# JUNE NEWS & RESOURCES FROM YOUR PARENT COORDINATOR MS. PINK

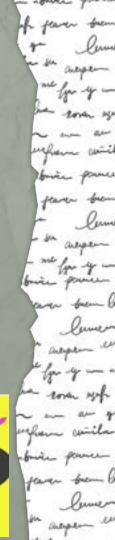
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E 2022 🔘 MS. PINK



## Hello Families,

It's your Parent Coordinator Ms. Pink. I hope all is well with you and your family. I put together this resource packet for you with some Amazing resources for your family. Scroll through the entire packet. There are opportunities for the whole family and P-EBT Updates for the Summer of 2021, for scholars who were enrolled in school during the month June 2021 . Plus a Special Father's Day Message. As always, you can reach me at mpink@thewcs.org I'm available to you Mon - Thurs 9am-2pm



Family Engagement



### What Is A Dad?

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail... TO ALL THE FATHERS OF WCHS & STAFF,

WE CELEBRATE ALL OF THE AMAZING

WCHS DADS ON FATHERS DAY. IT'S YOUR DAY TO BE REMEMBERED, TO KNOW YOU ARE CELEBRATED AND FEEL APPRECIATED. TODAY, HOPE YOU FEEL RIGHT WHERE YOU BELONG... SURROUNDED BY THE THOUGHTS, GRATITUDE, AND THE WARM WISHES OF THE PEOPLE WHO LOVE YOU. HAPPY FATHER'S DAY ALL!

WARMEST REGARDS, MS. PINK



# Best Father's Day Jokes to tell your Dad

- What do you call a dad who falls through the ice? A pop-sicle.
- Where do fruits go on vacation? Pear-is!
- What did the baby otter say to its dad? You are a dad like no otter.
- Why is Peter Pan always flying? Because he Never-lands.
- What did the accountant say while auditing a document? This is taxing.
- Why did the orange stop halfway across the road? It ran out of juice.
- Why did the Oreo go to the dentist? It lost its filling.
- Why are fish so smart? Because they swim in schools.
  - Why should you never use a dull pencil? Because it's pointless.





#### EXTANCIPATION PROPARIA PRON PROPARIA DI 1662, a prelavator Dergen Starts, contat Tat en en tea Tat en en tea

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## Juneteenth (short for "June Nineteenth") marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it officially became a federal holiday. Confederate General Robert E. Lee had surrendered at Appomattox Court House two months earlier in Virginia, but slavery had remained relatively unaffected in Texas—until U.S. General Gordon Granger stood on Texas soil and read General Orders No. 3: "The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free."

Jun ponen brine

# CELEBRATE JUNETEENTH IN SENECA VILLAGE

Head to Seneca Village this Juneteenth for a family-friendly celebration of Black culture and

accomplishment through music, storytelling, dance, poetry and more!



WHEN

June 19, 2022 | 10:00 am-2:00 pm

TIME

10:00 am

COST

Free, tickets not required

TYPE OF ACTIVITY

<u>Events</u>

FINE PRINT

Visit the Welcome Tent located inside the Park

entrance at West 85th Street for maps, performance

schedules, and event information.

LOCATION

Seneca Village Landscape



UNE 18 & 18 | 12-7 PM | 155 SUFFALO AVE. BK, NY 11213 WEEKSVILLE HERITAGE CENTER -AND-BLACK-OWNED BROOKLYN PRESENT

A CELEBRATION OF BLACK FOOD & CULTURE

# JUNETEENTH COMMUNITY EVENTS

Produced by Weeksville Heritage Center and Jummy's Picks by Black-Owned Brooklyn, this event was designed to reflect the breadth of Black Brooklyn, with 20 Black food vendors offering cuisine from across the African Diaspora, including regions of the United States, Africa, the Caribbean and Latin America. The festival will take place on the grounds of Weeksville Heritage Center, a historic site in the African-American fight for freedom as one of the largest free Black communities in pre-Civil War America and home to many abolitionist leaders. The event will also feature a marketplace of Black-owned cultural goods, educational activities and performances, as well as sets from a lineup of all-Black queer and trans DJs curated by Papi Juice (6/18) and the legendary Soul Summit collective spinning house and club classics (6/19).



# FREE FATHER'S DAY HAIRCUTS

PREMIUM HAIR CUTS FOR EAST NEW YORK DADS

> K REGULAR CUT SHAVE AND CUT K MUSTACHE TRIMS

TUESDAY-FRIDAY JUNE 14-17, 2022 GOOD SHEPHERD SERVICES 692 BLAKE AVE. BROOKLYN, NY 11207 11AM-4PM

Text Aleicia 347-443-1146 for an appointment





#### THE BKLYN COMBINE IN PARTNERSHIP WITH COUNCIL MEMBER CHI OSSÉ PRESENT JUNETEENTH MOVIE NIGHT



SCREENING STARTS AT DUSK SATURDAY, JUNE 18TH

WITH A BRIEF TALK MODERATED BY A SPECIAL GUEST BEFORE THE FILM VON KING PARK 670 LAFAYETTE AVE BROOKLYN, NY 11216 PLUS SPECIAL DJ SET STARTS AT 7PM



## SCHOMBURG CENTER LITERARY FESTIVAL

Reading the African Diaspora



June 18, 2022 10:30 AM - 6:00 PM ET Talks + Workshops + Author Signings and More! All Ages Welcome

Indoor & Outdoor

Schomburg Center for Research in Black Culture 1355 Street between Adam Clayton Powell Blvd and Malcolm X Blvd.

