



Police Athletic League of Wilmington



May 2025

Monthly Newsletter

Mental Health Awareness Month

honoring

Moms

and maintaining

“Our Mental Health”



*3707 North Market Street
Wilmington, Delaware 19802
302-764-6170*

WWW.PALW.ORG

*Christopher Purnell
Executive Director*





National Brothers and Sisters Day -MAY 2

CINCO DE MAYO -MAY 5

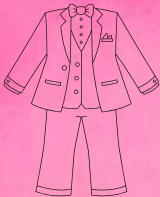
National Teacher Appreciation Day -MAY 6



MOTHER'S DAY - MAY 11



Mental Health Action Day -MAY 15



PALW Kiddie Prom Night -MAY 16



Pizza Party Day -MAY 16

National Missing Children's Day -MAY 25

Memorial Day -MAY 26

HOLIDAYS + OBSERVANCES



**Asian American and
Pacific Islander
Heritage Month**



**Jewish American
Heritage Month**

**..BALANCING TIME YOU
SPEND WITH OR WITHOUT
PEOPLE IS CRUCIAL FOR
MENTAL HEALTH.**

- Amy E. Spiegel





EVENTS/WEEKLY ACTIVITIES CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1 NPAL MENTORING Senior Morning Mingle WYLIP	2 KARAOKE SECOND CHANCES	3 LEARN 2 RIDE
4 LEARN 2 RIDE	5 YWCA WYLIP	6 	7 SWAT GAP INITIATIVE ZUMBA	8 NPAL MENTORING Senior Morning Mingle WYLIP	9 KARAOKE SECOND CHANCES	10 LEARN 2 RIDE
11 LEARN 2 RIDE	12 YWCA WYLIP	13 	14 SWAT GAP INITIATIVE ZUMBA	15 NPAL MENTORING Senior Morning Mingle WYLIP	16 KARAOKE SECOND CHANCES	17 LEARN 2 RIDE
18 LEARN 2 RIDE	19 WYLIP YWCA	20 	21 SWAT GAP INITIATIVE ZUMBA	22 NPAL MENTORING Senior Morning Mingle WYLIP	23 KARAOKE SECOND CHANCES	24 LEARN 2 RIDE
25 LEARN 2 RIDE	26 WYLIP YWCA	27 	28 SWAT GAP INITIATIVE ZUMBA	29 NPAL MENTORING Senior Morning Mingle WYLIP	30 KARAOKE SECOND CHANCES	31 LEARN 2 RIDE

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

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 CHANCES - 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
Senior Morning Mingle - Thursdays 9:00 am
GROWN FOLKS KARAOKE - Fridays Afterwork 6:30 - 11 pm 21+

The PALW is POPPING!!!





May is Mental Health Month 2025



TURN
AWARENESS >>
INTO ACTION

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

4

Try sharing your mental health story on social media or with close friends. This brave act can help reduce stigma in your community.

5

Our physical health is linked to our mental health. Find some time today in whatever way feels right for you.

6

Take some time today to de-stress and unwind. Do a hobby you enjoy—or try a new one if you don't have a go-to hobby.

7

Practice good sleep habits. Resist the urge to zone out on social media or watch TV and make your room cool, dark, and quiet. Aim for 8 hours of sleep.

1

Write down three specific self-care goals for the month and post them where you'll see them.

2

Spend some time in nature today. Whether it's taking a walk, smelling the flowers, or sitting by a tree, nature can make you feel calmer.

3

Check in on your own mental health. Take a mental health test at mhascreening.org. It's free, anonymous, and confidential.

11

Mother's Day: Send a "thank you" card or text to someone in your life today. Sharing gratitude can help you feel more positive too.

12

Help yourself while helping others: Declutter by donating old clothes, toys, books, etc. Clearer spaces can help your mind feel clearer as well.

13

Try a breathing exercise to feel more calm and grounded. Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat as needed.

