
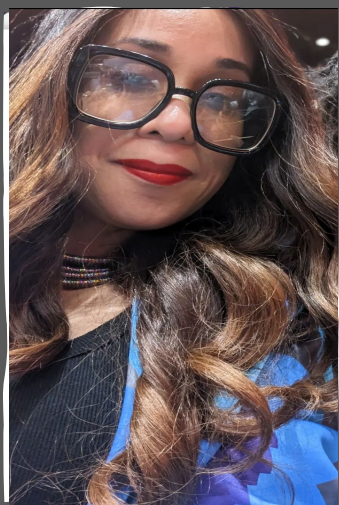


MAY 2025 NEWS & RESOURCES FROM YOUR PARENT COORDINATOR MS. PINK





Ms. Melody Pink
Parent Coordinator &
Liaison to the Parent Leadership
Council (PLC) at Williamsburg
Charter High School (WCHS)
Email: mpink@thewcs.org





Hello Families & Scholars,
It's your Parent Coordinator Ms. Pink. I hope all is well with you and your family. I put together this resource packet with some Amazing resources just for you. 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. **I would like to wish All of our Amazing & Beautiful Mothers a Very Happy Mother's Day.** Remember I'm just an email away. You can reach me at mpink@thewcs.org





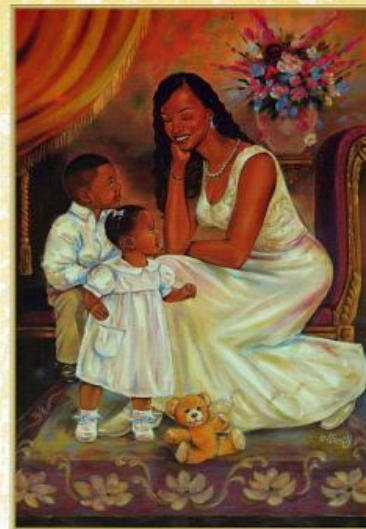
A Mother Is...

A mother is the salt of the earth...
A mother is the first teacher at birth...
A mother is that stone that will melt...
A mother is in a class by herself...
A mother is that tear that never shows...
A mother is that love that overflows...
A mother is the base where we all run...
A mother is the warmth of the sun...
A mother is the tried and true...
A mother is that special you!!!

©Skidok

TO ALL THE MOTHERS OF WCHS & WCHS STAFF,

WE CELEBRATE ALL OF THE
FABULOUS WCHS MOTHERS ON MOTHERS
DAY. WISHING YOU A DAY FILLED WITH
HAPPY MOMENTS. WE ARE THANKFUL
FOR ALL THE WOMEN WHO NURTURE US,
TEACH US, GUIDE US, WHO OFFER
SUPPORT AS WE JOURNEY THROUGH LIFE
AND WALK ALONGSIDE US. THANK YOU
FOR SELFLESSLY GIVING LIKE YOU DO.
HAPPY MOTHER'S DAY!
WARMEST REGARDS,
MS. PINK



My Mother, My Jewel

A mother is a jewel to treasure,
her love and kindness know no measure.
She can turn a frown into a smile,
she helps you go that extra mile.
I won't believe there is another
to give the love that comes from mother.

©Skidok

Give Mom the Day Off

Remember the list of things moms really want ? Many of them involve a day off from the usual mom jobs so consider planning an outing with the kids and giving mom some downtime once you've tidied the apartment of course, so all she has to do is nothing. Don't forget to pick up takeout & paper plates on your way home!



Things to Do on Mother's Day



TREAT MOM TO A SPA DAY IN THE CITY

Nothing says Happy Mother's Day better than some luxurious pampering. New York is full of great spas – so go ahead and book a massage and relax together! Visit the link below for a list of the 20 best spas in NYC, and reserve today:

<https://www.timeout.com/newyork/health-beauty/the-20-best-spas-in-nyc>



TAKE MOM ON A BRUNCH CRUISE

Make Mother's Day unforgettable with a *brunch cruise experience* by *City Experiences* (Visit: <https://www.cityexperiences.com/new-york/city-cruises/mothers-day-brunch-cruise/>) in New York City. Enjoy a delicious brunch buffet, free-flowing mimosas, and live entertainment aboard a luxurious yacht while taking in stunning views of iconic city landmarks such as the Statue of Liberty and the Brooklyn Bridge. Show your appreciation to the most important woman in your life with this unique and memorable gift.



WILLIAMSBURG
CHARTER HIGH SCHOOL



Principal Valerie Jacobson

HAPPY SCHOOL PRINCIPAL'S DAY
May 1st, 2025







TO ALL OF OUR WCHS TEACHING STAFF,

Every student is different. Classrooms are filled with different abilities, personalities, learning styles, and needs. Somehow, our teachers are continuously figuring out how to maximize the potential of each scholar by making meaningful connections. They are creating accommodations, working closely with parents, and putting supports in place to allow students to be at their best. Thank you for all that you do to prepare our leaders of tomorrow. HAPPY TEACHER APPRECIATION WEEK!!!#TeacherAppreciationWeek
Warmest Regards,
Ms. Pink



*School
Announcements &
News from
Principal Jacobson*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MAY 2025			1	2 Progress Reports released to students	3
4	5	6	7 Student-Led Conferences 2-4pm (in-Person)	8 State Visit Student-Led Conferences 4-6pm (Virtual)	9	10
HAPPY MOTHER'S DAY!!	12	13	14	15	16	17 Open House @10am
	18 STAR Testing (in class)	19 STAR Testing (in class)	20 STAR Testing (in class)	21 STAR Testing (in class)	22 STAR Testing (in class)	23 STAR Make-ups (in class)
25	26 Memorial Day, school closed	27	28	29  Virtual PLC Meeting @6pm	30 	31
						School Days: 21 Instructional Hours: 131.25 Total School Days: 166

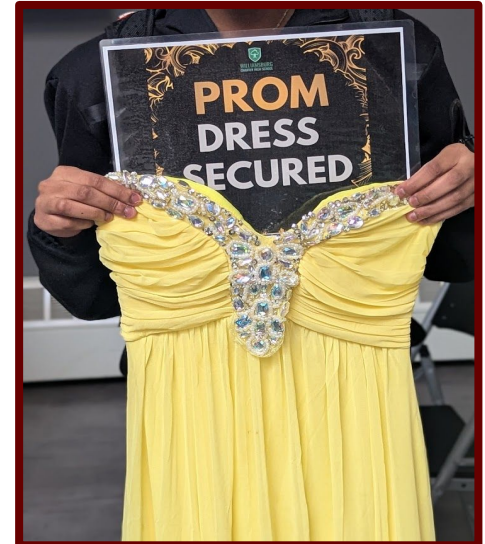
Woodhull Hospital & Your Parent Coordinator Ms. Pink Had Their Boots on The Ground for the “Dress for Success & Ms. Pink’s Prom Giveaway

April 30th, 2025

Edition: 001

Reported By: Ms. Pink

“Remember if you Miss a Ms. Pink Event, You Miss A LOT”

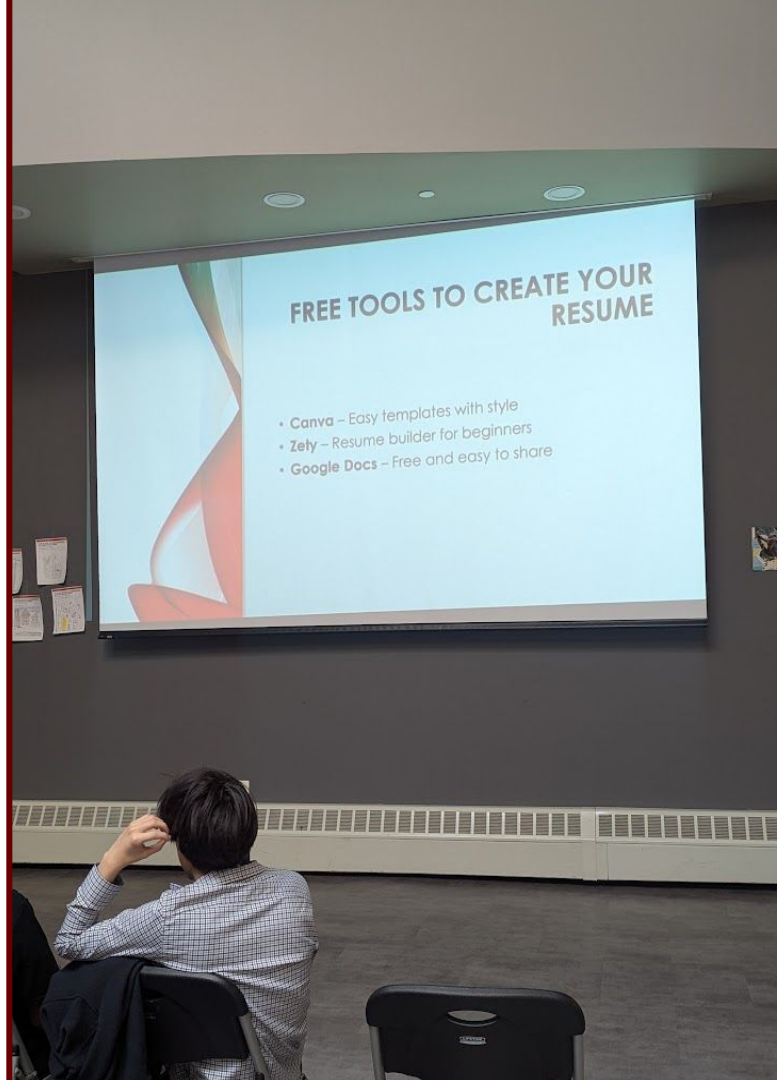


Woodhull Hospital Dress for Success & Ms. Pink's Prom Giveaway

Thank you to Woodhull Hospital for partnering with us to have The Dress for Success Workshop & Suit Giveaway. Our scholars learned so many valuable Gems on Interviewing Techniques, How to Dress for an Interview & Internship Opportunity and Resume Tips. Plus Ms. Pink's Gems on Researching Jobs, Interviewing Conversation Tips & more. Scholars received suits and business casual attire.

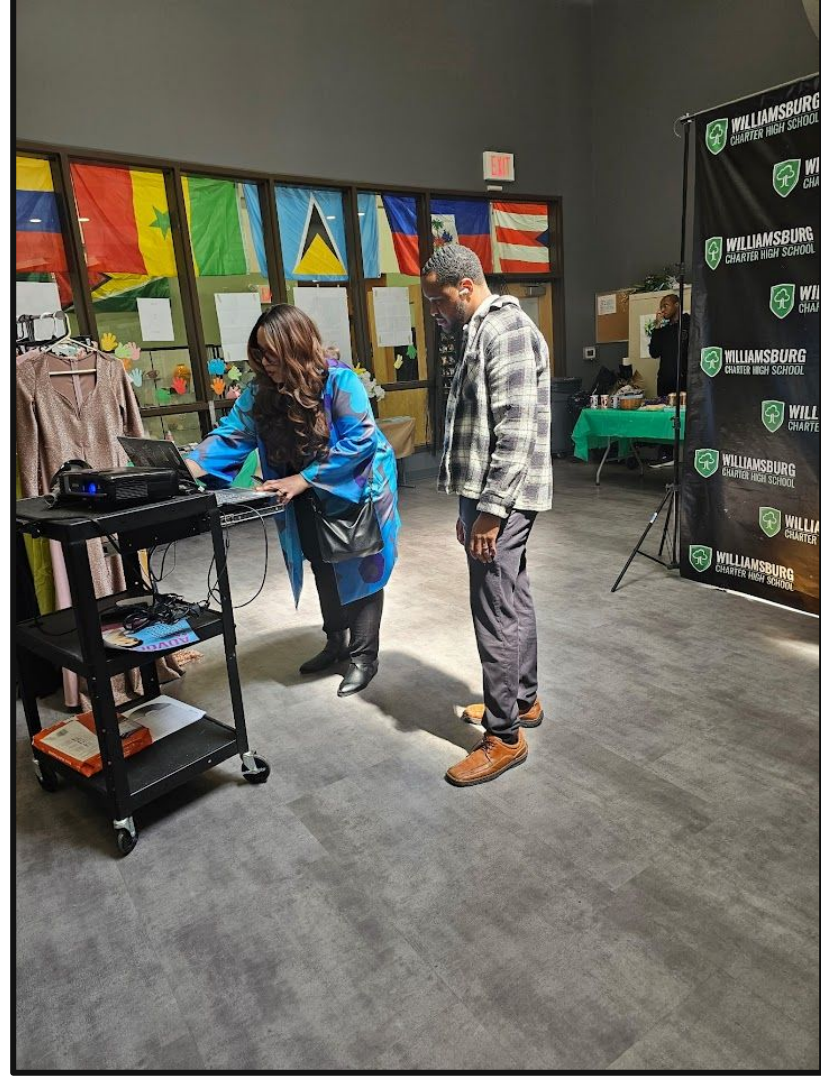
Ms. Pink's Prom Giveaway was filled with dresses for Prom & Graduation, Senior Graduation Swag for the Class of 2025, makeup, brush sets, nail sets, mirrors, Black Hair Care Products & some Amazing Snacks. Remember if you miss a Ms. Pink's event you miss A LOT!

