All events are held at the Tremont Neighborhood Health Action Center unless otherwise indicated.

### ACTION CENTER ACTIVITIES

**Bronx Action Center Fall Festival 2018**  
Saturday, Sept. 22 | 11 a.m. to 3 p.m.  
**Rain Date:** Saturday, Sept. 29 | 11 a.m. to 3 p.m.

**Info/Networking Session Luncheon for Direct Service Providers**  
Wednesday, Oct. 18 | 10 a.m. to 2 p.m.  
Wednesday, Dec. 20 | 10 a.m. to 2 p.m.

**C.A.R.E. Program for Neighborhood Caregivers of Children (age 5 and under)**  
Learn how to build relationships and support growth and learning in the children you care for. Resources and materials will be provided. 
Space is limited. Call 718-254-7354 to register.  
Saturdays, Oct. 13, 20, 27; Nov. 3, 17; and Dec. 1 | 10 a.m. to 1:30 p.m.

### SPECIAL EVENTS

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

**Car Seat Safety Training**  
Tuesday, Oct. 2 | 2 p.m. to 4 p.m.  
Wednesday, Oct. 4 | 2 p.m. to 4 p.m.  
** Registration is required and you must be at least 32 weeks pregnant, with documentation, at time of training to receive a car seat.

### YOUTH ACTIVITIES

**Youth Leadership Team (YLT)**  
Youth leadership team is made up of teens, ages 15 to 19, living and/or going to school in the South Bronx who want to help reduce the high rates of unintended teen pregnancy.  
Meet two to three times a month on Fridays | 4 to 6 p.m.  
Contact Yvette Acevedo at cperez1@health.nyc.gov.

**Youth Leadership Council (YLC)**  
Youth Leadership Council (YLC) provides opportunities for youth to share ideas to create community solutions. Once a month | 4 p.m. to 5 p.m.  
Contact J. Michelle Chang at jchang6@health.nyc.gov.

### 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.

### FAMILY WELLNESS

**Counselling and Support**

**Violence Intervention Program**  
This free walk-in program aims to eliminate domestic and intimate partner violence. Join us if you or someone you know needs support and safety.  
The program is also available 24-7 at 800-664-5880.  
Wednesdays | 9 a.m. to 5 p.m.

**Car Seat Safety Training**  
Tuesday, Oct. 2 | 2 p.m. to 4 p.m.  
Wednesday, Oct. 4 | 2 p.m. to 4 p.m.  
** Registration is required and you must be at least 32 weeks pregnant, with documentation, at time of training to receive a car seat.

**Infant Breastfeeding and Nutrition Classes**  
by Community Healthcare Network  
Wednesdays, Sept. 19 and 26, Oct. 3 and 10 | noon to 2 p.m.

### 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.