14

Read this affirmation today whenever you need it: "We're all first-time humans. Give yourself grace as you keep learning and changing."

15

Today is Mental Health Action Day! Visit mhanational.org to find out more about how you can take action to support mental health efforts.

16

Go somewhere you've never been. This could be as simple as taking a different route home. Mixing it up can be refreshing and open you up to new possibilities.

17

Spend some time with a furry friend to lower stress hormones and boost your mood. If you don't have a pet, see a friend who does or volunteer at a shelter.

18

Your mind functions best when your basic needs are met. Do your best to drink at least 64 ounces of water today to stay hydrated.

19

Think of one person whom you'd like to strengthen your relationship with. Schedule a time to connect on the phone or to meet in person.

20

You deserve rest and you do not need to earn it. Take a nap, sit quietly in nature, or enjoy your lunch break without working.

21

Try a new coping skill today. Some examples are: belly breathing, progressive muscle relaxation, playing with a pet, or watching your favorite movie.

22

What causes matter to you? Think of one way you can support these causes, whether it is with your time, donations, etc.

23

Reflect on what boundaries you need to live a more peaceful life. If you feel ready, communicate your boundaries to the people involved.

24

Connect with your spirituality if this is something you want to explore. Try joining a faith community, spending time in nature, volunteering, etc.

25

Look for a community event to attend. Some examples of this might include a local film festival, a community potluck, a sports game, etc.

26

Memorial Day: Plan a cookout or game night with loved ones. Connecting with people you care about can increase your happiness.

27

Experiment with a new recipe, write a poem, paint, color, or try a Pinterest project. Creative expression and overall well-being are linked.

28

Try asking someone, "How are you, really?" today to get a better sense of how they're doing, deep down.

29

Make a list of your strengths! If this feels hard, try asking people close to you what they think your top 3 strengths are.

30

Plan a break for yourself. You could ask your boss for time off, think of things you might want to do on vacation, consider a "staycation," etc.

31

Write a letter to yourself to celebrate all the actions you've taken this month to support mental health.

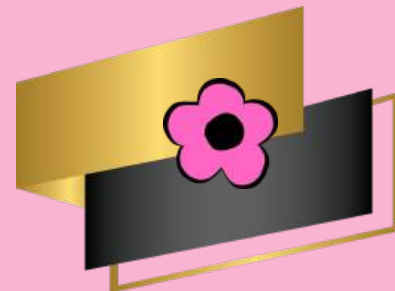
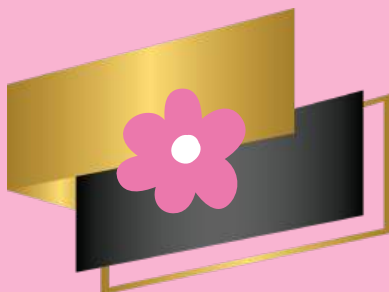
Monthly Goals

-
-
-
-
-
-

Self
care

Get more information
and resources.
mhanational.com/may

MHA
Mental Health America





Coming Soon

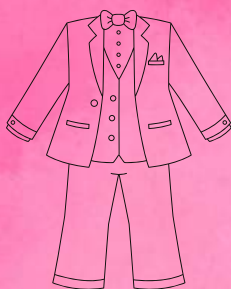


PALW Summer Camp Registration - Happening Now

AMERIHEALTH VAN - MAY 8

DIAMOND GLOVES INVITATIONAL BOXING - MAY 10

PALW PICTURE DAY - MAY 14



***PALW KIDDIE PROM NIGHT-
MAY 16***



PALW Talent Night- Details coming soon

PALW Poppin Cook off- Details Coming Soon

Contact: Kevin Chambers@kevin.chambers@palw.org

*Don't be
ashamed
of YOUR
STORY.
It WILL
inspire
others.*

To Our Palaw Community Moms



Grand-Moms, Aunties, Godmoms, Stepmoms,
Honorary Moms, Teachers, etc.

