

December 2022

❄️ HOLIDAY ❄️

Resource Packet from  
Your Parent Coordinator  
Ms. Pink

HAPPY  
HOLIDAYS!



*Happy Holidays WCHS Families,*

*I would like to wish you all a Very Happy, Healthy, and Safe Holiday Season. I put together some Holiday resources, magical places to go with your family, mental health tips, parenting tips & more for you. I look forward to seeing all families in the New Year at our **Virtual PLC Meeting January 26th, 2022 at 6pm.***

*Remember parent involvement is key to your scholar's success at WCHS.*

*Be well & Stay Safe.*

*Warmest Regards,*

*Ms. Pink*





# *Magical Things To Do In New York City This December*



## Experience an amazing walking Trail and Light Show



*The Lumagica: Enchanted Forest experience is a walking tour through a charmed forest-like setting full of awe-inspiring animal structures and festive decorations illuminated by over 750,000 LED lights. To see various creatures lit up such as a unique peacock, a massive soaring parrot, and a 25 ft. tall staggering reindeer, grab your tickets here: [LUMAGICA: An Enchanted Forest - New York - Tickets | Fever \(feverup.com\)](https://www.feverup.com)*



## Relax at the Best Winter Rooftops in NYC with Fire Pits, Blankets, and Glass Houses



*Just because temperatures have dropped does not mean that rooftop season has to come to an end! From winter chalets to tropical-themed installations, here are some of our favorite winter spots:*

- *Ophelia Lounge*
- *The Pink Winter Lodge: Frosted Edition at Magic Hour*
- *JIMMY*
- *Nubeluz*

*See a full list of spots here: [16 Best Winter Rooftop Bars In NYC - Secret NYC](#)*

*Celebrate the Festival of Lights with the "Biggest Chanukah Party in NYC"*



*Back for its 15th year this month, Chanukah On Ice is allowing you to skate under the stars on the second night of Chanukah on Monday, December 19! You'll get to enjoy Jewish music all night long with special guest appearances, complimentary kosher food, and a giant Ice Menorah! Learn more [here: Chanukah On Ice Returns To Wollman Rink This Month \(secretnyc.co\)](http://secretnyc.co)*



Enjoy a Photo-Op on the Infamous Orange Couch at NYC's The FRIENDS Experience



Enter into the iconic NYC sitcom like never before at The FRIENDS Experience. Take a load off on the iconic orange couch, order a coffee from everyone's favorite Central Perk, and even take a seat at Monica & Rachel's kitchen table! There's tons of memorable set recreations, costumes, and props to explore. Get

your tickets here: [New York | The FRIENDS™ Experience New York by Superfly X \(friendstheexperience.com\)](#)



*Don't worry if you can't afford anything at those luxurious shops up and down 5th Avenue (we can't either). What we can afford though is some nice window shopping! Make your way over to experience the light show and elaborate decorations for yourself:*

- *Saks 5th Avenue: 611 5th Ave*
- *Bloomingdale's: 1000 Third Avenue 59th Street and, Lexington Ave*
- *Macy's: Once you're done on 5th Ave, be sure to head over to Herald Square to marvel at the Macy's display too – this year visitors will follow an adorable tale about Tiptoe the reindeer!*

*Check out the full list [here](#): This Year's Best Holiday Window Displays In NYC - Secret NYC*



## Get your shopping done early at all of the Holiday Markets



What would the holidays be in NYC without our enchanting holiday markets? Get your shopping done early this year at all the returning markets below:

- The Holiday Shops at Winter Village at Bryant Park: Oct 28 – Jan 2
- Union Square Holiday Market: Nov 17 – Dec 24
- Columbus Circle Holiday Market: Nov 28 – Dec 24

## Be Dazzled by the Dyker Heights Christmas Lights



*The Dyker Heights home are now lit up and ready to be seen! The stunning lights and endless decorations have become increasingly more famous over the years. Dyker Heights' impressive light display has been a tradition for more than 30 years and spans three avenues and several streets.*

*Learn more here:* [The Ultimate Guide To The Dyker Heights Christmas Lights \(secretnyc.co\)](http://TheUltimateGuideToTheDykerHeightsChristmasLights.secretnyc.co)



## Visit the Rockefeller Christmas Tree – and others that are just as Beautiful



Admire the NYC's most iconic Christmas tree standing 79-feet tall in Rockefeller Center Plaza, but don't forget the plenty of others decorating the city. My other favorite Christmas trees around the city include:

- Rockefeller Christmas Tree: 45 Rockefeller Plaza
- Brookfield Place: 230 Vesey St.
- New York Public Library Flagship: 476 5th Ave.
- The Peninsula Hotel: 700 5th Ave.
- Zucotti Park: At Liberty St. between Broadway & Church St.

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



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



And of course, watch the Ball Drop on NYE!



*In-person spectators are welcome to Times Square for NYE to see the iconic ball and ring in 2023!*

The image features a spiral-bound notebook page with a white cover and a red background. The page is decorated with a vibrant floral and scrollwork border in shades of orange, yellow, and green. The text is centered on the page in a bold, dark red font. The spiral binding is visible on the left side of the page.

# **COMMUNITY HAPPENINGS & RESOURCES**





Join us for our annual

# TREE LIGHTING

CEREMONY

**SATURDAY, DECEMBER 10, 2022**  
5 PM | 1360 FULTON STREET, BROOKLYN, NY

FEATURING PERFORMANCES BY  
Tonya Lewis Taylor  
Restoration Arts Youth Arts Academy

HOSTED BY  
Apples & Santa!

