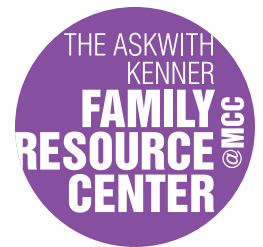


ASKWITH KENNER FAMILY RESOURCE CENTER PROGRAMS | APRIL 2024



**MONDAYS
10 AM**

PARENT SUPPORT GROUP | 154R

Join parents and caregivers as they share stories, tips, and experiences, parenting in today's complicated world.

**TUESDAYS
4/16 - 5/14
9:30 AM -
12 PM**

NYUL WORKFORCE DEVELOPMENT | 154R

Participants will have opportunities for one-on-one sessions with an employment specialist covering topics like resume writing, interview preparation, and more.

**THURSDAY,
4/18
3 PM - 5 PM**

WELCOME TO NEW YORK SUPPORT | 1R

Access learning opportunities and resources from partner organizations and community activists, as you adjust to living in NYC.

**THURSDAY,
4/25
3 PM - 5 PM**

FRC JOB FAIR | 6th Floor

Meet with employers, community organizers, and some of our partner organizations for information and networking opportunities.

**THURSDAY,
4/25
3:15 PM**

FAMILY ARTS WORKSHOP | 158R

Learn how to use art to manage stress with calming techniques, and be in community with one another.

**FRIDAYS
2 PM
4/5: ENGLISH
4/12: SPANISH
4/19: CHINESE**

SELF-CARE WORKSHOPS | 154R

Retreat from the chaotic world and take a moment to care for your body, mind, and spirit. Each workshop offers a different self-care activity.

**FRIDAY,
4/26
9:30 AM**

COOKING WITH KENYA | AT ESSEX MARKET

This demonstration-style cooking class puts a healthy spin on classic and cultural dishes that are affordable, easy to make, and delicious!

**SATURDAY,
4/6
11:30 AM**

BENEFITS CLINIC | 155R

Learn how to apply for NYC public benefits in a class-like setting with in-person support. Come with any questions to be answered.



SCAN HERE TO REGISTER

**FOR A FULL CALENDAR OF EVENTS VISIT
mannycantor.org/resourcecenterworkshops**