



POLICE ATHLETIC LEAGUE OF WILMINGTON



Together, Let's Strive to Help Our Community Thrive in 2025 !

**3707 N. MARKET STREET
WILMINGTON, DE 19802
302-764-6170**

"The Time Is Always Right to Do What is Right"
Dr. Martin Luther King, Jr.

WWW.PALW.ORG

JUST IN CASE YOU DIDN'T KNOW.....



JANUARY IS HUMAN TRAFFICKING AWARENESS MONTH

JANUARY 5- NATIONAL WHIPPED CREAM DAY

JANUARY 6- NATIONAL BEAN DAY

JANUARY 11- HUMAN TRAFFICKING AWARENESS DAY

JANUARY 6- NATIONAL BEAN DAY

JANUARY 12- NATIONAL PHARMACIST DAY

JANUARY 19 - NATIONAL POPCORN DAY

JANUARY 20- MLK DAY

JANUARY 20 - INAUGURATION DAY

JANUARY 24- NATIONAL FUN AT WORK DAY

JANUARY 28 - NATIONAL LEGO DAY

JANUARY 29- NATIONAL PUZZLE DAY

JANUARY 31 - NATIONAL HOT CHOCOLATE DAY

"Children are the most vulnerable and susceptible to become victims of human trafficking." - Asa Don Brown

SAFETY TIPS TO AVOID HUMAN TRAFFICKING

1. BE VIGILANT OF YOUR SURROUNDINGS

ALWAYS BE VIGILANT AND AWARE OF YOUR SURROUNDINGS. PEOPLE ARE OFTEN DISTRACTED BY THEIR PHONES OR OTHER LITTLE THINGS WHEN WALKING. MAKE SURE THAT YOU'RE AWARE OF WHAT'S GOING ON AROUND YOU SO THAT YOU CAN SPOT WHEN SOMETHING IS OFF. IF YOU NOTICE A PERSON OR A CAR FOLLOWING YOU, ALERT SOMEONE YOU TRUST IMMEDIATELY.

2. AVOID WALKING ALONE

WOMEN HAVE BEEN FORCIBLY KIDNAPPED WHILE WALKING ON THE STREET. YOU SHOULDN'T HAVE TO BE RESTRICTED WHEN YOU GO OUT AND IT MAY SEEM UNFAIR THAT YOU ALWAYS HAVE TO BE ON THE LOOKOUT, BUT FOR YOUR OWN SAFETY, TRY NOT TO WALK ALONE – ESPECIALLY IN QUIET AREAS.

3. ACT SWIFTLY IF SUSPICIOUS

GO INTO THE NEAREST BUILDING AND WAIT FOR THE PERSON OR CAR TO LEAVE. ALERT SOMEONE IN THE BUILDING THAT YOU'RE BEING FOLLOWED OR CALL SOMEONE TO PICK YOU UP IF YOU CAN. ALSO, LET SOMEONE YOU KNOW THAT YOU'RE GOING OUT AND WHAT TIME THEY CAN EXPECT YOU TO ARRIVE AT YOUR DESTINATION.

4. DON'T TRUST EASILY

SOME PEOPLE WHO ARE TRAFFICKED ARE APPROACHED BY STRANGERS OFFERING THEM A JOB OR SOME KIND OF OPPORTUNITY (LIKE A MODELING OR SINGING CAREER). TRAFFICKERS CAN APPROACH YOU ANYWHERE, ON SOCIAL MEDIA, AT SCHOOL, IN THE MALL AND EVEN OUTSIDE YOUR HOUSE. SOME TRAFFICKERS MIGHT TRY TO BEFRIEND YOU OR FORM A RELATIONSHIP WITH YOU SO THAT YOU TRUST THEM ENOUGH. WOMEN CAN ALSO BE TRAFFICKERS AND ARE OFTEN USED TO LURE VICTIMS BECAUSE THEY SEEM MORE TRUSTING THAN MEN.