MUSIC BY  
St. James Joy

NEW YORK CITY COUNCIL MEMBER  
**CHI OSSÉ**





STATE SENATOR JAMAAL T. DALEY  
BRONX BOROUGH PRESIDENT VANESSA L. GIBSON  
COUNCILMEMBER KEVIN RILEY  
ASSEMBLYMEMBER MICHAEL BENEDETTO



SATURDAY, DECEMBER 10, 2022 | 4-6PM

DREISER LOOP COMMUNITY CENTER - AUDITORIUM A  
177 DREISER LOOP, BRONX, NY

HOLIDAY MOVIE ❄️ HOT CHOCOLATE ❄️ TOY GIVEAWAYS

FIRST-COME - FIRST SERVED · WHILE SUPPLIES LAST  
ONE TOY PER CHILD · CHILDREN MUST BE PRESENT TO RECEIVE TOYS





The Von King Park Conservancy  
Presents the 8th Annual

# Christmas Tree Lighting Ceremony

*Celebrate The Holidays With Us!*  
Saturday, December 10, 2022  
@5pm

- Live Performances-
- Meet Santa-
- Toys & Bikes-
- Hot Chocolate-
- Cookies-
- & More-
- ALL FREE

Sponsors  
Rocco Pizza  
Bridge St. Development  
Affinity Health Plan  
RAND Engineering & Architecture  
Metstruc PR  
Nest Seekers

Von King Park Conservancy  
Event

**Herbert Von King Park**  
670 Lafayette Ave. Brooklyn, NY 11216

For more information call  
917-297-2365



**Annual Christmas Tree Lighting in Herbert Von King Park with 500 Men Making a Difference**

STATE SENATOR JAMAAL T. BAILEY  
WELCOMES YOU TO A



# Holiday TOY GIVEAWAY

SATURDAY, DECEMBER 10 | 12-2PM  
959 E 233RD ST, BRONX, NY 10466

FIRST-COME, FIRST-SERVED · WHILE SUPPLIES LAST  
ONE TOY PER CHILD · CHILDREN MUST BE PRESENT TO RECEIVE TOYS

Collecting donations of new  
and unwrapped toys through  
FRIDAY, DECEMBER 16

**DROP-OFF  
LOCATION:**

Senator Bailey's District Office  
959 E 233rd St. Bronx, NY 10466  
Monday - Friday | 10am - 5pm

For more information, call 718-547-8854 or email  
[senatorjbailey@nysenate.gov](mailto:senatorjbailey@nysenate.gov)







**JACKIE ROBINSON**  
PARK CONSERVANCY

Presents the  
**25th Annual**

**Lights of Hope**  
Tree Lighting Ceremony

**TOY GIVEAWAY**

**Wednesday,**  
**December 14, 2022**  
**4:00 PM—7:00PM**

(Tree Lighting at 5:45 PM)  
**Jackie Robinson Park and Recreation Center**  
89 Bradhurst Avenue  
(a.k.a. W.E. DuBois Avenue)  
at 146th Street



*Holidays in Ditmas Park*  
Celebrate with us this December!

**Thursday, December 15:  
Newkirk Plaza LIGHTS! Celebration  
Newkirk Plaza | 4 PM - 6 PM**

Tree Lighting  
Pictures with Santa  
Toy Giveaway  
Tastings & More!







Presents

# Community Holiday Lighting

Join us for an outdoor holiday celebration with neighbors and friends to bring in the holidays with prayer, caroling and hot cocoa.



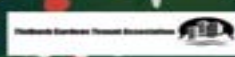
IN PARTNERSHIP WITH  
NYC Council Member  
Farah N. Louis

**Date : December 16, 2022**

**Location: Paerdegat Park  
(Albany Ave & Foster Ave)**

**Time: 5:00pm - 7:00pm**

**Tree decorating will begin at 3pm**



For more information, please contact [District45@council.nyc.gov](mailto:District45@council.nyc.gov) | 718-620-2900





*Holiday*  
**TOY GIVEAWAY**

**SATURDAY, DECEMBER 17, 2022**  
**1470 EAST NEW YORK AVENUE,**  
**BROOKLYN, NY 11212**  
**12:00 PM-5:00 PM**

**PSS RAFFLE**

WE ARE REQUESTING DONATIONS OF NEW (UNWRAPPED) TOYS FOR LOCAL CHILDREN IN THE BROWNVILLE COMMUNITY IN PARTNERSHIP WITH THE NYPD DANCE TEAM

**73 PRECINCT & ASSEMBLYWOMAN LATRICE WALKER PRESENTS**

**EmblemHealth**  
RISEBORD  
The First Step Matters

The poster features a red background with a teddy bear, a Santa Claus illustration, a reindeer, and a Christmas tree. It includes event details, a raffle announcement, and logos for the presenter and sponsor.





**NYS ASSEMBLYWOMAN  
MONIQUE CHANDLER-WATERMAN  
903 UTICA AVENUE | 718-385-3336**

**ASSEMBLY DISTRICT 58  
3rd VITAL VOICE  
COMMUNITY MEETING  
&  
HOLIDAY  
TOY GIVE-AWAY**

**PS 198  
4105 Farragut Rd  
DECEMBER 17, 2022  
12 PM**

**MUST REGISTER  
SCAN QR CODE or  
[bit.ly/AD58HolidayEvents](https://bit.ly/AD58HolidayEvents)**

*In Partnership*

**AD 58 TASK FORCE**  
**THE GOODBODY**  
**CLERGY CONNECTION**  
**THE BROWN VILLAGE**

**ENTERTAINMENT - FOOD - TOYS - MUSIC**

*Community Share from  
our PLC President Ms. Burns*



You're invited to Christmas on Broadway at Times Square Church! It's a joy-filled night with a live stage production featuring musical performances by special guest, and 15-time Grammy award winner, CeCe Winans.

Join us December 19th, 20th, and 21st at the Mark Hellinger Theatre on 51st and Broadway at 7 pm ET.

This is an in-person event only. Admission is free for all three nights. Invite your friends, family, and coworkers, and arrive early to secure your seats.



**Christmas On Broadway**  
237 W 51st St, New York, NY 10019-6261, United States







**SMALL  
Business  
SATURDAY**

**Kick-Off**

**Shop  
Local**

*this*  
**Holiday**

*Season*

**MOSHOOD**

**Fashion show dates and time**  
November 26 & December 17  
3pm 4pm

**MUSICI Sheepskin**

*Winter*  
**Wonderland  
at  
Marcy Plaza**

\*\*\*\*\*  
Fulton Street  
&  
Marcy Ave.

