

# Brooklyn Neighborhood Health Action Center

## Calendar of Events | April 2021



Due to the COVID-19 public health emergency, all services and activities listed below will be held virtually unless otherwise indicated.

### FAMILY WELLNESS

#### Virtual Preparing for Pregnancy

This virtual workshop is for people interested in becoming pregnant, including people who have had a miscarriage (loss of a pregnancy). Participants will learn how to keep up their health before becoming pregnant to increase their chances of conceiving and carrying a healthy pregnancy to term.

Monday, April 5 | 2 to 3 p.m.

To register, visit [bit.ly/PreparingforPregnancyBK](https://bit.ly/PreparingforPregnancyBK).

#### Virtual Infant Massage Workshop

This virtual workshop teaches parents the skills they need to effectively massage their baby.

Monday, April 5 and 19 | 11 a.m. to noon

To register, visit [bit.ly/InfantMassageBK](https://bit.ly/InfantMassageBK).

#### Care for the Caregiver

This free, virtual session is for community service providers (such as doulas and home health aides) to get support and resources for stress management, self-care and burnout.

Monday, April 19 | 2 to 3 p.m.

To register, visit [bit.ly/CarefortheCareGiverBK](https://bit.ly/CarefortheCareGiverBK).

### CLINICAL SERVICES

#### Health + Hospitals Brownsville Pediatric Clinic

NYC Health + Hospitals provides care to patients regardless of their insurance or immigration status, or ability to pay. The Brownsville Pediatric Clinic is currently only offering telehealth services, but children from newborn to 15 months can be seen in person for vaccinations. An appointment is recommended.

To make an appointment, call the Brownsville Pediatric Clinic at 646-615-9802 or NYC Health + Hospitals at 844-692-4692.

Monday through Friday | 8:30 a.m. to 4:30 p.m.

#### Brownsville Multiservice Family Health Center at Bristol

The Brownsville Multiservice Family Health Center at Bristol provides primary care services to all of the community members it serves. An appointment is recommended.

To make an appointment, call 718-342-0600 (extension 4703).

Mondays, Tuesdays, Wednesdays and Fridays | 8:30 a.m. to 4:30 p.m.

Thursdays | 8:30 a.m. to 8 p.m.

#### Brooklyn Perinatal Network Health Insurance Navigation

Brooklyn Perinatal Network Health Insurance Navigation helps families, individuals and pregnant people obtain health insurance coverage, such as Medicaid, Family Health Plus and Child Health Plus. It also assist clients with renewals in these programs. Brooklyn Perinatal Network Health Insurance Navigation is currently only offering virtual services. An appointment is recommended.

To make an appointment, call 718-643-8258.

Mondays, Wednesdays, Thursdays and Fridays | 10 a.m. to 6 p.m.



The Neighborhood Health Action Center provides health and wellness services in Brownsville, as part of New York City's effort to promote health equity.

### LOCATION

**Brownsville Neighborhood Health Action Center**

259 Bristol St., Brooklyn, NY 11212  
718-312-6131

### AND MORE!

#### Virtual Family Foundations Information Session

This nine-week cycle of virtual classes is for expectant parents in Brooklyn as they prepare for and then adjust to life with their newborn. Classes are suitable for couples and for parents who are not in a relationship with each other.

Mondays | 5 to 5:30 p.m.

Saturdays | 2:30 to 3 p.m.

To learn more, register for one of our information sessions at [bit.ly/FamilyFoundationsBK](https://bit.ly/FamilyFoundationsBK).

#### Newborn Care Class

This two-part class will teach participants about baby basics, bonding, attachment, adjusting to their newborn and what to expect after the newborn period.

Tuesday, April 20 | 3 to 5 p.m.

Thursday, April 22 | 3 to 5 p.m.

To register, visit [bit.ly/NewbornCareBK](https://bit.ly/NewbornCareBK).

#### Virtual Infant Safety and CPR Class

This non-certifying, virtual class will teach participants about infant CPR, infant breathing emergencies, safe sleep and home safety.

Tuesday, April 27 | noon to 1:30 p.m.

Thursday, April 29 | 5:30 to 7 p.m.

To register, visit [bit.ly/InfantSafetyBK](https://bit.ly/InfantSafetyBK).

#### Childbirth Education

This free, virtual, eight-week cycle of classes will teach pregnant and support people about the signs and stages of labor, breathing and relaxation, and breastfeeding.

Tuesdays | noon to 2 p.m.

Thursdays | 5:30 to 7:30 p.m.

To register, visit [bit.ly/ChildbirthBK](https://bit.ly/ChildbirthBK).

#### Virtual Baby Café

This virtual support group is for people who are breastfeeding. Trained professionals will give participants breastfeeding support, such as help with latching and breast milk supplies, and answer questions.

Thursdays | 5:30 to 7:30 p.m.

To register, visit [bit.ly/BabyCafeBk](https://bit.ly/BabyCafeBk).

#### Brownsville Resident Action Committee (B.R.A.C.)

The B.R.A.C. aims to increase community power by creating opportunities for residents to participate in advocacy and community leadership. Residents of all ages are invited to sign up and be active on the committee.

To apply, please contact Elana Martins at 718-312-6135 or [emartin8@health.nyc.gov](mailto:emartin8@health.nyc.gov).

#### Community District (CD) 16 Health and Wellness Stakeholder Group

The CD 16 Health and Wellness Stakeholder Group works with the community to drive change by helping community members understand and tell "their" Brownsville story, and coordinating with residents and agencies to remove barriers and address social inequalities to improve the overall health of Brownsville.

To participate, email [CD16@stakeholderhw.com](mailto:CD16@stakeholderhw.com).



Most classes are in English, but if language services are needed, contact us at least 48 hours before the class.