

Harlem Neighborhood Health Action Centers

Calendar of Events | January 2021



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

FAMILY WELLNESS

Project Liberation

This virtual empowerment group aims to help women with a history of criminal justice involvement integrate back into society in a productive and healthy manner.

To register, visit bit.ly/LiberationHa.
Mondays | 6 to 8 p.m.

Virtual Baby Cafe

This virtual support group provides guidance on breastfeeding to families. Sessions will be led by a trained professional experienced in practical breastfeeding support.

To register, visit bit.ly/2X76wZr.
Wednesdays | 10 a.m. to noon

Poetry Writing and Spoken Word

This virtual healing and empowerment poetry writing and spoken word workshop teaches participants how to creatively express their feelings and experiences.

To register, visit bit.ly/PoetryHA.
Wednesdays | 5 to 6:30 p.m.

NUTRITION

GrowNYC Fresh Food Box

The Fresh Food Box sells locally grown fruits and vegetables for \$14. Courtesy hour for people over age 65 or who have serious health conditions is available between 1:30 and 2:30 p.m.

For more information, visit grownyc.org/freshfoodbox.
Thursdays | 2:30 to 6:30 p.m.

ABOUT US

The Neighborhood Health Action Centers provide health and wellness services in Harlem, as part of New York City's effort to promote health equity.



LOCATION

East Harlem Neighborhood Health Action Center at 115th St.
158 E. 115th St., New York, NY 10029
Phone: 855-789-8760

East Harlem Asthma Center of Excellence at 110th St.
161-169 E. 110th St., New York, NY 10029
Phone: 646-682-2100

AND MORE!

Harlem Health Advocacy Partners (HHAP): Meditation Mondays

This virtual group helps participants lower their stress and anxiety, and learn and practice deep breathing and meditation exercises.

This offering is open to past and current HHAP participants.
To register, visit bit.ly/MeditationMondayHA or call 917-608-9072.
Mondays | 11 a.m. to noon

HHAP: Virtual Heart to Heart Wednesdays

This virtual group teaches Harlem residents coping tools, how to find support from peers and how to share their thoughts and feelings on the COVID-19 public health emergency in a safe space.

To register, visit bit.ly/HearttoHeartHHAP or call 917-608-9072.
Wednesdays | 11 a.m. to noon

Special Enrollment Navigation

This virtual presentation will talk about certain life events (such as getting married or having a baby) that allow you to sign up for a new or change your health insurance plan. The presentation will also give information and referrals to people ages 64 and under who are insured by a New York State of Health Qualified Health Plan.

To register, visit bit.ly/3mwBUeG.
Wednesday, January 6 | 1 to 2 p.m.

Earned Income Tax Credit and Child Tax Credit

This virtual session will discuss the Earned Income Tax Credit (EITC) and the Child Tax Credit (CTC), and if you are eligible for them. Tax credits lower the amount of taxes you owe and can also give you money back. The EITC is for working people and families with low to moderate income. The CTC is for people who have dependent children.

To register, visit bit.ly/37uaFgs.
Wednesday, January 13 | 1 to 2 p.m.

Understanding Tax Credits

This virtual presentation will discuss common tax credits offered by the federal government and if you are eligible for them. Tax credits lower the amount of taxes you owe and can also give you money back. The presentation will also talk about the effects these tax credits can have on individual and household health care.

To register, visit bit.ly/3asebtw.
Wednesday, January 20 | 1 to 2 p.m.

HHAP: Peer Support Group

This virtual group is for Harlem residents to learn and discuss topics about mentorship, resources, health and community in a safe space.

To register, visit bit.ly/PeerSupportHHAP or call 917-608-9072.
Wednesday, January 20 | 5:30 to 6:30 p.m.

HHAP: Freedom From Smoking Program

This peer support group is for people who want to quit smoking. Participants will learn how to prepare for quitting smoking and manage stress, as well as receive tools and tips on how to stay smoke-free.

To register, visit bit.ly/HHAPSmokeFree.
Wednesdays, January 20 and 27 | 11 a.m. to noon

Appealing Tax Credit Clawbacks

This virtual session will discuss clawback provisions (tax credits that require employees to pay back money to their employers) and how to appeal them.

To register visit bit.ly/3mFvQRb.
Wednesday, January 27 | 1 to 2 p.m.



*Most events are in English unless otherwise noted, but if language services are needed, contact us at least 72 hours before the event.