5. USE SOCIAL MEDIA WISELY

BE SUSPICIOUS OF STRANGERS WHO APPROACH YOU AFTER YOU'VE POSTED SOMETHING PERSONAL ON YOUR SOCIAL MEDIA PROFILE AND THEIR SUDDENLY OFFERING YOU HELP, ADVICE, MONEY, A PLACE TO STAY OR A JOB OPPORTUNITY. IF YOU'RE GETTING RANDOM MESSAGES FROM PEOPLE ON SOCIAL MEDIA, CHECK YOUR PRIVACY SETTINGS, TURN OFF YOUR LOCATION SETTINGS ON SOCIAL MEDIA AND ONLY MAKE YOUR POSTS VISIBLE TO YOUR FRIENDS (NOT TO THE PUBLIC). ALSO AVOID CHECKING IN TO PLACES ON SOCIAL MEDIA (WHILE YOU'RE AT THE PLACE ESPECIALLY).

6. BE READY FOR ANYTHING

CARRY PEPPER SPRAY WITH YOU ON YOUR KEY-CHAIN. YOU ALSO NEED TO MENTALLY PREPARE YOURSELF TO FIGHT OFF THE ABDUCTOR. IF YOU BEGIN TO BE ATTACKED, MAKE A SCENE, YELL FOR HELP, AND FIGHT BACK LIKE YOUR LIFE DEPENDS ON IT (BECAUSE IT PROBABLY DOES)

7. USE YOUR PHONE

ALLOW 3 OF YOUR CLOSEST FRIENDS OR FAMILY MEMBERS TO TRACK YOUR PHONE VIA GPS SO THEY KNOW YOUR WHEREABOUTS AT ALL TIMES. YOU CAN DO WITH ON MOST CELL PHONES AND ALLOW A SELECT FEW TO HAVE ACCESS TO YOUR LOCATION FOR 1 HOUR, 1 DAY, OR INDEFINITELY.

8. TRUST YOUR INSTINCTS

LISTEN TO THE INTUITIVE VOICE INSIDE YOUR HEAD. CHECK WITH FAMILY AND FRIENDS FOR ADVICE IF YOU GET OFFERS THAT ARE TOO GOOD TO BE TRUE. DO INTERNET SEARCHES OR BACKGROUND CHECKS ON THE PERSON WANTING YOU TO MEET WITH THEM. SAY NO AND SEE HOW THEY REACT. LOOK FOR SIGNS OF ABUSIVE OR POSSESSIVE BEHAVIORS. IS THE PERSON TRYING TO ISOLATE OR TURN YOU AGAINST FAMILY AND FRIENDS? IF SO, AVOID THAT PERSON.

9. MEET STRANGERS IN PUBLIC PLACES

DON'T LET ANYONE KNOW WHERE YOU LIVE UNTIL YOU GET TO KNOW THEM. SO FOR A DATE, MEET THEM AT A PUBLIC PLACE FOR THE FIRST FEW TIMES UNTIL YOU GET TO KNOW THEM AND FEEL COMFORTABLE. ALSO STAY IN CONTACT WITH FRIENDS AND FAMILY IF YOU'RE OUT AND ABOUT ALONE OR WITH SOMEONE YOU DON'T KNOW VERY WELL

10. SEEK HELP FROM RELIABLE ORGANIZATIONS

TRAFFICKERS ALSO PREY ON YOUNG PEOPLE WHO RUN AWAY FROM HOME. IF YOU'RE HAVING TROUBLE AT HOME, INSTEAD OF RUNNING AWAY AND PUTTING YOURSELF AT RISK OF BEING KIDNAPPED OR LURED INTO DANGEROUS, LIFE-THREATENING SITUATIONS BY TRAFFICKERS, RATHER SEEK HELP. YOU CAN SEEK COUNSELING

FOR IMMEDIATE ASSISTANCE, CALL THE NATIONAL HUMAN TRAFFICKING HOTLINE AT 1-888-373-7888. YOU CAN REACH THE HOTLINE 24 HOURS A DAY, 7 DAYS A WEEK IN MORE THAN 200 LANGUAGES. ALL CALLS ARE CONFIDENTIAL AND ANSWERED LIVE BY HIGHLY TRAINED ANTI-TRAFFICKING HOTLINE ADVOCATES.

