassionate and independent thinkers who achieve academic excellence through problem solving, exchanging of ideas, collaboration with others, service, and leadership.



Habits of Being

"I am B.A.H.S.!"

Resilient: I am a future leader, and will be bold and caring towards others. I will help those in need and encourage others to do better.

Accountable: I am accountable for my actions. I am responsible for being present, prompt, and prepared for school everyday. I will remain motivated by setting goals and making time for completing my assignments and studying.

Honest: I will accept responsibility for my actions. I know it's important to obtain the truth, the trust of others will be difficult to obtain. I will be honest if and when it is needed.

Skilled: I will work diligently to become skilled at everything I do. I will be involved and share what I learn with others. I know that I have the knowledge, and ability to go to college, enter the workforce and be successful in life.



What We Do:

Academic Supports

100% course completion
100% graduation rate
AP/IB courses

College Preparation

Cultural Immersion
College Financial Literacy and Career Readiness
Mentor and advisor
College fairs on-site

Job and Career Development

Internship and Employment Registration
Job shadowing and career exploration
Business Development and Writing
Job shadowing
100% employment

Counseling and Guidance

100% counseling
Personalized academic
Personal goal setting
Substance use and violence prevention

Extracurriculars

Student Body
Glee Club/Team
Peer Mentorship Program
Basketball Team
Robotics
Women's Organization (Sociology)
The New York Edge Leadership
Track & Field Team
Golf and Archery Team

CAMBA and New York Edge

The Community School at Brownsville Academy High School offers paid internships that assist over-aged/under-credited students overcome obstacles to earn their high school diploma and lead them towards employment after graduation. We partner with various organizations to bring additional programs and services to the students of Brownsville Academy High School. We offer mental health counseling, arts, driver's education courses, and various other opportunities that benefit students. In addition, we have created the Brownsville Marketplace, a free pantry for students and families to shop for basic household needs and food.



New York Edge at Brownsville Academy High School is a Community School strategy for organic resources and share leadership to integrate social services into the fabric of the school. This means that we pay explicit attention to the students' social and emotional development as well as their academic learning, recognizing that they are intertwined and mutually reinforcing. An integral part of this approach is the integration and alignment of social- and community-based services throughout an expanded learning day (such as health, mental health, counseling and academic enrichment).



FOR MORE INFORMATION

Contact

Shakers Smith
Parent Coordinator
smithsh@brownsvilleacademy.com

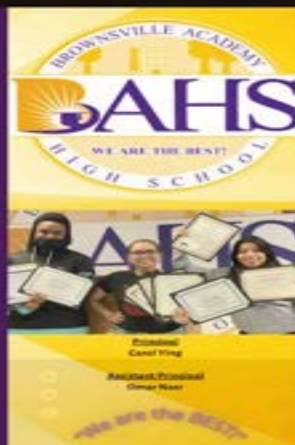
Ashley Thomas
LTIW Program Director
ashley.thomas@camba.org

Shemeta Bahair
Community School Director
sbahair@newyorkedge.org

Check us out!

@brownsvilleacademyhighschool
f

Brownsville Academy HS
1150 E New York Ave
Brooklyn, NY 11212
Phone: (718) 276-1200
Fax: (718) 276-1200



Introducing free online therapy

for NYC teens



Brought to you by NYC

School stress, relationships, friend
drama – teen life can be a lot.



Brought to you by NYC



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



Brought to you by 



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

Visit talkspace.com/nyc to get started.



Brought to you by 



Have a Question about Homework?

A qualified, licensed classroom teacher
is available

Monday – Thursday, 4 p.m. – 7 p.m.
when school is in session.

Call the Dial-A-Teacher Hotline at

(212) 777-3380



Community Resources





*Delicious Cakes
& Pastries!*

M&S Rum Cake & Pastry

Catering

Service



Are you in search of delectable desserts, cakes, cupcakes, or even Caribbean fruit cakes? Look no further than M&S Bakery! With over a decade of serving the community, M&S Bakery has established itself as a trusted and reliable source for all your sweet cravings. Prepare to be amazed by their incredible array of desserts that are sure to tantalize your taste buds.

Don't wait any longer, place your order now by simply scanning the QR Code provided and secure your delectable treats for the upcoming Holiday & New Year celebrations. Indulge in the bold flavors and exquisite craftsmanship that M&S Bakery has to offer.



❄️❄️ Hey NYC, wanna help **New York City Department of Sanitation** keep NYC moving after the next snowstorm and get paid to do it???

The Department of Sanitation (DSNY) hires temporary Emergency Snow Shovelers to remove snow and ice from bus stops, crosswalks, fire hydrants, and other locations throughout the City.

Visit on.nyc.gov/SnowEmploy to schedule a registration appointment and find out what you need to bring with you.

A graphic advertisement for snow removal employment. The background is a snowy city street scene. At the top, the text "Snow Removal Employment" is written in a large, blue, 3D-style font. Below that, in a smaller blue font, it says "Registration for Emergency Snow Shovelers is now open!". Further down, the pay rate is listed: "Pay is \$18.54 per hour" and "\$27.81 per hour after 40 hrs in a week". At the bottom, there are two blue silhouettes of a person shoveling snow, one on the left and one on the right. In the center, between the silhouettes, is a small blue square with the white text "NYC 311".

**Snow Removal
Employment**

**Registration for Emergency
Snow Shovelers is now open!**

Pay is \$18.54 per hour
\$27.81 per hour after 40 hrs in a week

NYC
311

JOIN OUR TEAM!



