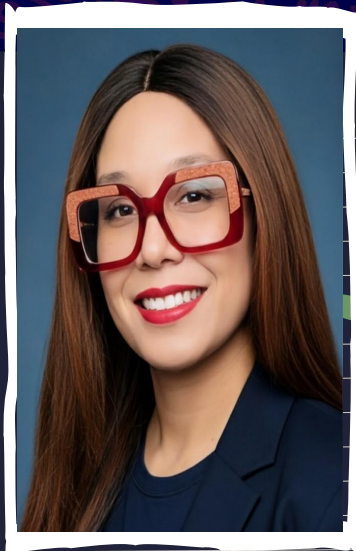




December 2025
Holiday Resources
from your Parent
Coordinator. Ms. Pink





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

Email: mpink@thewcs.org





Happy Holidays WCHS Families,

I would like to wish you all a Very Happy, Healthy, and Safe Holiday Season. I put together some Holiday resources, magical places to go with your family, mental health tips, parenting tips & more for you. Please Note: All sources for resources provided are sited on the flyers.

I look forward to seeing all families at our Virtual PLC meeting December 18th, 2025 at 6pm and in the New Year at our Virtual PLC meetings.

Remember Parent Involvement is key to your scholar's success at WCHS.

Be Well & Stay Safe.

Warmest Regards,

Ms. Pink

Magical Things To Do In New York City This December



15 Places With The Best Hot Chocolate In NYC



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

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

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



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

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

8 Opportunities To Volunteer This Holiday Season In NYC



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

Celebrating Kwanzaa 2024 In NYC



This holiday that celebrates African-American culture kicks off on December 26, and here's what you need to know! Visit this site for places to go from film, theater and more: <https://secretnyc.co/kwanzaa-in-nyc/> & Visit: <https://www.brooklynkids.org/programs/celebrate-kwanzaa/>

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



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

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

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



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

Things To Do On Hanukkah In NYC This Year



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

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

On December 15th from 11 am – 3:30 pm, children and families are invited to come build holiday sculptures with a playful mix of found objects inspired by the museum's current exhibition *Ilit Azoulay: Mere Things!* There will also be live music from Grammy winner Joanie Leeds. Learn more and buy tickets

here: <https://thejewishmuseum.org/program/121425-hanukkah-family-day-drop-in-art-making-activities-concerts/>

25 Best Holiday Light Displays Illuminating NYC This Year



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

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

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

And of course, watch the Ball Drop on NYE!



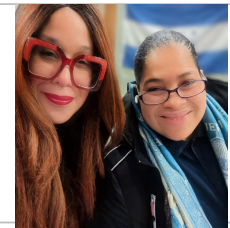
*In-person spectators
are welcome to Times
Square for NYE to see
the iconic ball and
Ring in 2026 Dress
warm and Be Safe!*



*School
Announcements &
News from
Principal Jacobson*

December

2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Trimester 2 Begins	2	3	4	5	6
7	8	9	10	11	12	13 Student Recruitment Open House @10am
14	15	16 Board Meeting @5:30pm	17	18 PLC Meeting Going On Virtual PLC Meeting@6pm	19	20
21	22 Winter Recess No School	23 Winter Recess No School	24 Winter Recess No School	25 Winter Recess No School	26 Winter Recess No School	27
28	29 Winter Recess No School	30 Winter Recess No School	31 Winter Recess No School			

CLASS OF 2026

SENIOR SLEEPOVER



YOU'RE INVITED TO THE HOLIDAY
SENIOR SLEEPOVER! JOIN US FOR
GAMES, ACTIVITIES, MUSIC & FOOD
WEAR YOUR BEST HOLIDAY PAJAMAS!

ENTRY \$10

FRIDAY 12/12

8PM-8AM

PERMISSION SLIPS
MS. JOHNSON RM 421

MS. JOHNSON & FRIENDS PRESENTS

HOLIDAY KARAOKE & Games

FRIDAY, DECEMBER 12TH
DURING ALL LUNCH PERIODS

REGENTS EXAM SCHEDULE JANUARY 2026

Academic Counselors will be scheduling students for January Regents Exams if:

- the student was absent or did not pass in June/August
- scored lower than a college ready score in ELA or Alg

January 20 Tuesday		January 21 Wednesday		January 22 Thursday		January 23 Friday	
8:15 AM		8:15 AM		8:15 AM		8:15 AM	
English Language Arts		Geometry	U.S. History & Government	Global History & Geography II		Earth & Space Sciences	Physical Setting/ Earth Science <i>(Lab Practical Required see information below)</i>
12:15 PM		12:15 PM		12:15 PM			
Life Science: Biology	Physical Setting/ Chemistry	Algebra I	Physical Setting/ Physics	Algebra II			
Living Environment							

Uniform Admission Deadlines

Students cannot arrive later than ...

10:00 AM
for Morning Examinations

2:00 PM
for Afternoon Examinations

The Earth Science Lab Practical will be on Wednesday January 7th after school at 1:30pm in Room 425. Students registered for the Earth Science Regents on Fri, 1/23, must take the Earth Science Lab Practical on Weds., 1/7. If students were absent they must attend the make-up Lab Practical on Thurs., 1/8 afterschool at 3pm in Room 425.

La Práctica de Ciencias de la Tierra será el miércoles, 7 de enero a la 1:30pm de la tarde en la sala 425. Estudiantes programados para tomar el Regents en Ciencias de la Tierra el viernes 23 de enero, necesitan tomar la práctica de laboratorio el miércoles 7 de enero. Si estudiantes están ausente, deben tomar la práctica de laboratorio el jueves, 8 de enero a las 3pm en sala 425.

REGENTS PREP 25-26- GROUP 3

0 PERIOD - 7AM-755AM

9TH PERIOD - 3PM-355PM



YOU GOT THIS!

English

ENGLISH w/ Ms. Brown
Time: 0 period

Math

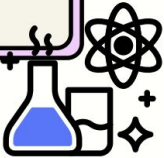
Algebra
Algebra II & Geometry
w/ Ms. Giscombe
Time: 9th period

History

Global History
US History w/ Mr Frost
Time: 9th period

Science

Life Sciences: Bio
Earth and Space &
Chemistry w/ Ms. Ashman
Time: 0 period



REGISTER HERE:

DATES: <https://forms.gle/N5YPKnPFxm1oFAtNA>

Monday	Tuesday	Wednesday	Thursday	Friday
December 1st No PREP	December 2nd No PREP	December 3rd No PREP	December 4th Day 1	December 5th Day 2
December 8th Day 3	December 9th Day 4	December 10th No PREP	December 11th Day 5	December 12th
December 15th Day 6	December 16th Day 7	December 17th No PREP	December 18th Day 8	December 19th No PREP

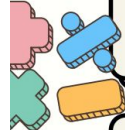


Email Mrs. Chery with any questions!
nchery@thewcs.org

PREPARACIÓN PARA LOS EXÁMENES 25-26 - GRUPO 3

PERÍODO 0 - 7AM-7:55AM

PERÍODO 9 - 3PM-3:55PM



YOU GOT THIS!

Inglés

ENGLISH w/ Ms. Brown
Time: 0 period

Matemáticas

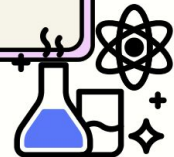
Algebra
Algebra II & Geometry
w/ Ms. Giscombe
Time: 9th period

Historia

Global History
US History w/ Mr Frost
Time: 9th period

Ciencia

Life Sciences: Bio
Earth and Space &
Chemistry w/ Ms. Ashman
Time: 0 period



REGÍSTRATE AQUÍ:

DATES: <https://forms.gle/N5YPKnPFxm1oFAtNA>

Monday	Tuesday	Wednesday	Thursday	Friday
December 1st No PREP	December 2nd No PREP	December 3rd No PREP	December 4th Day 1	December 5th Day 2
December 8th Day 3	December 9th Day 4	December 10th No PREP	December 11th Day 5	December 12th
December 15th Day 6	December 16th Day 7	December 17th No PREP	December 18th Day 8	December 19th No PREP



Envía un correo a la Sra. Chery si tienes preguntas nchery@thewcs.org

First Name	Last Name	After School Club/ Club Después de Escuela	Which day(s)? Días /	Room/ Salón
Stephen	Booth	Hot Topics Club/ Club de temas de actualidad	Monday & Thursday/ Lunes & Viernes	213
Seth	Failla	Ceramics Club/ Club de Cerámica	Monday & Thursday/ Lunes & Viernes	106
Samantha	Sales	College & Career Readiness Club Club de preparación para la Universidad y la Carrera profesional	Tuesday & Thursday Martes & Jueves	Mezz
Jeremy	Kronenberg	Drama Club/ Club de Teatro	Friday/Viernes	801
Peggy	Doody	ELA Homework Help/ Ayuda con las tareas de ELA	Tuesday & Thursday Martes & Jueves	414
Daneen	Brown	Evangelina Rodriguez Honors Program Tutoring and Preparation/Tutoría y preparación del Programa de Honores Evangelina Rodríguez	Tuesday & Thursday (7th period) Martes & Jueves	411
Ayisha Melissa	Gomez Wade	Girls' Club- "The Emerald Essence" Club de Chicas	Tuesday/Martes	121
Mary	Ulgen	Inkwell Writing Club/ Club de escritura del tintero	Tuesday/Martes	424
Michele Karima	Cordero Jones	Boys Volleyball Club/Club de Voleibol Masculino	Monday/Tuesday	129
Laura	Pazour	Knitting Club/ Club de Tejido	Tuesday & Thursday/ Martes & Jueves	516
Michelle	Reid	Living Environment & Biology Prep Club/Club de paración para la vida, el medio ambiente y la biología	Monday, Tuesday, Thursday Lunes, Martes & Jueves	325
Imani Jonathan	Chalbi Perez	Senior Committee/ Committee Superior	Monday/Lunes	612
Hoona	Kim	Instrumental Club & Vocal Club Club de música instrumental y vocal	Tuesday/Thursday	201
Lee	Burchett	U.S. History –Tutoring & Homework Help/Historia de los Estados Unidos: Tutoría y ayuda con las tareas	Tuesday & Thursday Martes & Jueves	613
Yedid	Flaquer	Visual Arts/Media Club	Thursday/Jueves Martes & Jueves	430
Robert	Pasetsky	Weightlifting Club/ Club de Levantamiento de Pesas	Monday/Lunes	130
Jonathan	Perez	K-Pop Club/Club de K-Pop	Tuesday/Martes	702
Reuben	Dilworth	Men's Club /Club de hombres	Thursday/Jueves	810
Jessica	Sutherland	Step Team/Equipo de paso	Monday/Lunes	121



NEW YORK STATE Seal of Biliteracy



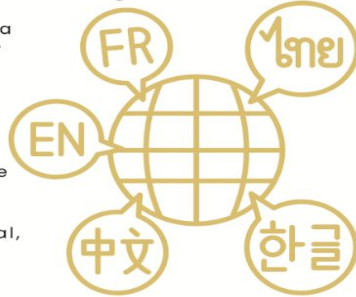
Do you speak a language other than English at home?
Do you study a world language in school?