EVENTS/WEEKLY ACTIVITIES



CALENDAR

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

JANUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3 SECOND CHANCES 	4 LEARN 2 RIDE
5 LEARN 2 RIDE 	6 YWCA WYLIP	7 	8 SWAT GAP INITIATIVE ZUMBA	9 NPAL MENTORING WYLIP	10 SECOND CHANCES 	11 LEARN 2 RIDE
12 LEARN 2 RIDE 	13 YWCA WYLIP	14 	15 SWAT GAP INITIATIVE ZUMBA	16 NPAL MENTORING WYLIP	17 SECOND CHANCES 	18 LEARN 2 RIDE
19 LEARN 2 RIDE 	20 YWCA WYLIP MLK DAY	21 	22 SWAT GAP INITIATIVE ZUMBA	23 NPAL MENTORING WYLIP	24 SECOND CHANCES 	25 LEARN 2 RIDE
26 LEARN 2 RIDE 	27 YWCA WYLIP	28 	29 SWAT GAP INITIATIVE ZUMBA LUNAR NEW YEAR	30 NPAL MENTORING WYLIP	31	1

GAP INITIATIVE - WEDNESDAYS - 6:15 - 8 PM

NPAL MENTORING - THURSDAYS 4:30 - 5:30 PM

ZUMBA - WEDNESDAYS - 5:30 - 7:00 PM

AFRICAN DRUMMING - FRIDAYS 4-5 PM

YMCA - ESTEEM WORKSHOP - MONDAYS 3-4 PM

WYLIP - MONDAYS & THURSDAYS 5 - 6:00 PM

SWAT - WEDNESDAYS 4:30 -5: 30 PM

(STUDENTS WORKING AGAINST TOBACCO)

SECOND CHANGES - FRIDAYS - 4 - 5:00 PM

LIFESAVERS/DIVAS PROGRAM - DAILY 3-8 PM

LEARN TO RIDE - SATURDAY & SUNDAY 8 AM - 12 PM

Please contact : Officer Jordan for further Learn to Ride Registration Info

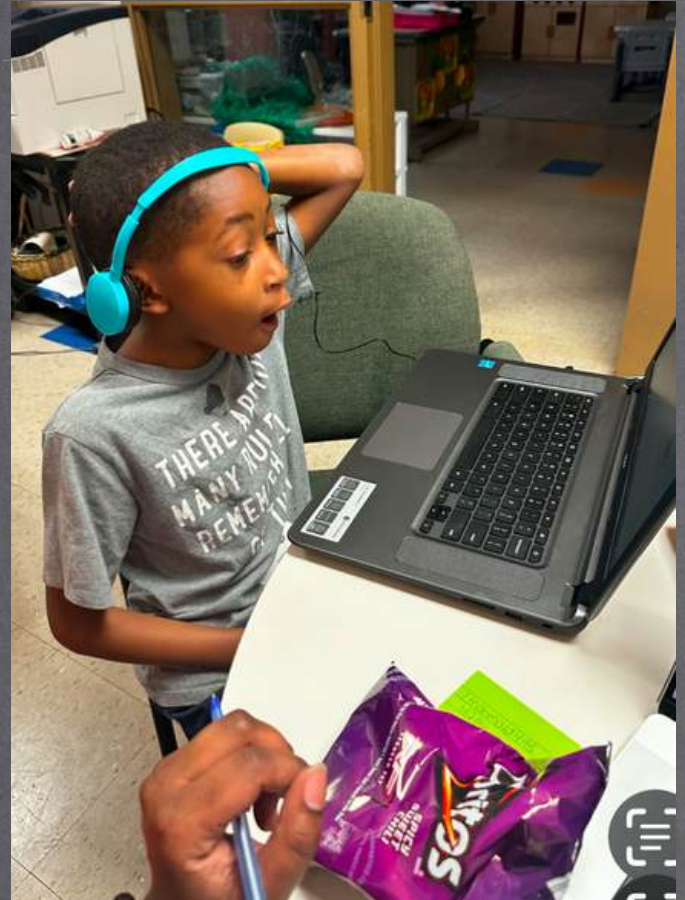
Ryan.Jordan@palw.org

CHESS - WEDNESDAYS 3:00 PM :Contact: Kev Chambers

The PALW is POPPING!!!



"BUILDING BRIGHTER FUTURES" WHO WE SERVE



**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**

**I NEVER REALLY
THOUGHT OF
COMMUNITY
SERVICE AS A
MOVEMENT, BUT IT
IS.**

Adam Gardner

www.palw.org



Our Early Learning Center & Before and After School PROGRAMS ARE NOW ENROLLING!



