

APRIL 2025



RESOURCE PACKET FROM YOUR PARENT COORDINATOR Ms. PINK





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is well with you and your family. I put together this resource packet with some Amazing resources just for you. This month we Celebrate Autism Awareness Month, National Crime Victims Week, Diversity Month and Earth Day. Scroll through the Community Resources, Youth Opportunities, Trade School Programs, Parenting Tips and more. All sources of the resources provided are sited on the flyer. Remember I'm just an email away. You can reach me at mpink@thewcs.org





April is AUTISM AWARENESS MONTH



Autism Acceptance Month , previously named Autism Awareness Month, in April aims to celebrate and promote acceptance for the condition that occurs in one in every 54 children in the United States. Autism, a complex developmental condition affecting the patient's ability to interact, communicate, and progress, has not one but many subtypes. First held in the year 1972 by the Autism Society, Autism Acceptance Month emphasizes the need for public awareness to promote acceptance, celebrate the differences, and be more inclusive towards autistic individuals around us.





Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations. Earth Day is celebrated on April 22 in the United States and on either April 22 or the day the spring equinox occurs throughout the rest of the world.



Celebrate Diversity Month, it takes place in April every year. It was initiated in 2004 to recognize and honor the diversity of the world around us. It is a time to recognize and understand our differences, be it gender, race, ethnicity, faith, sexual orientation, and other factors, while honoring the common essence of humanity. By appreciating our similarities and differences, the month aims to get people to foster a deeper understanding of others. It's also an opportunity to increase diversity in the workplace and various academic fields.





School Announcements & News from Principal Jacobson

APRIL 2025

Sunday	Sunday Monday Tuesday		Wednesday	Thursday	Friday	Saturday
		1	2	3	4	
		Lottery Application Deadline	Admissions Lottery @6pm		NYC School Survey Closes	Open House @10ar
6	7	8	9	10	11	
	14	15	16	17	18	
	Spring Recess, school closed	Spring Recess, school closed	Spring Recess, school closed	Spring Page sch PLC	Spring Recess, school closed	
20	21	22	23	Going On 24	25	2
	Spring Recess, school closed	Virtual EF Spain Trip Meeting@6pm		Midterm Exams Virtual PLC Meeting @6pm	Midterm Exams	Open House @10ar
27	28	29	30			
	Midterm Exams	Midterm Make-ups	Midterm Grades Due @8am			1





• SPRING BREAK- SCHOOL CLOSED

4/14/25 through 4/21/205

- MIDTERM EXAMS 4/24/25, 4/25/25 and 4/28/25
- April 24th, 2025- Virtual PLC Meeting at 6pm
- MIDTERM MAKE-UP EXAMS 4/29/25
- April 30th, 2025- Woodhull Hospital

"Dress for Success Event" & Ms. Pink's Prom Dress Giveaway

(This event is Open to Grade 11 & 12. Prom Dresses are for Grade 12 Scholars Only)

<u>11:30am-1:30pm</u>

- Student Led Conference May 7th, 2025 2pm-4pm
- Student Led Conference May 8th, 2025 4pm-6pm

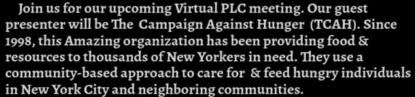




he Campaign Against



AGAINST HUNGER



During our meeting, the Campaign Against Hunger will discuss their upcoming Youth Leadership Conference, their Green Teen Program which teaches young adults about agriculture, their Cyber Pantry, volunteering opportunities, their Warehouse Workforce Program, and one-on-one assistance with SNAP benefits.

Mark your calendars for APRIL 24th, 2025, at 6 PM for this Virtual meeting. Check your email for the Zoom link. For more information, contact Ms. Pink at mpink@thewcs.org. See you

VIRTUALLY!







REUNIÓN VIRTUAL DEL CONSEJO de liderazgo de padres (plc)





Únase a nosotros para nuestra próxima reunión virtual del PLC. Nuestro presentador invitado será La Campaña Contra el Hambre (TCAH). Desde 1998, esta increíble organización ha estado proporcionando alimentos y recursos a miles de neoyorquinos necesitados. Utilizan un enfoque comunitario para cuidar y alimentar a personas hambrientas en la ciudad de Nueva York y las comunidades vecinas.

Durante nuestra reunión, la Campaña contra el Hambre hablará sobre su próxima Conferencia de Liderazgo Juvenil, su Programa Verde para Adolescentes, que enseña a los adultos jóvenes sobre agricultura, su Despensa Cibernética, oportunidades de voluntariado, su Programa de Fuerza Laboral de Almacén y asistencia personalizada con los beneficios de SNAP.

Marque sus calendarios para el 24 de abril de 2025 a las 6pm para esta reunión virtual. Revise su email para obtener el enlace de Zoom. Para obtener más información, comuníquese con la Sra. Pink a mpink@thewcs.org. ¡Nos vemos VIRTUALMENTE!





School Survey



February 10th-April 11th, 2025

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





Escolar de NYC



Comienza el 1 de febrero de 2025

¡¡Fecha límite 11 de abril de 2025!!

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



Regents Review

June 2025 Regents Exam Dates

Tuesday June 17, 2025- Wednesday, June 25, 2025

Regents Review Sessions

Tuesday, March 11th - Friday, June 13, 2025

Spring Regents Review Schedule 3:10-4:10pm

5.10-4.10pm								
Class	Teacher(s)	Days and Time	Rooms					
Algebra	Ahmed	Monday, Tuesday & Thursday, Friday	319					
Algebra	Chuang	Monday & Thursday	609					
Algebra II	Jin	Monday, Tuesday, and Thursday	617					
Geometry	Giscombe N	Monday, Tuesday, and Thursday	522 532 💌					
Chemistry	Solomon	Tuesday						
Earth Science	Lara	Tuesday & Thursday	425					
Biology /Living Environment	Reid	Monday, Tuesday, & Thursday	325 601					
Global History	Mauro	Monday, Tuesday & Thursday						
Global History (ENL)	Lara	Monday & Friday	330					
US History	Burchett	Tuesday & Thursday	613					
English Doody		Monday	411					
English Karoutos		Thursday	702					

Repaso para los Regents

Fechas de los Exámenes Regents en Junio 2025

Martes, 17 de junio de 2025 - Miércoles, 25 de junio de 2025

Sesiones de Repaso para los Regents	Martes, 11 de marzo - Viernes, 13 de junio
	de 2025

Horario de Repaso para los Regents en Primavera

3:10-4:10pm

Clase	Maestro(s)	Días y Horas	Aulas	
Álgebra	Ahmed	Lunes, martes, jueves y viernes	319	
Álgebra	Chuang	Lunes y jueves	609	
Álgebra II	Jin	Lunes, martes, y jueves	617	
Geometría	Giscombe N	Lunes, martes, y jueves	522	
Química	Solomon	Martes	532	
Ciencia de la Tierra	Lara	Lunes y jueves	425	
Biología	Reid	Lunes, martes, y jueves	325	
Historia Global	Mauro	Lunes y martes, y jueves	601	
Historia Global (ENL)	Lara	Lunes y viernes	330	
Historia de los Estados Unidos	Burchett	Martes y jueves	613	
Inglés	Doody	Lunes	411	
Inglés	Karoutsos	Jueves	702	



REGENTS EXAM SCHEDULE JUNE 2025

Farly Degente Da

Early Reg	ents Days										
June 10 ^{Tuesday}	June 11 ^{Wednesday}	June 17 ^{Tuesday}	June 18 ^{Wednesday}	June 19 ^{Thursday}	June 20 Friday		June 23 ^{Monday}	June 24 ^{Tuesday}	June 25 ^{Wednesday}	June 26 ^{Thursday}	June 27 Friday
8:15 AM	8:15 AM	8:15 AM	8:15 AM		8:15 AM		8:15 AM	8:15 AM	8:15 AM		
Life Science: Biology (for students taking the class this school year)	Geometry	English Language Arts	Global History & Geography II	Juneteenth	U.S. History & Governm ent		World Language Checkpoint B Exams Spanish French Latin	Physical Setting/ Chemistry	Algebra II		
12:15 PM		12:15 PM	12:15 PM	Holiday Observed	12:15 PM			12:15 PM		KĄTIN	G DAYS
Earth and Space Sciences (for students taking the class this school year)		Living Environment	Algebra I		Physical Setting/ Earth Science (Lab Practical Required see information below)			Physical Setting/ Physics			

** Students registered for the Earth Science Regents on Fri., 6/20, must take the Earth Science Lab Practical on Weds, 6/4 at 1:30pm. If students were absent they must attend the make-up Lab Practical on Mon., 6/9 after school at 3pm in Room 425.

**Estudiantes programados para tomar el Regentsen Ciencias de la Tierra el viernes, 20 de junio, necesitan tomar la práctica de laboratorio el miércoles 4 de junio a las 1:30pm en 425. Si estudiantes están ausente, deben tomar la práctica de laboratorio el lunes, 9 de junio a las 3pm en sala 425.

WCHS Uniform Reminders:

- Please make sure your student arrives to school on time and in full uniform.
- Only WCHS Uniform polos, inspirational t-shirts, long-sleeves shirts and WCHs outerwear is allowed.
- Students must wear black pants or professional length shorts or skirts—no ripped or torn pants, non-black pants or sweats.
- Shoes must be black, green, white and/or gray.

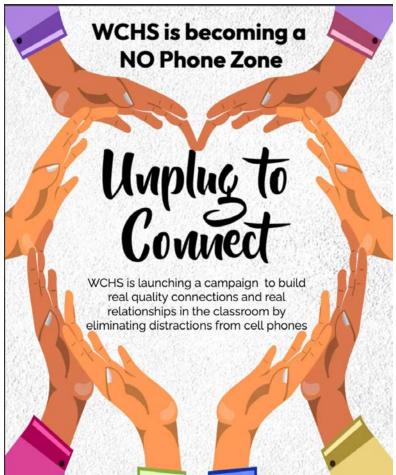


Cell Phone/Electronics Policy Pilot Reminders

WCHS is a no phone zone.

Non-school electronics are not allowed in the building.

All cell phones must be checked upon entry. Any personal computers, iPads, tablets and other non-school issued electronics are not allowed and will be confiscated and will need to be picked up by a parent. Students may be required to remove all electronics from their backpacks prior to scanning in.





Schedule a 10-minute time slot with your child and their Advisor where they present to you their progress this year. This a is a mandatory presentation for all students

Contact your child's advisor to schedule a date/time.

LIAMSBURG CHARTER HIGH SCHOOL Conferencias Dirigidas por los Estudiantes GUARDE LA FECHA 7 de mayo 2PM - 4PM ¡en persona! 8 de mayo 4PM - 6PM ¡en linea!

