



## SUMMER RESOURCE GUIDE

Updated May 10, 2021



### A message from your social workers:

Hi students and families,

We can't believe summer vacation is around the corner! This guide has information on summer camps, educational games, and counseling services you can access over the summer.

If you need help with financial assistance, food security, info about policy changes, NYC child care & essential workers info, SEL resources, and coping strategies, you can still [find that here](#).

-Ms. Tappan and Ms. Kriseman

**P**erseverance - **A**chievement - **V**ibrance - **E**xcellent Character

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# Summer Activities

## In-Person Summer Camps

### DOE Summer Rising

Multiple locations and dates vary.

DOE run, K-8 school-based summer enrichment program, open to charter school students. Complete the online application on this [website](#).

### Summer Camps through Good Shepherd Services: Kindergarten through 8th grade

Multiple locations and dates vary.

When the last school bell has rung for the year, Good Shepherd Services transforms many of its after-school programs into free summer camps. With locations across the Bronx and Brooklyn, Good Shepherd Services provide thousands of children and youth with rich summer experiences and learning opportunities. Contact individual camps for information on applications, deadlines, and qualifications by scrolling to the “program locations” section of this [website](#).

### The Children's Aid Society: Ages 3 -14

Multiple Locations and dates vary.

During the summer months, The Children's Aid Society offers an extensive selection of educational, recreational and cultural programs across 17 locations in Manhattan, the Bronx, Westchester and Staten Island. Children's Aid summer camps not only help to keep children safe, but introduce fun, engaging and intellectually stimulating activities that counter "summer slide," when students lose educational ground during summer vacation. Contact (212) 949 4925 or visit their [website](#) to learn more about registering.

### Police Athletic League Playstreets Summer Camp: Ages 5-13

Multiple Locations

Over the course of seven weeks, children engage in a revolving schedule of academic enrichment, arts learning and fun physical fitness activities, including team based athletic tournaments and sports fundamentals instruction. Frequent field trips and special events add excitement to summer days and introduce campers to youth from other communities and cultural resources in and around the City. Participants in PAL's Summer Day Camps have benefitted from increased physical activity and engagement in the arts, decreased summer learning loss, and improved communication skills and self-esteem. Register through this [form](#) Instructions on how to submit and complete

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form are on the form. If you have any questions, contact (1-800-725-4543).  
<https://www.palnyc.org/summer-camp>

### The Miccio

Contact for more information on summer programming. (212-243-7070)

## Remote Summer Camps

### Camp Wonderopolis: For all ages

Camp Wonderopolis is the free online summer-learning destination that's full of fun, interactive STEM and literacy-building topics boosted by Maker experiments. Keeping kids and their families learning together throughout the summer and out-of-school time, Camp Wonderopolis can help build vocabulary, background knowledge in science, reading comprehension, critical thinking, and other literacy skills along the way. Sign up [here](#).

### The Fresh Air Fund: Ages 7-12

Session dates: July 12- July 22nd, July 26th - August 5th, August 9th- August 19th  
The virtual day-camp program is a nine day session including an hour and a half of hands-on, supervised, interactive activities that encourage creativity and exploration. Activities will focus on nature and bringing the outdoors in! In addition to virtual sessions, campers will have access to activities that can be done at home with their families. Check their [website](#) soon for more information on how to register.

### RHI Virtual Freedom School: Free, 6th through 10th grade

July 6th - August 14th

RHI will host a virtual version of their Freedom Schools, a culturally enriching program that strengthens academic, civic, and socio-emotional skills in a creatively fun way. Children and youth are engaged in learning in a safe environment with caring adults. Virtual trips and creative afternoon activities! [Apply here](#). If you have any questions, reach out to Tarik Bell: [tarik@rhicenter.org](mailto:tarik@rhicenter.org) or Natisha Romain: [natisha@rhicenter.org](mailto:natisha@rhicenter.org).

### NeON Summer: Free, ages 14-24

July 6th - August 14th

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*NeON Summer* is open to youth aged 14 to 24 years old in Bedford-Stuyvesant, Brownsville, East New York, Harlem, Jamaica, North Staten Island, and the South Bronx OR who reside in the [27 “hardest-hit” COVID-19 communities](#). [Apply here](#).

### **Camp Kinda: Free, ages 5–14.**

Camp Kinda offers themed activities like "Histories Mysteries," for kids to complete at their own pace. Each week until Sept. 1, kids get a new week's worth of online, offline, and even outdoor activities designed to take about three to four hours per day. How it works: Self-directed activities on a flexible schedule, with new daily activities released every week. [Sign up here](#).

### **Varsity Tutors: Free; ages 5 and up.**

Kids can join a weeklong session based on grade level for a variety of educational subjects like basic engineering using household items, mastering strategy games, and drawing anime. How it works: One hour of live instructions via video chat from Monday to Friday, with some self-directed work time. [Sign up here](#).

### **Connected Camps: Free, ages 8-13**

Week-long multisession lessons that explore Minecraft and coding. [Sign up here](#).

### **Camp Supernow: \$199 for 2 weeks, ages 5-11**

Kids can engage with counselor-guided arts and crafts, movement, games, field trips, mindfulness exercises, and bond with their "virtual cabin," which is composed of eight to ten campers. Oh, and there's even an end-of-the-season talent show! [Sign up here](#).

### **UC Science Discovery Classes: Prices vary (\$149-199 per week), grades K-12.**

Kids can join [weeklong sessions](#) on a variety of STEM topics that include small class sizes, live instruction, project-based learning, and home activities.