JUMAANE D.
WILLIAMS

**WORK
WITH US!**

Explore open positions at the Office of the Public
Advocate: advocate.nyc.gov/opportunities

STREET**SQUASH**

CAREER FAIR

Come to our Career Fair and find a job or
internship opportunity that aligns with
your skills and interests.

THURSDAY JAN. 9, 2025 - 6:00 PM

SL Green Streetsquash Center
41 W 115th Street, NY, NY, 10026

REGISTER NOW

StreetSquash.org/CareerFair



Support for this event was provided by a grant from Carnegie Corporation of New York.



CASAS@StreetSquash.org



StreetSquash.org

PARENTING WISELY CLASSES

Skills Gained in This 4-week, Virtual Course:

- Strengthening the Bond Between Parent and Child
- Providing Positive Alternatives to Discipline
- Diffusing Outbursts in a Positive Manner
- Addressing Homework & Bad Grades
- Dealing with Conflict with Other Children and Siblings
- Getting Ready for School
- Cultivating inner confidence in youth

TIME
OUR VIRTUAL SESSION STARTS
SOON!
(TIME TO BE DETERMINED)

INCENTIVES!
PARTICIPANTS WHO COMPLETE THE 9
SESSIONS WILL RECEIVE A VISA GIFT
CARD AND A CERTIFICATE UPON
COMPLETION

Contact Us:

- **Letitia Smith**
Coordinator - letitia@riseboro.org
- **Zsuzsanna Jelen**
Community Organizer - zsuzsanna@riseboro.org
- **Ashley Jordan**
Director/Coordinator - ashley@riseboro.org
- 718-381-9453 ext.3236
- 1474 Gates Ave, Brooklyn, NY 11237



We offer prevention services to youth, families and communities with higher risk factors and lower protective factors for the prevention of substance use and misuse, through collaborative partnerships with community partners.

Our Services:

- ✓ Evidence Based Interventions
- ✓ Parenting Classes
- ✓ Parenting workshops
- ✓ Referral services

What's Covered in Our Parenting Wisely Sessions

- Strengthening the Bond Between Parent and Child
- Providing Positive Alternatives to Discipline
- Diffusing Outbursts in a Positive Manner
- Addressing Homework & Bad Grades
- Dealing with Conflict with Other Children and Siblings
- Getting Ready for School
- Cultivating inner confidence in youth

Contact Us:

- 718-381-9453 ext.3231
- lsancho@riseboro.org
jsalazar@riseboro.org
- 1474 Gates Ave, Brooklyn, NY, 11237





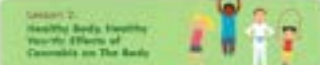
SMART TALK: CANNABIS PREVENTION & AWARENESS CURRICULUM

Our new Smart Talk: Cannabis Prevention & Awareness Curriculum, which is part of the Stanford Cannabis Awareness & Prevention Toolkit, is a 5-lesson theory-based and evidence-informed curriculum created by the Stanford REACH Lab as well as by our Youth Action Board, educators, healthcare providers, and scientists across the U.S.

*ECHO offers lessons for
youth grades K -12!*

Five 50-minute Lessons

or organize and plan your own curriculum



GOALS FOR THIS CURRICULUM

1. Increase their knowledge about cannabis and the **harms they can cause**.

2. Gain awareness of strategies manufacturers and sellers of cannabis products employ to increase use among adolescents, such as **deceptive and creative marketing strategies**.

3. Introduce **harm reduction and refusal skills** among a spectrum of users (from users who use often, to those who experiment, and to those who don't use cannabis).

4. Ultimately, **prevent and reduce** cannabis use of any type.

☎ 718-381-9653 ext. 5251

✉ lsancho@riseboro.org
jsalazar@riseboro.org

ECHO

ENHANCING COMMUNITY HEALTH
OUTCOMES

We provide prevention services aimed at youth, families, and communities that exhibit higher risk factors and lower protective factors related to substance use and misuse. This is achieved through collaborative partnerships with various community stakeholders.



PreVenture

PreVenture is an evidence-based prevention initiative designed to enhance mental health and delay substance use among youth.

The program comprises two 90-minute workshops that are entirely voluntary and confidential. Participants will learn how to establish long-term goals and understand how their daily actions and decisions can facilitate the achievement of these goals. Each workshop is accompanied by a workbook that reinforces the concepts covered, allowing participants to retain and apply what they have learned.

Contact Us:

☎ 718-381-9653 ext.3231

✉ lsancho@riseboro.org
jsalazar@riseboro.org

📍 1474 Gates Ave, Brooklyn, NY,
11237





Brooklyn North Army Recruiting Company



Minimum Requirements: 17-42 years old; must be a US citizen or permanent resident to apply

ACTIVE DUTY (Full-time)

WORK FULL TIME AND EARN YOUR DEGREE WHILE SERVING IN THE ARMY

- ENLISTMENT BONUS up to \$40,000

BENEFITS WHILE ON ACTIVE DUTY:

- Free MEDICAL Coverage
- Life Insurance
- Free DENTAL Coverage
- Tax-Free Shopping
- Free OPTICAL Coverage
- Military Discounts
- 30 Days ANNUAL PAID VACATION
- Home Buying Assistance
- HOUSING ALLOWANCE

EDUCATION INCENTIVES:

POST-9/11 GI Bill:

- Provides up to \$100,000 for continued education after your service in the United States Army.
- Monthly Housing Allowance of up to \$1,929 per month
- \$1,000 a year to use for books and supplies

TUITION ASSISTANCE (While Serving)

100% tuition paid each year up to \$4,000

- STUDENT LOAN REPAYMENT up to \$65,000

GUARANTEED TRAINING OF CHOICE IN OVER 150 NON-COMBAT JOBS!