The New York State SEAL OF BILITERACY recognizes students who have studied and attained a high proficiency in two or more languages by high school graduation. More languages mean better career and college opportunities!

Apply if you are interested!
See Ms. Wade in Rm 310

Students **must** meet the following criteria:

- Completing coursework in English and/or a world language with an average of 85% or better;
- Earning a set score on an approved assessment in English and/or a world language;
- Completing and presenting a Culminating Project in English and/or a world language that demonstrates the required level of proficiency in all three modes of communication (Interpretive, Interpersonal, and Presentational).



Arigato *Danke sehr* *Salamat* *Merci* *Gracias*

SEAL OF CIVIC READINESS

Have your diploma stand
out through civic
engagement, community
service, and commitment to
social studies courses!



Apply if you are interested!
See Mr. Fuller in Rm 713 or Ms. Wade in Rm 310

Students **must** meet the following criteria:

- 4 years of Social Studies
- Passed Global & US Regents
- Research Project
- Civic Engagement & Community Engagement experience
- Civic Engagement Project



WILLIAMSBURG CHARTER H.S. DAY OF SERVICE

Make a Difference. Give Back. Have Fun!



 **Date: Wednesday, December 17th**

Who Should Participate:

- Everyone! All students are expected to take part in this school-wide service project. 🧡

Planning Starts NOW in Advisory:

- Work with your advisory to plan your service projects 🧡
- Brainstorm ideas, organize tasks, and get ready to make an impact 🌱
- This counts heavily toward your Trimester 1 Advisory grade and contributes to your end-of-year community service points 📊

Why You Should Join:

- Give back to the community ❤️
- Build teamwork and leadership skills 👥
- Have fun while making a difference 🏠
- Earn recognition for your service and effort 🏆

How to Participate:

1. Show up to Advisory! Contribute to the Planning
2. Bring your energy, enthusiasm, and school spirit! ✨
3. Make December 17th a day to remember! 🌍🧡

Let's show the world what WCHS is made of—one act of kindness at a time! ⭐

ATLAS

ARE YOU OUR NEXT ATLAS FELLOW?

Kickstart your future with our four-year college & career accelerator.

ATLAS connects rising stars like you with top financial institutions.

Ready to disrupt the finance industry and make your mark?



FINANCIAL BOOST

Gain up to \$20K/year in financial aid to focus on your studies and future career without the stress of student debt.



ELITE INTERNSHIPS

Secure paid, full-time summer internships at top financial institutions for up to 4 years of college.



EXPERT MENTORSHIP

Connect 1:1 with industry leaders who'll guide you through the world of finance and accelerate your professional growth.



NETWORK ACCELERATOR

Join a network of ambitious peers and alumni, setting you up for unparalleled opportunities in the finance world post-graduation.

We're seeking exceptional high school seniors who:

- Are passionate about shaping the future of finance and making a global impact
- Excel academically, especially in STEM fields, with a proven track record (min. GPA 3.5)
- Showcase outstanding leadership potential and an insatiable intellectual curiosity
- Thrive in collaborative environments and are eager to join a network of future industry leaders



Join ATLAS to access unparalleled opportunities through elite mentorship, prestigious internships, and cutting-edge training! Applications are open January 5th - February 23rd.





PARENT LEADERSHIP COUNCIL (PLC)



PARENT LEADERSHIP COUNCIL (PLC)



WHO WE ARE AND WHAT WE DO OUR MISSION

We the PLC are parent volunteers. Our group was founded in 2018. We represent the parents and guardians of Williamsburg Charter High School. We meet monthly as a collective group to discuss parent concerns and ways to improve our school. We work for you, the parents. Your voices, your comments and concerns are heard through us. We voice your comments, issues and concerns to the Board of Trustees, Head of School, and other School Leadership. We believe that every scholar deserves an outstanding education. Together we can Change History and Change Lives.



QUIÉNES SOMOS Y QUÉ HACEMOS LA MISIÓN DEL PLC

Nosotros, el PLC, somos padres voluntarios. Nuestro grupo fue fundado en 2018. Representamos a los padres y tutores de Williamsburg Charter High School. Nos reunimos mensualmente como grupo colectivo para discutir las inquietudes de los padres y las formas de mejorar nuestra escuela. Trabajamos para ustedes, los padres. Sus voces, sus comentarios e inquietudes se escuchan a través de nosotros. Expresamos sus comentarios, problemas e inquietudes a la Junta Directiva, al Director de la Escuela y a otros Líderes Escolares. Creemos que cada estudiante merece una educación sobresaliente. Juntos podemos cambiar la historia y cambiar vidas.



WHAT DOES IT MEAN TO BE PART OF THE PLC MOVEMENT?

- ✓ Be a parent/guardian that wants to improve the quality of your scholar's education.
- ✓ Attend monthly meetings and workshops.
- ✓ Get access to family and community resources.
- ✓ Make our school community stronger by letting your voice be heard.
- ✓ Participate in life changing programs and workshops.
- ✓ Show your scholars you care about them and their education.



¿QUÉ SIGNIFICA SER PARTE DEL MOVIMIENTO PLC?

- ✓ Ser un padre/tutor que desea mejorar la calidad de la educación de su estudiante.
- ✓ Asistir a reuniones y talleres mensuales.
- ✓ Obtenga acceso a recursos familiares y comunitarios.
- ✓ Fortalecer nuestra comunidad escolar dejando que tu voz sea escuchada.
- ✓ Participar en programas y talleres que cambian vidas.
- ✓ Demuestre a sus estudiantes que se preocupa por ellos y su educación.





2025 - 2026 ADMISSIONS

**GROW WITH PURPOSE.
LEAD WITH INTEGRITY.**

Williamsburg Charter High School is accepting applications for the 2025-2026 academic year!


- ✔ Supportive Learning Environment
- ✔ Visual & Performing Arts Programs
- ✔ Diverse & Inclusive Community
- ✔ 20+ Student Clubs & Athletics
- ✔ College and Career Counseling

APPLY NOW



Summer Tours Available!

We're offering personalized one-on-one tours all summer long — schedule yours today!

 Williamsburg Charter High School
198 Varet Street, Brooklyn, NY 11206



ADMISIONES 2025 - 2026

**CRECER CON PROPÓSITO.
LIDERAR CON INTEGRIDAD.**

¡Williamsburg Charter High School está aceptando solicitudes para el año académico 2025-2026!

- ✔ Apoyo para todos los estudiantes
- ✔ Programas sólidos de arte y electivos
- ✔ Comunidad diversa e inclusiva
- ✔ 20+ clubes de estudiantes y atletismo
- ✔ Orientación universitaria y profesional

APLICAR AHORA



¡Tours de Verano Disponibles!

Ofrecemos recorridos personalizados uno a uno durante todo el verano — ¡agenda el tuyo hoy!

 Williamsburg Charter High School
198 Varet Street, Brooklyn, NY 11206





*Youth
Opportunities
& Resources
from Ms. Pink*



**APPLY FOR
SCHOLARSHIPS
AND MORE.....**





Free Money
Friday



Burger King Scholars Program

DEADLINE: DEC 15, 2025

🍷 What could you achieve if your education were fully supported? 📖

The Burger King Foundation wants to help you find out! 🌟 Through the BKSM Scholars Program, students across North America can earn scholarships ranging from \$1,000 to \$60,000 to help cover the cost of college or technical school. Whether you're a student striving for academic excellence, active in your community, or balancing work and school – this opportunity recognizes your hard work and ambition. Since its launch, the Foundation has awarded nearly \$64 million in scholarships to more than 55,000 students – and you could be next! 📖



Who Can Apply?

- Be living in the United States, Puerto Rico, Guam or Canada
- Have a cumulative high school grade point average of 2.0 or higher on a 4.0 scale, or the equivalent
- Plan to enroll full-time, without interruption, for the entire 2026-27 academic year at an accredited two- or four-year college, university or vocational-technical school or CEGEP or equivalent in the U.S., Puerto Rico, Guam or Canada
- Be first-time applicants who are graduating 2026 high school seniors (U.S., Puerto Rico, and Guam), graduating from grade 12 (Canada) or graduating from homeschool education in the U.S., Puerto Rico, Guam, or Canada
- Be a past recipient of the Burger King Scholarship who is a current college undergraduate

TO APPLY VISIT:



<https://scholarshipamerica.org/scholarship/burgerking/>



Cards Against Humanity Science Ambassador Scholarship

DEADLINE: DEC 15, 2025

💡 What would you do with a \$20,000 scholarship to fuel your STEM dreams? 📖 ✨

The Science Ambassador Scholarship, funded by Cards Against Humanity, is awarding five \$20,000 tuition scholarships for the 2026 academic year! 🎓 💰 This incredible opportunity is open to undergraduate women and non-binary students pursuing degrees in science, technology, engineering, or math.



Who Can Apply?

- Identify as a woman or non-binary person
- Current High school senior or Undergraduate college student
- Plan to attend college full-time in the United States during the 2026–2027 academic year.
- STEM must be your major field of study (or plan to be)

TO APPLY VISIT:



<https://www.scienceambassadorscholarship.org/#apply>



Free Money
Friday



GE-Reagan Foundation Scholarship Program

DEADLINE: JAN 5, 2026

What would \$40,000 toward college mean for your future?

The GE-Reagan Foundation Scholarship awards up to \$40,000 to high school seniors who demonstrate leadership, integrity, drive, and citizenship. 🇺🇸 ✨
It's impactful, prestigious, and easier to apply for than you think — a true life-changing opportunity for student leaders ready to make a difference. ✨



Who Can Apply?

