



**BLACK**  
**HISTORY**  
**MONTH**  
**RESOURCE**  
**PACKET** from  
**Ms. PINK**

*FEBRUARY 2025*  
*EDITION*





Hello Families, Scholars & WCHS Community,  
It's your Parent Coordinator Ms. Pink. I hope all is well with you and your family. I put together this resource packet with some Amazing resources just for you. Please note the SYEP Applications are open. (details are in the packet). This month we Celebrate Black History Month. Scroll through the entire packet, enjoy the Black History facts, moments in time, artwork on the pages & Black Health & Wellness section. Scroll through the Community Resources, Teen Vaping, Immigration Resources, Trade School Programs, Parenting Tips and more. Please note: The source of All resources are sited on the flyer. Remember I'm

away. You can reach me at [mpink@t](mailto:mpink@t)





**Ms. Melody Pink**  
Parent Coordinator &  
Liaison to the Parent Leadership  
Council (PLC) at Williamsburg  
Charter High School (WCHS)

Email: [mpink@thewcs.org](mailto:mpink@thewcs.org)



# THE MEANING OF BLACK HISTORY MONTH



# BLACK HISTORY MONTH

YESTERDAY - TODAY - TOMMOROW



# What is Black History Month ?

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



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



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



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

It has since been observed in different parts of the world to recognize the people and events that helped shape the history of the African diaspora.

Black History Month serves as a reminder to persevere, have resilience against adversity, and always do what is right.



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

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



February is Black History Month.

Let's celebrate some of the most iconic *Black pop culture moments* from the past year.



Beyoncé.  
Beyonce.com

Quina Brunson.  
Getty Images

Kendrick Lamar.  
Cooper Neill/  
Getty Images

Sha'Carri  
Richardson.  
Patrick Sotiri/  
Getty Images

Shaboozey.  
Daniel  
Prakopcyk

Doechi.  
El Hardwick/  
The Forty Five

Simone Biles.  
Tom Weller/  
Getty Images



Doechii had a breakout year in 2024 with songs like “Alter Ego,” “NISSAN ALTIMA,” and “DENIAL IS A RIVER” becoming incredibly popular.

Her mixtape, “Alligator Bites Never Heal,” is nominated for Best Rap Album at this year’s Grammys, making Doechii the first woman to be nominated for the category this decade.



Photos by John Jay & Paras Griffin/Getty Images

Simone Biles furthered her legacy at last year's Paris Olympics, adding four more medals to her career total.

She has earned more world and Olympic medals combined than any gymnast in history, with 11 Olympic medals and 30 world medals.



Photos by Lionel Bonaventure / AFP - Getty Images & Peter Cziborra/Reuters

Kendrick Lamar had a standout year with the release of his new album, "GNX," and hit songs like "Not Like Us" and "luther" with SZA.

One of his biggest pop culture moments is still on the way, as he'll be headlining this year's Super Bowl on Feb. 9.



Photos via Getty Images & News Central Africa

# For the first time in history, two Black women are serving in the U.S. Senate at the same time.

Lisa Blunt Rochester (D-DE) and Angela Alsobrooks (D-MD) are only the 4th and 5th Black women to ever be U.S. Senators.

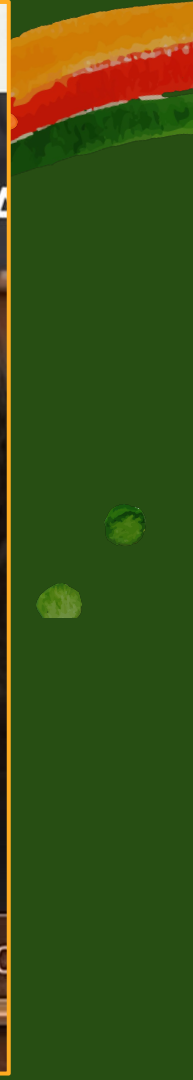
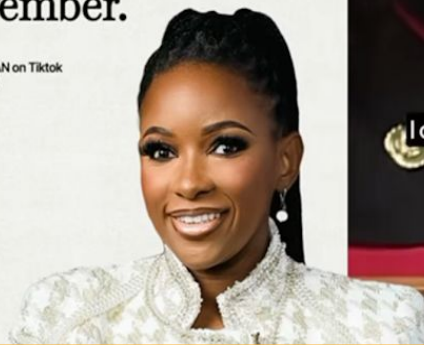
Angela Alsobrooks.  
Photo by Drew Angerer/Getty Images

Lisa Blunt Rochester.  
Photo by Charly Triballeau/Getty Images



# After continuously speaking out against bigotry and social injustice during her last term, Congresswoman Jasmine Crockett (D-TX) won her reelection to the U.S. House this past November.

Video via CSPAN on TikTok @cspanofficial



In the past year, two of the biggest reality TV shows celebrated Black winners:

Chelsie Baham from "Big Brother"

Serena Page and Kordell Beckham from "Love Island USA"



Photo by Serjia Flemming/CBS

Photo via Yahoo!

Quinta Brunson has continued to reign as the queen of comedy.

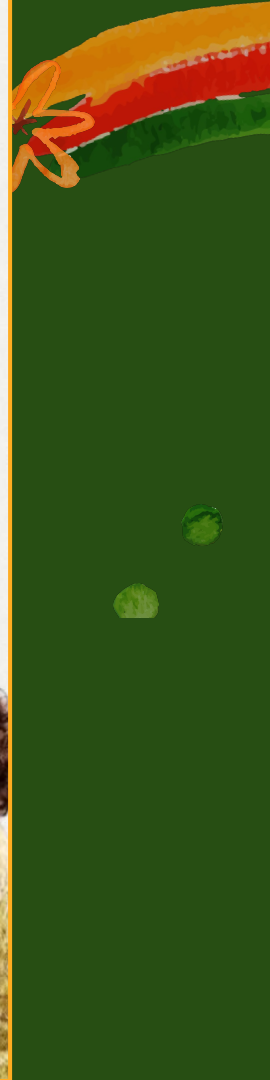
Last year, she was awarded the Emmy for Best Actress in a Comedy Series and became the first Black woman to win since 1981.

Season 4 of her award-winning sitcom, "Abbott Elementary," is currently airing weekly on ABC.



Photo via Getty Images

Photo by Gilles Mingasson/ABC



## Keke Palmer and SZA's new movie, "One of Them Days," proved that Black female-led comedies can be box office hits.

The film follows two broke best friends and roommates, Dreux and Alyssa, as they race against the clock to try and find money before getting evicted.

It currently has a near-perfect score of 95% on Rotten Tomatoes.



Photo courtesy of  
Sony Pictures Releasing

## Beyoncé created a cultural phenomenon with her most recent album, "COWBOY CARTER," which is celebrated for:

- Challenging the confines of genre
- Spotighting Black pioneers and current Black artists in country music
- Reclaiming American iconography that has historically excluded Black people

The album also led to an enormous rise in streams for Black country artists, with some of them receiving a boost of up to 75% in first-time Spotify listeners.

Photo by Blair Caldwell



Shortly after featuring on “COWBOY CARTER,” Shaboozey skyrocketed to superstardom with the release of his hit single, “A Bar Song (Tippy).”

The song has broken numerous records and is tied as the longest-running #1 hit in Billboard Hot 100 history.

Photos by Daniel Prakopcyk



Last year, Sha'Carri Richardson made her Olympic debut.

She's now a two-time Olympic medalist, earning silver in the women's 100-meter dash and gold in the 4×100-meter relay.

Photo by Jeff Cohen & Patrick Smith





# *Class is in session—* Black educators are turning TikTok into a virtual classroom with college courses.

This trend highlights the importance of teaching Black history during a time when many educators are dealing with censorship and banned books.





TikTok has transformed into a virtual classroom after an African American Studies professor posted a viral introductory video for her real-life students.

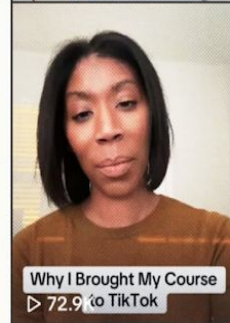
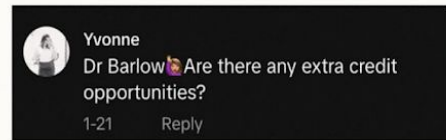
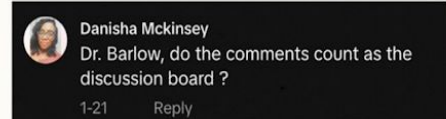
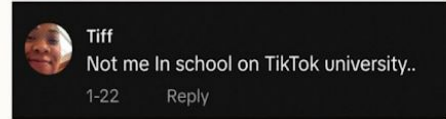


Dr. Leah Barlow is a real-life African American Studies professor at North Carolina Agricultural and Technical State University (NCAT).

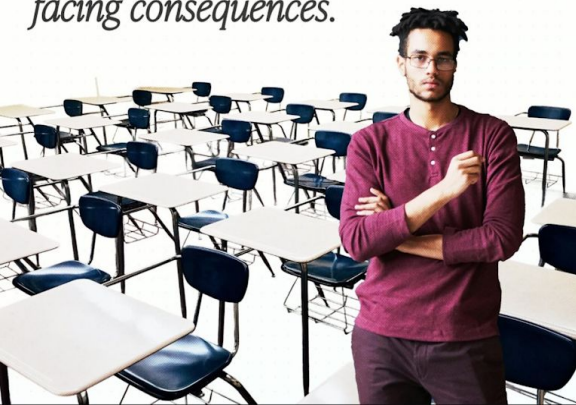
To connect with her students on TikTok, she posted an introductory video that featured a syllabus, course expectations, and reading materials for the semester.

Since posting the video on Jan. 20, Dr. Barlow has gained more traction from TikTok users who weren't her students and has garnered over 4 million views.

Additionally, many TikTok users have left playful comments pretending to enroll themselves in her class.



The now-viral trend highlights the importance of teaching Black history, especially at a time when many school educators are wrestling with what they can teach their students *without facing consequences*.



After Dr. Barlow's video went viral, other Black educators were inspired to join the trend.

