



**JANUARY 2023 RESOURCE PACKET  
FROM YOUR  
PARENT COORDINATOR MS. PINK**



**Hello Families,**

**It's your Parent Coordinator Ms. Pink. I hope all is well with you and your family. I put together this resource packet for you with some Amazing resources just for you. Scroll through the entire packet and take advantage of the youth opportunities, Community Events, Trade School Programs, Parenting Tips, Health resources and more. Remember I'm just an email away. You can reach me at [mpink@thewcs.org](mailto:mpink@thewcs.org)**



**ALL ABOUT WCHS  
WHAT YOU NEED  
TO KNOW**



# OUR HEADS OF SCHOOL



Mr. Bashir

Head of School



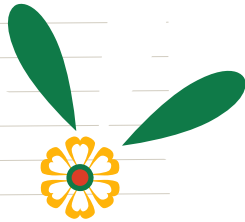
**WILLIAMSBURG**  
CHARTER HIGH SCHOOL



Ms. Jacobson

Head of Operations

# YOUR PARENT COORDINATOR MS. PINK



Remember I'm just an email away.

You can reach me at

[mpink@thewcs.org](mailto:mpink@thewcs.org) Mon - Thurs

9am-2pm

For All Parent Concerns &

Resources



# CORE VALUES



## CORE VALUES: P.R.I.D.E.



### PERSEVERANCE

Consistently strive toward excellence. The ability to work diligently, be patient, and never give up. Even if there are problems, you still continue. If at first you don't succeed try and try again.



### RESPECT

Respect for Self, Peers, Adults, Differences, and Property



### INTEGRITY

Doing what you know is right to do even when no one is looking-- honor and honesty in academic and social interactions.



### DISCOVERY

Embrace the diversity of our community, look for ways to contribute positively to those around you, explore solutions and respond to challenges with innovation.



### EMPATHY

Compassion for others. Considering the perspective of others.

# CONTACT US

## Grade Team Contacts:

<u>Class of</u>	<u>Academy Leader</u>	<u>Academic Counselor</u>
2026	ahelliger@thewcs.org	ydorcely@thewcs.org
2025	lcombs@thewcs.org	kbobe@thewcs.org
2024	jmack@thewcs.org	rdelyon@thewcs.org
2023	smartin@thewcs.org	orodriguez@thewcs.org

**Covid Safety:** [covidconcerns@thewcs.org](mailto:covidconcerns@thewcs.org)



# Bell Schedule

PERIOD	MON	Mins	TUE	Mins	WED	Mins	THU	Mins	FRI	Mins
<i>BFAST/0</i>	<i>7:15 AM</i>	<i>40</i>	<i>7:15 AM</i>	<i>40</i>	<i>7:15 AM</i>	<i>40</i>	<i>7:15 AM</i>	<i>40</i>	<i>7:15 AM</i>	<i>40</i>
<b>1</b>	8:00 AM	45	8:00 AM	45	8:00 AM	35	8:00 AM	45	8:00 AM	45
<b>2</b>	8:50 AM	45	8:50 AM	45	8:40 AM	35	8:50 AM	45	8:50 AM	45
<i>ADVISORY</i>	<i>9:40 AM</i>	<i>15</i>	<i>9:40 AM</i>	<i>15</i>	<i>9:25 AM</i>	<i>35</i>	<i>9:40 AM</i>	<i>15</i>	<i>9:40 AM</i>	<i>15</i>
<b>3</b>	10:00 AM	45	10:00 AM	45	10:05 AM	35	10:00 AM	45	10:00 AM	45
<b>4</b>	10:50 AM	45	10:50 AM	45	10:45 AM	35	10:50 AM	45	10:50 AM	45
<b>5</b>	11:40 AM	45	11:40 AM	45	11:25 AM	35	11:40 AM	45	11:40 AM	45
<b>6</b>	12:30 PM	45	12:30 PM	45	12:05 PM	35	12:30 PM	45	12:30 PM	45
<b>7</b>	1:20 PM	45	1:20 PM	45	12:45 PM	35	1:20 PM	45	1:20 PM	45
<b>8</b>	2:10 PM	45	2:10 PM	45	1:25 PM	35	2:10 PM	45	2:10 PM	45
<b>9</b>	3:00 PM	55	3:00 PM	55			3:00 PM	55	3:00 PM	55

ADVISORY /  
LUNCH

Please arrive by 7:40AM for check in and bag check.

Clear Book Bags are recommended (not mandatory) for easier Bag Checking



**MASK AND UNIFORM ARE MANDATORY EVERYDAY!**

**¡MÁSCARA Y UNIFORME SON OBLIGATORIAS!**

## HOW NOT TO WEAR A FACE MASK



**Do not**  
wear your mask  
below your nose



**Do not**  
leave your  
chin exposed



**Do not**  
wear a mask that  
is loose or has  
gaps on the side



**Do not**  
wear your mask  
such that it only  
covers the tip  
of your nose



**Do not**  
push your  
mask on  
your neck



**Wear** your mask all the  
way up, close to the bridge  
of your nose, and all the  
way down under your chin.  
The mask should snug  
around your face without  
gaps. Do your best to  
tighten the loops.

## Working papers are also known as Employment Certification.

### Who needs working papers?

All students between 14 - 17 years of age must get an employment certificate in order to work.

### How do I get working papers?

**Contact Ms. Allison Witkowski via email at: [awitkowski@thewcs.org](mailto:awitkowski@thewcs.org) for further details.**

### Things to keep in mind:

You must have a current medical on file or go to the doctor to update form. You must complete a working paper form.

You must sign for & pick up your working paper in person.

**Note: Some employers may phone your school to see if you are a student and have good attendance, especially during this virtual time of learning.**

AT-18

THE UNIVERSITY OF THE STATE OF NEW YORK  
THE STATE EDUCATION DEPARTMENT  
ALBANY, NEW YORK 12234

Nonfactory Employment Certificate  
Valid for Lawful  
Employment of a Minor 14 or 15 Years of Age  
Enrolled in Day School When Attendance  
Is Not Required

(This certificate expires the day preceding the minors sixteenth birthday)

Number	Date of Issuance
Name of Minor	
Date of Birth	Social Security Number
Signature of Minor in Presence of Issuing Official	
(School Building and Public School District)	
Signature of Issuing Official	

Rev. 9/91 C. F. Williams & Son, P.O. Box 82B, Albany, N. Y. 12201



# OVERVIEW FOR WORKING PAPERS

If you are aged 14-17 you will need an employment certificate, also called working papers, in order to hold a job in New York State.