- Demonstrate the attributes of leadership, integrity, drive, and citizenship within their communities, schools, and workplaces
- Plan to enroll in a full-time undergraduate course of study at an accredited 4-year college or university in the U.S. for the entire 2026-2027 academic school year.
- Be citizens of the United States of America
- Display strong academic performance (minimum 3.0 grade point average/4.0 scale or equivalent)
- Be current U.S. high school seniors (including territories & commonwealths) graduating in winter 2025 or spring 2026, including home-schooled students and those on U.S. Armed Forces bases abroad.

TO APPLY VISIT:



<https://www.reaganfoundation.org/education/scholarship-programs>





Free Money
Friday



Scholarship

Jackie Robinson Foundation



DEADLINE: JAN 7, 2026

Are you a high school senior with a passion for leadership, service, and academic excellence?

The Jackie Robinson Foundation Scholarship provides financial assistance and comprehensive support to minority students who demonstrate strong leadership potential and dedication to making a positive impact in their communities. This prestigious program not only offers up to \$35,000 over four years but also includes mentorship, internship opportunities, and leadership development.



Who Can Apply?

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

TO APPLY VISIT:



<https://jackierobinson.org/apply/>



Free Money
Friday

amazon
future engineer

Amazon Future Engineer Scholarship

DEADLINE: JAN 15, 2025

💡 What could a \$40,000 scholarship plus a paid Amazon internship mean for your future in tech? 🚀💻

The Amazon Future Engineer Scholarship offers \$40,000 in scholarships and a guaranteed paid summer internship to high school seniors pursuing computer science, engineering, or tech fields. 🎓🌟
If you're passionate about building, coding, and creating real impact through technology, this is your chance to launch your STEM journey with Amazon.



Who Can Apply?

- Be a high school senior in the U.S. who is currently enrolled in or who has completed a high school or college dual degree course where computer science is the subject. Students who have not taken this course can opt-in to take an assessment offered by Amazon.
- Be planning to attain a bachelor's degree in computer science, software engineering, computer engineering, electrical engineering, or other computer science-related field of study from an accredited 4-year college or from a 2-year college with the intent to transfer to a 4-year college.
- Must be authorized to work in the U.S.
- Have a minimum cumulative grade point average of 2.3 (or its equivalent).
- Must demonstrate financial need. This opportunity is to support students with a substantial need for financial assistance.

TO APPLY VISIT:



<https://www.amazonfutureengineer.com/scholarships>

APPLICATION COMPLETION SERIES:

DREAM ACT & ALTERNATIVE PATHWAY SUPPORT SESSIONS

▶ **December 1st**
5-7:30PM

▶ **December 17th**
12-1:30PM

Join us:
linktr.ee/HESC



APPLICATION COMPLETION SERIES: FAFSA & TAP

Dec. 2nd
4PM | APC

Dec. 16th
4PM | HESC

Register: linktr.ee/HESC



EXCELSIOR SCHOLARSHIP

Students from families earning \$125,000 or less can attend a state-operated SUNY or CUNY college tuition-free.

Eligibility Requirements:

Household income of \$125,000 or less

Pursuing undergraduate degree at a SUNY or CUNY

Enrolled in full-time study (at least 12 CPS)

Live and work in New York State for a duration equal to the years you received



Spring Excelsior Opening Soon | hesc.ny.gov/Excelsior



Excelsior/Enhanced Tuition Awards Pres.

December 16th • 7PM

Register now: linktr.ee/HESC

REOCCURRING EVENT

HESC Virtual Drop-In Lounge

Wednesdays
1-3PM

Real-time answers from HESC experts—no appointments, no personal info needed. Just straightforward financial aid help.



Dec
3rd

Dec
10th

Dec
17th

Join us on any of these dates: linktr.ee/HESC



SCHOLARSHIPS AVAILABLE

FOR THE 2026-2027
ACADEMIC YEAR

 **APPLY BY**
JAN. 16, 2026



DENNY FARRELL RIVERBANK STATE PARK
679 RIVERSIDE DRIVE AT WEST 145TH STREET, NEW YORK, NY 10031

5TH ANNUAL YOUTH EMPOWERMENT FAIR

FOR HIGH SCHOOL STUDENTS & YOUNG ADULTS
Ages 14 - 21



THURSDAY MARCH 26, 2026
10:00 AM - 2:00 PM

INSIDE THE ROBERT FREDERICK SMITH CENTER FOR PERFORMING ARTS

- COLLEGES AND UNIVERSITIES • JOB OPPORTUNITIES • AFTERSCHOOL PROGRAMS
- INTERNSHIPS • TRADE SCHOOLS • AND MORE!

**TO SIGN UP AS A VENDOR AND RESERVE A TABLE PLEASE EMAIL
KEVIN.GONZALEZ@PARKS.NY.GOV OR CALL (212) 694-3633 OR SCAN THE QR CODE BELOW**


SPECIAL HOST DR. GOG LEE



SCAN



PROGRAM SUBJECT TO CHANGE

 @DennyFarrellRiverbankStatePark



New York State
Parks, Recreation and
Historic Preservation

KATHY HOCHUL
KATHY MOSER
LESLIE WRIGHT

GOVERNOR
ACTING COMMISSIONER
NYC REGIONAL DIRECTOR



Financial Aid 101 with Understanding FAFSA

Join The New York Public Library and Understanding FAFSA to learn the basics on financial aid applications for college, including the Free Application for Federal Student Aid (FAFSA) on Wednesday, December 10, 2025 from 5-6 PM.

This virtual event is open to students and families and is hosted by NYPL's College & Career Pathways program. For more information on all of NYPL's college readiness resources, visit nypl.org/collegeandcareers.



College & Career Pathways has been made possible thanks to the generous support of The Helen Gurley Brown Foundation. These programs and initiatives are part of the Library's Tisch Youth Education Programs, led by the Merrill and James Tisch Director of Branch Libraries and Education. Major support for educational programming is provided by Merrill H. and James S. Tisch.

Learn more:
nypl.org/teens



**Wednesday,
December 10
5-6 PM**

College Visit Checklist

To help you find the right college, fill out one of these forms each time you visit a school.

College Name

City State Size Tuition Room/Board Financial Aid Options

Admissions Contact

Name Email Phone

To-Do Checklist

- Talk to professors
- Visit the library
- Tour campus
- Sit in on a class
- Eat at a cafeteria
- Talk to an admissions counselor
- Read the college newspaper
- Check out computer labs
- Talk to students
- Visit student housing
- Read bulletin boards
- Check out recreational facilities
- Check out student activities
- Tour the city around campus
- Eat at an off-campus student hang-out
- Picture yourself living here

Rate It

On a scale of 1-5, 5 being the best, rate the following:

People _____
Social Life _____
Classrooms _____
Residence Halls _____
Town _____
Campus _____
Food _____

Ask a Student

What is the best part about this college?

What is the worst part?

What is a typical day like?

What do the students do on the weekends?

How are classes structured?

Why did you choose this college?

The Best Part About My Visit

The Worst Part About My Visit

Plan your college road trip with the Cappex Campus Visit Planner™. It's free and easy! Start at Cappex.com/campusvisits.

ANXIOUS ABOUT COLLEGE APPLICATIONS?

HERE'S HOW TO TAKE CONTROL!



MINDFUL BREATHING EXERCISES

- Practice deep breathing techniques to calm the mind and body.
- Set aside a few minutes each day to focus solely on your breath, allowing yourself to let go of worries and distractions.
- Use apps or guided meditation recordings to assist you in this practice.



ORGANIZED PLANNING

- Break down the college application process into smaller, manageable tasks.
- Create a checklist or a timeline to track deadlines for essays, tests, and applications.
- Prioritize tasks based on urgency and importance, allowing yourself to tackle them one step at a time.

POSITIVE SELF-TALK

- Challenge negative thoughts and replace them with affirmations and encouraging statements.
- Remind yourself of your strengths, accomplishments, and past successes.
- Surround yourself with supportive friends, family, or mentors who can provide reassurance and perspective.

SELF-CARE PRACTICES

- Engage in activities that promote relaxation and well-being, such as exercise, hobbies, or spending time in nature.
- Ensure you're getting enough sleep, maintaining a healthy diet, and staying hydrated.
- Schedule regular breaks to rest and recharge, avoiding overexertion and burnout.

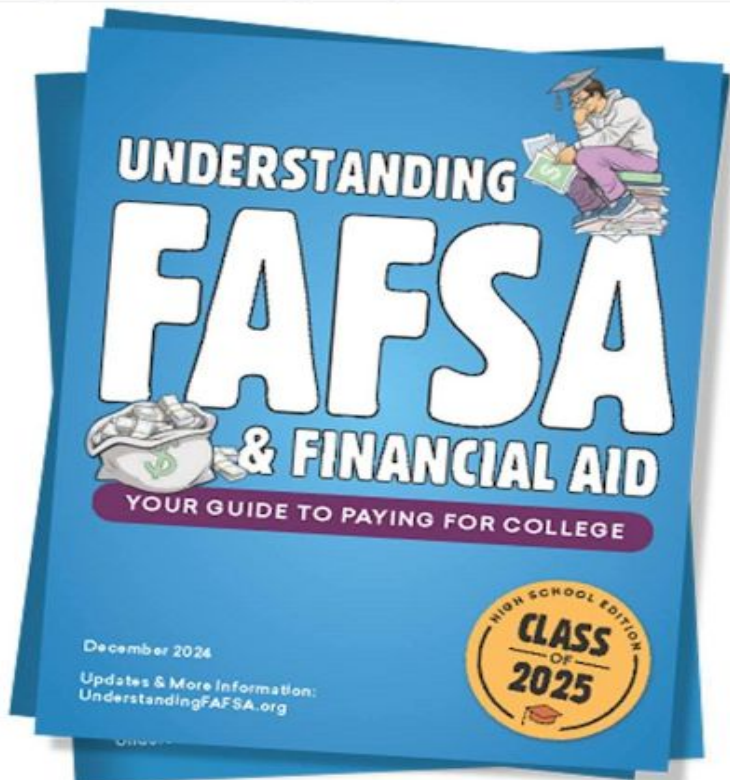
SEEKING SUPPORT

- Don't hesitate to reach out for help when needed, whether it's from teachers, school counselors, or college admissions advisors.
- Join online forums or support groups where you can connect with peers going through similar experiences.
- Consider talking to a therapist or mental health professional if feelings of anxiety persist or become overwhelming.

Download Understanding FAFSA and Financial Aid, Updated for the Class of 2026

<https://understandingfafsa.org/guides/>

#HighSchool #College #HigerEducation #FAFSA



Manhattan District Attorney's Office

Youth Ambassador Program

Manhattan District Attorney
Alvin L. Bragg, Jr.

