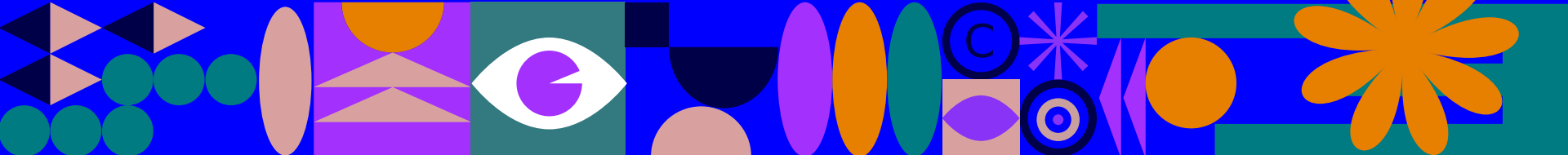
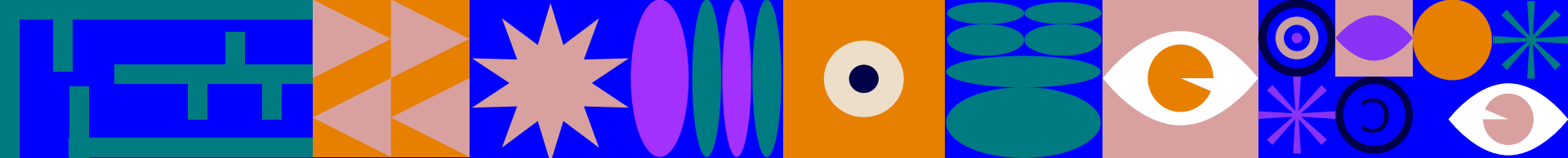


OCTOBER 2022 NEWS & RESOURCES FROM YOUR PARENT COORDINATOR MS. PINK



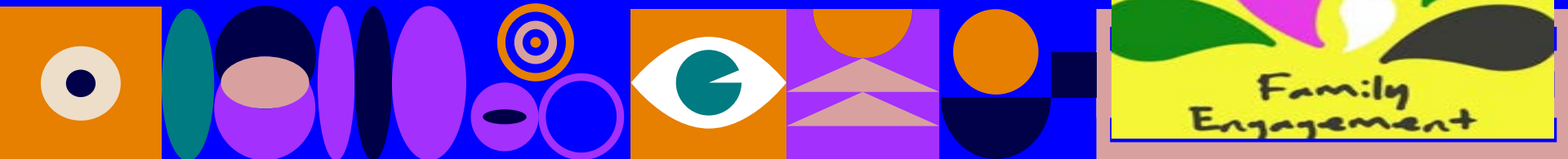
FALL EDITION





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. Scroll through the entire packet and take advantage of the upcoming community events, youth opportunities, parenting tips, mental health resources, scholarships and more. Remember I'm just an email away. You can reach me at mpink@thewcs.org Mon - Thurs 9am-2pm



Breast Cancer Awareness Month



Ask your doctor when you should get a mammogram. Other than skin cancer, Breast Cancer is the most common cancer among American women. Mammograms are the best way to find Breast Cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Are you worried about the cost? CDC's National Breast and Cervical Cancer Early Detection Program offers free or low-cost mammograms to women who have low incomes and are uninsured or underinsured. Screening is important. If you have trouble paying, CDC offers free or low-cost screenings to women who qualify.

<https://www.cdc.gov/cancer/nbccedp/screenings.htm>



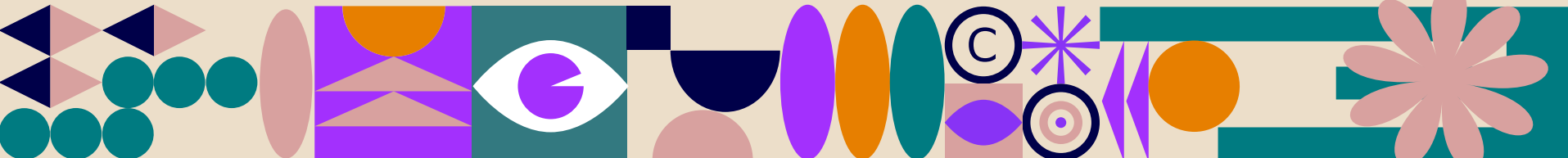
AGAINST BULLYING

#SPIRITDAY

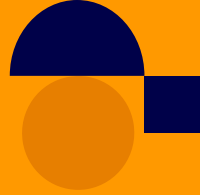
SPIRIT DAY

Spirit Day is an annual observance that takes place on the third Thursday in October on **October 20** this year. This day aims to create awareness for the bullying and harassment that the L.G.B.T.Q community faces.

Did you know that every year, up to 40 percent of LGBTQ youth consider suicide? This number rises when you consider just transgender and nonbinary youth. Spirit Day is an **October Diversity Day** to show support by wearing purple. We must show acceptance and speak out against bullying.



Where to see Fall Foliage in NYC





Alley Pond Park

At just over a half-mile long, Tulip Tree Trail is a great place to spot this species. The park is home to what's purported to be the oldest and largest tulip poplar in the city (called the "Alley Pond Giant"), at a towering 133.8 feet tall. Other varieties that you'll spot within the Queens green space include white oak, red maple and sassafras trees, which turn yellow and red.

Details

Address:

76th Ave
Queens
11364

Cross street:

at Springfield Blvd

Contact:

nycgovparks.org/parks/alleypondpark

212-333-2552

Transport:

Subway: Travel: 7 to Flushing–Main St, then take Q12 bus to Northern Blvd at 223rd St



Fort Tryon Park



The park, designed by Frederick Law Olmsted Jr., is 250 feet above the Hudson River and boasts three landscaped acres that look as if they were transplanted from an English country estate house, with sloping and dropping elms. Many of the garden's 48 varieties of heaths and heathers are unique to New York City, and some bloom even in winter, their needlelike leaves turning copper to chocolate.

Details

Address:

Riverside Dr To Broadway

Margaret Corbin Circle

New York

10040

Cross street:

Fort Washington Ave at Cabrini Blvd

Contact:

fpt.org

212-795-1388

Transport:

Subway: A to 190th St



Bloomingdale Park



Located on the South Shore of Staten Island, this 139-acre park underwent a substantial renovation in 2004. It now features fields for softball, baseball, and soccer; a new playground with a spray shower and swings; two basketball courts; a bocce ball court; and a comfort station. Bloomingdale Park is also a great place to visit to get in tune with nature: It features lush woodlands filled with hiking and running trails.

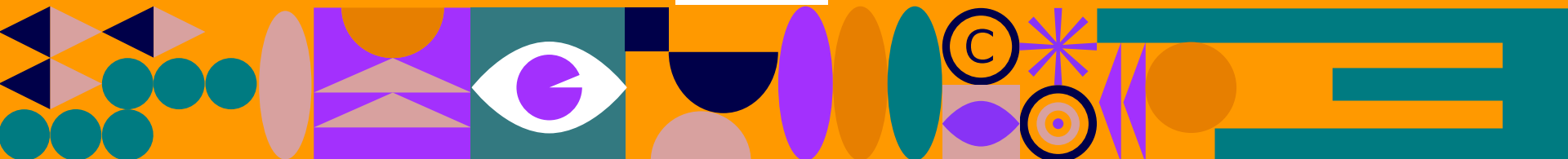
Details

Address:

Drumgoole Road West & Maguire Ave
Staten Island
10309

Contact:

nycgovparks.org/parks/R106
212-333-2552





Wave Hill

Vivid foliage is in evidence as soon as you enter the grounds of Wave Hill—look out for a golden larch south of the main entrance. It's best viewed from beneath its branches on a clear day when the sun shines through the gilded leaves, says horticultural interpreter Charles Day. Take a seat in the open-sided structure to admire the fiery palette of the New Jersey Palisades on the other side of the Hudson—the pristine oak-hickory forest is scattered with maples, sweet and sour gums, black birch and tulip trees, resulting in an impressionist patchwork of rich hues.

Details

Address:

675 West 252nd Street

Bronx

10471

Cross street:

West 249th Street and Independence Avenue

Contact:

wavehill.org

718-549-3200

Price:

\$8, seniors and students \$4, children ages 6–12 \$2, children under 6 free. Tue all day (Nov–Apr, July, Aug), Sat 9am–noon free (May, June, Sept, Oct)





**COMMUNITY
HAPPENINGS &
RESOURCES**

JOIN US FOR A VIRTUAL BREAST HEALTH WEBINAR



ENGLISH:
October 13th
1:00pm

Learn about breast cancer prevention and early detection from a medical & psychological lens.

Hear a special breast cancer survivor share her story!

Register: bit.ly/3fBG331

Reach out to BOLD with questions:
CANCERSUPPORT@einsteinmed.edu
(718) 430-2380



Emmanuel Omole, MD
Physician and Graduate Student at Roswell Park Comprehensive Cancer Center



Brittany Miller, PhD
Project Director, BOLD Cancer Health Equity Initiatives at Montefiore-Einstein Cancer Center



East Flatbush Community Partnership **SHARE**

ONE BROOKLYN HEALTH, EAST FLATBUSH COMMUNITY PARTNERSHIP AND 'SHARE' PRESENTS

BREAST HEALTH EDUCATION NIGHT

"DINE & LEARN"

Join us for a night of conversation, and Q&A about breast health featuring One Brooklyn Health's Breast Specialist, Dr. Simone Mayes, MD, Breast Surgeon in a discussion about early detection and Breast Cancer. We will also feature a special guest, breast cancer survivor and Community Health Consultant from SHABD organization Lisa Jones, sharing her breast cancer journey.

