



JOAN M. INDART-ETIENNE, PRINCIPAL

Middle School

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# STUDENT/FAMILY HANDBOOK

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SCHOOL YEAR 2023 - 2024



 Follow @ReStart\_Academy

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## PRINCIPAL'S MESSAGE

Welcome to ReStart Academy!

ReStart Academy is a NYC Public Schools (NYCPS) program, under the auspices of District 79 Alternative Schools and Programs that provides instructional services in various settings. While at ReStart, you will be enrolled as a full-time student in accordance with the rules of regulations of the NYCPS, and we look forward to providing you with an excellent academic program and student support services to ensure that you meet promotion requirements.

You may be enrolled in 7<sup>th</sup> or 8<sup>th</sup> grade, based on the school records we currently have and the conversations we have had with you and/or your parent/guardian. If you have questions about the grade placement or have additional school records that were not previously submitted, please contact us immediately.



At ReStart Academy, you will be engaged in a rigorous academic program that is enhanced by a variety cultural experiences, extra-curricular activities, and events such as Broadway plays, museums, college trips, on-site teaching artists, and a yearly spelling bee. At each ReStart site, we celebrate student academic progress and success on an ongoing basis, and we host an end of year graduation ceremony for students who meet high school and high school equivalency graduation requirements.

We have several afternoon and evening conferences scheduled for families to meet with teachers and staff (see enclosed calendar). As well, our dedicated staff is always available to discuss any questions or concerns you or your parent/guardian may have.

This handbook provides you with an overview of Restart's academic program and student support services. For general information about NYCPS, visit the website [www.schools.nyc.gov](http://www.schools.nyc.gov) and for important information on the NYCPS discipline code, go to [www.schools.nyc.gov/school-life/know-your-rights/discipline-code](http://www.schools.nyc.gov/school-life/know-your-rights/discipline-code).

We look forward to working together with you and your family throughout the school year to ensure that you have a successful educational experience while enrolled in ReStart Academy.

Sincerely,

Joan M. Indart-Etienne  
Principal

## RESTART ACADEMY CONTACTS

### PRINCIPAL

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### SCHOOL BUSINESS MANAGER

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### YOUR RESTART ACADEMY CONTACTS

ReStart Site Name	
Site Phone Number	
Admissions/Attendance Liaison Name	
Admissions/Attendance Liaison Phone Number	
School Counselor Name	
School Counselor Number/Contact Info	
Assistant Principal Name	
Assistant Principal Number/Contact Info	

# 2023-2024 ACADEMIC CALENDAR FOR STUDENTS

*Unless otherwise indicated, every day is a full school day, including testing days.*

SEPTEMBER (16 school days)				
Mon	Tue	Wed	Th	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
9/7 First day of school for students				
9/25 No School – Yom Kippur				

OCTOBER (21 school days)				
Mon	Tue	Wed	Th	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
10/9 No School – Indigenous Peoples' Day/ Italian Heritage Day				
10/19 Last Day of T1/MP1 (29 Days)				
10/27 Report Cards distributed to students And mailed home				

NOVEMBER (19 school days)				
Mon	Tue	Wed	Th	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	
11/7 Election Day-No school for students				
11/16 Parent/Teacher Conf. 4:30-7:00				
11/17 Parent Teacher Conf. 1:00-3:00				
11/23-24 No School – Thanksgiving Recess				

DECEMBER (16 school days)				
Mon	Tue	Wed	Th	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
12/4 Last Day of T1/MP2 (29 Days)				
12/11 Report Cards distributed to students				
12/25-1/1 No School – Winter Recess				

JANUARY (19 school days)				
Mon	Tue	Wed	Th	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	31			
1/15 No School – MLK Jr. Day				
1/18 Last Day of T2/MP1 (26 Days)				
1/26 Report cards distributed to students and mailed home				
1/24-26 Regents Exams Administration				
1/29 Professional Development-No Students				

FEBRUARY (16 school days)				
Mon	Tue	Wed	Th	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	
2/19-23 No School - Mid-Winter Recess				

MARCH (20 school days)				
Mon	Tue	Wed	Th	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
3/5 Last Day of T2/MP2 (26 Days)				
3/11 Report Cards distributed to students and mailed home				
TBD PSAT School Day				
TBD SAT School day				
3/21 Parent Teacher Conf. 4:30-7:00				
3/22 Parent Teacher Conf. 1:00-3:00				
3/29-4/1 No School Easter Weekend				