As a nod to the fictional HBCU, Hillman College, from the 1987 sitcom "A Different World," the trend is known as HillmanTok, with courses that touch on various topics.



SCREENGRAB VIA @ENTRUALLO ON TIKTOK



SCREENGRAB VIA @KAOYVIA4ORRISON\_ON TIKTOK



SCREENGRAB VIA @THURMAN.BROOKS.CP ON TIKTOK

The most popular courses so far include:

- 🧠 AI and Afrofuturism 101
- 📖 Latino Studies
- 🧠 The Psychology Of Self-Care, Wellness, And The Black Mental Health Experience
- 💰 Financial Literacy 101
- 👤 Intro American Sign Language



#BLACKHISTORYMONTH

# INFLUENTIAL BLACK ARTISTS



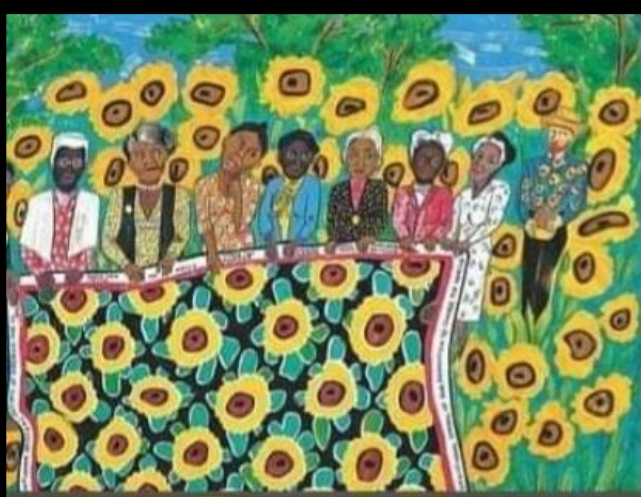


## Jean-Michele Basquiat

(1960 - 1988)

American poet, musician, and graffiti prodigy. His work helped elevate graffiti artists into the realm of the New York gallery scene. The artist's *Untitled* (1982) was sold at an auction for \$110.5 million. This set a new record for the highest price ever paid at auction for an American artist's work.





## Faith Ringgold

(b.1930)

American artist, activist, author, and educator who captures and displays the history of African Americans. Her work embodies African Americans who continue to thrive despite years of ignored civil rights and daily discrimination. She continues to pave the way for women artists.



## Kehinde Wiley

(b.1977)

Nigerian American portrait painter who made history when he became the first Black artist to paint an official presidential portrait. Obama selected Wiley because he is known for his highly naturalistic paintings of African Americans.



58 In the North the African Amer



## Jacob Lawrence

(1917 - 2000)

American painter who artistically documented the African American experience. He was the first African American artist to feature in the MOMA's permanent collection, and in 1990, he received the U.S. National Medal of Arts.

## Augusta Savage

(1892 - 1962)

Born in Florida, Augusta was an American sculptor associated with the Harlem Renaissance. She established the Harlem Community Art Center, where she led classes and helped launch the careers of African American artists.



CELEBRATING BLACK  
EXCELLENCE PAST & PRESENT







*Highlighting*

## **Black Early Childhood Leaders and Their Impact on the Industry**



## **Dr. Evangeline Ward**

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

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

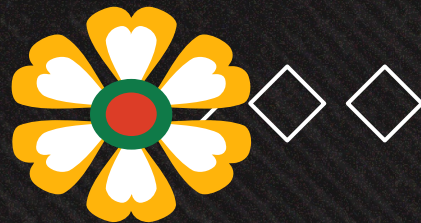




## Rita Pierson

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

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



## Dr. Eugenia Duodu

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



# RollingStone

WORDPLAY

## How Juliana Pache's 'Black Crossword' Book Is Changing the Puzzle Game

"Everyone is welcome to play this puzzle, but this puzzle is made with Black people in mind," Pache says

BY MEAGAN JORDAN

AUGUST 20, 2024



BOBBY PACHE\*

# AP



## She didn't see her Black heritage in crossword puzzles. So she started publishing her own

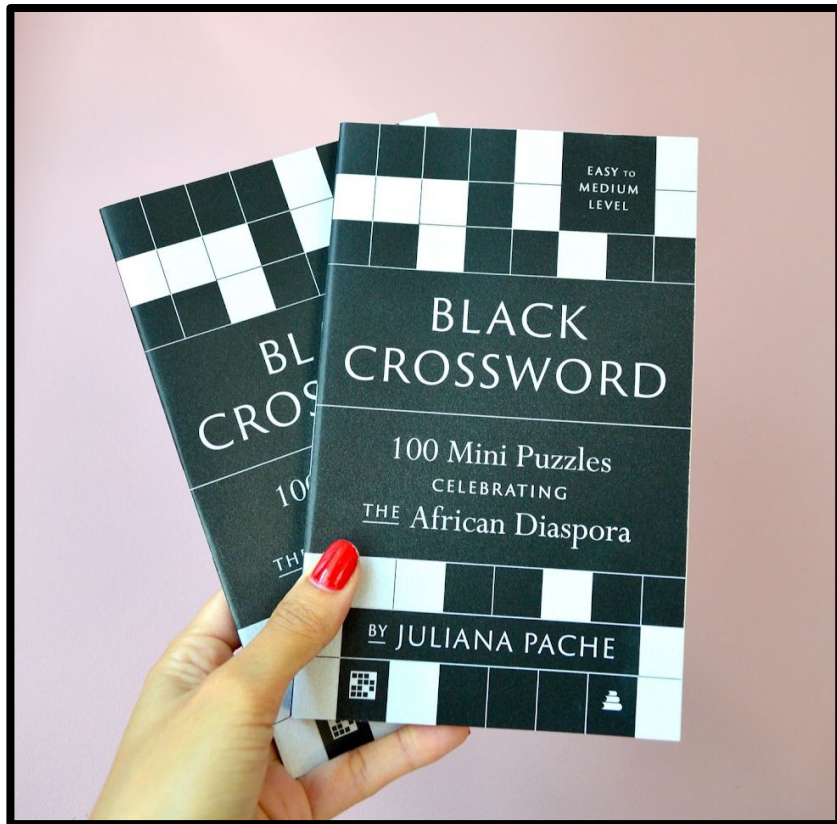


1 of 2 | Juliana Pache poses for a photo in Washington Square Park in New York, Tuesday, July 16, 2024. (AP Photo) [Read More](#)

BY DEEPTIHAJELA

Updated 12:05 AM EDT, August 21, 2024

Share



The  
New York  
Times  
GIFT APPROVED!

EASY TO  
MEDIUM  
LEVEL

# BLACK CROSSWORD

100 Mini Puzzles  
CELEBRATING  
THE African Diaspora

BY JULIANA PACHE



“

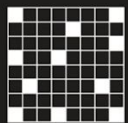
I love that Juliana Pache's *Black Crossword: 100 Mini Puzzles Celebrating the African Diaspora* nods to historical and pop cultural events not commonly spotted in other mainstream games. It's a multigenerational celebration that lives on my coffee table for whenever I need some light quizzing on the people and places that are near and dear to me.

—GINA CHERELUS, REPORTER, STYLES

The  
New York  
Times



# BLACK CROSSWORD



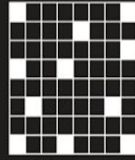
1

1-DOWN

Baseball player  
Robinson,  
born on this  
day in 1919



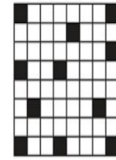
# BLACK CROSSWORD



4-ACROSS

“     your shot” (Take a chance, sometimes regarding a romantic interest, in slang)

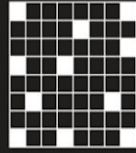
# BLACK CROSSWORD



1-ACROSS

Beenie or  
Method

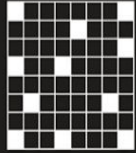
BLACK  
CROSSWORD



4-ACROSS

American dancer  
and choreographer  
\_\_\_\_ Jamison

BLACK  
CROSSWORD



1-ACROSS

\_\_\_\_ Phi Beta  
Sorority, Inc





BLACK  
CROSSWORD  
**CAPITAL B**



1/3

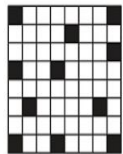


1-DOWN

“Damn, Gina!”  
sitcom



# BLACK CROSSWORD

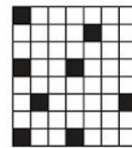


3

3-DOWN

Wind  
instrument for  
Andre 3000  
and Lizzo

# BLACK CROSSWORD



2

2-DOWN

Super Bowl  
LIX halftime  
performer  
Kendrick




# Black Excellence

## SCAVENGER HUNT

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




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



*School  
Announcements &  
News from  
Principal Jacobson*

# FEBRUARY 2025 WCHS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 STAR Testing (in class)	4 STAR Testing (in class)	5 STAR Testing (in class) Parent-Teacher Conferences 2-4pm	6 STAR Testing (in class) Parent-Teacher Conferences 4-7pm	7 STAR Make-ups (in class)	8 Open House @10am
9	10 NYC School Survey Opens	11	12	13	14	15
16	17 Midwinter Recess, school closed	18 Midwinter Recess, school closed	19 Midwinter Recess, school closed	20 Midwinter Recess, school closed	21 Midwinter Recess, school closed	22
23	24	25	26	27  Virtual PLC Meeting @6pm	28	

# Black History Month

Culture Fest!

• Arts, Music and Dance Showcase

February 28th

3:30PM-5:30PM

Food, Performances and

Fashion

Led by Students!

If you have questions please see  
Ms. Martin [smartin@thewcs.org](mailto:smartin@thewcs.org)

FREE EVENT!

FOOD for  
SALE



# Mes de la Historia Negra

¡Festival de Cultura!

• Muestra de Arte, Música y Danza

28 de febrero

3:30PM-5:30PM

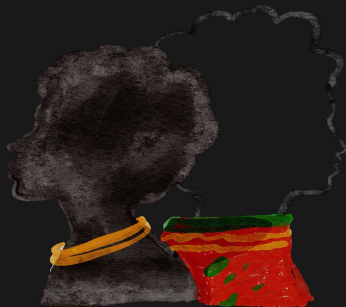
Comida, Actuaciones y Moda

¡Dirigido por los Estudiantes!

