

Hempstead Parent Resource Center

**Now Offering
Daytime ESL Classes**

ESL CLASSES
CLASES DE INGLES

Registration Now Open

Tuesdays & Thursdays
9am-12pm

Registración abierta

martes y jueves
9am-12pm



Jackson Annex School/Portables
380 Jackson Street
Hempstead, NY
(516) 434-4041

Our Adult Education ESL classes offer a welcoming and supportive environment for adults seeking to improve their English language skills. Our dedicated instructor, Mr. Ocana, focuses on practical language use, helping learners build confidence in speaking, listening, reading and writing. Classes cater to all proficiency levels, from beginner to advanced. Join us every Tuesday and Thursday 9 am to 1 pm. Sign up is at ABGS Middle School Adult Education Department. for more info call, 516.434.4000



Hempstead Parent Resource Center

The Hempstead Parent Resource Center is dedicated to empowering families through education, support, and collaboration. Our mission is to provide a welcoming environment where the Hempstead parents, caregivers and their families can access resources, share experiences, and develop skills that support their children's growth and well-being. We strive to foster community connections and promote active involvement in the educational process, ensuring that every child has an opportunity to thrive.

**380 Jackson Street
Hempstead NY 11550**

Contact

twilliams@hempsteadschools.org

516.434.4040

<https://www.hempsteadprc.com>

Programs

The Hempstead Parent Resource Center is committed to promoting holistic well-being for families through a diverse range of programs. We offer mental health and wellness workshops that provide valuable insights and coping strategies alongside creative outlets like art therapy to foster self-expression and healing. Our yoga sessions and sound therapy classes encourage relaxation and mindfulness, while family self defense workshops empower participants with practical skills for safety and confidence. Additionally, our body work sessions aim to enhance physical wellness and connection. With such a variety of offerings, the Parent Resource Center is a place where families can grow, learn, and thrive together in a supportive community.



**Let's Talk mental Wellness with
John Johnson**

21st Century After School Programs

The Hempstead Parent Resource Center proudly hosts 21st Century After-School Programs designed to provide enriching and educational experiences for students. Our programs focus on academic support, STEM, physical fitness and life skill development. Our dedicated staff encourages personal growth, teamwork, and helping students building lasting skills. Join us at the PRC to empower the next generation.

- Maximum Fit Club- Educate students on the basics and importance of health and fitness nutrition, anatomy and physiology.
- Hoops- Fostering an appreciation for physical fitness, develop teamwork and cultivate mindfulness related to sports performance through basketball.
- Sensei Darrens Anti-Bullying Program- Creating a safe and supportive environment for students through engaging interactive discussions and activities. to understand the impact of bullying and develop foster empathy
- Morrison Mentors-structured workshops and courses delve into advanced topics like coding, robotics, virtual reality, game design, renewable energy and more!

Peer Mentoring with LPP



Family Self Defense with Sensei Darren



Yoga with I Am Yogi Studitos



Stretch and Sound with Trust Your Body



Family Art Therapy with REDZ INC