OCTOBER 20TH | 5:30PM

PIERRE TOUSSAINT FAMILY HEALTH CENTER
1110 EASTERN PKWY, BROOKLYN, NY 11213

ENJOY
COMPLIMENTARY
DINNER

A COMPLIMENTARY
TARGET GIFT CARD &
METRO CARD
AFTER EVENT

UNÁSE A NOSOTROS

Para un seminario web virtual sobre salud de mama



ESPAÑOL:
18 de Octubre
1:00pm

¡Aprenda sobre la prevención del cáncer de mama y la detección temprana!

Y escuche a una sobreviviente de cáncer de mama contar su historia

Registrar: bit.ly/3EE65NN

¿Preguntas? Contacta BOLD:
CANCERSUPPORT@einsteinmed.edu
(718) 430-2380



Jesus D. Anampa, MD, MS
Médico y Profesor Asistente de Oncología Médica en Montefiore-Einstein Medical Center



Patty Medina, MPH
Consultor para servicios de apoyo contra el cáncer en Montefiore-Einstein Medical Center



MOSHOOD
 WEAR MOSHOOD WEAR YOURSELF
FASHION WEEK BROOKLYN


#NETAVERSOF FASHION
 #KSTYLE
 #FWBK

FWBK
 SUSTAINABLE
VINTAGE
THURSDAY
OCTOBER 13, 2022
5PM DOORS OPEN
8PM RUNWAY SHOW
 TICKETS/RSVP (ON WEBSITE)

HOSTED BY COPENYC
 630 FLUSHING AVE.
 BROOKLYN, NY 11206
 MEDIA REQUESTS:
MEDIA
 @
 FASHIONWEEK
BROOKLYN.COM

Tickets
\$25.
 website
 Fashion week
 Brooklyn.com

WWW.AFRIKANSPIRIT.COM

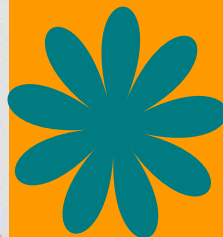


RiseBoro Community Partnership
 presents

ICALABAZAFEST!

2022

SUN. 30. OCT
 MARIA HERNANDEZ PARK
BUSHWICK
 12:00 TO 4:00PM

22
OCTOBER
 Saturday
 12pm (Hala or Shine)

The 37th Annual Bronx HALLOWEEN Parade

Theme: Mardi Gras
 MOST CREATIVE COSTUME CONTEST
 (Cash & Other Prizes)

Categories:
 Toddlers: 3 & Under | Kids: 4-17 | Adults: 18+ | Adults: 55+

Lineup Assembled: Simpson St. between E. 163rd St. & Westchester Ave.
 *New Parade Route: Southern Blvd. & Westchester Ave. to Dawson St. & Rogers Pl.
 Post Parade Showcase: Bill Rainey Park (at Dawson St. & Rogers Pl.)

Follow & Like
 @BronxHalloweenParade
 @BronxHalloweenParade
 @BronxHalloweenParade
 718.325.1625
 Events@BRCEL.com

COME OUT AND HEAR SOME OF NEW YORK'S FINEST AS THEY TEAM UP WITH KIDS FROM OUR NYPD COPS & KIDS DJ PROGRAM TO SPIN THE HITS WHILE YOU WAIT TO ENTER ONE OF THE BEST HAUNTED HOUSES IN NYC!!!

**COPS & KIDS DJ SHOWCASE AT THE
 NYPD & NYC PARKS DEPT'S
 HAUNTED HOUSE**

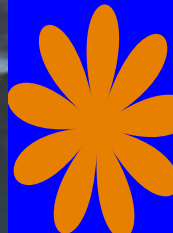
**FRIDAY OCTOBER 28, 2022
 4PM-11PM**

**FORT TOTTEN PARK
 604 LITTLE BAY ROAD
 QUEENS, NY 11359**

Haunted House Dates:
 10/6, 10/7, 10/8
 10/13, 10/14, 10/15
 10/20, 10/21, 10/22,
 10/27, 10/28, 10/29

Live DJs
 Selfie PhotoBooth
 COPS & KIDS DJ PROGRAM

**@TERRORONTOTTEN
 @NYPDCOMMAFFAIRS**





HALLOWEEN SAFETY TIPS



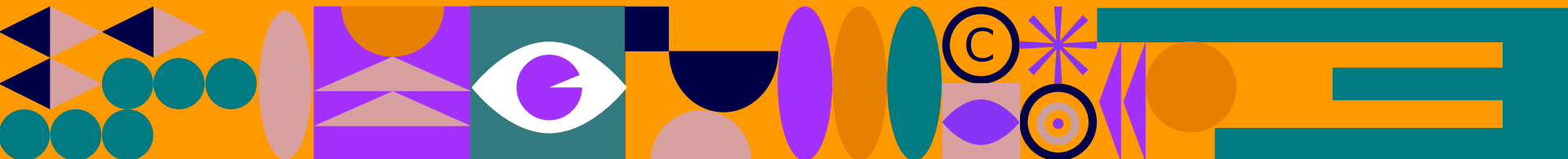
allergyinsider



NO EATING WHILE TRICK-OR-TREATING, SO THAT YOU HAVE TIME TO REVIEW ALL FOOD LABELS



allergyinsider





**ALWAYS HAVE AN
EPINEPHRINE AUTO-
INJECTOR AVAILABLE,
IF PRESCRIBED.**

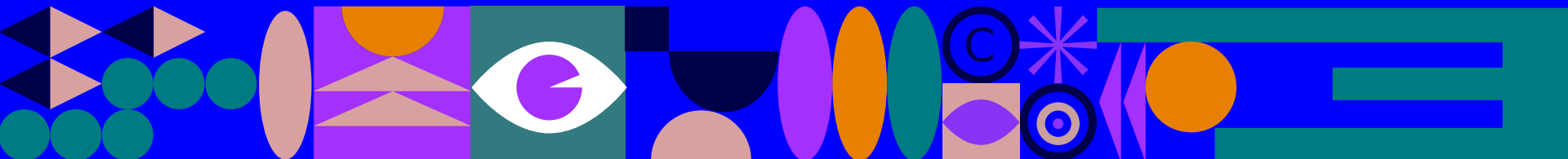


allergyinsider

**BUY SAFE TREATS OR TOYS TO
TRADE FOR ANY UNSAFE CANDIES
YOUR CHILD MIGHT RECEIVE
WHILE TRICK-OR-TREATING.**



allergyinsider





MINI VERSIONS OF CANDY MAY CONTAIN DIFFERENT INGREDIENTS THAN THEIR FULL-SIZE COUNTERPARTS. MAKE SURE TO READ ALL LABELS.



allergyinsider

CONSIDER MAKING SMALL AND SAFE "GOODY BAGS" FOR NEIGHBORS TO GIVE TO YOUR CHILD.

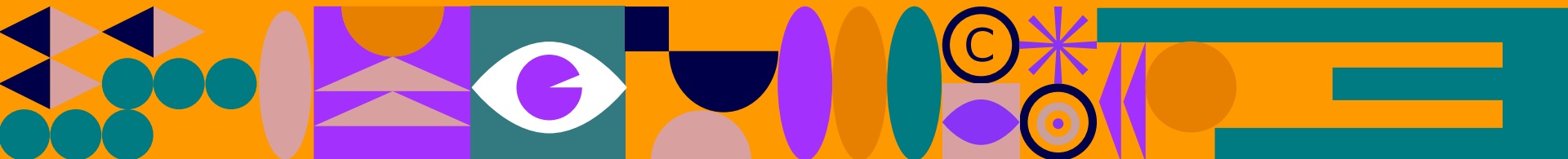


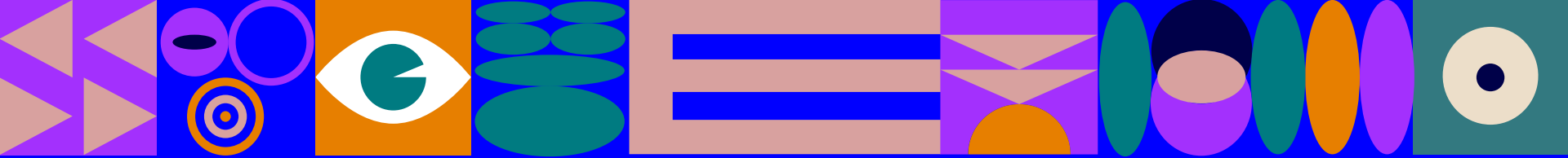
allergyinsider

KEEP THE EMPHASIS ON THE FUN, RATHER THAN THE CANDY.



allergyinsider





MOVIE NIGHT
OCTOBER 28TH

WHEN? 7-9PM | WHERE? HIGHLAND PARK
Jackie Robinson Plaza, Richmond, VA 23220

Movie: **HOCUS POCUS**

JOIN US FOR A SPOOKY MOVIE!

SANDY NURSE
2018 Board Member, Board of Directors

Non-Food Treat Ideas

- Books, bookmarks
- Bouncy balls*
- Bracelets*
- Bubbles
- Finger puppets
- Gift certificates
- Glow sticks
- Necklaces
- Notepads

- Pencil erasers/toppers*
- Pencils and pens*
- Playing cards
- Rings
- Small toys
- Stickers
- Stress balls*
- Stuffed animals
- Yo-yos

*Avoid items made of latex. Look for latex-free versions instead.