- Construction/Engineering
- Aviation/Transportation
- Legal Administration/Paralegal
- Cyber/Security
- Mechanical Maintenance
- Law Enforcement
- Various Medical Positions
- Dental Specialist
- IT (Information Technology)
- Human Resources
- And 140 more to choose...



**481 Knickerbocker Avenue
Brooklyn, NY 11237
SSG Tapia, Michael
Call or Text
(347) 733-2989**



ARMY RESERVE (Part-time)

EARN COLLEGE CREDITS FOR THE SKILL TRAINING YOU RECEIVE THROUGH THE ARMY RESERVES AND STAY LOCAL.

Your obligation is working 79 days a year, which consists of working one weekend each month and a 2-week (15 days) consecutive annual training. Normally the annual training will be in the summer. Flexibility! Stay within a 50 mile radius of your home zip code! Those willing to travel can receive extra pay for lodging and travel.

BENEFITS WHILE IN THE RESERVES:

- Low Cost Medical
- Life Insurance up to \$400,000
- Low Cost Dental
- Tax Free Shopping
- Low Cost Vision
- Military Discounts

EDUCATION INCENTIVES:

- Selective Reserve GI Bill (\$34,282) + Kicker up to an additional \$250 per month

TUITION ASSISTANCE:

100% tuition paid each year up to \$4,000

- STUDENT LOAN REPAYMENT up to \$50,000

- ENLISTMENT BONUS up to \$20,000

GUARANTEED TRAINING OF CHOICE IN OVER 150 JOBS!

- Construction/Engineering
- Transportation
- Computer Information System
- Law Enforcement
- Mechanical Maintenance
- Medical Specialist
- Military Intelligence
- Civil Affairs
- Psychological Operations
- Logistics
- And 110 more to choose...



NOW HIRING PARAPROFESSIONALS

DO YOU LOVE WORKING WITH CHILDREN?

DO YOU HAVE A CARING HEART?

District 75 is seeking compassionate, dedicated individuals who care deeply about students with special needs. Perfect for parents or community members seeking a new career.

Learn More:

Contact the District
Office at 212-802-1501
Immediate Availability



BROOKLYN **EOC**
EDUCATIONAL OPPORTUNITY CENTER

SUNY BROOKLYN EDUCATIONAL OPPORTUNITY CENTER

NOW ENROLLING

— FOR SPRING 2025 —

CHOOSE FROM OUR TUITION-FREE ACADEMIC AND CAREER PROGRAMS!

- > Tourism Hospitality Operations
- > Office Administrative Professional
- > English Speaker of Other Languages
- > GED
- > OSHA Certification
- > *AND MANY MORE!*

Visit www.sunybeoc.org/how-to-apply/ or scan the QR code for more information and to submit your application!



Production **ACCOUNTING** Training Program

FREE, 4-WEEK JOB TRAINING

Learn how to work entry-level positions in the accountant department on major films and TV shows. This department helps create the production budget and manages payroll for the cast and crew.

Training starts
January 27th, 2025.

Email pa@bwiny.org
to learn more.





Silent Disco in the Bronx

Join NYC Parks for a Silent Disco event at Williamsbridge Oval Recreation Center. Come out and boogie on the dance floor while you listen to your favorite music using headphones. This event is free and open to the public.

Friday, December 13, 2024 | 6:00 p.m. – 9:00 p.m.

Williamsbridge Oval Recreation Center
3225 Reservoir Oval East, Bronx, N.Y.

For more information email Sarah.Bishow@parks.nyc.gov or call (718) 543-8672 or visit nyc.gov/parks. Contact accessibility@parks.nyc.gov or (212) 360-1430 for more information regarding accessibility.



NYC Parks

A Child's Celebration of Light & Joy

FREE

THE APOLLO STAGES at THE VICTORIA

233 W 125th St., 3rd Flr. New York, NY 10027

Toy Giveaways * Live Entertainment * Holiday Feast * Music & More

silent voices united

SCAN ME!

SUNDAY 15 1PM-7PM

SPONSORED BY
YUSEF SALAAM
MEMBER OF NYC COUNCIL

TULINDE

MetroPlus Health

DLNYC



Senator Roxanne J. Persaud



**and
Assemblymember Jaime Williams**
Toy Distribution and Much More!

Ages: Toddler to 14 years old.
Child must be present -
while supplies last.

**SUNDAY,
DECEMBER 15, 2024
2:00 PM - 5:00 PM**
**1222 EAST 96TH STREET
BROOKLYN, NY 11236**

Bring
your
camera.
Take a
picture
with Santa.



In partnership with



David's Optical Inc.



DISTRICT OFFICE:
1222 East 96th St.
Brooklyn, NY 11236
Phone: (718) 645-7622

E-MAIL: persaud@senators.nyc.gov
WEBSITE: persaud.nyassembly.gov

FACEBOOK: [@RoxannePersaud](https://www.facebook.com/RoxannePersaud)
TWITTER: [@RoxannePersaud](https://twitter.com/RoxannePersaud)
INSTAGRAM: [@RoxannePersaud](https://www.instagram.com/RoxannePersaud)



FRC FLATLANDS
REFORMED CHURCH

East Flatbush
Community Partnership



CHILD MUST BE PRESENT TO RECEIVE A GIFT
GAMES/CRAFTS/HOT COCOA/SMORES/FOOD/MUSIC

DECEMBER 21, 2024
12PM TO 4P

3931 KINGS HIGHWAY, BROOKLYN, NY 11234
(718)252-5540

NYC Government Careers: Civil Service 101 Information Session

Sponsored by: Jamaica Community Partnership
& Queens Community Justice Center

Are you looking for more than a job? Serve New Yorkers at one of 80+ city agencies. Build a fulfilling career and go to work with purpose every day. Let DCAS help you find your calling—in education, health & social services, law enforcement, IT, engineering, and more!