APRIL (13 school days)				
Mon	Tue	Wed	Th	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			
4/10 No School – Eid Al-Fitr				
4/22-30 No School – Spring Recess				
4/8-5/17 MS ELA & Math Assessment Window				
4/19 Last Day of T3/MP1 (30 Days)				

MAY (22 school days)				
Mon	Tue	Wed	Th	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
5/6 Report Cards distributed to students and mailed home				
5/23 Parent Teacher Conf. 4:30-7:00				
5/23 Parent Teacher Conf. 4:30-7:00				
5/27 No School – Memorial Day				

JUNE (17 school days)				
Mon	Tue	Wed	Th	Fri
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
6/4 Algebra I NYS Regents Administration				
6/6 Anniversary Day-No school for students				
6/14-26 Regents Exams Administration				
6/17 Schools Closed – Eid Al-Adha				
6/19 No School - Juneteenth				
6/26 Last Day for students				
6/26 Last Day of T3/MP2 (39 Days) Report Cards distributed to students and mailed home				

KEY:

Trimester 1: 9/7/23 – 12/4/23

Trimester 2: 12/5/23 – 3/5/24

Trimester 3: 3/6/24 – 6/26/24

No School in Session

Conference Day for Staff – Students Not in Attendance

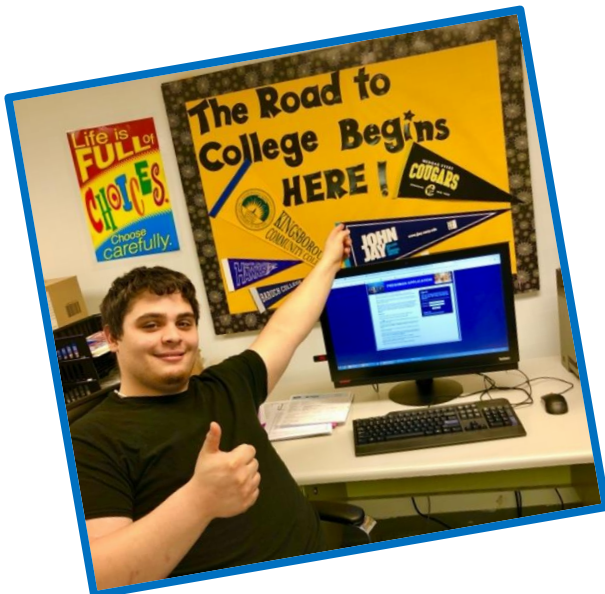
Last Day of Marking Period

## ENROLLMENT AND ACADEMIC PROGRAM

ReStart Academy is a NYCPS/District 79 program that provides educational services to overage 7<sup>th</sup> and 8<sup>th</sup> graders to ensure their success in meeting promotion criteria. Our program is located within eight community high schools and each offers small classes, rigorous instruction, intensive student support services, and a variety of extracurricular activities. ReStart Academy's middle school program enrolls students throughout the school year.

Upon enrollment, the ReStart Academy school counselor works with each student to review the middle school promotion requirements and the academic program offered at their middle school site. Counselors work with students and families in completing the High School Application process as well as exploring other alternative and/or career/technical educational opportunities where appropriate.

PROGRAM	MIDDLE SCHOOL
SCHEDULE	Minimum 5.5 hours of instruction
CURRICULUM	NYC and NYS approved curricula, online classes, academic intervention
ASSESSMENTS	MAP Growth and NYS ELA & Math
SUPPORT	Academic advisement, college and career readiness, social emotional development and support



## MIDDLE SCHOOL PROMOTION REQUIREMENTS

Promotion decisions are made by the school principal based on multiple measures of student readiness for the next grade level in English and math (as well as science and social studies for grade 8 students).

SUBJECT AREA 7 <sup>TH</sup> and 8 <sup>TH</sup> GRADE	Units 1 unit = 108 hours
ENGLISH (ELA)	2
SOCIAL STUDIES	2
MATHEMATICS	2
SCIENCE	2

All students in the ReStart Academy Middle School Program are programmed for the four core subject area courses and complete the appropriate grade level promotion portfolio in both ELA and Math. Teachers review student work from the school year to identify students who may not be ready for the work of the next grade in English language arts and/or math, even with support. The principal makes the promotion decision based on the portfolio results along with core course grades. The principal promotes students whose work shows they are ready for the next grade in June. Students who do not meet the appropriate promotional criteria in June are mandated to attend summer school in order to be eligible for promotion in August.