**American Camp Association:** Search for virtual summer camps [here](#). You can filter by cost, live or on-demand videos, and category.

**Smithsonian Summer Adventures:** Prices vary (\$120-\$170 per week), grades K-12.

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One hour of live online interaction each day plus additional activities to explore on your own. Incorporates songs, movement, games, crafts, and virtual museum visits. [Apply](#).

## Remote Classes

- [Project Art](#) Free live online art lessons
- [New York Tae Kwon Do](#) Free live and pre-recorded online tae kwon do classes
- [Activity Hero](#) Live online classes (prices vary)
- [Daycroft School](#) Remote classes (prices vary)

# Educational Games & Virtual Field Trips

## Virtual Field Trips (free)

- [San Diego Zoo, Live Cams at the San Diego Zoo](#)
- [Yellowstone National Park](#)
- [Explore the surface of Mars](#)
- [Polar Bears and the Tundra](#)
- [Monterey Bay Aquarium live cams](#)
- [Panda Cam at Zoo Atlanta](#)
- [6 Animal Cams at Houston Zoo](#)
- Georgia Aquarium: [Jellyfish Webcam](#), [Beluga Whale Webcam](#)
- [Saturn 5 Rocket](#)
- [11 Virtual Farm and Food Tours](#)
- [Boston Children's Museum](#)

## Educational Games (free)

- [Math Snacks](#)
- [Camp Wonderopolis](#)
- [Wide Open Schools](#)
- [Fun Brain](#)
- [Primary Games](#)
- [Arcademics](#)
- [Education Games](#)
- [Smarty Games](#)
- [Cool Math](#)
- [SheppardSoftware](#)
- [ABCya](#)
- [PBS Kids](#)
- [Mr. Nussbaum](#)
- [Starfall](#)
- [Kids National Geographic](#)

## Summer Mental Health Resources

**Summer is a great time to start counseling.** If you are experiencing stress, anxiety, or depression right now, you are not alone--these are difficult times for everyone. On the next page you will find some local and national resources for counseling and emotional support during this time.

**Tele-therapy:**



Many mental health clinics for children, teens, and adults have moved to what is called “tele-therapy”. **“Tele-therapy” has made it SO easy to start therapy and meet with a therapist each week.** You no longer have to worry about fitting therapy into your busy schedule, or taking the time to travel to and from your therapist's office. All you have to do is find a space in your home where you feel comfortable, and then “meet” with your therapist remotely over video.

\*See the next page for more information

### Remote Counseling Services (tele-therapy):

<a href="#">Psychology Today</a>	In search bar look for your insurance to narrow down list	You can search by zip code or telehealth (for remote sessions)
<a href="#">NYU- Sunset Park</a> 718-437-5210	Takes all insurances	No waiting list. Offering remote therapy and psychiatry.
<a href="#">New York Psychotherapy and Counseling Center</a>	Takes most insurances	Offices around NYC but are accepting new clients remotely while offices are closed
<a href="#">Brooklyn Psychotherapy</a>	Covered by most insurance plans	Provides remote “tele-health” sessions and groups
<a href="#">Heart Share St. Vincent’s</a>	Downtown BK. Covered by many insurance plans.	Remote “tele-health” available
<a href="#">Brooklyn Heights Counseling:</a>	Some free groups	Remote “tele-health” sessions and groups
<a href="#">Western Queens Prevention Services</a> 347-527-4427	No insurance or payment required.	Therapists speak multiple languages
<a href="#">Betterhelp</a>	\$40 per week	Remote “tele-health” sessions

<a href="#">Coronavirus Online Therapy</a>	Free and low cost	Remote services for frontline and essential workers
<a href="#">Headway</a>	First session free, additional sessions through insurance	Remote “tele-health” services
<a href="#">Jessica Perkiss</a> (929) 352-6468	Accept Aetna and Optum Insurance	Office in greenpoint but will offer virtual through summer
<a href="#">Jill Nawrocki</a>	Does not take insurance but will work on a sliding scale.	Office in Brooklyn Heights Offering Virtual services

### Free Support Services:

- Good Shepherd Services: (917-439-5908) Provides family counseling and advocacy services within the Red Hook community. Reach out to Shalini for details. See attached file for more information.
- OMH Emotional Support Line: (1-844-863-9314) Provides free and confidential support, helping callers experiencing increased anxiety.
- Disaster Distress Helpline: (1-800-985-5990) Provides immediate counseling to anyone who is seeking help in coping with the effects caused by developments related to COVID-19.
- [Red Hook Cares](#): Provides help if you are experiencing emotional or physical abuse.

### General Mental Health:

- [Here](#) are some local and national resources for counseling and emotional support during this time of social distancing.

- Have insurance? Call the number on the back of your insurance card for mental health referrals
- Call 1-800-lifenet or [visit hite site](#) for more mental health referrals



## Crisis and Emergency Services:

This time may bring up really strong feelings, especially as we navigate not having regular sessions to talk through everything that has been going on. Please use the following resources for more severe or intense feelings, *after speaking to a guardian or trusted adult, preferably one who is at home with you!*

- **Crisis Text Line:** Text HOME to 741-741 to be connected to a counselor

- **NYC Well:** Call 1-888-692-9355, text “WELL” to 65173, or chat with a counselor at [this link](#).
- **National Suicide Prevention Lifeline:** Call 1-800-273-8255 or chat with a counselor at [this link](#).
- **911: IF YOU (OR SOMEONE AROUND YOU) ARE IN ACTIVE DANGER, CALL 911**
- **NYC Hope:** When home isn't safe, domestic violence survivors can call 1-800-621-4673 or visit [this link](#).