KIDS WITH FOOD ALLERGIES
Division of Public Health

kidswithfoodallergies.org

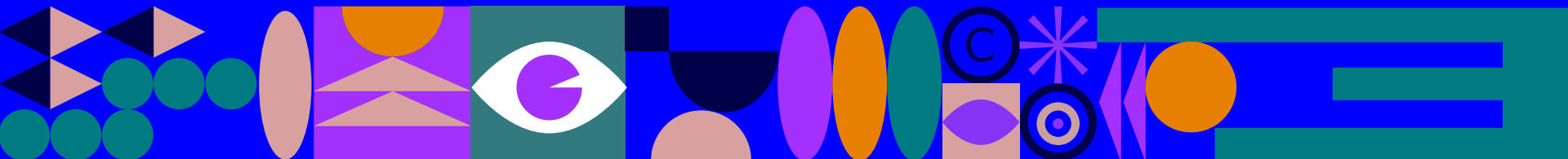
NOCHE DE PELICULAS
28 DE OCTUBRE

HORARIO 7-9PM | ¿DÓNDE? HIGHLAND PARK
Jackie Robinson Plaza, Richmond, VA 23220

Película: **HOCUS POCUS**

¿QUERE A NOSOTROS PARA UNA PELICULA ESCUCHARNTE!

SANDY NURSE
2018 Board Member, Board of Directors



Beginning today, October 11, stop by your friendly neighborhood branch of NYPL for a special, limited-edition library card featuring the world's favorite web-slinger—and lifelong New Yorker—Spider-Man. #AmazingLibraryCard

<https://on.nypl.org/amazinglibrarycard>



Learn how to save money - with IMPACCT Brooklyn's help!

Join the hundreds of people who've turned their lives around with IMPACCT Brooklyn's FREE Financial Capabilities workshop!

This course is specifically designed to create change in your life, regardless of your economic status. Low income, middle income, or higher — it doesn't matter.

IMPACCT Brooklyn is here to help!

Topics include:

- October 12, 2022 - Understanding Credit
- October 19, 2022 - Learn How To Increase Your Wealth
- October 26, 2022 - Understanding Housing Connect and the Lottery Process

Workshops are virtual Wednesday's 6:30pm-8:00pm

1000 Dean Street, Suite 420, Brooklyn, NY, 11238
p. 718-522-2811 | f. 718-522-4583
e. info@impacctbk.org

October is cyber security awareness month. Are you staying safe against cyber phishing? Remember, don't take the bait!

CYBER SECURITY IS OUR SHARED RESPONSIBILITY.

DON'T TAKE THE BAIT

- Do not open attachments or click on links from untrusted sources.
- Never send personal information in an email
- Keep your firewall and antivirus software updated



NYC Department of Information Technology & Telecommunications



October is National Cybersecurity Awareness Month!

Practicing good cyber safety can be as simple as shredding documents, adding multi-factor authentication when available, spotting phishing attempts, & protecting your data. #ReportPhishing



What is dumpster diving?

Dumpster diving is a way to gather important details from things that people have thrown out in their trash. A technique used to retrieve information that could be used to carry out an attack or gain access to a computer network from disposed items.



How to prevent a dumpster diving attack?



- **Secure your trash** – locked up or placed in a secure location
- **Shred your documents** – Cut your document into very small pieces. In a highly secure organization, documents will be burned to ensure they cannot be put back together again.
- **Look through your trash** – Make sure that you're not handing over personal information to an attacker going through your garbage.



ReportPhishing@NYPD.org





SANDY NURSE

City Council Member District 37

Canvass For Housing Justice!



Help us invite neighbors to our Housing Rights Festival & Resource Fair!
Sign up here: tinyurl.com/HousingRightsCanvass

SATURDAY, OCT 15TH
12PM - 3PM

Irving Square Park

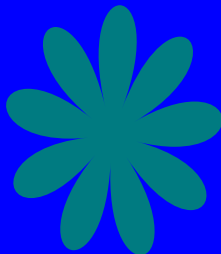
WEDNESDAY, OCT 26TH
5PM - 7:30PM

Location TBD

SUNDAY, NOVEMBER 6TH, 11AM - 4PM

HOUSING RIGHTS FESTIVAL & RESOURCE FAIR

Hope Gardens Community Center - 422 Central Ave



MEN VIRTUAL DV101 SUPPORT GROUP

All men who've experienced domestic violence are welcome to support each other in healing in a non-judgmental, safe, and supportive space.



TALK TO US

+718-302-4073

northbrooklyncoalition.org

help@northbrooklyncoalition.org

We'll never forget the selfless service & sacrifice of healthcare workers lost to #COVID19.

First Deputy Public Advocate Nick E. Smith will join the The Hero Art Project at ARTHOUSE.NYC on October 17 to honor healthcare heroes and uplift their memories through art.

RSVP: events@arthouse.nyc

HERO ART PROJECT

HONOR • HEALING • HOPE



Oct. 17, 2022 @4pm
BIG SCREEN PLAZA
West 29th & 6th Ave
Eli Radtke Fine Art Hotel
RSVP: events@arthouse.nyc
www.heroartproject.org

Make a DIFFERENCE
Join St. Nick's Alliance's Youth & Education Staff

Requirements:

- Must have a HS diploma
- Proof of COVID-19 vaccination
- Experience working with children and youth a plus
- Bilingual a huge plus

Immediate Job Openings

- Early Childhood Asst. Teachers
- After-school Group Leaders
- Summer Camp Counselors
- Teaching Artists
- SYEP: Facilitator, Job Developers, Data Clerks, & Site Monitors

Come work with:
early childhood & school-age children, teens & young adults

Send a resume & a thoughtful cover letter to:
hr@stnicksalliance.org
Indicate job in your position of interest!

School sites in Williamsburg, Greenpoint, Bushwick, and Brownsville

St. Nick's Alliance
100th Street - 10th Ave

We Are Hiring!

Open Position:
Director of Clinical Services

APPLY AND JOIN OUR TEAM

North Brooklyn COALITION

ART
HOUSE
NYC

A message from New York City Department of Sanitation 📌📌

As we move to cooler temps, are you reconsidering your old air conditioner? If it just doesn't work & you need to get rid of it, make a CFC removal appointment first:

<https://t.co/2IGIfAgfHI>. We'll get your A/C ready for recycling! Don't set it out until you make the appointment! <https://t.co/Rff2oUYqRK>

<https://twitter.com/NYCSanitation/status/1577661072118530049?t=H2MLaSAG901KnVOUFmiHVg&s=19>



It's Mental Health Awareness Week!
Explore [@naminyc_metro](https://twitter.com/naminyc_metro)'s October events and dedicate some time to your mental health. ✨



SELF-CARE FAIR

FREE AROMATHERAPY, CRAFTS,
GROUNDING EXERCISES, MOVEMENT,
AND MORE!

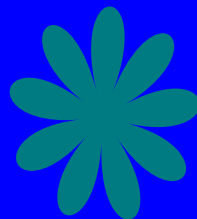
TUES, OCTOBER 18, 5-8 PM

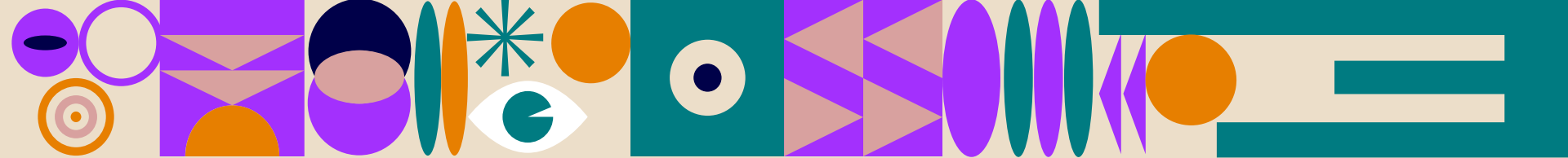


NAMI-NYC OFFICE
307 W. 38th St, 8th Flr, at 8th Ave in Manhattan

[NAMINYCMETRO.ORG/CALENDAR/](https://naminycmetro.org/calendar/)

MENTAL
HEALTH
MATTERS





Unemployment Assistance:

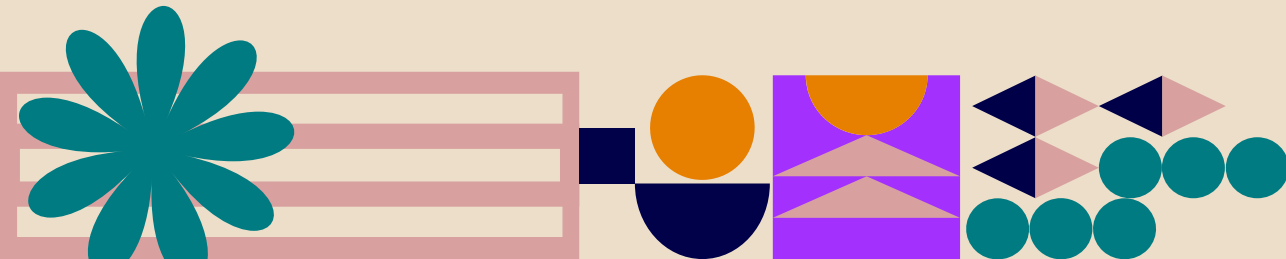
To apply for temporary income for eligible workers who lose their jobs through no fault of their own, call 888-209-8124 or visit [ny.gov/services/get-unemploymentassistance](https://www.ny.gov/services/get-unemploymentassistance).

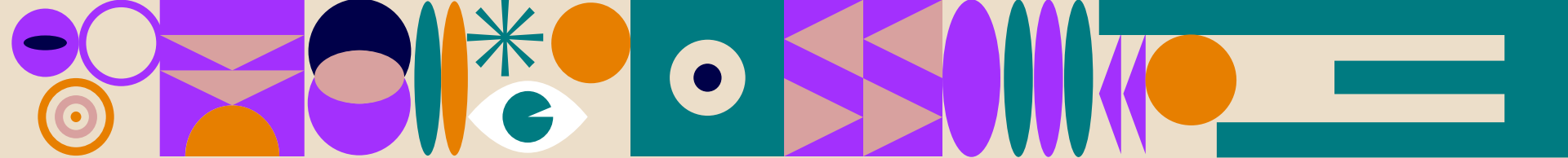
Financial Counseling:

For free, one-on-one financial counseling, visit [nyc.gov/talkmoney](https://www.nyc.gov/talkmoney)

Benefits

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





Food Assistance

For all types of food assistance:

- Call 311 and say “Get food”
- Text “NYC FOOD” or “NYC COMIDA” to 877- 877 to find a free meal distribution site near you
- Visit nyc.gov/getfood to find a food pantry near you or to determine eligibility for free meal delivery.

