

Bronx Neighborhood Health Action Centers

Calendar of Events | Spring 2019

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

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

FITNESS

Mommy and Me Yoga
Tuesdays | 1 p.m. – 2 p.m.
Tuesday | 1 p.m. - 2 p.m., Special Pop-Up in the Multipurpose Rm. April 30th

Shape Up NYC- Power of Self Karate + Yoga
Wednesdays | 6 p.m. – 7 p.m.

YOUTH ACTIVITIES

Youth Leadership Team (YLT)
Youth leadership team is made up of 15 to 19 year old teens living and/or going to school in the South Bronx who want to help reduce the high rates of unintended teen pregnancy.
Meet two times a month on Fridays | 4 p.m. – 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.
Last Friday of the Month | 3:45 p.m. – 5 p.m.
Contact 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

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) 531-8660

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 counseling, 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. – 4 p.m.
To Register, Call (718) 508-0618

AND MORE!

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

