



The Hook Up | March 2020 Edition

TRC Updates & Scholarships

Teen Resource Center: Dr. Thomas Tam Scholarship

Application deadline: 3/6/20

Are you involved with your community? Get a scholarship for it! The Dr. Thomas Tam Teen Resource Center Scholarship is rewarding high school seniors with a \$500 academic scholarship for use towards college tuition! Selection will be based on the applicant's community involvement, which would be reflected through an essay and recommendation letter. To submit the application digitally, email Christie Ghaw at cghaw@cbwchc.org or you can physically mail a completed application and letter of recommendation to 125 Walker Street, 2nd Floor, New York, NY 10013 – all material postmarked by March 6th will be considered.

Apply here: bit.ly/drtomastam20

For more info: <http://trc.cbwchc.org/index.php/get-involved-2-2/>

Contact: Christie Ghaw at cghaw@cbwchc.org or call (212) 226 - 2044

Teen Resource Center: Teen Talks: #DigitalDetox 2020 (Flushing)

Application deadline: 3/16/20 by 6:00 PM

Teen Talks: #DigitalDetox will be a safe and proactive space where teens in the community will address one of the most relevant addictions that affect us today – social media. Weekly workshops include diving deeper into understanding cyber bullying, body image and self-esteem, consent, and mental health. #DigitalDetox will also provide space and tools for teens to explore how to use social media creatively and safely through guided discussions and fun hands-on projects. Teen Talks: #DigitalDetox will meet on Wednesday afternoons at 136-26 37th Ave. (4th floor conference room) in Flushing and is open to anyone ages 13-21. The program will be starting on March 18th, 2020! To sign up, go to <http://bit.ly/trcdigitaldetox>.

Contact: Tammy Cheng at tcheng@cbwchc.org or call (212) 226-2044

Teen Resource Center: Arts N' Chats Spring 2020 (Manhattan)

Join the Teen Resource Center for a spring series of arts and crafts workshops! Dive into interactive afternoons discussing health topics while you create fun DIY crafts to take home. In addition, we are offering community service hours for those who attend our program. In this program, we will explore topics such as mental health, the importance of self-care, peer pressure, academic stress and expectations, body image, how to de-stress, and many more! Arts N' Chats meets every Mondays, at our Walker Street conference room, (125 Walker Street, 2/F Conference Room). RSVP to let us know you'll be coming!

For more info: bit.ly/springanc20

Contact: Christie Ghaw at cghaw@cbwchc.org or call (212) 226 - 2044



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Teen Resource Center: TRC Tuesdays: Sexual Health Program (Flushing)

Are you interested in learning about sex, identity, intimacy, and pleasure in an affirming and nonjudgmental space? This program hopes to support youth in learning about sexual health, empowering them with the knowledge to make safer decisions for themselves as well as become advocates among their peers. Whether a teen joins with a lot of background knowledge or they have never thought about sexual health, this program will give them the space to stay curious and develop the comprehensive understanding of sexual health that every teen deserves. This program will be held Tuesdays, in Flushing, from March to May 2020.

Contact: Amy Tong at atong@cbwchc.org or call (212) 226 - 2044

Tzu Chi Scholars 2020

Application Deadline: 3/6/20

The Tzu Chi USA Scholarship is a scholarship program funded by Buddhist Tzu Chi Foundation to recognize and provide financial assistance to outstanding college-bound high school graduates and continuing undergraduate students who were prior recipients in selected areas of the United States. Tzu Chi USA Scholars are selected on the basis of their financial need, academic achievement, and community involvement. Each scholar will receive an award of US\$1,000.

For more info: <https://tzuchi.us/scholarships>

Contact: Yang Lee at nescholars@tzuchi.us or call 718-888-0866

William Siegel Scholarship Award

Application deadline: 3/9/20

Financial Service Centers of New York is the industry's leading voice on legislative, regulatory, and business issues and the leading advocate for the rights of consumers to access basic financial services in New York. The Program focuses on nurturing and promoting leadership and accomplishments among high school students approaching their first year of college.

For more info: <https://www.cfsc.com/fscny-launches-2018-young-leaders-scholarship-program/>

ESA Youth Scholarship Program 2020

Application deadline: 4/10/20

The ESA Youth Scholarship Program has contributed more than \$700,500 to deserving children of first responders throughout the nation. High school seniors who have a commitment to excellence and are inspired by the work their parent(s) do in our communities, are invited to apply.