¡EVENTO  
GRATUITO!

COMIDA A LA  
VENTA

Si tienes preguntas visita a la  
Sra. Martin [smartin@thewcs.org](mailto:smartin@thewcs.org)

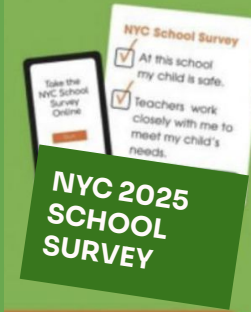




Calling all Parents and Guardians!  
We need your Feedback! The NYC School Survey opens in **February 10th, 2025** online. **Go to [NYCSchoolSurvey.org](https://NYCSchoolSurvey.org)** and enter your access code. **Your access code is the letter “f” (lowercase) followed by your child’s 9-digit OSIS number from their school ID card.** Submit your survey and email your confirmation screen to [mmedina@thewcs.org](mailto:mmedina@thewcs.org) to be entered into our grand raffle by **April 4th, 2025.** Or fill out the Survey in person in the Attendance office during school hours for a small prize!

Your School.  
Your Child. Your Voice.

FAMILIES,  
TAKE YOUR  
2025 NYC  
SCHOOL  
SURVEY



[NYCSchoolSurvey.org](https://NYCSchoolSurvey.org)



## COMPLETE YOUR SCHOOL SURVEY TO BE ENTERED INTO OUR GRAND RAFFLE!



ONLINE at [NYCSchoolSurvey.org](https://NYCSchoolSurvey.org) using your student's nine-digit identification (OSIS) number from their student ID card. Enter the letter "f" (lowercase) followed by their student's nine-digit OSIS number, and complete the survey.

Please complete your school survey from **February 10th to April 4th** to be entered into our **GRAND RAFFLE!**

TAKE THE  
SURVEY



When your survey is completed PLEASE MAKE SURE TO EMAIL YOUR CONFIRMATION TO MS. MEDINA AT [MMEDINA@THEWCS.ORG](mailto:MMEDINA@THEWCS.ORG) TO MAKE SURE YOU ARE ENTERED INTO OUR RAFFLE!



## ¡COMPLETE SU ENCUESTA ESCOLAR PARA ENTRAR EN NUESTRA GRAN RIFA!



EN [NYCSchoolSurvey.org](https://NYCSchoolSurvey.org) utilizando el número de identificación de nueve dígitos (OSIS) de su estudiante de su tarjeta de identificación de estudiante. Ingrese la letra "f" (minúscula) seguida del número OSIS de nueve dígitos de su estudiante y complete la encuesta.

¡Por favor complete su encuesta escolar del **10 de febrero hasta el 4 de abril** para entrar en nuestra GRAN RIFA!

TAKE THE  
SURVEY



**Después de llenar la encuesta**  
POR FAVOR ASEGÚRESE DE ENVIAR SU CONFIRMACIÓN POR CORREO ELECTRÓNICO A LA SRA. MEDINA EN [MMEDINA@THEWCS.ORG](mailto:MMEDINA@THEWCS.ORG) PARA ASEGURARSE DE ENTRAR EN NUESTRA RIFA!





Senior Committee



Join us for

# Valentine's Day Bake Sale

Cookies  
Cupcakes  
Donuts

and so much more!

Friday February 14th  
Lobby

Periods 4-7

See you there!



Comité de Cuarto Año



Acompáñanos en nuestra

# Venta de Pasteles para el Día de San Valentín

Galletas  
Pastelitos  
Donas  
¡y mucho más!

Viernes, 14 de Febrero  
Lobby

Periodos 4-7

¡Nos Vemos Allí!



The poster features a decorative border of winter coats in teal and orange colors, arranged in a repeating pattern around the central text.

NHS Presents:

# WCHS COAT DRIVE

Together we can keep New Yorkers warm!

During this season of giving, help WCHS as we partner up with New York Cares on their journey to raise \$600,000 to provide comfort and protection for New Yorkers in need this winter season.

Any donation brings us closer to our goal. Donate Today!



**Donation Deadline:**  
**Jan 2nd - February 14th**

Led by NHS Members:  
Grace Pugo  
Roslyn Rodriguez  
Jazmin Campoverde

NHS Presenta:

# WCHS COLECTA DE ABRIGOS

¡Juntos podemos mantener a los neoyorquinos calientes!

Durante esta temporada de donaciones, ayude a WCHS mientras nos asociamos con New York Cares en su viaje para recaudar \$600,000 para brindar comodidad y protección a los neoyorquinos necesitados en esta temporada de invierno.

Cualquier donación nos acerca a nuestro objetivo. ¡Dona hoy!



**Fecha límite de donación:**  
**2 de enero - 14 de febrero**

Liderado por miembros del NHS:  
Grace Pugo  
Roslyn Rodriguez  
Jazmin Campoverde

# CONTACT US

## 9th Grade Team

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Ms. Sales [ssales@thewcs.org](mailto:ssales@thewcs.org) **for now**

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Ms. Sales ( After December)  
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Ms. Sales [ssales@thewcs.org](mailto:ssales@thewcs.org) **for now**  
Ms. Augustin [gaugustin@thewcs.org](mailto:gaugustin@thewcs.org) (After  
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**IFSC:** Ms. G [hgozikowski@thewcs.org](mailto:hgozikowski@thewcs.org)

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Ms. Chery ( After December) [nchery@thewcs.org](mailto:nchery@thewcs.org)

**IFSC:** Ms. St. Fleur [estfleur@thewcs.org](mailto:estfleur@thewcs.org)

## ADDITIONAL SUPPORT:

### FAMILY & COMMUNITY ENGAGEMENT DEPARTMENT:

**PARENT  
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**ENROLLMENT  
COORDINATOR**  
JUSTIN USHER  
[jusher@thewcs.org](mailto:jusher@thewcs.org)

*Youth  
Opportunities  
& Resources  
from Ms. Pink*



# WorksPlus

Are you connected to BedStuy, Brownsville, East New York, or Bushwick?

16-24 year olds can earn up to \$1500 for participating in this skill building and youth focused program.



**WANT TO LEARN MORE?  
CONTACT:**

**(706) 386-8090  
OR**

**WORKSPPLUS@RISEBORO.ORG**

## CAREER READINESS WORKSHOPS:

Basic Job and life skills training  
Linked-In  
Enrolling in Education  
Resume help  
Interview skills  
1 on 1 career counseling  
Small in-person groups

**\*THOSE WITH PAST OR CURRENT CRIMINAL JUSTICE INVOLVEMENT ARE ENCOURAGED TO APPLY\***

**RiseBoro**  
COMMUNITY PARTNERSHIP

# UNDOCUMENTED AND NEED FINANCIAL AID FOR COLLEGE?

*You may be eligible to apply for TheDream.US if you are undocumented, with or without DACA or TPS, and came to the U.S. before age 16 and before November 1, 2019*



- AWARD IS UP TO \$33,000 FOR A BACHELOR'S DEGREE
- MUST BE ELIGIBLE FOR IN-STATE TUITION AT ONE OF OUR PARTNER COLLEGES

CLOSE TO **80**  
PARTNER COLLEGES

Deadline for the National Scholarship is Feb 28, 2025

[www.thedream.us](http://www.thedream.us)

**APPLY TODAY!**

 **NATIONAL SCHOLARSHIP**  
A PROGRAM OF THE DREAM.US

# EMPLOYMENT OPPORTUNITY ANNOUNCEMENT STATE OF NEW YORK UNIFIED COURT SYSTEM



**POSITION TITLE:** STUDENT AIDE I (Internship Opportunity)



**JG: NS LOCATION:** Multiple positions are available throughout New York State

**BASE SALARY:** \$18.00 Hourly

**CLASSIFICATION:** Full-time - Temporary (July 7 to August 13)

**QUALIFICATIONS:** High school students and recent high school graduates (within the last 2 years) 17 years or older at the time program starts, and college students. Those under the age of 18 must obtain an employment certificate, also called working papers, in order to hold a job in NYS. Applicants under the age of 17 as of July 7, 2025, will be disqualified.



<https://portal.nycourts.gov/StudentAideApplication/>



# Paid summer opportunity!

2025 NYC Votes  
Youth Ambassadors

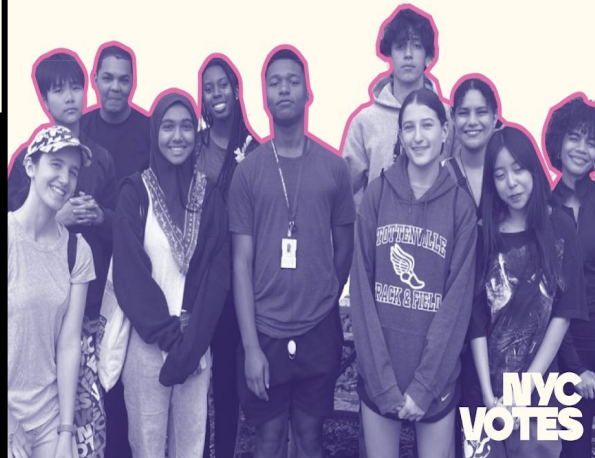
How to apply →

NYC  
VOTES



Are you passionate  
about civic engagement,  
voting, and democracy?

Join our 2025 NYC Votes  
Youth Ambassador team.



- Ambassadors can earn \$500/month
- 10 - 15 hours/month
- Ages 14 - 18 can apply
- Deadline: February 28 @ 5pm

Apply at  
[nycvotes.org/youth-25](https://nycvotes.org/youth-25)

NYC  
VOTES

**SYEP Applications are OPEN! The Deadline to submit applications is 2/28/2025. APPLY TODAY SCHOLARS!!!**

**NYC**  
Department of  
Youth & Community  
Development

Summer  
Youth  
Employment  
Program

The **2025** Summer Youth Employment Program (SYEP) is now accepting applications.


**APPLY NOW!**



 **APPLY NOW!!**

**SYEP**  
**2025**

Summer Youth Employment  
Applications Open!