All students are expected to participate in the New York State ELA and Math Assessments that are administered each spring. This is one of the multiple measures used to assess student readiness and is not the sole basis for promotion to the next grade level. Schools administer NYSED ELA and math tests to students according to their grade level. Students with disabilities (those with Individualized Education Programs or Section 504 Plans) and English Language Learners (ELLs) may be eligible to receive testing accommodations on these assessments. Schools must base the decision to provide testing accommodations on a student's individual needs, and the accommodations must directly address the student's documented diagnosis, disability, or language need. For questions regarding testing accommodations please speak with your student's counselor.

More detailed information about the middle school academic requirements or the [Promotion Policy](#) is available on the DOE InfoHub or you may ask your child's counselor.



## FREQUENTLY ASKED QUESTIONS

### 1. **IS ATTENDANCE TAKEN AT RESTART? DOES ATTENDANCE COUNT?**

Attendance is taken daily at every ReStart site and it is recorded in the DOE attendance system. Students and families receive daily phone calls in the event of an absence or lateness. Although grades are not decided or based on attendance (see the ReStart Grading Policy below for more information), attending school, participating in class, and demonstrating understanding are all essential components of student learning. When students attend school consistently, they have the greatest opportunity to make progress, receive direct support from teachers and counselors, and demonstrate their learning.

### 2. **WHAT STUDENT SUPPORT SERVICES ARE AVAILABLE AT RESTART?**

Every ReStart student has a counselor who provides intensive and individualized counseling in the following areas:

- **Academic and Transition Planning** – Engages students in strategies and activities to support and maximize each student's ability to learn, including developing academic goals; works closely with student and family to plan the next step after ReStart including the High School Application process.
- **Career Development/Post-Secondary Planning** - Helps students 1) understand the connection between school and the world of work and 2) plan for and make a successful transition from middle school to high school. Students will also explore various college and career opportunities with their site guidance counselors.
- **Social/Emotional Development** – Helps students manage emotions and learn and apply interpersonal skills through individual and group counseling sessions and activities.

### 3. **IS COLLEGE READINESS COUNSELING PROVIDED AT RESTART?**

ReStart offers group college counseling through the College Access for All Learning Modules for all of our middle school students to explore college or career and technical programs. Students also have the opportunity for college trips (both in person and virtually) as well as other college or career-oriented visits and workshops.

### 4. **HOW DO MY PARENT/GUARDIAN AND I KNOW HOW I'M DOING IN SCHOOL?**

There are many ways for ReStart students and parents/guardians to keep track of student progress:

- **Ask the teachers and/or counselor** – This is the best way to get current information about academic progress. Our dedicated staff will always make time to provide students and families with progress reports. Parents/guardian can contact the site at any time (see contact information on [page 4](#)).
- **Report Cards** – You and your parent/guardian receive six report cards during the school year – two during each trimester. See the calendar on page 5 for Report Card distribution dates.
- **Attend Parent/Teacher Conferences** – Conferences are held two times a year. See this year's dates on the calendar on [page 5](#).
- **Create a NYC Schools Account (NYCSA)** – A NYC Schools Account allows parents/guardians to support and track their child's progress throughout their education in the NYCPS. An account allows parents/guardians to monitor grades, test scores, and attendance. Contact your ReStart counselor to get an 'account creation code.' Find more information about NYC Schools Accounts [here](#).



#### Track Student Progress

Track your student's grades, test, scores, progress towards graduation and more.

### 5. **ARE INTERPRETATION SERVICES AVAILABLE?**

Yes, over-the-phone interpretation services are available at all times in 350+ languages, for all school staff to communicate with families who speak languages other than English. Your counselor can arrange for interpretation services for a family meeting and Parent/Teacher Conferences. There are many other NYCPS resources available for families that need help in receiving information or communicating with the school or Department of Education in their language [here](#).



6. **WHAT SERVICES ARE AVAILABLE AT RESTART FOR A STUDENT WITH A DISABILITY?**

ReStart Academy provides resources to students with disabilities, for example, smaller classes, intensive and individualized guidance services, and in some cases related services. Testing accommodations, as stated on the most recent IEP, are followed for all classroom and standardized NYC exams administered while enrolled in ReStart.

