

MMCC SUPPORT SERVICES NEWSLETTER APRIL
¡SE HABLA ESPAÑOL!



MMCC Pantry would like to thank the following organizations for their generous contributions:

UJA

UNH

United Way

Food Bank of NYC

If you are interested in donating to our pantry please contact the Director Africa Dawson:
adawson@mmcc.org

A special Thank You goes out to our interns from Mercy College as well as Work, Earn and Grow. We couldn't feed our community without all of your dedication and hard work.

Food Pantry Dates

@ 3450 Dekalb Avenue
From 10am-12pm

Wednesday April 5th, 2023
Wednesday April 19th, 2023
Wednesday April 26th, 2023

Pantry Tickets will be available starting at 8:30 am. You must STAY in line after you collect your pantry ticket.



OLDER ADULT CENTERS

**Are you 60+ years old?
Come join our Older Adult Centers
which provide recreational, physical
and educational activities. To sign up
please contact the directors listed be-
low:**

**Maya Doyle, Director of Main Building
Older Adult Center:
mdoyle@mmcc.org**

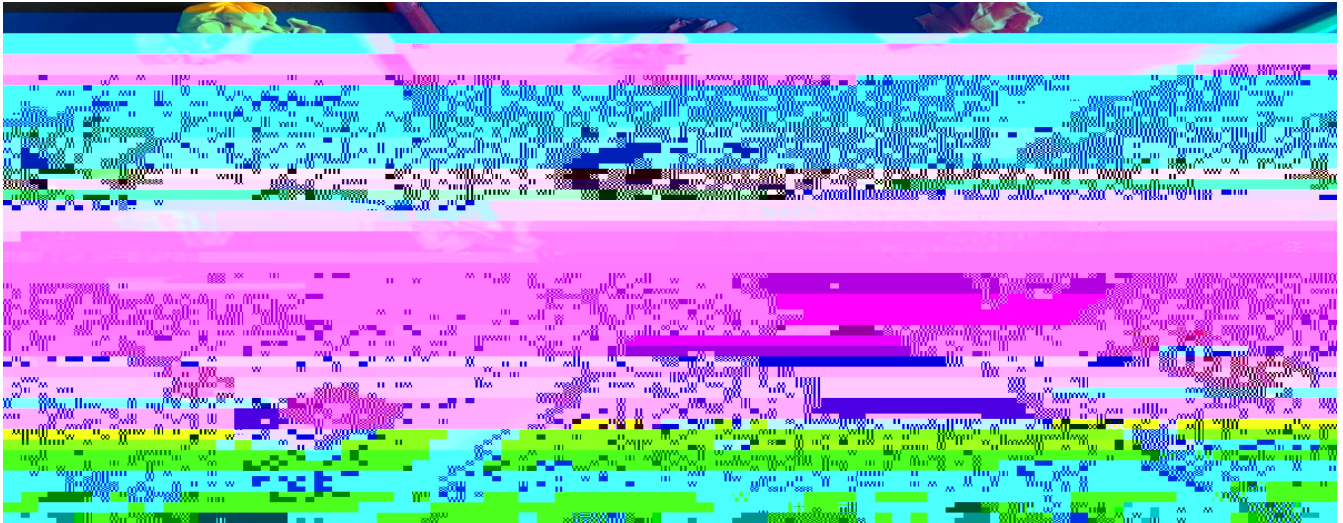
**Josephine Medina, Director of Fort In-
dependence Older Adult Center:
jmedina@mmcc.org**



CDC is hosting a FREE
COVID-19 vaccination
event on April 3rd,
2023.

MMCC Main Building
3450 Dekalb Avenue
Bronx, NY 10467
from 11am-3pm.

All participants must
present a photo ID.

PROGRAM OF THE MONTH**Connections to Care: Building Resiliency in Youth (C2C: BRY)**

The Connections to Care: Building Resilience in Youth program was developed in response to the significant need for youth mental health interventions in NYC, following the ongoing COVID-19 pandemic. The program focuses on providing increased mental health support and resources to neighborhoods that have been disproportionately affected by COVID- 19, particularly for youths aged 13-21.

By providing resources tailored to each community, we tackle the barriers and normalize mental health conversations. No one is exempt from struggling with mental health, especially our country's youth. Particularly in communities of color and communities with a lack of mental health resources, adolescents face higher rates of mental health challenges. Thus, it has become crucial for kids and caregivers to initiate conversations with children early and often surrounding mental health.

Please contact Tannashae Johnson (program director) at 646-581-1193 or TJohnson@mmcc.org for more information.