We See You

We Hear You
We Appreciate You
We Honor You
We Got You

Happy Mother's Day

Keep Being Awesome and
Keep Doing You

You're Great At What You Do

"BUILDING BRIGHTER FUTURES"



WHO WE ARE



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

*Remember,
your mental health
is just as
important
as your
physical health.*

YOU MATTER. YOU ARE NOT ALONE



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

**Our Early Learning Center
PROGRAMS ARE NOW ENROLLING!**

**LEARNING
EVERY DAY**



Police Athletic League of Wilmington

Early Learning Center

Outdoor Play Space



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

Baby Rooms:
6 weeks to 1 years old



Toddler Center



1 year old Room

2 year old Room

3 year old Room

4 year old Room

5 year old Room



Full Services for all Ages

Before & Aftercare
Ages 5 - 13 years

Transportation



Summer Camp
Ages 5 - 13 years



More Information:
Keondra.Temple@palw.org
302.764.6170

Contact: KEONDRA.TEMPLE@PALW.ORG



www.palw.org



BORCELLE



PALW OST SUMMER CAMP

Registration Fee

\$155

Pre Week
POC ACCEPTED



START DATE : JUNE 16 2025

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



Themes:

- Welcome to Camp - Camp Kickoff
- Nature Explorers
- Under the Sea
- Time Travelers
- Sports and Fitness
- Artful Creations
- STEM Week
- Around the World
- Community Heroes
- Camp Carnival & Farewell Bash



Trips:

- Killen pond water park
- Skating (Philly Skate Plex)
- Camden Aquarium
- Washington Zoo
- Dorney Park
- Frontier Town
- Bowling
- Main Event
- Crayola Experience
- LEGOLAND

*Trips Subject to Change.

SCAN ME



END DATE : AUGUST 16 2025

Registration Now: www.Palw.org



3707 N Market St Wilmington, De 19802

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

PALW Dads & Daughters attending



EVERY MAN COUNTS
BETTER DADS • BETTER LIVES

Daddy/Daughter Sneaker Ball



PALW 1st Annual
Kiddie

PROM NIGHT

EXPERIENCE THE MAGIC AT OUR

Red Carpet

FRIDAY

16

May
06:00 pm
9:00pm

\$5 Admission
Ages infant -12

A Night of Elegance



PALW

3707 N Market St Wilmington ,DE 19802

To Purchase Tickets

<https://givebutter.com/HGnLcW>

For More Info Call Mr.Kevin (302)764-6170



***Scheduling Issues or
Conflicting
School/Work
Schedules?***



***We Offer
“OUT OF SCHOOL TIME”
Care!***

PALW Out of School Time (OST) has replaced the common name of Before and Afterschool. Out of School Time covers the school calendar year, summer and enrichment camps. We provide a comprehensive Out of School Time program that provides homework assistance, activities, events, meals/snacks and age appropriate classrooms for all students.

OST participates in the PALW Lifesavers Prevention programs, Physical Education, Education IXL program and year around field trips. We provide a safe and nurturing environment and use a digital portal system, Procure for attendance and communication. OST is a very exciting program and promotes positive engagement with all participants. We encourage our partners to volunteer and participate as well. We service Brandywine and Red Clay school districts as well as local Charter Schools



Contact : Kendra.Smallwood@palw.org



The OST program operates *Monday through Friday, 7:00 AM to 8:30 AM - 2:45 PM to 6:00 PM*. OST provides all day service when schools are closed during the calendar school year

7:00 AM to 6:00 PM with meals/snacks provided.

Structured daily schedules include:

- **Homework assistance.**
- **STEM projects and activities.**
- **Creative arts programming**
- **Physical Activities**
- **Education IXL Tutorial program**
- **Meals/Snacks**

Out of School Time - Classroom/Study Area



• Summer Camp applications HAPPENING NOW!!