Within 30 days of enrollment in a ReStart Middle School program, an Annual Review will be scheduled and held for your child with an IEP. You and your parent/guardian will be notified of the date and time of the meeting during which you will be given the opportunity to contribute to the development of the plan and we strongly encourage you and your parent to participate (parent/guardian may participate remotely). If your student is due for a Three-Year Review, the School Psychologist will reach out to you to review the process and obtain any necessary consents for any additional testing that may be required. Please contact the site Assistant Principal or Counselor for further information.

7. **WHERE CAN I FIND THE MOST CURRENT INFORMATION ON COVID-19?**

The most current information on COVID-19 policies and protocols in the schools can be found at the NYCDOE website [here](#).

8. **HOW DOES RESTART ACADEMY RECOGNIZE AND CELEBRATE STUDENT SUCCESS?**

Each ReStart site recognizes and celebrates student progress and success on a regular basis. We have monthly student recognition celebrations and ongoing incentive programs. All students and families who complete the middle school promotion requirements during the year are invited to our moving up ceremonies in June.



9. **DOES RESTART PROVIDE METROCARDS? WHAT ABOUT SCHOOL BREAKFAST AND LUNCH?**

ReStart students are eligible for MetroCards on the same basis as other schools. Eligibility is determined by the NYCPS Office of Pupil Transportation based on the distance your child lives from the ReStart site. Generally, a student is eligible for a full-fare MetroCard if they live more than 1½ miles from school. If you live less than 1½ miles from school, you may be eligible for a ½ fare MetroCard that can only be used on MTA buses.

Breakfast and lunch are available at no cost at all ReStart sites through the NYCPS School Food program. Contact your site counselor for more information about the food provided at your site.

10. **WHAT IS THE CELL PHONE POLICY AT RESTART?**

The cell phone/electronics policy at each ReStart middle school site is that cell phones are collected, secured daily and returned to them at the end of the school day. The NYC Public Schools Chancellor's Regulation on electronic devices can be found [here](#).

11. **I'M NO LONGER INTERESTED IN CONTINUING TO ATTEND MY CURRENT RESTART MIDDLE SCHOOL SITE. WHAT NOW?**

Since enrollment in the ReStart Middle School Program is voluntary, if you no longer wish to continue in the ReStart educational program at your current site, there are many school options and we will support you and your parent/guardian to navigate the process. Contact your school counselor as soon as you are aware that you that you would like to leave the program. The counselor will review all of the available options with you and your family that may include:

- **Return to your previous school – Return to your previous school** – If you are under the age of 22, and you last attended a NYC Public School, you have the right to return to that school within one year of your discharge from that school and you will automatically be returned to that school's register unless you work with your counselor immediately on another placement.
- **Another ReStart site** – We have many ReStart sites throughout the city, and your counselor can help you to see if there's another ReStart site that is a good fit for you.
- **Family Welcome Centers** – NYCDOE Family Welcome Centers help all students to find a suitable school program. You can search for your local Family Welcome Center and find information [here](#).

## **GRADING POLICY**

School Year 2023 – 2024

### *Introduction*

The purpose of this grading policy is to allow students, families, and teachers to have a mutual understanding of what specific grades mean. It also outlines how and when ReStart Academy students receive feedback on academic progress. This grading policy applies to all students on the three academic tracks, Middle School (MS), High School (HS) and High School Equivalency (HSE) offered at ReStart Academy.

- For MS students, grades are used to determine a student's progress in the middle school curriculum and are one of the criteria used to determine promotion eligibility (see page 4 for more details on promotion).
- For HS students, credits toward diploma requirements are awarded based on the final grade for each Trimester (see Trimester schedule below). Credit is awarded for each class in which a student earns a passing grade.
- For HSE students, grades are used to determine students' progress in the high school equivalency curriculum.
- Grades are a reflection of students' understanding and command of content, their progression through a course or subject, and their mastery of skills at a given point in time.
- Determination of passing or failing is based primarily on how well students master the subject matter, concepts, content, and skills addressed in a class or course. This means that students may not pass or fail based solely on non-mastery measures (e.g. behavior, compliance, participation, conduct) but rather based on how well they demonstrate their understanding of the content and skills required in the course.
- Attendance is not a factor that is calculated into students' academic grades, however, attending school, participating in class, and demonstrating understanding are all essential components of student learning. When students attend school consistently, they have the greatest opportunity to make progress, receive support from their teachers, and demonstrate their learning.