@nycyouth 



application.nycsyep.com

Kickstart your career this summer.  
Earn money and build skills this summer with HANAC.

- Youth aged 14-24
- Legally allowed to work in NYC
- Choose "HANAC" on your application

**DEADLINE: 2/28/2025**

**BEGINS: 7/1/2025**

Got questions? Contact us at [hanac-syep@hanac.org](mailto:hanac-syep@hanac.org)



Department of  
Youth & Community  
Development



**Bridge Street**  
DEVELOPMENT CORPORATION



**JAN 21**  
**TILL FEB**  
**28**

# SUMMER YOUTH EMPLOYMENT PROGRAM

Positions Available for ages 14-24

- Gain valuable work experience
- Explore career paths
- Earn money while learning

 Don't Wait—Apply Today!



[https://application.nycsyep.com/?os=\\_&ref=app](https://application.nycsyep.com/?os=_&ref=app)

Provider Code: WPA389653

Select Bridge Street as your provider

Code: WPA389653

For more Info contact us at [syep@bsdcorp.org](mailto:syep@bsdcorp.org) or (718) 399-0146 ext 218

APPLY  
NOW

NYC Department of  
Youth & Community  
Development



# SYEP

Get Ready for a Fun and  
Rewarding Summer! JOIN  
THE SUMMER YOUTH  
EMPLOYMENT PROGRAM  
(SYEP) @ **Cypress Hills  
Local Development Corp.**

Ages 16-24

**Positions available:**

Health Care  
Childcare  
Admin  
Custodial  
Retail  
Food Services  
& More



APPLY NOW

<https://application.nycsyep.com/>

Deadline for all Application: Feb.  
28, 2025

Contact us if you have any  
questions @  
[chldcsyep@cypresshills.org](mailto:chldcsyep@cypresshills.org)  
P: 646-801-0277

# Forward!



## Are you a young adult (17-24) feeling anxious about entering the workforce?

If you're feeling overwhelmed about stepping into the workforce, you're not alone. Our **FREE** Forward program is designed to help young adults aged 17-24 who may be struggling with anxiety, depression, or other mental health challenges that are holding them back from pursuing job opportunities or career growth.

Spaces are limited, so sign up today!

In this supportive environment,  
we'll provide:

- Resume Development
- Health Screening
- Career Counseling & Coaching
- Referral Services
- College Preparation
- Training & Credentialing
- Job Placement Assistance
- Financial Literacy



PROUDLY FUNDED BY  
J.E. & J.B.  
BUTLER FOUNDATION





greenguerillas



**APPLY NOW!**  
**YOUTH**  
**EMPOWERMENT PIPELINE**

a paid (**\$16.50 an hour**) youth-driven training program designed to create a viable pathway to extended study and leadership within the food justice movements.

ATTEND OUR VIRTUAL INFO SESSION ON  
FEBRUARY 9TH AT 1:30 PM TO LEARN MORE.  
REGISTER AT [T.LY/VJM3U](https://t.ly/vjm3u)

**APPLY:** [greenguerillas.org](https://greenguerillas.org) | **DEADLINE:** February 28, 2025



Goddard Riverside  
**OPTIONS CENTER**

## Artslife at the Museum of Arts and Design Internship (4/21/25)

### About

Artslife is a paid summer internship program for rising sophomores and juniors enrolled in New York City public and charter high schools that combines art and design with leadership training, museum studies, and community engagement. Participants are introduced to careers in all sectors of the museum: Curatorial, Education, Development, Communications and Marketing, Visitor Services, Security, and Registrar.

### Artslife Interns:

- Learn about careers in the arts.
- Build career readiness.
- Create artwork with local and visiting artists in the Artist Studios.
- Create a podcast series based on a topic of the interns' choosing.
- Develop and lead peer-to-peer tours.
- Build and strengthen presentation, communication, and public speaking skills.
- Visit other cultural institutions in New York City.
- Earn \$16.50 an hour.

### Requirements

- Essay: In at least 500 words, please tell us why would you like to participate in Artslife.
- One letter of recommendation



# 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.

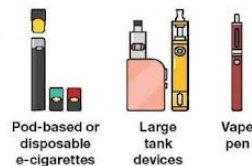
For more information, visit [nyc.gov/health](https://nyc.gov/health) and search for **e-cigarettes**.



## Teens and Vaping: What Are the Risks?

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

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



### ❑ 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.



[nyc.gov/health](https://nyc.gov/health) 🔍 "e-cigarettes"



# 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](https://talkspace.com/nyc) to get started.



Brought to you by 

# 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

**Ali Forney Center**  
321 West 125<sup>th</sup> Street  
New York, N.Y. 10027  
(212) 206-0574 <sup>24/7</sup>

#### The Door

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

#### Safe Horizon Streetwork Harlem

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

#### Bronx

**Cardinal McCloskey  
Community Services**  
333 East 149<sup>th</sup> Street  
Bronx, N.Y. 10451  
(718) 993-5495  
(917) 334-0957 <sup>24/7</sup>

#### Brooklyn

**SCO Family of Services**  
774 Rockaway Avenue  
Brooklyn, N.Y. 11211  
(718) 685-3850 <sup>24/7</sup>

#### Queens

**Sheltering Arms/Safe Space**  
165-19 Jamaica Avenue, 2<sup>nd</sup> floor  
Jamaica, NY 11432  
(718) 526-2400 ext. 2077 <sup>24/7</sup>

#### 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 <sup>24/7</sup>

**Project Hospitality**  
27 Port Richmond Avenue  
Staten Island, N.Y. 10302  
(718) 876-4752  
YDI/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  
abarber@covenanthouse.org

\*Female Identifying/Homeless Young Adult

##### Maya's Place\*

(718) 583-2380

\*Female Identifying/Mother + Child

#### Brooklyn

##### Ali Forney Center\*

\*Contact Drop-in Center  
(212) 206-0574 or  
(646) 944-7193

jcarrion@aliforneycenter.org

#### Manhattan

##### Covenant House

Under 21 (and  
Mother + Child)  
(212) 613-0300

##### Safe Horizon

Streetwork Harlem  
(917) 507-1562

##### Sheltering Arms/Safe Space\*

(917) 410-3790  
(347) 266-7044  
\*Male Identifying Youth

#### Queens

##### Ali Forney Center

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

jcarrion@aliforneycenter.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

Van's 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: <sup>24/7</sup> = Open 24 hours, 7 days a week; due to COVID-19, please call first.



DYCD  
Community  
Connect

Contact DYCD Community Connect at 1.800.246.4646 or  
646.343.6800; Monday-Friday, 9am-5pm



nycyouth

# senioritis

[noun] se-nior-i-tis ,sē-nyər-ī-təs

: lack of motivation during senior year

➔ Overcome this slump and finish high school strong with these tips to stay senioritis-free. \*



1

## REMEMBER IT'S NOT OVER YET:

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



# 2

## BE SOCIAL AND REACH OUT:

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



# 3

## PURSUE PERSONAL ACHIEVEMENTS:

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



# 4

## ELIMINATE DISTRACTIONS:

Create distraction-free spaces for effective end-of-year work. Silence your phone, turn off the TV and prioritize focused work.



# 5

## TAKE CARE OF YOURSELF:

It's not always easy to put yourself first, but reflect on what you need and try to treat yourself.



# *IMMIGRANT RESOURCES*



## About the New York Immigration Coalition

NYIC is an umbrella policy and advocacy organization that represents 200 immigrant and refugee rights groups throughout New York State. Our mission is to unite immigrants, members & allies so all New Yorkers can thrive. We envision a New York State that is stronger because all people are welcome, treated fairly, and given the chance to pursue their dreams.

## Community Resources

The New York Immigration Coalition creates resources to empower immigrant New Yorkers. Our resources cover the following topics: Know Your Rights, Policy Guides, Health & Safety, Business & Finance. Below are previews of two of our resources.



### NYS Community Toolkit

A resource guide created by NYIC for immigrants and allies, offering updates about policies and information about programs to connect immigrant New Yorkers with resources throughout the state. The toolkit is available in English, Spanish, Arabic, Bengali, Burmese, Chinese (Simplified), French, Karen, Nepali and Somali.



### Immigrants & NY

We partnered with Center for Urban Pedagogy (CUP) and designer Luiza Dale to create a fold-out poster in English, Spanish, and French. The illustrated poster guides immigrants in New York State on how to avoid immigration scams, protect their families when interacting with ICE, and create a plan for their family in the event of deportation.

To find these and other NYIC community resources, go to [nycic.org/kyr](http://nycic.org/kyr) or scan this code:



## Free Legal Service Providers

The following are organizations offering free legal resources in Brooklyn.

### Arab American Association of New York

7111 5th Ave  
718-745-3523, [info@arabamericanny.org](mailto:info@arabamericanny.org)  
[arabamericanny.org](http://arabamericanny.org)

**Areas of legal assistance:** Adjustment of Status, Asylum applications, Deferred Action for Childhood Arrivals (DACA), Family-based petitions, Naturalization/Citizenship, Special Immigrant Juvenile Status, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions

**Types of legal assistance:** Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals

### Camba Legal Services

20 Snyder Avenue  
718-940-6311, [info@camba.org](mailto:info@camba.org)  
[camba.org](http://camba.org)

**Areas of legal assistance:** Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Habeas Corpus, NACARA, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions

**Types of legal assistance:** Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals

If you have general immigration questions, call the Office for New Americans hotline at 1-800-566-7636 or the ActionNYC Hotline at 800-354-0365.

