



**POLICE ATHLETIC LEAGUE OF WILMINGTON**

 **APRIL** 

**Stress Awareness Month**

**2024**



**3707 North Market Street  
Wilmington, DE 19802  
Open Monday-Friday 7am-8pm**

Perfectionism is unattainable, so striving to reach perfection will only harm yourself. You'll be more stressed out, and your performance will suffer because of it. Instead of trying to be perfect, just do your best and be proud of what you have achieved.



@PalWilmington

[www.palw.org](http://www.palw.org)



# **STRESS FREE DATES TO REMEMBER:**

***APRIL 2- World Autism Awareness Day***

***APRIL 5 - National Self Care Day***

***APRIL 6 - PALW Friends and Family Game Night***

***APRIL 10- National Siblings Day***

***April 10 to 15: World Music Therapy Week***

***APRIL 16- Wear Your Pajamas to Work Day***

***APRIL 21- National Tea Day***

***APRIL 25 -National Mani-Pedi Day***

***April 30 -International Jazz Day***

***Relax***



**SUMMER CAMP ENROLLMENT/REGISTRATION 2024**



# EVENTS/WEEKLY ACTIVITIES CALENDAR

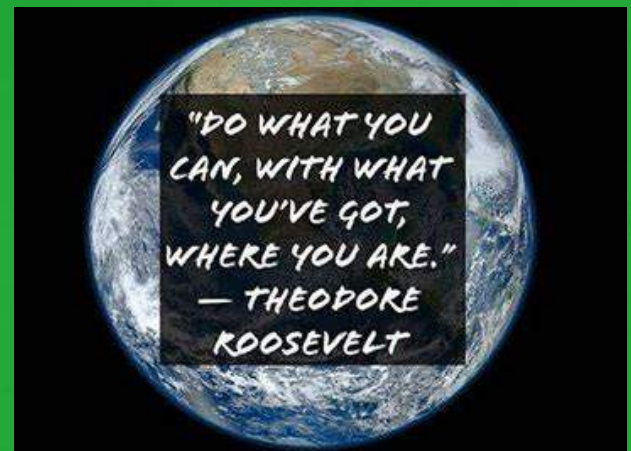
## April 2024

| Sunday                        | Monday   | Tuesday | Wednesday  | Thursday   | Friday                          | Saturday                      |
|-------------------------------|--|---------|--|--|---------------------------------|-------------------------------|
|                               | 1<br><b>YWCA</b><br><small>eliminating racism<br/>empowering women</small><br><b>ywca</b><br>D.C. Member<br><br><b>WYLP</b>  | 2<br>   | 3<br><br><b>SWAT</b><br><b>ZUMBA</b><br><b>GAP INITIATIVE</b>  | 4<br><br><b>NPAL MENTORING</b><br><br><b>WYLP</b>  | 5<br><br><b>SECOND CHANCES</b>  | 6<br><br><b>LEARN 2 RIDE</b>  |
| 7<br><br><b>LEARN 2 RIDE</b>  | 8<br><b>YWCA</b><br><small>eliminating racism<br/>empowering women</small><br><b>ywca</b><br>D.C. Member<br><br><b>WYLP</b>  | 9<br>   | 10<br><br><b>SWAT</b><br><b>ZUMBA</b><br><b>GAP INITIATIVE</b> | 11<br><br><b>NPAL MENTORING</b><br><br><b>WYLP</b> | 12<br><br><b>SECOND CHANCES</b> | 13<br><br><b>LEARN 2 RIDE</b> |
| 14<br><br><b>LEARN 2 RIDE</b> | 15<br><b>YWCA</b><br><small>eliminating racism<br/>empowering women</small><br><b>ywca</b><br>D.C. Member<br><br><b>WYLP</b> | 16<br>  | 17<br><br><b>SWAT</b><br><b>ZUMBA</b><br><b>GAP INITIATIVE</b> | 18<br><br><b>NPAL MENTORING</b><br><br><b>WYLP</b> | 19<br><br><b>SECOND CHANCES</b> | 20<br><br><b>LEARN 2 RIDE</b> |
| 21<br><br><b>LEARN 2 RIDE</b> | 22<br><b>YWCA</b><br><small>eliminating racism<br/>empowering women</small><br><b>ywca</b><br>D.C. Member<br><br><b>WYLP</b> | 23<br>  | 24<br><br><b>SWAT</b><br><b>ZUMBA</b><br><b>GAP INITIATIVE</b> | 25<br><br><b>NPAL MENTORING</b><br><br><b>WYLP</b> | 26<br><br><b>SECOND CHANCES</b> | 27<br><br><b>LEARN 2 RIDE</b> |
| 28<br><br><b>LEARN 2 RIDE</b> | 29<br><b>YWCA</b><br><small>eliminating racism<br/>empowering women</small><br><b>ywca</b><br>D.C. Member<br><br><b>WYLP</b> | 30<br>  |  |  |                                 |                               |