Emergency Food Assistance:

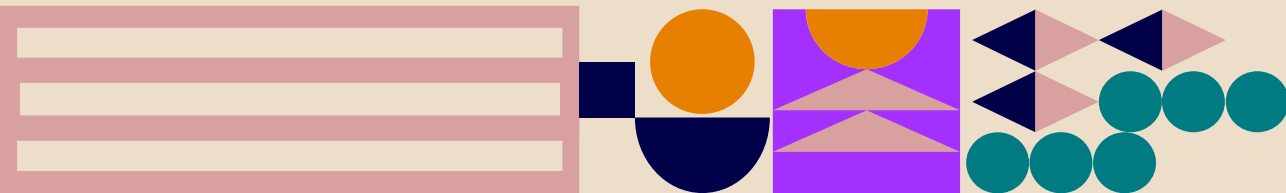
Call 866-888-8777 or 311.

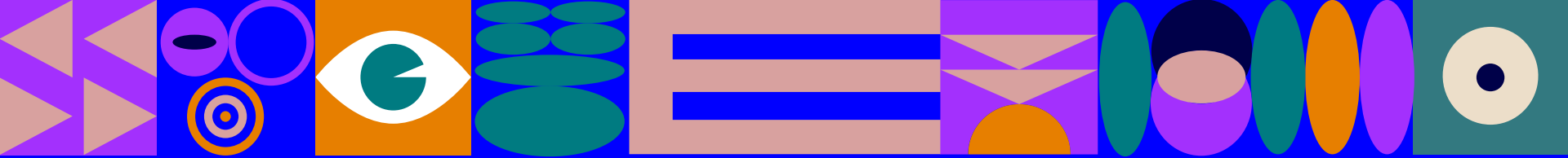
Hunger Hotline:

Call 866-348-6479. For Spanish, press 3

SNAP/Food Stamps:

Call 718-557-1399 or visit access.nyc.gov/programs/supplemental-nutritionassistance-program-snap to find out if you are eligible to enroll.



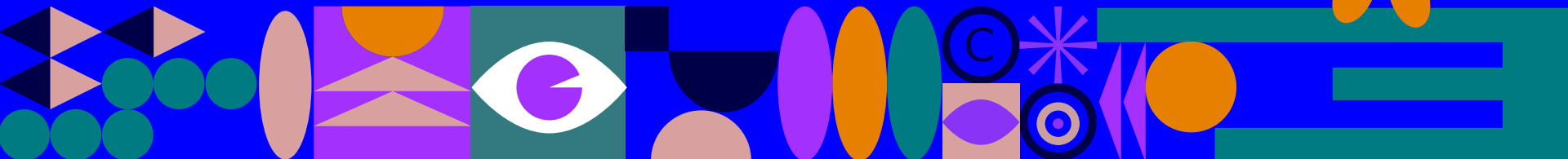
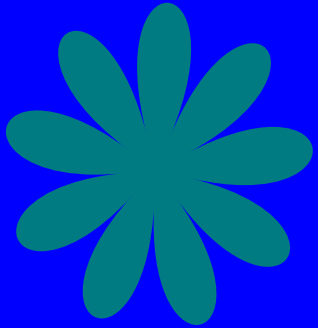


Need Food? We Can Help.

Text **FOOD** to **90847** to
find free food near you

OR CALL [844-995-0989](tel:844-995-0989). A REAL PERSON IS STANDING BY TO HELP.

We'll connect you to local resources quickly. It might be your neighborhood food pantry or soup kitchen, local volunteers offering food assistance, or government benefits. Learn about what's available near you—a member of our team is just text or call away.



Open Door Family Life Center

FOOD PANTRY

RESOURCES
FROM MS.PINK



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

www.opendoorflc.org

EAST FLATBUSH VILLAGE, INC.
ANNOUNCEMENT

EFV FOOD PANTRY



Every 2nd and 4th
WEDNESDAY
3:00-4:00 PM



BRING YOUR OWN BAGS
ONE PACKAGE PER HOUSEHOLD
FIRST COME FIRST SERVE



REGISTRATION LINK:
plentifulapp.com

1011 Utica ave

@efvillage admin@eastflatbushvillage.org 718-826-0807





NY Connects Program!

This presentation will be an introduction to the CIDNY - NY Connects program to discuss the support, resources and services that we provide to the disabilities community

Our guest speaker will be

Ebele Onochie

Queens Outreach Specialist, NY Connects Program
The Center for the Independence of the Disabled

LIVE on

www.facebook.com/LegalHandNYC/



Date: Wednesday Oct. 12th, 2022

Time: 1 p.m.

Zoom Details

Meeting ID: 956 6629 3189

Passcode: 531031

One tap mobile

+19294362866,,95666293189#

(New York)



BROOKLYN **EOC** STATE UNIVERSITY OF NEW YORK



START YOUR FUTURE WITH TUITION-FREE TRAINING

APPLY NOW!

Visit our website at:
www.sunysboc.org

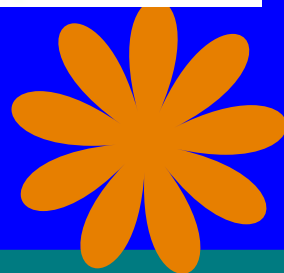
111 Livingston Street
Brooklyn, NY 11201
Contact us at 718-862-1344 or
admissions@sunysboc.org

Follow us on:   

Academic Programs:
College Preparation
English Speakers of Other Languages
High School Equivalency Preparation

Career Training Programs:
Direct Support Professional
Medical Assisting
Medical Billing & e-Records
Tourism & Hospitality Operations
Office Administrative Professional

Short Term Training:
OSHA Certification
Security Guard Training



Advance & Earn is a training and employment program for young people ages 16-24 in Commercial Driver's License (CDL), Direct Support Professional, and more. Visit <https://on.nyc.gov/37JeXRj> for more info.



NYC
Department of
Youth & Community
Development

Advance & Earn

Advance & Earn is a new training and employment program for youth between the ages of 16-24. Advance & Earn will help further your career through comprehensive High School Equivalency (HSE) test preparation, employer-recognized trainings, credentials and certifications, and paid internships.

Advance & Earn Applications are now online!

WE'RE RECRUITING



[YOUTHCONSTRUCT.ORG](https://youthconstruct.org)

Teachers & parents, tell your high- schoolers about our afterschool program!

- Training in ACED principles
- Career development mentoring
- Paid stipend
- Internship placement
- OSHA certification
- Networking with ACED industry experts



• info@youthconstruct.org
• 212-234-1443
• youthconstruct.org

how to register to vote

- 1 head to nycvotes.turbovote.org
- 2 submit a registration form

**Register by October 14
to vote in November's
General Election!**

**NYC
VOTES**

 key dates

new york state general election

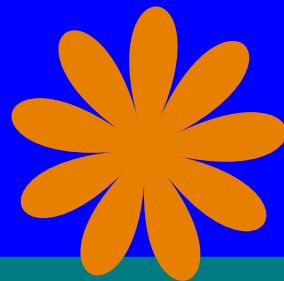
-  Voter registration deadline
October 14
-  Absentee ballot request
deadline (online)
October 24
-  Early voting
October 29 - November 6
-  Election Day
November 8

nycvotes.org **NYC
VOTES**

**NYC
VOTES** u.s. congress
governor
new york
state
legislature
judges



The future of our city, state,
and country is at stake.
Vote November 8!





NYPD

New York City Police Department

212-RECRUIT • NYPDRECRUIT.COM

TRAFFIC ENFORCEMENT AGENT EXAM # 3305

Exam Fee: \$47

Play a vital role in keeping the streets
of New York City safe and moving

Starting salary: \$41,493

Enjoy a competitive benefits package

Registration Period:

October 5th, 2022 - October 25th, 2022

Employment Requirements:

1. Be at least 18 years of age at the time of appointment.
2. Have a high school diploma or GED.
3. New York State driver license is required by the date of appointment.
4. Candidates must be legally authorized to work in the United States
5. Pass a background investigation and drug screening.
6. Must be a NYC resident (5 boroughs) within 90 day of appointment
7. Covid-19 vaccination required for employment.



**REGISTER TODAY, VISIT:
NYPDRECRUIT.COM**

@NYPDRecruit

Training Starts
Oct 17th- Nov 11th
2022



Registration Deadline
Oct 7th 2022!

BedStuy Restoration in partnership with Solar One are excited to offer a 4-week FREE training in Green Building Maintenance & Construction.

The training includes:

Basic Carpentry, Electrical, & Plumbing; Water Systems; HVAC; EPA Lead Testing, OSHA30, OOB SST Certifications, & more

- **Must** be able to commit to attending all class days
- **Must** be able to engage in hands-on training exercises
- **Must** be fully vaccinated

3-6 months experience in maintenance or construction preferred, **but not required**

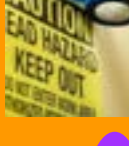
Training will be held at Solar One's Headquarters Office in Long Island City

Limited Seats Available

SIGN UP NOW!

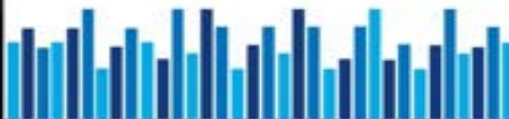
Patrice Sloan (BSRC)
Career Development Specialist
psloan@restorationplaza.org

Menica Pettway (JobsPlus)
Educational Specialist
mpettway@restorationplaza.org





¡CLASES DE INGLÉS GRATIS!