### ***Trimester and Marking Period Schedule***

#### **Trimester 1**

Marking Period 1: 9/7/23 – 10/19/23

Marking Period 2: 10/20/23 – 12/4/23

#### **Trimester 2**

Marking Period 1: 12/5/23 – 1/18/24

Marking Period 2: 1/19/24 – 3/5/24

#### **Trimester 3**

Marking Period 1: 3/6/24 – 4/19/24

Marking Period 2: 5/1/24 – 6/26/24

### ***Report Cards***

- Report Cards are issued six times during the school year - at the end of each Marking Period as shown above.
- Course grades for each marking period are not cumulative; each grade reflects the progress made during that marking period only.
- Marking Period 1 and Marking Period 2 are averaged together in order to calculate a final Trimester grade for each course. This grade is used to determine if a student passed a course and will earn credit (HS), is making progress toward GED readiness (HSE), or is on track to meet promotional requirements (MS).
- In addition to course grades, comments are provided to further clarify grades.

### Scale of Grades Awarded

GRADE	MEANING	DESCRIPTION
55-60	Fail	No credit issued for HS students for final grade; MS promotion in doubt for MS students.
F	Fail	This non-numeric grade is only issued in certain HS courses (e.g. Physical Education, Science labs, Advisory, etc.); no credit issued for HS students for final grade.
65+	Pass	Credit issued for HS students; MS student on track for promotion.
P	Pass	This non-numeric grade is only issued in certain courses (e.g. Physical Education, Science labs, Advisory, etc.); credit issued for HS students for final grade.
NL	New Admit	NL does not have a pass/fail or numeric equivalent. This mark is issued to students who registered late in the marking period and do not have sufficient time to master the course content.
NX	Course in Progress	<p>NX does not have a pass/fail or numeric equivalent. This mark is only issued if a student has a documented, extreme extenuating circumstance (e.g., surgery, death in the family) that prevents the student from completing the coursework during the term. This mark is only issued for high school courses, and in rare cases as specified above.</p> <p>Students have until the end of the next term (not including summer) to complete the outstanding coursework. The teacher issuing the NX grade will create an <i>NX Plan</i> that specifies the timeline and work necessary to receive a final grade and credits.</p>

## Promotion & Graduation Requirements

- Middle School Promotion Requirements**

Middle school students must meet specific criteria set forth by the state of New York in order to be promoted to the next grade. At ReStart, all middle school students must take the following actions, which are factored into their final promotion decision in June.

- Complete the grade-level portfolio (Math and ELA)
- Earn passing grades in their core courses
- Take the NYS Middle School State Exams (Math and ELA)
- Maintain consistent daily attendance

- High School Graduation Requirements**

Graduation requirements vary depending on which type of diploma a student is working toward. Students/families should meet with the ReStart Academy guidance counselor to discuss diploma requirements, and can also visit the New York City Department of Education website [HS Graduation Requirements](#) to see the exact credits and exams required for each diploma.

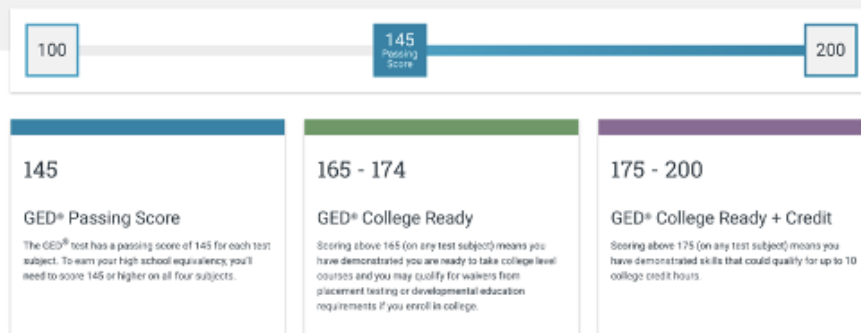
- High School Equivalency Diploma Requirements**

As of January 1, 2022 the TASC Test was replaced by the GED. To earn a NYS High School Equivalency Diploma, students must pass (see the range of passing scores in the chart to the right) all four subject areas of the GED exam: Reasoning Through Language Arts, Math, Social Studies and Science. Students/families should meet with the ReStart Academy guidance counselor to discuss

GED preparation and requirements and can also visit the [NYS Department of Education website](#) to see the exact requirements and more information on the GED.

