

Brownsville Neighborhood Health Action Center

Calendar of Events | September 2022



Due to COVID-19, some NYC Department of Health and Mental Hygiene services and scheduled activities at Health Action Center buildings are offered virtually, in-person, or a hybrid of both. To check if your service or activity is in person or online, see the descriptions below.

Family Wellness

Crib and Car Seat Distribution

Families can get a car seat or safe sleep surface for their infant, if they need one.

Thursdays | 10 a.m. to 1 p.m.

To register, call 718-312-6136.

Baby Café

This in-person and virtual support group is for people who are breastfeeding. Trained professionals will provide practical breastfeeding support, such as help with latching and breast milk supply, and answer questions from participants. This month's topics include:

- September 1st: Learn how to select a breast pump.
- September 8th: Learn how to hand express milk.
- September 15th: Learn about breast infections.
- September 22nd: Learn how to connect with your partner during breastfeeding.
- September 29th: Learn about common breastfeeding myths.

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

To register, visit bit.ly/BabyCafeBk.

Healthy Start Brooklyn

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/BirthEdBK, call 844-919-1123, or email HealthyStartBrooklyn@health.nyc.gov.

Virtual Family Foundations Information Session

This 30-minute session explains our nine-week cycle of virtual classes for parents in Brooklyn as they prepare for childbirth 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.

Tuesdays | 6:30 to 7 p.m.

Saturdays | 12:30 to 1 p.m.

To register, visit bit.ly/FamilyFoundationsHSB.

ROSE (Reach Out, Stay Strong: Essentials)

This free, virtual workshop provides information and resources to people who are pregnant on how to lower the risk of postpartum depression.

Thursdays | 1 to 2 p.m.

To register, visit bit.ly/ROSEBrooklyn, call 844-919-1123, or email HealthyStartBrooklyn@health.nyc.gov.

Fatherhood Development Classes

This free, virtual, 16-session class aims to promote personal and parental growth among fathers.

Tuesdays and Thursdays | 3 to 4:30 p.m.

To register, visit bit.ly/FatherhoodClassBK, or text or call 848-467-7883

Healthy Start Brooklyn (continued)

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.

Thursday, September 1 | 5:30 to 6:30 p.m.

To register, visit bit.ly/InfantSafetyBK.

Virtual 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, September 13 | 11 a.m. to 1 p.m.

Thursday, September 15 | 11 a.m. to 1 p.m.

To register, visit bit.ly/NewbornCareBK.

Remembering You, Remembering Us

This group is for parents, families and childbirth support people who have lost a pregnancy or a child due to pregnancy-related causes. This is a free virtual support group with occasional in person gatherings. To sign up for the next session, fill out this form: bit.ly/3OrZQin.

Excellence Baby Academy

This virtual, nine-month program is for pregnant people and families with children younger than 18 months.

Parents will learn how to make toys to support their children's learning and development, as well as parenting strategies and skills. Weekly groups promote healthy childhood development and prepare children for school.

To enroll, email rsmith@excellencefamilies.org or call or text 347-350-3636.

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

718-312-6132



Most classes are in English, but if language services are needed, contact us at least 72 hours before the class.

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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 people who are pregnant obtain health insurance coverage, such as Medicaid, Family Health Plus and Child Health Plus. It also assists 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.

And More!

Public Health Corps (PHC) in Your Borough

Join this in-person event to celebrate the one-year anniversary of PHC, along with the work and partnerships created to address the needs of New Yorkers to improve health and recovery from the COVID-19 pandemic. Registration is recommended.

To register, visit bit.ly/PHCInYourBorough2022.

September 24 | 11 a.m. to 3 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, contact Elana Martins at 718-312-6135 or 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 cd16stakeholderhw@gmail.com.

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