Community Engagement | Empowerment | Advocacy | Leadership

Interested in learning about the criminal justice system and voicing your ideas about how we could best serve your community?

Join us this winter from **January 12 through March 18, 2026** for a **PAID** ambassadorship.

We will select two ambassadors from six communities in Manhattan



Ambassadors will:

- Advocate for their community
- Learn about critical public safety & quality of life concerns
- Attend monthly community engagement activities
- Participate in a culminating youth-led event
- Join our network of youth leaders

Eligibility: Applicants must be 16 - 19 years old and **reside in Manhattan.**



Visit our website for more info:
<https://bit.ly/YAProgram2026>



Contact us at yap@dany.nyc.gov to be added to our mailing list and get notified when applications open!

Call or email Liz Artz at (718) 915-3096 or artzel@dany.nyc.gov

BROWNSVILLE ACADEMY HIGH SCHOOL



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

Open Enrollment

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

1150 E. New York Ave,
Brooklyn, NY 11212



ADVANCED
PLACEMENT
CLASSES

INVITING ALL
COUNSELORS &
COMMUNITY
MEMBERS

available at amazon

LEARN MORE

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

- PAID INTERNSHIP**
All Students will receive a paid Internship
- 1 ON 1 COLLEGE & CAREER COUNSELING**
All Students will receive 1 on 1 Support and have a Successful Post Graduation
- PERSONALIZED LEARNING ENVIRONMENT**
All Students will receive a personalized academic plan with smaller classes and online opportunities

Contact: CSD Ms. Shemeta Sbahair@newyorkedge.org

Mission

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

Vision

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



Habits of Being

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

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

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

Honest: I will accept responsibility for my actions. I know if I misrepresent the truth, the trust of others will be difficult to obtain. I will be honest if and when I need help.

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

"I AM THE BEST!"



What We Do:

Academic Supports

- NYC career readiness
- Regents preparation
- Academic tutoring
- AP Classes

College Preparation

- College workshops
- College/ Vocational fairs and tours
- College application assistance
- Financial aid assistance
- College Now courses

Job and Career Development

- Internship and Employment Opportunities
- Job readiness and career workshops
- Resume development and writing
- Job search assistance
- Job shadowing
- OSHA certification

Counseling and Guidance

- Individual counseling
- Group workshops
- Personal goal setting
- Referrals to outside service providers

Extracurriculars

- Basketball Team
- Cheerleading Team
- Peer Element (Dance)
- Breakdancing Troupe
- Brick Arts
- Women's Empowerment (Mentoring)
- The 3rd Experiment (Mentoring)
- Track & Field Team
- Cultural and Educational Trips

CAMBA and New York Edge

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



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



FOR MORE INFORMATION

Contact

Shakera Smith
Parent Coordinator
ssmitha@brownsvilleacademy.com

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

Shemeta Bahair
Community School Director
sbahair@newyorkedge.org

Check us out!

@brownsvilleacademyhighschool
f brownsvilleacademy HS

1150 E New York Ave
Brooklyn, NY 11212
Phone: (718) 778-7305
Fax: (718) 778-7305

Principal
Carol Ying

Assistant Principal
Omar Nasr

www.nyced.org

How to Sign Up for NYC Teenspace

NYC Teenspace is a free mental health support program available to any teenager age 13 to 17 living in New York City. To register:

1 Visit talkspace.com/nyc and enter your address and birthday.



2 Enter your parent or guardian's information and email address so they can provide consent.

3 Complete a simple online assessment to share your mental health needs and preferences.

You will then get matched with a licensed therapist for ongoing virtual support, access to online mental health exercises or both.

NYC
teenspace

talkspace

NYC
Health

ASAP|ACE is now at SUNY

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



ASAP | **ACE**
Advancing Success in Associate Pathways | Advancing Completion through Engagement

Learn more at
suny.edu/asap-ace



RUNAWAY HOMELESS YOUTH

NYC
Department of
Youth & Community
Development

RUNAWAY & HOMELESS YOUTH SERVICES

*Drop-in Centers

Young people between the ages of 14 to 24 are welcome! Food, clothing, showers, laundry and case management services are available. Receive referrals to crisis services programs and additional support services.

*Please call to verify times of operation and intake.

Manhattan

Ali Forney Center
321 West 125th Street
New York, N.Y. 10027
(212) 206-0574 ^{24/7}

The Door

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

Safe Horizon Streetwork Harlem

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

Bronx

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

Brooklyn

SCO Family of Services
774 Rockaway Avenue
Brooklyn, N.Y. 11211
(718) 685-3850 ^{24/7}

Queens

Sheltering Arms/Safe Space
165-19 Jamaica Avenue, 2nd floor
Jamaica, NY 11432
(718) 526-2400 ext. 2077 ^{24/7}

Sheltering Arms

(Far Rockaway Site)
1600 Central Avenue
Far Rockaway, N.Y. 11691
(718) 471-6818 ext. 2123
Mon-Thurs 2pm-8pm
Fri: 11am-7pm, Sat: 12pm-8pm

Staten Island ^{24/7}

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

Crisis Services Programs

These DYCD-funded programs provide emergency shelter and crisis intervention services for young people between the ages of 16 and 20 or between the ages of 21 through 24 for Homeless Young Adult (HYA) sites. *These voluntary, short-term residential programs provide emergency shelter and crisis intervention services aimed at reuniting youth with their families or, if family reunification is not possible, arranging appropriate transitional and long-term placements.*

Bronx

The Bridge*

(347) 275-2749
abarber@covenanthouse.org

*Female Identifying/Homeless Young Adult

Maya's Place*

(718) 583-2380

*Female Identifying/Mother + Child

Brooklyn

Ali Forney Center*

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

jcarrion@aliforneycenter.org

Manhattan

Covenant House

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

Safe Horizon

Streetwork Harlem
(917) 507-1562

Sheltering Arms/Safe Space*

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

Queens

Ali Forney Center

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

jcarrion@aliforneycenter.org

Transitional Independent Living Programs

Transitional Independent Living (TIL) facilities provide homeless youth between the ages of 16 to 20 or between the ages of 21 through 24 for Homeless Young Adult (HYA) sites, with support and shelter as they work to establish independence. *A young person in need of longer-term residential services should first visit our Crisis Shelter and obtain a referral to Transitional Independent Living facilities. Youth may stay in the Transitional Independent Living facilities for up to 24 months. Services offered at TILs include:*

Services Available at Crisis Services Programs and TILs

- Educational Programs • Vocational Training • Job Placement Assistance
- Counseling • Basic Life Skills Training • Mental Health Services • Housing Referrals And Placement • Family Reunification Assistance (when applicable)

Street Outreach

Van's traveling in all 5 boroughs provide clothing, food, information about and transportation to crisis services programs and drop-in centers.



For updated locations and information follow
Streetwork on Instagram @streetworknyc

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



DYCD
Community
Connect

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



nycyouth



Community Resources from Ms. Pink





Open Door Family Life Center
"A Center Of Hope"



FOOD PANTRY

Every Saturday

Time: 8:30am - 10:30am

999 Greene Avenue, Brooklyn, NY 11221



www.opendoorflc.org

Need Food?



PANTRIES IN CYPRESS HILLS/EAST NEW YORK FAMILY SERVICE NETWORK OF N.Y. INC

1420 Bushwick Ave. (718) 455-6010 Mon. & Wed. 9AM-1PM

HOUSE OF DAVID WORSHIP CENTER

747-749-Hendrix St. (718) 649-5982
every Mon. 10AM-12PM & Wed. 10:30AM-1PM

YMCA 570 Jamaica Ave. (212) 912-2230

1st & 3rd Tuesday of the month 12PM-5PM Tickets distributed @ 9am

Community Healthcare Network (CHN) and Institute of Community Living (ICL)

2581 Atlantic Ave. (212) 545-6242 Wed. 12PM – 3PM

LAS MARAVILLAS DEL EXODO

302 Elton St. (347) 691-8340 Wed. 9AM-12PM

BLESSED SACRAMENT CHURCH

198 Euclid Ave St. (718) 827-1200 Wed. 10AM-12PM

PRESBYTERIAN CHURCH OF THE CROSSROADS

133 Elton St. (646) 322-3992
2nd & 4th Wednesdays of the month 10AM-12PM

CORNERSTONE SEVENTH DAY ADVENTIST CHURCH

138 Pennsylvania Ave. (718) 483-9753 Thurs 10AM-12PM

NEW HOPE FAMILY WORSHOP CENTER

817 Livonia Ave. (718) 342-1305 Pantry & clothing
Sat. @ 11am. Tickets distributed @ 8am, 9am, & 10am

BLESSED ASSURANCE CHURCH OF GOD

2093 Fulton St. 917-889-4654 Pantry & clothing Sat. 7-11am
Hot food to go: every OTHER Saturday 7am - 11am

****Hours and services are subject to change without notice.****

Search for other pantry locations <https://www.foodbanknyc.org/get-help/>

Need help long term? Consider applying for SNAP benefits.

For more info: call (732)860-8589 or email healthy@cyprhillshills.org



¿Necesita Comida?



DESPENSAS EN CYPRESS HILLS/EAST NEW YORK

FAMILY SERVICE NETWORK OF NY INC

1420 Bushwick Avenue (718) 455-6010
lunes y miércoles 9AM-1PM

HOUSE OF DAVID WORSHIP CENTER

747-749-Hendrix Street (718)-649-5982
lunes 10AM-12PM y miércoles 10:30AM-1PM

YMCA

570 Jamaica Avenue (212) 912-2230
Primer y tercer martes del mes 12-5pm
Bolletos distribuidos a las 9am

Community Healthcare Network & Institute of Community Living

2581 Atlantic Avenue (212) 545-6242
miércoles 12PM – 3PM

LAS MARAVILLAS DEL EXODO

302 Elton Street (347)-691-8340 miércoles 9AM-12PM

BLESSED SACRAMENT CHURCH

198 Euclid Ave St. (718) 827-1200 miércoles 10AM-12PM

PRESBYTERIAN CHURCH OF THE CROSSROADS

133 Elton Street (646)-322-3992
Segundo y cuarto miércoles del mes 10AM-12PM

CORNERSTONE SEVENTH DAY ADVENTIST CHURCH

138 Pennsylvania Ave. (718) 483-9753 jueves 10AM-12PM

NEW HOPE FAMILY WORSHOP CENTER

817 Livonia Ave. (718) 342-1305 Despensa y ropa
sábados @ 11am. Bolletos distribuidos a las 8am, 9am, y 10am

BLESSED ASSURANCE CHURCH OF GOD

2093 Fulton Street 917-889-4654
Despensa y ropa todos los sábados de 7-11am
Comida caliente para llevar: cada dos sábados, de 7-11am

****Los horarios y servicios están sujetos a cambios sin previo aviso.**

Buscar otras ubicaciones de despensa <https://www.foodbanknyc.org/get-help/>

<https://pentifulapp.com/>

¿Necesita ayuda a largo plazo? Considere solicitar los beneficios de SNAP.