**The PALW is POPPING!!!**

**View our PALW Event Calendar online: [Click Here](#)**

- Learn2Ride (8:00am - 12pm) Sat & Sun**
- Life Savers - Daily (3pm-8pm)**
- S.W.A.T (4:30pm- 5:30pm) Wednesdays (Students Working Against Tobacco)**
- Zumba (5:30pm-7pm) Wednesdays**
- African Drumming (4pm-5pm) Fridays**
- SECOND CHANCES 4 - 5 PM FRIDAYS**
- GAP INITIATIVE - Wednesdays 6:15 - 8 PM**
- YWCA - Esteem Workshop Mondays 3 - 4pm**
- NPAL Mentoring (4:30pm - 5:30pm) Thursdays**
- WYLP 5 pm - 6 pm Mon & Thurs**





**GO TO A SHOW**

*Tools to*



**GO DANCING**



**READ A BOOK**

**BREATHE**

IFORHER.COM



Stress happens when you feel you have to figure out everything all at once. **Breathe.** Remember, you are strong. You will do it. Just live one day at a time.

#BeatTheStress



**SOOTHING BATH**

*Tea Time.*



**TEA WITH A FRIEND**

**STRESS LESS**

1. DANCE IT OUT.
2. GO FOR A WALK.
3. TALK ABOUT IT.
4. BREATHE.
5. GO TO BED EARLIER.
6. FOCUS ON WHAT YOU CAN CONTROL.
7. REMINISCE ABOUT GOOD TIMES.
8. ASK FOR A HUG.
9. LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES.
10. SMILE.



**SELF CARE**



**TAKE A DRIVE**

*It's*  
**TIME**  
- TO -  
**Relax**



**TAKE A TRIP**

**fAMILY FUN**

*Take a*  
**BREAK**



# The PALW Early Learning Center Thanks You for doing more in 24!



**With Your Help,  
WE DID IT!**

**\$10,160.00**

We strive to prepare our community in education, prevention, and athletics as well as being a safe haven for our students.

**DO MORE DELAWARE 24**  
Delaware's Giving Day. 3/7 - 3/8 • 6 PM - 6 PM

Thank You for Donating and Supporting our youth!  
<https://www.domore24delaware.org/fundraisers/pal-of-wilmington-capital-campaign/embedgraph>

**\$10,160** raised from 69 donors  
**\$10,000** goal

Ready to spur impact?

Donate on DE Gives.org

Share Tweet Embed

**A SPECIAL THANK YOU TO**

**“ULTIMATE SCHOLASTIC STAFFING SOLUTIONS”**  
**FOR SUPPORTING US AND MATCHING OUR DONATIONS RECEIVED!**



**DO MORE 24 CAMPAIGN**

**These funds will help with our continued efforts to provide programs for our Early Learning Center and families here at the PALW!**

**We Greatly Appreciate Your Support**



# "BUILDING BRIGHTER FUTURES"



WE PARTNER WITH THE WILMINGTON POLICE DEPARTMENT AND OUR COMMUNITY AT LARGE TO PROVIDE OUR COMMUNITY AND YOUTH WITH VALUABLE RESOURCES AND OPPORTUNITIES INCLUDING:

- ATHLETIC PROGRAMS
- HOLISTIC WELLNESS
- MENTORSHIPS
- SOCIAL DEVELOPMENT ACTIVITIES and more

[www.palw.org](http://www.palw.org)

“Stress, anxiety, and depression are caused when we are living to please others.” – Paulo Coelho

# NEED A SAFE PLACE FOR YOUR CHILD TO LEARN AND GROW?



## Police Athletic League of Wilmington

# Early Learning Center



Full Services for all Ages

Before & Aftercare  
Ages 5 - 13 years

Transportation



Summer Camp  
Ages 5 - 13 years

Family Setting  
Nurturing Hot Meals Daily  
Breakfast, Lunch & Snack  
Daily Curriculum  
Energetic & Nurturing Certified Staff  
Electronic Parent Portal

Daily Reports  
Potty Training  
Free Formula  
Safe Environment



Indoor & Outdoor Play Space  
Full Gymnasium



Indoor Activities

**ENROLLING**

**NOW!!!**



Toddler Center



1 year old Room  
2 year old Room  
3 year old Room  
4 year old Room  
5 year old Room



Baby Rooms:  
6 weeks to 1 years old



More Information:  
[Roxanne.Coleman@palw.org](mailto:Roxanne.Coleman@palw.org)  
302.764.6170

## Our Early Learning Center & Before and After School

### PROGRAMS ARE NOW ENROLLING!

GIVE YOUR  
STRESS  
WINGS AND  
LET IT FLY  
AWAY.

[www.palw.org](http://www.palw.org)

# PALW ELC SUMMER CAMP

Enroll Now!!!!



