ACTION CENTER ACTIVITIES

Info/Networking Session Luncheon for Direct Service Providers  
Thursday, July 18, 2019 | 10 a.m.–2 p.m.

Blood Drive  
Tuesday, April 2, 2019 | 10:30 a.m. to 3:00 p.m.
Contact: Fernando Tirado at ftirado@health.nyc.gov

Parent Sexual Health Education Focus Group  
Monday, April 15, 2019 | 4:30 p.m. to 6:00 p.m. - English/Spanish  
Contact: Lauren Shiman at lshiman@health.nyc.gov

Contact: Candida Bido at cbido@health.nyc.gov  
**Payment is required a week prior to receive your food box.

CLINICAL SERVICES

The Health Center at Tremont NYC Health + Hospitals  
Monday to Friday | 8:30 a.m. to 5 p.m.  
Call: (646) 815–9700

LOCATION

Tremont Neighborhood Health Action Center  
1826 Arthur Ave., Bronx, NY 10457  
For more information  
Call: (718) 508–0678 or (718) 508–0618  
Text: (646) 531–0660

ABOUT US

The District Public Health Offices are now the Neighborhood Health Action Centers providing health and wellness services in Tremont. The Action Centers are part of New York City’s effort to promote health equity and reduce health disparities at the neighborhood level.

FAMILY WELLNESS

Crib Distribution  
Pack ‘n Play cribs are provided to families that do not have a safe sleep surface for their babies (newborn to 6 months).  
*An appointment is required to receive your Pack ‘n Play.  
Call (718) 508–0618  
Wednesdays | 2 p.m. – 5 p.m.

Mindful Meditation  
Reiki is a relaxing therapy that works on changing the way energy moves through your body to give you more energy.  
Thursdays | 2:15 p.m. – 3:15 p.m.

Parenting Journey  
The Parenting Journey focuses on partnering with parents to build stronger families by developing the inner strengths, life skills, and network of resources they need to succeed.  
Mondays | 10 a.m.–12 p.m., Beginning April 15

Healing Circles  
For those who have experienced the loss of a pregnancy or infant.  
Healing Circles help us step out of the ordinary into a safe and accepting environment to explore our healing. With open minds, we explore together ways of deepening our capacity to heal.  
Thursdays | 5 p.m. – 6 p.m.

Pathways to Success  
Helps to connect expectant and parenting young adults and their families to reproductive and mental health services, child care, social services, food and transportation, support in reaching educational goals, job readiness and job seeking assistance, financial education and management, healthy relationships counselling, parenting skills and continuing education and support for fathers  
Call (646) 951–0134  
Tuesdays and Thursdays | 9 a.m.–4 p.m.

SPECIAL EVENTS!

Car Seat Safety Training  
Friday, March 22 and April 26 | 10 a.m.—12 p.m.  
**Registration is required and must be at least 32 weeks pregnant, with documentation at time of training to receive a car seat.

Infant CPR Training  
Tuesday, April 9 and May 7 | 2 p.m.  
To register: https://www.eventbrite.com/e/mental-health-first-aid-training-bronx  
Friday, April 12 and Wednesday, April 24 | 8:30 a.m.–5 p.m.

Mental Health First Aid Training  
Take a course. Save a life. Strengthen your community.  
To register: https://www.eventbrite.com/e/mental-health-first-aid-training-bronx  
Friday, April 12 and Wednesday, April 24 | 8:30 a.m.–5 p.m.

Overdose Prevention and Reversal Training  
Learn how to recognize and reverse an opioid overdose using naloxone nasal spray. Contact Gwen McKenzie at gmckenzie@health.nyc.gov for information  
Wednesday, April 10 | 10:30 a.m. – 11:30 a.m. and 3:30 p.m. – 4:30 p.m.

Go Healthy! Food Box Program  
Locally grown, fruits and vegetables you can buy for just $10.  
Cash, EBT, Credit, and Debit are accepted  
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AND MORE!

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Contact Candida Bido at cbido@health.nyc.gov