This rule covers:

- High school graduates
- Minors who work for their parents
- Minors who do industrial homework

Working papers are divided into two age groups (14-15 and 16-17):

**14-15-year-olds** - Your working papers are blue. If you are 14 and 15 years old, you are issued these working papers because you are not allowed to work in a factory.

**16-17-year-olds (in school)** - Your working papers are green. The difference between 14-15 year old working papers and 16-17 year old working papers is that you are allowed to work in a factory. You cannot work around certain machines, do construction work, help on a motor vehicle, clean, oil, wipe, or adjust belts on machinery.

# Hours You Can Work When in School



Age Maximum, Daily Work Hours, Maximum Weekly, Work Hours Maximum,, Number Of Days Worked Per Week & Work Times

## Ages 14-15

- 3 hours on school days
- 8 hours on non-school days (most likely Saturday and Sunday)

18 hours (max weekly hours) 6 days ( max number of days worked per week) 7am to 7pm

## Ages 16-17

- 4 hours on Monday-Thursday on school days
- 8 hours on Friday, Saturday, Sunday and Holidays

28 hours ( max weekly hours) 6 days ( max number of day worked per week) 6am to 10pm

**Note:** Scholars must work after school hours & MUST balance school and work life. Scholars of WCHS must attend school every day, complete all assignments, homework, study & pass All exams if they choose to obtain employment. Scholars must locate employment on their own.

# When School is Not in Session



Age Maximum Daily Work Hours Maximum Weekly Work Hours Maximum Number Of Days Worked Per Week Work Times

Ages 14-15

- 8 hours daily, 40 hours weekly, 6 days per week
- 7am to 9pm (June 21 to Labor Day) - hours to work between

Ages 16-17

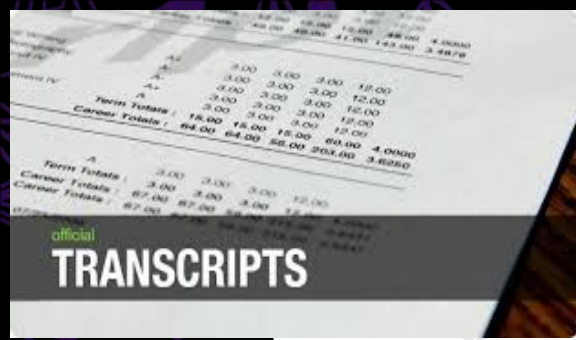
- 8 hours daily, 48 hours weekly, 6 days per week
- 6am to Midnight - hours to work between

Visit this link for more details:

[Youth Ages 14-17 | Department of Labor \(ny.gov\)](#)

**SPECIAL NOTE: Be careful with Social Media**

***What you post on social media does matter. Check your privacy settings to allow only certain people to see your posts. Some employers check social media profiles—so think before you post!***

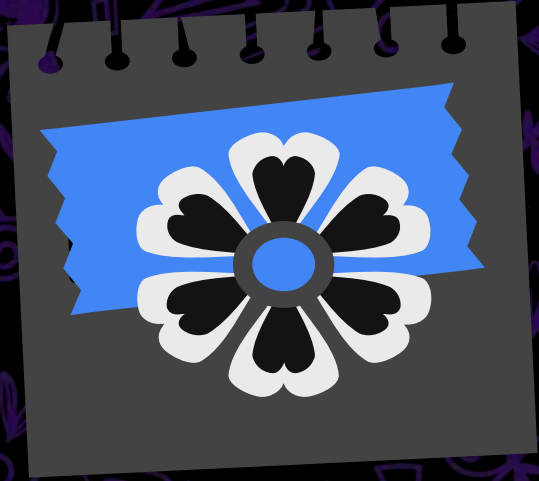
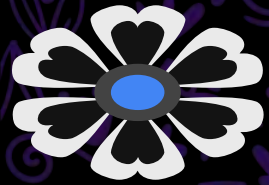


**IF YOU NEED A COPY OF YOUR  
SCHOLAR'S TRANSCRIPT, UPDATE YOUR  
ADDRESS or LETTER OF ATTENDANCE**

**PLEASE EMAIL:**

**Ms. Cooper at**

**[ecooper@thewcs.org](mailto:ecooper@thewcs.org)**





## Class of 2026

**Academy Leader:**  
Angie Helliger  
AHelliger@thewcs.org  
**Student Life Associate:**  
Nate Robinson  
NRobinson@thewcs.org  
**Guidance Counselor:**  
Yoldyve Dorcely  
YDorcely@thewcs.org  
**Intervention and Family Support Counselor**  
Alejandra Aburdene  
AAburdene@thewcs.org

## Class of 2024

**Academy Leader:**  
Jonathan Mack  
JMack@thewcs.org  
**Student Life Associate:**  
Sean Jackson  
SJackson@thewcs.org  
**Guidance Counselor:**  
Renee DeLyon  
RDelyon@thewcs.org  
**Intervention and Family Support Counselor**  
Ms. G  
BGozikowski@thewcs.org



## Additional Support

Parent Coordinator  
Ms. Melody Pink  
mpink@thewcs.org



## Class of 2025

**Academy Leader:**  
Lawrence Combs  
LCombs@thewcs.org  
**Student Life Associate:**  
Leonard Myers  
LMyers@thewcs.org  
**Guidance Counselor:**  
Kim Bobe  
KBobe@thewcs.org  
**Intervention and Family Support Counselor**  
TBD

## Class of 2023



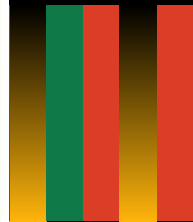
**Academy Leader:**  
Shante Martin  
SMartin@thewcs.org  
**Student Life Associate:**  
Natasha Robinson  
NRobinson@thewcs.org  
**Guidance Counselor:**  
Odalis Rodriguez  
ORodriguez@thewcs.org  
**Intervention and Family Support Counselor**  
TBD