### Immigrant Justice Corps at Brooklyn Public Library

1580 Rockaway Pkwy (at Ave J)  
718-257-6547  
[bklynlibrary.org/locations/canarsie](http://bklynlibrary.org/locations/canarsie)

**Areas of legal assistance:** Adjustment of Status, Asylum applications, Deferred Action for Childhood Arrivals (DACA), Naturalization/Citizenship, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions

**Types of legal assistance:** Help completing forms, Filings with USCIS

### Justice For Our Neighbors

260 Quincy St, John Wesley United Methodist Church  
212-870-3785  
[ny-jfon.org](http://ny-jfon.org).

**Areas of legal assistance:** Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Habeas Corpus, Humanitarian Parole, NACARA, Naturalization/Citizenship, P1 or P2 for Afghans, Removal hearings, Special Immigrant Juvenile Status, Special Immigrant Visa (SIV), T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions

**Types of legal assistance:** Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals

For more free legal resources go to [immigrationadvocates.org](http://immigrationadvocates.org) or scan this code



# Resources at-a-glance



## NYS Office for New Americans

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

## NYS Department of Health

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

## NYS Office of Mental Health

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

## NYS Department of Labor

- The Department of Labor is committed to protecting and promoting workers' safety and health, wages, and working conditions.
- For information about wage and hour laws, workplace health and safety, or to file a complaint, call [1-888-469-7365](tel:1-888-469-7365) or visit [dol.ny.gov/safety-and-health](https://dol.ny.gov/safety-and-health)
- For help with Unemployment Insurance, call [1-888-209-8124](tel:1-888-209-8124) or visit [dol.ny.gov/unemployment/unemployment-insurance-assistance](https://dol.ny.gov/unemployment/unemployment-insurance-assistance).

## 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 [1-888-392-3644](tel:1-888-392-3644) or visit [dhr.ny.gov](https://dhr.ny.gov).

## New York City COVID-19 resources

- NYC residents looking for service providers or other resources can find directories below:
  - Education: [nyc.org/covid-education-resources](https://nyc.org/covid-education-resources)
  - Employment: [nyc.org/covid-employment-resources](https://nyc.org/covid-employment-resources)
  - Financial: [nyc.org/covid-financial-resources](https://nyc.org/covid-financial-resources)
  - Food: [nyc.org/covid-food-resources](https://nyc.org/covid-food-resources)
  - Healthcare: [nyc.org/covid-healthcare-resources](https://nyc.org/covid-healthcare-resources)
  - Small business: [nyc.org/covid-small-business-resources](https://nyc.org/covid-small-business-resources)

# If you have contact with an agent, say:

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

New York City Immigration Coalition  
[nycic.org](https://nycic.org)

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: **1 844 363 1423**

Para asistencia legal llame a The New Americans Hotline: **1 800 566 7636**





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

**NYC**  
Mayor's Office of  
Immigrant Affairs

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**Legal help is for  
every immigrant  
New Yorker.**

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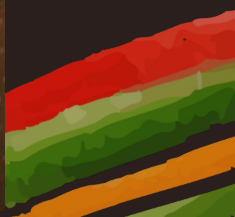
ActionNYC offers  
free, safe immigration  
legal help in your  
community and  
in your language,  
regardless of  
your immigration  
status.

**NYC**  
Mayor's Office of  
Immigrant Affairs



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

**NYC**  
Mayor's Office of  
Immigrant Affairs



## KNOWLEDGE IS POWER: FAMILY PREPAREDNESS PLAN

**BE PROACTIVE:  
PREPARE YOURSELF IF YOU ARE STOPPED BY ICE/POLICE**

### Family Emergency Plan

An Emergency Plan is a document everyone should have to protect themselves and their families in case of an emergency, whether it be an earthquake, an unresponsive well or animal, or natural disaster or fire.

**DO NOT CARRY YOUR EMERGENCY PLAN IN YOUR PERSONAL BAGS**

Keep it in a safe place with other important documents: your passport, medical prescriptions, and other important documents.

**IMPORTANT INFORMATION OF FAMILY MEMBERS TO INCLUDE**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

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Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

### Gather the following:

- A folder for each family member.
- Copies of identity documents.
- Copies of immigration documents.
- Copies of medical records
- Bank information.
- Assign a trustworthy primary contact person.



another example

### Immigration Legal Support:

- [immigrantjustice.org](http://immigrantjustice.org)
- [immigrationadvocates.org](http://immigrationadvocates.org)
- [immi.org](http://immi.org)

### What to look for:

- Your name.
- Is it the right address?
- Is your name spelled correctly?
  - only the person, property, and areas specified may be searched.
- It is signed by a judge and has the name of a state/federal court at the top.

Sample

## SABER ES PODER: PLAN DE PREPARACION FAMILIAR

**SER PROACTIVO:  
PREPÁRESE SI LO DETIENE ICE O LA POLICÍA.**

### Plan De Emergencia Familiar

Un Plan de Emergencia es un documento que todos deberían tener para protegerse a sí mismos y a sus familias en caso de emergencia, si es un incidente, un terremoto o una visita de ICE.

#### NO LLEVE ESTE DOCUMENTO CONSIGO

Manténgalo en un lugar seguro con otros documentos importantes: su pasaporte, recetas de medicina, y otros documentos críticos.

#### NOMBROS DE TELÉFONO DE EMERGENCIAS IMPORTANTES

Nombre/Número/Dirección: \_\_\_\_\_

Nombre/Número/Dirección: \_\_\_\_\_

Nombre/Número/Dirección: \_\_\_\_\_

#### MEMBROS DE SU FAMILIA

Nombre/Número/Dirección: \_\_\_\_\_

Nombre/Número/Dirección: \_\_\_\_\_

Nombre/Número/Dirección: \_\_\_\_\_

Nombre/Número/Dirección: \_\_\_\_\_

Nombre/Número/Dirección: \_\_\_\_\_

#### Administrative Warrant

• Does not allow ICE entry

• Signed by an ICE supervisor and not by a Judge

• May have "U.S. Department of Homeland Security" at top

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### Reúna lo siguiente:

- Reúna lo siguiente:
- Una carpeta para cada miembro de la familia.
- Copias de documentos de identidad.
- Copias de documentos de inmigración.
- Copias de registros médicos.
- Información bancaria.
- Asigne una persona de contacto principal confiable.



otro ejemplo

### Apoyo Legal de Inmigración:

- [immigrantjustice.org](http://immigrantjustice.org)
- [immigrationadvocates.org](http://immigrationadvocates.org)
- [immi.org](http://immi.org)

### Qué buscar:

- Su nombre.
- ¿Es la dirección correcta?
- ¿Está tu nombre escrito correctamente?
- Sólo se pueden registrar la persona, la propiedad y las áreas especificadas.
- Está firmado por un juez y tiene el nombre de un tribunal estatal/federal en la parte superior.

Sample

# KNOWLEDGE IS POWER:

## KNOW YOUR RIGHTS & FAMILY PREPAREDNESS PLAN

### BE PROACTIVE: PREPARE YOURSELF IF YOU ARE STOPPED BY ICE/POLICE

#### Family Emergency Plan

An Emergency Plan is a document everyone should have to protect themselves and their families in case of an emergency, whether a fire, an earthquake, or an intrusion with or without a weapon.

##### DO YOU HAVE YOUR EMERGENCY PLAN WRITTEN DOWN YET?

Keep it in a safe place with other important documents: your passport, medical prescriptions, and other immigration documents.

##### IMPORTANT INFORMATION OF FAMILY MEMBERS AND FRIENDS

Name/Phone Number \_\_\_\_\_

Name/Phone Number \_\_\_\_\_

Name/Phone Number \_\_\_\_\_

##### EVERYONE IN THE HOUSE

Name of child \_\_\_\_\_

Date of birth and Social Security number \_\_\_\_\_

Name of Primary doctor \_\_\_\_\_

Phone number of doctor \_\_\_\_\_

List of medicines \_\_\_\_\_

Allergies and dietary restrictions \_\_\_\_\_

##### YOUR INFORMATION

Name \_\_\_\_\_

Social Security Number/ID Number \_\_\_\_\_

Phone number \_\_\_\_\_

Emergency Contact's Name \_\_\_\_\_

Phone number \_\_\_\_\_

Address \_\_\_\_\_

##### YOUR INFORMATION

Country of origin \_\_\_\_\_

Last Embassy/Consulate number \_\_\_\_\_

Transit/Immigration \_\_\_\_\_

Information of immigration attorney \_\_\_\_\_

### Gather the following:

- A folder for each family member.
- Copies of identity documents.
- Copies of immigration documents.
- Copies of medical records
- Bank information.
- Assign a trustworthy primary contact person.



another example

#### Local Immigration Legal Support:

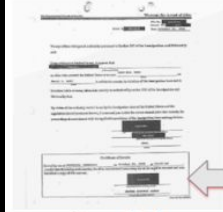
- Kate Brown, Esq. o 856-210-9757
- Rayna Rodriguez, Esq. o (215) 552-2942
- Camden Center for Law & Social Justice o 856-583-2950
- Clarissa Morales, Esq. o 848-274-0900

#### What to look for:

- Your name.
- Is it the right address?
- Is your name spelled correctly?
  - only the person, property, and areas specified may be searched.
- It is signed by a judge and has the name of a state/federal court at the top.

#### Administrative Warrant

- Does not allow ICE entry!
- Signed by an ICE supervisor and not by a Judge
- May have "U.S. Department of Homeland Security" at top



#### Judicial Warrant

- Allows ICE to enter the home
- Signed by a Judge
- Will have name of a state or federal court at the top such as "Supreme Court of the State of New York"



# SABER ES PODER

## CONOZCA SUS DERECHOS Y PLAN DE PREPARACIÓN FAMILIAR

### SER PROACTIVO: PREPÁRESE SI LO DETIENE ICE O LA POLICÍA.

#### Plan De Emergencia Familiar

Un Plan de Emergencia es un documento que todos deberían tener para protegerse a sí mismos y a sus familias en caso de emergencia, si es un incendio, un terremoto o una visita de ICE

##### NO LLEVE ESTE DOCUMENTO CONTIGO

Manténgalo en un lugar seguro con otros documentos importantes: su pasaporte, recetas de medicina, y/u otros documentos críticos.