JCCGCI en asociación con
Mixteca Organization, Inc.

ahora ofrece

Clases de ESL
(Inglés como Segundo Idioma)

Clases son por Zoom
Lunes y Miércoles de 6pm a 9pm

El espacio es limitado
Registro en persona necesario
Se requieren reuniones limitadas en persona.

Para más información, por favor complete éste formulario:
<https://tinyurl.com/mjn3yfu>



FREE ENGLISH CLASSES!



JCCGCI in partnership with
Mixteca Organization, Inc.

is now offering

ESL CLASSES
(ENGLISH AS A SECOND LANGUAGE)

Classes are through Zoom
Mondays & Wednesdays from 6pm to 9pm

Space is limited
In-person registration required
Limited in-person meetings are required.

For more information fill out the form below:
<https://tinyurl.com/mjn3yfu>



A project of the
JCC of Greater Coney Island
3001 West 37th Street Brooklyn, New York 11224
www.jccgci.org



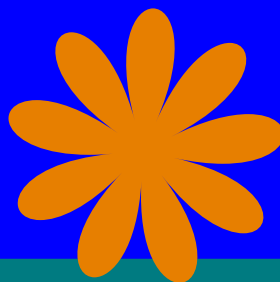
In conjunction with Mixteca Organization, Inc.
Funded in part by: The New York State Education Department
NYC Department of Youth and Community Development NYC Council
JCCGCI is an equal opportunity employer/program.
Auxiliary aids and services are available upon request to individuals with disabilities.



A project of the
JCC of Greater Coney Island
3001 West 37th Street Brooklyn, New York 11224
www.jccgci.org



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Funded in part by: The New York State Education Department
NYC Department of Youth and Community Development NYC Council
JCCGCI is an equal opportunity employer/program.
Auxiliary aids and services are available upon request to individuals with disabilities.



STOP'N' SWAP

Indoor Event | Face coverings are required for entry



Saturday, October 22
12pm - 3pm
 Donations Accepted: 11am-2pm

MS 35 Stephen Decatur - Gymnasium
 272 Macdonough Street
 Bed-Stuy, Brooklyn

It's free!
 Give away items you no longer need or take home something new-to-you! You don't have to bring something to take something.

What to bring:

- ✓ **Yes**
 Clean, reusable, portable items such as clothing, housewares, electronics, books, and toys.
- ✗ **No**
 Furniture, large items, expired or open food, unsealed personal care products, medicine, dirty or ripped clothing, fabric scraps, incomplete toys and games, non-working electronics, tube TVs, magazines, or sharp objects.

recycle@grownyc.org
 212-788-7900 ext. 291
grownyc.org/swap




STOP'N' SWAP

Evento de interior | Se requieren cubiertas faciales para ingresar.



Sábado, 22 de octubre
12pm - 3pm
 Donaciones Aceptadas: 11am-2pm

MS 35 Stephen Decatur - Gimnasio
 272 Macdonough Street
 Bed-Stuy, Brooklyn

¡Es Gratis!
 Regala artículos que ya no necesitas o llévate a casa algo nuevo para ti! No tienes que traer algo para llevarte algo.

Que traer:

- ✓ **Si**
 Artículos portables, limpios, reusables como ropa, artículos para el hogar, enses eléctricos, libros y juguetes.
- ✗ **No**
 Muebles, artículos grandes, comida expirada o abierta, productos de cuidado personal sin sellar, medicina, ropa sucia o rasgada, restos de tela, juegos o juguetes incompletos, electrónicos que no funcionan, televisores de tubo, revistas y objetos afilados.

recycle@grownyc.org
 212-788-7900 ext. 291
grownyc.org/swap






Digital Girl, Inc.
A 501(c)(3) Non-Profit Organization



Microsoft
Office

TECHNOLOGY AS THE WAY FORWARD DIGITAL TRANSFORMATION COURSE

STARTING OCTOBER 11TH
TUESDAYS, FRIDAYS & SATURDAYS

- EARN UP TO \$16,000 MORE WITH A MICROSOFT CERTIFICATION!
- LEARN HOW TO CODE
- BUILD A WEBSITE
- EARN A STIPEND UPON COMPLETION OF PROGRAM!
- METROCARD ASSISTANCE!



REGISTER TODAY:
<https://www.digitalgirlinc.org/dt>



FREE!



SCAN ME

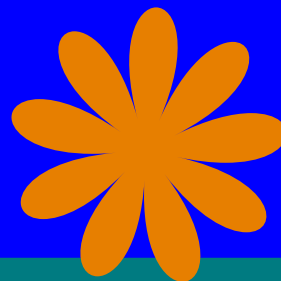
DGI Tech Center
1561 Bedford Ave,
Suite 304
Brooklyn, NY 11225



NYC H2O
PLUMB BEACH CLEANUP

Join NYC H2O and the Jamaica Bay-Rawsony Parks Conservancy for a volunteer cleanup at Plumb Beach!

SATURDAY, OCTOBER 15
10 AM - 12 PM

**WAS YOUR HOME DAMAGED BY HURRICANE
IDA FLOODING ON SEPTEMBER 1-2, 2021?
IF SO, FREE HELP IS AVAILABLE!**

We offer:

- CASE MANAGEMENT
- FEMA APPEALS
- FINANCIAL ASSISTANCE
- INSURANCE APPEALS
- REPAIR QUOTING & QUOTE REVIEW
- SERVICE REFERRALS

For impacted Households in the following boroughs or counties:

Bronx, Brooklyn, Dutchess, Manhattan, Nassau, Orange, Putnam, Queens, Rockland, Staten Island, Suffolk, Sullivan, Ulster, and Westchester

Register via Phone or Online:



(332) 400-1957 or (332) 400-1967

(Registrars Available)



NYSidaHELP.org

Provided by:



Homeland Security and Emergency Services



MET COUNCIL



**Fire Cadet Academy
Application is Now Available!**



The Fire Cadet Academy is designed to ensure that Fire Cadets become familiar with the operations of the Fire Department City of New York (FDNY) and to provide leadership training. Cadets will receive significant classroom, field and fitness training over the course of the two (2) year apprenticeship program. Cadets will also attend weekend classroom training, field training and fitness conditioning on Saturdays and Sundays. FCA's goal is for Fire Cadets to take the Promotion to Firefighter civil service exam during the program. It is our hope that these Fire Cadets will inspire and encourage their friends and family members to also pursue careers with the FDNY.

Scan the QR code to Apply Today!

The application will only be available for a limited time!

Benefits of the Fire Cadet Academy

- Earn \$15.67 per hour and qualify for NYC Health Benefits
- Opportunity to take the Promotion to Firefighter exam
- Explore Firefighter career paths including Fire Investigations, Advanced Technical Rescue Operations, and Marine Environment Operations
- Serve the community and experience the benefits of a career in public service
- Receive 35 college credits upon successful completion of the Fire Cadet Academy and graduation from the FDNY Fire Academy



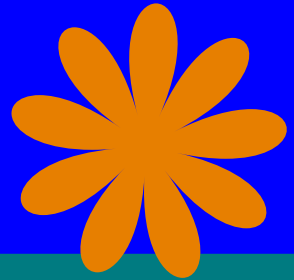
Don't miss out on this unique career path to becoming a NYC Firefighter!

Once you apply, please keep a copy of your confirmation for your records.

Have Questions?

Send an email to FDNY.FireCadet@fdny.nyc.gov

Visit joinfdny.com/cadet





Fri., Oct. 21, 2022 • 9AM-2PM
@ Congregation Beit Hillel of Flatlands
2164 Ralph Ave. at Ave. L

CALL THE OFFICE OF COUNCILWOMAN
MERCEDES NARCISSE AT (718) 241-9330
TO SCHEDULE YOUR APPOINTMENT

BROUGHT TO YOU BY:

NYC COUNCILWOMAN
**MERCEDES
NARCISSE**
46th COUNCIL DISTRICT

NYC
HEALTH+
HOSPITALS

Coney Island



Office of the Public Advocate
Zuzanna D. Williams

Get in Touch with the Office of the Public Advocate!

- 📞 212-669-7250
- ✉️ gethelp@advocate.nyc.gov
- 📠 833-933-1692

Due to a high volume of inquiries,
responses may take at least four
business days.





Beware of Fraud and Scams

After a disaster, scam artists often attempt to take advantage of disaster survivors. We encourage survivors to watch for and report any suspicious activity.

Ways to Report Fraud

Email: StopFEMAFraud@fema.dhs.gov

Call: 1-866-223-0814

Fax: 202-212-4926

For more information visit [fema.gov/disaster-fraud](https://www.fema.gov/disaster-fraud)



The Best Way to Apply for Disaster Assistance



ONLINE

You can apply online 24/7. No waiting, fastest and easiest way to apply. Download the FEMA app or apply directly at [DisasterAssistance.gov](https://www.DisasterAssistance.gov).



DEPARTMENT OF EDUCATION IS HIRING!



We need you!

The New York City Department of Education is the largest system of public schools in the United States, serving about 1.1 million students in over 1,700 schools. The Office of Food & Nutrition Services (OFNS) serves around \$50,000 meals to these students each school day. Of these, over 700,000 meals are provided at no charge to the students or their parents/guardians. Over the past decade, we have made tremendous strides in improving the nutrition and taste of our meals. We are committed to promoting healthy food choices among our students and maintaining high nutritional standards while offering delicious and satisfying menu choices.



Interested? Click job titles below for more information
COOKS & ASSISTANT COOKS
SCHOOL FOOD SERVICE MANAGERS
ASSISTANT SCHOOL FOOD SERVICE MANAGERS
OFNS FOOD SERVICE COOKS

BENEFIT PROGRAMS • Medical, dental, prescription, and vision • Generous vacation, sick days, and paid holidays • Retirement Plan(s)

Newly-hired NYCDOE employees must use the Vaccination Portal to upload proof of vaccination.