November 26, 2022  
to  
December 23, 2022





# District 1

Carry Chan, Superintendent

## Special Education: Understanding Your Child's IEP

Tuesday, December 13, 2022  
2:30 PM-3:30 PM



QR Code  
Zoom Meeting  
Meeting ID: 919 5185 0008  
Passcode: 473229

### D1 Contact Information:

Sasha Sam, Administrator for Special Education  
DistrictsNYC@gmail.com  
212-353-2948  
<https://districtsnyc.com/>

### FOLLOW US ON:



<https://districtsnyc.com/>



@DistrictsNYC



@Districtsnyc



# JOB FAIR

## RECRUITING FOR:

GROUP LEADERS

PT STUDENT ADVOCATES

ACTIVITY SPECIALISTS

PER DIEM RESIDENTIAL AIDES



PHIPPS  
HOUSES



PHIPPS  
NEIGHBORHOODS  
CELEBRATING 50 YEARS




SCAN THE QR  
CODE FOR OUR  
JOB BOARD

[BIT.LY/PNHIRE](https://bit.ly/pnhires)S

WEDNESDAY,  
DECEMBER 14TH

at 1071 E Tremont Ave  
from 10:00 am to 12:00 pm  
and 1:00 pm to 4:00 pm





WOOD HOOD PRESENTS

## Black Youth Mental Health & Wellness

Following a screening of the award-winning short film Wood Hood, this virtual panel conversation will explore mental health challenges facing the Black youth community, stigma around seeking support, and will highlight the lack of resources made available to Black men and boys in the United States. This conversation will also amplify the individuals and organizations working to address these issues and increase awareness of and support of Black mental health struggles.

WEDNESDAY, DECEMBER 14TH  
6:30 PM ET/5:30 PM CT/3:30 PM PT

[bit.ly/woodhoodvirtualeventsRSVP](https://bit.ly/woodhoodvirtualeventsRSVP)



Dr. Nicole L. Comstock  
Black Mental Wellness, Care



Brian Walker  
Picture Motion



Julia Tucker  
Mentalist



Carlos Savilla  
Psychologist



HOPE LAB





A photograph of a Chick-fil-A restaurant interior with employees in red uniforms. The image is framed with a red border and serves as the background for the event announcement.

<https://www.facebook.com/groups/nycjob/>

# COME WORK FOR CHICK-FIL-A IN HARLEM!

**OPEN POSITIONS:**  
Back of house team member  
Front of house team member

SCAN QR CODE  TO JOIN ON ZOOM

**DECEMBER 12TH, 2022 | 6PM-7PM**  
Join us virtually to hear firsthand from Chick-Fil-A Employees



# CAREER

## JOB PLACEMENT SUPPORT GAIN EXPERIENCE IN AN \$ 18-AN-HOUR INTERNSHIP

Resume building and interview prep, hands-on cleaning training, a weekly stipend, paid internship, and earn a cleaning management institute certification, followed by job placement support. Let us help you build your career!

Visit  
<https://www.ahrcnyc.org/services/work/preparing/dycd-programs/>  
for more information



TRAIN AND EARN CUSTODIAL PROGRAM  
AT AHRC NYC

## WE PAY YOU TO TRAIN!



16-week paid custodial training + certification

**LOCATED IN STATEN ISLAND, BROOKLYN,  
QUEENS, AND THE BRONX**

This opportunity is open to NYC residents ages 16-24 who are out of school and out of work.

**Click the link in our bio to learn more and enroll today**







**NOW HIRING**  
**SECURITY GUARDS**  
**FT HOURS**  
**\$17/HR - \$24/HR**

**REQUIREMENTS**  
Must have NYS Security Guard License, and current 8 Hour Annual Certificate (Must have upon hire)  
Must have solid customer service skills  
NY State Drivers License is a plus.  
Proof of full vaccination is required.



RSVP: <http://bit.ly/3VLHTy9>





**NYPD**  
New York City Police Department

212-RECRUIT  
[NYPDRECRUIT.COM](http://NYPDRECRUIT.COM)

# REMINDER

Police Officer Exam Currently Open For Registration

FREE OF CHARGE

Registration Deadline: **January 31, 2023**

Register now by visiting [NYPDRECRUIT.COM](http://NYPDRECRUIT.COM)





## Strides to Continuing Success

### FREE ESL & FOOD HANDLERS PROGRAM



**KINGSBOROUGH COMMUNITY COLLEGE**  
T2 Building, Room 231

If you are interested, please contact us at

Tel. 718-368-4870

Virtual Office Zoom Meeting ID: 857 4347 7610

All books & Lab materials are provided by the program.

Winter/ Spring 2023 Semester

January 13 - April 14, 2023

Monday, Wednesday and Friday

9:00am - 2:00pm.

### REQUIREMENTS:

- Must be 18 years of age or older
- Must be a Non-Native English speaker and have an Intermediate/High Level of English
- Able to commute to Kingsborough Community College campus at 2001 Oriental Blvd, Brooklyn NY 11235

### BENEFITS OF THE PROGRAM:

- Improve your workplace English
- Learn basic cooking techniques and preparation skills
- Learn job readiness skills, resume development and interview techniques
- Open the door to new job, education and career opportunities
- Enroll in college courses, become a dietary aide, assistant cook, or cook's helper
- 15 hours/week of comprehensive English language development and food skills training





Fifth Avenue Committee  
Our Community. Our Future.

**Benefits of our Bus Driver Program:**

Improve your English Language Skills  
and Driving Knowledge to pass  
your Permit Test.



**929 732 1021**

Call Today to get Started  
on your New Career!



Fifth Avenue Committee  
Our Community. Our Future.