The Healthy Families program is to support and strengthen families using a holistic, strengths-based approach based on the principles of family development.

Using a strength-based, case management a

Please be mindful that MMCC will be closed the following dates, but VITA Tax Services will still be available at the main building from 11:00 AM-6:00 PM:

April 6th, 2023

April 12th, 2023

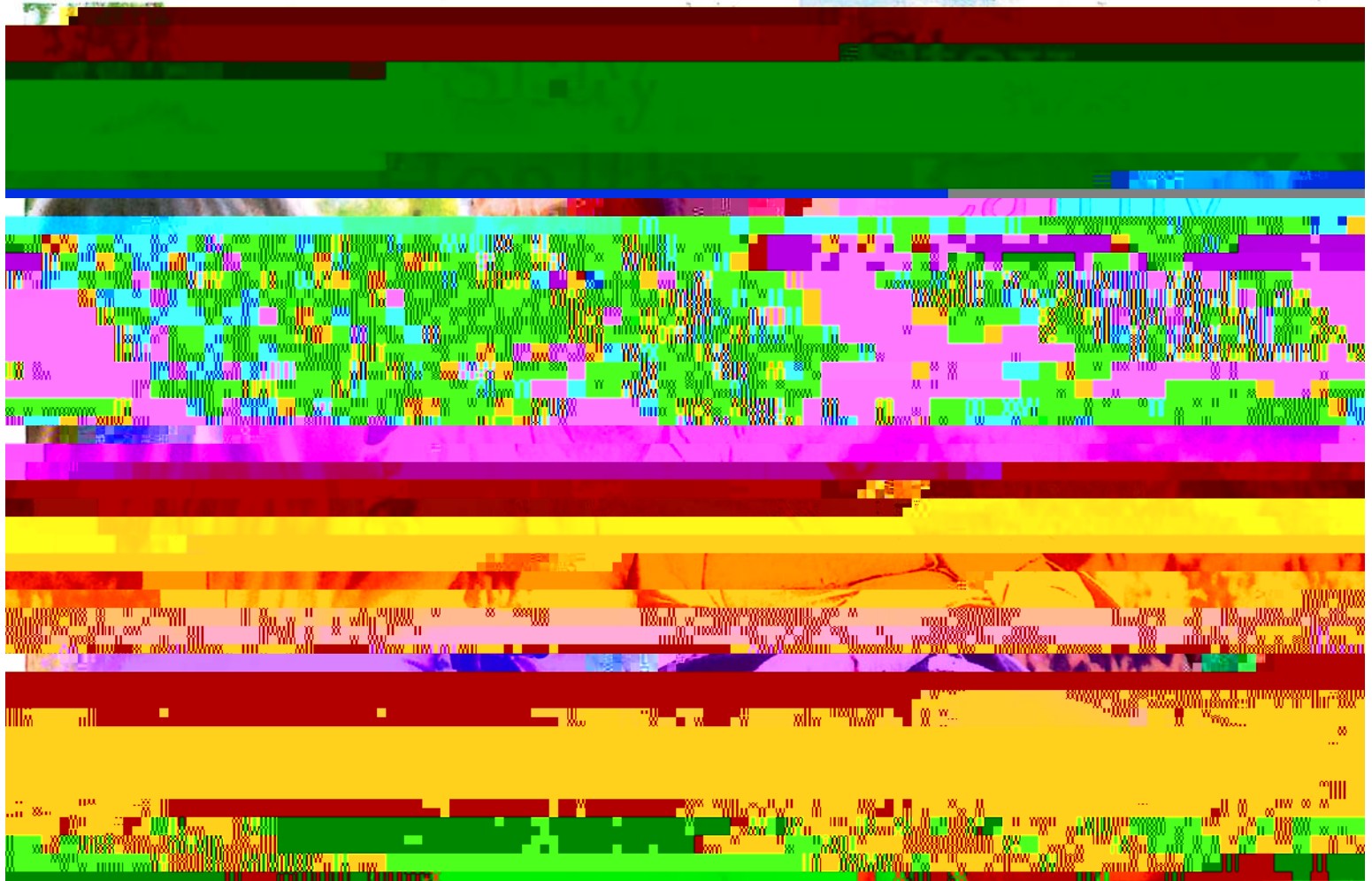
April 13th, 2023

All programs will be closed the following dates:

April 7th, 2023

April 14th, 2023

April 21st, 2023



Warning for car owners: now a home who is skipping!

The Nutrition Outreach and Education Program (NOEP) can help older

Confidential

NOEP 510 699 4000