##### NÚMERO DE TELEFONO DE FAMILIARES IMPORTANTES

Nombre/Número/Dirección: \_\_\_\_\_

Nombre/Número/Dirección: \_\_\_\_\_

Nombre/Número/Dirección: \_\_\_\_\_

##### BENEFICIOS DE LA LEY

Ciudad de estado \_\_\_\_\_

nombre/número \_\_\_\_\_

Número de su doctor \_\_\_\_\_

Tome estas medicinas y dosis \_\_\_\_\_

Alergias y requisitos dietéticos \_\_\_\_\_

##### INFORMACION

Nombre \_\_\_\_\_

Número de seguro social/OTR número (si lo tiene) \_\_\_\_\_

Número de teléfono (casa) \_\_\_\_\_

Número de teléfono (celular) \_\_\_\_\_

Contacto de emergencia #1 \_\_\_\_\_

Número de teléfono \_\_\_\_\_

Careas electorales \_\_\_\_\_

##### SU INFORMACION:

País de origen \_\_\_\_\_

Número telefónico de la embajata local/consulado \_\_\_\_\_

Neocómbidos de idioma/traducción \_\_\_\_\_

Nombre de abogado de inmigración \_\_\_\_\_

#### Reúna lo siguiente:

- Reúna lo siguiente:
- Una carpeta para cada miembro de la familia.
- Copias de documentos de identidad.
- Copias de documentos de inmigración.
- Copias de registros médicos.
- Información bancaria.
- Asigne una persona de contacto principal confiable.



otro ejemplo

#### Asistencia legal local de inmigración:

- Kate Brown, Esq. o 856-210-9757
- Rayna Rodriguez, Esq. o (215) 552-2942
- Camden Center for Law & Social Justice o 856-583-2950
- Clarissa Morales, Esq. o 848-274-0900

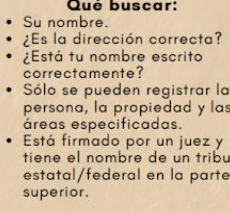
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- Sólo se pueden registrar la persona, la propiedad y las áreas especificadas.
- Está firmado por un juez y tiene el nombre de un tribunal estatal/federal en la parte superior.





**WE PROTECT US!**

# KNOW YOUR RIGHTS

If ICE shows up at your door, your workplace, or stops you on the streets, you have rights!

For resources, visit: [weprotectusny.org](http://weprotectusny.org)



Free, safe **immigration legal help** is available for every New Yorker. Your immigration status does not matter.

For any questions or concerns you have about immigration status, including court and office closures, call the **ActionNYC hotline** at: **800-354-0365** • Monday to Friday • 9 a.m.–6 p.m.



**NYC**  
Mayor's Office of  
Immigrant Affairs



# Know Your Rights! At the workplace



## ICE MAY CONDUCT RAIDS IN AREAS OPEN TO THE PUBLIC

These include: eating areas, lobbies or waiting areas, and spaces that anyone can access.

While you may not expect ICE at your workplace, it is an unfortunate practice for people to “tip” ICE about potential undocumented workers at job sites. If they search your workplace, they might use the “tip” as **probable cause** to conduct a raid.



## If your employer asks to reverify your employment:

- Check to see if they are asking everyone. If not, it could be discrimination.
- Ask for time to gather documents. Do not provide false documents.

TO LEARN MORE VISIT US AT: [WEPROTECTUSNY.ORG](http://WEPROTECTUSNY.ORG)

## ICE MAY NOT ENTER NONPUBLIC AREAS WITHOUT A WARRANT

These include: places marked for “employees only,” kitchens, offices, back rooms, or inaccessible areas.

### PREPARE YOUR WORKPLACE

- Ask your supervisor to put up signage requiring **consent and a judicial warrant** for law enforcement to enter.
- Designate a safe space for staff in a **staff-only** area in case of an ICE encounter.



## What to do if ICE talks to you?



**DO NOT:** Lie, hand over false documents, or answer questions without a lawyer.

**SAY:** I want to remain silent and speak to a lawyer.



# ¡Conozca Sus Derechos! En el sitio de trabajo



## ICE PUEDE HACER REDADAS EN LUGARES ABIERTOS AL PÚBLICO

**Estos incluyen:** Comedores, áreas de espera, y espacios que cualquiera pueda acceder.

Aunque nadie espera ver a ICE este en su lugar de trabajo, desafortunadamente hay practicas donde personas le “avisan” a ICE que hay trabajadores indocumentados en un lugar de trabajo. Si hacen una redada en su lugar de trabajo, puede que usen el aviso que recibieron como **causa probable**.



## ICE NO PUEDE ENTRAR EN LUGARES PRIVADOS SIN UNA ORDEN JUDICIAL

**Estos incluyen:** Los sitios marcados solo para empleados, cocinas, oficinas, areas cerradas, o areas sin acceso al publico.

### PREPARE SU SITIO DE TRABAJO

- Pídale permiso a su supervisor para agregar señalización requiriendo **consentimiento y una orden judicial** para que entre ICE.
- Designe un espacio seguro para el personal en un area solo para los empleados.



## Si su empleador pide reaverificar su documentación:

- Mire si le están pidiendo lo mismo a todos. Si no, podría ser discriminación.
- Pida tiempo para buscar sus documentos. No proporcione documentos falsos.

PARA APRENDER MÁS, VISITENOS EN:  
NOSPROTEGEMOSNY.ORG

## ¿Qué hacer si ICE lo cuestiona?



**NO:** Mienta, provea documentos falsos, o responda a las preguntas de ICE sin un abogado.

**DIGA:** Quisiera permanecer en silencio y quiero hablar con un abogado.

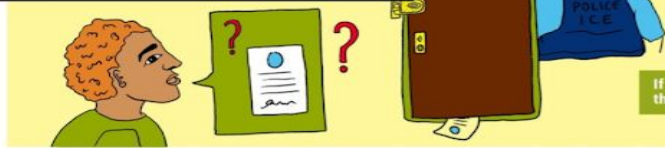


# IF ICE SHOWS UP, KNOW YOUR RIGHTS!

If immigration (ICE) comes to your door or stops you in the streets, you have rights!

## 1. DO NOT OPEN THE DOOR

ICE does not have the right to enter your home without a valid warrant signed by a judge.



ICE will not always identify themselves as ICE. If there is a knock at your door and they say "Police" it could very well be ICE. ICE will often say they are police to gain access to homes. If at any point they try to enter, or do enter, continue to say

**"I DO NOT CONSENT".**

If they insist they have a warrant ask them to slip it under the door.



Don't run and most importantly do not lie about your name, age, immigration status, etc.

Anything you say or do can be used against you.



If ICE questions you, under the 5th Amendment, you have the right to remain silent and to not incriminate yourself.

## 2. REMAIN CALM



If you are detained, ask for an immigration attorney immediately. Although immigration does not provide attorneys, once you ask for an attorney they should no longer question you.

## 3. DO NOT SIGN ANYTHING



Ask to have documents translated. If you do not speak English ask for an interpreter.

Have an attorney look over any documents that ICE gives you.

## 4. RECORD

If you witness someone being detained by ICE, you have the right to record as long as you do not interfere with the arrest.

Pictures, videos, and any information you can gather, can help verify an immigration raid and also help someone's immigration case.



## 5. MAKE A FAMILY PLAN



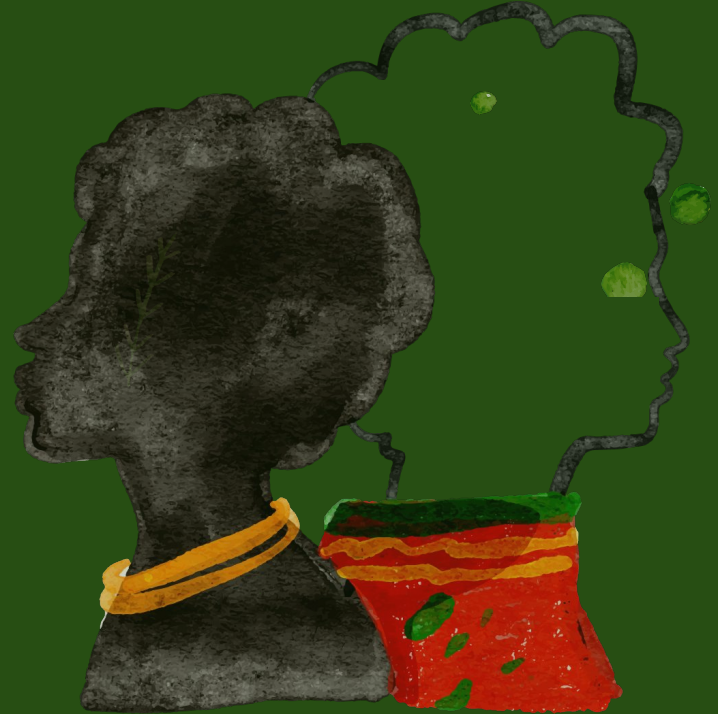
If you have children, identify a caretaker.



Make sure your family is prepared if ICE arrives at your home. Have all your personal documents and finances secure.



Make sure you have at least one number memorized in case of an emergency.



# SI ICE VIENE, CONOCE TUS DERECHOS!

Si inmigración (ICE) llega a tu puerta o te detiene en las calles, ¡tienes derechos!

## 1. NO ABRIR LA PUERTA

ICE no tiene derecho a ingresar a su hogar sin una orden válida firmada por un juez.



ICE no siempre se identificará como ICE. Si alguien toca a su puerta y dice "Policía", podría ser ICE. ICE a menudo dirá que son policías para obtener acceso a hogares. Si en algún momento intentan ingresar o lo hacen, continúe diciendo

**"NO DOY MI CONSENTIMIENTO".**

Si insisten en que tienen una orden, pídeles que la metan debajo de la puerta.



No corra y, lo más importante, no mienta sobre su nombre, edad, estado de inmigración, etc.

**Cualquier cosa que diga o haga se puede usar en su contra.**



Si ICE lo cuestiona, bajo la 5ta Enmienda, tiene derecho a permanecer en silencio y no incriminarse.

## 2. PERMANECER EN CALMA



Si está detenido, solicite un abogado de inmigración inmediatamente. Aunque la inmigración no proporciona abogados, una vez que solicite un abogado, ya no deben interrogarlo.

## 3. NO FIRME NADA



Pida que le traduzcan los documentos. Si no habla inglés pida un intérprete.

Haga que un abogado revise cualquier documento que ICE le entregue.

## 4. GRABAR



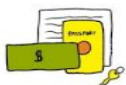
Si es testigo de una redada por ICE, tiene derecho a grabar siempre y cuando no interfiera con el arresto.