Programe un espacio de 10 minutos con su hijo y su advisor para que le presenten su progreso este año. Esta presentación es obligatoria para todos los estudiantes

Póngase en contacto con el advisor de su hijo para programar una fecha/hora.





EXCITING ANNOUNCEMENT FOR GRADE 11 & GRADE 12 STUDENTS!

Woodhull Hospital and your Parent Coordinator, Ms. Pink, have joined forces for an incredible Dress for Success & Prom Giveaway Event. Come & Join us to discover the secrets of dressing for success in an interview & gain valuable interviewing tips. This event is open to all Grade 11 & Grade 12 students.

But wait, there's more! Ms. Pink will also be hosting her Annual Prom Dress Giveaway, exclusively for Graduating Seniors. Mark your calendars for April 30th, 2025, and head over to the WCHS Media Center on the 1st floor from 11:30am to 1:30pm. Don't miss out on this Amazing opportunity! Email Ms. Pink at mpink@thewcs.org for more details. Get ready to Dress for Success and shine at your next interview! And turn heads at the Prom!





ANUNCIO EMOCIONANTE PARA ESTUDIANTES DE GRADOS 11 Y 12

El Hospital Woodhull y su Coordinadora de Padres, la Sra. Pink, han unido fuerzas para un increíble Evento de Obsequio de Vestidos para el Éxito y Baile de Gala. Ven y únete a nosotros para descubrir los secretos de cómo vestirse para el éxito en una entrevista y obtener valiosos consejos para entrevistas. Este evento está abierto a todos los estudiantes de Grados 11 y 12.

Pero espera, jhay más! La Sra. Pink también organizará su Sorteo Anual de Vestidos de Fiesta, exclusivamente para estudiantes de último año que se gradúan. Marque sus calendarios para el 30 de abril de 2025 y diríjase al Centro de Medios de WCHS en el primer piso de 11:30am. a 1:30pm. ¡No pierdas esta increíble oportunidad! Mande un email a la Sra. Pink a mpink@thewcs.org para más detalles. ¡Prepárate para vestirte para el éxito y brillar en tu próxima entrevista! ¡Y llama la atención en el baile de gala!







"Strengthening Communities Across Brooklyn"

FINANCIAL LITERACY SUMMER EDUCATION PROGRAM: YOUTH

Brooklyn Neighborhood Services is partnering with Williamsburg Charter High School to bring a six-week summer financial literacy education program. The program will teach students the essentials of personal finance, understanding debt and credit, learn basic money management skills and investing for the future.

Completing the six-week program, we promise that you will end up smarter about money!

Session Topics will include:

- The Nature of Money
- Budgeting & Savings
- Credit Cards & Debt
- Tracking Money and Expenses
- · Financial World of Money and Investing
- Financial Planning for Your Future

Students who attend all sessions, complete assigned activities will be granted with a \$500.00 stipend at the program completion. Program limited to 12 students.

Day One: Class Introduction & Discussion: What is money? Day Two: The Meaning of Enough and Target Marketing Day Three: Learn about Financial Statements – Net Worth Day Four: Field Trip to Federal Reserve Bank of New York (TBA) Day Five: Money Tracking and Financial Products Day Six: Becoming Financially Intelligent | Course Completion!

For Financial Literacy Program Information: Brooklyn Neighborhood Services (BNS)/ Financial Literacy & Integrity Program Contact: Hector Ramos General: (718) 919-2100



Money Market decisions Finance area Finan

Financial Literacy Education Youth Program at:

Williamsburg Charter High School 198 Varet Street

Brooklyn, NY 11206

Six Week Summer Workshop Details:

Dates: Summer 2025 To Be Advised (July – August)

Times: 10:00 AM – 12:00 PM

- Instructor: Hector Ramos Financial Literacy Counselor Brooklyn Neighborhood Services hramos@bnscdc.org
- Contact: Charisse Johnson Williamsburg Charter High School cjohnson@thewcs.org



TO APPLY SCAN ME

New York Alumnae Chapter I Delta Sigma Theta Sorority, Incorporated

New York Alumnae Deltas, Inc.

Mary McLeod Bethune SCHOLARSHIP

FOR HIGH SCHOOL STUDENTS PURSUING A BACCALAUREATE DEGREE

SUBMISSION DEADLINE APRIL 13, 2025

contact: scholarship@dstnyac.org



SEEDS FOR -TOMORROW'S FOOD

May 3rd, 2025 Medgar Evers College 10:00 AM 1638 Bedford Ave, Brooklyn, NY 11225

YOUTH LEADERSHIP CONFERENCE

REGISTER NOW AT TCAHNYC.ORG/YEP



MEDGAR EVERS COLLEGE

*Application fees be waived on the day of the event

Free Entry // Free Food // Workshops // Panel Discussions // Youth Performers // Giveaways // Prizes

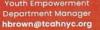
JOIN THE WAREHOUSE WORKFORCE PROGRAM

SELECTION CRITERIA

- Youth 18 to 24
- Interest in working in warehouse and distribution
- Not currently in school or working
- Able to commit to 12 weeks of programming

For more information contact:

Howard Brown



APPLY TODAY!



CERTIFICATIONS

Throughout the program, youths receive warehouse and life skills certifications that allow them to be competitive candidates in the job market, including:

PAID PROGRAM

- OSHA 10 General Industry Certification
- Food Handlers
- · Pallet Jack Certification
- Forklift Certification (Must gain Driver's License)

Skill Building:

Participants will also learn warehouse management, organization, time management, reporting, inventory control, and documentation skills.

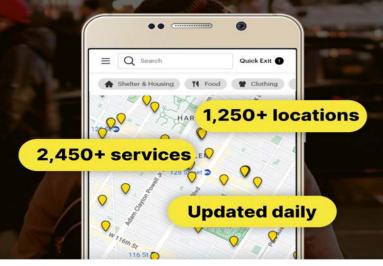
2010 Fulton Street Brooklyn, NY 11233 www.tcahnyc.org



YourPeer NYC

YOU'RE NOT ALONE

Find shelter, food, clothing, showers and more free services



Find the right service for you on yourpeer.nyc

YourPeer is a product of Streetlives, an NYC-based nonprofit. Please visit https://streetlives.nyc for more information.



YourPeer · Services for Unhoused and Unstably Housed Youth

Provided by: Streetlives **Type**: Online Directory

Resource for: High School Students \cdot Homeless \cdot Teenagers \cdot Youth

Keywords: Clothing · Food · Healthcare · Housing YourPeer is a mobile-first web application designed to assist unhoused and unstably housed youth aged 16 to 24 in accessing vital services across New York City. Co-designed with input from the youth community, the platform provides a user-friendly experience to help users navigate and connect with over 2,500 peer-validated services at more than 1,300 locations citywide. By partnering with government agencies and service providers, YourPeer ensures its information remains accurate and up to date.

More info at: Website: yourpeer.nyc



Scholarships are available to graduating high school seniors, that plan to attend a College, University, and or Trade School.

For more info Email Us: newvorkchapterchumsinc@amail.com Request a copy of your official transcript from your guidance counselor and upload it to your application form.

Submit Your application Via the webform



newyorkchapterchums 🎓 💰 Attention High School Seniors & Parents! A fantastic scholarship opportunity is here! The New York Chapter CHUMS, Inc. Annual Scholarship Fund is awarding funds to graduating seniors in the 5 boroughs, Nassau, Suffolk, or Westchester County who plan to attend college, university, or trade school. Don't miss out apply by May 4, 2025, at 11:59 PM!

Must reside in the 5 boroughs, Nassau, Suffolk, or
 Westchester County
 Easy application process

Open to students pursuing higher educationFree to apply!

Scan the QR code to apply now! → The provide the second s



5-YEAR ANNIVERSARY MY CITY, MY COMMUNITY PITCH COMPETITION 2025



Submitting your pitch is simple! Here's what you need:



A brief summary of the value your product or service offers (about 500 words)

A descriptive slide deck outlining your pitch idea

A 3 minute pitch video



Submit your pitch by May 16, 2025. Winners will be announced on July 30 during our Adapting to the Future of Work: Local Solutions, Lasting Impact convening.

PRIZES

1ST PLACE - \$2500 2ND PLACE - \$1500 3RD PLACE - \$750 AUDIENCE FAVORITE - \$250 My City, My Community is celebrating 5 years of empowering young innovators in NYC! States This pitch competition gives 16-24-year-olds the chance to bring their ideas to life, create change, and compete for a cash prize.

Deadline: May 16Apply here: tinyurl.com/yfv258b3

INTERESTED IN A CAREER IN THE MUSIC INDUSTRY?

APPLY NOW FOR THE SOUND THINKING NYC 2025 SUMMER INTENSIVE!







JULY 7 - AUGUST 1

Monday-Friday, 9AM-3PM

APPLICATIONS DUE:

MAY 25

To Apply:

bit.ly/2025STNYCapp

For More Info: www.soundthinkingnyc.org Sound Thinking NYC is offering a FREE four-week summer program for high school students.

STNYC opens doors for young people to learn about music industry careers, train in music production, build leadership skills, and network with industry professionals.

JULY 7 - AUGUST 1 Monday-Friday, 9AM-3PM

APPLICATIONS DUE: MAY 25



- Learn skills in music production (no experience necessary!)
- Build skills to help meet academic and career goals
- Take part in workshops, studio visits, and jam sessions
- Meet music industry professionals and artists
- Gain eligibility for paid internships and free college courses
- Open to current 9th, 10th and 11th grade students in NYC

LOCATION: CUNY • Creative Arts Team 101 W. 31st Street, 6th floor, NY, NY 10001 HOURS: Monday - Friday, 9:00AM—3:00PM LUNCH: Free, healthy lunches provided. TRANSPORTATION: Metrocards provided. TO APPLY: visit www.SoundThinkingNYC.org CONTACT: STNYC Program Director, Jennifer Gil, at

Jennifer.Gil@cunv.edu



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



WANT TO LEARN MORE? CONTACT: (706) 386-8090 OR WORKSPLUS@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

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



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



Are you interested in a 2025 Summer Internship? Apply now at http://nyc.gov/acs/internships

INTERN WITH US



Are you interested in a 2025 Summer Internship?

Gain hands-on experience and participate in enrichment programming designed to fully engage students into the ACS and NYC government experience!

- ★ Professional Development Workshops
- ★ Lunch and Learns
- ★ Speaker Events
- ★ Tours
- ★ Networking Opportunities

Apply now Learn more at nyc.gov/acs/internships

Calling all Williamsburg Houses Residents! Fund your education through the flexible Inspired Path Forward Scholarship. Apply by April 22nd to join the 2025 cohort!

Read more at the GREENLINE: https://northbrooklynnews.wordpress.com/2025 /02/28/local-scholarship-program-changing-lives -for-residents/

SILENCE

#williamsburghouses #nyc #scholarships #northbrooklyn #williamsburg

WILLIAMSBURG HOUSES INSPIRED PATH FORWARD SCHOLARSHIP PROGRAM

ELLIOTT 2024 SCHOLARSHIP WINNER

The scholarship allows me to just go about my academics in a stressfree way, where I don't have to worry about not paying my bills on time. It was really exciting when I got it, like I couldn't even believe it.