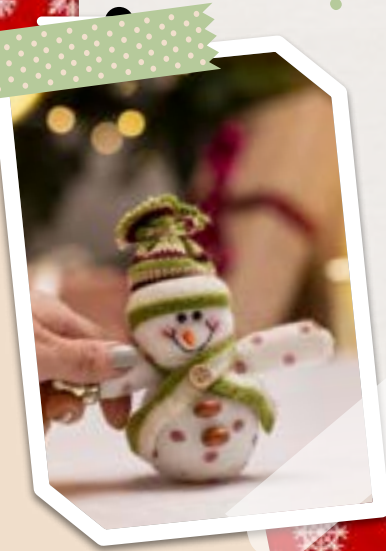
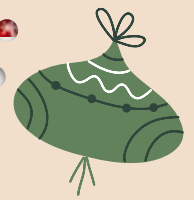
**Benefits of our Bus Driver Program:**

Practice your Commercial Driving Skills  
to get your CDL CLASS B LICENSE.



**929 732 1021**

Call Today to get Started  
on your New Career!







 **Fifth Avenue Committee**  
Our Community. Our Future.

 **929 732 1021**

Call Today to get Started  
on your New Career!

 SCHOOL

## Benefits of our Bus Driver Program:



   
adultedunit



 **Fifth Avenue Committee**  
Our Community. Our Future.

### Benefits of our Bus Driver Program:

Become a Bus Driver with a starting  
Salary of \$19-23 and hour; full time  
work with benefits.

 **929 732 1021**

Call Today to get Started  
on your New Career!

   
adultedunit



BLACKLINING  
FOUNDATION INC.

# GENERATIONAL WEALTH WORKSHOP SERIES

The Blacklining Workshop Series is a series of 5 workshops that guide participants through setting goals, budgeting for success, learning alternative ways to generate income and finally understanding how to become a homeowner and a true landlord of their domain.



WEDNESDAY  
DECEMBER 14TH - JANUARY 18TH, 2023



6PM

**100%  
ONLINE**

WITH LIVE  
INSTRUCTOR

Register now at :

**FREE**

[www.BlackliningFoundation.com](http://www.BlackliningFoundation.com)

## WORKSHOPS



### BUYING A HOME 101

Buying a Home can be a daunting and time consuming task. It may seem difficult and navigating through the process feels overwhelming.



### BUDGETING 101

You know you have to build wealth but in order to build wealth you have to budget. The awful B word. Learn to start taking control of your finances.



### 7 STREAMS OF INCOME

You will never get rich with 1 source of income. Building wealth and setting a strong financial foundation requires you to have multiple forms of income streaming.



### SETTING GOALS

Setting Goals relieves your mind of clutter and allows for you to see a clear path of success.



### GENERATIONAL WEALTH

Learn the purpose, importance, and how to begin building generational wealth.





# SNOW AND ICE ARE NO MATCH FOR NYC

Earn \$17/hr  
helping clear  
bus stops, fire  
hydrants, and  
crosswalks



SNOW LABORERS NEEDED  
LEARN MORE AT [NYC.GOV/SNOW](https://nyc.gov/snow)



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](http://www.opendoorflc.org)





**NYC** Department of  
Youth & Community  
Development

# FOOD PANTRIES

THROUGHOUT THE 5 BOROUGHES, FIND YOUR LOCAL  
FOOD PANTRY BY VISITING:

[NYC.GOV/DYCD SEARCH FOOD PANTRIES](https://nyc.gov/dycd-search-food-pantries)





Know the signs of a gas leak. If you smell gas, leave the area immediately and call 911 or 1-800-75-CONED (26633)



**Smell gas,  
start dialing.**







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>





# Learn English with We Speak NYC.

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

Get started at [nyc.gov/WeSpeakNYC](https://nyc.gov/WeSpeakNYC)




# Aprende inglés con We Speak NYC.

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

Comienza aquí: [nyc.gov/WeSpeakNYC](https://nyc.gov/WeSpeakNYC)







Earn Your High School Equivalency with  
the Neighborhood Opportunity Network!



NeON™



Prepare to take the GED Exam to get your  
High School Equivalency Diploma  
with FREE classes at:

*Bed-Stuy NeON*

1958 Fulton St., Brooklyn, NY 11233

**WE OFFER:**

- Day Classes & Evening Classes
- Registration Support
- Metro Cards, Stipends, and Other Incentives

Classes are open to individuals ages 17-21. Enrolled students will also be connected to NeON Works for additional education and career opportunities.

Sign Up! Scan the QR code above or go to [tinyurl.com/neonbae](https://tinyurl.com/neonbae)  
to complete an interest form today.

W: [nyc.gov/neon](https://nyc.gov/neon) E: [neonworks@probation.nyc.gov](mailto:neonworks@probation.nyc.gov) P: 212-510-3792



## The Future Is Yours to Create! Join NeON Works for Customized Opportunities to Reach Your Goals

- ▷ Career Exploration and Professional Development
- ▷ Vocational Training and Certifications
- ▷ HSE Enrollment and College Readiness
- ▷ Job and Internship Placement
- ▷ Individualized Coaching and Mentoring
- ▷ Stipends for Participation and Milestones

NeON Works is open to people on probation in NYC, and other individuals living in neighborhoods with NeONs. Priority given to young adults, ages 16-24.

Support provided by:  
**NYC** Young Men's  
Initiative

SIGN UP TODAY

[nyc.gov/neonworks](https://nyc.gov/neonworks)  
[neonworks@probation.nyc.gov](mailto:neonworks@probation.nyc.gov)





## December Trainings with with NeON Works!

- 12/12-12/15: Living a Healthy Lifestyle (Harlem, In-Person, 4:00-6:00)
- 12/13 & 12/16: Communication Skills Pt 1 & 2 (Queens, In-Person, 3:00-4:30)
- 12/14-12/15: Professionalism at Work + Job Club (South Bronx, In-Person, 4:30-6:00)
- 12/14 & 12/19: Life Skills: Conflict Resolution & Financial Skills (East NY, In-Person, 3:00-5:00)
- 12/14 & 12/21: Leadership Skills in Work and Life (Brownsville, In-Person, 2:00-5:00)
- 12/15 & 12/22: College Jeopardy and Financial Aid (Bed-Stuy, In-Person, 3:30-5:00)
- 12/22: Working Your Strengths (Staten Island, Hybrid, 3:00-4:00)

Sign up for to attend a training in your neighborhood! Go to [tinyurl.com/neonworksevent](https://tinyurl.com/neonworksevent)  
Open to young people ages 16-29, on probation in NYC or living in:  
Bed-Stuy, Brownsville, East New York, Harlem, Jamaica, Rockaway, South Bronx, or Staten Island



Build your skills  
and earn a  
stipend!