Throughout the summer camp weeks, campers will engage in a variety of educational and enriching activities that promote community involvement, cultural understanding, and personal growth. The theme of "Community Scholars" emphasizes the importance of learning and collaborating within the local community to create positive engagement

Start Date:  
**JUNE 17  
2024**



## Weekly Programs

|                              |                                   |  |                                 |
|------------------------------|-----------------------------------|--|---------------------------------|
| 17-21 June <b>week 1</b>     | 24-28 June <b>week 2</b>          | 1-5 July <b>week 3</b>                 | 5-11 July <b>week 4</b>         |
| Getting To Know You          | Local History Adventures          | Environmental Education<br>Exploration | Community Service Week          |
| 8-12 July <b>week 5</b>      | 15-19 July <b>week 6</b>          | 22-26 July <b>week 7</b>               | 29-1 July/ August <b>week 8</b> |
| Cultural Diversity Discovery | Career Exploration                | Health and Wellness                    | Stem Spectacular                |
| 5-9 August <b>week 9</b>     | 12-16 August <b>week 10</b>       |  |                                 |
| Olympic                      | Farewell Showcase and Celebration |  |                                 |

End Date:  
**August 16  
2024**

### ACTIVITIES

- ENRICHMENT
- GAMES
- ARTS & CRAFTS
- SWIMMING
- MOUNTAIN BIKING
- FIELD TRIP

Admission

**\$155**

POC Accepted

Registration Link

**www.palw.org**

More Information

SCAN ME



 Police Athletic League of Wilmington  
3707 N Market St Wilmington, De 19802

Kendra.Smallwood@palw.org  
(302) 764-6170 www.palw.org





# LIFE SAVERS PROGRAM

Our Life Savers Program is open to youth, Monday - Friday 3 pm - 8pm



## Drone Programming WYLP

Life Savers provides assistance with homework while offering; prevention programs mentorship, cultural enrichments and field trips



### Chat and Chew Topics:

- Teen Suicide Prevention
- Mental Health Education and Stigma Education
- Substance Abuse Prevention and Education
- Vaping Prevention and Education
- Anti-Bullying
- Cyber Safety
- Sexual Exploitation/Human Sex Trafficking Prevention

Sign Up  
Here

### Life Savers Weekly Schedule:

Homework Assistance: 3:15pm - 4:15 pm  
 Chat and Chew 4:20 pm - 5:15 pm  
 Recreation 5:20 pm - 7:30 pm  
 Clean Up 7:35 pm - 7:55 pm

**"Mindfulness creates centered awareness. When you do one thing at a time, you're guaranteed excellent results. If you do too many things simultaneously, it messes up your neural circuits.**

**Focus on one thing at a time." – Deepak Chopra**



# MY BROTHER'S KEEPER



**Every Tuesday,  
SELF HAIR CUT  
4:00 PM - 5:00 PM**

**Every Wednesday**

**REFLECTIONS**

**4:00 PM - 5:00 PM**



These groups will be held in the PALW Gym at the aforementioned time(s).

Contact: [Kevin.Chambers@kevin.chambers@palw.org](mailto:Kevin.Chambers@kevin.chambers@palw.org)

→  
Stop focusing on how  
~~Stressed~~ you are  
and remember how  
Blessed you are.



# PALW QUESTION OF THE MONTH



**WHAT SONG /ARTIST DO YOU LISTEN TO WHEN YOU WANT TO FEEL RELAXED AND UNWIND?**

# **WHAT'S HAPPENING @ PALW!**

## **WPD - LEARN TO RIDE PROGRAM**

WPD teaches young students how to ride bicycles:

Contact Officer Jordan 302-764-6170 [Ryan.Jordan@palw.org](mailto:Ryan.Jordan@palw.org)

**SATURDAY & SUNDAY 8 AM - 12 PM**

## **OPEN GYM**

**MONDAY - FRIDAY 3 - 7:30 PM**

## **ZUMBA**

**Monday & Wednesday 5:30 - 7 pm**

## **SPORTS - TEAMS**

**CONTACT: ROBERT PRICE or MR. GREG**

## **COMMUNITY RESOURCES/EVENTS**

**[Enroll Now: www.palw.org](http://www.palw.org)**

**[www.PALW.org](http://www.PALW.org)**



Let Us Host Your Next  
Event



# Event Rental Space Available

*Birthday Parties Weddings/Receptions Dinners  
Public Events Political Meetings Sporting Events  
Graduations Community & Association Meetings  
Repast (Weekends Only) Quinceanera's*

**"There is no event too big or small for our facility"**



Media Center



Ball Room 1



Classrooms



Fitness Center



Ball Room 2



**Long or Round Tables with Chairs Included**

*To schedule your next event visit  
our website: [Click Here](#)*

*or Contact: Ms. Jo-Ellen Edwards at (302) 764-6170*



Double Gymnasium



SCAN  
ME

**Palw Event-Rentals**





**C O N T A C T U S**

**302-764-6170**



**Hours of Operation 7 am - 8 pm Monday - Friday**



**3707 North Market Street  
Wilmington DE 19802**

[Click Here to Subscribe](#)

**LIKE AND FOLLOW US:  
@PALWILMINGTON**

**CLICK TO  
DONATE**



**[WWW.PALW.ORG](http://WWW.PALW.ORG)**