Job Security. Great Benefits.
A Rewarding Mission.



www.nyc.gov/dcass

Queens
Community
Justice
Center



Hosted by



Wednesday
December 18, 2024
6 p.m. - 7:30 p.m.
162-04 Tuskegee Airmen Way
Jamaica, NY 11433
To register, please visit:
<https://bit.ly/JCP121824>



For more information, please contact:

Alexia Myers-Hinds
(347) 978-6880
jcp@risingground.org



If you require a reasonable accommodation to attend this event, please contact the DCAS Office of Citywide Recruitment at citywiderecruitment@dcass.nyc.gov.

Bklyn | Adult
Public Library | Learning

11 WEEKS NATIONAL HOSPITALITY CERTIFICATION TRAINING

Are you interested in working in the hospitality industry? Earn a nationally recognized hospitality certification as a **Front Desk Representative** or **Guestroom Attendant** at the Brooklyn Public Library.

1 HANDS ON TRAINING

2 HYBRID CLASSES

3 11-WEEK DURATION



TWO PROGRAM TYPES

Obtain a nationally recognized hospitality certification for **one** of the following:

- FrontDesk Representative
- Guestroom Attendant



HYBRID CLASSES

- **Guestroom Attendant** training schedule: Thurs. 10-4 & Fri. 10-3 at Eastern Pkwy
- **Front Desk Representative** training schedule: Tues. 5-8, Wed. 5-9, Zoom, & Sat. 10-3 at Central Library



CERTIFICATION FEE - COVERED

- Must meet all attendance requirements and pass certification exams with a score of 70% or higher.
- BPL will cover the cost of your exam fees, if you meet attendance and participation requirements.

Questions ?

📞 732-930-0082 (call or text)

📧 Admissions@bklynlibrary.org





JOIN OUR FREE IN-PERSON BABY-WEARING WORKSHOP

HOSTED BY ROSDALY RAMIREZ

Join TBHL for a baby-wearing workshop with guest doula Rosdaly Ramirez! Learn the art of safely carrying your baby and explore the benefits of babywearing with wraps, slings, and carriers.

 **Friday, January 10, 2025**
10:00 AM - 1:00 PM

 **Bronx County Courthouse**
Rotunda 1st Floor
851 Grand Concourse
Bronx, New York 10451



Scan the QR Code to register
For more information visit www.bronxhealthlink.org

This initiative is funded by the Department of Health and the NYC Council




JOIN OUR FREE IN-PERSON BABY-WEARING WORKSHOP


HOSTED BY ROSDALY RAMIREZ

Benefits of Babywearing:

- **Promotes Bonding:** Close physical contact strengthens your connection with your baby.
- **Supports Healthy Development:** Keeps your baby in an ergonomic position, encouraging proper posture and hip development.
- **Convenient and Hands-Free:** Stay productive while keeping your baby close and secure.
- **Soothes and Comforts:** Helps reduce crying and promotes better sleep for your baby.
- **Encourages Learning:** Your baby experiences the world from your perspective, stimulating curiosity and social development.

Babywearing is suitable for newborns through toddlers when done safely with the right carrier. Join us in celebrating this beautiful parenting practice and learn more about the different types of carriers, techniques, and safety tips!

 **Friday, January 10, 2025**
10:00 AM - 1:00 PM

 **Bronx County Courthouse**
Rotunda 1st Floor
851 Grand Concourse
Bronx, New York 10451



Scan the QR Code to register
For more information visit www.bronxhealthlink.org

This initiative is funded by the Department of Health and the NYC Council.



30-HOUR OSHA CONSTRUCTION + 10 HOUR SST TRAINING:

All participants must present a form of ID.

**NEW
DATES!**

**YOU MUST BE AVAILABLE TO TAKE THE
COURSE ON THE FOLLOWING DAYS:**

OSHA 30 DATES + TIME:

**SATURDAY + SUNDAY
JANUARY 4 +5
JANUARY 11+12
9:00 AM-6:00 PM**

SST 10 DATES + TIME:

**WEDNESDAY,
JANUARY 15TH
8:00 AM-6:00 PM**

**REGISTER NOW!
(718)- 442-7700**

30 HORAS OSHA CONSTRUCCIÓN + 10 HORAS SST ENTRENAMIENTO:

Participantes deben presentar una forma de identificación.

**¡NUEVAS
FECHAS!**

**DEBE ESTAR DISPONIBLE PARA TOMAR
EL CURSO LOS SIGUIENTES DÍAS:**

Fecha / Hora para OSHA 30:

**SABADO + DOMINGO:
4+5 DE ENERO
11+12 DE ENERO
9:00 AM-6:00 PM**

Fecha / Hora para SST 10:

**MIÉRCOLES:
15 DE ENERO
8:00 AM-6:00 PM**

**¡Regístrate ahora!
(718)- 442-7700**




*To register, please call our office and
select #2 to contact the training team*

 @lacolmenanyc | info@lacolmenanyc.org



*Para registrarse, llame a nuestra oficina y seleccione el #2 para
comunicarse con el equipo de entrenamiento*

 @lacolmenanyc | info@lacolmenanyc.org





PER SCHOLAS

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A TECHNOLOGY
TRAINING
PARTNERSHIP

IT TRAINING IN CYBERSECURITY

FREE training program in
technology.