Support provided by:  
**NYC** Young Men's  
Initiative

For more info, visit us  
online or email us today!  
[nyc.gov/neonworks](https://nyc.gov/neonworks)  
[neonworks@probation.nyc.gov](mailto:neonworks@probation.nyc.gov)





## 2023 VIRTUAL CLASS SCHEDULE:

Our introductory photo classes are available virtually for the Winter Season!



### WINTER SCHEDULE:

**MONDAYS 4-6PM:  
FEBRUARY 6-APRIL 24**

**WEDNESDAYS 4-6PM:  
FEBRUARY 1-APRIL 19**



Instagram: [@neon\\_photographers](https://www.instagram.com/neon_photographers)  
Sign up: <https://nyc.gov/neonphotography>







# WE ARE RECRUITING



SPRING 2023

- CERTIFIED NURSE ASSISTANT
- CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT
- PHARMACY TECHNICIAN
- EKG/PHL TECHNICIAN

PLEASE EMAIL  
JORTIZ@COMMONPOINTQUEENS.ORG OR  
JSARMIENTO@COMMONPOINTQUEENS.ORG FOR  
MORE INFORMATION!

@opportunityyouth





The deadline for submissions is January 6, 2023. Winners will be notified by January 20 and their letters will be featured on our website. Any questions, contact [msanchez@youthcomm.org](mailto:msanchez@youthcomm.org).

#### Contest Rules:

- You must be between the ages of 14 and 19.
- Letters should be no more than 300 words.
- You may respond to only one story.
- If you win, your letter will be published on our website. Tell us if you want it to be printed anonymously—but you should still type in your full name and complete address so we know where to mail your check if you win.
- Current *YouthComm* or *Represent* writers may not enter the writing contest.
- Letters may be edited by Youth Communication editors for brevity and clarity. All entries become property of Youth Communication. Go to this link for more details: [Teen Writing Contest - Youth Communication](#)





Youth Communication is sponsoring a writing contest for young people. Every three months, we will highlight five recent stories and ask readers to choose one and write a response to the author. Tell them how you related to their story, what lessons you learned, or other ways the story impacted you. We will choose three winners with prizes of \$150 (1st prize), \$75 (2nd prize), and \$50 (3rd prize).





The image features a white spiral-bound notebook page with a decorative border of stylized flowers, leaves, and scrolls in shades of orange, red, and green. The text is centered on the page in a dark red, cursive font. The background of the entire image is a solid red color.

*HEALTH, MENTAL HEALTH  
& WELLNESS TIPS*



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

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

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

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

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

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





Make it a  
**DOUBLE DATE**

Get your flu vaccine



Plus your updated  
COVID-19 booster!

It's safe to get both at the same time.  
They're our best defense against serious illness and complications.



Conviértelo en una  
**DOBLE CITA**

¡Recibe tu vacuna  
contra la gripe



Junto con tu dosis de  
refuerzo actualizada  
contra el COVID-19!

Es seguro recibir ambas al mismo tiempo.

Son nuestra mejor defensa contra las enfermedades  
y complicaciones graves.



## What is long COVID?

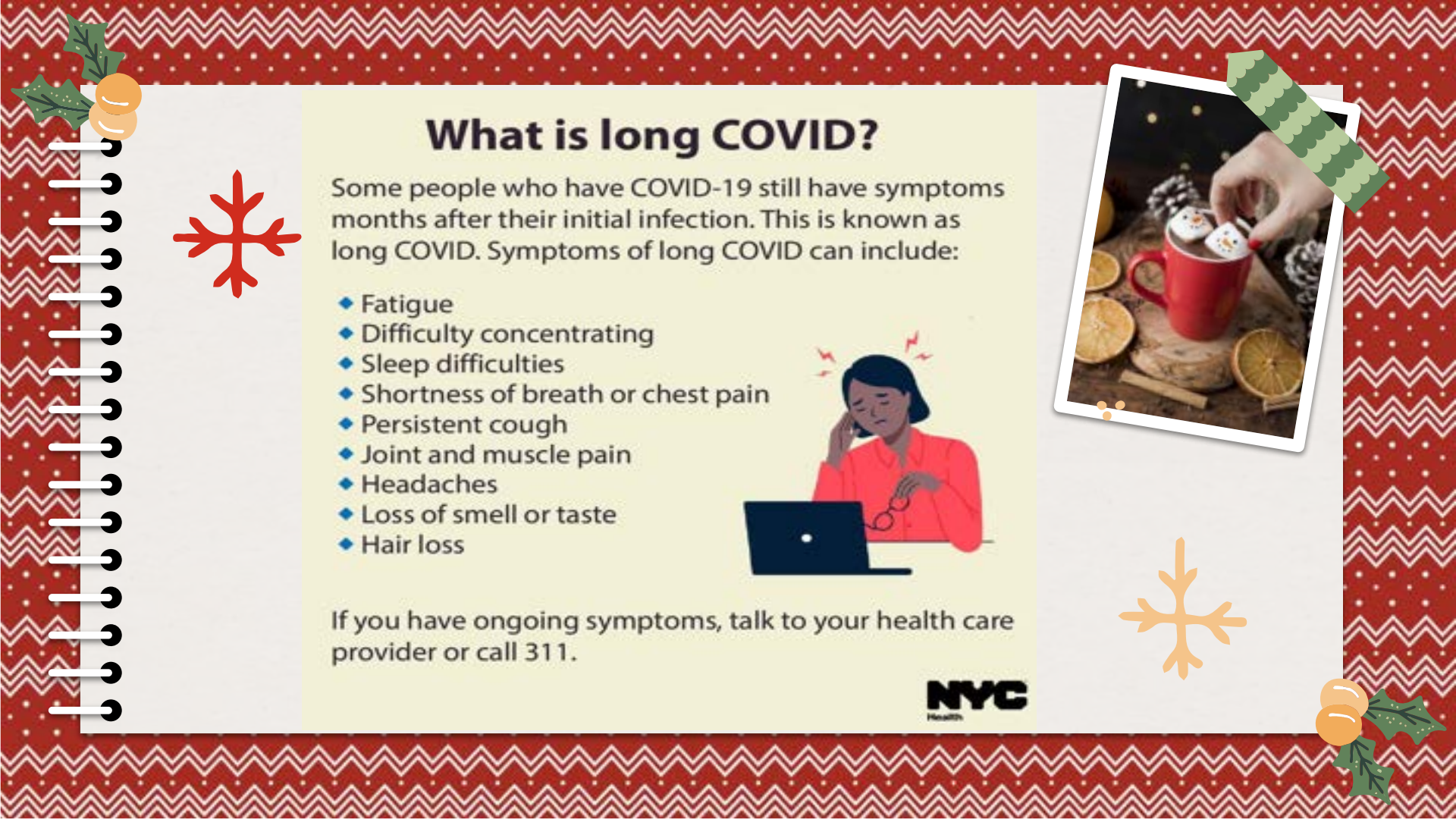
Some people who have COVID-19 still have symptoms months after their initial infection. This is known as long COVID. Symptoms of long COVID can include:

- ◆ Fatigue
- ◆ Difficulty concentrating
- ◆ Sleep difficulties
- ◆ Shortness of breath or chest pain
- ◆ Persistent cough
- ◆ Joint and muscle pain
- ◆ Headaches
- ◆ Loss of smell or taste
- ◆ Hair loss



If you have ongoing symptoms, talk to your health care provider or call 311.

**NYC**  
Health





## Coping with Thoughts of Suicide

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

- **Take care of your body.** Stay physically active, get enough sleep, eat well and avoid excessive amounts of alcohol, non-prescribed drugs and caffeine.
- **Take care of your mind.** Set a limit on the amount of media you watch and read, including social media.
- **Stay connected.** Connect and talk with loved ones, friends and family.

If you are having thoughts of suicide:

- **Create a suicide safety plan.**
- **Reach out for support and help.** NYC Well counselors are available to listen to and support you 24/7.

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



**NYC**  
Health

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





## Latinx Mental Health Resources:

**Latinx Therapy**  
[latinxtherapy.com](http://latinxtherapy.com)

**Sana Mente**  
[sanamente.org](http://sanamente.org)

**Ntl. Alliance for Hispanic Health**  
[healthyamericas.org](http://healthyamericas.org)

## Indigenous Mental Health Resources:

**Indian Health Services**  
[ihs.gov](http://ihs.gov)

**One Sky Center**  
[oneskycenter.org](http://oneskycenter.org)

**We R Native**  
[wernative.org](http://wernative.org)

## AAPI Mental Health Resources:

**Asian Mental Health Collective**  
[asianmhc.org](http://asianmhc.org)

**National Queer Asian Pacific  
Islander Alliance (NQAPIA)**  
[nqapia.org](http://nqapia.org)

**Asian Mental Health Project**  
[asianmentalhealthproject.com](http://asianmentalhealthproject.com)

**South Asian Mental Health**  
[samhin.org](http://samhin.org)

**NAAPIMHA**  
[naapimha.org](http://naapimha.org)

**South Asian Therapists**  
[southasiantherapists.org](http://southasiantherapists.org)

**AAPI Health Forum**  
[apiahf.org](http://apiahf.org)





## Black Mental Health Resources:

### **BEAM**

[beam.community](https://beam.community)

### **Black Mental Wellness**

[blackmentalwellness.com](https://blackmentalwellness.com)

### **Black Mental Health Alliance**

[blackmentalhealth.com](https://blackmentalhealth.com)

### **Black Men Heal**

[blackmenheal.org](https://blackmenheal.org)

### **Melanin and Mental Health**

[melaninandmentalhealth.com](https://melaninandmentalhealth.com)

### **Sista Afya**

[sistaafya.com](https://sistaafya.com)

### **Therapy for Black Girls**

[therapyforblackgirls.com](https://therapyforblackgirls.com)

### **Assoc. of Black Psychologists**

[abpsi.org](https://abpsi.org)

### **Aakoma Project**

[aakomaproject.org](https://aakomaproject.org)

### **Boris Henson Foundation**

[borishensonfoundation.org](https://borishensonfoundation.org)

### **Innopsych**

[innopsych.com](https://innopsych.com)

### **Inclusive Therapists**

[inclusivetherapists.com](https://inclusivetherapists.com)

### **The Loveland Foundation**

[thelovelandfoundation.org](https://thelovelandfoundation.org)

### **Ourselves Black**

[ourselvesblack.com](https://ourselvesblack.com)

### **QTPOC**

[nqttn.com/directory](https://nqttn.com/directory)

### **Black Female Therapists**

[blackfemaletherapists.com](https://blackfemaletherapists.com)



# A NEW CRISIS RESOURCE FOR NY



Office of  
Mental Health







# Food Allergies Resource

The social impact of food allergies on families:

- 89% have avoided certain restaurants
- 82% have changed family traditions to accommodate food allergies
- 53% have skipped out on an important school function
- 45% have avoided airline travel

#morethanfoodallergies  
[kidswithfoodallergies.org/awareness](http://kidswithfoodallergies.org/awareness)

Source: My Life With Food Allergies Survey, April 2018.