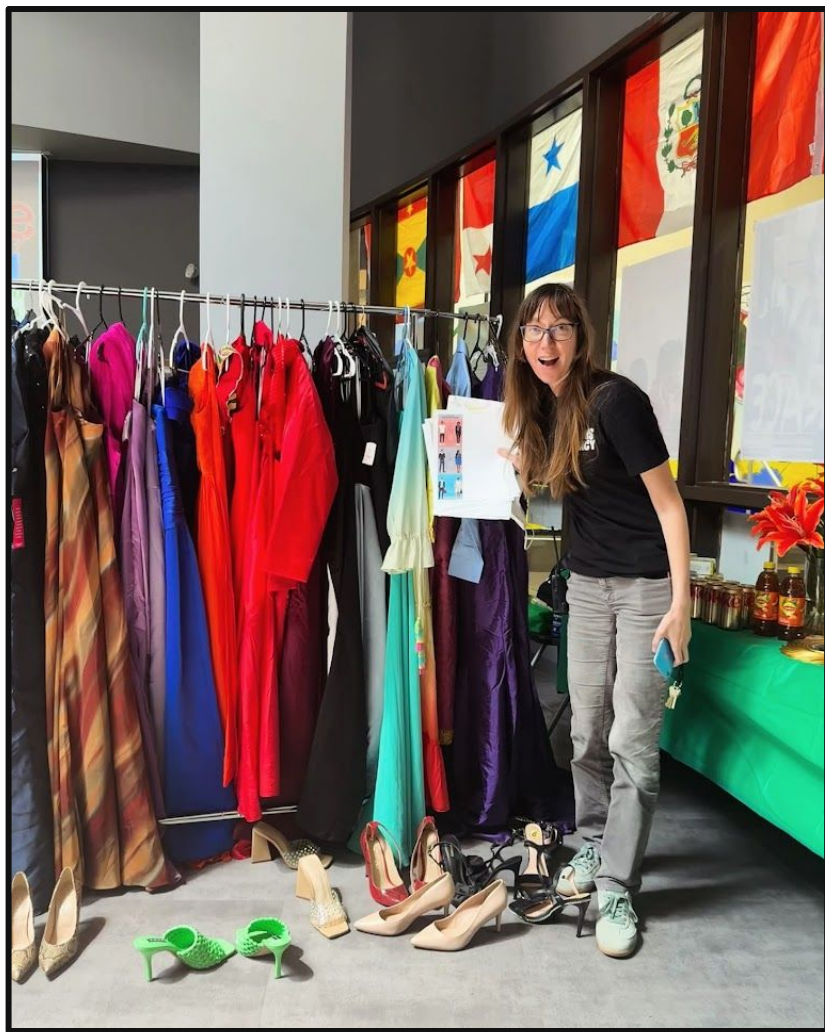




FREE TOOLS TO CREATE YOUR RESUME

- Canva – Easy templates with style
- Zety – Resume builder for beginners
- Google Docs – Free and easy to share





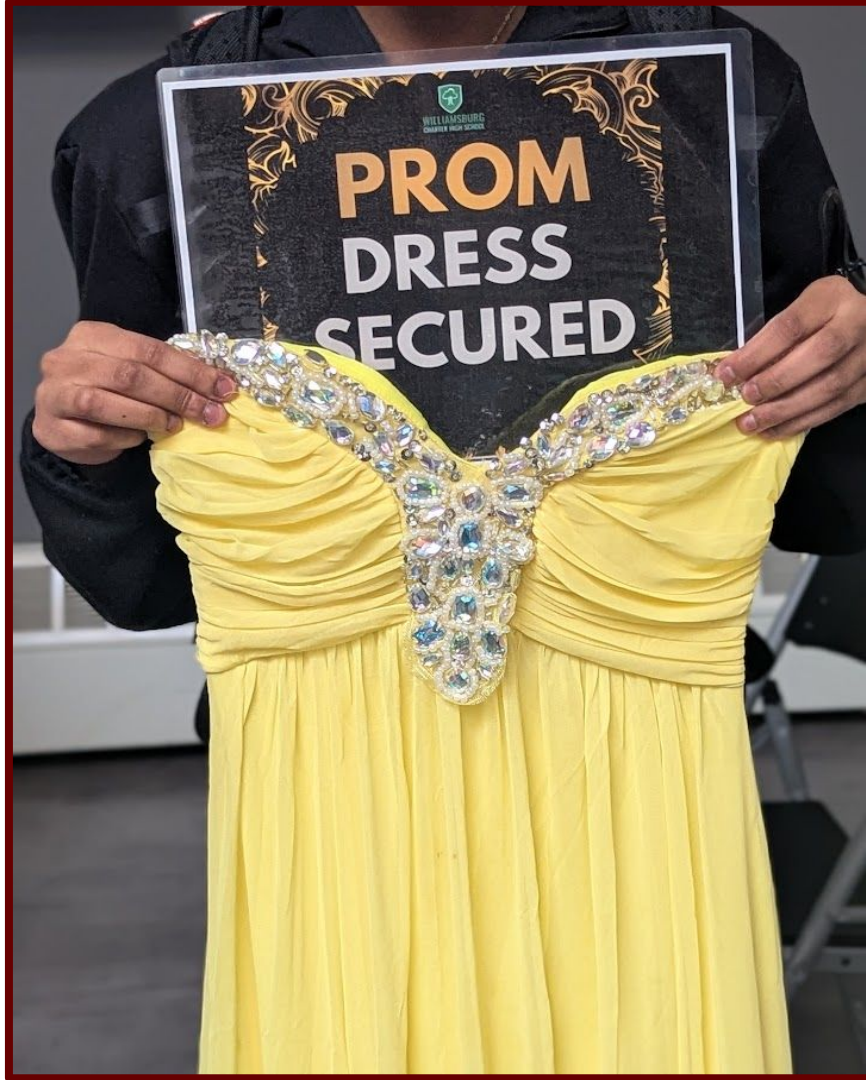












Regents Review

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

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
Chemistry	Solomon	Tuesday	532
Earth Science	Lara	Tuesday & Thursday	425
Biology /Living Environment	Reid	Monday, Tuesday, & Thursday	325
Global History	Mauro	Monday, Tuesday & Thursday	601
Global History (ENL)	Lara	Monday & Friday	330
US History	Burchett	Tuesday & Thursday	613
English	Doody	Monday	411
English	Karoutsos	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

Early Regents Days		JUNE 2025									
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	RATING DAYS		
Life Science: Biology <small>(for students taking the class this school year)</small>	Geometry	English Language Arts	Global History & Geography II	Juneteenth Holiday Observed		World Language Checkpoint B Exams Spanish French Latin	Physical Setting/ Chemistry	Algebra II	RATING DAYS		
12:15 PM		12:15 PM	12:15 PM	12:15 PM			12:15 PM		RATING DAYS		
Earth and Space Sciences <small>(for students taking the class this school year)</small>		Living Environment	Algebra I	Physical Setting/ Earth Science <small>(Lab Practical Required see information below)</small>			Physical Setting/ Physics		RATING DAYS		

** 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 **Regents en 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 sala 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.

CHECK YOURSELF: ARE YOU IN UNIFORM?



Tops

Uniform polo, inspiration tees, team uniforms (with sleeves!)



Team uniforms with exposed arms, non-uniform tees, other color tops



Layers

Uniform track jacket, uniform pullover, black zip up worn open with no hood



Hoodies, non-black zips, coats



Bottoms

Black pants, professional length black shorts and skirts



Ripped or torn pants, non-black pants, athletic shorts or sweatpants



Shoes

Green, black, white, or gray shoes in any combination of colors



Sandals, crocs, other color sneakers



SHOW YOUR WOLVERINE PRIDE



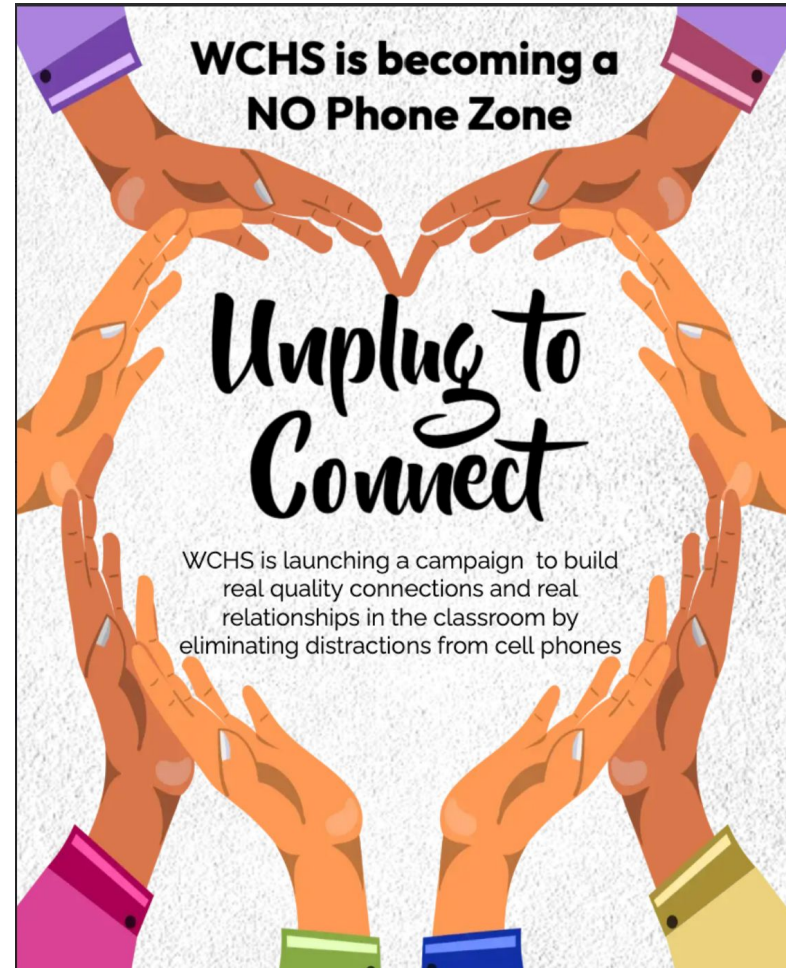
Cell Phone/Electronics Policy Pilot Reminders

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.





STUDENTS

VS

FACULTY

The WCHS Students vs. Faculty Games

Monday, May 12, 2025 | 6:00 pm - 9:00 pm

The Williamsburg Community Center

195 Graham Ave, Brooklyn, NY 11206

Email dlong@thewcs.org for info!

LET THE GAMES DECIDE WHO IS BEST!!!



THE WILLIAMSBURG CHARTER HIGH SCHOOL
ATHLETICS DEPARTMENT PRESENTS...