Learn more at www.SchomburgCenterLitFest.org

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# Schomburg Center Literary Festival

The Schomburg Center Literary Festival: Reading the African Diaspora expands the center's long tradition of championing authors of African descent from across the globe and publications that celebrate Black history and culture. On Saturday, June 18, 2022, we will reconvene our community of book lovers and their favorite authors for our annual outdoor literary festival. Visit this link for more details registration: Schomburg Center Literary Festival | The New York Public Library (nypl.org)



## Black Excellence Scavenger Hunt

ICECREAM PARLOR	LIVE BAND PERFORMANCE	BEAUTY SALON	WELLNESS CENTER	MUSIC STORE
SOUL FOOD RESTRAURANT	JAZZ MUSIC LOUNGE	MENTAL HEALTH ADVOCATE	BOOKSTORE	NAIL TECHNICIAN
LGTBQIA2S+ ADVOCATE	FOOD TRUCK	<b>N</b>	FITNESS INSTRUCTOR	ART EXHIBIT
CLOTHING STORE	AESTHETICIAN	BAKERY	JEWELRY CREATOR	FLOWER NURSERY
ACADEMIC TUTOR	YOGA STUDIO	HISTORIC STATUE	100% VEGAN RESTRAURANT	MECHANIC

In celebration of Juneteenth, let's get out and show some love to our people by exploring our communities with a scavenger hunt! This is a journey of highlighting black excellence and black-owned businesses in your community! Find as many #blackexcellence #blackowned gems as you can by exploring your city, or road trip, Anyone? Email Ms. Pink photos of your journey to go into next month's Resource Packet at: <a href="mailto:mpink@thewcs.org">mpink@thewcs.org</a>



# Dream a Dream That Dreams Back at Me: A

Juneteenth Celebration

Lincoln Center for the Performing Arts Sunday, June 19, 7:00pm MUSIC I THEATER I VISUAL ARTS FOR MORE DETAILS VISIT THIS LINK: <u>I</u> <u>Dream a Dream That Dreams</u> <u>Back at Me: A Juneteenth</u> <u>Celebration · Lincoln Center</u>



# Family Fun / Free NYC Museums

These New York City museums are either always free, free on specific days of the week or free for select hours.

Find one near you, and take advantage of their generosity. Note that this takes into account general admission

only; certain events and special exhibitions may still require a fee.Please phone ahead for hours and Covid-19

restrictions.

# **Always Free**

African Burial Ground Memorial Site

American Folk Art Museum

#### **BRIC House**

The Bronx Museum of the Arts

Federal Hall National Memorial

General Grant National Memorial

Hamilton Grange

The Harbor Defense Museum

MoMA PS1 (free for NYC residents)



The Museum at the Fashion Institute of Technology

National Museum of the American Indian

The New York Public Library Stephen A. Schwarzman Building

New York Public Library for the Performing Arts

New York Transit Museum Annex & Store, Grand Central Terminal

Queens Botanical Garden (November through March only)

Queens County Farm Museum (except during special events)

Schomburg Center for Research in Black Culture Snug Harbor Cultural Center & Botanical Garden (grounds and botanical garden only)

Socrates Sculpture Park

Soldiers and Sailors Monument

Theodore Roosevelt Birthplace



# Sometimes Free

The following museums typically require paid admission but open their doors for free on specific days or times—though again, some do charge for admission to specific events or sections. Be sure to consult their websites or call ahead if you hope to see a specific exhibition. **Be sure to double check with the museum to get the most up-to-date** 

information and Covid - 19 requirements.



## Mondays

Museum at Eldridge Street Synagogue

(pay what you will, 10am to 5pm,

tours)





9/11 Memorial & Museum (5pm to

close)

Morgan Library and Museum (J.

Pierpont Morgan's Library only, 3

to 5pm)

Staten Island Zoo (2 to 4:45pm,

through Feb. 11, 2020)

Wave Hill (9am to noon)

# Wednesdays

Frick Collection (pay what you wish, 2 to 6pm)

Historic Richmond Town (suggested donation)

Museum of Jewish Heritage (4 to 9pm)

New York Aquarium (pay what you will, 3pm to close)



New York Botanical Garden (free grounds access; does not include entry to the Enid A. Haupt Conservatory, special exhibitions like the

Orchid Show and Holiday Train Show, Everett Children's Adventure Garden, Rock and Native Plant Gardens or Tram Tour)

Queens Botanical Garden (April to October, 3 to 6pm; all day rest of year)

Van Cortlandt House Museum

Staten Island Zoo (2 to 4:45pm)

Bronx Zoo (does not include admission to special exhibitions like the Butterfly Garden, Congo Gorilla Forest and Jungle World)



# Thursdays

Brooklyn Children's Museum (2 to 6pm)