Para más información: (732)860-8589 o healthy@cyprhillshills.org



BUSHWICK FOOD PANTRY LIST/ DESPENSA DE ALIMENTOS

- **MAKE THE ROAD NEW YORK (BK)**
0.29 mi
301 Grove St, Brooklyn, NY, 11237, USA
Opens 8:00 AM Fri [\(718\) 418-7690](tel:7184187690)
Food Pantry
- **METRO MINISTRIES INTERNATIONAL**
0.6 mi
871 Bushwick Ave, Brooklyn, New York, 11221
Opens 10:30 AM Sat [\(718\) 453-3352](tel:7184533352)
Food Pantry - Mobile
- **COMPASSION HOUSE COMMUNITY DEVELOPMENT CORPORATION**
0.62 mi
43 George St, Brooklyn, NY, 11206, USA
Opens 9:00 AM Thu [\(718\) 386-8151](tel:7183868151)
Food Pantry
- **CCC NEW YORK PARISH FOOD PANTRY OUTREACH PROGRAM**
0.7 mi
1380 Jefferson Ave, Brooklyn, New York, 11237
Opens 10:00 AM Sat [\(718\) 366-8065](tel:7183668065)
Food Pantry
- **WOODBINE**
0.71 mi
585 Woodward Ave, Ridgewood, NY, 11385, USA
Opens 10:00 AM Wed [\(646\) 824-6064](tel:6468246064)
Food Pantry
- **COLLECTIVE FOCUS FOOD JUSTICE PANTRY PROGRAM**
0.78 mi
1046 Broadway, Brooklyn, NY, 11221, USA
Opens 1:00 PM Tue [\(724\) 584-8501](tel:7245848501)
Food Pantry



BUSHWICK FOOD PANTRY LIST/ DESPENSA DE ALIMENTOS

- **OPEN DOOR FAMILY LIFE CENTER INC**
0.79 mi
999 Greene Ave, Brooklyn, New York, 11221
Opens 8:30 AM Sat [\(718\) 455-3545](tel:7184553545)
Food Pantry
- **THE SALVATION ARMY BUSHWICK CORPS**
0.84 mi
1151 Bushwick Ave, Brooklyn, New York, 11221
Closes 2:00 PM [\(718\) 455-4102](tel:7184554102)
Food Pantry, Soup Kitchen
- **FAITH CENTER FOR HUMAN SERVICES, INC**
0.85 mi
1014 Gates Ave, Brooklyn, New York, 11221
Opens 9:30 AM Sat [\(646\) 431-9729](tel:6464319729)
Food Pantry, Soup Kitchen
- **ST. JOHN'S BREAD & LIFE FOOD PANTRY**
0.9 mi
795 Lexington Ave, New York, New York, 10065
Opens 8:00 AM Tue [\(718\) 574-0058](tel:7185740058)
Food Pantry, Soup Kitchen
- **THURSTON MEMORIAL OUTREACH MINISTRIES**
0.98 mi
1243 Bushwick Ave, Brooklyn, New York, 11221
Opens 2:00 PM Fri [\(718\) 452-3646](tel:7184523646)
Food Pantry
- **AGAPE CHRISTIAN CENTER**
1.16 mi
59-02 Summerfield St, Ridgewood, New York, 11385
Opens 10:00 AM Sat [\(718\) 635-0674](tel:7186350674) Food Pantry



List of Local Food Pantries/ Lista de Despensas de Alimentos Locales

Name Nombre	Address Dirección	Phone Number Número de Teléfono	Food Pantry Hours Horario de la Despensa de Alimentos
Golden Harvest Food Pantry	376 Throop Avenue	718-453-9490	Tuesdays & Thursday /Martes y Jueves -10:00 a.m.
Emmanuel Pentecostal Church Of Love	549 Gates Avenue	718-638-8361	Wednesdays/ Miercoles 11:00 a.m. - 2:00 p.m.
St. Philip's Christian Church	765 Lafayette Avenue	718-453-0691	Thursdays/Jueves 12:30p.m.- 2:30 p.m.
Bethel Church	344 Tompkins Avenue	718-789-0034	Tuesdays & Fridays/Martes y Viernes 7:00 p.m. - 8:30 p.m.
St. George Episcopal Church	800 Marcy Avenue	718-789-6036	Tuesdays/Martes 10:30 a.m. - 12:00 p.m.
Macedonia Church Of Christ	289 Quincy Street	718-638-4620	2nd & 4th Tuesdays of the month/ Segundo y cuarto Martes del mes 12 p.m. - 2 p.m.
Upper Room Gospel Baptist Church	180 Van Buren Street	718-574-4000	Fridays/Viernes 12:00 p.m. - 2:00 p.m.
Salvation Army Bedford Temple Corps	601 Lafayette Aveue	718-622-0614	Mondays - Thursdays/Lunes a Jueves 1:00 p.m. - 2:30
John Wesley United Methodist Church	260 Quincy Street	718-783-5761	Tuesdays/Martes 12:30 p.m.- 2:00 p.m.
Siloam Presbyterian Church Food Pantry	260 Jefferson Avenue	718-789-7050	Wednesdays & Fridays/ Miercoles & Viernes 10:00 a.m. - 1:00 p.m.
Agape Social Services Beulah Church	956 Marcy Avenue	718-636-8500	Tuesdays & Thursdays/ Martes y Jueves 10:30 a.m. - 1:00 p.m.
Stuyvesant Heights Christian Church	69 MacDonough Street	718-783-5383	Thursdays/Jueves 5:00 p.m. - 6:00 p.m.
Newman Memorial United Methodist Church	257 Macon Street	718-622-7955	Tuesdays & Saturdays/ Martes y Sabados 10:00 a.m. - 2:00 p.m.
Community Conversation Collaboration Inc.	1585 Fulton Street	718-576-9872	Wednesdays/Miercoles 3:00 p.m.

Scan here to learn more:
Escanee aquí para obtener más información:
<https://www.foodbanknyc.org/>
<https://www.foodpantries.org/>



Shahana Hanif
CITY COUNCIL MEMBER
DISTRICT 39



COMMON FOOD PANTRIES IN AND AROUND DISTRICT 39

Park Slope

Camp Friendship Food Pantry (Park Slope)

339 8th Street
Phone #: 718-965-3695
Day and Time of Distribution:
Every Saturday 9:00 AM - 12:00 PM

CHIPS Food Pantry

200 Fourth Avenue
Phone #: 718-237-2962
Day and Time of Distribution:
Every Thursday 11:30 - 1 PM, Saturday 11:30 AM - 1 PM

Kensington

Christ Apostolic Church Goke

622 Cortelyou Road
Phone #: 718-284-7479
Day and Time of Distribution:
Tues 2 - 4 PM, Sat 9 - 1 PM (1st & 3rd Tuesday and 2nd & 4th Saturday of the month)

MUNA Social Services Brooklyn Islamic Center (Halal)

722 Church Avenue
Phone #: 917-267-8136
Day and Time of Distribution:
2nd and 4th Monday 3:00 PM - 4:00 PM

Boerum Hill / Prospect Heights

South Brooklyn SDA Church Community Service

42 Prospect Place
Phone #: 718-783-1662
Day and Time of Distribution:
1st and 3rd Sunday 11:00 AM - 2:00 PM

Immanuel First Spanish United Methodist

424 Dean Street
Phone #: 718-624-3300
Day and Time of Distribution:
Every Tuesday 1:00 PM - 2:45 PM

Midwood / Borough Park

COPO Food Pantry (Halal)

1077 Coney Island Avenue
Phone #: 718-434-3266
Day and Time of Distribution:
Every Friday 10:30 AM - 4:30 PM

Met Council Brooklyn Hub (Kosher)

1271 60th Street
Phone #: 917-267-8136
Day and Time of Distribution:
Every Wednesday & Thursday 12:30 PM - 4:30 PM

Locate Other Pantries: For local pantry or soup kitchen information, scan the QR code, visit finder.nyc.gov/foodhelp, or call the **National Hunger Hotline at 866-348-6479**.

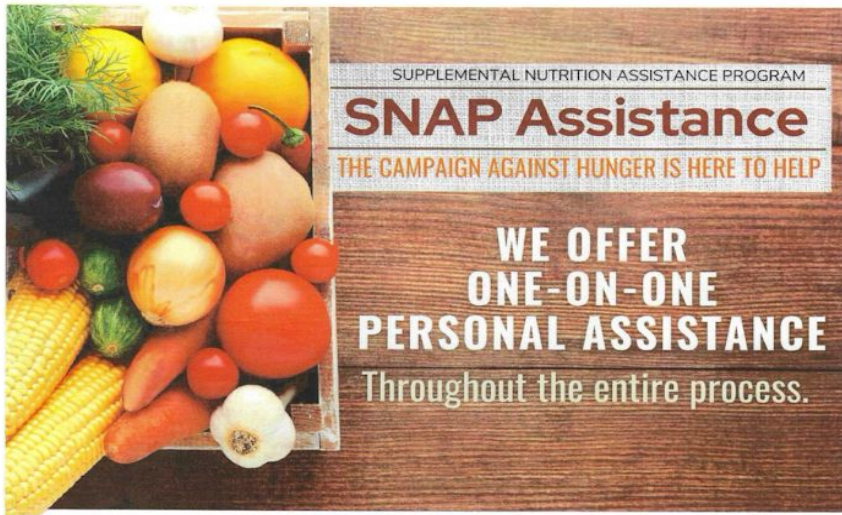
Disclaimer: Please contact the food pantries to confirm date/time of distribution.

Important: If you receive SNAP benefits, continue to submit any requested documents (periodic report, renewals, changes, etc.) to ensure your case is active.