Still interested in working at DOE [APPLY NOW!](#) or call Monday - Friday 718-707-4400 to apply.

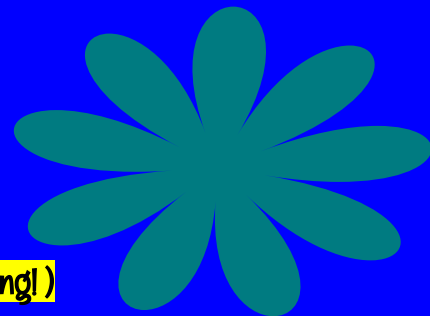
An Equal Opportunity Employer M/F/D. For more information, please refer to the [DOE Non-Discrimination Policy](#).



THE DEPARTMENT OF EDUCATION IS HIRING!!

JOB OPPORTUNITY

(Thank you Ms. Creed-Harry for Sharing!)





JOIN US! FDNY OPEN HOUSE!

Saturday, October 15
Sunday, October 16

Sessions are 11:00am to 1:00pm
or 1:00pm to 3:00pm

Visit Your Neighborhood Firehouse

Stop by to...

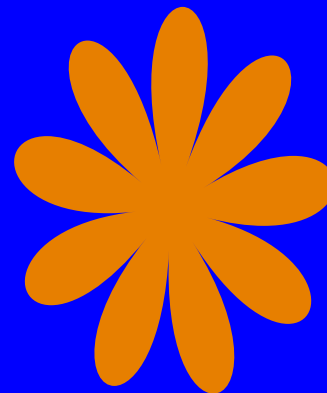
- Take a tour
- View demonstrations
- Learn fire and life safety tips
- Explore FDNY careers
- Register for free smoke/ CO alarms for your home
- ...and much more!

Find your local firehouse open house at
fdnysmart.org/openhouse



FDNY

fdnysmart.org
To Educate New Yorkers
An Initiative from **FDNY Foundation**





**HEALTH, MENTAL
HEALTH &
WELLNESS TIPS**

Latinx Mental Health Resources:

Latinx Therapy
latinxtherapy.com

Sana Mente
sanamente.org

Ntl. Alliance for Hispanic Health
healthyamericas.org

Indigenous Mental Health Resources:

Indian Health Services
ihs.gov

One Sky Center
oneskycenter.org

We R Native
wernative.org

AAPI Mental Health Resources:

Asian Mental Health Collective
asianmhc.org

**National Queer Asian Pacific
Islander Alliance (NQAPIA)**
nqapia.org

Asian Mental Health Project
asianmentalhealthproject.com

South Asian Mental Health
samhin.org

NAAPIMHA
naapimha.org

South Asian Therapists
southasiantherapists.org

AAPI Health Forum
apiahf.org



Black Mental Health Resources:

BEAM
beam.community

Black Mental Wellness
blackmentalwellness.com

Black Mental Health Alliance
blackmentalhealth.com

Black Men Heal
blackmenheal.org

Melanin and Mental Health
melaninandmentalhealth.com

Sista Afya
sistaafya.com

Therapy for Black Girls
therapyforblackgirls.com

Assoc. of Black Psychologists
abpsi.org

Aakoma Project
aakomaproject.org

Boris Henson Foundation
borishensonfoundation.org

Innopsych
innopsych.com

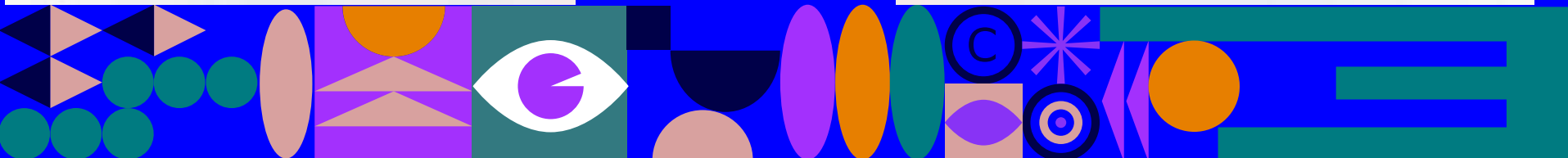
Inclusive Therapists
inclusivetherapists.com

The Loveland Foundation
thelovelandfoundation.org

Ourselves Black
ourselvesblack.com

QTPOC
nqttn.com/directory

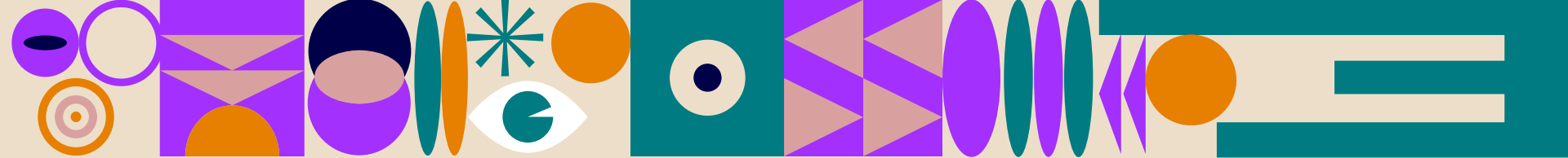
Black Female Therapists
blackfemaletherapists.com





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/myvaccinerecord>

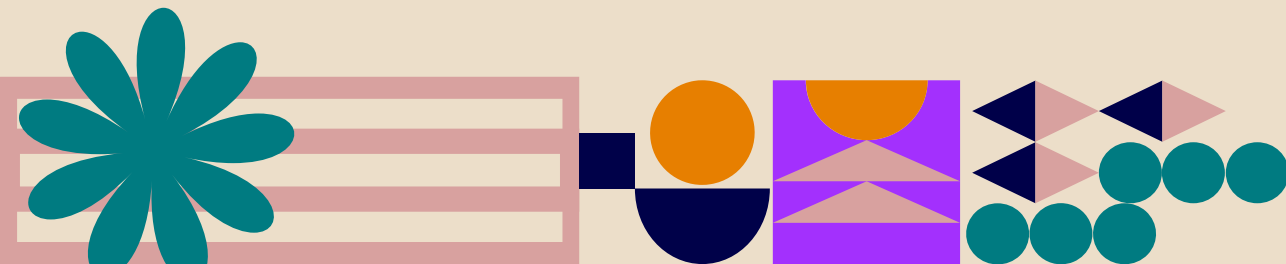


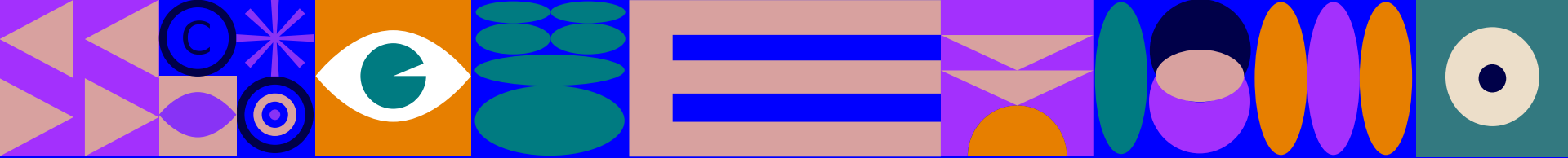
Mental Health Services:

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

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

To find mental health and substance use resources in your neighborhood, visit nycwell.cityofnewyork.us/en/find-services.





5 ways to reduce anxiety:

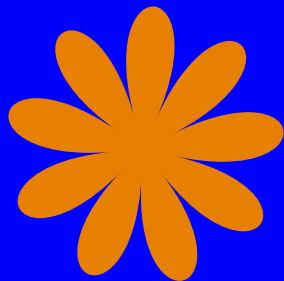
Prioritize rest & relaxation time

Limit social media consumption / scrolling

Reach out to support networks

Engage in some deep breathing, or yoga

Consume nutritious snacks and healthy meals



You deserve love and happiness like everybody else

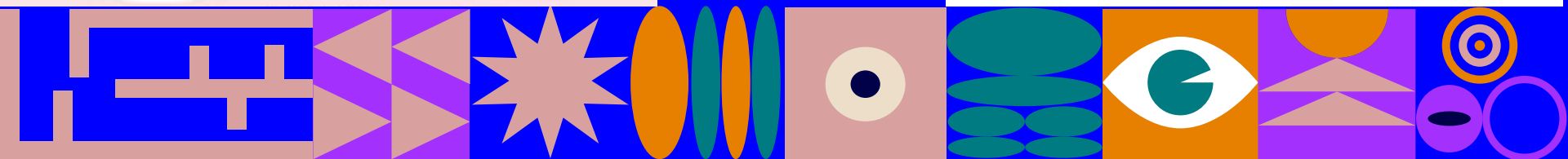
You will come out of this much stronger

DAILY REMINDERS

You can't pour from an empty cup. Take care of yourself first

There's always light at the end of the tunnel

Surround yourself with caring and supportive people



MENTAL WELLNESS PRACTICES FOR SCHOOL AND WORKPLACE

01 Reduce Social Media Screentime

02 Get Plenty of Rest

03 Find an enjoyable hobby outside of work and school

04 Utilize mental health resources provided (guidance counselors, EAP programs, campus counseling services)

Warning Signs of Suicide

You can help prevent suicide by learning the warning signs.

The risk of suicide is greater if a behavior is new, has increased, and seems related to a painful event, loss or change.