**Academy Leader:**  
Danielle Bero  
DBero@thewcs.org  
Janelle Holford  
JHolford@thewcs.org  
**College and Career Office**  
Ms. Valentin  
AValentin@thewcs.org  
Ms. Bisceglia  
LBisceglia@thewcs.org

**Deans Team**  
Robert Guzman Cruz  
RGuzmanCruz@thewcs.org  
Tiffany Pratt  
TPratt@thewcs.org

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



The background is a vibrant yellow, adorned with various decorative elements. In the top-left corner, there's a stylized graphic with red, green, and white curved shapes. The top and bottom edges are decorated with white daisies, green leaves, and white floral motifs. A large, elegant white swirl is positioned in the bottom center. On the right side, there's a green and white swirl. The bottom-right corner features a red and green geometric shape. The text is centered in a bold, dark red font.

# **COMMUNITY HAPPENINGS & RESOURCES**



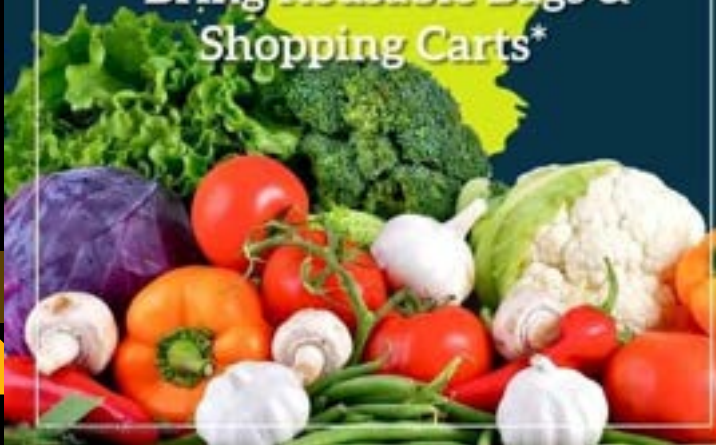


## WE LOVE OUR COMMUNITY PANTRY

Each & Every Wednesday  
@ 3PM

**1585 Fulton St  
Brooklyn, NY 11213**

**\* Bring Reusable Bags &  
Shopping Carts\***



# 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)

# Looking For a Job?

WHEDco & the Jerome Avenue  
Revitalization Collaborative (JARC)  
are posting a monthly local and  
citywide job list and other resources  
at [www.jarcbx.com](http://www.jarcbx.com).



SCAN FOR January  
2023 JOBS



JEROME AVENUE  
REVITALIZATION  
COLLABORATIVE



## Join Our Outstanding Home Care Team!

St. Nicks Alliance  
Home Care  
is hiring  
Personal Care Aides



JOBS AVAILABLE FOR  
ALL HOURS & DAYS  
Special Needs for:  
LIVE-IN (24-HOUR) AND WEEKEND

### Please bring:

- Valid PCA or IHA certificate
- Photo ID
- Social Security Card
- Two personal references
- Flu/COVID-19 Vaccination documentation

### We Offer:

- Hourly rate from \$17/hour; premium rate of \$18.10/hour on weekends; double time on holidays
- Live-in rate \$221/day weekdays; \$277.50/day weekends
- Health, pension and education benefits available through Local 1199 SEU
- Jobs available in Brooklyn, Queens and Manhattan
- Weekends, weekdays, live-ins, day or night shifts, permanent and replacement cases available

### CALL FOR AN APPOINTMENT AND MORE INFORMATION!

Where: St.Nicks Alliance, 2 Kingsland Avenue, 2nd Floor Brooklyn, NY 11211  
Contact Info: 718.388.5654 Ext. 235 for Paul Figueroa or Ext. 206 for Jonathan De La Luz  
or email: [hchire@stnicksalliance.org](mailto:hchire@stnicksalliance.org)

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## MEDICAL ADMINISTRATIVE ASSISTANT OR PHARMACY TECHNICIAN



WHICH ONE SHOULD I  
PICK?



CONTACT: 914-586-3645 FOR MORE  
INFORMATION



• AS A CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT YOU WILL PERFORM THE FOLLOWING DUTIES

- REVIEW AND ANSWER CORRESPONDENCE
- OPERATIVE COMPUTER SYSTEMS TO ACCOMPLISH OFFICE TASKS
- ANSWER CALLS, SCHEDULE APPOINTMENTS, GREET PATIENTS AND MAINTAIN FILES
- UPDATE AND MAINTAIN PATIENT AND OTHER PATIENT SPECIFIC INFORMATION
- BILLING, COLLECTION, FINANCIAL MANAGEMENT

CMAA MAKE \$18-25 AN HOUR



• AS A PHARMACY TECHNICIAN YOU WILL LEARN THE FOLLOWING

- INTERPRET PHYSICIAN ORDERS AND PRESCRIPTIONS
- PREPARE AND DISTRIBUTE MEDICATIONS
- UNDERSTAND THE PHARMACOLOGY OF MEDICATIONS IN RELATION TO THE ANATOMY AFFECTED

PHARMACY TECHNICIANS \$16-22 AN HOUR



MEDICAL ADMINISTRATIVE  
ASSISTANT

PHARMACY  
TECHNICIAN



## EKG/PHL OR CERTIFIED NURSE ASSISTANT



WHICH ONE SHOULD I  
PICK?