Cypress Hills ENY Community Center
276 Chestnut Street Brooklyn NY 11208

Per Scholas

IT Training in Cybersecurity

Scholarships to earn the CompTIA A+ Certification and Google IT Support Professional Certificate. Members will learn the fundamentals of IT Support, computer hardware, operating systems, device management, troubleshooting across systems, and more.

Applicants must:

- Be 18+ years old.
- Have a high school diploma or H. S. E.
- Have a passion for IT (some tech experience and knowledge in troubleshooting are required.)
- Pass the assessment tests and interview.
- Be available Mon-Friday from 9 am-4 pm for 15 weeks of training.
- Be authorized to work in the United States.

For more information, call Nadine at 845-328-2570 or email ittraining@cypresshills.org

APPLY HERE





CAREERS THAT CARE

FREE training programs in
healthcare.

Cypress Hills ENY Community Center
276 Chestnut Street Brooklyn NY 11208

CTC

Careers That Care

A program designed to provide members interested in an entry-level healthcare career with scholarships to attend a training program in:

- Certified Nursing Assistant

Applicants must:

- Be 18+ years old.
- Have a high school diploma or H.S.E.
- Provide proof of vaccination.
- Be eligible to work in the U.S.
- Not be enrolled in school or working.



For more information, call Stephanie at (272) 242-9176 or email stephaniea@cypresshills.org

APPLY HERE



Health & Wellness Resources





This time of year can be stressful. For some, the demands of family, travel, parties and gift shopping can feel overwhelming. For others, it's the absence of these things that make this time of year hard. Whatever your holidays look like, remembering the "me" in "merry" can make all the difference.

Practice #SelfCare and protect your mental well-being using these tips:

Set boundaries : Respect yourself by knowing when to say "enough." Put a limit on how much time you spend on holiday tasks and take breaks to recharge between errands and events. Setting limits should also extend to social interactions. Invest your time and energy in relationships that make you feel good.

Decorate for comfort : When it comes to your own space you don't have to decorate using traditional holiday themes or colors. Pick a look and palette that gives you a sense of peace and makes you feel extra cozy and incorporate scents (candles are great!) that remind you of happy times and make your home feel like a sanctuary.

Show yourself some extra love : This is the perfect time of year to show appreciation for the people in your life, but don't forget to appreciate yourself. Buy or make a present for future you – something that will support your mental health or encourage a fun hobby in the new year.

Find ways to give back : Volunteering can ward off loneliness, strengthen self-esteem and help you feel more socially connected. Consider preparing or serving meals at a local food bank, visiting people in hospitals or long term care facilities, or wrapping gifts for organizations that help the less fortunate.



Tips for Coping with Grief and Loss



Accept your feelings. Recover at your own pace.



Talk about your loss. Connect with friends and family or support groups.



Take a break and do something relaxing, energizing, or something that will lift your spirits to reduce your stress.



Take stock of what is going well. Reflect on your strengths, write down or share with others the things that you managed successfully.



Tips for Coping with Grief and Loss



Focus on things within your control. Establish and maintain a daily routine as it can help increase your sense of control over your life.



Be part of the community. Being isolated can prolong grieving and make it more difficult to cope.



Ask for help if you feel overwhelmed.



For support: Call or text 988 or chat online at nyc.gov/988





Food Allergies Resource



Preparing food for someone with food allergies?

- Read all ingredient labels
- Wash your hands
- Prepare foods on a clean surface
- Use clean and separate utensils, cookware and dishes



kidswithfoodallergies.org



HOW TO EAT OUT SAFELY WITH ALLERGIES


- 1 If possible call ahead to see if they can cater for your allergies
- 2 Go at quieter times if possible
- 3 Always check the ingredients of the meal and state you have allergies
- 4 If wait staff are unsure ask to speak to the chef
- 5 Visually check your meal when it arrives.
- 6 Always carry your EpiPens/Anapens




There is
NO CURE
for food allergies yet.



kidswithfoodallergies.org



When a person with autism avoids eye contact, social situations, or becomes overwhelmed by lights or sounds, it is not by choice. The choice comes with how we decide to respond.


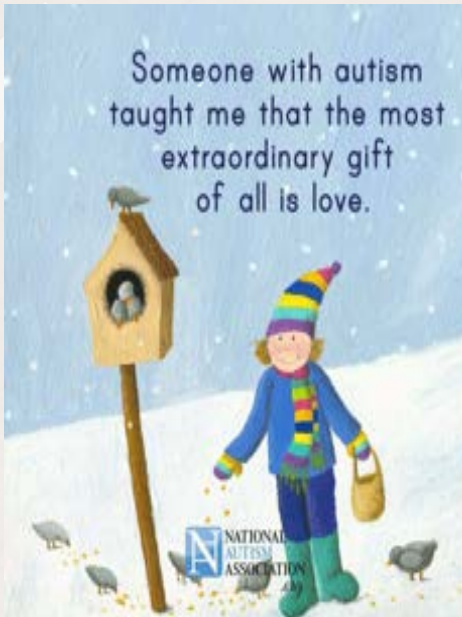


NATIONAL
AUTISM
ASSOCIATION
aha



Autism Resource

Someone with autism taught me that the most extraordinary gift of all is love.



NATIONAL
AUTISM
ASSOCIATION
aha



WANDERING INCIDENTS TEND TO INCREASE DURING HOLIDAY GATHERINGS AND TIMES OF TRANSITION.