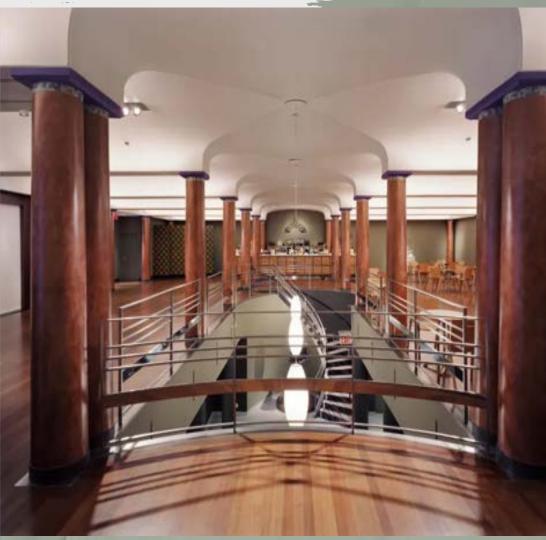
Museum of Arts and Design (pay what you

will, 6 to 9pm)

New Museum (pay what you will, 7 to 9pm)

First Thursday of the Month

Museum of Chinese in America



# Fridays

Asia Society (September to June, 6 to 9pm)

Brooklyn Botanic Garden (March to November,

before noon)

Japan Society (6 to 9pm)

Morgan Library and Museum (7 to 9pm)

Museum of Modern Art (MoMA) (5:30 to 9pm)

Museum of the Moving Image (4 to 8pm)

New York Hall of Science (2 to 5pm)

The New-York Historical Society (pay what you will, 6 to 8pm)

Rubin Museum of Art (6 to 10pm)





The Jewish Museum

New York Botanical Garden (free

grounds pass, 9 to 10am)

Solomon R. Guggenheim Museum

(pay what you will, 5 to 8pm)

Wave Hill (9am to noon)

First Saturday of the Month

Brooklyn Museum (5 to 11pm)



# Sundays

-Brooklyn Children's Museum (4 to 7pm)

-The Morgan Library and Museum (J.

Pierpont Morgan's Library only, 4 to

6pm)

-New York Hall of Science (10 to 11am)

-Queens Botanical Garden (April to

October, 9 to 11am; all day rest of year)

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# **COMMUNITY RESOURCES &** HAPPENINGS

BROWNSVILLE JOBS PLUS **330 POWELL STREET** BROOKLYN, NY 11212 347-853-7926

## ONLINE TRAINING

**JOIN US** ON IUNE 23, 2022 AT 11 AM

JOBS

FEDCAP



To Register for this event stop by our office

OCCUPATIONAL TRAINING ACADEMIC (HSE, ESOL, ect.) IT CERTIFICATIONS

#### CAO's 2022 Aviation Job Fair

Opening doors for careers at JEK & LGA AIRPORTS!

#### Over 35 employers scheduled to attend

- JetBlue 
   Delta Air Lines
- Airway LLC + OTG Management
- Endeavor Air
   Villa Restaurant
- Modern Aviation 
   EULEN America
- Worldwide Flight Services and many more!



Scan the code or click the link to reserve your spot http://ww.hv/YBOvS0JouFn

#### EVENT DETAILS.

- Queens Borough Hall The Helen M.Marshall Cultural Center 120-55 Queens Blvd, Kew Gardens, NY, 11424
- Thursday, June 30, 2022

10AM-2PM  $\cap$ 

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#### POSITIONS AVAILABLE IFE/LEA AIRPORT

<ul> <li>Inflight Crew Hember</li> </ul>	· • Customer Serv	ice . Flight Attendant		LUSA.
· Pood Service	<ul> <li>Security</li> </ul>	+ Pilot	10	
Ground Services	<ul> <li>Logistics</li> </ul>	Retail	27	(B)
<ul> <li>Management</li> </ul>	<ul> <li>Technician</li> </ul>	Driver	100	

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# 8 + 16 HR SECURITY GUARD TRAINING

#### Training Requirements:

- Must have a valid New York State ID
- Must have a clean background
- Must have a HS Diploma/ GED
- Must be ready + willing to start work right away!

Do you have a DOPE Personality??

nd Looking To Secure

That Bag for the Summer??

Orientation: FREAM, AUNE 17TH, 2022 @ 10AM SHARP 83D FLUSHING AVE/ZND FLOOR

Training: MONDAT-WEDNESDAY (4/20 - 4/22) INTERVEW PREP WORKSHOP (6/23) SECURITY JOB INTERVEW (6/24)

If you answered <u>YES</u> to those questions...and meet the requirements above..then this is the opportunity for you!!! Contact Neal Francis at NFrancis@RestorationPlaza.org or Rupert Stewart at (917) 267-5588 IMMEDIATELY! Are you a Peopleperson?? SCHOOL'S OUT & A THE GYM IS IN! Teens 14-19 work out FREE all summer long May 16 - Aug 31

Beginning May 16, sign up at planet/fitness.com/summerpass total W type of with a persettype that indite to include

Enter to win a \$5,000 scholarship\*

# HIGH SCHOOL SUMMER PASS FREE SUMMER MEMBERSHIP

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## Free summer college classes for High School Students

CUNY will be offering a mix of online, in-person and hybrid courses this summer to NYC public high school students entering grades 11 or 12. Participation is free.