CONTACT: 914-586-3645 FOR MORE INFORMATION



• TRAINING IN UNDERSTANDING THE TECHNIQUES AND OPERATIONS OF ACCURATE EKG READING. TEACHES THE BASIC PRINCIPLES OF ELECTROPHYSIOLOGY OF HEART AND RECOGNIZING THE WAVEFORMS OF ELECTROCARDIOGRAPHY

• TRAINING IN BASIC PRINCIPLES OF BLOOD DRAWING, PRACTISING BLOOD GRAM OR ARTIFICIAL SKIN IDENTIFICATION OF COLOR CODED TUBES, COMMON SITES OF VENIPUNCTURE AND SKIN PUNCTURE

EKG TECHNICIANS CAN  
MAKE UP TO \$39,000 A  
YEAR (STARTING SALARY)

PHLEBOTOMIST  
MAKE \$18-\$26 AN HOUR

EKG/PHL



• THIS COURSE PREPARES INDIVIDUALS TO WORK UNDER THE SUPERVISION OF LICENSED HEALTH CARE PROFESSIONALS IN PERFORMING NURSING CARE AND SERVICES FOR PERSONS OF ALL AGES

• WORKS UNDER THE DIRECT SUPERVISION OF RN/LPN, PERFORMS NURSING PROCEDURES SUCH AS HYGIENE, SAFETY, NUTRITION, EXERCISE, ELIMINATION, AND OXYGEN NEEDS OF PATIENTS AND RESIDENTS

CNA CAN MAKE \$18 - \$20  
AN HOUR

CERTIFIED NURSE  
ASSISTANT

## RiseBoro Homebase Introduces: Community Roots



### What is Community Roots?

Community Roots provides eviction prevention services to at-risk households that are over-income for Homebase services.

### Who is Eligible?

- Households with a total income under 50% Area Median Income (AMI)
  - Visit [www.nyc.gov](https://www.nyc.gov) to find the AMI by household size
- Households that are at-risk of eviction
- Households that reside in Brooklyn, Queens, Manhattan, Staten Island & the Bronx

### How We Help:

- Financial assistance
- Case management
- Financial coaching
- Access to Legal Services
- Access to Public Benefits:
  - One-Shot Deals
  - Rental Subsidies
  - Emergency Rental Assistance Program (ERAP)

### Contact Us At:

**Our Homebase Offices:**  
(347) 295-3738  
(929) 299-6904  
(718) 366-4300

**Our Prevention Hotline:**  
(718)-210-2767

**Email:** [prevention@riseboro.org](mailto:prevention@riseboro.org)

Community Roots is possible because of  
the generosity of Trinity Church Wall Street

**RiseBoro**  
COMMUNITY PARTNERSHIP

# We're hiring!

Join the team that's passionate about  
helping New Yorkers before, during,  
and after disasters.



Check out open positions and apply today at [nyc.gov/jobs](https://nyc.gov/jobs)  
or email [jobs@oem.nyc.gov](mailto:jobs@oem.nyc.gov)

**NYC**  
Emergency  
Management

# Community Events

 ANTONIO REYNOSO  
BROOKLYN BOROUGH PRESIDENT

 BROOKLYN  
FOR ALL

## CHILDREN'S WINTER VILLAGE

AT BROOKLYN BOROUGH HALL

THURSDAY, JANUARY 26TH  
4 PM - 6 PM

### BROOKLYN BOROUGH HALL

209 JORALEMON STREET  
BROOKLYN, NY 11201

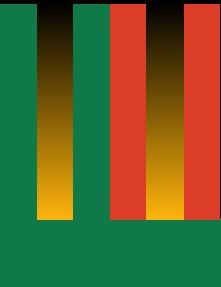
Join in holiday crafts, lego building,  
read aloud, face painting, and snacks\*  
\*While supplies last.

RSVP at [bit.ly/ChildrensWinterVillage2023](https://bit.ly/ChildrensWinterVillage2023)

Supported By

  nationalgrid  Pine Bank  **Brooklyn**  
Public Library Uber

BROOKLYN ORG-USA-2023    ©2023 BY BROOKLYN BOROUGH PRESIDENT



Looking to start a career in banking?

### This 8-week training

sets you on a path of successful career growth

#### Classes will cover:

- Interviewing skills
- Customer service
- Cash handling
- Effective communication



#### Program Eligibility:

- 21+ and able to work in U.S.
- Bilingual English/Spanish with English language fluency
- High School Diploma or Equivalent
- 1 year, preferably, customer service retail or cash handling experience

## In Person Financial Services Training

**IN PERSON INFO SESSION EVERY THURSDAY AT 10AM**

*Be prepared to stay at least 3 hours\**

\*Includes a math and reading test for those interested in moving forward

**Where:** St.Nicks Alliance Workforce, 790 Broadway, 2nd Fl., Brooklyn, NY 11206  
(J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

**Contact:** Beatrice Brown (718) 302-2057 Ext. 406 or [bbrown@stnicksalliance.org](mailto:bbrown@stnicksalliance.org)

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**UNIDOSUS**



**St.Nicks Alliance**

Where Opportunity Grows

Is your passion helping people?

*with immediate job placement!*

### This 5-week training

sets you on a path of successful career growth

#### Classes will cover:

- Interviewing skills
- Customer service
- Personal finance
- Effective communication
- Career Pathways



## IN-PERSON

## Customer Service Training

*Tues, Weds, Thurs at 1PM-4PM*

#### Requirements:

- Ages 18-24 and able to work in U.S.
- Available to start week after training
- Proof of COVID-19 vaccination

**Where:** St.Nicks Alliance Workforce, 790 Broadway, 2nd Fl., Brooklyn, NY 11206  
(J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

**Contact:** 718-302-2057 Ext. 450 or [CareerServices@stnicksalliance.org](mailto:CareerServices@stnicksalliance.org)

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**BANK OF AMERICA**



**St.Nicks Alliance**

Where Opportunity Grows

BROOKLYN LEGAL SERVICES CORPORATION A PRESENTS:

# DISPLACEMENT DURING COVID

WHAT'S HAPPENING ONE YEAR AFTER THE EVICTION  
AND FORECLOSURE MORATORIUMS LIFTED



Hear from Brooklyn A staff  
on the ground navigating  
New York City's multiple  
crises as we begin a new  
year with a new normal

**WEDNESDAY,**  
**JANUARY 25 at 6 PM**

Register here:  
[bit.ly/11230125](https://bit.ly/11230125)



Brooklyn Legal Services Corporation A

**BROOKLYN BOROUGH**  
**COMMUNITY LAND ACT**  
**TOWN HALL**

**THURSDAY, FEB. 2**  
**6-7:30PM**  
**BK BOROUGH HALL (209 JORALEMON ST)**  
**RSVP: [TINY.CC/CLA](https://tiny.cc/cla)**