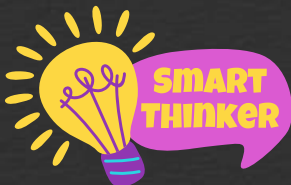
www.palw.org



PALW EDUCATION DEPARTMENT



Contact: keondra.temple@palw.org



IXL LEARNING PROGRAM



YOUTH WORKFORCE DEVELOPMENT

YOUTH PUBLIC SAFETY CADET PROGRAM



E D U C A T I O N





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

Sign Up
Here

Life Savers Weekly Schedule:

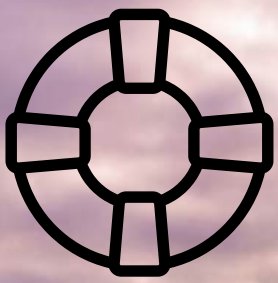
Homework Assistance: 3:15pm - 4:15 pm

Chat and Chew 4:20 pm - 5:15 pm

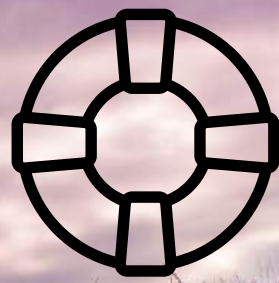
Recreation 5:20 pm - 7:30 pm

Clean Up 7:35 pm - 7:55 pm

More Info: 302-764-6170



LIFE SAVERS



TRIP TO DELAWARE NATURE AND SCIENCE MUSEUM





POLICE ATHLETIC LEAGUE OF WILMINGTON

LIFE SAVERS

PRESENTS

“LET’S CELEBRATE SUMMER BREAK!”

**FUN
FOOD
GAMES
FACE PAINTING
POTATO SACK RACE
MUSIC
AND MORE!**

Please Join Us!

FRIDAY, JUNE 12, 2025

TALLEY DAY PARK

1308 FOULK ROAD - WILMINGTON, DE 19803

TIME: 4 - 8 PM

CONTACT: MS. BROWN OR MS. KEICHA - LIFESAVERS

SHARON.BROWN@PALW.ORG



The goal is to provide a Strong and Safe Community and give back providing Fun Learning Activities as well as helping with the Development of the Youth. Engaging with Our Youth and PALW Community allows everyone to be seen and heard and letting them know, they matter! Stop by and Register or Volunteer Today for one of the many Programs available here at the PALW



COMMUNITY ENGAGEMENT AND PROGRAMS

Contact: kevin.chambers@palw.org
for upcoming events and
registration



COMMUNITY EVENTS
BOXING PROGRAM
CHESS PROGRAM
FLAG FOOTBALL PROGRAM
EXERCISE PROGRAM

**and so much
more!**



Community Engagement Program Presents



Sing Solo, Sing as a Team or Just Come Sing Along

*****EVERY FRIDAY AFTERWORK*****

6:30 pm - 11:30 pm

21 and over - Doors Open 6:00 pm

ADMISSION: \$5.00

Bring your own bottle

Light appetizers will be served - However, you may bring your own

Hosted by: PALW Community Liaison

Contact: kevin.chambers@palw.org

Police Athletic League of Wilmington

3707 N. Market Street

Wilmington, DE 19802

302-764-6170

**TABLE
RESERVATIONS
ALSO
AVAILABLE**





Happening Here!!!

Grown Folks After-Work Karaoke

EVERY FRIDAY NIGHT

6:30 - 11 PM



Contact: kevin.chambers@palw.org



POLICE ATHLETIC LEAGUE OF WILMINGTON



in collaboration with
THE CITY OF WILMINGTON
present

ACCOUNTABLE

COMMITTED

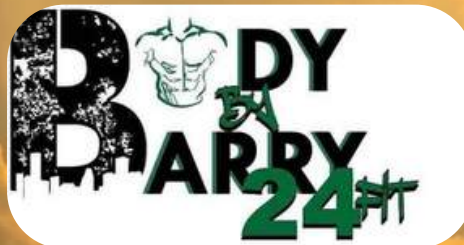
CONSISTENT

DISCIPLINED

#TURN-UP TUESDAYS

and

#SHAKE IT UP SATURDAYS



**come WORK OUT
with Barry*

STARTING: FEBRUARY 4, 2025:

TUESDAYS: 6:30 PM - 7:30 PM

SATURDAYS: 9:00 AM - 10:00 AM

Ages 13 and up

HIGH INTENSITY INTERVAL TRAINING
weights, resistance bands, agility ladders, cones, etc.