"No one should go hungry—everyone deserves access to healthy, nourishing food. My office is committed to fighting food insecurity, investing over \$300,000 this year in local pantries and community food initiatives." **Council Member Hanif**

To reach our office, call 718-499-1090 or email district39@council.nyc.gov





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



THE CAMPAIGN
AGAINST HUNGER
A Community's Approach To Caring

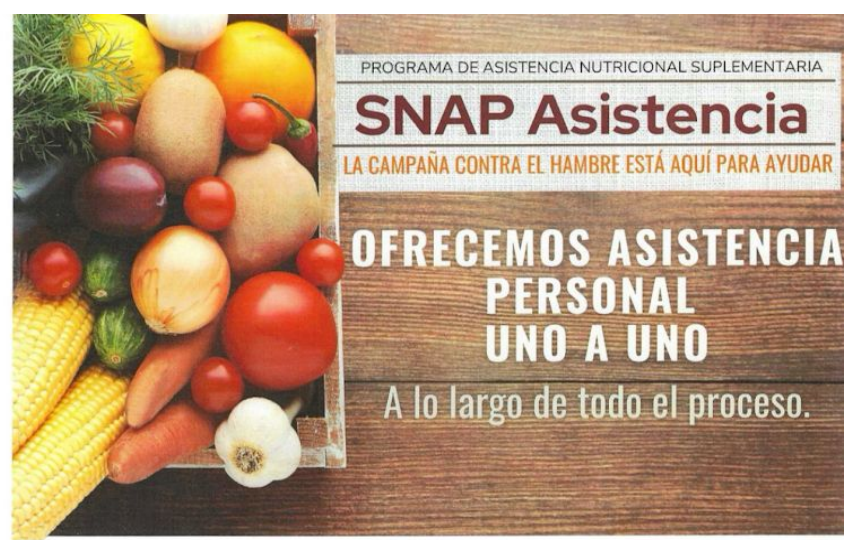


2010 FULTON STREET | BROOKLYN, NY 11233

(718) 773-3551

www.tcahny.org

@TCAHNYC



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



THE CAMPAIGN
AGAINST HUNGER
A Community's Approach To Caring



2010 FULTON STREET | BROOKLYN, NY 11233

(718) 773-3551



SANDY NURSE
City Council Member District 37

FOOD RESOURCES



Expecting Relief

2832 Fulton St. 347-946-2914 Fri - *Call ahead*

MUNA Social Services

1033 Glenmore Ave. 212-920-6202 Wed 3 PM

Bring shopping cart

Make the Road New York

301 Grove St. 866-365-2724 ext. 333

Fri - *Bring ID, call ahead*

Blessed Sacrament Church

198 Euclid Ave. 718-827-1200

Wed 9 AM, *Bring ID*

Family Services Network of New York

1420 Bushwick Ave. 718-455-6010

Mon & Wed 8 AM

* Learn more at nyc.gov/getfood or call 311 and say "Get Food".

For a full list of food resources in District 37 visit tinyurl.com/foodD37



SANDY NURSE
City Council Member District 37

RECURSOS DE ALIMENTOS



Esperando alivio

2832 Fulton St. 347-946-2914 Viernes - *Llamar con anticipación*

Servicios Sociales de MUNA

1033 Glenmore Ave. 212-920-6202 Miércoles 3 PM

Traer tu carrito de compras

Haz el camino Nueva York

301 Grove St. 866-365-2724 ext. 333 Viernes

Traiga identificación, llame con anticipación

Iglesia del Santísimo Sacramento

198 Euclid Ave. 718-827-1200 Miércoles 9 a. m.

Traer identificación

Red de Servicios Familiares de Nueva York

1420 Bushwick Ave. 718-455-6010

Lunes y miércoles 8 a. m.

* Obtenga más información en nyc.gov/getfood o llame al 311 y diga "Obtenga comida".

Para obtener una lista completa de recursos alimentarios en el Distrito 37, visite tinyurl.com/foodD37

THE DOOR'S FOOD & NUTRITION RESOURCES

Available for all Door Members

Meal Service

Soho: Monday–Friday: 5pm–5:45pm

Bronx: Monday–Friday: 7:30am–9:30am & 11am

Food Pantry

Soho: Monday, Wednesday & Friday: 2:30pm–4pm

Bronx: Monday–Friday, 10am–12pm & 2pm–4pm



SNAP households should continue to complete all SNAP requirements.

View the latest updates from the Temporary and Disability Assistance on how the shutdown is affecting benefits for New Yorkers at otda.ny.gov.

Connect to food resources throughout NYC at bit.ly/4hZK1Pj or by scanning the QR code below.





FREE GROCERIES

Visit a NeON Nutrition Kitchen food pantry for free food (non-perishables), healthy, great-tasting recipes, and nutrition tips.

MANHATTAN

Wed and Fri from 9am - 12pm
Monday 4pm - 6pm
Oberia Dempsy Building
128 W 128th Street and Lenox Ave

BRONX

Tues, Wed, and Fri from 9am - 12pm
198 E 181st Street

QUEENS

Tues, Wed, and Fri from 9am - 12pm
182-24 Jamaica Ave.

BROOKLYN

Mon, Wed, and Fri from 9am - 12pm
345 Adams Street, 6th Floor

STATEN ISLAND

Mon, Wed, and Thurs from 9am - 12pm
340 Bay Street

SENIOR HOURS

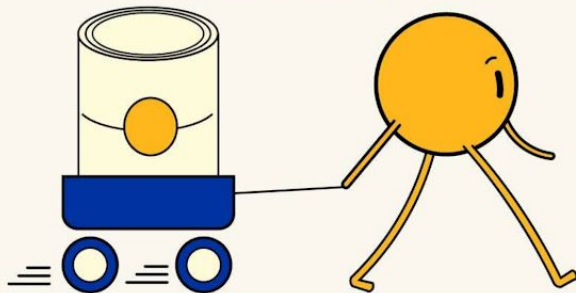
Seniors ages 62 and above, take advantage of priority access from 9am to 11am at all of our locations.



If you are facing food insecurity, any CUNY student can pick food up at any pantry across 20+ CUNY campuses. Check pantry hours on the CUNY website before heading to one: cuny.edu/foodpantries

Pantries

Use any CUNY food pantry.



If you are facing food insecurity, any CUNY student can pick food up at any pantry across 20+ CUNY campuses. Check pantry hours on the CUNY website before heading to one.



Plentiful App

Find food programs, learn about offerings and hours, create an account to schedule an appointment (walkup, advance, day-of reservation), get reminders, designate a representative, and message staff. Need client's name, phone number, zip code, household size, and birthday.

Available in 9 languages on SMS, iPhone/iPad, Android, and the website. Client [guides](#) available in English, Chinese, Spanish. Developed by City Harvest and the United Way of NYC.

Download the app.



or text "FOOD" to PANTRY (726-879) from any phone

Assisting Older Adults

Commodity Supplemental Food Program (CSFP)

The New York State Department of Health supplements the diets of low-income people 60 or older by providing a **monthly package of healthy foods at local food distribution sites.**

Income must be below the federal poverty level. Food is picked up by the client or a proxy.

Clients must call an agency provider to apply:

- New York Common Pantry: (917) 982-2564; Counties served: The Bronx, New York, Queens, Kings
- Kings County Hospital Center: (718) 498-9208; Counties served: The Bronx, New York, Queens, Kings



Assisting Individuals with Disabilities or Medical Conditions

God's Love We Deliver

Medically-tailored home-delivered meals.

- **Adults & children living with a chronic or life-altering illness** - have difficulty cooking and shopping for food.
- **Pregnant people with gestational diabetes** - receive 4 months of prenatal meals and 2 months post-birth
- **U.S. Military servicemembers with a chronic disease, severe illness, mental health condition and/or substance use challenge**

Helping Hands for the Disabled

Offers assistance obtaining food from pantries. Membership **open to people 18 or older with documented disabilities that are considered significant**. Members submit a copy of their Access-A-Ride card, certificate of blindness, or a letter from their doctor. **Annual dues: \$20**. Special Food Pantry: 718-606-9712 for members to ask that a volunteer picks up food from a local pantry or takes the client to the pantry. They will need to provide the pantry name, address, and number, and determine what documents are needed for pantry eligibility.



Food Referral Numbers

- Call 311 to find local food pantries or community kitchens
- Text FOOD or COMIDA to 90847 any day from 10AM-6PM to find free food locally through [Lemontree](#), a nonprofit; it's free and confidential, and services are offered in English and Spanish
- Hunger Free America's National Hunger [Hotline](#): 1-866-3-HUNGRY (English) or 1-877-8-HAMBRE (Spanish); Mon. - Fri. 7AM - 10PM
- Text "Food" to PANTRY (726-879) to make reservations at pantries that participate with Plentiful (translation available in 9 languages)
- City's printable [list](#) of all active pantries with numbers and operating hours/days
- Coalition for the Homeless select printable [list](#) of pantries, soup kitchens, and other resources with numbers

Reminder: Individual locations have their own registration requirements (ID, income, proof of address, household size, etc.)

Need Help Paying for Heat This Winter?

Apply for the Home Energy Assistance Program (HEAP).

HEAP helps eligible New Yorkers afford the cost of heating their homes.

Your Household May Be

Eligible for a Regular Benefit If:

- Your income is below certain limits
- You receive SNAP food benefits
- You receive Supplemental Security Income (SSI) or other forms of Temporary Assistance



Enrollment is Open Now:
otda.ny.gov/programs/heap



NEW YORK STATE SENATOR
JULIA SALAZAR
DISTRICT 18

HEAP Income Limits

Household Size	Maximum Gross Monthly Income
1	\$3,473
2	\$4,542
3	\$5,611
4	\$6,680
5	\$7,749

For larger household sizes, visit:
otda.ny.gov/programs/heap



NEW YORK STATE SENATOR
JULIA SALAZAR
DISTRICT 18



RiseBoro
COMMUNITY PARTNERSHIP

HOMEBASE

NYC's Eviction Prevention Program

Resolve Your Housing Crises

Call us for assistance if you struggle with any of the following:

You Are Being Evicted

Can't Afford the Monthly Rent

Owe Rent To Your Landlord

Servicing Zip Codes:

11212, 1237, 11221, 11206, 11211, 11249, 11222, 11251

Brownsville Offices:

145 E 98th St, Brooklyn, NY 11212
1875 Broadway, Brooklyn, NY 11207

Bushwick Offices:

90 Beaver St, Brooklyn, NY 11206
380 Grove St, Brooklyn, NY 11237

HOMEBAS

Housing Assistance and Eviction Prevention Services

What We Do

- Emergency rental assistance
- Level Up! Workforce Development Program
- In-house financial coaching
- Landlord/tenant mediation
- Public benefits, healthcare screening and enrollment (Food Support Connections program)
- Tenants' rights seminars
- In-house staff attorneys
- Community referrals for supportive service

**Now
Hiring**

**EMERGENCY
SNOW
SHOVELERS**

Info at [nyc.gov/snow](https://www.nyc.gov/snow)



**NOW HIRING
EMERGENCY SNOW
SHOVELERS**



Eligibility

- Be at least 18 years old
- Eligible to work in the United States
- Able to perform physical labor

Must bring

- Two small photos (1-1/2 inch square)
- Two original forms of ID, plus copies
- Social Security Card

**Pay can reach up to
\$28.41!!! per hour after
the first 40 hours
worked in a week**

Please visit

<https://www.nyc.gov/site/dsny/careers/civilians/emergency-snow-shovelers.page>

Get paid to help keep New Yorkers safe after winter storms



#knowyourrights

From Oct. 1 to May 31, landlords are legally required to keep apartments at 68° during the day and 62° at night.