*IN PARTNERSHIP W/ THE BROOKLYN BOROUGH PRESIDENT, ANTONIO REYNOSO*

FOR QUESTIONS OR TO RSVP, EMAIL [ELISE@NEWECONOMYNYC.ORG](mailto:ELISE@NEWECONOMYNYC.ORG)

# Learn English with We Speak NYC.

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

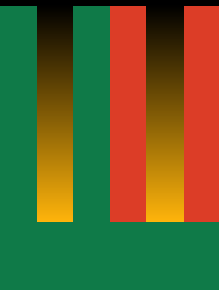
Get started at [nyc.gov/WeSpeakNYC](https://nyc.gov/WeSpeakNYC)



# 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)







**FAIR  
FARES** NYC 



Are you receiving public assistance? If so, you may qualify for the Fair fares program. Eligible New York City residents receive a 50% discount on subway and eligible bus fares.

Come to Brownsville Jobs Plus and we can get you started on signing up. It takes 3 minutes!!



For current member  
New members Welcomed  
**330 Powell st**

(347) 599-9655

1-Family • Condo • Co-op • Multi-family

**First-Time  
Home Buyer**  
WEBINAR



**Tuesday**  
January 24, 2023  
12:00pm - 1:30pm

**Lunch & learn!**  
Join to hear about:

**Register**  
[www.nhsbrooklyn.org/  
upcoming-events](http://www.nhsbrooklyn.org/upcoming-events)

- Grants
- Affordable Mortgages
- Credit Counseling
- Hiring a Real Estate Agent
- Making an Offer
- Home Inspections
- Signing a Contract
- Home Buyer Education
- Getting Started!



MUTUAL AID NYC HOTLINE

Call the Mutual Aid NYC hotline during the times listed below for information about food resources, grocery delivery and other services in your neighborhood and beyond. The hotline is free, open to everyone and is available in 11 languages, including English.

Monday - Thursday: 2 PM - 8 PM Friday: 2 PM - 5 PM

ESPAÑOL

Llame a la línea telefónica de Ayuda Mútua NYC en los horarios listados más abajo para información relacionada con comida, entrega de la compra a domicilio y otros servicios en su barrio y otros barrios. La línea telefónica es gratuita, abierta a todo el mundo, y disponible en 11 idiomas, incluyendo inglés y Español.

Lunes-Jueves: 2PM - 8PM Viernes: 2PM - 5PM

普通话

在下列列出的时间内，拨打我们的互助热线，以获取有关附近及其他地区的食物资源、杂货配送和其他服务的信息。该热线是免费的，向所有人开放，并以11种语言提供，包括英语和中文。

星期一至星期四: 2 PM - 8 PM 星期五: 2 PM - 5 PM

বাংলা

যদি আপনি বাংলায় Mutual Aid NYC হটলাইন দেখে www.mutualaid.org এখানে সবচেয়ে বেশি সংখ্যক পরিষেবা পাওয়া যায়। (সহায়তা/সহযোগিতা) এবং খাদ্যের সরবরাহ এবং অন্যান্য সেবা। আমাদের উদ্দেশ্য হল যে আপনি বাংলায় খাদ্যের সরবরাহ এবং অন্যান্য সেবা (সহায়তা এবং খাদ্যের)।

সময়: বুধ-শনিবার: ২ - ৮ প.ম. শুক্রবার: ২ - ৫ প.ম.

FRANÇAIS

Appeler la Mutual Aid NYC directe ligne durant les temps listés en dessous pour les informations concernant les ressources alimentaires, pour la livraison de vos condiments et autres besoins dans votre quartier ou en dehors. La ligne directe est gratuite, ouverte à toute personne et disponible dans 11 différentes langues en plus du français.

Lundi - Jeudi: 14h - 20h Vendredi: 14h - 17h

CREOLE

Èske Mutual Aid NYC liy dirik pandan tan ki nan li anba a pou enfòmasyon sou resous manja, livrezon maldit ak lòt sèvis nan karye ou ak apre. Liy dirik li gratis, louvri pou tout moun, epi li disponib nan ane lang, ki gen ladan angle ak kreòl.

Lendi jiska jedi: deak nan apre midi jiska uitè di awa

Vendredi: deak nan apre midi jiska senk di awa

हिन्दी

अगर आपको हिंदी में बातचीत या मदद की जरूरत है तो हमारे मुफ्त हॉटलाइन को कॉल करें। यह हॉटलाइन खाद्य सहायता के लिए है और अनाज और वीडियो के जरूरत, 11 और भाषाओं में सहायता है।

सोमवार - बुधवार: 2 - 8 PM शुक्रवार: 2 - 5 PM

한국어

영양품 및 기타 서비스에 대한 정보를 원하시는 경우, 해당에 보기 할 시간이 될 때까지 Mutual Aid NYC 핫라인에 연락하여 주시길 바랍니다. 모든 서비스는 무료로 제공되며, 누구든지 사용할 수 있습니다. 서비스는 영어 및 한국어로 포함하여 11개 언어로 제공됩니다. 월요일 - 목요일: 오후 2시 - 오후 8시 / 금요일: 오후 2시 - 오후 5시

РУССКИЙ

Позвоните по телефону горячей линии Mutual Aid NYC в указанное ниже время для получения информации о продовольственных ресурсах, доставке продуктов и других услугах в вашем районе и за его пределами. Горячая линия бесплатна, открыта для всех и доступна на 11 языках, включая английский и русский.

Понедельник - четверг: 14:00 - 20:00 Пятница: 14:00 - 17:00

اردو

کھانے پینے کے وسائل، راشن (گر ضروری) کی فراہمی اور ایسے لوگوں اور اسی سے باہر کی دیگر خدمات کے بارے میں معلومات حاصل کرنے کے لیے ہر وقت کسی اور زبان میں ایسی ایسی بات چیت اور کال کریں۔ ہر سروس مفت ہے اور کسی بھی وقت سے اور کبھی بھی اور زبان میں دستیاب ہے۔

پورے ہفت روزے: 2 سے شام 8 بجے تک

646-437-8080

For more information, languages & hours, visit MUTUALAID.NYC/I-NEED-HELP



Mutual Aid NYC is providing food assistance, resources, and other services. To get more information call their hotline at which you can call at 646-437-8080.