Las fotos, los videos y cualquier información que pueda reunir, pueden ayudar a verificar una redada de inmigración y también ayudar con el caso de inmigración de alguien.

## 5. HACER UN PLAN FAMILIAR



Si tiene hijos, identifique a alguien que los pueda cuidar.



Asegúrese de que su familia esté preparada si ICE llega a su hogar. Tenga todos sus documentos personales y de finanzas seguros.



Asegúrese de tener al menos un número memorizado en caso de una emergencia.



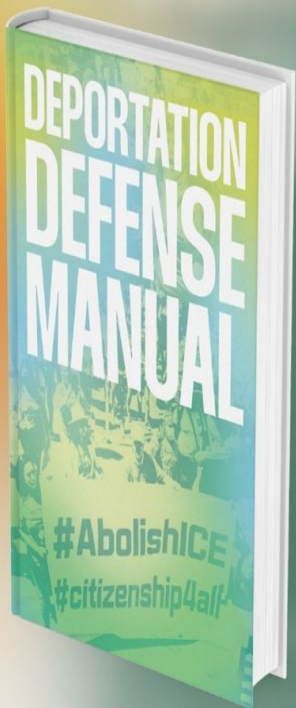


# MAKE THE ROAD NY'S DEPORTATION DEFENSE MANUAL

A resource for individuals impacted by the escalation of immigration enforcement activity, and for individuals interested in becoming a support person for those affected.

**DOWNLOAD TODAY!**

[deportationdefensemanual.org](http://deportationdefensemanual.org)



## Know Your Rights

Learn about your rights at home and in public spaces when interacting with ICE agents.

It includes resources on how to prepare in case you, or a family member, is detained by ICE.



## Rapid Response to Raids

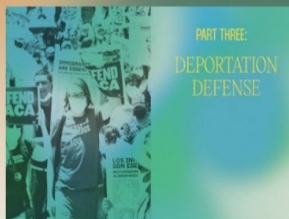
A guide on how to support someone who has been detained.

It includes information on how to locate a person, visit them, ensure their loved ones know what steps to take, and more.



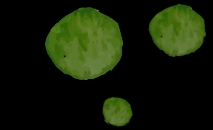
## Deportation Defense

Learn how to fight deportation cases through organizing and community participation, how to organize a campaign, fundraise and how to become involved in the movement to end family separation.



**DOWNLOAD TODAY!**

[deportationdefensemanual.org](http://deportationdefensemanual.org)



A decorative border surrounds the text, featuring white and black floral motifs, green leaves, and white scrollwork on a black background. The border is set against a green and yellow background.

*Community*

*Resources*

Open Door Family Life Center

# FOOD PANTRY

RESOURCES  
FROM MS.PINK



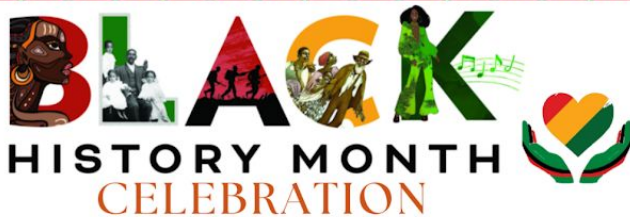
EVERY SATURDAY - 8:30AM - 10:30AM

999 Greene Avenue, Brooklyn, NY 11221

[www.opendoorflc.org](http://www.opendoorflc.org)







# BLACK HISTORY MONTH CELEBRATION

Join us as we honor the rich history, achievements, and contributions of Black individuals. Enjoy community performances, inspiring honorees, and special tributes to those who have shaped our past and continue to influence our future.

THURSDAY  
FEBRUARY 20, 2025

6:00PM - 8:00PM

P.S. 250 (auditorium)  
108 Montrose Ave  
Brooklyn, NY 11206

BARBARA WILLIAMS AS MC!

Honoring:

**Elvena Davis, Vice President**  
83RD PRECINCT COMMUNITY COUNCIL

**Aaron Jones, Co-Founder**  
WILLIAMSBURG BASKETBALL LEAGUE

**Cordell Blair, Principal**  
WILLIAMSBURG HIGH SCHOOL OF  
ART AND TECHNOLOGY

**Walter T. Mosley, Secretary of State**  
NEW YORK STATE DEPARTMENT OF STATE

**Barry Cooper, Founder & Executive Director**  
B.R.O EXPERIENCE

**Jannel Doris, CEO**  
START TREATMENT + RECOVERY CENTERS, INC.

**Isis Smith, Youth Case Manager**  
SOUTHSIDE UNITED HDFC - LOS SURES

Presented By:



For more info call: 718-443-1205



# CELEBRACIÓN DEL MES DE LA HISTORIA AFRO AMERICANA

Acompáñenos a celebrar la rica historia, los logros y las contribuciones de la comunidad negra. Disfrute de espectáculos comunitarios, homenajes a personas inspiradoras y tributos especiales a quienes han dado forma a nuestro pasado y siguen influyendo en nuestro futuro.

JUEVES  
20 DE FEBRERO  
DE 2025

6:00PM - 8:00PM

P.S. 250 (auditorio)  
108 Montrose Ave  
Brooklyn, NY 11206

CON BARBARA WILLIAMS  
COMO MC

Honrando:

**Elvena Davis, Vice President**  
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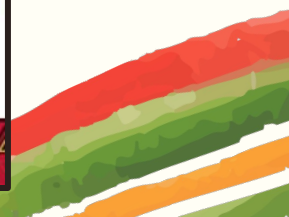
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Presentado por:



Para más información llame al: 718-443-1205





Join Us for a Celebration of Culture and Cuisine!

# BLACK HISTORY FAMILY COOK-OFF



*Lashae Van Dyke*  
Health Coach & Founder of NuCellf



## Saturday, February 22nd

11 AM - 3 PM

CAMBA Beacon @ P.S. 361

1957 Nostrand Avenue

Brooklyn, NY 11210



*Rodney O. Miller Jr.*  
Author & Founder of Stringbean  
Chronicles

Come showcase your cooking skills and celebrate Black history through food! This exciting event features a cooking competition, prizes, a special workshop, a celebration of Black culture and culinary excellence you won't want to miss!





# BLACK HISTORY CELEBRATION

FEBRUARY, 28TH 2025

TIME 5:30-7PM

1200 DEAN STREET  
BROOKLYN, NY 11216

For more information, please contact Site Director Cara Knowles

@ info@newlifeofnyc.org or call 718-778-6842



Brushstrokes of History: An Afternoon of Art, Food & Community

## BLACK HISTORY MONTH

FEBRUARY 2025

### PEACE OVER PREJUDICE



THIS UNIQUE SPIN ON THE TRADITIONAL "SIP AND PAINT" INVITES PARTICIPANTS TO CONTRIBUTE TO A COLLECTIVE ARTWORK, WHICH WILL BE UNVEILED AT THE END OF THE EVENT.

DATE: FEB 16, 2025

TIME: 2:00-5:00PM

LOCATION:  
LEFFERTS HOUSE AT  
PROSPECT PARK,  
452 FLATBUSH AVE,  
BROOKLYN NY 11225



Register Here:



## FREE TAX PREPARATION & FILING

Saturdays 10AM - 3PM  
January 25th to April 12th

Call for appointments  
718-237-2017 ext 165

### Eligibility:

- Anyone with income \$93,000 or less (with dependents)
- Anyone with income \$65,000 or less (single)
- Self employed individuals with expenses of \$35,000 or less



Sponsored by:  
• Internal Revenue Service  
• Robin Hood Foundation



## PREPARACIÓN GRATUITA DE IMPUESTOS DE NYC

Sábados 10AM - 3PM  
del 25 de Enero al 12 de Abril

Llame para una cita  
718-237-2017 ext 165

### Elegibilidad:

- Cualquier persona con ingreso menos de \$93,000 (con dependientes)
- Cualquier persona con ingreso menos de \$65,000 (sin dependientes)
- Cualquier persona que trabaja por cuenta propia con gastos de \$35,000 o menos



Sponsored by:  
• Internal Revenue Service  
• Robin Hood Foundation





# Production Assistant Training Program

**APPLY TO OUR APRIL 2025 TRAINING CYCLE!**

This FREE program trains New Yorkers to work entry-level jobs in TV and Film. This is your opportunity to break into the entertainment industry! We are looking for applicants who are:

- low-income
- unemployed
- formerly incarcerated
- veterans
- refugees
- new immigrants
- NYCHA residents

To learn how to apply, contact [pa@bwiny.org](mailto:pa@bwiny.org)



## Transparent Language is now at BPL!

### What is Transparent Language?

A free, fun, and engaging experience for BPL library cardholders of all levels looking to build their listening, speaking, reading, and writing skills in an another language, including:

- 110 languages to choose from, as well as English for speakers of over 30 languages
- an American Sign Language course
- an American Citizenship Test Prep course
- Kidspeak - lessons customized for kids, in English, Chinese, French, German, Italian and Spanish.

  
**Transparent Language®**  
Online



[bit.ly/bklynTL](https://bit.ly/bklynTL)

### How do I access Transparent Language?

To access using a web browser:

1. Use the QR code or link on this flier to visit BPL's Transparent Language page.
2. Click "Visit this Resource." If you are already logged in to the BPL website, you will automatically be logged in to Transparent. Otherwise, you will first need to log in to the website.

To access using the free app:

1. Download the app from the Apple Store or Google Play Store and open it.
2. Follow the web browser instructions above. However, if you are in a web browser on a smartphone or tablet, step 2 will automatically open the app and log you in with your library card barcode.

**Bklyn**  
Public Library

The NYC Access HRA Child Support Mobile App is Popular with Parents Who Have a Child Support Case.

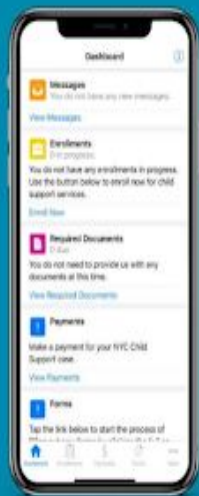
Visit [nyc.gov/accesshra](https://nyc.gov/accesshra) to learn more.