LEARN MORE:

inspired@scholarshipamerica.org









Open to individuals ages 18-24

Participants are expected to work a minimum of 20 hours per week for paid training and work experience.



Culinary Arts Training is a Youth Empowerment Program, Managed by The Campaign Against Hunger

CONTACT INFO :

APPLY

TODAY



EMPOWERING YOUNG WOMEN THROUGH RUNNING

NYRR Run for the Future is a free program that introduces young women* in high school to running. The program starts in the summer when participants train to run their first 5K together, creating connections that last beyond the program. They can also be part of a strong alumnae network while they continue their year-round running journeys.

Eligibility and Requirements:

- · For rising 10th through 12th grade NYC high school young women
- · Applicants do not have to self-identify as runners or have experience in running or sports

Practice Location and Schedule:

Practices are held in Central Park. Participants and coaches meet at the NYRR RUNCENTER featuring the New Balance Run Hub, located at 320 West 57th Street in Manhattan on Mondays, Wednesdays, and Thursdays from June 30 through August 7.

Two morning sessions are available:

Session #1: 8:00 to 10:00 a.m. Session #2: 9:00 to 11:00 a.m.

Applicants may apply for both sessions, but if accepted, will be assigned to one session. All accepted participants are required to attend orientation on June 14, 2025.

*Please note that we use the word women to include all those who identify as women.

PLEASE CONTACT RUNFORTHEFUTURE@NYRR.ORG WITH ANY QUESTIONS.

NYRR strives to host inclusive, sustainable, and accessible events that enable all individuals to engage. Accepted participants will have the opportunity to request reasonable accessibility accommodations to attend this program/event.



PARTICIPANTS RECEIVE:

- MetroCard
- · Post-practice refreshments
- · Running apparel and footwear
- · Support from NYRR's expert coaches
- Wellness kit
- · Year-round events & access to alumnae network

HOW TO APPLY:

 Complete the online application at nyrr.org/rftf Ask an adult, such as a teacher. counselor, or employer, to upload a

signed letter of recommendation



APPLICATION DEADLINE: APRIL 18, 2025



YOU ARE AS LONG AS YOU'RE SHOWING UP AND TRYING, EVERYBODY IS THERE TO SUPPORT YOU."-2024 participant

AS A NEW YORK CITY-BASED NONPROFIT, WE'RE DEDICATED TO TRANSFORMING THE HEALTH AND WELL-BEING OF OUR COMMUNITIES THROUGH INCLUSIVE AND ACCESSIBLE RUNNING EXPERIENCES, EMPOWERING ALL TO ACHIEVE THEIR POTENTIAL.

DEDALUS FOUNDATION

2025

HIGH SCHOOL SCHOLARSHIP

\$2,000 fine art scholarships

for graduating, college-bound seniors from New York City public high schools, including charter schools



What is the scholarship?

\$2,000 fine art scholarships to graduating seniors who intend to further their studies in fine arts or art history at an accredited college, university, or art school.

Who can apply?

Craduating, college-bound seniors from New York City public high schools, including charter schools, are eligible to apply.

How do I apply?

The High School Scholarship application is entirely online. We will ask you to provide a brief artist statement, a portfolio of eight images, and an optional link to a video of your sketchbook.

When can I apply?

The 2025 cycle is open now through April 23rd. Check our website, follow us on Instagram, or sign up for our newsletter to make sure you don't miss any news!

All questions can be directed to programs@dedalusfoundation.org



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** 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.

Pod-based or

disposable

e-cigarettes

Vaping can cause lung injury and affect lung health in other ways.

The aerosol from heated e-liquids may contain harmful chemicals including:

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

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



Vape

pen

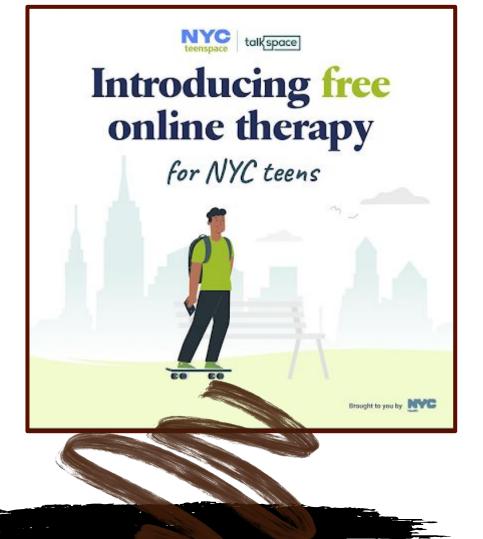
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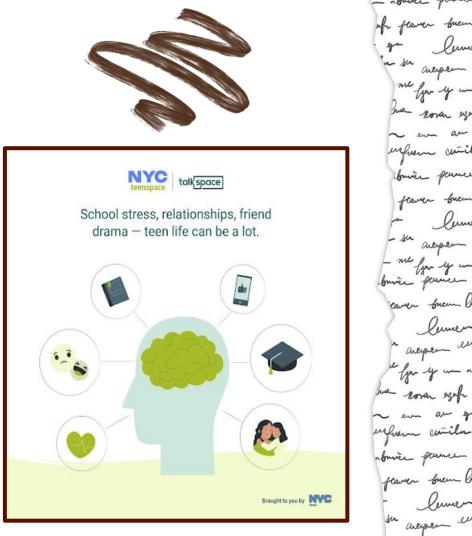
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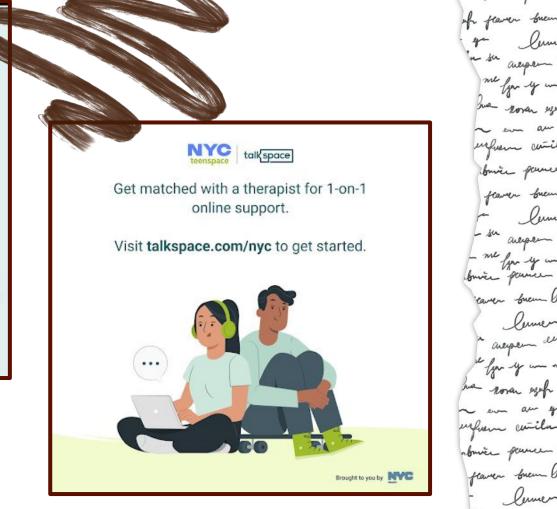






The NYC Health Department is offering teens mental health support. Now anyone 13-17 living in NYC has access to Talkspace at no cost.





aprice

alipt

PROM GIVEAWAYS 2025







EXCITING ANNOUNCEMENT FOR GRADE 11 & GRADE 12 STUDENTS!

Woodhull Hospital and your Parent Coordinator, Ms. Pink, have joined forces for an incredible Dress for Success & Prom Giveaway Event. Come & Join us to discover the secrets of dressing for success in an interview & gain valuable interviewing tips. This event is open to all Grade 11 & Grade 12 students.

But wait, there's more! Ms. Pink will also be hosting her Annual Prom Dress Giveaway, exclusively for Graduating Seniors. Mark your calendars for April 30th, 2025, and head over to the WCHS Media Center on the 1st floor from 11:30am to 1:30pm. Don't miss out on this Amazing opportunity! Email Ms. Pink at mpink@thewcs.org for more details. Get ready to Dress for Success and shine at your next interview! And turn heads at the Prom!





ANUNCIO EMOCIONANTE PARA ESTUDIANTES DE GRADOS 11 Y 12

El Hospital Woodhull y su Coordinadora de Padres, la Sra. Pink, han unido fuerzas para un increíble Evento de Obsequio de Vestidos para el Éxito y Baile de Gala. Ven y únete a nosotros para descubrir los secretos de cómo vestirse para el éxito en una entrevista y obtener valiosos consejos para entrevistas. Este evento está abierto a todos los estudiantes de Grados 11 y 12.

Pero espera, jhay más! La Sra. Pink también organizará su Sorteo Anual de Vestidos de Fiesta, exclusivamente para estudiantes de último año que se gradúan. Marque sus calendarios para el 30 de abril de 2025 y diríjase al Centro de Medios de WCHS en el primer piso de 11:30am. a 1:30pm. ¡No pierdas esta increíble oportunidad! Mande un email a la Sra. Pink a mpink@thewcs.org para más detalles. ¡Prepárate para vestirte para el éxito y brillar en tu próxima entrevista! ¡Y llama la atención en el baile de gala!





Dominican Community Center NYG, INC.

in Partnership with Catholic Charities, Alianza Dominean Cultural Center, and the New York Women's Chamber of Commerce



SUNDAY

Present 19th Annual

NG

145 W 108TH ST, NEW YORK, NEW YORK 10025 From 10am-2pm MAY 4

REGISTER HERE

INVITING ALL GRADUATING STUDENTS Attending their school prom (Grade 8 & 12) Come & Pick Out a FREE Prom Clothing Set!!!



SCAN ME



Volunteers needed!

DCC President Founder Altagracia Hiraldo Tel: (646)-606-4651 dominicancommunitycenteragmail.com

WE ACCEPT DONATIONS!!!

All donations can be dropped off at: 1524, Amsterdam Avenue, New York, NY, 10031. From 10AM-5PM



Scan here to Register



Limited sizes and quantites. First come, first serve. Don't miss out!

Register today.

FREE PROM DRESSES! AT MACON LIBRAR

MAY-03-2025 | 11AM - 4PM

MACON BRANCH **361 LEWIS AVE** BROOKLY,NY 11233 WWW.BKLYNLIBRARY.ORG

RiseBoro COMMUNITY PARTNERSHIP Prom & Graduation Attire Giveaway

We have Suits, Dresses, and Accessories at no cost to you. limited sizes & quantities. First come first serve.

Stop by Friday May 2 & Saturday May 3, 2025 from 12pm-5pm At 85 Melrose Street

Brooklyn, NY 11206

All New or Gently Used. Light beverages, and snacks available.

Raffle prizes.





Neuhaus Realty, Inc. Presents

PROM-DRESS

FREE! GIVEAWAY! Prom Dresses + Accessories for High Schoolers

Location

3171 Richmond Road Staten Island, NY 10306 718-979-3400 <u>EVENT DETAILS</u> Saturday & Sunday April 12th & 13th Friday & Saturday April 18th & 19th 10am-5pm House of Grace PROM CLOTHING GIVEAWAY

(For middle & high school seniors)

"We are prepared to make your prom clothing dreams come through."

Saturday-April 19 2025 231 Rockaway Ave Brooklyn NY 11233 10:30am-2:00pm

To be eligible for prom items, student must have:

Current school identification card.