The following signs may mean someone is at risk for suicide:



- ♥ Talking about wanting to die or to kill themselves
- ♥ Talking about feeling hopeless or having no reason to live
- ♥ Talking about feeling trapped, a burden or in unbearable pain
- ♥ Increasing the use of alcohol or drugs
- ♥ Acting anxious, agitated or behaving recklessly
- ♥ Sleeping too little or too much
- ♥ Withdrawing or isolating themselves.
- ♥ Displaying extreme mood swings
- ♥ Saying goodbye to family and friends



If you or someone you know needs support, reach out to NYC Well:

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

NYC
Health

TOGETHER


for Mental Health



#Together4MH

If you or someone you know
need help, contact NAMI HelpLine

**Mon. – Fri. from
10 a.m. – 10 p.m. ET**

 **Call:** 1-800-950-NAMI (6264)

 **Email:** helpline@nami.org

 **Text:** "HelpLine" to 62640

 **Chat:** nami.org/help

nami.org/suicidepreventionmonth

If you're in crisis,
call or text the 988 Suicide and
Crisis Lifeline, available 24/7, at

988

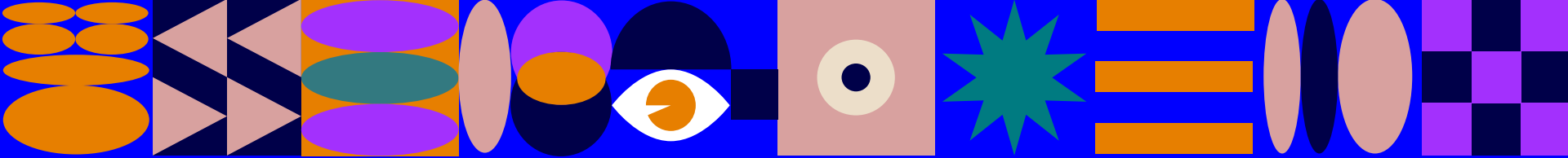
and for information, support or
to learn about the NAMI HelpLine visit:

nami.org/help

nami.org/suicidepreventionmonth



PARENTING TIPS & RESOURCES



How to Improve Your Child's Self-Esteem



What is Self-Esteem

Self-esteem is a person's overall sense of value and self worth. It is based on our thoughts and feelings about ourselves, which can at times feel difficult to alter.

Feelings of high or low self-esteem usually starts in childhood.

Many factors can contribute to self-esteem, such as peer and family relationships, school challenges, difficulties at home, etc.



<https://kidshealth.org/en/parents/self-esteem.html>
<https://www.psychologytoday.com/us/raising/self-esteem>

How to Build Self-Esteem in Your Child

Help your child learn new things.

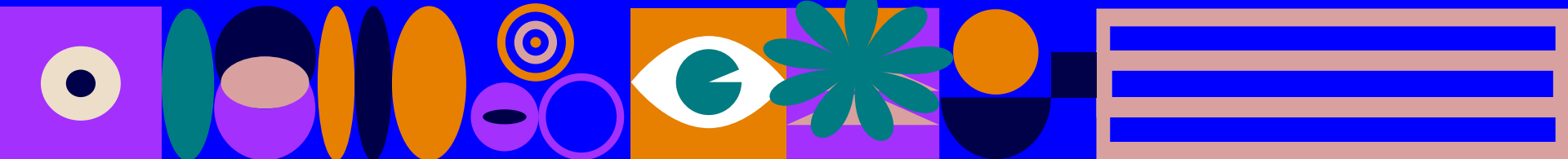
As your child learns independent tasks like learning to brush their teeth or read, this can contribute to increased happiness due to mastery of an activity. This gives a child a chance to grow their self-esteem, and feel proud.

Praise your child sincerely, specifically, and wisely.

Praising your child on a specific action is a way to show your approval. You can tell your child, "I really liked how you put away the dishes on your own."

Create opportunities for success.

Help your child identify things they're good at and create opportunities to practice and demonstrate mastery.





What Does Self-Esteem Look Like?

Kids with high self-esteem:

- Feel liked and accepted
- Feel confident
- Think good things about themselves
- Believe in themselves



Kids with low self-esteem:

- Are self-critical and hard on themselves
- Feel they're not as good as other kids
- Focus on ones failures rather than successes
- Lack confidence
- Doubt they can do things well

Self-esteem may come easy to some children but harder for others.

Parents can play a powerful role in supporting their child's **self-esteem**.



How to Build Self-Esteem in Your Child

Be a role model.

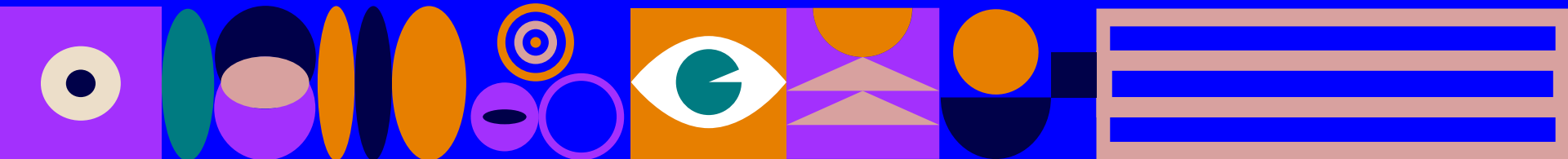
Model putting effort into everyday tasks with a good attitude to set an example. Your child may begin to apply effort into their tasks, too.

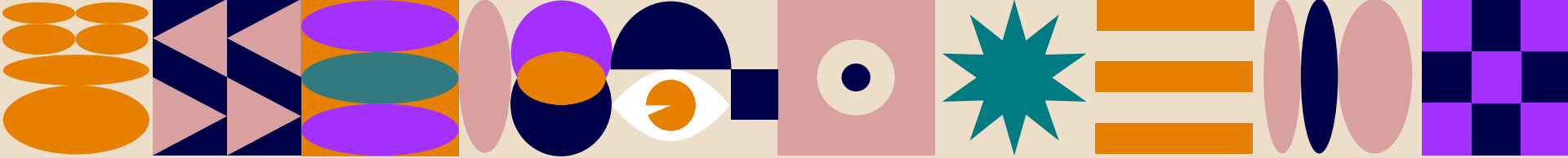
Focus on strengths.

Pay attention to what your child does well and enjoys. Focus on more strengths than weaknesses to help kids feel good about themselves.

Let kids help.

Self-esteem grows when kids get to see that what they do matters to others. Helping and engaging in acts of kindness can build self-esteem and other positive feelings.





HOW TO BE A PARENT OF A SPORTS KID



HOW TO BE A SUPPORTIVE SPORTS PARENT

Be willing to let your child make their own mistakes and learn from them.

When your child makes a mistake, normalize that everyone makes mistakes and talk about how we can learn from our mistakes. Before providing feedback, **ask what they think they could have done differently, what they learned from the experience, and if they would like any feedback from you.**

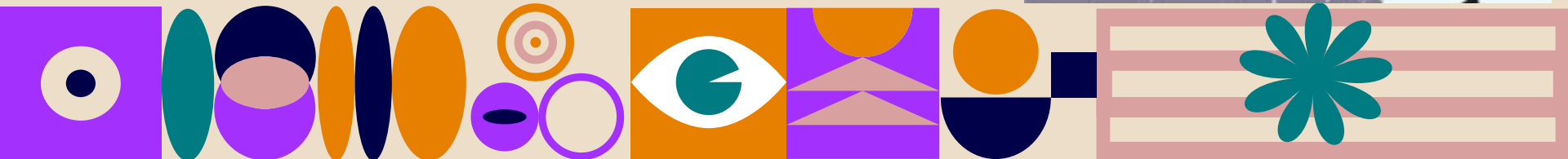


WHAT BENEFITS DO PARENTS SEE FROM THEIR CHILDREN PLAYING SPORTS

Improvements in:

- Physical health
- Mental health: Decreased anxiety and stress, improved mood.
- Being a team player
- Improved self-confidence
- Fun!

<https://www.aspenprojectplay.org/youth-sports/facts/benefits>
(Hospital for Special Surgery/Aspen Institute, 2018).



HOW TO BE A SUPPORTIVE SPORTS PARENT

Make time to watch your child play whenever you can. Being fully present also means keeping your phone away, too.

Providing strong emotional support can protect your child from burnout; research shows that kids are more likely to have a positive experience when parents are involved in their sports activities *in a supportive way*.

Make sure your child knows you love them no matter what by removing the pressure of achievement to please you. Many parents know this, but it can be difficult to practice.

I'm so proud of how hard you tried, even though your team lost the game!



BENEFITS OF SPORTS

Health Benefits

Leisure-time physical activity is associated with reduced risk of 13 different types of cancer, including breast, colon, liver and myeloid leukemia (National Institutes of Health, 2016).

Educational Benefits

Sports activity helps children improve cognitive skills (Piche, 2014). Physical activity in general is associated with improved academic achievement, including grades and standardized test scores.

Mental, Social, and Emotional Benefits

A correlation was found between regular exercise and mental health among kids. A 2019 study found that children who reported no exercise were twice as likely to have mental health problems, particularly related to anxiety and depression, compared with those who met the recommendation of an hour a day (The New York Times, 2020).



HOW TO BE A SUPPORTIVE SPORTS PARENT

Model flexibility of your own opinions.

If your child's referee said they are out, **be willing to be wrong and move off your position**. Listen to the other side of the situation and **try to let go** of the need to be right or in control or right all the time.

This will show your children how to respect the decisions of others.