2024-25 ATHLETICS AWARDS BANQUET

198 Varet Street | Brooklyn, NY 11206

Wednesday, May 28, 2025 @ 4:00 PM - 7:00 PM

FORMAL ATTIRE IS REQUIRED IN ORDER TO ATTEND!

DINNER AND REFRESHMENTS WILL BE SERVED!

Email dlong@thewcs.org for more information!

Senior Committee

CONGRATS

SENIOR DECISION Day Party

SENIORS!

**Let's celebrate your post
grad decisions. Please wear
a shirt or sweatshirt to
celebrate your decision**

Wednesday May 28th



Comité de Cuarto Año

CONGRATS

fiesta del Día de DECISIÓN DE CUARTO AÑO

¡CUARTO AÑO!

**Celebremos tus decisiones
de posgrado. Por favor, use
una camiseta o sudadera
para celebrar su decisión**

Miércoles 28 de mayo





IMPORTANT DATES | 2025

MAY
30

SENIOR PROM

SENIOR NIGHT
@ 6 FLAGS

JUN
06

JUN
9-10

VILLA ROMA

GRADUATION
PRACTICE

JUN
25

JUN
27

GRADUATION!
11AM @ HUNTER COLLEGE

FOR MORE INFORMATION PLEASE SEE
MS. MARTIN, MS. JOHNSON, MS. MARTINO

Summer School Registration May 21st - May 30th

Summer school registration begins Wednesday **May 21st**. Students who failed one or more classes **MUST** meet with their counselor by **Friday, May 30st** to discuss summer school or an academic plan get back on track. If you plan to attend summer school at Williamsburg Charter High School you must:

- 1) complete a [Summer School Interest Form](#) and
- 2) complete a [Summer School Contract](#)

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

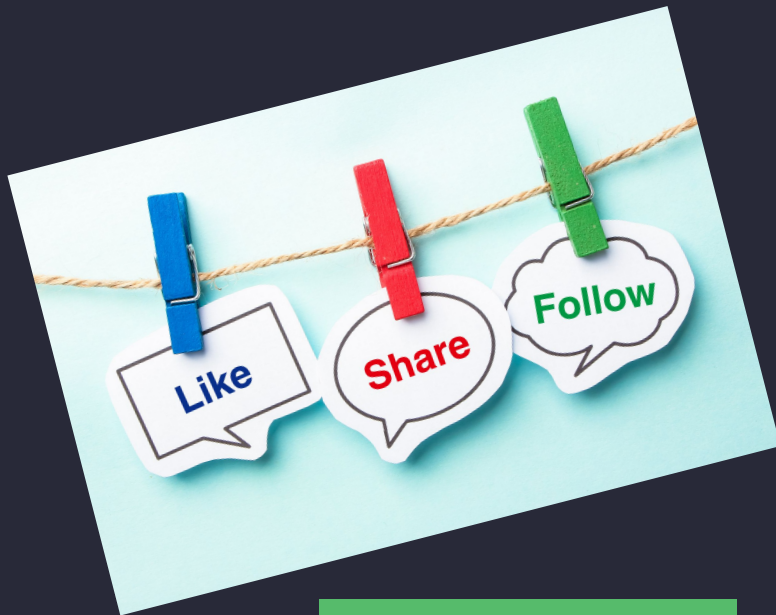
Trimester 1 Dates: Monday July 14th, Tuesday July 15th, Wednesday July 16th, Thursday July 17th and Monday July 21st

Trimester 2 Dates: Tuesday July 22nd, Wednesday July 23rd, Thursday July 24th, Monday July 28th, Tuesday July 29th

Trimester 3 Dates: Wednesday July 30th, Thursday July 31st, Monday August 4th, Tuesday August 5th, Wednesday August 6th

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

9th grade	Ms. Hamilton	<u>bhamilton@thewcs.org</u>
10th grade	Ms. Augustin	<u>gaugustin@thewcs.org</u>
11th grade	Ms. Sales	<u>ssales@thewcs.org</u>
12th grade and 5th Year Seniors	Ms. Chery	<u>nchery@thewcs.org</u>



WILLIAMSBURG
CHARTER HIGH SCHOOL

**EACH
REACH1**



THE HELP WE NEED:

- SHARE A FLYER
- REFER A FRIEND
- SHARE GREATNESS

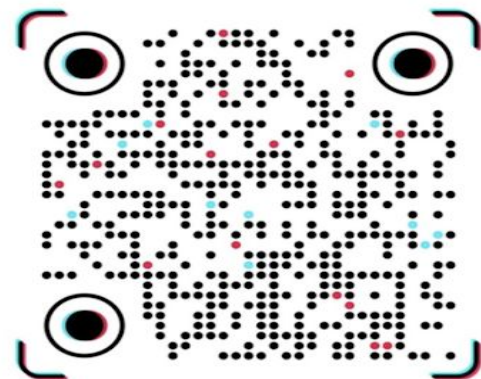
**JOIN
OUR
EFFORTS**

WWW.WCHS.PAGE

Follow us on TikTok 🥳



Williamsburg Charter



Scan QR code to follow account



[@TikTok.COM](https://www.tiktok.com)



Youth Opportunities & Resources from Ms. Pink



NYPL's FREE Job Fair & Expo 2025: Connect, Learn, Get Hired!



**Fri, May 23 | 10 AM–3 PM | Stephen A.
Schwarzman Building**

Join us for the Library's Job Fair & Expo—a full-day event connecting over 1,000 job seekers with employers, training programs, and career resources.

Find jobs, build your LinkedIn profile, participate in engaging workshops and conversations, and access a wide range of free resources and services at the Library's Job Fair & Expo. [Register to attend](https://www.eventbrite.com/e/nypls-free-job-fair-expo-2025-connect-learn-get-hired-tickets-1320454467859?aff=nyplwebsite)
(<https://www.eventbrite.com/e/nypls-free-job-fair-expo-2025-connect-learn-get-hired-tickets-1320454467859?aff=nyplwebsite>)





Faces of Foster Care YOUTH Expo 2025



Visionary
Author
and
Founder of
Faces of
Foster
Care

Dr Kay Kizer
Founder Kay's
Carry On



"Join us for a powerful
conversation on foster care
and youth advocacy!"



Panel Moderator:
Danielle "Danny"
Herring



SCAN THE CODE
TO REGISTER!



Event Highlights & Goals

- Amplifying the voices of foster care youth
- Breaking barriers and redefining the narrative
- Inspiring change through lived experiences
- Building community, advocacy, and empowerment

519 Rockaway ave
Brooklyn NY 11212

TIME
12PM-4 PM

DATE
Saturday MAY 17

HOSTED
BY



Presenters



FOSTERING MEDIA CONNECTIONS



Kay's
Carry-On

INNER
VIEWS



Youth Voices
RISING

FOSTERING MEDIA CONNECTIONS



Community Based
Organizations



The
Brooklyn
W.A.Y.



PAID PROGRAM



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

CERTIFICATIONS

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

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

For more information contact:

Howard Brown

Youth Empowerment
Department Manager
hbrown@tcahnyc.org



APPLY TODAY!

Skill Building:

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



THE CAMPAIGN
AGAINST HUNGER
A Community's Approach To Caring



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



@TCAHNYC

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



SOUND
thinking
nyc

CUNY | **CAT** | **NYC**
Creative Arts Team | Media & Entertainment

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@cuny.edu



"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



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@bnsdc.org

Contact: Charisse Johnson
Williamsburg Charter High School
cjohnson@thewcs.org



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.



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 YMCIA 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.



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-quality sports like basketball and fitness activities, where students can engage in recreational activities, socialize, and participate in leadership-building events.

Location: Greenpoint YMCA, 99 Meserole Ave., Brooklyn, NY 11222
Registration: Ongoing

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

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: Ongoing



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

To register and for info, contact Brittney Russell, YMCA Teen Coordinator at brussell@ymcanyc.org or at 212-912-2268.

Applications due April 30th

Join the Youth Leadership Council!

**NYC
HEALTH+
HOSPITALS**

Are you a high school student interested in healthcare?

Do you want to help improve care access for teens?

- ✓ Weekly zoom meetings
- ✓ Health trainings
- ✓ Conferences and projects
- ✓ Stipend of \$15 dollars per hr

Apply Now!



Application link in bio

Contact: YouthLeadershipCouncil@nychhc.org



**BRONX
DOCUMENTARY
CENTER**

BDC Annex
364 E. 151st St.
Bronx, NY 10455
education@bronxdoc.org

Mandatory orientation
for accepted students:
Middle School: June 27, 12-3 PM
High School: June 27, 6-7 PM

YOUTH PHOTO LEAGUE SUMMER 2025

**FREE
IN-PERSON
CLASSES**



**NO EXPERIENCE
NECESSARY!
CAMERAS &
MATERIALS ARE
PROVIDED BY
THE BDC**

The Bronx Documentary Center's Youth Photo League Summer Program is a free, six-week in-person course held at the BDC Annex, 364 E. 151st St. Questions about the program or the application? "Drop-in" during the YPL Open House on Friday, June 9th - 12th, anytime between 4:30 - 6PM or contact Ricardo Partida, Summer YPL Coordinator, at education@bronxdoc.org.

Scan QR to
learn more
and apply!

**Middle School (7th-8th Grade)
Intro to Photography**



Program Dates:
June 30 - August 1, 2025
Mon + Wed, 11 AM - 4 PM
Apply by June 10, 2025

Middle school students will explore photography through cyanotypes, film, and digital, gaining hands-on experience and insight into its history and technology.

Scan QR to
learn more
and apply!

**High School (9th-12th Grade)
Multimedia Storytelling**



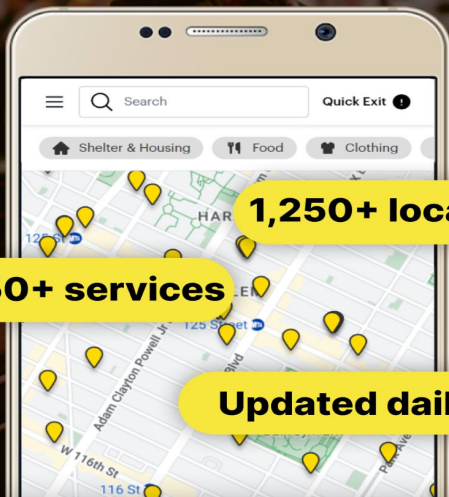
Program Dates:
June 30 - August 1, 2025
Tues + Thurs, 11 AM - 4 PM
Apply by June 10, 2025

High School students will learn to report, produce, and edit video and audio narrative pieces, telling the stories of the Bronx in a visual medium.

YourPeer NYC

YOU'RE NOT ALONE

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



1,250+ locations

2,450+ services

Updated daily

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.



Your Peer • Services for Unhoused and Unstably Housed Youth

Provided by: Streetlives

Type: Online Directory

Resource for: High School Students • Homeless • Teenagers • 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

WorksPlus

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

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



**WANT TO LEARN MORE?
CONTACT:**

**(706) 386-8090
OR**

WORKSPPLUS@RISEBORO.ORG

CAREER READINESS WORKSHOPS:

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

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

RiseBoro
COMMUNITY PARTNERSHIP

UNDOCUMENTED AND NEED FINANCIAL AID FOR COLLEGE?

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



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

CLOSE TO **80**
PARTNER COLLEGES

**Deadline for the National
Scholarship is Feb 28, 2025**

www.thedream.us

APPLY TODAY!

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

GET PAID while you GET CERTIFIED in a new career!

**Are you
18-24?**

You'll get:

- HSE
- Computer literacy
- Workplace success
- CPR certification
- Paid work experience
- Community service experience
- Leadership development

TWO CERTIFICATION TRACKS (choose one):



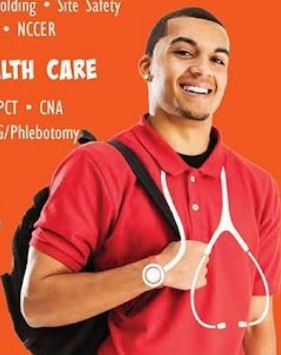
CONSTRUCTION

OSHA 30 • Flagger • Scaffolding • Site Safety
Fireguard F-60 • NCCER



HEALTH CARE

PCT • CNA
EKG/Phlebotomy



Requirements

- Proof of COVID-19 vaccination
- Not in school
- Out of work

North Brooklyn YouthBuild

IN-PERSON INFO SESSIONS:

- Construction — 1 PM on Wed.
- Health Care — 1 PM on Fri.