SUMMER PROGRAMS

For the summer semester of 2022, College Now will be offering a mix of online, hybrid and in-person courses. Please note that to participate in any hybrid or in-person course students must upload proof of COVID-19 vaccination to CUNYfirst. Details on how to do so will be provided by the campus when the student is accepted into a course.

Go to: <u>College Now Summer Courses 2022.xlsx (dropbox.com</u>) for a list of summer courses that are still accepting applications. If you have questions about a specific summer course, contact the campus offering that course. Contact information for each College Now program can be found on the Colleges page, go to: <u>Colleges –</u> <u>College Now (cuny.edu)</u>. College Now courses offered during the summer semester are open to NYC public high school students meeting academic eligibility requirements and entering 11th or 12th grade in September 2022. **Participation is free**.



## 



# **CAREER FAIR**

## June 17th, 2022 | 10am-3pm

Employment & Support Services Administration (ESSA)

NYC Business Link 123 William Street, 6th Floor New York, NY 10038 Pre-register to attend



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Positions Available Include and are not limited to the following:

- Case Manager
- Receptonist
- Sales Associate 
   Pa
- Residential Aide
- Counselor
- Direct Care
- Worker
- Housing

- Specialist
- Maintenance
- e Paralegal
- al Aide Program Aide
  - Safety Monitor
    - Security
    - Social Worker
- 5



**Renew Your IDNYC today!** IDNYC has saved New Yorkers over \$4 million shopping at Food Bazaar. Start saving today!

NYC.GOV/IDNYC

Renew Your IDNYC and stay healthy! Save on groceries with IDNYC and enjoy discounts at Food Bazaar Supermarket! Find a full list of benefits at <u>http://nyc.gov/IDNYC</u>

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Drop In Centers Runaway & Homeless Youth Services, 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.

# **Drop-in Centers Available**

epertment of suth & Community levelopment

Runaway \_\_\_\_\_ & Homeless Youth Services

#### Brooklyn

#### SCO Family of Services

774 Rockaway Avenue, Brooklyn NY 11211

(718) 685–3850

24/7

#### Queens

Sheltering Arms/Safe Space

165-13 Jamaica Avenue, 2nd floor, Jamaica NY 11432

(718) 526–2400 ext. 2077

24/7

Sheltering Arms

1600 Central Avenue

Far Rockaway NY 11691

(718) 471–6818 ext. 2123 Mon–Thurs 2pm–8pm Fri: 11am–7pm, Sat: 12pm–8pm

## **RUNAWAY & HOMELESS YOUTH SERVICES**

#### Drop-in Centers

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

\*Please call to verify times of operation and intake.

#### Manhattan

Ali Forney Center

321 West 125\* Street New York, N.Y. 10027 (212) 206-0574 🙉

#### The Door

555 Broome Street New York, N.Y. 10013. (212) 941-9090 Mon-Fri: Sam-Bum

#### Safe Horizon Streetwork Harlem

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

#### Bronx

KEY:

Cardinal McCloskey **Community Services** 333 East 149\* Street Brons, N.Y. 10451 (718) 993-5495 (917) 334-0957

#### Brooklyn SCO Family of Services

774 Rockaway Avenue Brooklyn, N.Y. 11211 (718) 685-3850

#### Queens

Shellering Arms/Safe Space 165-19 Jamaica Avenue, 2<sup>th</sup> floor Jamaica, NY 11432 (718) 526-2400 ext. 2077

#### Sheltering Arms

IF an Rocksway Sitel 1600 Central Avenue Far Rockaway, N.Y. 11691 (718) 471-6818 ext. 2123 Mon-Thurs 2pm-8pm Fe: Ham-7pm, Sat: 12pm-8pm

#### Staten Island

Project Hospitality 27 Port Richmond Avenue Staten Island, N.Y. 10302 (71E) 876-4752 YDICOutreach@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 residentia 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.

The Bridge\* (347) 275-2749 abarbergicovenanthouse.org Female Identifying / Homeleus Young Adult

Maya's Place\* (718) 583-2380 Female klenthing/Mother + Chid

Brons

#### Brooklyn

All Forney Center\* \*Contact Drop-in Center (212) 206-0674 or (646) 944-7193 iciation@alfomeycenter.org

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

Sale Horizon

Streetwork Harlem (917) 507-1562

Sheltering Arms/Sale Space\* (917) 410-3790 (347) 266-7044 "Male identifying Youth

Queens All Forney Center Homeless Young Adult (Ages 21 to 24) 645 944-7193 carrion@alfomevcentex.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 Refensis And Placement - Family Reunification Assistance (when applicable)

#### Street Outreach

Vans 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

Open 24 hours, 7 days a week; due to COVID-19, please call fryt.