Simple ways to bring joy and connection to your everyday routine with kids



Make a smiley face or heart out of fruit, cheese, etc. on their breakfast or afterschool snack



Have a "cooking club" together to prep breakfasts or lunches the night before



Take a different route or form of transportation to school/work on a certain day of the week with a special stop or landmark that you "check on" (such as a pretty garden or an interesting window display)



Tell an ongoing story little by little, each night before bed (add on to a made-up story, or read chapters from a longer book)

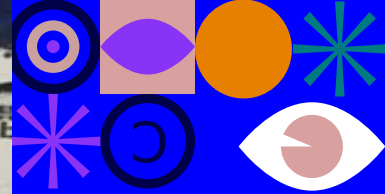
5 Things every parent needs to hear right now



01. You're still a good parent if you struggle, second-guess yourself, or sometimes want to quit.
02. You're still a good parent if you make mistakes.
03. You're still a good parent when you say "no."
04. You're still a good parent when your child's behavior...isn't so good.
05. You're still a good parent if you're doing your best in the moment—even if the moment is hard and you're still working on getting better.



SCHOLARSHIPS



\$1,000 Cappex Easy College Money Scholarship (https://tracking.cappex.com/aff_c?offer_id=5&aff_id=1763)

Sponsor: Cappex

Amount: \$1,000

Closing Date: Last day of the month

Description: Scholarship is open to U.S. citizens and permanent residents who are enrolled (or planning to enroll in the next 12 months) as a high school student or college undergraduate. Applicant must create a Cappex account.

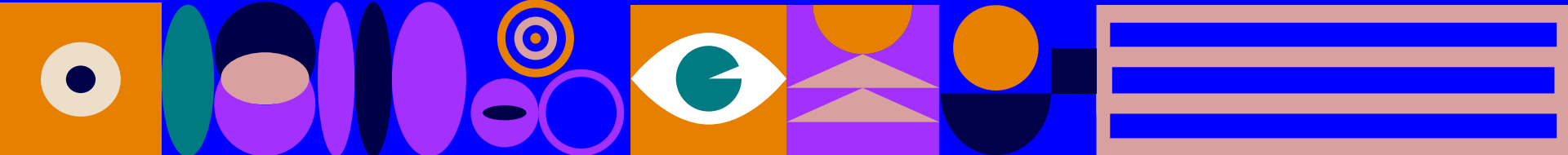
\$2,000 “No Essay” College Scholarship (<https://colleges.niche.com/scholarship/apply.aspx>)

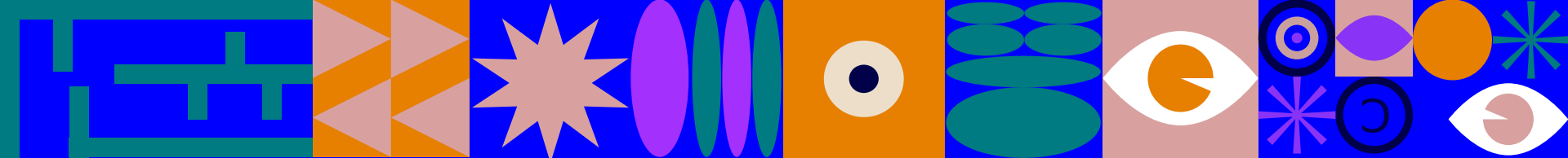
Sponsor: Niche

Amount: \$2,000

Closing Date: 11:00 p.m. Eastern Time on the last day of the month.

Description: Scholarship is open to legal residents of the United States, as well as international students with valid visas. Applicant must currently attend, or within the next 12 months plan to enroll in, a college or university. Applicant must login or register for an account with Niche.





Courage To Grow Scholarship (<http://couragetogrowscholarship.com/>)

Sponsor: Courage To Grow Scholarship

Amount: \$500

Closing Date: Last day of the month

Description: Scholarship is open to U.S. citizens who are high school juniors and seniors or current college students with at least a 2.5 GPA. Applicant must answer the scholarship question in 250 words or less.

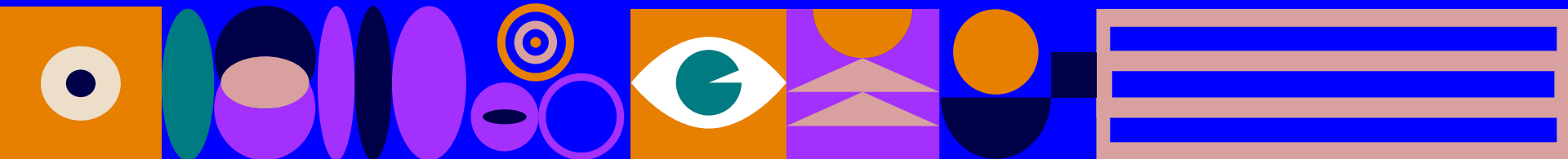
Innovation in Education Scholarship (<https://www.latutors123.com/scholarship/>)

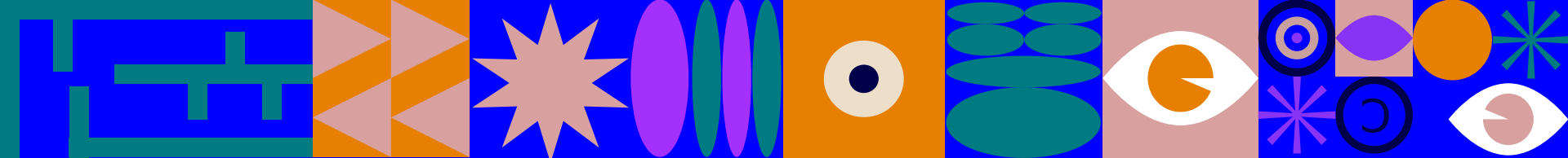
Sponsor: LATutors

Amount: \$200

Closing Date: 11:59 p.m. Pacific Time on the 20th of the month

Description: Scholarship is open to high school and college students in the United States or Canada who have at least a 3.0 GPA and are a citizen, permanent resident of, or hold a valid student visa in the United States or Canada. Applicant must submit an essay and letter of recommendation.





School Survey Sweepstakes (<https://www.niche.com/k12/school-survey-sweepstakes/>)

Sponsor: Niche

Amount: \$1,000

Closing Date: Last Day of the Month

Description: Sweepstakes is open to current high school students, high school alumni who graduated within the last four years, and the parents of those students or alumni. Individual must take a survey on a United States high school.

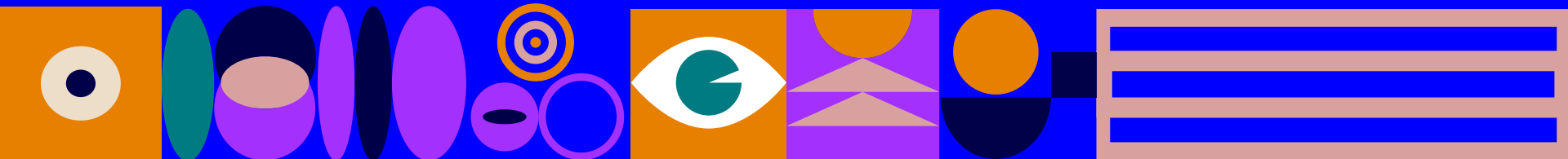
Invite a Friend Sweepstakes (<http://www.fastweb.com/invite-a-friend>)

Sponsor: Fastweb

Amount: \$500

Closing Date: 11:59 p.m. Eastern Time on the last day of the month

Description: Sweepstakes is open to registered Fastweb members who are legal residents of the 50 United States and the District of Columbia and at least 13 years of age. For each friend who signs up with Fastweb through the applicant's referral link, they will receive an entry for the sweepstakes.





**BECOME A MEMBER OF
THE PARENT LEADERSHIP
COUNCIL (PLC)**

OPEN POSITIONS ON THE PARENT LEADERSHIP COUNCIL (PLC)



LOOKING FOR PARENT LEADERSHIP COUNCIL MEMBERS!

WHAT POSITIONS ARE OPEN?



WE ARE LOOKING FOR:

- PLC PRESIDENT
- PLC VICE- PRESIDENT
- PLC TREASURER
- PLC FUNDRAISER
- PLC PARENT VOLUNTEERS



Parent Involvement is so important for our scholars at the High School Level. Join Us & Make a Difference!

FOR MORE INFORMATION EMAIL MS. PINK AT mpink@thewcs.org



PUESTOS ABIERTOS EN EL CONSEJO DE LIDERAZGO DE PADRES (PLC)



¡BUSCAMOS MIEMBROS PARA EL CONSEJO DE LIDERAZGO!

¿QUÉ PUESTOS ESTÁN ABIERTOS?



NOSOTROS ESTAMOS BUSCANDO:

- PRESIDENTE DEL PLC
- VICE- PRESIDENTE DEL PLC
- TESORERO/A DEL PLC
- RECOGEDOR DE FONDOS DEL PLC
- PADRES VOLUNTARIOS DEL PLC



La participación de los padres es muy importante para nuestros estudiantes en el nivel de la escuela secundaria. Únete a nosotros y marca la diferencia!

PARA MÁS INFORMACIÓN MANDE UN EMAIL A mpink@thewcs.org





FAMILIES,

I HOPE YOU FOUND THIS PACKET HELPFUL. OUR NEXT VIRTUAL PARENT LEADERSHIP COUNCIL (PLC) MEETING WILL TAKE PLACE ON OCTOBER 27th, 2022 AT 6pm. YOUR VOICE AND CONCERNS MATTER. FAMILY ENGAGEMENT IS VERY VITAL WITHIN OUR SCHOOL COMMUNITY. PLEASE ATTEND OUR MEETING AND CONSIDER JOINING THE PLC. WE ARE LOOKING FOR A VICE- PRESIDENT, SECRETARY, TREASURER & FUNDRAISER. ALL INTERESTED PARTIES PLEASE EMAIL ME. REMEMBER, I'M JUST AN EMAIL AWAY. HAVE A WONDERFUL DAY!

**WARM REGARDS,
MS. PINK**

A framed quote that reads "it takes lots of sparkle to be a parent coordinator". The text is written in a mix of green and brown cursive fonts. The frame is dark brown with a gold inner border.

*it takes lots
of
sparkle
to be a
parent
coordinator*