Note: This is not beginner training

**For more information, contact:
Coach Barry at (302) - 377-8320**

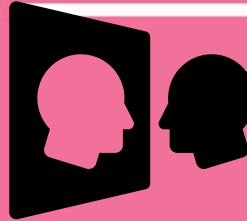
kevin.chambers@palw.org (302) -764-6170 (PALW Community Liaison)
www.palw.org



MY BROTHER'S KEEPER



***The PALW
Offers
A Safe Place and
Space
for Young Men
to
Gather and
Have Open
Discussions or
(Private)
On Various
Topics and
Everyday Life
and
Situations***



***SELF HAIR CUT
TUESDAYS
4:00 PM - 5:00 PM,***



***REFLECTIONS
WEDNESDAYS
4:00 PM - 5:00 PM,***

Contact: Kevin Chambers@kevin.chambers@palw.org

DIAMOND GLOVES INVITATIONALS



**MAY 10
2025**



TICKETS

**KIDS/SENIORS: \$10
GENERAL ADMISSION: \$20
RINGSIDE: \$30**

**DOORS OPEN AT 12PM
FIRST BOUT 1PM**

**POLICE ATHLETIC LEAGUE OF WILMINGTON
3707 N MARKET ST WILMINGTON DE 19802**



THE PALW'S POPPIN COOKOFF!



DATE AND TIME TO BE ANNOUNCED

Featuring the PALW MEN!!!

CONTACT KEVIN.CHAMBERS@PALW.ORG OR
302-764-6170

3707 North Market Street
Wilmington, DE 19802

For more information:
www.palw.org

*The Police Athletic League of
Wilmington was honored to receive the*

2025 NETWORK
CONNECT

EDUCATION AND YOUTH DEVELOPMENT AWARD





ATTENTION: PALW YOUTH SEEKING EMPLOYMENT

(CLICK WEBSITE LINK BELOW FOR FURTHER INFORMATION OR SEE MR. KEVIN CHAMBERS AT THE PALW)

Application Process starts February 24, 2025



Wilmington's Youth Career Development Program is year-round employment for young people ages 14 – 20 residing in the City of Wilmington and greater New Castle County. Our Career Pathway Track is offered during the Academic Year season and our primary focus is on placing youth workers in a position relevant to their chosen Career Pathway. Offering a positive employment experience to our youth entering the workforce first- time or returning, while providing training for Life-skill development

WWW.WILMINGTONYOUTHJOBS.COM

The City of Wilmington has been providing employment and internship opportunities for youth and young adults in our community for over 50 years. The program is open to all household income levels with a focus on youth from promise communities.

By promoting work skill development, career exploration, and even financial literacy, YCD helps prepare participants for work and gives them the experience to develop the skills necessary to be more competitive in an ever-changing job market

This information has been provided by City of Wilmington Youth Career Development
Contact: Afton Melton 302-576-3834



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!





THURSDAY

9AM - 11 AM

Morning Mingle 55+

Stop by and see Ms. Jo today and sign up for our Morning Mingle 55+ Program, we have so much fun and plans for the upcoming months; trips, shows, games, karaoke, movies, workouts, and so many other activities!

3707 North Market Street is the place to be Every Thursday, Bring a friend and come on in for a hot cup of coffee or tea, it's the place to be!

Contact: joellen.edwards@palw.org



START YOUR THURSDAYS WITH COFFEE ON US



“

Mental health...is not a destination, but a process. It's about how you drive, not where you're going.