DYCD Community Connect

Contact DYCO Community Connect at 1.800.245,4646 or 646-343-6800; Monday-Friday, Sam-Spm

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**Job Corps** is the largest nationwide residential career training program with free room, board, meals, and uniform. We help people 16 through 24 complete their high school education, train for careers, and become employed. Students obtain career technical skills and employment. Job Corps provides transitional support services and help find employment, housing, child care, and transportation. Graduates enter the workforce or an apprenticeship, go on to higher education or join the military. Learn more at <u>https://www.jobcorps.gov/.</u>

# DARLENE MEALY'S

# EVERY WEDNESDAY FOOD PANTRY

400 Rockaway Avenue (Between East New York & Pitkin Avenues) 11:00 A.M. - 1:00 P.M. FIRST COME, FIRST SERVED, WHILE SUPPLIES LAST.



DISTRICT OFFICE 400 ROCHAWAY AVENUE BROOKLYN, NY 11212 (718) 953-3097

# Open Door Family Life Center FOD PANTRY

RESOURCES ROM MS.PINK

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

www.opendoorflc.org

# P-EBT FOR **SUMMER 2021**

Students enrolled in NYC public schools in June 2021.

New York State began issuing \$375 in food funds.

**Distribution started** May 2022. It will take a few months for this payment to reach all NYC families.



All NYC public school students who were enrolled in school during the month of June 2021 are automatically eligible for a P-EBT payment of \$375.

- No application or registration
- · Regardless of income or immigration status
- · Does not affect any other benefits or public charge
- Did NOT have to be enrolled in summer school 2021.
- 2021 graduates will receive the benefit

#### HOW?

New York State will automatically issue P-EBT to an active SNAP/EBT card, a Medicaid card, or a P-EBT card.



#### P-EBT CARD LOST OR DAMAGED?

Call EBT Customer Service 1-888-328-6399 to request a replacement card, check your balance, or activate (PIN) a card

Complete the NYS P-EBT contact form bit.ly/PEBTcontactform to request a replacement card and for troubleshooting

Additional Information

- Visit our website: Bit MCFAPEBT
- NYS P-EBT Helpline: 1-833-452-0096
- P-EBT FAQ's: on invc.gov/p-ebt

Updated: June 2022

# P-EBT DEL VERANO DE 2021

Estudiantes inscritos en escuelas públicas de NYC en junio de 2021.



El estado de Nueva York comerizó a distribuir 5375 en fondos para alimentos.



La distribución comenzó en mayo de 2022. Tomará unos meses para que este pago llegue a todas las familias de NYC.

Todos los estudiantes de las escuelas públicas de la Ciudad de Nueva York que estaban inscritos en la escuela durante junio de 2021 son automáticamente elegibles para un pago P-EBT de \$375.

- Sin solicitudes ni registros
- No se consideran sus ingresos ni estatus migratorio.
- No afecta ningún otro beneficio o carga públicos
- No es necesario haber estado inscrito en el verano.
- de 2021
- Los graduados en el 2021 recibirán el beneficio

#### ¿CÓMO?

El estado de Nueva York emitirá automáticamente una tarjeta SNAP/EBT, una tarieta Medicaid o una tarieta P-EBT.

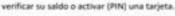


#### ¿SU TARJETA P-EBT SE PERDIÓ O DAÑÓ?



Llame a servicio al cliente de EBT:

1-888-328-6399 para solicitar un reemplazo,





bit.ly/PEBTcontactform para solicitar una tarjeta de

reemplazo y para resolver problemas.

información adicional

- Sitio web: <u>BR.hy/CEAPEBT</u>.
- Teléfono de P-EBT: 1-833-452-0096
- Preguntas sobre P-EBT; on.nuc.gov/p-ebt



Actual/Jodo: Junio de 2022





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## NYC Department of Education Summer Meals for Students

Starting June 28, 2022, all children and teens 18 years and younger may receive free breakfast and lunch meals at sites in all five boroughs through New York City Department of Education. Meals will be available Monday through Friday. Breakfast will be served from 8:00 AM to 9:15 AM and lunch will be served from 11:00 AM to 1:15 PM at designated sites. Service will not be available on Independence Day, July 4, 2022. This program will conclude on September 2, 2022. For more details and a list of preliminary locations please go to the DOE Summer Meals Site:

https://www.schools.nyc.gov/school-life/food/summer-meals.

## includenyc

Online Parent Support Group



*TO REGISTER GO TO*: <u>Online Parent Support Group |</u> <u>INCLUDEnyc</u>

When:Tuesday June 21, 2022 | 6:00 pm - 7:00 pm

Where: Virtual

Languages: English

Type: Workshop

Share your experiences, struggles, and successes as parents of

children with disabilities. Discuss different topics like:

- Self-care and balance
- Coping with stress and mental health issues
- Managing family dynamics
- Helping your child make friends
- Getting what your child needs at school
- Supporting independence
- Teaching self-advocacy
- Humor as a coping mechanism
- Managing guilt and "what-if"s. This webinar is for

#### parents only.

### Park Slope's 47th Annual

21/

## STREET FAI Sunday, June 19th 2022

## 10:00 a.m. - 6:00 p.m.

7th Avenue from Lincoln Place to 14th Street

Join Your Local Merchants and Vendors For Live Music, Food, Rides, Art, Crafts, Antiques, Classic Cars and More

- Collective of Japanese
   Cuisine at 5th Street
- Kids rides located between
   lst and 2nd Streets

#### **Everyone Is Welcome to Participate!**



If you are a local merchant, local home business, artist or musician who would like to participate, please contact: tammy at tshaw@bhsusa.com