## Preparing food for someone with food allergies?

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



[kidswithfoodallergies.org](http://kidswithfoodallergies.org)



# HOW TO EAT OUT SAFELY WITH ALLERGIES

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




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




[kidswithfoodallergies.org](http://kidswithfoodallergies.org)





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


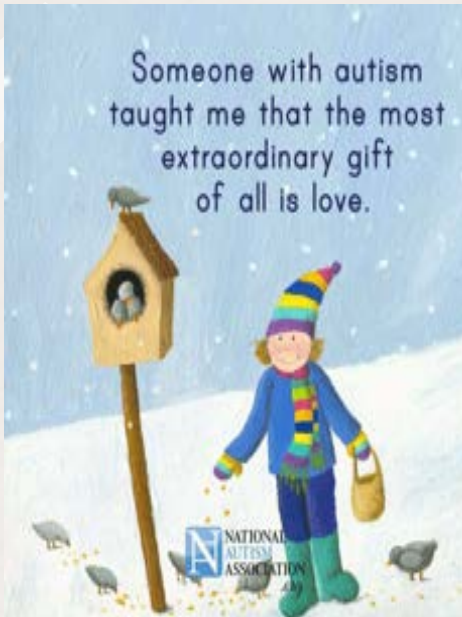


NATIONAL  
AUTISM  
ASSOCIATION  
*adv*



## Autism Resource

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



NATIONAL  
AUTISM  
ASSOCIATION  
*adv*



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

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



NATIONAL  
AUTISM  
ASSOCIATION  
*adv*



# December to-do List

WRAPPING UP 2022 EDITION

- Get creative with holiday cards
- Cozy up your home
- Try a new hot chocolate recipe
- Enjoy quality time with your loved ones
- Name what you're most proud of doing this year
- Create one new tradition
- Get ahead of your 2023 goals - We can help you 🎯

## December Self-Care Goals





A close-up photograph of several golden-brown cinnamon rolls on a white parchment-lined tray. The rolls are stacked and have a visible swirl pattern. The image is decorated with several thick, dark brown brush strokes: a spiral in the top left, a horizontal stroke pointing left towards the text, and a spiral in the bottom right. A light beige oval shape frames the text on the left side. The bottom of the image has a dark teal gradient background.

**RECIPES  
FOR THE  
HOLIDAYS**



Recipe here:

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

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





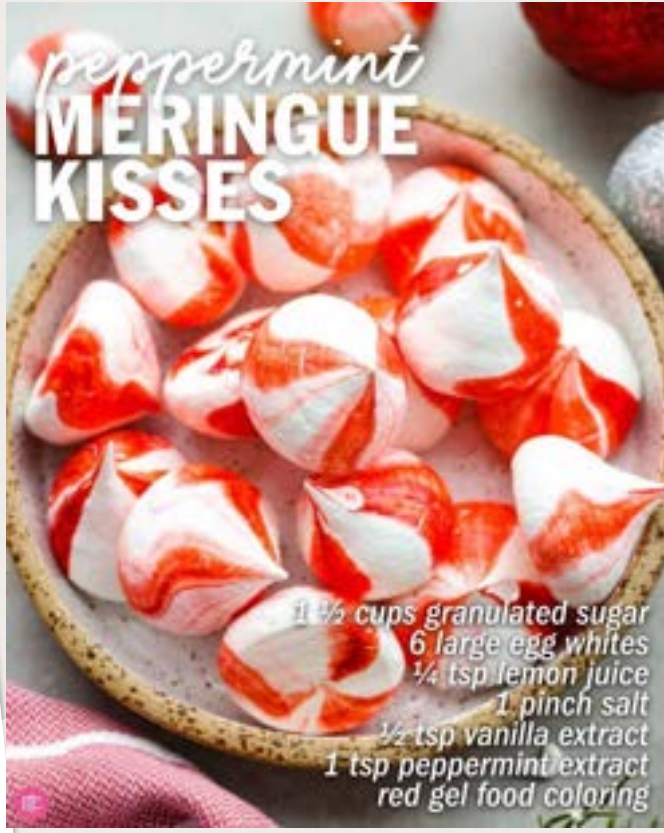
*cranberry*  
**CHRISTMAS  
CAKE**



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

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





peppermint  
**MERINGUE  
KISSES**

- 1 1/2 cups granulated sugar
- 6 large egg whites
- 1/4 tsp lemon juice
- 1 pinch salt
- 1/2 tsp vanilla extract
- 1 tsp peppermint extract
- red gel food coloring

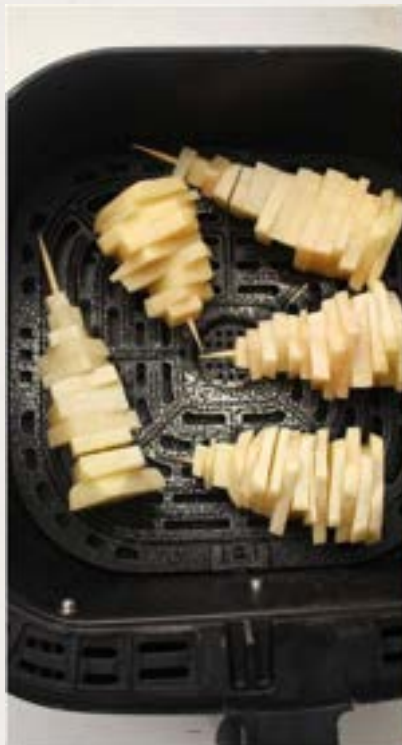
Recipe here:

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

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







## AIR FRYER CHRISTMAS TREE POTATOES!!

[https://theflexiblefridge.com/tik-tok-air-fryer-christmas-potato-tree/?fbclid=IwAR2-YhnaF66v6PvTPIr1DVDq0rG5\\_2dyf5FAy2-uwH9sIHxVU6\\_A\\_Q6AaKk](https://theflexiblefridge.com/tik-tok-air-fryer-christmas-potato-tree/?fbclid=IwAR2-YhnaF66v6PvTPIr1DVDq0rG5_2dyf5FAy2-uwH9sIHxVU6_A_Q6AaKk)