For more info: <https://esaweb.org/programs/youth-scholarship/ysapplyny>

Contact: Dale Eller at info@nysesa.org or call 800 556-9232



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Educational Workshops & Programs

STEM Night: Extraordinary Women in STEM Partnership

Date: 3/6/20 @ New York Hall of Science

Join Extraordinary Women in STEM, a Partnership with UNLADYLIKE2020 and learn about the wide range of careers that women have conquered in STEM fields through hands-on activities, a panel with women leaders in STEM, networking with STEM professionals, and a screening that features inspirational women in STEM throughout history. Light refreshments will be provided. The admission is FREE but R.S.V.P. required. This event, held at New York Hall of Science (47-01 111th St, Corona, NY 11368), is geared towards high school and college students who are curious about careers in science, technology, engineering and math (STEM). An adult must accompany students under age 14.

For more info: <https://bit.ly/2HM2BtK>

AAFE's Young Adult Workshop Series

How do immigrant youths express their identities and experiences through writing? In a six-part writing series, participants will use generative writing activities to have conversations about issues that impact them and create a collection of stories from their experiences. These series of workshops provide a safe space where young adults aged 18-24 can come together and discuss issues important to them. Workshops will be held Fridays, from 3-5 PM at the AAFE Office, 35-34 Union Street, Flushing.

For more info: <https://forms.gle/zLhN51tTRiuLBiVX6>

Contact: Jessie Ngok at jessie_ngok@aafee.org or call (347) 542 - 5894

College Readiness Workshop: Ins and Outs of Financial Aid

Date: 3/21/20 from 10:30 AM to 2:00 PM

Not all financial aid is equal! Join this interactive workshop with a college financial aid professional that helps explain the types of financial aid available to undergraduate students, and who qualifies for them. This is best suited for high school juniors, but high school seniors are still welcome to attend this workshop. Workshop is free and R.S.V.P is required due to the limit of space. If you cannot attend this specific workshop date, check out the ones they have in April and May.

For more info: <https://bit.ly/2HP4Z2W>

Computer Science for Cyber Security (CS4CS)

Application deadline: 4/13/20

CS4CS is a 3-week full-day summer program providing an introduction on the fundamentals of cybersecurity and computer science at NYU's Tandon School of Engineering. Through this program, CS4CS strive to educate and empower a new generation of engineers in an inclusive environment that breaks down barriers that have historically led to the underrepresentation of women and minorities in STEM.

For more info: <https://bit.ly/2HV6Pzl>



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Things to do

Paragon Sports x Nike Run Club

Date: 3/3/20

Join Nike on their special Run Club! Participants will get the chance to test out the NEW Nike React Infinity Run sneakers (limited supply and available on first come, first serve basis), run along the West Side Highway, and learn effective training tips from Finish Line Physical Therapy. Check in for the run is from 6:00 to 6:25 PM and the run is from 6:30 to 7:30 PM. Drinks, food and learning with Finish Line is at 7:30 PM. There will be pacers for all running levels. Bag drop is available.

For more info: <https://bit.ly/2vYoMud>

Contact: RunClub@paragonsports.com

Seaport Fit Winter with Lyons den Power Yoga

Date: 3/5/20, 3/10/20, 3/19/20

This winter, the 4th Floor Event Space at Pier 17 will host FREE fitness classes curated and led by some of New York's top fitness experts. Strengthen your mind, test your body and challenge your fitness limits with Seaport Fit. Classes are free but space is limited so be sure to RSVP today and reserve your spot. If the class is sold out, don't worry! Entry opens up 10 minutes before the class starts to anyone who would like to attend on a first come, first served basis until the class is full. If you have RSVP'd, make sure to arrive early to claim your spot. You aren't guaranteed entry once the class is opened up 10 minutes prior to class.

For more info: <https://bit.ly/2VfvB52>

Fabric Collage Workshop

Date: 3/7/20, 3/14/20, 3/21/20

Join NYC Parks Arts, Culture & Fun as they partner with the Art Students League for a series of art workshops at Hamilton Fish Recreation Center (128 Pitt Street New York, NY 10002) where you will make collages from a wide variety of fabrics. You will explore abstract and representational styles, and learn about artists that use fabric as medium. All supplies will be provided but bringing your own fabrics is encouraged. Supplies are provided but limited. No experience necessary. This event is FREE and open to the public. R.S.V.P. online to ensure admission.

