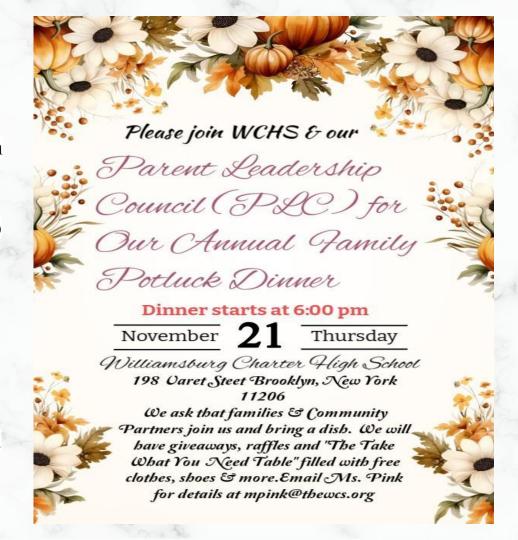
# WHICONE family Efriends

Join us for a festive holiday gathering at our PLC Family & Community Partner Potluck! We are thrilled to bring together the WHCS community for a delicious meal where families and community partners can share their cultures and traditions.

In addition to enjoying a tasty feast, we will have the NYPD 90th Precinct on hand to discuss safety tips with families. There will also be exciting raffles, a "Take What You Need" table stocked with new and gently used clothing, books, and more. And don't forget to pick up a food pantry bag for the holidays from WICK Against Violence.

We are looking forward to seeing you there and celebrating the holiday season together!





# Program

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

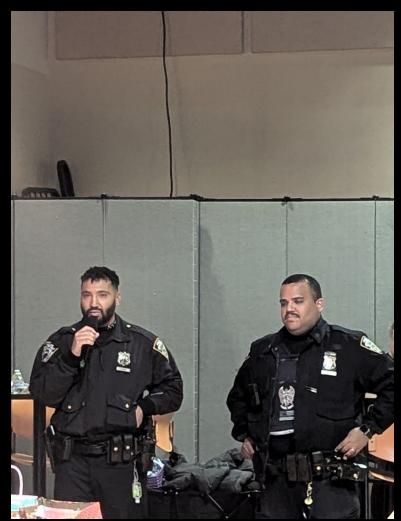
Highlights from the PLC Family Potluck & Town Hall Meeting



































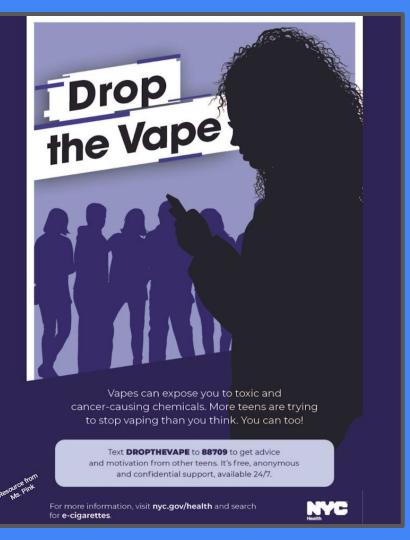






# Resources from Ms. Pink







# E-CIGARETTES VAPING

#### E-cigarettes almost always contain nicotine.

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

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

- □ Formaldehyde (a cancer-causing chemical)
- Benzene (a cancer-causing chemical)
- ☐ Diacetyl from flavoring (which has been linked to lung disease)
- ☐ Heavy metals (such as nickel, tin and lead)

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





Resource from Ms. Pink



# **5 Tips For Communicating with your Teen**

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

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

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

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

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

# **NYC Immigrant Resources**

New York is a city of immigrants.

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





English classes

Mental health support

(Access to public education)

All at nyc.gov/immigrant



# **Immigration Legal Help**

Free, safe immigration legal help is available through ActionNYC.
 Call the ActionNYC hotline at 1-800-354-0365 during business hours Monday through Friday.

Beware of unlicensed immigration service providers who take
advantage of their customers. Get help only from a trusted,
licensed attorney or accredited representative. For questions
about this, call the New Americans Hotline at 1-800-566-7636
between 9AM-8PM on Monday through Friday.























We Speak NYC (WSNYC) is the City's free English language learning and conversation program developed and administered by the Mayor's Office of Immigrant Affairs (MOIA). WSNYC provides conversation classes where participants can practice speaking English while learning about immigrant rights, city services and civic engagement.

Our classes meet **once a week** for 7 to 10 week cycles. Each week, we gather for **two hours** to watch and discuss a different episode from our award-winning video series. The videos help learners develop their English skills as well as their knowledge of NYC culture and resources. There is no English skill level requirement, but the material is most useful for **high-beginner to intermediate level learners**.

Anyone with access to a computer, smartphone, or tablet can join our **online classes** from anywhere. We also offer **in-person classes** across all five boroughs; community organizations, schools, faith-based institutions and NYC Public library locations.

Visit our website to check out our class schedules, register for an online class, or locate in-person classes near you. Come to class ready to learn, practice your conversation skills, and meet other English language learners!

We look forward to learning together!

**Learn more:** nyc.gov/wespeaknyc **Email us:** wespeaknyc@cityhall.nyc.gov

#### We offer:

- Free English conversation classes, in person or online
- Free supplemental English practice materials
- Join a diverse community of English language learners
- A safe space to build your confidence speaking in English
- Information on rights and resources for immigrant New Yorkers

"improved my pronounciation, got rid of my fear of speaking, and is an excellent class."

-WSNYC learner







RiseBoro

COMMUNITY PARTNERSHIE

RATIS

está entregando COMIDAS FESTIVAS GRATIS

a los adultos mayores de nuestra comunidad.

¿Eres un adulto mayor, o conoces a un adulto mayor que desearía recibir una comida de Acción de Gracias?

Si es así, contacta a María Aponte al 718-366-3038 para solicitar una comida antes del 14 de Noviembre de 2024.



This holiday season,

RiseBoro



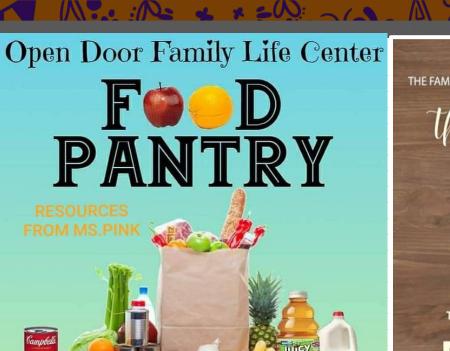




Are you an older adult, or do you know an older adult who would like a Thanksgiving meal delivered?

If so, contact Maria Aponte at 718–366–3038 to request a meal by November 14, 2024!





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

www.opendoorflc.org



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



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

#### Services provided:

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



#### For more information, please contact:

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

Totteanna Conley Community Liaison Worker 718-963-8934

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



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



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

#### Servicios prestados:

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



#### Para obtener más información, póngase en contacto con:

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

Totteanna Conley
Trabajadora de enlace comunitario
718-963-8934

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HEALTH+ HOSPITALS Woodhull