- ✓ Remain hypervigilant
- ✓ Assign one responsible adult to closely supervise your child
- ✓ Use tools, such as social stories, door chimes & stop signs
- ✓ If a child with autism is missing, search nearby water & busy roads first



NATIONAL
AUTISM
ASSOCIATION
aha

American-Italian
CANCER FOUNDATION

NO COST MAMMOGRAM SCREENING

@

BOROUGH HALL
209 JORALEMON STREET
(ADAMS ST ENTRANCE)

ELIGIBILITY CRITERIA:

- 40 years old and above
- Have not had a mammogram within last 12 months
- Not pregnant or nursing and do not have breast implant
- Must be a NYC resident



718 802 3802

REGISTER NOW



WEDNESDAY, JANUARY 15TH, 2025
9AM - 5PM

**All Patients Welcome, Insured or
Uninsured!**

Thanks to the generous support of American-Italian Cancer Foundation, we are able to offer NO COST screening mammograms to ladies with or without insurance coverage.

You must schedule an appointment by clicking the Register Now button.



BRIDGING ACCESS to CARE Inc.

FIRST STEPS

A SUPPORTIVE SPACE FOR SUBSTANCE USERS

We work with individuals looking to start managing their substance use using a trauma-informed and harm reduction approach.

WE ACCEPT ALL MAJOR INSURANCE
NOW ACCEPTING WALK-INS

WE OFFER:

- Individual Counseling
- Support Groups
- Social Services
- Medication Management
- Supportive Housing Referrals/Resources

LOCATED AT:

**2261 Church Ave
Brooklyn, NY 11226**

CONTACT:

FirstStepsReferral@bac-ny.org
347-505-5119

WWW.BAC-NY.ORG

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 Archo
Director of Community Affairs
Program Coordinator
718-963-8140

Totesanna Conley
Community Liaison Worker
718-963-8934

NYC Health + Hospitals/Woodhull • 760 Broadway, Brooklyn, NY, 11208

NYC
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 invitando servicios de interrupción de la violencia y mediación al hospital para ayudar a las víctimas de la violencia. Proporcionamos un enfoque colaborativo basado en la comunidad para aquellos que tienen más probabilidades de ser afectados por la violencia armada y las tendencias hacia la reincidencia 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, compasión e integral y estrategias innovadoras para alejar a los reincidentes de alta 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/victima para asistencia de seguimiento.



Para obtener más información, póngase en contacto con:

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

Totesanna Conley
Trabajadora de enlace comunitaria
718-963-8934

NYC Health + Hospitals/Woodhull • 760 Broadway, Brooklyn, NY, 11208

NYC
HEALTH +
HOSPITALS

Woodhull

Drop the Vape



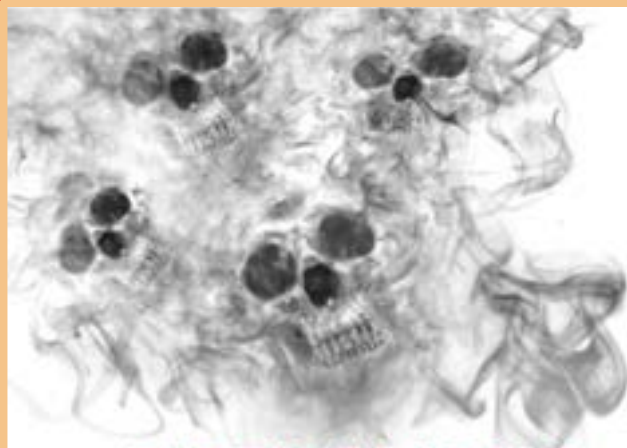
Vapes can expose you to toxic and cancer-causing chemicals. More teens are trying to stop vaping than you think. You can too!

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

Resource from
Ms. Pink

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

NYC
Health



THE TRUTH ABOUT 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.



NYC
Health

Resource from
Ms. Pink



The graphic features a red background with a white star and snowflakes. Below the star is a photograph of a group of people ice skating on a rink. The text is arranged in a list format with contact information for various support services.

NY Project Hope Emotional Support Helpline:
1-844-863-9314

Crisis Text Line: Text GOT5 to 741741

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

Trevor Lifeline: 1-866-488-7386

Trevor Text: Text START to 678678

Coping with Thoughts of Suicide

If you have had thoughts of suicide or have attempted suicide in the past, take extra care of yourself. Try to:

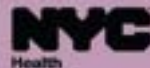
- **Take care of your body.** Stay physically active, get enough sleep, eat well and avoid excessive amounts of alcohol, non-prescribed drugs and caffeine.
- **Take care of your mind.** Set a limit on the amount of media you watch and read, including social media.

• **Stay connected.** Connect and talk with loved ones, friends and family.

If you are having thoughts of suicide:

- **Create a suicide safety plan.**
- **Reach out for support and help.** NYC Well counselors are available to listen to and support you 24/7.

If you or someone you know is at immediate risk of hurting themselves, or is in immediate danger, call 911.



To reach out to NYC Well: Call 888-NYC-Well, text "WELL" to 65173 or visit nyc.gov/nycwell.



December Self-Care Goals

Name 3 things I
love about me



Laugh with
someone



Listen to
soothing music



Name 3 things
I'm grateful for

Get a massage



Give myself
nourishing food



Focus on
what's going right



Have coffee
with a friend



Move my body



Bake treats
& share them



Breathe deeply
if overwhelmed



Say "no" if I
need to rest



Write 3 things I
am proud about



Volunteer
& give back



Worry less about
small things



Spend time with
a loved one



Plant
something



Stay
grounded



Anyone who gets COVID-19 can get Long COVID. However, some people have a higher chance of getting Long COVID than others because they are at greater risk of getting COVID-19 in the first place or having more severe illness.