For more info: <https://bit.ly/2Pjy8aD>

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Things to do

Starting Seedlings: Basics, Techniques, and Tips for Seed Germination

Date: 3/7/20 @ 10:00 AM

Meet neighbors and friends for this introduction to seed starting! This class will review the basics of seed starting with an opportunity to start seedlings for your garden. Learn techniques and tips that will ensure a successful start to your growing season. This workshop is offered in partnership with the Bronx River Foodway, a project that examines how a sustainable food landscape can be integrated into a public park. Currently, the Foodway offers access to a variety of edible plants including medicinal plants like echinacea, nut trees like the chestnut, an assortment of native berries, as well as a section dedicated to kitchen herbs and recognizable veggies. This workshop will be held at Concrete Plant Park (1357 Westchester Ave.

Bronx, New York) and is completely free. R.S.V.P. to ensure your spot!

For more info: <https://on.nyc.gov/2HPcdE6>

Contact: Email greenthumbinfo@parks.nyc.gov or call (212) 602 - 5300

Seaport Fit Winter with Trooper Fitness

Date: 3/12/20, 3/17/20, 3/24/20

Strengthen your mind, test your body and challenge your fitness limits with Seaport Fit. Classes are free but space is limited so be sure to RSVP today and reserve your spot. A team-oriented conditioning session that involves cardio and strength training methods, where each trooper is responsible for their fellow troopers' success. It's the partner accountability and team exercises that make this class an exhilarating challenge. This class will improve overall conditioning, stamina/endurance, strength, and the best part, mental toughness. This class is built to challenge you in a way that empowers both your mind and body, and helps you reach those 2020 fitness goals.

For more info: <https://bit.ly/2VfvB52>

Rising New York Road Runners at the United Airlines NYC Half for Youth - Stage 2 & Stage 3

Date: 3/15/20 @ 8:30 AM

Know any teens who have dreamed of running through Times Square? Now is their chance! Let them know they can sign up for the Rising New York Road Runners at the United Airlines NYC Half and give themselves the opportunity to run through one of Manhattan's most iconic landmarks. This event is open to Stage 2 and Stage 3 participants. Registration for all Rising New York Road Runners events is completely free and made possible by the generosity of the community.

For more info: <https://bit.ly/37Sq9b1>

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Things to do

Family Workshop: Masquerade! Japanese Matsuri

Date: 3/21/20 @ 6 River Terrace

Traditional Japanese masks are archetypes borrowed from myth, ancient dances or Noh theater, which represent an array of people, creatures and animals. Make your own Japanese inspired mask and enjoy a dynamic drumming performance by Taiko Masala. Art project is designed for ages 4 and up. Art project starts at 1 AM.

For more info: <https://bit.ly/2SP1qRX>

Wavefield, Variation O See Saws

Date: Until 3/31/20

Head down to Seaport Square (89 South Street, New York, NY 10038) this month and get ready to play on Wave-Field, Variation O, a series of interactive, glowing seesaws designed to bring people together and light up the night. The sizes of the See Saws vary, and so do the sounds they produce. Try them all!

For more info: <https://www.seaportdistrict.nyc/explore/events/seesaw.html>

36th Annual GreenThumb GrowTogether Conference

Date: 4/4/20 from 8:00 AM – 4:30 at CUNY Graduate Center (365 5th Avenue New York, NY 10016, Manhattan)

Join NYC Parks GreenThumb as they celebrate their 36th annual GrowTogether Conference on April 4 and April 5 to kick off the community gardening season in New York City! Now two days, this conference will be packed with workshops on garden-related topics including growing techniques, community organizing, composting, a seed swap (bring your seeds to share!), panel discussions, and much more! Sign up for this free event. Space is limited – please register by April 1, or until capacity is reached. This event is free, but since lunch is with the ticket, you can purchase a bagged lunch from CUNY's caterer in advance and pick it up on-site. Lunch will not be sold on the day of the event.