Sign 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: 718-302-2057 ext. 450 or email: NBKYouthBuild@stnicksalliance.org
TTY Number: 800-662-1220

St. Nicks Alliance is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities.

75% of the total costs of North Brooklyn YouthBuild will be financed with federal money. \$1.5M in federal funds will go to the support of North North Brooklyn YouthBuild.

25% of the total costs of North North Brooklyn YouthBuild will be financed with non-government sources.



St. Nicks Alliance

BUILD YOUR FUTURE WITH US!

NYC
Department of
Youth & Community
Development

Queens
Community
House



**GET CERTIFIED THROUGH
OUR TRAINING PROGRAMS!**

- ✓ Retail Training
- ✓ Culinary Arts Training
- ✓ GED Courses
- ✓ Construction Training
- ✓ JOB PLACEMENT

ARE YOU ?

- Between the ages of 17.5 to 30
- A NYC resident
- Currently out-of-work
- Not enrolled in school

if so...JOIN US !



Enroll Now



More Information:
youthjobs@qchnyc.org

Learn While You Earn with CUNY Online



Study **Anywhere,**
On Your Terms

Apply Now
cuny.edu/online

CUNY Online



**Get ahead
while you work**

CUNY Online lets you fit school
into your busy schedule.

[Explore Online Degrees](#)

CUNY Online cuny.edu/online





*Mind & Body in CommUNITY:
Empowerment Through Culture, Connection, & Care*

The NYC Department of Youth and
Community Development (DYCD) in partnership with
Vibrant Emotional Health invites you to join our
10th Annual Healing the Hurt Conference

Friday, May 16, 2025

8:30 AM - 4:00 PM

This event will highlight the importance of holistic healing,
culturally responsive wellness practices, and
the strength of collective support in mental health.

Register Now:

bit.ly/HTH25

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

Health Services



VISIT OUR ADOLESCENT HEALTH CENTER



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

Appointments are available for young people ages 12-24.

BOOK TODAY

 **212-453-0222**

 **833-569-0033**

 **door.org/health**

**555 Broome Street, Lower Level
New York, NY 10013**

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.

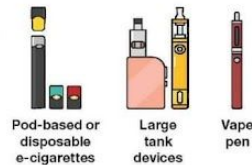
For more information, visit nyc.gov/health and search for **e-cigarettes**.



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.

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

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

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

☐ E-liquid ingredients are not closely regulated, and their long-term health effects are unknown.

☐ People have been poisoned by swallowing e-liquid or getting it on their skin or in their eyes.

☐ E-cigarettes are harmful to the environment and can contain plastic, electronic and hazardous waste.



nyc.gov/health 🔍 "e-cigarettes"



Introducing **free** online therapy *for NYC teens*



Brought to you by **NYC**
teenspace

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



Brought to you by **NYC**
teenspace



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




Brought to you by 



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

Visit talkspace.com/nyc to get started.



Brought to you by 



Community Resources from Ms. Pink

**COMMUNITY
RESOURCES**





Join

Senator
Roxanne J. Persaud



IN PARTNERSHIP WITH



FOR A PRE-MOTHER'S DAY CLOTHING, CHILDREN DISPOSABLE
DIAPERS AND MORE DISTRIBUTION FOR WOMEN
(WHILE SUPPLIES LAST)

Saturday, May 10, 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 and
indicate size of disposable
diapers needed.

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

BROOKLYN ORG



SHOW BROOKLYN SOME LOVE FEST

SAT MAY 10 | 11AM - 2PM

FREE MOTHER'S DAY FLOWER BAR*

**while supplies last*

**FREE Activities & Performances
at City Point & Albee Square**

**Family Dance Party, Meet the Green Lady of Brooklyn,
Hopalong Andrew, Face Painting, Arts & Crafts
Music Lessons & More!**



CITYPOINT



445 ALBEE SQUARE WEST BKLYN 11201 | FOLLOW US FOR EVENTS, GIVEAWAYS & MORE @CITYPOINTBKLYN

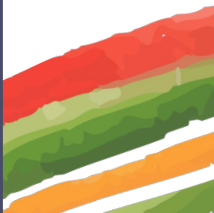


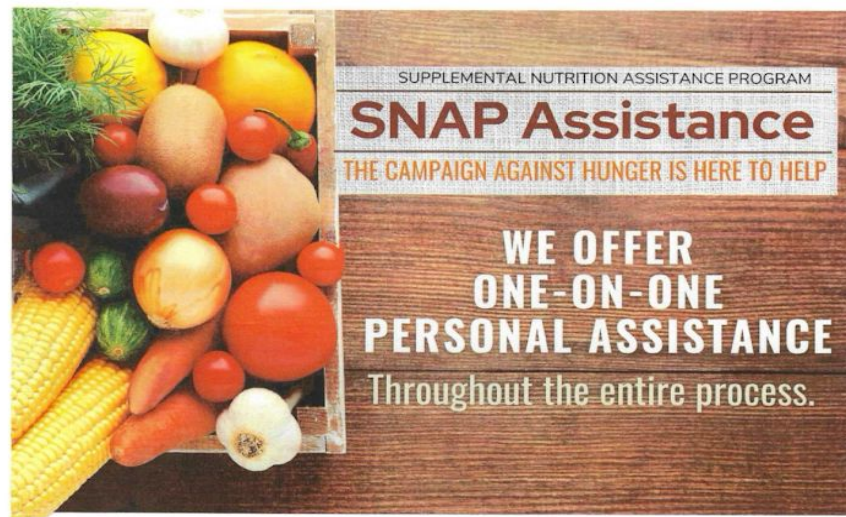
bam_brooklyn DanceAfrica, BAM's longest-running program and the nation's largest African dance and culture festival, returns for its 48th year over Memorial Day weekend! This vibrant celebration transforms BAM and its surrounding streets into a hub of performances, films, dance classes, and community events.

At the heart of DanceAfrica 2025 is Mozambique: Movement! Magic! Manifestation!, a powerful showcase of Mozambican dance and cultural expression at the BAM Howard Gilman Opera House (May 23–26). Under the artistic direction of Abdel R. Salaam, this electrifying performance features Mozambique's Song & Dance Company, alongside The DanceAfrica Spirit Walkers and The Billie's Youth Arts Academy Dance Ensemble.

Beyond the stage, experience the DanceAfrica Bazaar with 200+ vendors, FilmAfrica's curated screenings, and dance classes offering hands-on engagement. Don't miss a special visual arts installation by Mozambican artist Cassi Namoda, presented with MoCADA.

Join the movement! Get tickets and explore the full lineup at [BAM.org](https://bam.org).





SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

SNAP Assistance

THE CAMPAIGN AGAINST HUNGER IS HERE TO HELP

**WE OFFER
ONE-ON-ONE
PERSONAL ASSISTANCE**

Throughout the entire process.

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

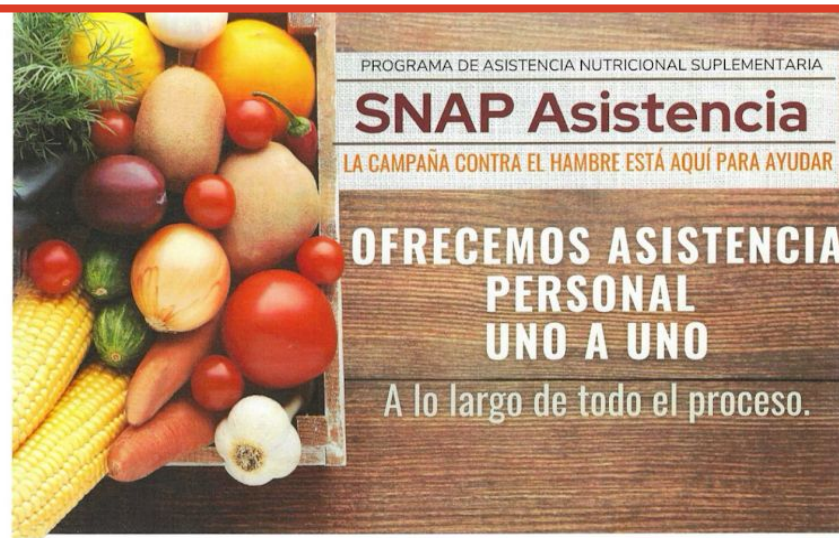


2010 FULTON STREET | BROOKLYN, NY 11233

(718) 773-3551

www.tcahny.org

BTCAHNYC



PROGRAMA DE ASISTENCIA NUTRICIONAL SUPLEMENTARIA

SNAP Asistencia

LA CAMPAÑA CONTRA EL HAMBRE ESTÁ AQUÍ PARA AYUDAR

**OFRECEMOS ASISTENCIA
PERSONAL
UNO A UNO**

A lo largo de todo el proceso.

Descubrir *USTED PUEDE SER ELEGIBLE*

¿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

Open Door Family Life Center

FOOD PANTRY

RESOURCES
FROM MS.PINK



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

www.opendoorflc.org

Expecting
Relief



January 17, 31

February 14, 28

March 14, 28

April 11, 25

May 9, 23

June 13

Escanee el código QR y
regístrese para reservar su
bolsa de comida
(opcional)



Expecting Relief
Community Pantry Boutique
2832 Fulton St
Brooklyn NY 11207



www.expectingrelief.org



[expectingrelief](https://www.instagram.com/expectingrelief)

COMIDA
ASISTENCIA
2025 FECHAS
2pm-3:30pm



FREE HSE (GED) ADULT CLASSES

ADULTS 21 OR OVER

CLASSES ARE HELD AT

P.S. 165
IDA POSNER

76 LOTT AVENUE, BROOKLYN, NY 11212

REGISTER NOW!

EVENING CLASSES
5:40PM - 9:00PM



OPEN TO
ALL!

WORKFORCEGED7@GMAIL.COM

CALL OR TEXT: 917-612-7831



@adultedschool7  

NEED YOUR G.E.D.?



FREE IN-PERSON CLASSES!

- TAKE EXAM WHEN YOU'RE READY
- FLEXIBLE CLASS SCHEDULES
- DAY AND EVENING CLASSES
- LICENSED EDUCATORS TO HELP YOU PASS!

GET STARTED!

CHOOSE YOUR LOCATION:

P.S. 221 TOUSSAINT L'OUVERTURE

791 EMPIRE BOULEVARD
BROOKLYN, NY, 11213

KAPPA V M.S. (+SAT.)

985 ROCKAWAY AVENUE
BROOKLYN, NY, 11212

P.S. 165 IDA POSNER

76 LOTT AVENUE
BROOKLYN, NY 11212



CONTACT US:

CALL OR TEXT: 917- 612-7831

OACES7@SCHOOLS.NYC.GOV



@adultedschool7



SUNY Brooklyn Educational Opportunity Center



SUNY BEOC is tuition-free!

We offer academic and career programs that provide professional and educational training.



Jumpstart your career by applying at www.sunybeoc.org/admissions/



CHOOSE FROM OUR PROGRAMS

- Medical Assisting
- Patient Care Technician
- Security Guard Training
- College Preparation
- High School Equivalency Preparation
- AND MORE!

111 Livingston Street, 2nd Floor, Brooklyn NY 11201 | admissions@beoc.cuny.edu

DISTRICT 34 TRASH FORCE SPRING SWAP & E-WASTE



JENNIFER GUTIÉRREZ
City Council Member District 34



BROOKLYN BOROUGH PRESIDENT
ANTONIO REYNOSO



SPRING CLEAN SWAP & E-WASTE EVENT

Dispose of working and nonworking electronics. Bring clean and lightly used clothing, shoes, or toy donations to swap.