Signed letter from guidance counselor on school letterhead with current grade & prom/graduation date. Student must be present to receive promitems

Note:First come..First serve



<u>PLEASE NOTE:</u> ALL RESOURCES HAVE THE SOURCE SITED ON THE FLYERS & IS NOT TO BE CONSIDERED LEGAL ADVICE. PLEASE SEEK INDIVIDUAL LEGAL ASSISTANCE TO ASSIST YOU WITH YOUR FAMILY'S NEEDS.

MAYORAL CANDIDATE FORUM ON IMMIGRANT NYC

WEDNESDAY, APRIL 16 6:30-8:30PM

CUNY School of Labor & Urban Studies 25 West 43rd Street, 18th Floor

Doors open at 6PM **IN PERSON & LIVESTREAM EVENT**



SCAN & REGISTER

NYIC CUNY SCHOOL URBAN STUDIES DOCUMENTED THE CITY

FORO DE CANDIDATOS A LA ALCALDÍA SOBRE INMIGRANTES EN NYC

MIÉRCOLES, 16 DE ABRIL 6:30-8:30PM CUNY School of Labor & Urban Studies 25 West 43rd Street, 18th Floor

Puertas abren a las 6pm EVENTO EN PERSONA Y EN TRANSMISIÓN EN VIVO



ESCANEAR Y REGISTRARSE



LEAD WORKFORCE

DEVELOPMENT PROGRAM

for Immigrant Women in NYC



REGISTER NOW FOR AN INFO SESSION

In-person info session @ Manhattan:

Wednesday, April 2 @ IOAM-I2 PM Program running from April 9 to May 28 on Wednesdays from 9:30 AM to I2:30 PM Stavros Niarchos Foundation Library (Manhattan) 455 Fifth Avenue, New York

In-person info session @ Brooklyn

Thursday, April I7 @ IOAM-12 PM Program running from April 24 to June I2 on Thursdays from 9:30 AM to I2:30 PM BPL Central Library (Brooklyn)

10 Grand Army Plz, Brooklyn

8 INTERACTIVE WORKSHOPS

- US workplace culture
- Networking
- Resume writing & cover letter
- Interviews & professional action plan
- Career exploration & more!

ADDITIONAL BENEFITS

- Company Sessions
- Career Fairs
- Community Programs



LEARN MORE www.nywomenimmigrants.org/lead NEW WOMEN W NEW YORKERS

PROPELLING IMMIGRANT WOMEN TO GREATER HEIGHTS



In New York City you have a right to health care, regardless of your immigration status or ability to pay.

You should not be afraid to go to a clinic or hospital. Our health care workers care about you.

We respect your privacy. When you visit our health care facilities, you are not required to share your immigration status to receive care.

Visit nyc.gov/immigranthealth or call 311 for more information and resources.

NYC HEALTH+ HOSPITALS

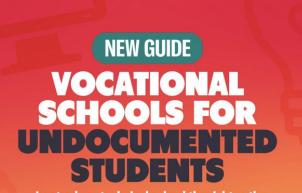




Vocational Programs / Escuelas Técnicas

Informed

mmigrant



Is a trade or technical school the right path for you? Read our new guide to learn about:

- \bigotimes
- Vocational schools as an alternative to 4-year colleges
- Vocational and trade careers
- 🔏 Affordability
- Accessing professional licenses after vocational school

Visit informedimmigrant.com/VocationalSchools for more information!



¿Es una escuela vocacional o técnica el camino adecuado para ti? Lee nuestra nueva guía para aprender sobre:

- Las escuelas técnica como alternativa a las universidades de 4 años
- 🔰 Carreras técnicas
- 🔰 Cómo pagarlas
- Acceso a licencias profesionales después de la escuela ténica

Visita InmigranteInformado.com/EscuelasTecnica para más información!









- A health access option for New Yorkers who are unable to afford health insurance or are ineligible for health insurance.
- Free membership program through NYC Health + Hospitals

You can make a free appointment to determine your eligibility
 for NYC Care or health insurance plans by calling 646-NYC-Care (646-692-2273).







NYC Care



- Es una opción de acceso a la atención médica para los neoyorquinos que no pueden pagar un seguro médico o que no cumplen con los requisitos para tener seguro médico.
- Programa de membresía gratuita para los hospitales NYC Health + Hospitals

Puede **programar una consulta gratuita** para determinar si califica para NYC Care o para los planes de seguro médico llamando al 646-NYC-Care (646-692-2273).







A card for all New Yorkers regardless of immigration status.

IDNYC

Benefits

- Prescription and supermarket discounts.
- Discounted Entertainment and Movie tickets.
- Accepted at some Banks and Credit Unions.

Privacy

 The City <u>does not ask</u> for your immigration status when applying for an IDNYC card.



For more information, call 311 and say "IDNYC" or visit <u>nyc.gov/idnyc</u>







IDNYC



Una tarjeta de identificación para todos los neoyorquinos, sin importar su situación migratoria.

Beneficios

- Descuentos en medicamentos con receta y artículos de supermercado.
- Descuentos en entradas al cine y espectáculos.
- Algunos bancos y cooperativas de crédito la aceptan.

Privacidad

La ciudad <u>no pregunta</u> por la situación migratoria cuando se solicita la tarjeta IDNYC.



Para más información, llame al 311 y diga **"IDNYC"** o visite <u>nyc.gov/idnyc</u>

MUSTA ENGLISH LEARNING & SUPPORT CENTERS

B Immigrant Affairs Mayor's Office of

Free English classes for immigrant New Yorkers!



The NYC Mayor's Office of Immigrant Affairs has over 60 English Learning Centers across the five boroughs.

Each center offers free beginner and intermediate level in-person English classes for immigrant New Yorkers, regardless of immigration status or existing English language ability.



We offer:

- FREE practice materials
- A diverse community of English language learners
- Information on immigrant rights and resources
- A safe space to practice English



Immigrant New Yorkers will also learn about their rights, city services, and civic engagement while watching our awardwinning We Speak NYC episodes.





æ Learn more: nyc.gov/wespeaknyc

Email us: \sim wespeaknyc@cityhall.nyc.gov



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



Contact:

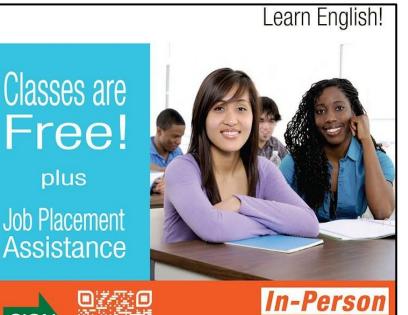
When:

Where:

SIGN

UP

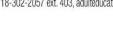
plus



ESOL Classes

SNAP RECIPIENTS WELCOME Classes taught by NYS certified teachers

- We have classes in the morning and evening, M-F 9AM-12PM, M-W 6-9PM, T-TH 6-9PM
- St.Nicks Alliance Workforce, 92 Throop Avenue, Brooklyn, NY 11206 (J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)





🔊 NYIC

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 foldout 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 nyic.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 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 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

or the ActionNYC Hotline at 800-354-0365.

Office for New Americans hotline at 1-800-566-7636

Immigrant Justice Corps at Brooklyn Public Library

1580 Rockaway Pkwy (at Ave J) 718-257-6547 bklynlibrary.orglocations/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 nv-ifon.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 or scan this code



New York Immigration Coalition nyic.org

Free Immigration Legal Help

You can call the City-funded, free, and safe MOIA Immigration Legal Support Hotline at

& 800-354-0365

or call 311 and say, "Immigration Legal" for

- Answers to immigration policy questions
- Information on how and where to find City-funded, free, and safe immigration legal help



Ayuda legal de inmigración gratuita

Puede llamar a la **línea directa de asistencia legal de inmigración de MOIA**, gratuita y segura, financiada por la Ciudad, al

C 800-354-0365

o **llame al 311** y diga **"Immigration Legal"** (Inmigración legal) para:

- Respuestas a preguntas sobre políticas migratorias
- Información sobre cómo y dónde recibir ayuda gratuita y segura, financiada por la Ciudad



Mayor's Office of Immigrant Affairs



If you are a lawful permanent resident (green-card holder) and you are interested in **becoming a U.S. Citizen**, contact our hotline for free immigration legal help.



Oficina de la Alcaldía para Asuntos del Inmigrante



Si usted es residente permanente legal (titular de la tarjeta verde) y le interesa **adquirir la ciudadanía estadounidense**, llame a nuestra línea directa para recibir asistencia legal de inmigración gratuita.





KNOWLEDGE IS POWER:

KNOW YOUR RIGHTS & FAMILY PREPAREDNESS PLAN

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



Gather the following:

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

Local Immigration Legal Support:

· 856-210-9757 Raysa Rodriguoz, Esq Camden Center for Law & Social Justice • <u>856-583-2950</u> Clarissa Moralez, Esq. 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

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 Cuidado de niño(s) Pais de prigen

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

Allows ICE to enter the home



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.



Judicial Warrant

Allebratic to be Signed by a Judge Will have name of a state of federal court at the top such as "Supreme Courth of the State of New York"

NAMPLE ARREST WARRANT COUNTY OF COURT STATE OF PART

Var Capton in Par Maximi et Camadanin, agenti PARCIANE UN

TO ANY PLACE OFFICER OF THE STATE OF NEW YORK

Asistencia legal local

de inmigración:

Kate Brown, Esq · 856-210-9757 Raysa Rodriguez, Esq • (215) 552-2942 Camden Center for Law & Social · 856-583-2950 Clarissa Moralez, Esq. 848-274-0900

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.

KNOWLEDGE IS POWER: FAMILY PREPAREDNESS PLAN

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

SABER ES PODER: PLAN DE PREPARACION FAMILIAR

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





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

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







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



Legal help is for every immigrant New Yorker.

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

Mayor's Office of

Immigrant Affairs







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.

ICE MAY NOT ENTER NONPUBLIC AREAS WITHOUT A WARRANT

These include: places marked for "employees only," kitchens, offices, back rooms, or inacessible 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, areas 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.

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Si su empleador pide reverificar 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

ICE NO PUEDE ENTRAR A 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.

¿Oué 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!





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.

3. DO NOT SIGN ANYTHING

arrest.

immigration case.

vourself.

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

Ask to have documents

translated. If you do not

speak English ask for an

Have an attorney look

over any documents

that ICE gives you.

interpreter.

If you witness someone being detained

by ICE, you have the right to record as

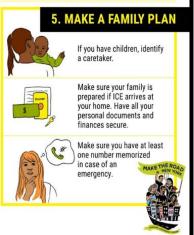
long as you do not interfere with the

Pictures, videos, and any information

gration raid and also help someone's

you can gather, can help verify an immi-

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.



SI ICE VIENE, CONOCE TUS DERECHOS!

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

Si ICE lo cuestiona, baio la 5ta

a permanecer en silencio y no

Enmienda, tiene derecho

Pida que le traduzcan

los documentos. Si no

incriminarse.





