



7/1/2024



Main Office: 2348 7th Ave. NYC 10030 * (646) 548-0100
 Central NJ Office: 209 W 8th St, Plainfield NJ (908) 561-5057
 Bronx AHF Office: 655 Morris Ave. BX, NY 10451 (347) 736-90467
 SSHP Housing Office: 2389 7th Ave. (btw. 139th & 140th St.)
 Pharmacy Program - Karen: X 213

*CLT PANTRY THROUGHOUT MONTH * DAILY TESTING: HIV, HEP. C., STI: CHLAMYDIA, GONORRHEA & SYPHILIS

30 Years of Servicing the Community since we opened our doors in 1993. NEW 4,500 Sqft in HARLEM that will accommodate the agencies growing housing svc.

| Mon. | Tuesday | Wednesday | Thursday | Friday | Sat |
|---|--|--|--|---|---|
| 1 10-12 Substance Use 2389 7th Ave. Earl 235 10:30-11:30 Zoom Cooking Classes for ALL Register X 202 1-3 Substance Use 2389 7th Ave. Earl 235 | 2 11-12 Zoom Workout Class For All - Register with X 202 11-12 Mens Group with Serge 12-1:30 Grab n Go Lunch 12:30-1:30pm Emotional Wellness Grp 1:30-3 CAB - 2nd Floor | 3 10-11 Co Ed "Lets Talk" 2389 Office 12-1:30 Grab n Go Lunch 2-3 Diabetes Class X204 3pm CLOSED | 4  CLOSED | 5 CLOSED | 6 |
| 8 10-12 Substance Use 2389 7th Ave. Earl 235 10:30-11:30 Zoom Cooking Classes for ALL Register X 202 1-3 Substance Use 2389 7th Ave. Earl 235 | 9 11-12 Zoom Workout Class For All - Register with X 202 11-12 Mens Group with Serge 12-1:30 Grab n Go Lunch 12:30-1:30pm Emotional Wellness Grp | 10 10-11 Co Ed "Lets Talk" 2389 Office 11-12 Nutrition Health Edu. Class - NHE - X204 12-1:30 Grab n Go Lunch 12-2 Community Fresh Market (main) 2-3 Diabetes Class X204 | 11 10-3pm Cients Choice Comm. Pantry 12-1:30 Grab n Go Lunch 12:30-1:30pm Emotional Wellness Grp. | 12 11-1 Templo Emmanuel Church 233 E. 116th St Community Pantry 10-1 Cient Choice Community Pantry 12-1:30 Grab n Go Lunch 12-2 Denny Moe's Superstar Barbershop 2496 8th Ave., NYC 10030 | 13 |
| 15 10-12 Mental Health 2389 7th Ave. Earl 235 10-2 SISTA Intervention X257 10:30-11:30 Zoom Cooking Classes for ALL Register X 202 1-3pm Mental Health 2389 7th Ave. Earl 235 | 16 11-12 Zoom Workout Class For All - Register with X 202 11-12 Mens Group with Serge 12-1:30 Grab n Go Lunch 12:30-1:30pm Emotional Wellness Grp 1:30-3 CAB - 2nd Floor | 17 10-11 Co Ed "Lets Talk" 2389 Office 10-2 SISTA Intervention X257 12-1:30 Grab n Go Lunch 2-3 Diabetes Class X204 | 18 10-3pm Cients Choice Comm. Pantry 11-12 Latino Co-Ed Supp. Grp., En español 12:30-1:30pm Emotional Wellness Grp. 12-1:30 Grab n Go Lunch 1:30-3 CAG 2nd floor – outer area | 19 10-2 SISTA Intervention X257 11-1 Templo Emmanuel Church 233 E. 116th St Community Pantry 10-1 Cient Choice Community Pantry 12-1:30 Grab n Go Lunch 12-2 AHF Fresh Market 655 Morris Ave. | 20 12-2 Produce/ Fresh Market Templo Emanuel Church 233 E. 116th St. |
| 22 10-12 Substance Use 2389 7th Ave. Earl 235 10:30-11:30 Zoom Cooking Classes for ALL Register X 202 1-3 Substance Use 2389 7th Ave. Earl 235 | 23 11-12 Zoom Workout Class For All - Register with X 202 11-12 Mens Group with Serge 12-1:30 Grab n Go Lunch 12:30-1:30pm Emotional Wellness Grp 4-5 Yoga Class Register with Kat Ext. 304 OPEN TO ALL | 24 10-11 Co Ed "Lets Talk" 2389 Office 11-12 Nutrition Health Edu. Class - NHE - X204 12-1:30 Grab n Go Lunch 12-2 Community Fresh Market (main) 2-3 Diabetes Class X204 | 25 10-3pm Cients Choice Comm. Pantry 12-1:30 Grab n Go Lunch 1:30-3 CAG - 2nd Floor 4-6:30pm I-Zone Video Game Day 13-29yo - Snacks, Workshop, Prize X 302 | 26 11-1 Templo Emmanuel Church 233 E. 116th St Community Pantry 12-2 Produce/Fresh Market - Main Office 10-1 Cient Choice Community Pantry 12-1:30 Grab n Go Lunch | 27 |
| 29 10-12 Mental Health 2389 7th Ave. Earl 235 10:30-11:30 Zoom Cooking Classes for ALL Register X 202 1-3pm Mental Health 2389 7th Ave. Earl 235 | 30 11-12 Zoom Workout Class For All - Register with X 202 11-12 Mens Group with Serge 12-1:30 Grab n Go Lunch 12:30-1:30pm Emotional Wellness Grp 1:30-3 CAB - 2nd Floor | 31 10-11 Co Ed "Lets Talk" 2389 Office 12-1:30 Grab n Go Lunch 2-3 Diabetes Class X204 | | | |