© @parkslopeseventhavenue #shopseventh #seventhheaven

### EAST NEW YORK COMMUNITY PARTNERSHIP

## Volunteer With Us!

We are hiring event staff ages 16-99 for a Community BBQ on June 25, 2022

IF YOU ARE INTERESTED, YOU MUST ATTEND ORIENTATION ON

THURSDAY, JUNE 23, 2022

GOOD SHEPHERD SERVICES 692 BLAKE AVE. BROOKLYN, NY 11207

6PM PLEASE BRING PHOTO ID AND SOCIAL SECURITY CARD

Positions include Set Up/ Breakdown, Greeter, Floater, Bathroom Assistant, Entertainment Assistant and Maintenance Crew

Contact Aleicia 347-443-1146 for more info



#### ARTS PROGRAM COORDINATOR

Full-Bitme in person \$40k annual kalary Generally Monday through Friday Mam-Spin. Work days and hours may shift depending on scheduling needs.

#### BILLINGUAL COMMUNICATIONS MANAGER

(Spanish Speaking Required) Full-time, in perion \$9% annual salary Generally Monday through Friday T0am-6pm, Work days and boars may shift depending on scheduling reads

#### CIVIC ENGAGEMENT COORDINATOR FOR SOCIAL JUSTICE ORGANIZATION

Full-Binne, in person \$40k annual salary Generally Monday Dirough Friday Klam-Epin. Work days and hours may shift depending on scheduling needs

#### ADMINISTRATIVE COORDINATOR

Full-Time, in person 542k annual salary Generally Monday through Friday Klam-6pn, Work days and hours may shift depending on scheduling results.

#### WILLIAMSBURG LEADERSHIP CENTER PROGRAM DIRECTOR

Full-time, in person Generally Monday through Friday Klam-tipm. Work days and hours may shift depending on scheduling needs

DANCE FACILITATOR 530 per hour

#### CORNERSTONE SATURDAY COORDINATOR

Saturday, in person \$20 per hour Generally Saturday Kham-Spin, 7 hours per week

#### CORNERSTONE GROUP LEADER (EPIC)

Full-Brans, in person \$16:00 per hour Generally Monday through Friday Klam-Apri. Work days and hours may shift depending on scheduling needs.

**ROCK THE VOTE!!** new york primary election calendar June 28 Governor Lieutenant Governor State Assembly & more August 23 • U.S. House State Senate



## Are You Ready to Go?

## Be sure your Go Bag is stocked and ready!

Include:

- · Bottled water and nonperishable food, such as granola bars
- · Copies of your important documents in a waterproof container
- · A flashlight, hand-crank or batteryoperated AM/FM radio, and extra batteries
- · List of the medications you take, why you take them, and their dosages
- · Contact information for your household and members of your support network
- · Cash, in small bills



Beat the heat with HEAP! The Home Energy Assistance Program can help you cool down this summer. Find out how. Visit: https://on.nyc.gov/3i9U0EO #BeatTheHeat

# Stay cool with HEAP

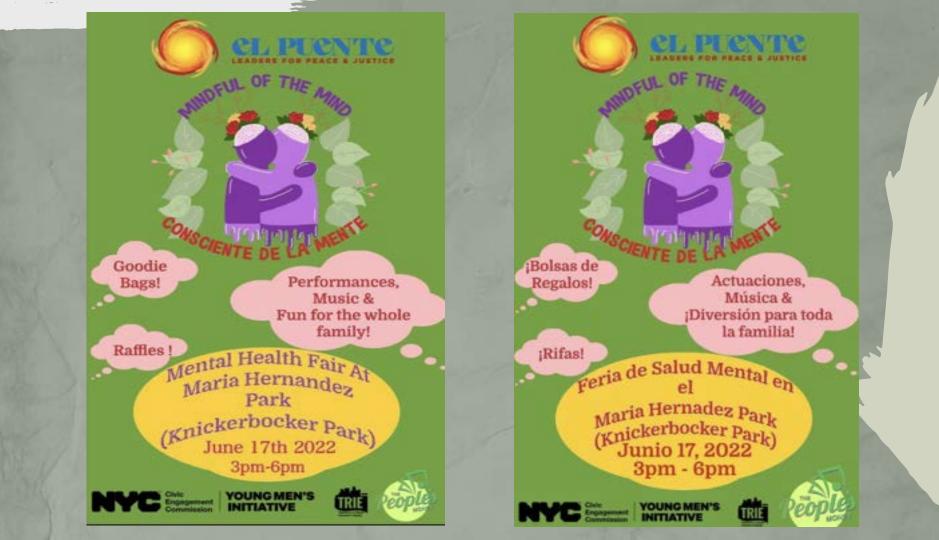
Earn \$83,000+ in base pay after 5.5 years of service, good benefits, and a pension to help keep our City clean, healthy, and safe.

# join the strongest

for your community. for your family. for you.

Register from 6/8/22 to 6/28/22 Visit nyc.gov/dsny











## WE'RE HIRING!

To get in touch or apply for a job, please visit: unionmarket.com/careers



## 

## COVID-19 IS STILL HERE

TAKE STEPS TO PROTECT YOURSELF

> Wear a mask indoors or if you feel sick.

