



Our Mission:

Community Programming is a catalyst for integration and awareness of agency services. Through community events and workshops, community programming brings agency services as well as other community based organizations to the neighborhoods of Brooklyn and Queens.

Community Program Services (CPS) is under the auspices of Catholic Charities Brooklyn & Queens, Office of Mission

➤ **Community Events:**

CPS hosts several large free community events throughout the year in different neighborhoods. Events include (but not limited to)

- Kids Fun Day
- Summerfest
- Three Kings Day
- Halloween Bash
- Visit with Santa
- Winter Wonderland
- Earth Day
- **International Children's Day**
- Coffee, Conversations and Connections
(Getting to know CCBO/CCNS programs in your area)
- **Women's Day**
- Strengthening Families ~ Building Communities
(Domestic Violence, Human Trafficking)
- Young at Heart, slightly older in other places
(Geared for Older Adults)
- Emergency Preparedness Day

In conjunction with our many partner organizations, CPS can assist in helping you to host a *Health & Resource Fair* at your location

➤ **Parenting Workshops:**

Workshops offer educational instruction to pregnant women and parents with children under the age of four with the support they need to raise healthy children.

Funded in part by the Maternity and Early Childhood Foundation (MECF).

Eight Week Workshop series provides parents with the understanding of how their babies mature emotionally, cognitively, socially and physically. In addition, we help new mothers adjust to the joys and challenges of parenting.

Talk, Play, and Read with Me (Based on book by Jo Ann Gramlich) Interactive activities for infants, toddlers and preschoolers to enhance your child's language development from birth to age five.

Pajama Storytime

Geared for children 4 years and younger with caregiver. Wear your pajamas and bring your favorite stuffed animal, blanket and pillow for Storytime, Songs, Snacks and more!

Toddler Boot Camp

Geared for children 4 years and younger with caregiver. Activities include color scavenger hunt, craft, song and dance and snack. Activity for older siblings if alternate care is not available.

➤ **SAT Boot Camp**

Maximize your time and score; Be familiar with each section of S.A.T.; Learn effective strategy and practice; Identify your strengths and weaknesses; Set up your College Board and Kahn Academy accounts. **Receive a copy of "The Official SAT Study Guide" Class size is limited**

➤ **RAPP (Relatives as Parents Program)**

Becoming the caregiver for a grandchild/relative impacts all **aspects of a person's life. As a result, relatives raising grandchildren** face a number of challenges including their personal resources stretched to the limit. Issues of health, financial stability, and parenting are salient to these individuals. Grandparents who find themselves in the position of raising their grandchildren can benefit from the workshops which provide support, resources, and education tailored to their unique needs, this gives them an opportunity to talk about their experiences and feelings in a safe, supportive environment.

➤ **Food, Health and Nutrition:**

CCBQ's network of 20 food pantries provide emergency food assistance to families and individuals in need. Please visit a food pantry near you or visit FoodBankNYC.org under 'find help' to find pantry in your area.

Green Market walking tours conducted from July to Mid-November to educate our networks food pantry guests on healthier food choices.

Health and Resource Expos: held onsite during pantry hours to be resources and health screenings to pantry guests

Keep On Track Blood Pressure Screening

Two hour workshops. First part blood pressure screenings conducted, followed by Health and Wellness workshops. Raffles, giveaways, recipes, infused water sampling

Workshop Series 1 Topics: Healthy Eating

- Ways to Reduce Blood Pressure
- Ways to Reduce Blood Sugar
- Brain Foods

Workshop Series 2 Topics: Health Living

- Components of Wellness
- Enhancing Quality of Life
- Meditation and Relaxation





For more information about Community Programming and upcoming events please call

718 726-9790

- Community Events and Workshops x 8005
- Food Pantry Network x8025



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Community Program Services



Connect with Us