Learn more: on.nyc.gov/longcovid

Risk Factors for Long COVID

Anyone who gets COVID-19 can get Long COVID, including children. In general, people who have a higher chance of getting Long COVID include:

- People who have had multiple COVID-19 infections
- People who did not receive a COVID-19 vaccine
- People who experienced more severe COVID-19 illness, like needing to stay in the hospital or receive intensive care
- People with other health problems prior to COVID-19, such as heart disease, diabetes or a lung condition



Concerned about drinking alcohol during the holidays? Use these tips to practice mindful drinking:

- ✓ Set a limit for how many drinks you want to have
- ✓ Space out drinks over time
- ✓ Drink water and eat food in between alcoholic drinks

More tips: <http://on.nyc.gov/Alcohol>

Tips for Mindful Drinking

- Take note of how much you drink, and when and where you drink more.
- If you drink alcohol to cope with stress, try to find other ways to relieve stress.
- Plan ahead. Set a limit for how many drinks you want to have in a day and write it down.
- Space out your drinks over time. Drink nonalcoholic drinks, such as seltzer or water, in between alcoholic drinks.
- Eat food while you drink. Food can slow your body's alcohol absorption.
- Participate in activities that do not center around drinking alcohol.



NYC
Health

A close-up photograph of several golden-brown cinnamon rolls on a light-colored tray. The rolls are stacked and have a visible swirl pattern. The image is decorated with several thick, dark brown brush strokes: a spiral in the top left, a horizontal stroke pointing left towards the text, and a spiral in the bottom right. The background is a soft, out-of-focus grey.

RECIPES FOR THE HOLIDAYS



Recipe here:

<https://therecipecritic.com/christmas-tree-charcuterie-board/>

The cutest addition to any holiday party, this Christmas tree charcuterie board is both festive and delicious! It features a delicious mix of salami, prosciutto, cheese, fruits, and nuts, with rosemary sprigs as tree branches! It almost looks too good to eat.

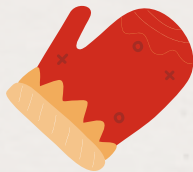


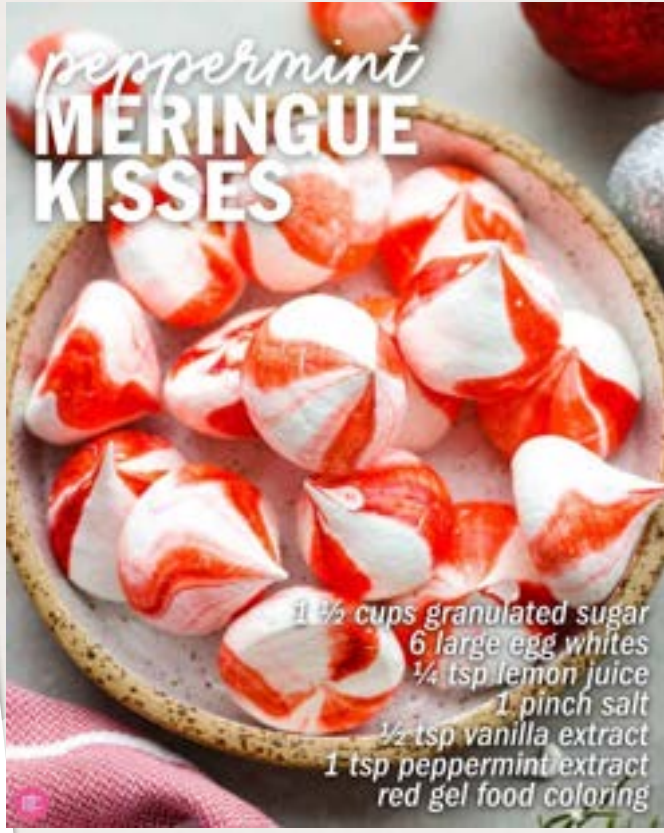
cranberry
**CHRISTMAS
CAKE**



Recipe here: <https://therecipecritic.com/christmas-cake/>

Cranberry Christmas cake is a show-stopping dessert you have got to try this holiday season! It's an amazing white cake filled with cranberries and topped with indulgent white chocolate buttercream!

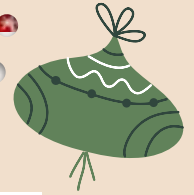




Recipe here:

<https://therecipecritic.com/peppermint-meringue-kisses/>

Peppermint Meringue Kisses are crunchy on the outside with a soft and chewy middle, and a peppermint flavor that is sweet and refreshing. They are the cutest little candies and are perfect for gifting this holiday season!





AIR FRYER CHRISTMAS TREE POTATOES!!

https://theflexiblefridge.com/tik-tok-air-fryer-christmas-potato-tree/?fbclid=IwAR2-YhnaF66v6PvTPIr1DVDq0rG5_2dyf5FAy2-uwH9sIHxVU6_A_Q6AaKk



cherry CHEESECAKE BROWNIES



BROWNIES

1 cup butter
6 oz unsweetened chocolate
2 cups sugar
1 tsp vanilla
1 tsp salt
4 large eggs
1 1/4 cup flour
1 can Lucky Leaf® cherry pie filling

CHEESECAKE TOPPING

2 8-oz pkg cream cheese
1/2 cup sugar
1 large egg
1/2 tsp vanilla

Recipe here:

<https://therecipecritic.com/cherry-cheesecake-brownies/>

Cherry cheesecake brownies are fudgy brownies with cheesecake and premium cherry pie filling swirled on top!





✓

Easy Slow Cooker Chili Lime Mexican Shredded Beef takes mere minutes to prepare before letting the slow cooker do all of the work! Serve it up plain, or enjoy it in tacos, burritos, enchiladas, quesadillas, and more!