## Test Scores

While you will need to score at least 145 on each subject to pass the GED® test, scoring higher can have additional benefits.





## RESOURCES FOR STUDENTS AND FAMILIES

*Many NYC government agencies and non-profit organizations provide services to support New York City's youth and families. The following list includes information about a wide variety of programs and resources, as well as supplemental activities that are free. We hope that you and your family take advantage of them.*

### New York City Department of Youth and Community Development

The Department of Youth and Community Development (DYCD) provides free, high-quality youth and family programming to New Yorkers. In addition to the programs listed below, DYCD supports organizations and programs providing a variety of services to families, including parent education programs and services for immigrants. More information about any of these programs or the programs listed below, including their locations, can be found by visiting the DYCD website, [www.nyc.gov/dycd](http://www.nyc.gov/dycd) or by calling 311.

### Afterschool Programs

- **Comprehensive After School System of NYC (COMPASS):** The COMPASS programs located throughout the city offer a balanced mix of academic support, enrichment, sports, recreational activities, and cultural experiences afterschool hours and on school holidays. The **COMPASS High** program offers a Project Based Learning opportunity to 9th and 10th grade students that engages them over an extended period of time to learn and focus on skill building activities and connects with youth interest with opportunities for student voice and choice. By offering counseling and case management, COMPASS High programs provide encouragement, support and a sense of community to help participants make the most of their high school experience.
- **Beacon Programs:** Beacons are intergenerational centers offering a wide range of programming for youth and adults including tutoring, college preparation, photography, sports, General Education Diploma (GED) training, English for Speakers of Other Languages (ESOL) programs, parenting skills workshops, and tenant education and advocacy. There are Beacon programs in 80 community centers located in public schools throughout the city that operate in the afternoons and evenings, on weekends, during school holidays and vacation periods, and during the summer.
- **Neighborhood Development Area (NDA):** Neighborhood Development Area Educational Support Programs provide High School students the services and support they need to do better in school, enter college or an advanced training program, learn leadership skills and develop conflict resolution/mediation skills. All programs offer youth leadership development, and help students gain skills to support their success in college, training programs, or jobs.



**Comprehensive After School System of New York City (COMPASS)**

## Summer Jobs and Year-Round Internships

- **Summer Youth Employment Program:** The Summer Youth Employment Program (SYEP) is a paid seven-week summer employment initiative open to young people between the ages of 14 and 21. Assignments include government agencies, hospitals, summer camps, nonprofits, small businesses, law firms, museums, and sports and retail organizations. The application process begins on or about April 1st. *Speak to your counselor about the variety of SYEP programs that are available, including our District 79 program.*
- **Ladders for Leaders:** The Ladders for Leaders program offers summer internships to high school students with dynamic corporations and businesses. Participants receive pre-employment training and attend regular workshops.
- **Learn & Earn:** Learn & Earn is a career exploration and academic support program for high school juniors and seniors. The program provides academic support, college application assistance, work readiness training, service learning and leadership activities, as well as a paid six-week summer internship.
- **Train & Earn:** Train & Earn is a career pathways program that provides comprehensive job training and employment services, along with support services needed by participants to find a permanent job, obtain their high school equivalency if applicable, and access postsecondary education and training. Train & earn is for youth and young adults aged 16–24, who are not working and not in school, and meet certain eligibility requirements.
- **Advance & Earn:** Advance & Earn is a new training and employment program for youth between the ages of 16-24 who are not currently in school. Advance & Earn will help students further their career path through comprehensive High School Equivalency (HSE) test preparation, employer-recognized trainings, credentials and certifications, and paid internships. Advanced training available in Masonry and Landscaping, Certified Nurse's Aide and EKG/Phlebotomy Technician, Culinary Arts, Digital Marketing and Commercial Driver's License (CDL).