No corra v. 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.

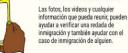
3. NO FIRME NADA



4. GRABAR

habla inglés pida un intérprete. Haga que un abogado revise cualquier documento que ICE le entregue.

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



maketheroadny.org

2. PERMANECER EN CALMA

ICE no siempre se identificará como ICE.

Si alquien toca a su puerta y dice "Policía",

podría ser ICE. ICE a menudo dirá que son

policías para obtener acceso a hogares. Si

"NO DOY MI CONSENTIMIENTO".

en algún momento intentan ingresar o lo hacen, continúe diciendo



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

5. HACER UN PLAN FAMILIAR



Si tiene hijos, identifique a alquien 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.





maketheroadny.org

4. RECORD

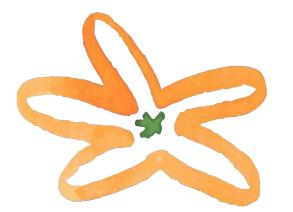
Learn English with We Speak NYC.

- Practice speaking English for free
- Get to know your community
- Build confidence
- Learn about City services and resources

Get started at nyc.gov/WeSpeakNYC







- Practica la conversación en inglés
- Conoce tu comunidad
- Habla con más confianza
- Obtén más información sobre los recursos de la ciudad

Comienza aquí: nyc.gov/WeSpeakNYC





NYC Benefits

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

<u>Unemployment Assistance:</u>

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

Financial Counseling:

For free, one-on-one financial counseling, visit **nyc.gov/talkmoney**







TAX HELP: Visit <u>nyc.gov/taxprep</u> to explore NYC Department of Consumer and Worker Protection's resources to prepare your 2024 taxes for free. <u>What documents do I need to file?</u> Other free tax preparation services in Brooklyn.

Brooklyn Public Library

- Free tax assistance is available to those who qualify, in collaboration with several providers and the Department of Consumer and Worker Protection.
- Specific services vary by provider, as well as hours and availability at specific branches. For the most up-to-date information please visit <u>bklunlibraru.org/tax-help</u>
- Grow Brooklyn Free Tax Prep
 - Available to families with dependents who earned \$85,000 or less, individuals who earned \$59,000 or less, and self-employed filers with expenses of \$35,000 or less in 2024.
 - Locations throughout Brooklyn.
 - Make an appointment <u>online</u> or call 347-682-5606 Tuesday-Friday 12PM- 8PM/Saturday 12PM-4PM. For more information email freetaxes@growbrooklyn.org.

TAX HELP CONTINUED

- <u>Community Tax Aid</u>
 - <u>Free virtual tax preparation</u> for families with dependents who earned \$67,000 or less and individuals who earned \$35,000 or less, with less than \$11,000 Investment Income (Capital Gains, Interest, Dividends ...).
 - In-person assistance at 3 locations: <u>Bedford-Stuyvesant</u>, <u>Manhattan and Queens</u>. Appointments available after submitting tax documents to Community Tax Aid.
 - For information visit <u>www.ctanyc.org</u>, call call 646-200-5080 or email generalinfo@ctanyc.org.
- IRS Free Tax Return Preparation for Qualifying Taxpayers
 - IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. Sites are operated by IRS partners and staffed by volunteers. A majority of the TCE sites are operated by the AARP Foundation's Tax Aide program.
 - Find a site using the VITA Locator Tool at <u>irs.treasury.gov/freetaxprep</u> or call 800–906–9887. To locate the nearest AARP TCE Tax-Aide site between January and April use the AARP Site Locator Tool<u>or call</u> 888–227–7669.

NYC DOT Will Celebrate the 55th Anniversary of Earth Day on Saturday, April 26, With 54 Streets Across the Five Boroughs Opened to Pedestrians as Part of Open Streets: Car-Free Earth

Citi Bike Will Offer Free One-Day Passes to All Riders

https://www.nyc.gov/html/dot/html/pr2025/nyc -dot-car-free-earth-day.shtml 🙂



APRIL 26, 2025 10 AM - 4 PM | ALL 5 BOROUGHS

National Crime Victims Rights Week

Help us fight elder abuse by contacting our Elder Justice Program and be connected to a local community based organization.



Call Aging Connect at: 212-AGING-NYC (212-244-6469)

FREE SUPPORT SERVICES

FIRST WEDNESDAY OF EVERY MONTH • 11AM-1PM D46 COMMUNITY OFFICE• 5827 FLATLANDS AVE.

EMOTIONAL WELLNESS • PARENTAL SUPPORT NUTRITION & HEALTH • ACCESS TO SERVICES & MORE





FREE GED PREP CLASSES

Prepare to take and pass the GED to earn your High School Equivalency diploma.

- Daytime class covering all 4 subjects on GED: Math, Science, Social Studies and Language Arts
- Class meets 12pm-3pm on Mondays and Wednesdays
- Class will be held in person at 294 Smith St., Brooklyn, NY 11231

To get more information and sign up for our GED program, **call: 718-624-3475 ext. 214**





To RSVP, go to

nyc.gov/jobsevents

or scan below:

- trainings and programs
- Connections to resources and benefits

If you require a reasonable accommodation to attend this event, please contact jobsnyc@sbs.nyc.gov at least 4 business days in advance of the event.





Easter Bonnet & Egg Hunt FREE EVENT HOP ON OVER

SOME-BUNNY LOVES YOU!

Saturday April 19th, 2025 1PM-3PM

Marine Park 3000 Fillmore Ave, Brooklyn, NY 11234 Face Painting ~ Games ~ Easter Bunny

v **Baster**

Bring Your Baskets! Easter Bonnet/Hat Competition Prizes for Best Easter Bonnet

> **Sponsored By Assemblywoman Jaime Williams Marine Park Alliance** FRIENDS OF THE LOTT HOUSE **East Flatbush Village Inc**

Mill Basin Civic Association AADINE DADK ALLIANC







For more information, call Assemblywoman Jaime Williams office at 718-252-2124



SEXUAL ASSAULT AWARENESS MONTH COMMUNITY SELF-DEFENSE WORKSHOP

JOIN US FOR AN EMPOWERING SELF-DEFENSE WORKSHOP WITH PERSONAL PROTECTIVE CONCEPTS AND GAIN THE CONFIDENCE



TO PROTECT YOURSELF. USE QR CODE TO RSVP SPACE IS LIMITED.

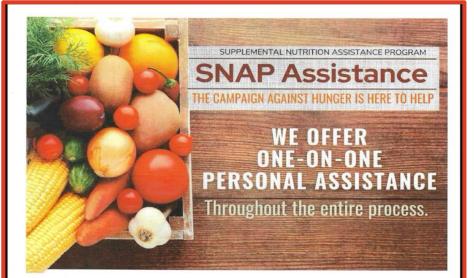
Saturday, April 12, 2025 2:00PM LOCATION: 15 MONTIETH STREET, BROOKLYN, NY 11206











Find Out - YOU MIGHT BE ELIGIBLE

Already have SNAP?

We can offer you additional assistance with:

- Completing Your Recertification
- Submitting Documents Requested to Complete Your Application
- Reporting Changes on Your Case





OFULTON STREET | BROOKLYN, NY 11233 (718) 773-3551 www.tcohnyc.org @ @ @ etc.ahnyc

Descubrir USTED PUEDE SER ELEGIBLE

PROGRAMA DE ASISTENCIA NUTRICIONAL SUPLEMENTARIA

LA CAMPAÑA CONTRA EL HAMBRE ESTÁ AQUÍ PARA AYUDAR

OFRECEMOS ASISTENCIA

PERSONAL

UNO A UNO

A lo largo de todo el proceso.

¿Ya tienes SNAP?

Podemos ofrecerle asistencia adicional.

- Completando su recertificación
- Envío de los documentos solicitados para completar su solicitud
- Informe de cambios en su caso





2010 FULTON STREET | BROOKLYN, NY 11233 (718) 773-3551



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

www.opendoorflc.org



January 17, 31

February 14, 28 March 14, 28

April 11, 25

May 9, 23

June 13

Expecting Relief Community Pantry Boutique 2832 Fulton St Brooklyn NY 11207

f l expectingrelief

www.expectingrelief.org



Escanee el código QR y regístrese para reservar su polsa de comida



COMIDA ASISTENCIA **2025 FECHAS** 2pm-3:30pm

Empower Your Financial Future

East Flatbush

Join Us

for a Free Financial Workshop Series at the Brooklyn Public Library, Rugby Branch (1000 Utica Avenue, Brooklyn, NY 11203) covering budgeting, planning, homeownership, and more. In-person in-person & virtual.

Giveaways

GIFT

CARD

Unlock the tools to secure your

financial future and take control

of your money! Whether you're a

first-time homeowner, planning

for your family's future, or looking

to get your finances in order, this

workshop series has something

for everyone!

Dates & Topics (time: 6:00 PM - 7:45 PM):

- Thur., April 17th | Budgeting 101
- Tues., April 22nd | Financial Planning
- Thurs., May 8th | Planning Next Generation
- Thurs., May 15th | Estate & Financial Planning
- Thurs., May 22nd | Homeowner Planning

The workshops will be facilitated by: State Farm

RAFFLE PRIZES



Introducing PINCC: A Program to Help New Yorkers Find Good Jobs!

We're excited to introduce Pathways to Industrial and Construction Careers (PINCC), an initiative from the NYC Human Resources Administration (HRA). PINCC is dedicated to helping New Yorkers secure good jobs in the construction, industrial, security, building maintenance, and transportation sectors.

What is PINCC?

PINCC was launched as part of a federal grant program in 2021 and aims to assist individuals in finding employment following the COVID-19 pandemic. Our goal is to train over 2,300 New Yorkers and support 1,800 individuals in landing good-paving, union jobs with benefits.

How Can PINCC Help?

Training Partners: At PINCC, we work to support training providers and trainees to ensure that each program leads to successful job placements. We offer a range of recruitment and support services that can help attract, keep, and support trainees during training.

Employer Partners: PINCC knows that starting a new job can be challenging. That's why we offer support to make the transition smoother

How to Get involved

If you're interested in exploring a partnership or learning more about the PINCC program, please reach out to our team at PINCC@hra.nyc.gov to schedule a meeting at your convenience.

Thank you for considering this opportunity to make a difference in our community. We look forward to the possibility of working together to make a meaningful difference.

The PINCC Team



PINCC Key Services



Free Industry-Specific Training Programs: We offer specialized training, certification programs, through hands-on training programs

Talent Pipeline Development: We work closely with employers to identify the skills needed and connect them with motivated candidates.



Recruitment and Screening: We assist in recruiting and screening candidates, streamlining the hiring process for employers.

Cost Coverage for Onboarding: PINCC covers costs for fingerprinting and background checks to simplify the onboarding process.

your program.

