



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y Words: A Message from YMCA at PS 96

The Harlem YMCA is excited to launch our Remote Learning services starting on Thursday, April 23rd, 2020. Our first Remote Learning will focus on Homework Help. We ask students to come with their homework and a list of questions for our counselors to assist. An invitation will be e-mailed to each family according to the participant's grade.

During this pandemic we understand how stressful it can be trying to stay safe and keep your family healthy, active and prepared. It is not an easy task and can take a toll on you physically and mentally. We are trying to reach out to parents and give them some helpful information and general activities that can help you relax and take your mind off everything that has been going on. Please continue to take care of your health and wellness.

Below is a list of resources per category for this week. Please click on the link to access the resource:

<p>Health and Wellness for Kids</p> <ul style="list-style-type: none"> • Alo Yoga • Children Pilates (4-7 years old) • Kid's Workout • Wellness for Kids 	<p>Health and Wellness for Parents</p> <ul style="list-style-type: none"> • Sip and Paint • Practice Gratitude • Get Involved and How You Can Help • OMH Emotional Support Confidential Helpline: 1-844-863-9314 *
<p>General Activities</p> <ul style="list-style-type: none"> • Create A Routine For Work and Play • Amazing Virtual Field Trips • Indoor Scaventure Hunt • DIY Indoor Lazer Maze 	<p>Fitness Activities</p> <ul style="list-style-type: none"> • Ballet Lessons Online • Household Arm and Shoulder Workout • Family Fun Cardio • Ways to Exercise As A Family
<p>Food and Fun</p> <ul style="list-style-type: none"> • City Meals for Elders • Chefs for America • Keep It or Toss It? How Long You Can Store Your Food? • Twist Changing Color Lemonade Lab 	<p>Academic</p> <ul style="list-style-type: none"> • Free at Home Learning Resource • Learn a New Language for Free • Play, Learn, and Connect • Teaching Activities and Resources
<p>Government Assistance</p> <ul style="list-style-type: none"> • Unemployment • Snap • NYCHA Rent Hardship • Financial Help 	<p>Government Assistance</p> <ul style="list-style-type: none"> • Corona Tax Relief • Small Business Administration • Emergency Financial Relief Program • Financial Recovery Relief Program

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New York City's YMCA | WHERE THERE'S A Y, THERE'S A WAY