## NYC Child Support - ACCESS HRA Mobile App

### Use the app to:

- Enroll for child support services
- Update your contact information
- Submit a debt reduction form
- Submit a challenge to an enforcement action
- Make a fee-free credit card payment\*



\*Allow 2-3 business days for credit/debit card and PayPal processing.

NYSOFA recognizes the impact winter isolation can have on mental, emotional, and physical health. We're reminding older New Yorkers about our partnership with **GetSetUp**, an online platform offering free wellness, educational, and social engagement opportunities. <https://aging.ny.gov/news/virtual-platform-new-york-state-office-aging-and-getsetup-offer-winter-wellness-initiative>



## Ready to Learn More?

Explore interactive virtual classes for older adults by older adults at:

[www.getsetup.io/nystate](https://www.getsetup.io/nystate)





Start a career  
in healthcare!



## Clinical Medical Assistant TRAINING INFORMATION SESSION

Learn how you can become a **Certified Clinical Medical Assistant**,  
which includes training in **EKG & Phlebotomy!**

Meet and talk to industry professionals with decades of  
experience in the healthcare field to see if a career in this  
in-demand sector is right for you.

### ELIGIBILITY

- Ages 18-24
- High School Diploma/GED
- Unemployed
- Interested in Healthcare

### RSVP



### JOIN US

Friday, February 7, 2025  
10am  
BronxWorks  
Workforce Development  
550 E. 142nd Street  
Bronx, NY 10454

**ALL SERVICES  
ARE FREE**

or call/text 917.886.2512  
or email [healthcareers@bronxworks.org](mailto:healthcareers@bronxworks.org)



## Master Your Money: Credit and Budgeting Workshops to Secure Your Future!

SIGN UP FOR IMPACCT BROOKLYN'S

# FREE Financial Literacy Workshops

### 3-PART VIRTUAL WORKSHOP SERIES:

From understanding credit to building a budget that works, these workshops offer the tools  
you need to succeed financially. Don't miss out – reserve your spot today!!

#### February 18

Unlock the Secrets of  
Credit: Build,  
Manage, and Master  
Your Financial  
Future!!

#### February 19

Budgeting Made  
Simple: Take Control  
of Your Money and  
Life!

#### February 20

Understanding the  
Housing  
Lottery/Housing  
Connect 2.0

FROM 6 PM – 8 PM

REGISTER TODAY  
[bit.ly/registerPF](https://bit.ly/registerPF)

#### QUESTIONS?

#### FOR MORE INFORMATION, CONTACT

Daune Harrison at [daune\\_harrison@impacctbk.org](mailto:daune_harrison@impacctbk.org)  
or call 718-522-2613 x319



### IMPACCT BROOKLYN

1000 Dean Street, Suite 420, Brooklyn, New York 11238 | [www.impacctbk.org](http://www.impacctbk.org)  
Strengthening communities through housing, economic opportunity and advocacy.



**STRIVE**<sup>®</sup>  
NEW YORK

## NONCLINICAL HEALTHCARE TRAINING

**OPEN  
ENROLLMENT**

9-WEEK PROGRAM, MON-FRI

- ➔ **FREE** training & certification
- ➔ CPR, Food Service, Patient Customer Service
- ➔ **LIFETIME** job placement assistance

START THE PATH TO YOUR **NEW CAREER**

[STRIVE.ORG/NYPROGRAMS](http://STRIVE.ORG/NYPROGRAMS)

**FUTURE LEADERS**  
Justice Impacted 18-24

**STRIVE**<sup>®</sup>  
NEW YORK

## Nonclinical Healthcare Training

**FREE**

5 weeks | Mon-Fri

- ✔ Phlebotomy, EKG & CPR
- ✔ Placement Assistance
- ✔ Earn-as-you-learn

**OPEN  
ENROLLMENT**

[WWW.STRIVE.ORG/NYPROGRAMS](http://WWW.STRIVE.ORG/NYPROGRAMS)







## 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](mailto:stephaniea@cypresshills.org)

**APPLY HERE**





# Brooklyn North Army Recruiting Company



**Minimum Requirements: 17-42 years old; must be a US citizen or permant 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 \$100,648 for continued education after your service in the United States Army
- Monthly Housing Allowance of up to \$2,929 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 Administrator/Paralegal
- Cyber/Security
- Mechanical Maintenance
- Law Enforcement
- Various Medical Positions
- Dental Specialist
- IT (Information Technology)
- Human Resource
- And 140 more to choose...

### ARMY RESERVE (Part-time)

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

Your obligation is working 39 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 (\$14,292) + Kicker up to an additional \$350 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 120 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...



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



# JOIN OUR TEAM!



# WORK WITH US!

Explore open positions at the Office of the Public Advocate: [advocate.nyc.gov/opportunities](https://advocate.nyc.gov/opportunities)

# Parenting Resources





# ALTERNATIVES

to “How was your day?”

SKIP the “I don’t know”  
INSPIRE a conversation!

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

What was one thing that made you laugh today?

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

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

What was your favorite lesson your teacher taught you today?





## Tips to help your child With Anxiety Symptoms



01 Encourage them to talk about their feelings

02 Choose one or two activities every day that are relaxing for your child

03 Help your child practice breathing exercises when they're feeling anxious

04 Make sure your child has a therapist who can help them learn coping mechanisms for their anxiety





## THINGS KIDS NEED TO HEAR MORE OFTEN

I forgive you.

I love you **no matter what.**\*\*

I made a mistake, I'm sorry.

I like **spending time** with you.

I'm so **grateful** that you're in my life.

I don't know. Let's figure it out **together.**

I can see that you're trying and I'm **really proud of you.**

It's **okay** if we don't agree.  
I appreciate the honesty.

**Let's pause** this talk and come back to it. I need a break.

Can we talk about what happened?  
**I want to understand your side.**



The image features a central text block surrounded by a decorative border of white and green floral and scrollwork elements on a dark background. The text is in a bold, yellow, sans-serif font. The border includes various motifs such as leaves, flowers, and swirls, with some elements in white and others in green or red. The background is dark with some green and red splatters.

**HEALTH, MENTAL  
HEALTH &  
WELLNESS TIPS**

# 7 Mental Health Tips for Minorities

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



## How To Cope With Social Anxiety

### Exercise

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

### Meditation

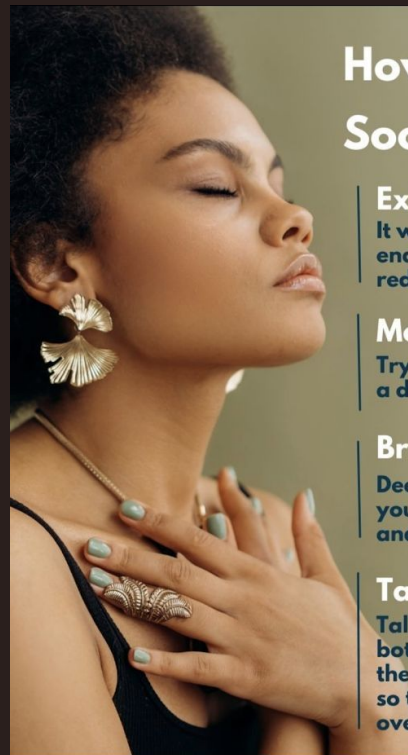
Try meditating for 15 minutes a day.

### Breathing Exercises

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

### Talk To Someone

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





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



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

### Services provided:

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



### For more information, please contact:

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

**Totteanna Conley**  
Community Liaison Worker  
718-963-8934

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

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 invitado servicios de interrupción de la violencia y mediación al hospital para apoyar a las víctimas de la violencia. Proporcionamos un enfoque colaborativo basado en la comunidad para aquellos que tienen más probabilidades de verse afectados por la violencia armada y les brindamos acceso a recursos y servicios en un esfuerzo por prevenir la violencia futura y romper el ciclo de violencia. El programa está orientado a ser el centro que brinda atención, compasiva e integral y estrategias innovadoras para alejar a los neoyorquinos de alto riesgo de una cultura de violencia y armas.

### Servicios prestados:

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

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**SELF-CARE TIPS**

# For Black Men



# Prioritize Your Mental Health

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





## Eat Healthy Meals

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



## Practice Good Grooming Habits

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





# See Your Doctor Regularly

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



## Maintain Friendships

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





# BLACK MENTAL HEALTH DIRECTORY

30+ Black mental health  
resources to save & share



## BLACK MENTAL HEALTH DIRECTORY

### YOUTH-FOCUSED

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

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

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

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

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

@mentalhealthcoalition



## **BLACK MENTAL HEALTH DIRECTORY**

# **THERAPY NETWORKS & SERVICES**

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

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

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

## **LGBTQ+ FOCUSED**

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

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

Trans Lifeline: A trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.



## **BLACK MENTAL HEALTH DIRECTORY**

# **WOMEN-FOCUSED**

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

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

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

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

## **MEN-FOCUSED**

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

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



## **BLACK MENTAL HEALTH DIRECTORY**

# **EDUCATION & ACCESS TO RESOURCES**

ABPsj: A collective of Black psychologists whose mission is to promote the advancement of African psychology and influence social change.

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

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

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

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

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

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



## **BLACK MENTAL HEALTH DIRECTORY**

# **EDUCATION & ACCESS TO RESOURCES**

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

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

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

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

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

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

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



Find more resources & education  
on Black mental health:

# MHC'S ROADMAP TO BLACK MENTAL HEALTH

[TheMentalHealthCoalition.org/Black](https://TheMentalHealthCoalition.org/Black)







FAMILIES,

I HOPE YOU FOUND THIS PACKET HELPFUL. OUR NEXT VIRTUAL PARENT LEADERSHIP COUNCIL (PLC) MEETING WILL TAKE PLACE ON FEBRUARY 27th, 2025 AT 6pm. YOUR VOICE AND CONCERNS MATTER. FAMILY ENGAGEMENT IS VERY VITAL WITHIN OUR SCHOOL COMMUNITY. REMEMBER, I'M JUST AN EMAIL AWAY. HAVE A WONDERFUL DAY!

WARM REGARDS,  
MS. PINK