MetroCards: We provide MetroCards for up to 8 weeks of training and up to 4 weeks during employment to help with transportation.

Free Financial Counseling: Trainees can receive guidance on managing their finances.

Driver's Education: We offer driver's education for those who need a license for certain jobs.

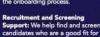
Job Placement Support: PINCC helps connect graduates with good job opportunities.













Brooklyn North Army Recruiting Company



Minimum Requirements: 17-42 years old; must be a US citizen or permeant 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 - Tax Free Shopping
- Low Cost Dental
- 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!

- Transportation
- Law Enforcement
- Medical Specialist
 - Civil Affairs - Logistics
- 481 Knickerbocker Avenue Brooklyn, NY 11237 SSG Tapia, Michael **Call or Text** (347) 733-2989



JOIN OUR TEAM!

JUMAANE D.

WILLIAMS

NORK WITH US

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



GREENPOINT YMCA TEEN PROGRAMS

The Y gives teens, boys and girls, grades 9-12, a safe space to socialize and be themselves. Teens can play a sport, work on leadership skills, prep for college, and give back through Y programs designed for them.

events.

Ongoing

Brooklyn, NY 11222

Registration: Ongoing

FITNESS & SPORTS TEEN CENTER

SATURDAY NIGHT LIGHTS (COED) Ages 11-14 Saturdays 5 PM -7 PM Ages 15-18 Saturdays 7 PM - 9 PM Saturday Night Lights is a youth development program that offers free, high-guality sports like basketball and fitness activities, where students can engage in recreational activities. socialize, and participate in leadership-building



COLLEGE ACCESS & CAREER READINESS

COLLEGE & CAREER READINESS OFFICE HOURS Grades 9-12 | Every Wednesday & Thursday 3 PM-6 PM

One-on-one and group sessions with Ms. Russell for personalized support in navigating college admissions, financial aid, career preparation, and more. Topics covered:

- Resume & Job Application Assistance
- College Applications & FAFSA
- Internships & Scholarships
- General YMCA Information
- SYEP Application Assistance

Location: Greenpoint YMCA, 99 Meserole Ave., Brooklyn, NY 11222 Registration: Ongoing, Email Ms, Russell at

brussell@ymcanyc.org to make an appointment.



To register and for info, contact Brittney Russell, YMCA Teen Coordinator at https://www.uppt.org or at 212-912-2268.



TEEN FITNESS ORIENTATION Ages 11-18 by appointment only

To start your teen's fitness experience off on the right foot, we require a teen orientation to teach them gym etiquette, proper equipment use, and safe workout practices. Stop by the Member Services desk to make an appointment. Location: Greenpoint YMCA

Location: Greenpoint YMCA, 99 Meserole Ave.,

TEEN OPEN GYM | BASKETBALL Ages 14-18 | Mon, Tues, Thurs 5 PM - 6 PM Fri 5 PM - 7 PM

Teen Open Gym provides young people with a safe space to socialize, seek support, and engage in youth-centered activities that promote physical fitness, social interaction, and personal growth, including basketball. Location: Greenpoint YMCA. 99 Meserole Ave., Brooklyn, NY 11222 Registration:

YMCA OF GREATER NEW YORK Where there's a Y. there's a way.

the

YOU Impact

Become a Lifeguard

Register for lifeguard pretest and training. Free for all participants Stipend provided to all students who attend course

REGISTER NOW



ymcanyc.org/ymca-lifeguardtraining-certification



NEW YORK

GREENPOINT Y SATURDAY NIGHT LIGHTS COED BASKETBALL

FREE TO TEENS AGES 11-18

ONGOING <u>REGISTRATION</u> JOIN TODAY

the

YMCA OF GREATER

Where there's a Y, there's a way.

NEW YORK

Saturday Night Lights (SNL) is a FREE youth development program focused on skills development, team building, and basketball games.

- Instructional and competitive basketball (all levels)
- Sports skills instruction
- YMCA Youth Sports Philosophy
- Coaching on sportsmanship, teamwork, and fair play

DETAILS

- Registration/ Orientation is ongoing every Saturday at the Greenpoint Y.
- Open to boys and girls ages 11-18

SIGN UP TODAY!

- The program runs every SATURDAY throughout the year.
- Schedule:
 - Ages 11-14 | 5PM 7PM
 - Ages 15–18 7PM 9PM
- Registration and play at the Greenpoint YMCA at 99 Meserole Avenue, Brooklyn, NY 11222.
- Contact Brittney Russell, Teen & Youth Sports Coordinator at brussell@ymeanyc.org or 212-912-2260/ 2268 | 917-701-0346

2260/2268 917-701-0346

of 1.25.25	ED	ULE ril 27, 2025	(B)			
MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Basketball Ages 18+ 6:30-10:50 AM	Open Gym 6:30-9:45 AM	Sunrise Yoga 7:00-7:50 AM TBD Gym Closed 15 minutes Adult Basketball Ages 18+ 8:05 - 11:50 AM	Open Gym 6:30-9:45 AM	Adult Basketball Ages 18+ 6:30-9:45 AM	Sunrise Yoga 8-8:50 AM Adele Gym closed 10 minutes Open Basketball Adults 18+	Open Gym 8-9:50 AM
1	Gym Closed 15 minutes	1 1	Gym Closed 15 minutes	Gym Closed 15 minutes	9 - 9:50 AM	1
	Gentle Yoga 10 - 10:50 AM Stefanie M.		Gentle Yoga 10 - 10:50 AM Erin C	Total Body Conditioning 10 - 10:50 AM Ali A.	Gym closed 25 minutes Instructional Youth Basketball - Beg. Ages 4-6	Gym closed 10 minutes Open Basketball 10 - 10:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	4. 7	Gym Closed 10 minutes	Gym Closed 10 minutes	Ages 4-6 10:15-11:15 AM	Open Basketball
46 & Me Playdate 11 - 11:50 AM	MG &Me Playdate 11 - 11:50 AM		MG & Me Playdate 11 - 11:50 AM	Yoga 11 - 11:50 AM Runn	Gym Closed 15 Minutes	11 - 11:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Basketball - Interm. Ages 7-12	1
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Mat Pilates 12 - 12:50 PM Runn	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+	11:30-12:30 PM Gym Closed 30 Minutes	Gym Closed 10 Minutes 12 - 1 PM
12 - 1:43 FM	12 - 1:45 PM	Gym Closed 15 minutes	Gym Closed 15 minutes	12 - 1:45 PM	Circuit Training	YMCA
		1 - 1:50 PM YMCA	Open Pickleball Adults 18+ 1 - 1:45 PM		1 - 1:50 PM Carlos R. Gym Closed 10 minutes	Gym Closed 30 Minutes
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Gym Closed 30 minutes	2 - 3 PM	Open Pickleball
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-4 PM	Afterschool 2-3 PM	YMCA	Adults 18+ 1:30 - 3:30 PM
Open Basketball	Open Basketball	Instructional Youth Basketball –Beginner Ages 4-6 4 - 5 PM	Open Basketball	Instructional Youth Soccer Ages4-6 3 - 4 PM	3 - 4:30 PM YMCA	Bday Party
Teens 13-17 5-6 PM	Teens 13-17 5-6 PM	4 - 5 PM Instructional Youth Basketball -Intermediat Ages 7-12	Teens 13-17 5-6 PM	Instructional Youth Soccer Ages7-12 4 - 5 PM	Gym Closed 30 min. Saturday Night Lights—Basketball	Rentals 3:30-4:30 PM
Gym Closed 30 Minutes	Gym Closed 30 Minutes	5-6 PM	Gym Closed 30 Minutes	Open Basketball	Teens	GYM CLOSED
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Gym Closed 30 Minutes Vinyasa Yoga 6:30 - 7:20 PM	Boot Camp 6:30 - 7:20 PM Jon	Teens 13-17 5-7 PM Gym Closed 30 Minutes	Ages11-14 5-7 PM Saturday Night	
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	6:30 - 7:20 PM Stefanie M. Open Pickleball Adults 18+ 7:30 - 9:45 PM	Open Volleyball Adults18+ (Intermediate/ Adv) 7:45-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Lights—Basketball Teens Ages15-18 7-9 PM	

Internationally **Trained Nurse?**

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Improve your English skills and become a licensed nurse in New York

The National Council Licensure Examination for Registered Nurses (NCLEX-RN) Preparation Course for English Language Learners is offered at no-cost for internationally trained nurses.

This program can help you:





Eligibility Requirements

- Ø Be an English Language Learner
- Have high-intermediate level of spoken English
- Have a nursing degree from a country other than the United States
- Be a New York City resident and legally authorized to work in the United States Submit nurse license verification
- application to CGFNS International and **NYS Education Department**
- Make no more than \$40,000 annually if employed
- Have reliable internet and a working computer to use during the training program
- Be vaccinated against COVID-19, except for those with an approved reasonable accommodation

LEHMAN



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NYACH

HIRING

4

Career Opportunities

Case Worker (Bilingual in Spanish) One Stop \$46k 4 Program Coordinator \$41k Bilingual in Spanish helpful CFO \$180k+ Health Advocate \$52-\$54 hourly (time limited assignment) IT Manager \$80k

PACT Project Part Time (evening hours) Coordinator \$42k

Veteran's Program Director \$80k

Grants Writer \$70k

Home Health Aides and PCA \$19.15/hr - \$22.64/hr

Per Diem Field RN - Bilingual in Spanish helpful \$65k - \$75k

How to Apply

email your resume to: jobs@raintotalcare.org or call: 718-892-5520



Become a mentee and accelerate your career

Receive invaluable guidance and achieve your professional goals with the support of an experienced mentor.



Why Having a Mentor is Important

50% of jobs come through a personal connection. Mentors introduce you. Mentors teach you job search strategies, and support you. A year after the program, more than 80% of mentees are employed.

The StreetWise Program Offers

- Strong marketable resume
- Personalized career advice and guidance
- Valuable industry knowledge
- An expanded professional network
- Core networking strategies & techniques
- Actionable career goals
- Confident interview skills
- Guidance on creating a strong LinkedIn profile

StreetWise Bridge



StreetWise Bridge is our signature mentoring program that provides adults from under-served communities with

🎯 the professional skills 🛛 🐨 confidence 🖉 social capital

needed to launch their careers.

For more information contact María Elena Fraga, Recruitment Manager maria-elena@streetwisepartners.org



streetwisepartners.org



HOUSING IS YOUR RIGHT LET US GIVE YOU ACCESS

BRIDGING ACC

ESS TO CARE

ARE YOU SEEKING HOUSING ASSISTANCE?

OUR GBHI PROGRAM PROVIDES ESSENTIAL RESOURCES AND SERVICES TO HELP INDIVIDUALS WHO USE SUBSTANCES AND ARE IN NEED OF HOUSING ASSISTANCE.