Swipe to learn what to do if your landlord doesn't turn on your heat.

- 1** First **contact the owner directly**. Make sure to document the fact that you've already tried to reach out (call records, emails, texts, etc.) For NYCHA tenants, call the customer contact center at **(718)-707-7771** or use the **MyNYCHA app**.
- 2** **Collect evidence of the temperature**. You can buy a thermometer for low cost at a local hardware store. Start logging the temperature in your apartment. Once you've compiled a full temperature record, reach out to the owner one more time.
- 3** If you had no luck, **call 311**. HPD will send an inspector to the apartment. Know that your landlord will be notified of the complaint. If your neighbor also has no heat, sending multiple complaints can speed up the process.
- 4** Consider a **lawsuit**. If the problem persists even after HPD was contacted, file an "HP Action" in court near you (remember to bring all the evidence!) HP Actions cost \$45, but the fee can be waived.



Don't miss out! Mark your calendars for these upcoming toy giveaways.

@catchinup_e (Coney Island)

December 20, 12-4pm
2299 W 30th St

@the_fling_movement (Harlem)

December 21, 1pm
2542 Fredrick Douglass Blvd

@la.casita.de.chema (Melrose)

December 21, 12-3pm
749 Brook Ave

**Jes Good Rewards Children's Garden
(Brownsville)**

December 24, 2:30-5pm
155 Amboy St

**Winter Village Holiday Market
(Jamaica)**

December 7, 2pm
142-82 Rockaway Blvd
Register @ paradeonrockway.com

@alldaynyc (Brooklyn)

December 13, 3-7pm
464 Bushwick Ave

**@blessedindividualsnyc
(Mott Haven)**

December 19, 1-3pm
26 Bruckner Blvd

@detectiveramosfoundation (BedStuy)

December 19, 9am
195 Sanford St



These organizations can help you find housing according to your circumstances.

For people with vouchers,
Neighbors Together

Neighbors Together launched the citywide **Voucher Advocates Lifting Up Equity in Housing (VALUE)** campaign to make housing vouchers a more effective tool for securing stable homes.

Their **“Empowerment Program”** connects members with vital resources, including housing and public benefits. It offers **housing search workshops, income discrimination training and ongoing assistance.**

To make an appointment, email empowerment@neighborstogether.org

**For victims of domestic violence,
New Destiny Housing**

New Destiny Housing collaborated with the Mayor's office to create **HousingLink**, a citywide program that connects families fleeing domestic violence to affordable rental units in privately owned buildings and informs their clients about their housing options.

To access these services, visit a **Family Justice Center** near you, located across the five boroughs. For more information call New Destiny at **646-472-0262**.

**For people experiencing
homelessness, City Relief**

City Relief visits the same five locations each week to provide meals and discuss possible solutions to issues their guests may be facing.

Their "**Life Care Visits**" are one-on-one meetings that connect guests with resources they may need. "**Care specialists**" support them as they navigate agencies and government programs.

The team assists with everything from completing paperwork to attending meetings and advocating for their guests.

Pop up event schedule (11am to 1pm): Wednesdays and Fridays, Chelsea Park. Thursdays, Delancey St. BTWN Chrystie and Forsyth St. Saturdays, Brooke Ave BTWN 14th and 148th St and 540 Malcolm X Blvd.

**UB UNITED FOR
BROWNSVILLE**

Holiday Toy Giveaway

SATURDAY, DECEMBER 13, 2025

11AM-1PM



GREG JACKSON CENTER
519 ROCKAWAY AVENUE
BROOKLYN, NY 11212

CALL (929) 252-9286 FOR MORE INFO

FIRST COME. FIRST SERVED.
CHILD MUST BE PRESENT.
TOYS FOR ALL AGES.

Christmas

TOY DRIVE & GIVEAWAY

COLLECTION: NOV 30-DEC 12

SPREADING JOY THROUGH TOYS

DEC | 13th | 2025

11:00 A.M. - 2:00 P.M.



Historic First Church
COGIC

FAITH IN ACTION. LOVE IN SERVICE

221 KINGSTON AVE
BROOKLYN, NY, 11215





Senator
Roxanne J. Persaud

**Toy Distribution
and Much More!**

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



**Sunday,
December 21, 2025
2:00 pm - 5:00 pm**

**I.S. 211 John Wilson School
1001 East 100th Street
Brooklyn, NY 11236**



**Bring your camera!
Take a picture with Santa!**



DISTRICT OFFICE:
1222 East 96th St.
Brooklyn, NY 11236
Phone: (718) 649-7653

E-MAIL: persaud@nysenate.gov
WEBSITE: persaud.nysenate.gov

f SD19SenatorPersaud
@SenatorPersaud
@SD19SenatorPersaud

Sesame Flyers
INTERNATIONAL, INC.

**REGISTER
NOW**



Genuine
**TOY
GIVEAWAY**

SATURDAY DECEMBER 13, 2025

905 WINTHROP ST BROOKLYN N.Y 11203

TIME: 11:00 AM TO 3:00 PM - AGE: 0 TO 12

FOR MORE INFO CONTACT: KEISHA SYDNEY 347-874-3236

EMAIL: [KSYDNEV@SESAMEFLYERS.ORG](mailto:ksydnev@sesameflyers.org)

Community Partners and Sponsors



Nathan D. Allsbrooks Foundation, Inc. in Association with

HARLEM HONORS AWARDS

5th Annual
CHRISTMAS

Kids
Must be
Present

10AM
TO
2PM

5th Annual
HARLEM
Honors
AWARDS

Special
Thanks to
macy's

Toy & Coat
GIVEAWAY

SATURDAY DECEMBER 20, 2025

P.S. 175 @ 175 W134th STREET

Btw Adam Clayton Powell Jr. Blvd. & Malcolm X Blvd.



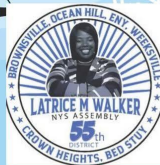
COMMUNITY AFFAIRS BUREAU

Community Affairs Section Brooklyn North Presents

Winter
WONDERLAND

TOY GIVEAWAY

POWERED BY:



SATURDAY
DECEMBER 20, 2025

12PM TO 5PM
WHILE SUPPLIES LAST

1470 EAST NEW
YORK AVE

SHOPPERS WORLD
More Than Meets the Eye



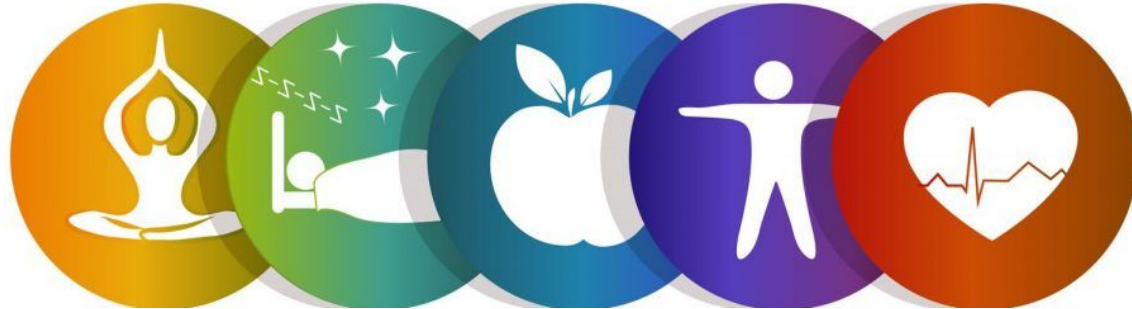
For accommodations regarding any disability, please contact Detective Daneil-Speirs at 646-787-5302 and/or PO Muirhead at 917-331-3253 72 hours prior to the event


TRACKED
FAMILY



Health & Wellness Resources

W E L L N E S S





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

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

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

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

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

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



Food Allergies Resource



Preparing food for someone with food allergies?

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



**KIDS WITH
FOOD ALLERGIES**
A Division of the Asthma and Allergy
Foundation of America

kidswithfoodallergies.org



No child or adult has ever asked for food allergies. It is a health condition! Please don't discriminate over the holidays because you find food allergies inconvenient. Find an advocate and ask for help making sure you're inclusive. Cross contamination is real and dangerous. Please be safe!



No child asks for food allergies and neither do their parents. It's NOT a choice.



COMPASSIONFORANAPHYLAXIS.COM

#KnowTheFAACTS



9 foods account for 90% of all food allergy reactions:

Peanut, Tree Nut, Egg, Soy, Dairy, Wheat, Fish, Shellfish, & Sesame.

FoodAllergyAwareness.org



HOW TO EAT OUT SAFELY WITH ALLERGIES

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



There is
NO CURE
for food allergies yet.



KIDS WITH
FOOD ALLERGIES
A Division of the Asthma and Allergy
Foundation of America

kidswithfoodallergies.org

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



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

Services provided:

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



For more information, please contact:

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

Totteanna Conley
Community Liaison Worker
718-963-8934

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

NYC
HEALTH+
HOSPITALS

Woodhull

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



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

Servicios prestados:

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



Para obtener más información, póngase en contacto con:

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

Totteanna Conley
Trabajadora de enlace comunitario
718-963-8934

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

NYC
HEALTH+
HOSPITALS

Woodhull

Tips for Coping with Grief and Loss



Accept your feelings. Recover at your own pace.