Police Athletic League of Wilmington

Early Learning Center

Outdoor Play Space



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

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



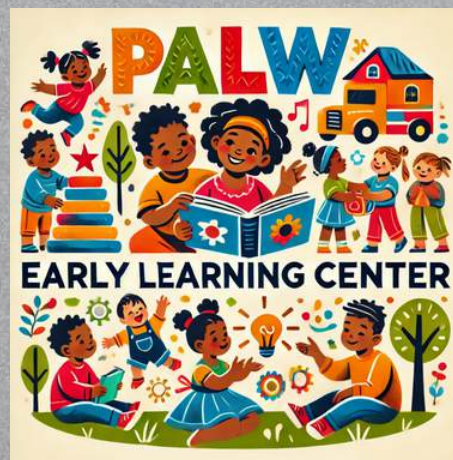


Indoor Activities

More Info: 302-764-6170

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

Contact: Christopher.Purnell@palw.org



www.palw.org

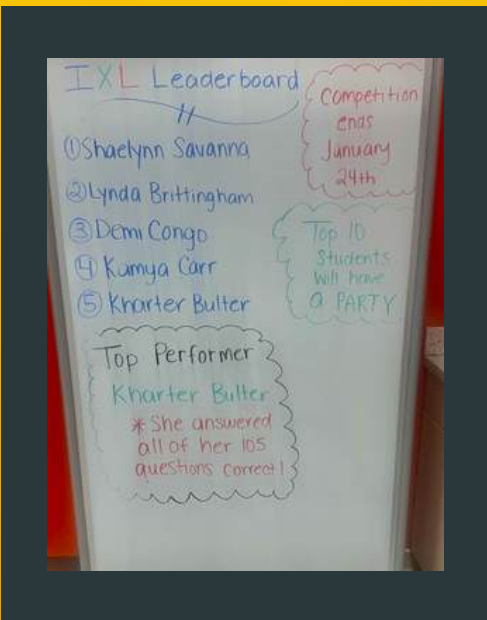
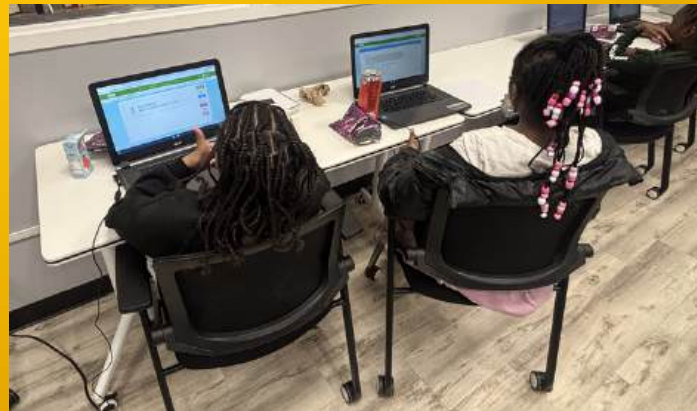
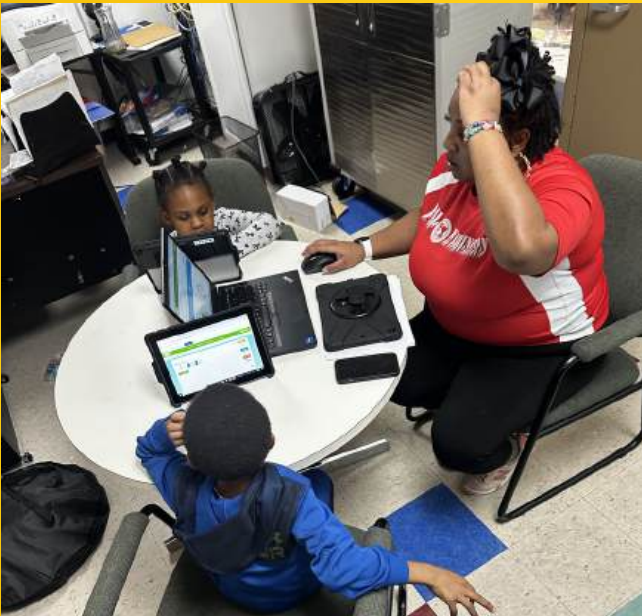