Get vaccinated and boosted.

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Get tested if you have symptoms or were exposed.

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Get evaluated for treatment if you have COVID-19. New Yorkers: Get vaccinated and stay up to date with your COVID-19 booster.

VAX UP

**BOOST UP** 

Get vaccinated and stay up to date with your booster! Together we can protect our families and fellow New Yorkers from COVID-19.

NYC VACCINE FOR ALL: SAFE, FREE, EASY NYC

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Lost your CDC vaccination card? If you got vaccinated in NYC, you can download your official immunization records with My Vaccine Record! These are official reports that can be used as proof of your **COVID-19 vaccination:** http://on.nyc.gov/myvaccine record

## HEALTH AND WELLNESS & MORE ...

## Have you heard of warmlines?

Warmlines are phone numbers people can call when they need someone to talk to or to just be there, whether they are experiencing a crisis or not.

Staffed by people with lived experience, callers can receive support when they need it without traveling, being enrolled in a specific program, or attending a support group.

They can feel confident that the person on the other end of the line is a person with shared experience who understands the relationshipbuilding, compassion, and hope that peers offer.

Visit mhanational.org/warmlines to find the hours of operation of any warmlines near you.







Call 1-888-NYC-Well Text WELL to 65173 Chat nyc.gov/nycwell

NYC Well offers free, confidential mental health support. Call, text or chat online any time.

#NYCWELL



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## Wellness Corner: June Wellness Resources

As the school year winds to a close and your scholar gazes longingly toward the summer months, it is a good time to begin thinking about how to keep them learning over the summer in the midst of fun activities that you may plan.

Here's a list of general tips for you to keep in mind as the summer approaches.

- 1. **Check-in with your child's teacher:** Before the school year ends, check-in with your child's teacher to see where they stand academically. There may be skills that your child has not quite mastered or areas of weaknesses that could be further strengthened. Ask your child's teachers what they'd recommend doing to work on those skills over the summer months.
- 2. **Keep a schedule:** One of the more difficult aspects of the summer months is the lack of a schedule that the school day provides. If your child is not enrolled in a summer program during the day, it can be easy for him or her to fall out of a normal routine. Sit down with your child before the summer begins to set clear expectations of how his or her days should look. Help your child make a clear schedule of what her or she will do throughout the day and when to wake up and go to bed. While the schedule doesn't need to be elaborate or finely detailed, it can at least establish some clear expectations of what your child should do each day.
  - Weekly Planners (Edmentum Organization & Wellness Planner)
- 3. **Have fun together!** Lastly, have fun together! It is summer, after all. There are all sorts of amazing benefits to playtime that your children can gain from, so be sure to let those summer days be filled with fun in the sun.
  - Summer Fun Ideas (100 Fun Summer Ideas for Kids and Parents (verywellfamily.com)



## PREVENT FOOD ALLERGY REACTIONS:

Always use soap and water or wipes to clean hands or surfaces. Hand sanitizers do not remove food proteins.



## There is **NO CURE** for food allergies yet.



kidswithfoodallergies.mrg



kidswithfoodallergies.org



## **FOOD ALLERGY:**

The body's immune system sees a certain food as harmful and reacts against it. Symptoms can be life-threatening.



kidswithfoodallergies.org

## Steps to inject epinephrine:

- 1. Hold the leg of a young child firmly in place.
- Take the epinephrine auto-injector out of its package/carrier.
- 3. Remove the safety cap.
- 4. Hold the auto-injector in your fist.
- Push the end with the needle firmly against the outer side of your child's thigh. After you feel or hear a click from the auto-injector, hold it in place for 3 seconds.
- A protective shield will cover the needle when it is pulled out of the thigh.
- 8. Call 911. The child treated with epinephrine should be taken to a hospital.
- Give the used auto-injector to the EMS or hospital staff for disposal.

Instructions may vary depending on the brand.

hidswithfoodallergies.org



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NYC Department of Health and Mental Hygiene

Our New Family Home Visits program is now open to first-time families! Services include breastfeeding support, access to a nurse or doula, mental health screenings and more. Currently, eligible NYCHA families and families who are engaged with ACS can enroll by calling 311.

Learn more about the program and find out if you are eligible: https://on.nyc.gov/31D6FtE







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We care about your health, not your immigration status. Enroll in NYC Care to unlock your right to affordable health care.



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## Self Care When the News is Difficult

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#### **Unplug & Filter**

If you need to completely take a break from the news and all social media right now, it's ok. If you don't want to take a break, put some limits in place to help you filter. Don't watch videos, read from sources you trust, and only check in 1-2 times per day.

### Get support

Make plans to spend time with loved ones who are supportive. Make an appointment with your therapist, or find a supportive online community. It's understandable that the news may be triggering for a lot of people and spending time with those who care can help.

#### Feel the feels

When something tragic happens, it's normal to have a variety of feelings: sadness, anger, despair, confusion, etc. All of these are ok and valid. Don't exhaust your energy trying to make sense of how you feel, just allow yourself to feel it.

#### Remember that grief is complicated

It may feel weird to experience grief about someone or something that doesn't personally impact you, but it's actually normal. It's very likely that another loss in your life is being reactivated right now. Be gentle with yourself.