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



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



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

Tips for Coping with Grief and Loss



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



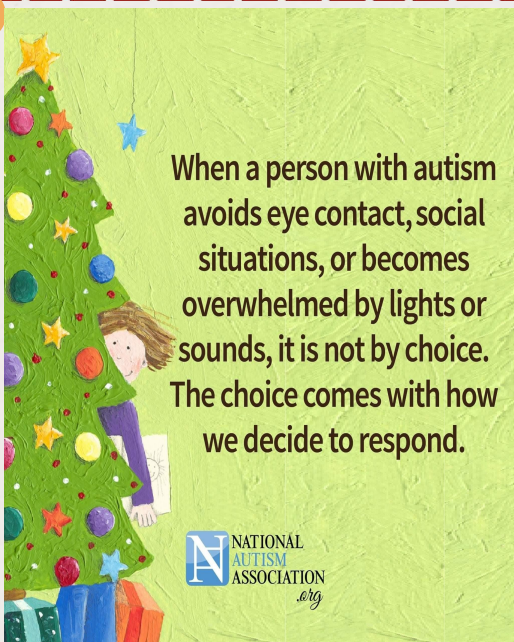
Be part of the community. Being isolated can prolong grieving and make it more difficult to cope.



Ask for help if you feel overwhelmed.



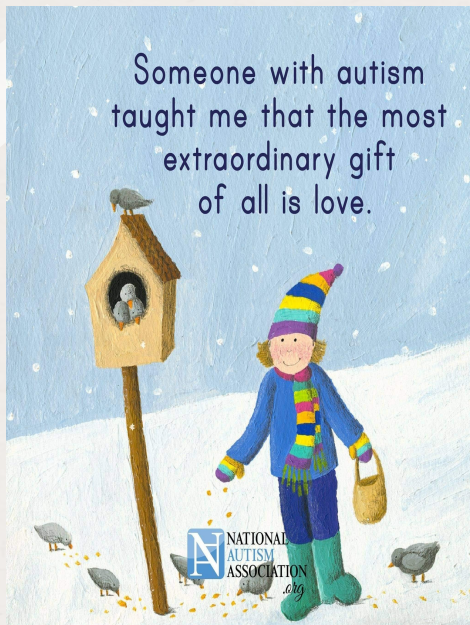
For support: Call or text **988** or chat online at nyc.gov/988



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



Autism Resource



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



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

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





Office of
Mental Health



Need to Talk This Winter?

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

Crisis Text Line: Text GOT5 to 741741

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

Trevor Lifeline: 1-866-488-7386

Trevor Text: Text START to 678678

Coping with Thoughts of Suicide

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

- 🧘 **Take care of your body.** Stay physically active, get enough sleep, eat well and avoid excessive amounts of alcohol, non-prescribed drugs and caffeine.

- 📺 **Take care of your mind.** Set a limit on the amount of media you watch and read, including social media.

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

If you are having thoughts of suicide:

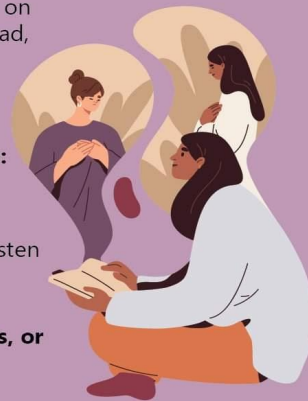
- 📝 **Create a suicide safety plan.**

- 🤝 **Reach out for support and help.** NYC Well counselors are available to listen to and support you 24/7.

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

NYC
Health

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



A close-up photograph of several golden-brown cinnamon rolls on a light-colored tray. The rolls are stacked and have a visible swirl pattern. In the background, there are cinnamon sticks tied together with a string. The image is decorated with several thick, dark brown brush strokes that swirl and curve across the scene. A white, oval-shaped graphic element is positioned on the left side, containing the text.

**RECIPES FOR
THE
HOLIDAYS**

Christmas Tree CHARCUTERIE BOARD

Italian dry salame
prosciutto
kiwis
blueberries
Wensleydale with cranberries
mozzarella cheese pearls
muenster cheese slices
green olives
almonds
round crackers
pretzel sticks
rosemary sprigs

Recipe here:

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

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

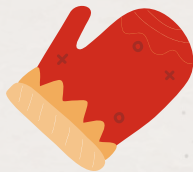


cranberry
**CHRISTMAS
CAKE**



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

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



peppermint MERINGUE KISSES



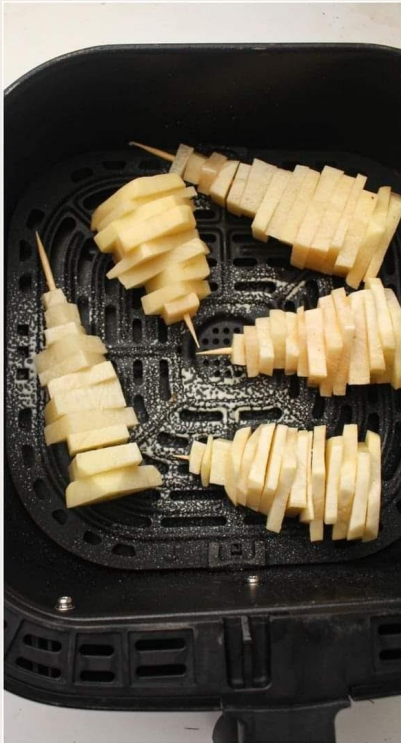
1 ½ cups granulated sugar
6 large egg whites
¼ tsp lemon juice
1 pinch salt
½ tsp vanilla extract
1 tsp peppermint extract
red gel food coloring

Recipe here:

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

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





AIR FRYER CHRISTMAS TREE POTATOES!!

https://theflexiblefridge.com/tik-tok-air-fryer-christmas-potato-tree/?fbclid=IwAR2-YhnaF66v6PvTPlr1DVDq0rG5_2dyf5FAy2-uwH9sHxVU6_A_Q6AaKk



cherry CHEESECAKE BROWNIES



BROWNIES

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

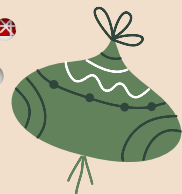
CHEESECAKE TOPPING

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

Recipe here:

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

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





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

RECIPE: [https://thestayathomechef.com/easy-slow-cooker-chili-lime-mexican/?fbclid=IwAR14gFfQOb_GyD9aHlct08\]kFsCtPFPmV7\]sapNx1erQRtT6Q69bQC\]QwR0](https://thestayathomechef.com/easy-slow-cooker-chili-lime-mexican/?fbclid=IwAR14gFfQOb_GyD9aHlct08]kFsCtPFPmV7]sapNx1erQRtT6Q69bQC]QwR0)

NEW! These White Chocolate Cranberry Cookies are so delicious and festive. Recipe:

<https://natashaskitchen.com/white-chocolate-cranberry-cookies/>



Recipe here:

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

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



6 cups mixed greens
¼ cup red onion
1 cup mandarin oranges
½ cup pomegranate seeds
½ cup feta cheese
½ cup candied pecans

ORANGE VINAIGRETTE

1 tbsp orange zest
2 tbsp orange juice
2 tbsp apple cider vinegar
2 tbsp honey
2 tsp Dijon mustard
½ tsp poppyseeds
kosher salt to taste
½ cup olive oil

This Gingerbread Hot Chocolate is perfect for fall and winter!

<https://www.cravingsofalunatic.com/gingerbread-hot-chocolate>



Gingerbread HOT CHOCOLATE

Ingredient List:
chocolate milk
unsweetened cocoa powder
brown sugar
biscoff or any cookie butter
ground ginger
ground cinnamon



cravingsofalunatic.com

Parenting Resources





December Virtual Events

PARENT GROUPS

Navigating the Teen Years: For Families of Teens with Disabilities 12/8 @ 7pm
Dad Connect: Fathers of Individuals with Disabilities 12/8 @ 7pm
Early Years Parent Group: For Families with Children Under 12 12/9 @ 7pm
Beyond the Home: Residential Placement Parent Support Circle 12/11 @ 7pm
Padre a Padre NYS: Grupo de Apoyo para Familias Latinas 12/15 @ 7pm
Life Beyond 21: Parent Support for Adult Children with Disabilities 12/17 @ 7pm
Voices of Color: BIPOC Parents of Individuals with Disabilities 12/18 @ 7pm
Chinese-Speaking Parents of Children with Disabilities 12/20 @ 8pm

SPECIAL EDUCATION

Let's Take a Crash Course on Understanding how to Read an IEP 12/9 @ 10am
Understanding the Regulations of the Commissioner of Education Part 200 Students with Disabilities 12/10 @ 10am
Guidelines for Determining the Need for a One-to-One Aide 12/16 @ 6:30pm
Statewide- Virtual Special Education Parent Chat Group 12/18 @ 6:30pm

CAREGIVER EDUCATION

Getting Started with the Residential Process: Tips, Tricks, and Information 12/9 @ 7pm
Preventing Parent Burnout for Parents of Children with Special Needs 12/11 @ 11am

CONNECT WITH US

For general inquiries, send an e-mail to

info@ptopnys.org

Visit our Website: <https://www.ptopnys.org/>

REGISTRATION

Scan the QR to visit our calendar:



Stress

Stress at the Holidays

Why do we keep mentioning stress at the holidays?

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

Use these simple strategies to help keep stress at bay:

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

CO-PARENTING During the Holidays

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



TIME WELL SPENT

5 Questions to Ask Teens About Social Media Use

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



Parent Tips to Avoid the Holiday Blues

5

TIPS TO AVOID THE HOLIDAY BLUES



LIMIT OR AVOID INTOXICANTS

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

BE AWARE



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



EXERCISE AND INTERACT

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





COMMIT TO LESS

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



SLEEP WELL

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

PARENT TIPS TO PRACTICE HOLIDAY SELF CARE



TAKE TIME TO RELAX



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



PRACTICE SELF-COMPASSION

Forgive yourself for mistakes

Think about one thing you did well recently

Recognize that you are doing your best



DO SOMETHING THAT ENERGIZES YOU



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



PRACTICE POSITIVE SELF-TALK



What we say to ourselves matters—make it positive!



LOVE YOURSELF MORE

Celebrate your
accomplishments
no matter how
small

Allow yourself
to make
mistakes

Don't compare
your progress
with others

Prioritise
being kind to
yourself
always

Don't be afraid
to let go of toxic
people

Your value is
never in the way
you look

Always trust
yourself and
believe you can
do great things

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



Remember:

My email address is
mpink@thewcs.org



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





HAPPY HOLIDAYS
ALL! -  Ms. Pink