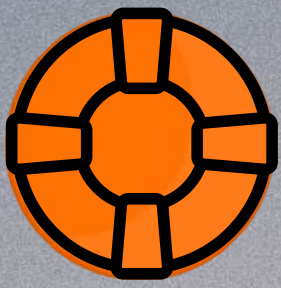
PALW EDUCATION DEPARTMENT



MEET KEONDRA TEMPLE

EDUCATION DIRECTOR





LIFE SAVERS DIVAS



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



CONTACT: SHARON.BROWN@PALW.ORG:

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

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

More Info: 302-764-6170

**Sign Up
Here**

SHOP WITH A COP



PALW Holiday Bike and Toy Giveaway









*First Work Week of the
New Year
2025*

PALW Staff Bonding on

*bonfire
night*



ZUMBA Program Holiday Dinner





QUESTION OF THE MONTH



***ARE YOU AVAILABLE THIS YEAR
TO HELP
IN YOUR COMMUNITY?***

**“THERE IS NO POWER FOR CHANGE GREATER THAN A COMMUNITY
DISCOVERING WHAT IT CARES ABOUT.” – MARGARET J. WHEATLEY**

WHAT'S GOING ON @ PALW

WPD - LEARN TO RIDE PROGRAM

WPD teaches young students how to ride bicycles:

Contact Officer Jordan 302-764-6170 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



BOXING

Monday - Friday 4:30 - 6:30 pm

CONTACT: KEVIN CHAMBERS



COMMUNITY RESOURCES/EVENTS

Enroll Now:

www.palw.org





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)

**COMING
SOON**

January 23 - Senior Morning Mingle

Contact: [JoEllen Edwards@JoEllen.Edwards@palw.org](mailto:JoEllen.Edwards@palw.org)

February 2025 - PALW Talent Night



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

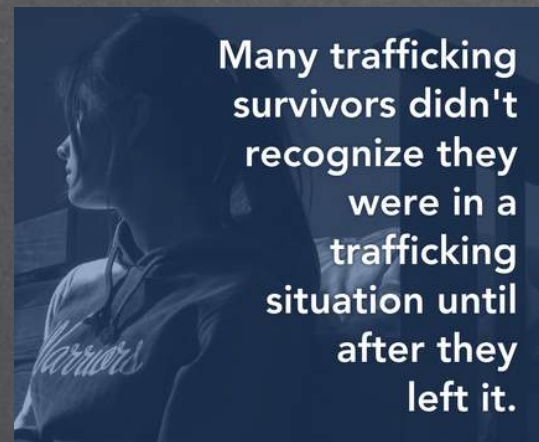


***PALW STAFF
CONFERENCE***

February 17, 2025

MARCH 2025

“DO MORE 24”



Many trafficking survivors didn't recognize they were in a trafficking situation until after they left it.



✨ PALW Morning Mingle ✨

Breakfast Social for Seniors 55+

Seniors aged 55 and older are invited to join a fun and friendly social event, offering a chance to connect with peers over a tasty continental breakfast. This welcoming gathering provides a safe space for seniors to socialize, stay engaged, and participate in educational sessions, fitness activities, and exciting outings!



WHEN: Every Thursday from 9:00 AM to 11:00 AM
WHERE: PALW - 3707 N. Market St, Wilmington, DE 19802

☕ **Enjoy Fresh Coffee, Pastries, Fruit, and More!**

♥ **Make New Friends, Stay Active, and Have Fun!**

Don't Miss Out — Bring a Friend and Join Us Every Thursday!

For more information, contact: Ms. Jo at (302) 764-6170

Let's make Thursdays your favorite day of the week! See you there! ✨



Let Us Host Your Next Event

Event Rental Space Available

Long or Round Tables with Chairs Included

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



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

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



Media
Center



Ball Room 1



Ball Room 2



Classrooms



Double
Gymnasium



Fitness Center



Palw Event-Rentals

SCAN
ME





**NOW
HIRING**

Out of School Time Teachers

Certifications: School Age Site Assistant or Intern

Submit Resume and Cover Letter to:

yolanda.williams@palw.org



www.PALW.org

FEEL FREE TO

STOP BY:



Hours of Operation 7 am - 8 pm

Monday - Friday

302-764-6170

3707 North Market Street

Wilmington DE 19802

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