SATURDAY, MAY 10
10 AM - 2 PM (E-waste)
12 PM - 3 PM (Spring Swap)
183 South 3rd Street
Register: bit.ly/TrashForceVols



JOIN THE
TRASH FORCE
VOLUNTEER
LIST

bit.ly/TrashForceVols



District 34 Office
244 Union Ave Brooklyn, NY 11206



718-963-3141

Internationally Trained Nurse?

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:



Improve your English language skills



Learn about nursing in the U.S. healthcare system



Prepare for the NCLEX-RN exam to become re-licensed in New York State

Learn more and apply:

nyc.gov/healthcaretraining



Eligibility Requirements

- ☑ 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



WE ARE HIRING

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



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.



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@ymcanc.org to make an appointment.



To register and for info, contact Brittney Russell, YMCA Teen Coordinator at brussell@ymcanc.org or at 212-912-2268.

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-quality sports like basketball and fitness activities, where students can engage in recreational activities, socialize, and participate in leadership-building events.

Location: Greenpoint YMCA, 99 Meserole Ave., Brooklyn, NY 11222

Registration: Ongoing



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

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:
Ongoing



YMCA OF GREATER
NEW YORK

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



Make Your Impact

Become a Lifeguard

Register for lifeguard pretest and training.

Free for all participants

Stipend provided to all students who attend course



REGISTER NOW

ymcanc.org/ymca-lifeguard-training-certification



YMCA OF GREATER
NEW YORK

 **Bandana.com**



CARPENTERS

JATC OF NYC & VICINITY

BEGINS MARCH 12TH

APPRENTICESHIP RECRUITMENT

JOURNEYMAN RATE: \$30-60/HR

- APPLICANTS MUST ATTEND AN IN-PERSON INFORMATION SESSION AT 395 HUDSON STREET, NEW YORK, NEW YORK 10014.
- INFORMATION SESSIONS HELD ON THE SECOND WEDNESDAY OF EACH MONTH 9AM-10AM
- AT THE CONCLUSION OF SESSION, APPLICANTS WILL RECEIVE A PASSCODE, WHICH WILL ALLOW THEM TO ACCESS THE APPLICATION ONLINE.

MORE INFO → bandana.com/b/nycdcc

**NYCHA
CLEAN ENERGY
ACADEMY**

ENROLL IN

**THE CLEAN ENERGY
ACADEMY TODAY!**



**We will pay you \$1,500 to complete
this FREE 8-week training course
for NYCHA residents.**

**Attend an info session to learn how
to start a career in clean energy!**

APPLY NOW!

**Questions?
Contact us!**



workforce@kc3.nyc



<https://bit.ly/CleanEnergyAcademy>

Thank You to our Partners!

**PUBLIC
HOUSING
COMMUNITY
FUND**

SOLARone





RED HOOK ON THE ROAD

FREE CDL PROGRAM

- Following **four weeks of classroom** and behind-the-wheel training, students take the NYS Commercial Driver's License (CDL) road test
- Once grads are licensed, they're ready to be **placed in a job** with our network of employers throughout the city.
- Must be **unemployed** and **21 years or older**
- **Live in New York City** and be legally eligible to work in the U.S.
- Must have a **valid NY State Driver's License** for at least two years

MORE INFO : bandana.com/b/cdlrh



ApprenticeNYC

ADVANCED MANUFACTURING

TRAINING PROGRAM

- Helps **New Yorkers develop in-demand skills** in a high-growth occupation. The program consists of **three phases** of full-time training (56 weeks).
- **Earn a Manufacturing Certification (CMfgA)** during the initial four week Pre-Apprenticeship phase
- Paid a minimum of **\$18 per hour** for full-time work by your employer. As you acquire more skills, you can expect wage increases. By the end of the one-year apprenticeship, your hourly pay will be **at least \$21**.
- **No Experience Necessary**
- **Requirements:** 18+ years old, New York City resident, and earning \$50,000 or less annually

MORE INFO : bandana.com/b/appnyc

FUNDING PROVIDED BY
NYC
Department of
Youth & Community
Development

AHRC
NYC



16-week Cement Polishing and Maintenance Career Program

Open to 16-24-year-old NYC residents



**\$18/HR
INTERNSHIP
+ STIPEND**



**SITE SAFETY
TRAINING CARD**



**CONCRETE POLISHING
AND OSHA 30
CERTIFICATION**

APPLY TODAY EMAIL: DYCD.CPRECRUITMENT@AHRONYC.ORG



Production Assistant Training Program

JUNE 2025 TRAINING IMPORTANT DATES

To apply to the June 2025 training
you must attend one of the
following virtual Info Sessions:

Mon, 5/5 | 1 pm

Mon, 5/12 | 1 pm

Mon, 5/19 | 1 pm

June 2025 training start and
end dates:

Mon, 6/2 - Fri, 6/27

Email pa@bwiny.org to register
for a virtual Info Session



Climate Justice Fellowship Plus

For Fellows



Let employers know you're interested!

If selected as a Climate Justice Fellowship Plus fellow, you will work within organizations throughout the Bronx and Queens or anywhere across New York State as a Climate Justice Fellow to advance climate justice and/or clean energy priorities.

Climate Justice Fellowship Plus — Fellow Eligibility

- You must be a resident of New York's 14th Congressional District.
- You must be a member of a [Priority Population](#) as defined by the Program.

Selected fellows receive an hourly wage of \$30/hour for 15 months, low- to no-cost health insurance, and more for professional development.

Contact the BronxWorks Program Coordinator, Precious Butler at pbutler@bronxworks.org or 646-734-1437.

BronxWorks will verify your eligibility for the Program. If you are found eligible, you request resume and cover letter assistance.

Advance
clean energy
priorities and
climate justice!

Contact
BronxWorks
for resume,
cover letter,
and application
assistance!

Learn More & Apply:

<https://nyserda.ny.gov/cjf-plus>



NYSERDA
New York State Energy Research
and Development Authority



NYSERDA, with support from U.S. Representative Alexandria Ocasio-Cortez, of New York's 14th congressional district, is pleased to announce the Climate Justice Fellowship Plus Program is now available and is fully funded by the U.S. Department of Labor. The Climate Justice Fellowship Plus Program is a \$3 million pilot program to advance climate justice in the Bronx and Queens.

Need a job?

**Get connected to jobs
and free trainings**



East New York Workforce1 Career Center
2619 Atlantic Avenue

NYC Delivering for you.
Every day. Everywhere.
Small Business
Services



WORKFORCE1
A PROUD PARTNER OF THE
AMERICAN JOB CENTER NETWORK

JOBSNYC

JOBSNYC

Brooklyn
Hiring Hall

Thursday
May 15, 2025

Sofive Soccer Center
2015 Pitkin Avenue
Brooklyn, NY 11207
10:00 a.m. - 2:00 p.m.

Services Available:

- Opportunities to work for the City of New York and private employers
- Onsite interviews with select employers
- Access to workforce development 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.

To RSVP, go to nyc.gov/jobsevents or scan below:



Jobs
NYC
Office of the Mayor

NYC
Small Business
Services

careers
businesses
neighborhoods

WORKFORCE1
A PRIDE PARTNER OF THE
AMERICAN JOB CENTER NETWORK

BROOKLYN
A POWER OF COMMUNITY

NYC JOB FAIRS

HARLEM JOB FAIR

MAY 22, 2025: 11am - 4pm

ST MARY'S EPISCOPAL CHURCH
521 WEST 126TH STREET, NEW YORK, NY 10027

REGISTER NOW

Don't miss the chance to attend the job fair,
where you can meet with recruiters face-to-face
and learn about job openings in your field.



Visit us at:

www.nycjobfairs.com/events

More info: nycjobfairs@gmail.com



SCAN ME

Register here to attend:
<https://qrco.de/bftmK4>

FREE HELMETS

FITTING & DISTRIBUTION
EVENT FOR ALL



Please Note

Helmets will only be given to those present while supplies last.

Adults over 18 receiving a helmet must sign a waiver, and a parent or legal guardian must be present to sign a waiver for children under age 18.

May 2025

Saturday, May 3
10:00am – 1:30pm

Cathedral of St. John the Divine
Amsterdam Ave between
W 112 St & W 113 St
New York, NY 10025

Sponsored by Council Member
Shaun Abreu

Saturday, May 17
11:00am – 2:30pm

Juniper Valley Park
Juniper Blvd South & 75 St
Queens, NY 11379

Sponsored by Council Member
Robert Holden

Saturday, May 31
11:00am – 2:30pm

Seth Low Playground
W 12 St between Bay Pkwy & Ave P
Brooklyn, NY 11204

Sponsored by Council Member
Susan Zhuang

Sunday, May 4
11:00am – 2:30pm

Kelly Park Playground
E 16 St & Moore Pl or Ave S
Brooklyn, NY 11229
(PS 255 Schoolyard)

Sponsored by Council Member
Inna Vernikov

Sunday, May 18
11:00am – 2:30pm

Tecumseh Playground
W 78 St & Amsterdam Ave
New York, NY 10024
(Soccer Field)

Sponsored by Council Member
Gale Brewer

Saturday, May 10
11:00am – 2:30pm

Crocheron Park
33 Ave & 215 Pl
Queens, NY 11361
(Parking Lot)

Sponsored by Council Member
Vickie Paladino

Friday, May 23
4:00pm – 7:00pm

Spuyten Duyvil Playground
660 W 235 St
Bronx, NY 10463

Sponsored by Council Member
Eric Dinowitz



Ytanes Rodriguez
Commissioner



Dedicated for you,
Every day. Every year.



Building a Safer City



FIRST-TIME HOME BUYER

WEBINAR

TUESDAY, MAY 13
6:00PM-7:30PM

REGISTER TODAY:

bit.ly/homebuyer051325

**JOIN TO LEARN
ABOUT:**

- Grants
- Credit Counseling
- Affordable Mortgages
- Your Home-Buying Team
- Home Inspections
- Home Buyer Education
- Getting Started!



Building Communities. Transforming Lives.



Be a Pride Volunteer!

THE NEW QUEENS PRIDE

SUNDAY JUNE 1, 2025
JACKSON HEIGHTS, NY
NEWQUEENSPRIDE.ORG

Volunteer on Sunday June 1st at the parade and festival to make sure the New Queens Pride is a mashing success!

The Queens Pride celebration is coming back bigger and prouder than ever! Volunteer to help us celebrate the 30th Anniversary of Queens Pride – now known as The New Queens Pride on Sunday June 1st, 2025 in Jackson Heights. Together we will make it the most fun, diverse, and amazing Pride event in NYC!



VOLUNTEER ORIENTATION


**LGBT NETWORK
Q-CENTER**
35-11 35th Avenue,
Astoria, NY 11106

- TUESDAY 5/8, 5:30 - 6:30PM, ZOOM
- SATURDAY 5/12, 7:00 - 8:00 PM, ZOOM
- TUESDAY 5/21, 6:30 - 7:30PM, ZOOM

Questions? Please contact Rob Kappel at rkappel@lgbtnetwork.org • 718-514-2155

**RED HOOK INITIATIVE**


Red Hook Initiative & YCI- Level Up
JOB FAIR
— OPEN STREETS BROOKLYN —

**Red Hook
Community
Justice
Center**




EXCITING JOB FAIR ALERT!

**Job or Career
Seekers**
Scan Below:



Register by
Monday, June 2, 2025

**Employers OR CBO
Interested**
Scan Below:



Register by
Monday, May 30, 2025

**Save
The
Date**

DATE: TUES, JUNE 3, 2025
TIME: 11:00 AM - 4:30 PM
LOCATION: 767 HICKS STREET, BROOKLYN NY, 11231

Owners do not have to live on the property to use this service. Mixed-use accepted.



Building Communities. Transforming Lives.

Affordable PROPERTY MANAGEMENT PROGRAM

For Owners of 1- to 4-Unit Properties

- Frees up your time & reduces stress
- Relieves you of managing your tenants
- Provides professional management of day-to-day operation of your property

FREE WEBINAR!

Join us to learn more & get started!