## Support Services

- **Borough-Based Drop-In Centers:** Young people between the ages of 14 to 24 are welcome! Food, clothing, showers, laundry, and case management services are available. Receive referrals to crisis services programs and additional support services.
- **Crisis Services Programs:** These DYCD-funded programs provide emergency shelter and crisis intervention services for young people between the ages of 16 and 20 or between the ages of 21 through 24 for Homeless Young Adult (HYA) sites. These voluntary, short-term residential programs provide emergency shelter and crisis intervention services aimed at reuniting youth with their families or, if family reunification is not possible, arranging appropriate transitional and long-term placements.
- **Transitional Independent Living:** Transitional Independent Living (TIL) facilities provide homeless youth between the ages of 16 to 20 or between the ages of 21 through 24 for Homeless Young Adult (HYA) sites, with support and shelter as they work to establish independence. A young person in need of longer-term residential services should first visit our Crisis Shelter and obtain a referral to Transitional Independent Living facilities. Youth may stay in the Transitional Independent Living facilities for up to 24 months.
- **Mental Health Hubs:** Mental Health Hubs can assist young people with counseling services and emotional support during their transition to adulthood. Mental Health Hubs offer short-term individual and group counseling appointments, program-to-program case consultations, and service referrals.
- **NYC Well:** NYC Well is a connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365. Call 888-NYC-WELL (888-692-9355), or text "Well" to 65173.
- **Mobile Crisis Team:** You can request help from a mobile crisis team (MCT) if you are concerned about a family member, friend, or acquaintance who is experiencing (or at risk of) a behavioral health crisis. You can also request a team for yourself. To request a team, call NYC Well at (888) NYC-WELL (888-692-9355), or text "Well" to 65173. NYC Well counselors will assess the person/situation and provide an appropriate intervention. If the person/situation is eligible for MCT services, NYC Well will send the referral to the most appropriate MCT, generally depending upon the person's age and location.



## New York City Department of Parks and Recreation

The Parks Department operates 30 Recreation Centers in all five boroughs of New York City. These centers provide access to facilities such as indoor pools, weight rooms, basketball courts, dance studios, art studios, game rooms, and libraries, and offer a range of programs for all ages. Memberships for youth aged 18 and under are free. To locate the nearest Recreation Center, and for more information about any of the programs described below, including how to enroll, visit the Parks website at [www.nycgovparks.org](http://www.nycgovparks.org) or call 311.

- **Fitness Programs:** Parks offers free fitness opportunities for New Yorkers of all ages, including nutrition and fitness classes led by trained fitness instructors. Get moving and get fit for free with [Shape Up New York](#). The Parks Department has an online guide, [BeFitNYC](#), where you can find information about Parks programs and others offered by local fitness organizations.
- **Teen Programs:** Parks offers a variety of teen programs recreation centers in each borough. Activities include sports instruction and tournaments, swimming lessons, fitness and dance classes, art instruction, and homework help.
- **Sports Programs & Instructional Clinics:** Parks offers a wide array of free sports programs and instructional sports clinics for youth focused on a range of sports including basketball, soccer, softball, baseball, flag football, and track & field.
- **Summer Programs:** Parks & Recreation offers various summer programming to keep youth and families active. Programming includes: Summer Day Camps, Swim Programs, Teen Program, Computer Resource Centers, Mobile Recreation Vans, Playground Associate Program, School Food Summer Meal Program, Summer Festivals, Skate Parks.

## Immigration Services

- **Comprehensive Services for Immigrant Families:** Comprehensive Services for Immigrant Families helps identify the complex and multiple needs of newly-arrived immigrant families with limited English proficiency (LEP), and, in collaboration with a network of community-based providers, ensure they gain access to relevant services that will help them prosper and become self-sufficient. Each enrolled family will build self-advocacy skills and gain the knowledge to enable them to address specific challenges and navigate key systems that impact their lives (for example, the education, healthcare, housing, benefits, tax, workplace, and legal and immigration systems).
- **General Immigrant Services:** Programs for immigrants that assist participants with accessing government benefits; application assistance (including assistance with matters relating to citizenship and immigration status): employment; healthcare; social services; and civics classes in preparation for citizenship.
- **ActionNYC:** ActionNYC is for every immigrant New Yorker. The program offers all New Yorkers free, safe immigration legal help in a network of trusted community-based organizations at community sites, public health facilities, public schools, and libraries. Services are provided in your language. Your immigration status does not matter. You can call the City-funded, free and safe ActionNYC Hotline at 800-354-0365, or call 311 and say "ActionNYC," between 9AM to 6PM, Monday to Friday.