# Youth Opportunities



# First Tech Fund's 2023 Application

First Tech Fund provides a supportive, adaptive ecosystem where NYC high school students get access to free tech, free broadband, skills training, social capital, mentorship, and more.

Apply at [www.FirstTechFund.com/apply](http://www.FirstTechFund.com/apply)

FOR QUESTIONS, REACH OUT TO [INFO@FIRSTTECHFUND.COM](mailto:INFO@FIRSTTECHFUND.COM)



*Our fellowship application is now open for rising 10-12th graders from NYC! We're excited to continue expanding our programs for low-income youth through tech access, connectivity, mentorship, skills training and career exposure in 2023. Visit our website:*

[Program Overview – First Tech Fund](#)

*The deadline to apply is April 1st*



The 13th Annual



SATURDAY  
JANUARY 28TH

11am to 3pm

Curtis High School

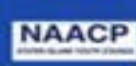
101 Hamilton Avenue  
Staten Island, NY

Register here: <https://bit.ly/5IHBCUFAIR2023>



Over **30+**  
**HBCUs**  
are Invited!  
**A FAMILY FRIENDLY EVENT!**

Sponsored by:



#SIHBCUEXPERIENCE  
#SIHBCUFAIR

SCAN HERE TO REGISTER



Email: [sihbcufair@gmail.com](mailto:sihbcufair@gmail.com)  
Facebook: @SIHBCUExperience  
Instagram: @sihbcufair  
TikTok: @sihbcufair  
Twitter: @Hbcuisland



- Dozens of HBCU to choose from!
- High School SENIORS! Bring your unofficial transcript & test scores! Must have a 2.0 GPA!
- On the spot admissions to select HBCUs!
- International Student recruitment!
- STEM opportunities at HBCUs!
- Students with IEPs are welcome!
- Workshops for parents and students!
- Scholarship information!
- DSU alum DJ Tystorm Is Spinning!

Take the ferry to Staten Island to the 552 bus.  
7 minute ride from the Staten Island Ferry!

I WILL GRADUATE  
PRESENTS

# YOUNG ADULT ENTREPRENEURSHIP PROGRAM

SOAK UP GEMS FROM  
BUSINESS GURUS  
ACROSS INDUSTRIES:

Health & Beauty    Fitness & Sport  
Food & Beverage    Arts & Culture    Fashion & Design  
Nonprofit & Community

## PROGRAM DETAILS

BY THE END OF THE PROGRAM,  
PARTICIPANTS WILL WALK AWAY WITH:

- COMPLETE BUSINESS PLAN
- TAX ID NUMBER (EIN)
- MARKETING KITS
- MORE KNOWLEDGE OF BUSINESS FUNDAMENTALS

SCAN THE QR CODE  
AND  
APPLY NOW



## DO YOU HAVE A BIG IDEA?

WIN SEED MONEY TO  
LAUNCH OR GROW  
YOUR BUSINESS

### PITCH COMPETITION

ALL PROGRAM PARTICIPANTS WILL PITCH THEIR FINAL BUSINESS PLANS FOR A CHANCE TO WIN SEED FUNDING AND TAKE THEIR BUSINESS TO THE NEXT LEVEL. MULTIPLE WINNERS FROM EACH BOROUGH WILL BE SELECTED!

#### SEED MONEY PRIZES

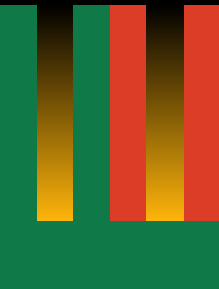
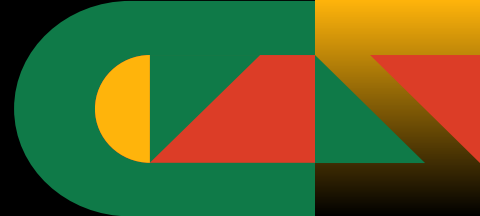
GRAND PRIZE \$2500  
1ST PLACE \$1000  
2ND PLACE \$500  
3RD PLACE \$250

#### WHO?

BUSINESS MINDED YOUTH AGES 16 - 24

#### WHEN?

APPLICATIONS ARE OPEN!  
SUBMIT YOUR APPLICATION BY JANUARY 25TH 2023





**Do you have a personal story to tell? Do you want to be published?**



If you're a New York City teen and like the idea of writing stories that will help your peers, Youth Communication is the place for you. We invite you to apply for our spring writing internship at *YouthComm*\*, a magazine by and for all New York City teens. This internship begins February 27, 2022. Teen writers are mentored by full-time professional editors, learning memoir writing and journalism skills. Our writers get to be a voice for other teens; their work is published for thousands of readers through our publications and partners like *The Nation*, *Chalkbeat*, or in Youth Communication curricula. The writing process is rigorous, involving many drafts, but with lots of support and guidance from an editor. Writers will be paid \$100 per published article. **NYC teens, apply online:**

[youthcomm.org/teens-write-for-us](https://youthcomm.org/teens-write-for-us)

**DEADLINE: February 3, 2023**

# SCHOLARSHIP OPPORTUNITIES



## **There's A Youth Mental Health Crisis**

Advocate for the expansion of access and improvement of mental health resources in your school.

**AMOUNT:** \$2,000

**DEADLINE:** January 31st, 2023

Visit this website for further details:

[There's A Youth Mental Health Crisis |DoSomething.org](https://www.dosomething.org/there-s-a-youth-mental-health-crisis)



A vibrant, colorful border surrounds the central text. It features stylized flowers in yellow, white, and red, green leaves, and white and yellow curved lines. The background is black, and the text is in a bold, yellow, sans-serif font. The border also includes geometric shapes like a red and green quarter-circle in the top-left, a red and green triangle in the bottom-right, and a yellow and green triangle in the bottom-right corner.

**PARENTING TIPS &  
RESOURCES**

# How to coach your child through their friendship drama:



## DO

Ask what kind of help they need from you.