WEDNESDAY, MAY 14
6:00PM-7:00PM

RSVP TODAY: bit.ly/property051425



Goddard Riverside
OPTIONS CENTER

OPTIONS ACCESS PROGRAM

Are you a young professional ready to pursue your post-secondary education?

It's never too late to invest in your future. Let us help you navigate your journey with personalized support and resources designed for adult learners like you.



1:1 EDUCATION COUNSELING

Find the right program for your goals.



APPLICATION & ESSAY GUIDANCE

We will help you stand out in your applications.



WORKSHOPS ON CAREER & EDUCATION READINESS

Build confidence and skills for your career!



NETWORKING OPPORTUNITIES WITH COLLEGE REPS

Learn how admission officers evaluate your application.

MAKE AN APPOINTMENT TODAY!

Schedule a Virtual or in-person 1:1 with this form!



<http://bit.ly/Optionsintake>



The Options Center 352 W 110th St. New York, NY 10025
options@goddard.org (212)678-4667

SCAM ALERT

Gift Card
Awareness



NYPD
New York City Police Department

Scammers will ask you for GIFT CARDS in order to:



- Pay an IRS debt
- Keep your Social Security benefits
- Keep your utilities on (electricity, water or heat)
- Pay for tech support
- Pay for a family member in trouble
- Pay a member of the military needing money
- Pay bail or ransom
- Avoid arrest or deportation



They will tell you:

- It's urgent - don't tell anyone
- Which gift card to buy
- To provide the gift card number and PIN

Safety tips:

- Gift cards are for gifts, not for payment
- Stick to stores you know and trust - avoid buying from online auction sites
- Check the card before you buy it - make sure the PIN on the back isn't showing
- Keep your receipt - this will help you file a report if you lose the gift card

For more information, call the NYPD at (646) 610-SCAM

DONATION SCAM!

THE SCAM:

SCAMMERS ENGAGE YOU IN A CONVERSATION REGARDING DONATIONS FOR THEIR SPORTS TEAMS, SCHOOL ACTIVITIES, OR OTHER CHARITIES.

THE SCAMMERS REQUEST PAYMENT VIA ZELLE, VENMO OR CASHAPP AND ASK YOU FOR YOUR CELLPHONE TO PUT THEIR INFORMATION IN THE APP. WHILE YOU'RE DISTRACTED, THEY TRANSFER LARGE AMOUNTS OF MONEY FROM YOUR BANK ACCOUNT TO THEIR BANK ACCOUNT.

WHAT CAN I DO?

- NEVER GIVE YOUR PHONE TO ANYONE YOU DO NOT KNOW.
- SET UP TRANSFER LIMITS AND ALERTS WITH YOUR FINANCIAL INSTITUTION.
- IMMEDIATELY CALL POLICE IF YOU HAVE BEEN A VICTIM OF THIS CRIME.



Crime Prevention Division

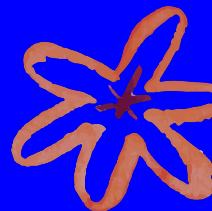
WHY FIND A JOB WHEN YOU CAN START A CAREER?

Nonclinical Healthcare Support

- No-cost Program
- OSHA 10, BBP, CPR, Food Service
- Patient Customer Service
- Job Placement Assistance
- Lifetime Support for Graduates

STRIVE[®]
NEW YORK

STRIVE.ORG/NYPROGRAMS



MTA

INTERNSHIP PROGRAM

JUNIORS, SENIORS AND GRADUATE STUDENTS OF ALL
MAJORS ARE ELIGIBLE TO APPLY

Positions being considered:

- Cyber Security
- Project Management
- Paralegal Studies
- Computer Science
- HR
- Business Administration
- AND MORE!!!

MTA is looking for students who are ambitious and talented individuals to gain hands-on experience in their chosen field.

To find out more info and apply, please visit
<https://tinyurl.com/MTAINT2024> or you can email
studentprograms@nyct.com

Learn Cyber Fundamentals!

Classes are
Free!

plus

Job Placement
Assistance



**SIGN
UP**



In-Person
Basic
Computer Literacy

SNAP RECIPIENTS WELCOME

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



St.Nicks Alliance

Where Opportunity Grows



St.Nicks Alliance

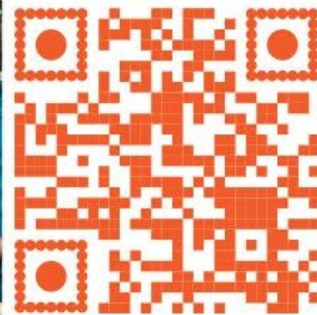
Where Opportunity Grows

Visit:
stnicksalliance.org/careers
or scan QR code

**WE
ARE
HIRING**

Make a difference
in a child's life as an:

- Early Childhood Education Staff
- Afterschool Group Leaders
- SYEP
- Literacy Leaders & Curriculum Writers
- Social Workers



EARN \$ while you TRAIN!

Choose one of two tracks

Healthcare

- HHA
- CNA/PCT
- Hemodialysis

Industrial and Infrastructure

- Construction
- Building Maintenance
- HVAC

Are you
16-24?

- FREE training & certification
- industry professional mentorship
- includes PAID internship

Train and Earn

Requirements

- high school diploma/HSE
- out of work

Sign up

<https://stnicksalliance.org/sign-up-for-train-and-earn/>



BE PREPARED TO STAY AT LEAST 3 HOURS* AT THE INFO SESSION

Those interested in moving forward will take a TABE test.

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 TrainandEarn@stnicksalliance.org
TTY Number: 800-662-1220

St. Nicks Alliance is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities.



St.Nicks Alliance

Where Opportunity Grows

Looking for a rewarding career in
healthcare?

FREE 7-week training provides:

- hemodialysis technician certificate
- paid internships
- job placement assistance



Eligibility:

- have high school diploma/equivalency
- be 21 years or older
- have legal right to work in the US
- be a NYC resident

Bring:

- Social Security card
- NYS photo identification card

Hemodialysis Training

MUST ATTEND INFO SESSION: FRIDAYS 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 Careerservices@stnicksalliance.org



Mother Cabrini
HEALTH FOUNDATION™



St.Nicks Alliance

Where Opportunity Grows

Looking to start a career in technology?

with paid internship & employment assistance!

Get Certified in:

MS Excel • SQL
Tableau • Python

Graduates qualify for these positions:

applications systems analyst
business analyst
investigative analyst
digital revenue specialist
marketing analyst
operations support
data and reporting specialist



Eligibility:

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

Data Analytics Training

sign
up



Join the info Session: TUES 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 TechLiteracy@stnicksalliance.org

BANK OF AMERICA

ROBINHOOD



St.Nicks Alliance

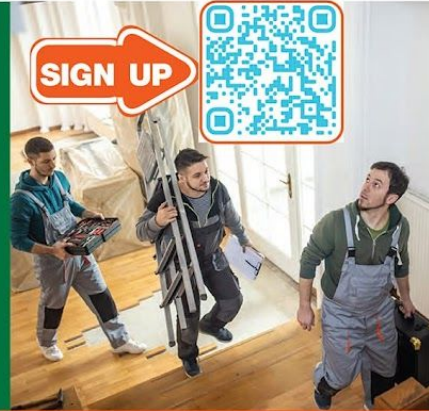
Where Opportunity Grows

Become a Maintenance Tech in only 6.5 Weeks!

Are you 18 or over &
authorized to work
in the US?

Get these Certifications:

- G Pro Operations and Maintenance
- EPA Lead Awareness RRP (Renovate, Repair, Paint)
- Mold Inspection & Remediation Services
- Customer Service Certification



HIRING EMPLOYER PARTNERS:

- St Nicks Alliance Property Management
- RiseBoro Community Partnership
- Fordham-Bedford Housing
- Asian Americans for Equality
- Cornell Pace
- Two Trees Management
- Star Hospitality

Building Careers in Building Maintenance

MUST ATTEND INFO SESSION: WEDNESDAYS 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 BldgMaint@stnicksalliance.org



St.Nicks Alliance

Where Opportunity Grows

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

Secure
these certifications:

**OSHA 30
Flagger
Scaffolding
Site Safety
F-60**



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)

THOSE INTERESTED MUST ATTEND OUR FREE INFO SESSION!

Sign up



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



St.Nicks Alliance

Where Opportunity Grows

**Interested in a career in HVAC or
Building Maintenance?**

Secure
these certifications:

- OSHA 30
- 10-hr site safety
- Building Operations & Maintenance
- GPRO Mechanical
- Fireguard F-60
- Fireguard G-60
- EPA 608



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

On Track to HVAC

(currently, classes offered are only in English)

**THOSE INTERESTED MUST ATTEND
OUR FREE INFO SESSION!**

Sign up



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



St.Nicks Alliance

Where Opportunity Grows

Want a career where you're in demand?

Gain professional skills in:

- database and query 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*

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

**SIGN UP
HERE**



St. Nicks Alliance

Where 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:

- 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.stnicksalliance.org
718.388.5454



St. Nicks Alliance

Where Opportunity Grows

Join

THE CLUB

at

Swinging Sixties

Be our guest!

FREE trial day available!

A Social Adult Day Center

Benefits

Socialization and monitoring

Caring, professionally trained staff

Healthy, delicious meals

Door to door transportation

Assistance with personal care

Respite for caregivers

Engaging activities

Space Available

NOW Accepting Referrals

Payment

- Healthfirst Complete Care
- Senior Whole Health by Molina
- NHTD WAIVER Accepted
- Private Pay

CONTACT: ELDERCAREINFO@STNICKSALLIANCE.ORG
OR CALL **CHERYL KAMEN** AT 718.388.5454 EXT. 910

REQUIREMENTS

AGE 60 OR OLDER

EXPERIENCING COGNITIVE OR PHYSICAL CHALLENGES

211 Ainslie Street

Open Mon–Fri

9AM TO 2PM

St. Nicks Alliance

Swinging Sixties
older adult center

Get happy and healthy at the Swinging Sixties Older Adult Center!

📍 211 Ainslie Street
📅 Monday- Friday from 9am to 4pm
Transportation is available on request.

#swingingsixties #olderadults #seniors
#seniorfun #olderadultcenters #northbrooklyn
#supportcommunity #qigongforeveryone
#qigong #yoga #games #williamsburg

FREE Membership!

Delicious Meals,
Great Activities &
Events, and
Wonderful Company

Meals:
continental breakfast • midday dinner

Movement:
exercise • tai chi • zumba • yoga • qigong

Activities:
crafts, painting, bingo, dominoes,
ping pong, pool, board games,
parties, trips, special events,
presentations, technology, podcasts

We also offer:
social services,
transportation on request

Swinging Sixties
older adult center

Hours: Monday–Friday, 9AM–4PM
Where: 211 Ainslie Street, Brooklyn, NY 11222
Contact: Rachida Rouias, (718) 963-3793 Ext. 913, rrouias@stnicksalliance.org

¡MEMBRÍA GRATIS!

comidas deliciosas,
actividades y eventos
fantásticos, y una
compañía maravillosa

Comidas:
desayuno continental • cena de mediodía

Movimiento:
ejercicio • tai chi • zumba • yoga • qigong

Actividades:
manualidades, pintura, bingo, dominó,
ping pong, billar, juegos de mesa,
fiestas, viajes, eventos especiales,
presentaciones, tecnología, podcasts

También ofrecemos:
servicios sociales,
transporte bajo petición

Swinging Sixties
older adult center

Hours: lunes–viernes, 9AM–4PM
Where: 211 Ainslie Street, Brooklyn, NY 11222
Contact: Rachida Rouias, (718) 963-3793 Ext. 913, rrouias@stnicksalliance.org



Queens
Community
House



JOIN OUR SUPPORTIVE COMMUNITY of job seekers!