SERVICES INCLUDE:

- SUBSTANCE USE TREATMENT WITH A HARM REDUCTION APPROACH
- ASSISTANCE IN HOUSING NEEDS
- MENTAL HEALTH & SUBSTANCE USE SCREENING

ELIGIBILITY:

- INDIVIDUALS LOOKING FOR HOUSING SUPPORT OR ASSISTANCE
- INDIVIDUALS WHO ENGAGE IN SUBSTANCE USE

CONTACT US 2261 Church Avenue, Brooklyn, NY 11226 GBHIREFERRALS@BAC-NY. 347-505-5119



learn, and grow. Gain valuable skills, build your network, and find your next career opportunity. **JOIN US!**

EVERY FRIDAY QUEENS COMMUNITY HOUSE 70–34 AUSTIN STREET, SUITE BB FOREST HILLS, NY 11375

CONTACT US FOR MORE INFORMATION youthjobs@qchnyc.org

10 AM

&

2PM

NYC's Boldest are hiring! Join the ranks of dedicated professionals who protect and serve 24/7/365 while making a difference in NYC communities.

Why become a Correction Officer?

✓ Base salary of \$105,146 after just 5.5 years (starting at \$54,652)

- Health benefits from day one
- Lifetime retirement benefits
- A career with purpose & impact

Exam #5302 is now open! Apply by April 30 and take the first step toward a rewarding career.

Register today: https://on.nyc.gov/3Qh6H0w

For questions, contact the NYC DOC Recruitment Unit at (718) 707-2420 or careers@doc.nyc.gov.

#JoinTheBoldest #NYCJobs



Queens Community House

2

STRIVE CONSTRUCTION & MAINTENANCE

FREE 3-week job readiness workshop, followed by 6-8 weeks of hard skills training in Construction & Maintenance

All participants must be 18+ and have a GED or High School Diploma.

TRAININGS INCLUDE:

CERTIFICATIONS INCLUDE:

GPR0 Operations + Maintenance

Electrical, Carpentry, and Plumbing

- Green Construction, Operations, & Maintenance
- Masonry (Bricklaying, Caulking, Roofing, Patching)
- Scaffolding & Flagging
- AND MORE!

OSHA 30

EPA Lead RRP

Site Safety Training

Want to know more? ATTEND AN INFO SESSION; VIRTUAL OR IN-PERSON!

Virtual sessions held every Wednesday at 1pm In-person sessions held every Tuesday and Thursday at 10am

CASP@qchnyc.org



Office of Mental Health

No exams, just opportunities.

Apply today: ny.gov/omhjobs

We are hiring entry-level Water Use Inspectors across NYC, so kickstart your career and apply today! https://on.nyc.gov/3Xz0mBc

Kickstart Your Career with NYC DEP! Apply Now to be a Water Use Inspector



- Salary: Starting at \$41,759, earn up to \$61,434 after two years.
- Overtime Pay: Earn extra cash with overtime opportunities.
- Drive a City car for work.
- Low cost Health Insurance.
- Positions Available Across NYC: Work close to home.
- Paid Training: Learn while you earn.
- Union Benefits: Job protection with union support.
- Pension: Get paid after you retire.

Minimum Qualifications:

- 1. Valid driver's license.
- High School diploma or GED + Six months full time mechanical experience in plumbing, HVAC, steam/pipe fitting OR
 - Trade/technical/vocational high school diploma by July 1, 2025 in:
 - Mechanical work
 - Plumbing
 - HVAC
 - Pipe/steam fitting

New York O Environme Equal Opp

Environmental Protection is an Equal Opportunity Employer.

Fifth Avenue Committee's Financial Wellness Clinic

FAC's Financial Wellness Clinic is a supportive and empowering space designed to help **YOU** take control of your financial future.

Meet one-on-one with our Financial Coach for <u>FREE</u>.

- WHEN: Every 3rd Friday of the Month
- April 18, 2025
- May 16, 2025
- June 20, 2025

TIME: 2pm-5:30pm

WHERE: Sunset Library (Lower Level) 5108 4th Ave, Brooklyn, NY 11220

For more information, contact:

Cindy Johnson c.johnson@fifthave.org

> **Daye Ju** dju@fifthave.org



Fifth Avenue Committee Our Community. Our Future.



Services Offered

- Improve Your Credit Score
- Create A Personalized Budget
- Create a Debt-Free Plan
- Savings & Wealth Building

Want the skills to build a career in construction? *OR* Do you have construction skills and need work?

Interested in a career in HVAC or Building Maintenance?



Requirements:

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

Construction Laborer **Training**

(currently, classes offered are only in English)

Sign up

THOSE INTERESTED MUST ATTEND OUR FREE INFO SESSION!

When:	Wednesdays at 1:00PM
-------	----------------------

Where

St. Nicks Alliance Workforce, 92 Throop Avenue, Brooklyn, NY 11206 (J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

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





Requirements:

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

Must bring proof of COVID-19 vaccination

Those interested must attend our Free Info Session!

Wednesdays at 1 PM



St. Nicks Alliance Workforce, 92 Throop Avenue, Brooklyn, NY 11200 (J/M Train to Flushing Avenue) and B/46/47/57/15 buses to Flushing Avenue)

Contact Info:

When:

Where

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



On Track to HVAC

(currently, classes offered are only in English)

LET'S PUT YOU BEHIND THE WHEEL



Red Hook on the Road is offering a **four-day course** that will cover what students **need to know to pass the CDL permit exam**. The CDL permit is required before training.

Where: Parkchester Library When: 12 - 2 PM Date: April 21 - April 24st



HOW DO I APPLY?

FIRST, Fill out an interest form at bit.ly/RHOR_CDL and look out for a response in your email inbox! Scan here to fill out an interest form:



SECOND, Attend an Info Session April, 10th from 11:45 AM - 1:00 PM (Hybrid)

RED HOOK ON THE ROAD 621 Degraw Street, Brooklyn, NY 11217 MORE QUESTIONS? Call 718-237-4846 rhor@bwiny.org



Want a career where you're in demand?

Gain professional skills in:

- database and guery basics
- dashboard basics, incl. Tableau
- troubleshooting and Linux file systems
- cloud networks and network security

Graduates will be prepared for these positions:

associate data analyst business systems analyst IT data application support associate technical support specialist information security analyst IT security

Requirements:

- Must be 18 years or older and have a legal right to work in the United States
- Must have a government issued photo ID
- Must bring proof of COVID-19 vaccination (highly advised)
- Interest in Tech

Earn a Google Professional Certificate Job assistance through St. Nicks Alliance and Google Employer Consortium



TECH Literacy

in Data Analytics, IT Support, and Cybersecurity



re Opportunity Grows

Join Our Outstanding Home Care Team!

St. Nicks Alliance Home Care is hiring Personal Care Aides

JOBS AVAILABLE FOR ALL HOURS & DAYS

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

Please bring :

- Valid PCA or HHA certificate
- Photo I.D.
- Social Security Card
- Two personal references
- Flu/COVID-19 Vaccination documentation

We Offer:

- Offer:
- Hourly rate from \$19.15/hour; rate of \$28.73 on holidays
- Live-in rate \$248.95/day weekdays; \$373.43/day holidays
- Health, pension and education benefits available through Local 1199 SEIU
- Jobs available in Brooklyn, Queens and Manhattan.
- Weekends, weekdays, live-ins, day or night shifts, permanent and replacement cases available!

CALL FOR AN APPOINTMENT AND MORE INFORMATION!

 Where:
 St.Nicks Alliance, 2 Kingsland Avenue, 2nd Floor Brooklyn, NY 11211

 Contact Info:
 718.388.5654 Ext. 235 or Ext. 206 or email: hchire@stnicksalliance.org

2 Kingsland Avenue, Brooklyn, NY 11211 www.stnicksafilance.org 718.388.5454



TRAINING IS **FREE** must attend info session: tuesdays at 1pm

Where: St. Nicks Alliance Workforce, 92 Throop Avenue, Brooklyn, NY 11206 (J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

Contact: 718-302-2057 Ext. 450 or TechLiteracy@stnicksalliance.org



Looking for a Job?

Looking to start a career in banking?



For those 18-years old and up



Where: St.Nicks Alliance Workforce, 92 Throop Avenue, Brooklyn, NY 11206 (J/M Train to Flushing Avenue) and B/46/47/57/15 buses to Flushing Avenue)

Contact Info: (718) 302-2057 Ext. 450 or Careerservices@stnicksalliance.org



This 8-week training sets you on a path of successful career growth

Classes will cover:

- Interviewing skills
- Customer service
- Cash handling
- Effective communication

Program Eligibility:

- 21+ and able to work in U.S
- Bilingual English/Spanish with English language fluency
- High School Diploma or Equivalent
- 6 mos. hospitality, customer servic retail, or cash handling experience
- Bring Social Security photo ID



Financial Services Training

IN PERSON INFO SESSION 2ND & LAST THURS AT 1PM *Be prepared to stay at least 3 hours** *includes a math and reading test for those interested in moving forward





- Where: St. Nicks Alliance Workforce, 92 Throop Avenue, Brooklyn, NY 11206 (J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)
- Contact: (718) 302-2057 Ext. 450 or Careerservices@stnicksalliance.org



St.Nicks Alliance

Learn Cyber Fundamentals!



Classes taught by NYS certified teachers

- When: We have classes in the evenings and Saturdays (9AM-1PM)
- Where:
 St.Nicks Alliance Workforce, 92 Throop Avenue, Brooklyn, NY 11206

 (J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)
- Contact: 718-302-2057 ext. 403, adulteducationwfd@stnicksalliance.org







JOIN OUR COMMUNITY'S APPROACH TO CARING VOLUNTEER WITH TCAH





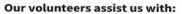




Group volunteer opportunities are available at our pantry, food distribution centers, and urban farms in Brooklyn and Far Rockaway.

SUPPORT OUR COMMUNITY

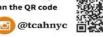
Monday - Friday 8 AM-5 PM (Farm hours: 10 AM-12 PM) We ask for a minimum of 3 hours of service



- · Packing and restocking shelves
- Assisting clients with grocery bags
- Loading and unloading food from delivery trucks
- Managing client lines
- · Farm preparation and maintenance
- · Packing food bags for delivery
- · Administrative tasks
- · Other program-related support

For more information, please contact TCAH's Volunteer and Community Liaison, Michael Schaefer :

(718)773-3551 ext 115 or volunteer@tcahnyc.org To sign up, scan the QR code





JOIN SENATOR ROXANNE PERSAUD, AND The American Foundation for Suicide Prevention for a Conversation on



"TALK SAVES LIVES" Thursday May 1, 2025 6:00 p.m. - 7:15 p.m.



Roxanne J. Persaud

The webinar will cover: Introduction to Suicide Prevention - Research on prevention -What people can do to help save lives

Join the event at https://bit.ly/3Fot0yS or enter the discussion on Facebook Live at Facebook.com/Sd19SenatorPersaud. Viewers can ask questions/share comments in the comment section.