NOAM SHPANCER, PHD



OUR SENIORS HAD
A REEL



GOOD TIME AT



Morning Mingle



**Don't Miss Out On The Fun—
Bring a Friend and Join Us Every Thursday! For more
information, contact: Ms. Jo at (302) 764-6170**

Media Center



Ball Room 1



Ball Room 2



Classrooms



Double
Gymnasium



Fitness Center



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"

**STOP BY
AND TOUR
OUR RENTAL SPACE
TODAY**

**SCAN
ME**



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

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

Palw Event-Rentals





IMPACT HOUSING PROGRAM

INITIATIVE FOR MAINTAINING AND PROVIDING AFFORDABLE COMMUNITY TRANSFORMATION

THE POLICE ATHLETIC LEAGUE OF WILMINGTON, INC. (PALW) IS COMMITTED TO ADDRESSING THE CRITICAL ISSUE OF HOUSING DISPARITY, INSECURITY AND ASSOCIATED HARDSHIPS IN OUR COMMUNITY. WITH A STEADFAST DEDICATION TO PROVIDING RESOURCES AND SUPPORT, WE HAVE DEVELOPED THE COMPREHENSIVE INITIATIVE FOR MAINTAINING AND PROVIDING AFFORDABLE COMMUNITY TRANSFORMATION (I.M.P.A.C.T.) PROGRAM AIMED AT ASSISTING INDIVIDUALS AND FAMILIES IN SECURING SAFE AFFORDABLE HOUSING AND OTHER SUPPORTING RESOURCES. THE PALW BELIEVES IN A HOLISTIC APPROACH TO HELPING THE COMMUNITY AS A WHOLE AND HOME IS THE FOUNDATION FROM WHICH WE GROW. I.M.P.A.C.T. 'S MISSION IS TO EDUCATE AND ASSIST INDIVIDUALS AND FAMILIES BY OFFERING ACCESS TO ESSENTIAL RESOURCES SUCH AS HOUSING, FOOD, FINANCIAL ASSISTANCE AND COMPLEMENTING SERVICES, THEREBY FOSTERING STABILITY AND IMPROVING OVERALL WELL-BEING WITHIN OUR COMMUNITY.

TARGET POPULATION

OUR PROGRAM SERVES A DIVERSE RANGE OF INDIVIDUALS AND FAMILIES EXPERIENCING HOUSING INSECURITY, INCLUDING THE A.L.I.C.E. POPULATION, LOW-INCOME HOUSEHOLDS, VETERANS, SENIORS, INDIVIDUALS WITH DISABILITIES, AND THOSE FACING HOMELESSNESS OR AT RISK FOR EVICTION



I.M.P.A.C.T. Program
Initiative for Maintaining and Providing Affordable Community Transformation

The Police Athletic League of Wilmington, Inc. (PALW) is committed to addressing the critical issue of housing disparity, insecurity and associated hardships in our community. With a steadfast dedication to providing resources and support, we have developed the comprehensive Initiative for Maintaining and Providing Affordable Community Transformation (I.M.P.A.C.T.) Housing Resource Program aimed at assisting individuals and families in securing safe affordable housing. The PALW believes in a holistic approach to helping the community as a whole and home is the foundation from which we grow.

Who We Serve
Our program serves a diverse range of individuals and families experiencing housing insecurity, including low-income households, veterans, seniors, individuals with disabilities, and those facing homelessness or at risk for eviction. Additionally, we will serve those who are extremely low-income as well as those who are cost burdened.

Website: www.palw.com
Contact: Aisha Jones
Aisha.Jones@palw.org
Phone: (C) 302.897.1117
(O) 302.764.6170

Collaborative growth for lasting impact




Objectives

- To provide comprehensive housing counseling and support services tailored to the unique needs of each client.
- To facilitate the search for affordable housing options and connect clients with available resources and assistance programs.
- To offer financial aid and referrals for legal assistance to individuals facing housing challenges such as eviction or homelessness.
- To educate and empower individuals and families through workshops and educational programs focused on housing rights, budgeting, and sustainable living practices.
- To offer PALW owned and/or managed affordable temporary and permanent housing options to individuals and families.

