

# Brooklyn Neighborhood Health Action Center

## Calendar of Events | October 2020



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

### FAMILY WELLNESS

#### Virtual Childbirth Education

This eight-week cycle of virtual classes is for pregnant and support people to learn about topics such as the signs and stages of labor, breathing and relaxation, and breastfeeding.

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

Tuesdays | noon to 2 p.m.

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

#### Virtual Baby Café

This virtual support group is for people who are breastfeeding. Trained professionals will give participants practical breastfeeding support, such as help with latching and milk supplies, and address questions related to their new and growing family.

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

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

### NUTRITION

#### Virtual Cooking Demonstrations

In these classes, community chefs will teach you how to prepare delicious, affordable and healthy meals using ingredients and kitchen supplies you can find at home.

For more information, email [amerced@health.nyc.gov](mailto:amerced@health.nyc.gov) or [lrhee@health.nyc.gov](mailto:lrhee@health.nyc.gov).

Wednesdays | 5:30 p.m.

Saturdays | noon

#### Collective Fare: Meals for All Program

Collective Fare is looking to create partnerships with community members to help provide easy access to healthy meals during the COVID-19 public health emergency.

For more information, visit [collectivefare.com/about-mfa](https://collectivefare.com/about-mfa).

#### Isabahlia Ladies of Elegance Foundation: Community Gardens

Isabahlia is providing low-cost food boxes at Powell Gardens (410 Lincoln Ave., between Powell and Junius streets) to support Brownsville families affected during the COVID-19 public health emergency.

For more information, email [amerced@health.nyc.gov](mailto:amerced@health.nyc.gov) or [lrhee@health.nyc.gov](mailto:lrhee@health.nyc.gov).

### ABOUT US

The Neighborhood Health Action Centers provide 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

### CLINICAL SERVICES

#### Brownsville Multiservice Family Health Center at Bristol

The Brownsville Multiservice Family Health Center at Bristol provides primary care services to all 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 helps clients with renewals in these programs. Brooklyn Perinatal Network Health Insurance Navigation currently only offers 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.

#### Health + Hospitals Brownsville Pediatric Clinic

NYC Health + Hospitals provides care to patients regardless of their immigration status, ability to pay or insurance status. 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.

### AND MORE!

#### Providers Meet the Doula

This virtual workshop is for health care providers interested in connecting with community doulas and learning more about the benefits of virtual doula support.

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

Wednesday, October 21 | noon to 1 p.m.

#### Brooklyn NYC Test & Trace Corps Webinar

This webinar will cover how to access testing and services to safely separate from others at home or in hotels to stop the spread of COVID-19.

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

Wednesdays | 11 a.m. to 12 p.m.

#### 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 email [emartin8@health.nyc.gov](mailto:emartin8@health.nyc.gov).

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

The CD 16 Health & 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.