Our job club offers a safe and encouraging environment to connect, learn, and grow. Gain valuable skills, build your network, and find your next career opportunity. **JOIN US!**





EVERY
FRIDAY

10 AM
&
2PM


QUEENS COMMUNITY HOUSE
70-34 AUSTIN STREET, SUITE BB
FOREST HILLS, NY 11375

CONTACT US FOR MORE INFORMATION
youthjobs@qchnyc.org

 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



**NYC CORRECTION OFFICER
Jobs Available Now**
Registration ends 4/30/25
for Exam #5302

Base salary \$54,652
\$105,146
after 5.5 yrs

Retire with
**Pay & Benefits
for Life**
in 22 yrs—at any age

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



Register for
an information
session

streetwisepartners.org



This is
Your
Time .



BRIDGING ACCESS TO CARE

HOUSING IS YOUR RIGHT

LET US GIVE YOU ACCESS

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



Brooklyn North Army Recruiting Company



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

ACTIVE DUTY (Full-time)

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

- ENLISTMENT BONUS up to \$40,000

BENEFITS WHILE ON ACTIVE DUTY:

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

EDUCATION INCENTIVES:

POST-9/11 GI Bill:

- Provides up to \$100,648 for continued education after your service in the United States Army
- Monthly Housing Allowance of up to \$2,929 per month
- \$1,000 a year to use for books and supplies

TUITION ASSISTANCE (While Serving)

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

- STUDENT LOAN REPAYMENT up to \$65,000

GUARANTEED TRAINING OF CHOICE IN OVER 150 NON COMBAT JOBS!

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

ARMY RESERVE (Part-time)

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

Your obligation is working 39 days a year, which consists of working one weekend each month and a 2-week (15 days) consecutive annual training. Normally the annual training will be in the summer. Flexibility! Stay within a 50 mile radius of your home zip code! Those willing to travel can receive extra pay for lodging and travel.

BENEFITS WHILE IN THE RESERVES

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

EDUCATION INCENTIVES

- Selective Reserve GI Bill (\$14,292) + Kicker up to an additional \$350 per month

TUITION ASSISTANCE

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

- STUDENT LOAN REPAYMENT up to \$50,000

- ENLISTMENT BONUS up to \$20,000

GUARANTEED TRAINING OF CHOICE IN OVER 120 JOBS!

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

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



**Brooklyn Workforce
INNOVATIONS**

GENERAL INFO SESSION

Wednesday's @ 2PM

Learn more about our 8
FREE training programs
and decide which is
right for you!

Visit the link in
bio to join!



**Production
Assistant
Training Program**



**Post
Production
Training Program**



**Brooklyn
Networks**



**Customized
Training**

kindWork
Customer Experience Fellowship



**Red Hook
On the Road**



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:
<ul style="list-style-type: none">• Electrical, Carpentry, and Plumbing• Green Construction, Operations, & Maintenance• Masonry (Bricklaying, Caulking, Roofing, Patching)• Scaffolding & Flagging	<ul style="list-style-type: none">• OSHA 30• GPRO Operations + Maintenance• EPA Lead RRP• Site Safety Training• AND MORE!



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



Office of
Mental Health

**No exams,
just opportunities.**

**Apply today:
ny.gov/omhjobs**

WEEKLY INFO SESSION

790 Broadway, Brooklyn. 1:00 PM

Monday: Financial Services and Customer Service

- Contact: careerservices@stnicksalliance.org

Tuesday: Tech and Digital Literacy

- Contact: techliteracy@stnicksalliance.org

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

- Contact: greentrades@stnicksalliance.org

Thursday: Employment and Job Club

- Contact: careerservices@stnicksalliance.org

Friday: Healthcare Training

- Contact: healthcaretraining@stnicksalliance.org




Questions about your lease?
Are you behind on rent?
Are you in housing court?

Call 311 and ask for the

Tenant Helpline

to get free help from an NYC
Tenant Support Specialist.



 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.
 2. 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 City Department of
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 FREE.**

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
djue@fifthave.org

Services Offered

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



Fifth Avenue Committee
Our Community. Our Future.

Benefits

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

Unemployment Assistance:

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

Financial Counseling:

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

IMMIGRANT RESOURCES



PLEASE NOTE: 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.



Office of Council Member
PIERINA SANCHEZ



CUNY SCHOOL OF LAW

FREE IMMIGRATION CONSULTATIONS

with a lawyer!

WHEN: Saturday, May 10

TIME: 10AM-3PM

NOTE: This event is by appointment only for constituents living in the District 14.

Please call the district office at **347-590-2874** to schedule an appointment.



"Become a Citizen: Opportunities Await"

CUNY Spring Citizenship Drive

📍 **MANHATTAN**
Saturday, May 17

Take a step toward securing your future and enjoying the benefits of being a U.S. citizen.

All our services are free

cuny.edu/CitizenshipDay



Reap the benefits
of citizenship



**Citizenship
Now!**



Call 646-664-9400

to find out more and register

Resources at-a-glance



NYS Office for New Americans

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

NYS Department of Health

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

NYS Office of Mental Health

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

NYS Department of Labor

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

NYS Division of Human Rights

- The Human Rights Law in New York prohibits discrimination in areas like employment, housing, credit, education, and places of public accommodations, based on age, race, national origin, sex, sexual orientation, gender identity or expression, marital status, disability, military status, and other classes.
- If you feel you have been discriminated against, file a complaint at **1-888-392-3644** or visit dhr.ny.gov.

New York City COVID-19 resources

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

If you have contact with an agent, say:

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

nyic.org
New York City Immigration Coalition

Si tiene algún problema, no diga nada y entregue esta tarjeta al oficial. ¡Usted tiene el derecho a permanecer en silencio!



Para reportar alguna actividad de ICE en la ciudad de Nueva York, llame al Proyecto de Defensa de Inmigrantes: **212 725 6422**

Para informar una actividad de ICE fuera de la ciudad Nueva York, llame a United We Dream: **1 844 363 1423**

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



NEW GUIDE

VOCATIONAL SCHOOLS FOR UNDOCUMENTED STUDENTS

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

- ✓ 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!

Informed Immigrant

NUEVA GUÍA

ESCUELAS TÉCNICAS PARA ESTUDIANTES INDOCUMENTADOS

¿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 técnica

Visita InmigranteInformado.com/EscuelasTecnica para más información!

nmigrante informado

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 award-winning **We Speak NYC** episodes.



Learn more:
nyc.gov/wespeaknyc



Email us:
wespeaknyc@cityhall.nyc.gov

Learn English!

Classes are Free!

plus

Job Placement Assistance



In-Person

ESOL Classes

SNAP RECIPIENTS WELCOME

Classes taught by NYS certified teachers

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

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



St.Nicks Alliance

Where Opportunity Grows

Learn English with We Speak NYC.

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

Get started at nyc.gov/WeSpeakNYC



Aprende inglés con We Speak NYC.

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

Comienza aquí: nyc.gov/WeSpeakNYC



KNOWLEDGE IS POWER: FAMILY PREPAREDNESS PLAN

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

Family Emergency Plan

An Emergency Plan is a document everyone should have to protect themselves and their families in case of an emergency, whether it's fire, an earthquake, or an encounter with an armed and dangerous individual.

DO NOT CARRY YOUR EMERGENCY PLAN

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

IMPORTANT INFORMATION OF FAMILY MEMBERS ON EMERGENCY

Name/Phone Number

Name/Phone Number

Name/Phone Number

Name/Phone Number

Name/Phone Number

Name/Phone Number

Name/Phone Number

Name/Phone Number

Name/Phone Number

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Gather the following:

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



Immigration Legal Support:

- immigrantjustice.org
- immigrationadvocates.org
- immi.org

SABER ES PODER: PLAN DE PREPARACION FAMILIAR

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

Plan De Emergencia Familiar

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

NO LLEVE ESTE DOCUMENTO CONSIGO

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

NÚMEROS DE TELÉFONO DE FAMILIARES IMPORTANTES

Nombre/Número/Dirección:

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INFORMACIÓN

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Nombre de seguro social/ITIN número (si lo tiene):

Nombre de seguro social/ITIN número (si lo tiene):

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.



Apoyo Legal de Inmigración:

- immigrantjustice.org
- immigrationadvocates.org
- immi.org

What to look for:

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

Administrative Warrant

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

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Judicial Warrant

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

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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: KNOW YOUR RIGHTS & FAMILY PREPAREDNESS PLAN

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

Family Emergency Plan

An Emergency Plan is a document everyone should have to protect themselves and their families in case of an emergency, whether it's fire, an earthquake, or an encounter with an arrest and detention by ICE.

DO NOT LOSE YOUR EMERGENCY PLAN
Keep it in a safe place with other important documents: your passport, medical prescriptions, and other important documents.

SUPPORT KEY INFORMATION OF A FAMILY MEMBERSHIP OR INDIVIDUAL

Name/Phone Number: _____

Name/Phone Number: _____

Name/Phone Number: _____

EVERY ONE OF THE HOUSE

Name of child: _____

Date of birth and Social Security number: _____

Name of Primary Doctor: _____

Phone number of doctor: _____

List of medications: _____

Allergies and dietary restrictions: _____

YOUR INFORMATION

Name: _____

Social Security Number/ID number: _____

Phone number: _____

Emergency Contact's Name: _____

Phone Number: _____

Ethnic: _____

YOUR INFORMATION

Country of origin: _____

Local Embassy/Consulate number: _____

Translates: _____

Information of immigration attorney: _____

Gather the following:

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



another example

Local Immigration Legal Support:

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

Administrative Warrant

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

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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

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NÚMERO DE TELÉFONO DE FAMILIARES IMPORTANTES

Nombre/Número/Dirección: _____

Nombre/Número/Dirección: _____

Nombre/Número/Dirección: _____

Nombre/Número/Dirección: _____

MEMBROS DE LA EDAD

Ciudad de niño(s): _____

Nombre/Nombre: _____

Nombre y de su doctor: _____

Número de teléfono de su doctor: _____

Tome estas medicinas y dosis: _____

Alergias y requisitos dietéticos: _____

INFORMACIÓN

Nombre: _____

Número de seguro social/ID/ID number: _____

Número de teléfono (casa): _____

Número de teléfono (celular): _____

Contacto de emergencia y/o familia: _____

Número de teléfono: _____

Córeo electrónico: _____

SU INFORMACIÓN:

País de origen: _____

Número telefónico de la embajata local/consulate: _____

Traductores de idiomas/interpreters: _____

Nombre de abogado de inmigración: _____

Reúna lo siguiente:

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



otro ejemplo

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- Rayssa Rodriguez, Esq.
◦ (215) 552-2942
- Camden Center for Law & Social Justice
◦ 856-583-2950
- Clarissa Morales, Esq.
◦ 848-274-0900

Qué buscar:

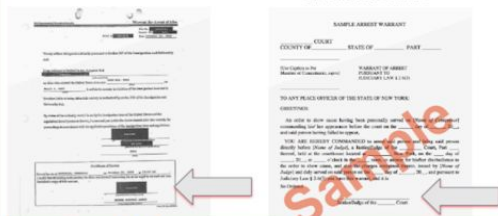
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LEAD WORKFORCE DEVELOPMENT PROGRAM for Immigrant Women in NYC



Free
& In-person



REGISTER NOW FOR
AN INFO SESSION

In-person info session @ Manhattan:

Wednesday, April 2 @ 10AM-12 PM
Program running from April 9 to May 28 on
Wednesdays from 9:30 AM to 12:30 PM
Stavros Niarchos Foundation Library (Manhattan)
455 Fifth Avenue, New York

In-person info session @ Brooklyn

Thursday, April 17 @ 10AM-12 PM
Program running from April 24 to June 12 on
Thursdays from 9:30 AM to 12:30 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

SCAN ME



LEARN MORE
www.nywomenimmigrants.org/lead

NEW WOMEN  NEW YORKERS
PROPELLING IMMIGRANT WOMEN TO GREATER HEIGHTS

Open Letter to Immigrant New Yorkers

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

NYC
Health

NYC
Mayor's Office of
Immigrant Affairs

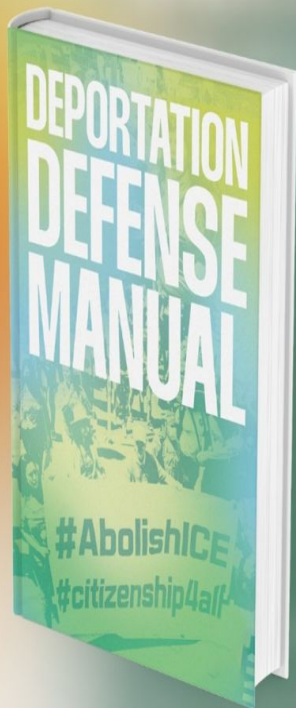


MAKE THE ROAD NY'S DEPORTATION DEFENSE MANUAL

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.