Mission

I.M.P.A.C.T.'s mission is to educate and assist individuals and families by offering access to essential resources and services such as housing, food, financial assistance and wrap-around services, thereby fostering stability and improving overall well-being within our community.

Services Offered

- Housing Counseling - Personalized counseling sessions to assess needs, develop housing plans, and provide guidance on available resources.
- Housing Search Assistance - Assistance in finding suitable housing options, navigating rental agreements, and accessing rental assistance programs.
- Financial Assistance - Provision of financial aid for security deposits, rental/mortgage payments, utilities, and other housing related expenses.
- Legal Assistance - Referrals to legal services for issues related to housing rights, eviction prevention, landlord tenant disputes, and fair housing laws.
- Educational Workshops and Seminars - Information sessions on tenant rights, budgeting, credit repair, sustainable housing practices, home buying process graph test.
- Refresh Station - Laundry services free self serve, Shower and Bathing - free self serve for all families.

We are here to serve you.

CONTACT: AISHA.JONES@PALW.ORG

THE PROGRAM CAN UNDERTAKE VARIOUS ACTIVITIES TO TACKLE THE ROOT CAUSES OF UNAFFORDABLE HOUSING AND HOMELESSNESS, INCLUDING PROVIDING FINANCIAL LITERACY CLASSES, INDIVIDUAL COUNSELING AND CASE MANAGEMENT, PROVIDING HOMEBUYER INFORMATION SEMINARS, OFFERING FINANCIAL ASSISTANCE FOR RENT AND UTILITIES, ESTABLISHING CONNECTIONS WITH JOB READINESS PROGRAMS AND EDUCATIONAL OPPORTUNITIES, PROVIDING SUPPORT FOR FOOD AND BASIC NECESSITIES AS WELL AS PROVIDING AFFORDABLE RENTAL AND TRANSITIONAL HOUSING.

THE REFRESH STATION WILL PROVIDE I.M.P.A.C.T. PARTICIPANTS WITH A SAFE AND WELCOMING SPACE TO REFRESH THEMSELVES, TEND TO THEIR LAUNDRY, ENJOY RECREATIONAL ACTIVITIES, AND RECEIVE A NUTRITIOUS MEAL. THIS FACILITY WILL INCLUDE WASHERS, DRYERS, CABINETRY FOR THE LAUNDRY ROOM, MEN'S AND WOMEN'S RESTROOMS WITH FOUR INDIVIDUAL SHOWER STALLS EACH, A HEALTHY MEAL PROGRAM, AND AREAS FOR RELAXATION AND SOCIAL ENGAGEMENT.

SERVICES OFFERED



- CASE MANAGEMENT** - PERSONALIZED COUNSELING SESSIONS TO ASSESS NEEDS, DEVELOP HOUSING PLANS, AND PROVIDE GUIDANCE ON AVAILABLE RESOURCES
- HOUSING SEARCH ASSISTANCE** - ASSISTANCE IN FINDING SUITABLE HOUSING OPTIONS, NAVIGATING RENTAL AGREEMENTS, AND ACCESSING RENTAL ASSISTANCE PROGRAMS
- FINANCIAL ASSISTANCE** - PROVISION OF FINANCIAL AID FOR SECURITY DEPOSITS, RENTAL/MORTGAGE PAYMENTS, UTILITIES, AND OTHER HOUSING RELATED EXPENSES
- LEGAL ASSISTANCE** - REFERRALS TO LEGAL SERVICES FOR ISSUES RELATED TO HOUSING RIGHTS, EVICTION PREVENTION, LANDLORD TENANT DISPUTES, AND FAIR HOUSING LAWS
- EDUCATIONAL WORKSHOPS AND SEMINARS** - INFORMATIONS SESSIONS ON TENANT RIGHTS, BUDGETING, CREDIT REPAIR, SUSTAINABLE HOUSING PRACTICES, HOME BUYING PROCESS
- LAUNDRY SERVICES** - FREE SELF-SERVICE LAUNDRY FOR THE UNHOUSED POPULATION
- SHOWER AND BATHING** - FREE SELF-SERVICE BATHING FOR FAMILIES THAT NEEDS THIS OPTION
- SAFE SPACE** - RELAXATION, FUN, GAMES, TELEVISION AND MUCH MORE
- AFFORDABLE RENTAL AND TRANSITIONAL HOUSING