RECIPE: [https://thestayathomechef.com/easy-slow-cooker-chili-lime-mexican/?fbclid=IwAR14gFFQOb_GyD9aHlcto8\]kFsCtPFPmV7\]sapNx1erQRtT6Q69bQC\]QwRO](https://thestayathomechef.com/easy-slow-cooker-chili-lime-mexican/?fbclid=IwAR14gFFQOb_GyD9aHlcto8]kFsCtPFPmV7]sapNx1erQRtT6Q69bQC]QwRO)

NEW! These White Chocolate Cranberry Cookies are so delicious and festive. Recipe: <https://natashaskitchen.com/white-chocolate-cranberry-cookies/>



Recipe here: <https://therecipecritic.com/christmas-salad/>

Serve this refreshing festive Christmas salad with your holiday menu! It's a beautiful wintery salad full of mixed greens, orange slices, juicy pomegranates, red onion, candied pecans, and crumbled feta cheese. All tossed together in an orange vinaigrette.



6 cups mixed greens
1/2 cup red onion
1 cup mandarin oranges
1/2 cup pomegranate seeds
1/2 cup feta cheese
1/2 cup candied pecans

ORANGE VINAIGRETTE

1 tbsp orange zest
2 tbsp orange juice
2 tbsp apple cider vinegar
2 tbsp honey
2 tsp Dijon mustard
1/2 tsp poppy seeds
kosher salt to taste
1/2 cup olive oil

This Gingerbread Hot Chocolate is perfect for fall and winter!
<https://www.cavingsofalunatic.com/gingerbread-hot-chocolate>



Gingerbread HOT CHOCOLATE

Ingredient List:

chocolate mix
unsweetened cocoa powder
1/2 tsp sugar
brown or veg cookie butter
ground ginger
ground cinnamon



cavingsofalunatic.com

Parenting Resources



Stress

Stress at the Holidays

Why do we keep mentioning stress at the holidays?

Because there can be a boatload of stress at this time of year, stemming from family pressure, financial issues, or expectations that are just too high.

Use these simple strategies to help keep stress at bay:

1. Don't skip the basics. Exercise is critical, even if it's just a daily walk. Keep moving. The same is true with sleep. Make time for enough sleep.
2. Unhealthy food is everywhere at the holidays. Skip the treats. You'll thank yourself in January.
3. Say "No" often enough to make time for yourself. Having enough alone time to recharge your batteries can make a huge difference in your happiness and your stress level.

CO-PARENTING During the Holidays

- be polite to your co-parent
- plan now for the upcoming holidays
- communicate with your co-parent; discuss gifts and activities
- be flexible
- put your child's needs first
- do not ask your child to choose sides





10 Ways to increase connection with your child

1. Spend quality one-on-one time with your child. This could be a special outing, or just some time spent together at home doing an activity of your child's choice.
2. Ask your child about their day and really listen to what they share with you.
3. Talk about your day and share your experiences with your child.
4. Engage in activities that you both enjoy.
5. Give your child praise and encouragement.
6. Read stories to your child or with them.
7. Take your child to the library or bookstore to pick out books together.
8. Give your child age-appropriate tasks and responsibilities around the house.
9. Respect your child's opinions, even if you don't agree with them.
10. Show your child love and affection in different ways, such as hugs, kisses, and meaningful compliments.

TIME WELL SPENT

5 Questions to Ask Teens About Social Media Use

- 1 How does social media make you feel, and what emotions do you experience when you scroll?
- 2 Have you ever felt pressured to present a certain image online?
- 3 How do you think social media impacts your friendships?
- 4 What are some ways you manage your screen time or boundaries you set for yourself?
- 5 What types of activities on social media feel like time well spent?



Parent Tips to Avoid the Holiday Blues

5

TIPS TO AVOID THE HOLIDAY BLUES



LIMIT OR AVOID INTOXICANTS

Alcohol can quickly worsen holiday-related depression and anxiety. Enjoy eggnog as a sweet treat, or mix cranberry juice and tonic water for a refreshing "fake" cocktail.

BE AWARE



Tune in to your mental state: Feeling isolated? Reach out to family and friends for social contact, even if it's just coffee and chat. Let someone you trust know if you are struggling.



EXERCISE AND INTERACT

We often avoid physical activity in colder months. Boost physical and mental health by bundling up and going for a walk or hike, preferably in nature.





COMMIT TO LESS

Pressure to socialize and give gifts has a big psychological impact. Keep gift giving modest and affordable, and limit engagement to your close circle of friends and family.



SLEEP WELL

Holidays are busy times, full of anticipation. Body and mind need adequate rest. Nip late nights in the bud, and take at least 30 minutes to wind down before bed.

PARENT TIPS TO PRACTICE HOLIDAY SELF CARE



TAKE TIME TO RELAX



Journal about what you're thinking and feeling, listen to music, or take a long bath.



PRACTICE SELF-COMPASSION

Forgive yourself
for mistakes

Think
about one
thing you
did well
recently

Recognize
that you
are doing
your best



DO SOMETHING THAT ENERGIZES YOU



Do some stretching, go for a run, or put on some music and dance to your favorite song.



PRACTICE POSITIVE SELF-TALK



What we say to ourselves matters—make it positive!



LOVE YOURSELF MORE

Celebrate your
accomplishments
no matter how
small

Allow yourself
to make
mistakes

Don't compare
your progress
with others

Prioritise
being kind to
yourself
always

Don't be afraid
to let go of toxic
people

Your value is
never in the way
you look

Always trust
yourself and
believe you can
do great things

Don't concern
yourself with
other's opinions
of you



Remember:

My email address is
mpink@thewcs.org

Check your emails for
resources and school updates.
Remember, I'm just an email
away.





HAPPY HOLIDAYS
ALL! - ❤️ Ms. Pink