PART ONE:
**KNOW
YOUR
RIGHTS**

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.



PART TWO:
**RAPID
RESPONSE
TO RAIDS**

Deportation Defense

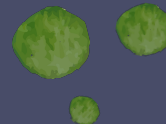
Learn how to fight deportation cases through organizing and community participation, how to organize a campaign, fundraise and how to become involved in the movement to end family separation.



PART THREE:
**DEPORTATION
DEFENSE**

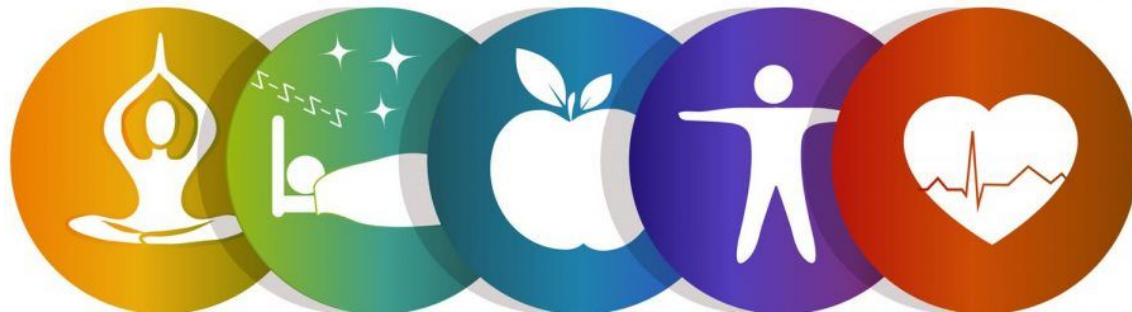
DOWNLOAD TODAY!

deportationdefensemanual.org



Health & Wellness Resources

WELLNESS



May is Mental Health Awareness Month. One in five New Yorkers suffer from a mental health problem or substance use disorder, and too many go untreated. For free mental health support, reach out to NYC Well:



The graphic features a large speech bubble on the left containing the text "NYC WELL Talk. Text. Chat. 24/7". To the right of this are three icons: a telephone, a text message bubble, and a chat bubble, each followed by its respective contact information. At the bottom left is the NYC logo with the text "Mayor's Office of Community Mental Health". At the bottom right, a green banner contains the text "NYC WELL offers free, confidential mental health and substance use support, 24/7." The background is a mix of teal, orange, and light blue curved shapes.

NYC WELL
Talk. Text. Chat.
24/7

 **Talk 1-888-NYCWell**
(1-888-692-9355)

 **Text WELL to 65173**

 **Chat nyc.gov/nycwell**

NYC
Mayor's Office of
Community
Mental Health

NYC WELL offers free,
confidential mental health and
substance use support, 24/7.

Call 888-NYC-Well
Text "WELL" to 65173
Visit nyc.gov/nycwell



Mental Health Services:

NYC Well provides free, confidential mental health support 24/7. To speak to a counselor:

- Call 888-NYC-WELL (888-692-9355)
- Text “WELL” to 65173
- Chat at nyc.gov/nycwell.

To find mental health and substance use resources in your neighborhood, visit

nycwell.cityofnewyork.us/en/find-services.

Mental Health Resources for Mothers

Being a new mother is stressful and challenging. If you are struggling, you're not alone. Support is available:

♥ **NYC Well** provides free, brief counseling and referrals to care. Call 888-NYC-Well or text WELL to 65173.

♥ **Our New Family Home Visits Program** offers support, services and referrals to new and expectant parents. To see if you're eligible, go to on.nyc.gov/NewFamilyHomeVisit or call 311.

♥ **The National Maternal Mental Health Hotline** provides free, confidential support before, during, and after pregnancy. Call or text 1-833-9-HELP4MOMS.

♥ **The National Suicide Prevention Hotline** provides 24/7, free and confidential support for people in distress and prevention and crisis resources. Call 988.



Mama Self-Care Checklist

*You have to fight for your self care, Mama!
It is that important.*

Make time to eat healthy.

Take a hot bath or shower each day.

Laugh and Smile.

Stop comparing yourself to others.

Live your own Journey in Motherhood and be proud of yourself.

Plan time to read something.

Connect with your Husband.

Move your Body!

Drink plenty of fluids.

Be intentional with your time.

Do something for yourself that sparks your inner joy.

Before bed gather your thoughts from the day and plan for tomorrow.

Write down your goals as a Mom and go back to them often.

Prioritize your Health DAILY.

Organize your days with a planner.

Sleep! (I know the struggle, Mama!)

GOING TO SCHOOL WITH FOOD ALLERGIES

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



Preparing food for someone with food allergies?

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

5 Simple Ways To Improve your

MENTAL HEALTH

01

TAKE THE DAY OFF

Create a reasonable yearly schedule to give yourself a simple day off or a nice trip that's within your budget.

02

GIVE YOURSELF GRACE

Remember it is totally okay to be imperfect.

03

CREATE A SELF-CARE ROUTINE

Dedicate time to yourself to do something that makes you feel special.

04

BEWARE OF YOUR SURROUNDINGS

Ensure that you're placing yourself in thriving environments.

05

ASK FOR HELP

Know that there's somebody out there who is ready to listen to you.

SEVEN MENTAL HEALTH TIPS



STOP AND SMELL THE ROSES

Stop and take a moment to enjoy the small things, whether it's drinking a hot cup of tea in the morning, meditating, or literally smelling flowers in nature.



COOK YOUR FAVORITE MEAL

Take the time to enjoy your favorite meal or try a new meal or dessert. Take the time to prepare it with your favorite person/people.



EXERCISE DOES A MIND GOOD!

Exercise helps release endorphins (feel-good chemicals) that helps with mental health illnesses such as depression and anxiety.



TAKE SLEEP SERIOUSLY.

Sleep deprivation affects your psychological state and mental health.



GIVE THERAPY A TRY!

Therapy/counseling with a professional can be helpful in sorting out and processing your thoughts and feelings.



JOURNAL YOUR THOUGHTS.

Writing your thoughts or keeping a gratitude journal can help you to process your feelings and practice mindfulness.



A GETAWAY MAY BE IN ORDER!

A planned vacation or staycation can help provide a break from the hard work you do every day. Make time off a priority!



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



Office of
Mental Health

A NEW CRISIS RESOURCE FOR NY



Office of
Mental Health



MENTAL HEALTH TIPS FOR TEENAGERS

TOP TIPS TO HELP TEENS' MENTAL HEALTH

The things that they need the most help with is:



1

GETTING ENOUGH SLEEP

Teens need between 8-10 hours per night. This is vital for their growing brains.



2

FOR US TO RESPOND NOT REACT

Stay calm and centred when they're having a meltdown - remember, you're the grown-up. You modelling calm will help them learn to emotionally self-regulate.



3

FOR US NOT TO TAKE IT TO HEART

Don't tolerate rudeness. But if they're a little grumpy with you, it doesn't mean they don't love you anymore. They're testing out their own way of doing things. And establishing their independence from you.



4

REGULATING DEVICE USE

Monitor what they're accessing online - is it age-appropriate? And, help them to have at least 60-90 mins screen-free time before bed. So it doesn't interfere with their sleep.



5

BEING EMOTIONALLY PRESENT

Tell them you love them just for being them - despite approving/disapproving of what they've done. That you love them just for being born and in your life.



6

FINDING THE FUNNY

Tap into your teen or tween's sense of humour. Discover what makes them laugh. A little bit of banter or a funny movie (well, funny for them) is the best balm for teenage angst!



SMILE FOR GOOD HEALTH

A DENTAL HEALTH GUIDE



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

WE CARE THAT YOU SMILE!!

**THIS GUIDE WILL HELP YOU UNDERSTAND
& MANAGE YOUR DENTAL HEALTH BETTER**

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

Rise Up
EAST NEW YORK



LIVE

YOUR LIFE.

988

Contact 988 for Support >

988 is your connection to free, confidential crisis counseling, mental health and substance use support, information and referrals.

Counselors are available 24/7 in over 200 languages.

Services in Your Language

Language assistance is available for all Health Department services including:

- ✓ Health care at public hospitals and clinics (including Sexual Health Clinics, Immunization Clinics and Tuberculosis Clinics)
- ✓ Access to your vaccine records
- ✓ Programs at Neighborhood Health Action Centers
- ✓ Birth and death certificate applications

For more information
about these services
in your preferred
language, call 311



Coping With Traumatic Events

Accept your feelings. Recover at your own pace and in your own way.

Take care of yourself. Try to stick to routines. Take your time, and make sure to eat well, exercise and get enough rest. Avoid smoking or using alcohol and drugs to cope.

Reach out. Talk and express your feelings with someone you trust. It can be comforting to say what's on your mind.

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

Limit your exposure. Set a time to turn off the television and computer, and put down your phone and newspapers.

Be part of the community. Joining community members to discuss and plan can provide an outlet and help you contribute to rebuilding.

Strive for balance. Take time to think about other important parts of your life, and remind yourself of what you enjoy and feel good about.

Ask for help if you feel stuck or overwhelmed.





Parenting Resources



Struggling to Meaningfully Connect With Your Teen?



*Scroll Through for Ways To
Positively Engage With Your Teen*

Why Is It So Challenging To Talk With My Teen?

There are many reasons why your teen may be hesitant to talk to you.

Teens may think thoughts like:

- *My parents always overreact.*
- *Why are my parents so noisy and intrusive?*
- *How can they possibly imagine how my life feels?*
- *How can I mention taboo subjects like sex, drugs, and other issues to my parents?*
- *Mom always wants to go deep, personal or bring up how I feel. Bleugh!*



Action Steps To Ensure Positive Connection with Your Teen



Seize opportunities to affirm your teen.

- Express things they do right, not just the things they do wrong. Be specific in praise and try to praise effort and character traits rather than focusing solely on accomplishments.



Be approachable.

- Build a habit of saying something like, "Tonight I need to _ but if you want to come by and chat, I can make time for that." Pay attention to times in the day when your teen seems more talkative than usual, and be around them then. Parents often find talking in the car between activities is a good time to talk.



Explore your similarities and differences.

- Consider their personality profile. How is it different from yours? What excites and irritates them? What is your teen's love language?

How to Talk to a Teenager

Bring up topics in the right context.

- Bringing up a tough topic right as your teen gets home from school, or while you're mid-grocery-shopping may not be the best course of action. **Choose a time in a private, neutral space** to broach a tough conversation.

Ask about their experiences with curiosity, not judgement.

- Give your teen **time** and **space** to talk about their own experiences with the topic at hand. Ask **respectful, open ended questions** for teens with **curiosity**, rather than judgement.

Remain calm throughout the entirety of your chat.

- **Keep your tone of voice and your behavior warm** for the whole conversation. Making your child feel judged or that you are disappointed in them for anything they share with you may negatively affect their probability of talking to you about these topics in the future.



At the tail end of your conversation, make sure you let your teen know that you're **grateful for their openness and honesty**.

If your child feels comfortable sharing their experiences, worries, and dreams with you, they will **be less likely to hide their problems from you**, and **more likely to ask for help when they need it**.

Opening the door to healthy conversations with your teen is **key** in making them feel **supported and loved!**





FAMILIES,
I HOPE YOU FOUND THIS PACKET
HELPFUL. **OUR NEXT VIRTUAL PARENT
LEADERSHIP COUNCIL (PLC) MEETING
WILL TAKE PLACE
ON MAY 29th, 2025 AT 6pm.** 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