# cherry CHEESECAKE BROWNIES



## BROWNIES

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

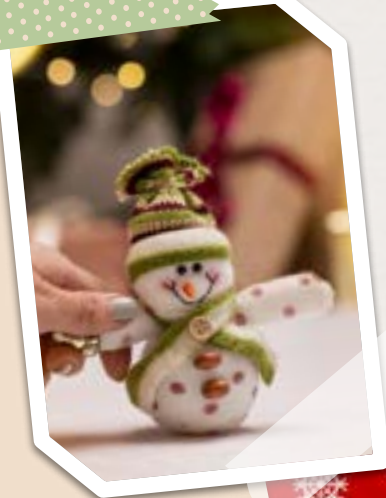
## CHEESECAKE TOPPING

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

Recipe here:

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

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







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

*RECIPE:* [https://thestayathomechef.com/easy-slow-cooker-chili-lime-mexican/?fbclid=IwAR14gFFQOb\\_GyD9aHlcto8\]kFsCtPFPmV7\]sapNx1erQRtT6Q69bQC\]QwRO](https://thestayathomechef.com/easy-slow-cooker-chili-lime-mexican/?fbclid=IwAR14gFFQOb_GyD9aHlcto8]kFsCtPFPmV7]sapNx1erQRtT6Q69bQC]QwRO)





*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'RE LOOKING FOR:**

- 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](mailto:mpink@thewcs.org)



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



# ¡BUSCAMOS MIEMBROS PARA EL CONSEJO DE LIDERAZGO!

¿QUÉ PUESTOS ESTÁN ABIERTOS?



**BUSCAMOS**

- 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](mailto:mpink@thewcs.org)



# School SUPPORT



## Class of 2026

**Academy Leader:**  
Angie Helliger  
AHelliger@thewcs.org  
**Student Life Associate:**  
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**Guidance Counselor:**  
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**Intervention and Family Support Counselor**  
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## Class of 2024

**Academy Leader:**  
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**Student Life Associate:**  
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SJackson@thewcs.org  
**Guidance Counselor:**  
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**Intervention and Family Support Counselor**  
Ms. G  
BGorkowski@thewcs.org

## Additional Support

Parent Coordinator  
Ms. Melody Pink  
mpink@thewcs.org

## Class of 2025

**Academy Leader:**  
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KBobe@thewcs.org  
**Intervention and Family Support Counselor**  
TBD

## Class of 2023

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**Intervention and Family Support Counselor**  
TBD

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**SNAS**  
Alisa Marcus  
AMarcus@thewcs.org  
Melissa Wade  
MWade@thewcs.org



A decorative border surrounds the central text, featuring various floral motifs, leaves, and swirls in shades of orange, red, green, and yellow. The border is set against a white background that resembles a spiral-bound notebook page, with the spiral binding visible on the left side. The overall design is vibrant and celebratory.

# **PARENTING TIPS & RESOURCES**

# *Tips to Avoid the Holiday Blues*

5

## TIPS TO AVOID THE HOLIDAY BLUES



### LIMIT OR AVOID INTOXICANTS

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



## BE AWARE



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



## EXERCISE AND INTERACT

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





## COMMIT TO LESS

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



## SLEEP WELL

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





**NY Project Hope Emotional Support Helpline:**

**1-844-863-9314**

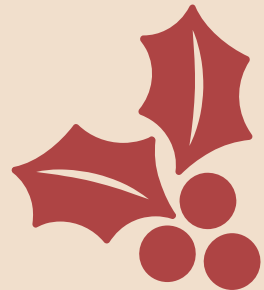
**Crisis Text Line: Text GOT5 to 741741**

**National Suicide Prevention Lifeline:**

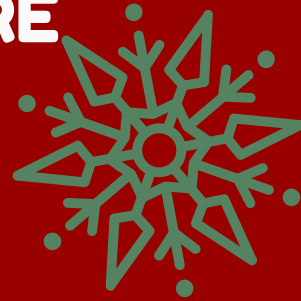
**1-800-273-TALK (8255)**

**Trevor Lifeline: 1-866-488-7386**

**Trevor Text: Text START to 678678**



# PRACTICE HOLIDAY SELF CARE



## TAKE TIME TO RELAX



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



## PRACTICE SELF-COMPASSION

Forgive yourself  
for mistakes

Think  
about one  
thing you  
did well  
recently

Recognize  
that you  
are doing  
your best

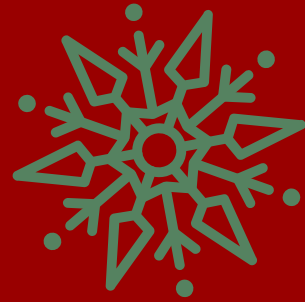




# DO SOMETHING THAT ENERGIZES YOU



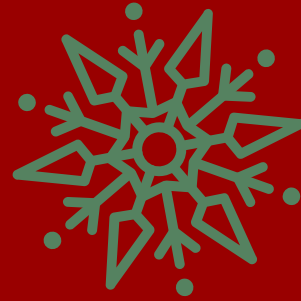
Do some stretching, go for a run, or put on some music and dance to your favorite song.



# PRACTICE POSITIVE SELF-TALK



What we say to ourselves  
matters—make it positive!





## CO-PARENTING During the Holidays

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



# LOVE YOURSELF MORE

Celebrate your  
accomplishments  
no matter how  
small

Allow yourself  
to make  
mistakes

Don't compare  
your progress  
with others

Prioritise  
being kind to  
yourself  
always

Don't be afraid  
to let go of toxic  
people

Your value is  
never in the way  
you look

Always trust  
yourself and  
believe you can  
do great things

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





# Remember:

My email address is  
[mpink@thewcs.org](mailto:mpink@thewcs.org)

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





HAPPY HOLIDAYS  
ALL! - ❤️ Ms. Pink