For more info: <https://on.nyc.gov/2T8a2AT>

New York Road Runners Free Fitness Classes

NYRR serves nearly 600,000 runners of all ages and abilities annually through hundreds of races, community open runs, walks, training sessions, and other running-related programming, with nearly 250,000 youth participating in free fitness programs and events nationally, including 125,000 in New York City's five boroughs. Their free fitness classes includes, but not limited to, yoga, Pilates, high-intensity interval training workouts, meditation and barre to help increase flexibility, muscle strength, and muscle composition. Check out their dates online to see which time works best for you!

For more info: <https://bit.ly/3a2zJcD>

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Things to do

Museum of Moving Images: Free Admissions Friday Night

Every Friday, the Museum offers free gallery admission from 4:00 to 8:00 p.m. Whether it's your first time or tenth time visiting, Friday Nights are free for exploring their exhibitions and various activities. Popular exhibitions include "The Jim Henson Exhibition" and their core exhibition "Behind the Screen." Before you visit, check their website to find out what else is on view. MoMI Free Friday Nights are presented by the Richmond County Savings Foundation. Additionally, this program is supported, in part, by public funds from the New York City Department of Cultural Affairs. Please note that unless otherwise noted, Friday evening film screenings require ticket purchase.

For more info: <http://movingimage.us/>

Training in the Tech Field - NYC Web Development Fellowship

Interested in learning skills necessary to launch careers in web development? NYC.gov work with the NYC Tech Talent Pipeline (TTP), the City's tech industry partnership, to offer no-cost training programs for jobs in the tech field. With TTP, they engage employers, educational institutions, training providers, and other partners in designing training programs that provide viable tech career opportunities for New Yorkers. NYC Web Development Fellowship is an intensive training program at Flatiron School, designed to equip New Yorkers with the skills necessary to launch careers in web development. The Fellowship serves New Yorkers, including many without four-year degrees and those who cannot afford a private tech training boot camp; these trainings are provided free of cost to participants!

For more info: <https://www1.nyc.gov/site/sbs/careers/tech-training.page>

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Work & Volunteer

New York Road Runner's 2020 United Airlines NYC Half Volunteering Opportunity

Date: 3/15/20

Take part of the Patient Tracking Team (Students & Admins Welcome) at the 2020 United Airlines NYC Half! This volunteer opportunity is for medical students, admins and medical professionals from other countries to assist the Medical personnel and help runners along the course and at the finish line of the race. As part of your commitment to volunteer, you are required to attend a mandatory orientation. Orientation will be held on Wednesday, 3/11/20 at 5:30 PM.

Contact: Medical@nyrr.org

Volunteer at the Brooklyn Botanic Garden

Brooklyn Botanic Garden Volunteers contribute many hours in almost every department throughout the Garden. New volunteers are interviewed and placed according to the Garden's needs. As these needs change, other opportunities for volunteering can become available. You can review the list of Volunteer Opportunities to determine your areas of interest.

For more info: <https://www.bbg.org/support/volunteer>

Contact: Jeanine Poggioli at volunteer@bbg.org or call (718) 623 - 7260

Volunteer at New York Public Library (NYPL)

The NYPL is looking for volunteers to teach Spanish to Adults, help children with homework, assist in events and more! If you are at least 14 years old and able to make a once-a-week commitment for at least 6 months, please apply. Check out the NYPL website for more information for necessary requirements or check out your local NYPL library. There are three ways for you to complete the application; online, by mail or by email.

For more info: <https://www.nypl.org/help/about-nypl/volunteer-nypl>

Contact: volunteer@nypl.org

Summer Youth Employment Program (SYEP) 2020

The Summer Youth Employment Program (SYEP) offers work experience, teaches valuable employment skills, and provides you with a summer income. SYEP educational activities will enhance your summer experience, allowing you to develop career awareness, understanding of personal money management, and work-related social skills. Programs are located in community-based organizations in all five boroughs of New York City. SYEP is open to all New York City residents between ages 14 through 24. Each applicant may submit only ONE application. Youth can apply for the program online or at a community-based organization during the application period. Submission of an application does not guarantee acceptance onto the program. Selection is contingent upon a computerized lottery system and available positions based on program funding. The application for Summer 2020 will open in early March.

For more info: <https://application.nycsyep.com/>