*"HOW CAN I SUPPORT YOU RIGHT NOW?"*

*"WHAT DO YOU NEED?"*

*"I'M ALWAYS HERE IF YOU NEED MY HELP."*

## DON'T

Minimize or ignore hurtful comments.

*"I'M SURE YOU TWO WILL BE FINE BY TOMORROW. YOU ALWAYS MAKE UP."*

*"LET IT GO. I'M SURE THEY DIDN'T MEAN IT."*

## DO

Listen to your child without judgment and give full attention.

*"WHAT HAPPENED?"*

*"WHAT DO YOU THINK THE PROBLEM IS?"*

*"WHAT DID YOU MEAN WHEN YOU SAID...?"*

## DON'T

Try to fix the problem for them right away.

*"YOU NEED TO STAY AWAY FROM THEM FOR A WHILE."*

*"I'M GOING TO CALL THEIR PARENTS RIGHT NOW!"*

## DO

Show empathy.

*"THAT MUST HAVE FELT REALLY HURTFUL WHEN THEY CALLED YOU THAT."*

*"IT MUST HAVE BEEN VERY HARD TO STAY IN CLASS AFTER THAT HAPPENED."*

## DON'T

Assume your child is always the victim.

*"YOU'RE ALWAYS GETTING PICKED ON."*

*"YOU POOR THING. YOU CAN'T STAND UP FOR YOURSELF BECAUSE YOU'RE SMALLER."*

## DO

Ask open-ended questions to learn more about the situation.

*"HOW DID YOU FEEL WHEN THEY SAID THAT?"*

*"WHAT BOTHERED YOU THE MOST ABOUT THAT SITUATION?"*

*"IF YOU COULD GO BACK IN TIME, WHAT WOULD YOU DO DIFFERENTLY?"*

## DON'T

Force your child to stay with or change friends.

*"YOU ARE NOT ALLOWED TO PLAY WITH THEM ANYMORE!"*

*"YOU HAVE BEEN FRIENDS SINCE 1ST GRADE. YOU NEED TO KEEP YOUR FRIENDSHIP."*

## DO

Empower instead of catastrophizing.

*"I KNOW THIS IS HARD. I BELIEVE YOU CAN HANDLE THIS IN A POSITIVE WAY."*

*"BEING ABLE TO RESOLVE CONFLICTS IS A SKILL. YOU CAN LEARN IT AND BECOME GOOD AT IT."*

## DON'T

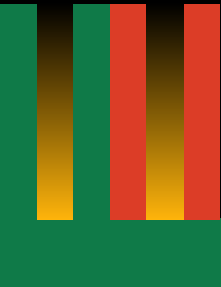
Loosen boundaries to compensate or encourage avoidance.

*"YOU DON'T HAVE TO GO TO SOCCER PRACTICE TONIGHT IF THEY ARE GOING TO BE THERE."*

*"YOU HAD A ROUGH DAY TODAY. YOU CAN PLAY VIDEO GAMES FOR AN EXTRA HOUR."*

## Talk regularly about friendships.

- ◆ Use audio stories, books, social media, and your personal experiences as conversation starters to point out what good and healthy friendships do and do not look like.



# ALTERNATIVES

## to "How was your day?"

SKIP the "I don't know"s  
INSPIRE a conversation!

What were some of the feelings you felt today? Can you name them?

What was one thing that made you laugh today?

What did you play at recess today? Who did you play with?

What was the best part of the day? And the worst?

What was your favorite lesson your teacher taught you today?

## 7 WAYS TO SHOW UP FOR YOUR TEEN



Get interested in their interests, talk about what they want to & stay up late with them.

Hold them accountable. Help them earn privileges & rewards. Boundaries are still important.



Listen to understand. Ask questions. Try not to lecture



Praise them directly & to others: "I'm so proud of who you are."



Their pain is real. Believe them when they say they are hurting.



Speak up for issues they are passionate about if you don't know, let them teach you.



Be a safe person while respecting their privacy. Be their home base.



**HEALTH, MENTAL  
HEALTH & WELLNESS  
TIPS**



## Need to talk?

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

**988 Crisis Lifeline:**  
Call/Text 988 or chat  
988lifeline.org

**Trevor Lifeline:**  
1-866-488-7386  
**Trevor Text:**  
Text START to 678678



Office of  
Mental Health

# A NEW CRISIS RESOURCE FOR NY



Office of  
Mental Health







**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>**



# GOING TO SCHOOL WITH FOOD ALLERGIES

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



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



## Preparing food for someone with food allergies?

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



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

for

# ALTERNATIVES TO CALLING THE POLICE

visit [dontcallthepolice.com](https://dontcallthepolice.com)



An online directory  
of local resources  
available as alternatives  
to contacting  
law enforcement.



Substance Abuse and  
Mental Health Services  
Administration (SAMHSA)  
Treatment Referral Hotline  
[1-877-726-4727](tel:1-877-726-4727)



For individuals and families facing mental health  
challenges and/or substance use disorders.





## The Trevor Project

[1-866-488-7386](tel:1-866-488-7386) ↵

or text TREVOR to 1-202-304-1200

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people.



BEAM  
BRAIN ENHANCED EMOTIONAL ASSISTANCE

## National Alliance on Mental Health (NAMI) Helpline

[1-800-950-6264](tel:1-800-950-6264) ↵

\*The NAMI Helpline can be reached Monday through Friday, 10am - 10pm ET.

The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Helpline staff and volunteers are experienced, well-trained and able to provide guidance.



BEAM  
BRAIN ENHANCED EMOTIONAL ASSISTANCE

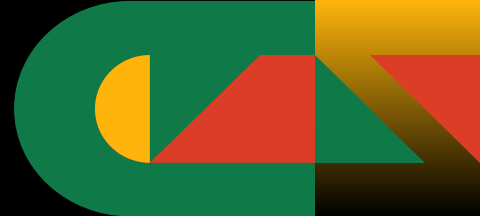
# National Suicide and Crisis Lifeline

**988** 📞

The National Suicide and Crisis Lifeline is a United States-based network that provides confidential support to people in suicidal crisis or emotional distress. The Lifeline operates 24/7 with phone and text capability.