## PARENT LEADERSHIP COUNCIL (PLC) ELECTIONS PLC AT A SNAPSHOT



JOIN THE PLC BECAUSE YOUR VOICE MATTERS AS A PARENT. ADVOCATE FOR ALL SCHOLARS AT WCHS, ADVOCATE FOR YOUR SCHOOL AND HELP WCHS GROW. ELECTIONS WILL BE IN SEPTEMBER. EMAIL MS. PINK FOR MORE DETAILS OR INTERESTS AT MPINK@THEWCS.ORG

## WHAT IT LOOKS LIKE BEING ON THE PLC:

- AS A MEMBER YOU MEET WITH WCHS PARENT COORDINATOR MS. PINK & MEMBERS OF THE COUNCIL TO PLAN MONTHLY MEETINGS.
- AS A MEMBER YOU MEET WITH SCHOOL LEADERSHIP 1X PER MONTH TO DISCUSS PARENT CONCERNS, RECEIVE SCHOOL UPDATES & VOICE OPINIONS.
- AS A MEMBER YOU WILL TAKE TURNS PRESENTING AT THE MONTHLY WCHS BOARD MEETING & PRESENT A SLIDE AT THE BOARD MEETINGS, UPDATING THE BOARD OF OUR NEXT PLC MEETING & WHO WILL BE THERE.
- YOU WILL ALSO NETWORK WITH NONPROFITS & THE COMMUNITY.
- GAIN A NEW SKILL (IT LOOKS GREAT ON A RESUME)



## Seven 10-minute ways to connect with your tween/teen today

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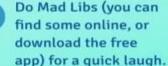
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Ask for their advice, whether it's about an outfit, a conflict with a coworker, or your menu plan for the week.



Have them play you their favorite song, and really listen (no judgment!)





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Take a walk or drive together—being sideby-side can make the conversation flow more easily.



Make a snack together that neither of you has ever tried before.



Play Fact or Fiction each person says 2 true things and one untrue thing about themselves, and the other guesses which is "fiction." You could both learn something fun about each other!

Share a story about a

time you really

something that happened when you were their age.

struggled or







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## 7 Messages to Send to Your Kid When They Need A Boost



"I'm thinking about you."

"How can I help you?"

"You should be proud of yourself."

04.

06.

01.

02.

03.

"I'm here if you need to talk."

**05.** "What do you want to do later?"

"We'll work together to make the rest of your day better."

07. " 🤎 / 🤧 "

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# Tips for coping after a school shooting.

#### Attend to self care.

Monitor all of your physical health needs - being sure to eat, sleep, exercise, and (if possible) maintain a normal daily routine.

#### Pay attention to your emotional health.

Remember that a wide range of feelings during these difficult times are common. Allow time to process these feelings.

#### Try to recognize when you or those around you may need extra support.

Changes in eating and sleeping habits, energy level, and mood are important signs of distress. Watch for regressed behaviors, such as clinging in children and intense emotional reactions, such as anxiety or a strong need for retribution in adults.

#### Avoid overexposure to media.

While it is important to stay informed, media portrayals of shootings and mass deaths have been shown to cause acute stress and posttraumatic stress symptoms. Limit your exposure and take a break from news sources.

#### Maintain contact with friends and family.

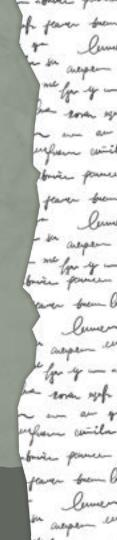
These individuals can provide you with emotional support to help deal with difficult times.

#### Focus on your strength base in coping mechanisms.

Maintain practices that you have found to provide emotional relief. Remind yourself of people and events which are meaningful and comforting.

#### Talk to others as needed.

It is important to ask for help if you are having trouble recovering and everyday tasks seem difficult to manage.



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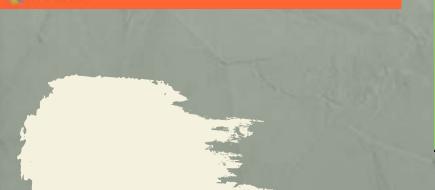
## 5 Qs to Help You Connect With Your Teen

What's your favorite hobby these days? What's another one you'd like to try in the future?



What effect do you think social media has on you and the people around you? If you could change anything about social media, what would it be?

RenetsToportur







What was the last new show or movie you discovered that you love? What about one you watched that you didn't like so much?

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ParentsTopother

Who is someone you miss? What would you say to them if they were next to you right now?





Terestationthe

It's graduation day. What words of wisdom do you have for your younger self? What's the first thing you're going to do after the ceremony?

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FAMILIES, I HOPE YOU FOUND THIS PACKET HELPFUL. REMEMBER, LET'S KEEP OUR SCHOLARS ENGAGED IN ACTIVITIES & PROGRAMS OVER THE SUMMER TO BUILD THEIR RESUME FOR COLLEGE AND BEYOND. I WISH YOU ALL A SAFE AND JOYOUS SUMMER BREAK. AS ALWAYS, I'M JUST AN EMAIL AWAY.

WARM REGARDS, MS. PINK