For more information, please call the District Office at (718) 649-7653.





Join Senator Roxanne J. Persaud



IN PARTNERSHIP WITH







FOR A PRE-MOTHERS DAY CLOTHING AND MORE DISTRIBUTION FOR WOMEN (WHILE SUPPLIES LAST)

Saturday, May 3, 2025 11:00 a.m. – 2:00 p.m. 1222 East 96th Street | Brooklyn, New York



REGISTRATION REQUIRED. Please scan the QR Code to register for the event.

SPECIAL THANKS TO

Millennium Development, Rainbow Shops and The Jewish Community Council of Canarsie

NEW YORK STATE SENATOR ROXANNE J. PERSAUD 19TH SENATORIAL DISTRICT DISTRICT OFFICE: 1222 EAST 96TH STREET, BROOKLYN, NEW YORK 11236 718-649-7653



BRIDGING ACCESS to CARE Inc.

DO YOU HAVE CONCERNS ABOUT SUBSTANCE USE AND HOUSING AND DON'T KNOW WHERE TO GO?

IF YOU'RE BETWEEN THE AGES OF 18-25, JOIN TREE YOUTH SERVICES AND REACH YOUR FULL POTENTIAL

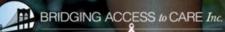
OUR PROGRAM OFFERS:

- Support for substance use issues
- Housing support
- Referral to mental health, vocational services
- Tobacco cessation
- Harm reduction education and supplies
- Hepatitis C, STI, and HIV Testing
- Support groups

LOCATED AT: Flatbush Gardens 3301 Foster Ave Brooklyn, NY 11210 METRO CARDS TO BE DISTRIBUTED

GIFT CARD REWARDS PROVIDED FOR PARTICIPANTS!

CONTACT: Treereferrals@bac-ny.org 347-505-7373



FIRST STEPS

A SUPPORTIVE SPACE FOR SUBSTANCE USERS

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

WE ACCEPT ALL MAJOR INSURANCE

NOW ACCEPTING WALK-INS

WE OFFER:

LOCATED AT:

2261 Church Ave

Brooklyn, NY 11226

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

CONTACT:

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

WWW.BAC-NY.ORG

Get Happy and Healthy!

Lunch (Mon–Fri) 12pm–1pm suggested donation \$1.50

Monday Arts & Crafts

Tuesday Shiatsu Chair Massage

Wednesday **Chair Body Strengthening**

Thursday

Friday Chair Yoga, Qigong, & Dance Class

Additional Activities: bingo • dominoes group discussions • lectures computer lab • parties • trips

outdoor gatherings . food pantry



older adult center

St.Nicks Alliance

Where Opportunity Grows

Hours: Monday–Friday, 9AM–4PM Where: 288 Frost Street, Brooklyn, NY 11222

Contact: Denise Perez, (718) 227-3652 Ext, 904, dperez@stnicksalliance.org

Viernes Yoga en Silla, Qigong, y Clase de Baile Additional Activities:

dominó • despensa de alimentos reuniones al aire libre •bingo •fiestas



donación sugerida \$1.50 Lunes

Artes y Manualidades

Martes

Miércoles

Jueves



Cooper older adult center

Hours: Lunes-Viernes, 9AM-4PM Where: 288 Frost Street, Brooklyn, NY 11222 Contact: Denise Perez, (718) 227-3652 Ext. 904, dperez@stnicksalliance.org







BROOKLYN BOROUGH PRESIDENT ANTONIO REYNOSO

invites you to

BROOKLYN'S 2025 STATE OF THE BOROUGH

Thursday, April 10, 2025 Doors Open at 6 PM & Program Begins at 7 PM

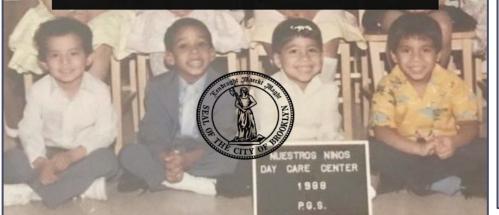
> Boys and Girls High School 1700 Fulton St., Brooklyn, NY 11213

💽 🗔 B46 & B46-SBS, B25, B26, B15, B65 Limited parking available on site



RSVP AT BIT.LY/BKSOTB25 OR SCAN:

This activity is not sponsored or endorsed by the NYC Department of Education or the City of New York.



YOU ARE INVITED TO A Gommunity **Baby Shower** SUNDAY, MAY 4, 2025 - 12:30 PM - 3:30 PM **PS 276 - THE LOUIS MARSHAL SCHOOL**

1070 E 83RD STREET, BROOKLYN, NY 11236

Join us for a special Community Baby Shower designed just for expectant parents and families with children under 1 year old.

- FREE MATERNITY & BABY SUPPLIES
- GIVEAWAYS & RESOURCE TABLES
- FUN ACTIVITIES, GAMES, AND CRAFTS LIKE BIB DECORATING
- MEET STAFF THAT HELP THROUGH THE LABOR AND DELIVERY PROCESS
- HEALTH AND WELLNESS REPRESENTATIVES
- LIGHT REFRESHMENTS



RSVP Today!





NONCLINICAL HEALTHCARE TRAINING

OPEN

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

STRIVE[®] **FUTURE LEADERS Justice Impacted 18-24 NEW YORK Nonclinical Healthcare** Training 5 weeks | Mon-Fri Phlebotomy, EKG & CPR **Placement Assistance** Earn-as-you-learn

OPEN ENROLLMENT

WWW.STRIVE.ORG/NYPROGRAMS





What Cyberbullying Can Look Like

- Spreading rumors on social media
- Impersonating someone online
- Leaving hurtful comments
- Verbally abusing others in online games
- Posting pictures of someone without their permisson



Mental health check-in questions to ask your kid:

Do you have trouble falling asleep? How can I help/ encourage you?

Is there anything you're feeling worried about? Do you feel supported by people around you?

8 TIPS TO HELP TEENS (AND EVERYONE) UNPLUG FROM SCREENS

LEAD BY EXAMPLE

Be honest about your tech habits, screen time can be just as much an issue for adults as it is for teens.

START SMALL

7

Begin with short tech-free periods daily & gradually increase. Consistency is key to building new habits!



Collaborate on a list of screen-free options your teen enjoys, from outdoor adventures to creative new hobbies.

CAPITALIZE ON FAMILY TIME

Establish moments for device-free bonding, like meal times or game nights, fostering deeper connections.

MANAGE NOTIFICATIONS

Encourage selective notifications or "do not disturb" modes to reduce distractions and help teens feel more

empowered to use their devices with intention.

DROP ADDICTIVE APPS

Identify and limit certain apps, empowering your teen to set boundaries, especially if it is hurting their mental health.

STAY ACTIVE

Encourage physical activities that disconnect and promote mental and physical wellness.

GO OLD SCHOOL

Introduce traditional alternatives to digital devices, like reading physical books or using analog timekeeping tools.







Resources WELLNESS

TO HELP TEENS

GET SOME SLEEP ZZ

Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about 8-10 hours each night.



FOCUS ON YOUR STRENGTHS

Take time to **think** about what you're good at and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.



DO THINGS THAT MAKE YOU HAPPY



Find activities or hobbies that make you happy and incorporate them into your daily life.



ENGAGE IN PHYSICAL ACTIVITY



Exercise takes our mind off stress and

releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.



TALK TO SOMEONE

It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find ways to manage your stress.

MENTAL HEALTH FIRST AID

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



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

Services provided:

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



For more information, please contact:

HEALTH+ HOSPITALS Woodhull

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

Totteanna Conley Community Liaison Worker 718-963-8934

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

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



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

Servicios prestados:

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



Para obtener más información, póngase en contacto con:

HEALTH+ HOSPITALS Woodhull

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

Totteanna Conley Trabajadora de enlace comunitario 718-963-8934



Tips for Coping with Stressful Events

O Take care of yourself.

Make sure to eat well, exercise and get enough rest. Avoid smoking or using alcohol and drugs to cope.

Stay connected.

Stay connected with family and friends. Talk with someone you trust and who can offer support.

O Take a break.

Take some time for you. Do something that will give you fulfillment.



Tips for Coping with Stressful Events

- Limit your exposure. Set a time to turn off the television and computer, and put down newspapers.
- Stick to routines. Try as much as possible to keep daily routines or create new ones, if needed, to help you cope with the changes. Take time to think about other important parts of your life, and remind yourself of what you enjoy and feel good about.
- S Ask for help. Make sure you have what you need to feel safe and comfortable. If you feel overwhelmed, ask for help.



Practices to Improve Your Emotional Health



Develop your emotional vocabulary to clearly discriminate between feelings and better communicate with vourself and others.



Resilience Cut out negative selftalk and evaluate what happened, why you're feeling the way you do and how you can move



forward

Take time to be fully present in the moment and focus on your breathing and the emotions that arise.



Avoid letting emotions build up and find ways to appropriately communicate those feelings.



Find Balance

Focus on things you are grateful for and try not to obsess about problems and negative feelings



Nurture current relationships and take time to find new ones.



lanage



Take Care of Your Body

Incorporate exercise into routine, eat a healthy diet and get the rest your body needs.



Figure out what is important in your life and how you can let it grow and flourish.

Stress is a part of life, but it doesn't have to take over. This month, we're highlighting ways to manage stress, build resilience, and find moments of calm.

Visit **BeWell.ny.gov** for tools to help you stress less and feel your best. Let's take care of ourselves and each other!

#BeWell #StressAwarenessMonth

Stress Awareness Month

Feeling overwhelmed?

TAKE A FEW DEEP BREATHS.

Learn ways to manage stress and **Be Well**.

BeWell.ny.gov

KEEP MOVING.

Even small movements throughout the day can help reduce stress, boost energy, and improve focus.

Stress Awareness Month

BeWell.ny.gov

From preventing RSV, to getting diagnosed, treatment and more, GET THE FACTS.

health.ny.gov/RSV



ABOUT RSV



officeofmentalhealth

Need to talk?

Crisis Text Line: Text GOT5 to 741741

988 Crisis Lifeline: Call/Text 988 or chat 988lifeline.org

Trevor Lifeline: 1-866-488-7386 Trevor Text: Text START to 678678



A NEW CRISIS RESOURCE FOR NY





GOING TO SCHOOL WITH FOOD ALLERGIES

Work together to form a partnership with your child's school.





kidswithfoodallergies.org/school





VIOLENCE

SUPPORT

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

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

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

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





FAMILIES,

I HOPE YOU FOUND THIS PACKET HELPFUL. OUR NEXT VIRTUAL PARENT LEADERSHIP COUNCIL (PLC) MEETING WILL TAKE PLACE ON<u>ARIL 24 th, 2025 AT 6pm</u>. YOUR VOICE & 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

it takes lote

coordination