**BEAM**  
BETHLEHEM EDUCATIONAL AND COMMUNITY CENTER



# BlackLine

**CALL BLACKLINE**

**1-800-604-5841** 📞

\*This resource is divested from the police. BlackLine provides a space for peer support, counseling, witnessing and affirming the lived experiences to folks who are most impacted by systematic oppression with an LGBTQ+ Black femme lens.



**BEAM**  
BETHLEHEM EDUCATIONAL AND COMMUNITY CENTER



# PHONE HOTLINES

## (24|7 SUPPORT)

If you are in mental health distress, use these resources for immediate support.



**BEAM**  
BETHLEHEM AREA EMOTIONAL ASSISTANCE CENTER  
2010-2011

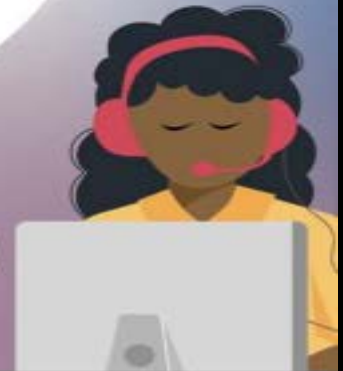


### Trans Lifeline

[1-877-565-8860](tel:1-877-565-8860) 📞

**TRANS  
LIFELINE**

\*This resource is divested from the police  
Trans Lifeline is a peer support service run by  
trans people, for trans and questioning callers.



**BEAM**  
BETHLEHEM AREA EMOTIONAL ASSISTANCE CENTER  
2010-2011

## LGBT National Hotline

1-888-843-4564 ↷



LGBT  
National  
Help Center

The Lesbian, Gay,  
Bisexual and Transgender  
National Hotline is for all ages.



BEAM

Behavioral Emergency Assistance  
Mental Health



## Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Hotline

1-877-726-4727 ↷

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

For individuals and families facing mental health  
challenges and/or substance use disorders.



BEAM

Behavioral Emergency Assistance  
Mental Health

COVID VACCINE SCAM ALERT

# COVID Vaccine Scam Alert Be Aware



The COVID-19 Vaccine is **FREE** to individuals.

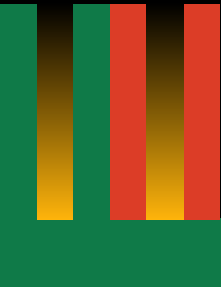
Do not pay anyone to register you for an appointment or to get the vaccine.

There is **NO COST!**

Report violations/fraud to 1-833-VAX-SCAM (1-833-829-7226)  
or email [STOPVAXFRAUD@health.ny.gov](mailto:STOPVAXFRAUD@health.ny.gov)



**DON'T FORGET YOUR MASK**



Leaving home?

**Don't forget  
your mask!**







## COVID-19 VACCINATION SITES

**NYC VACCINE FOR ALL:  
SAFE, FREE, EASY**

**NYC**



If you or someone you love would like to schedule an appointment for the **COVID-19 vaccine**, please visit [here](#) or call 1-833-NYS-4-VAX (1-833-697-4829).

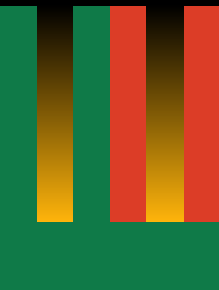
***Do you know someone*** who wants to get vaccinated, but can't get to a vaccine provider?



**In-Home Vaccination is available  
for homebound New Yorkers**

New York State is partnering with counties to provide in-home vaccinations for those who can't travel to a vaccine provider for medical or nonmedical reasons.

To find a provider near you, visit: <https://covid19vaccine.health.ny.gov/distribution-vaccine#in-home-vaccination>





## Physical Activity Ideas For

# Self-Care



Yoga



Dancing



Working out



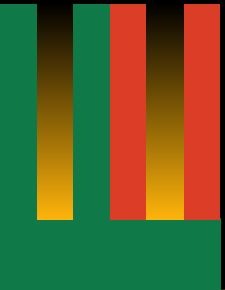
Going for a run/walk



Volunteering

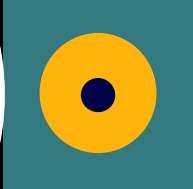
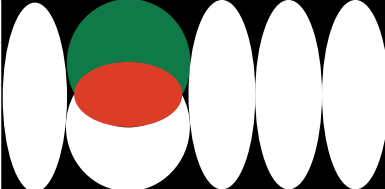
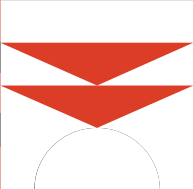
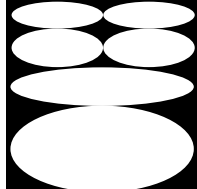
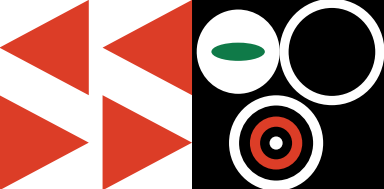


Going out with friends





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

FOR MORE INFORMATION  
EMAIL MS. PINK AT  
[mpink@thewcs.org](mailto:mpink@thewcs.org)



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

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



# ¡BUSCAMOS MIEMBROS PARA EL CONSEJO DE LIDERAZGO!

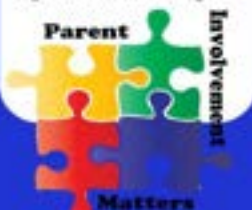
¿QUÉ PUESTOS ESTÁN ABIERTOS?



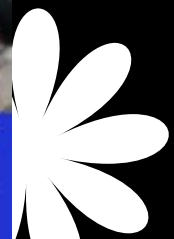
### BUSCAMOS

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

PARA MÁS INFORMACIÓN  
MANDE UN EMAIL A  
[mpink@thewcs.org](mailto:mpink@thewcs.org)



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!





**FAMILIES,**

**I HOPE YOU FOUND THIS PACKET HELPFUL. OUR NEXT VIRTUAL PARENT LEADERSHIP COUNCIL (PLC) MEETING WILL TAKE PLACE ON January 26th, 2023 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**