QUESTION OF THE MONTH



ARE YOU REALLY OK?

You should never feel
alone when you're
struggling with your
mental health.



THERE'S ALWAYS SOMETHING HAPPENING HERE @ PALW!



WPD - LEARN TO RIDE PROGRAM



SATURDAY & SUNDAY 8 AM - 12 PM

WPD teaches young students how to ride bicycles:

Contact Officer Jordan 302-764-6170 Ryan.Jordan@palw.org



OPEN GYM

Monday - Friday 3 pm- 7:30 PM



Monday & Wednesday 5:30 - 7 pm

SPORTS - TEAMS

CONTACT: ROBERT PRICE or MR. GREG

BOXING

Monday - Friday 4:30 - 6:30 pm

MIX AND MINGLE 55+ Thursdays - 9 AM- 11 AM

BODY BY BARRY TRAINING



#TURN-UP TUESDAYS 6:30 - 7:30 PM

#SHAKE IT UP SATURDAYS 9AM - 10 AM

WHAT MENTAL HEALTH
NEEDS IS MORE
SUNLIGHT, MORE CANDOR,
AND MORE UNASHAMED
CONVERSATION.

- Glenn Close



**COMMUNITY
RESOURCES/EVENTS**

Enroll Now: www.palw.org





**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

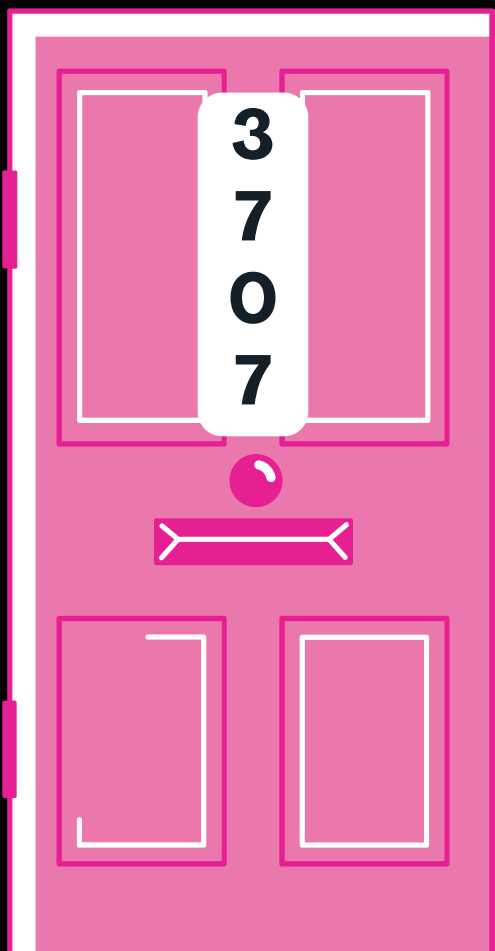
**MENTAL HEALTH PROBLEMS
DON'T DEFINE WHO YOU ARE.
THEY ARE SOMETHING YOU
EXPERIENCE. YOU WALK IN THE
RAIN AND YOU FEEL THE RAIN,
BUT, IMPORTANTLY, YOU ARE
NOT THE RAIN.**

- Matt Haig



FEEL FREE TO

STOP BY:



Hours of Operation 7 am - 8 pm

Monday - Friday

302-764-6170

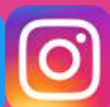
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