



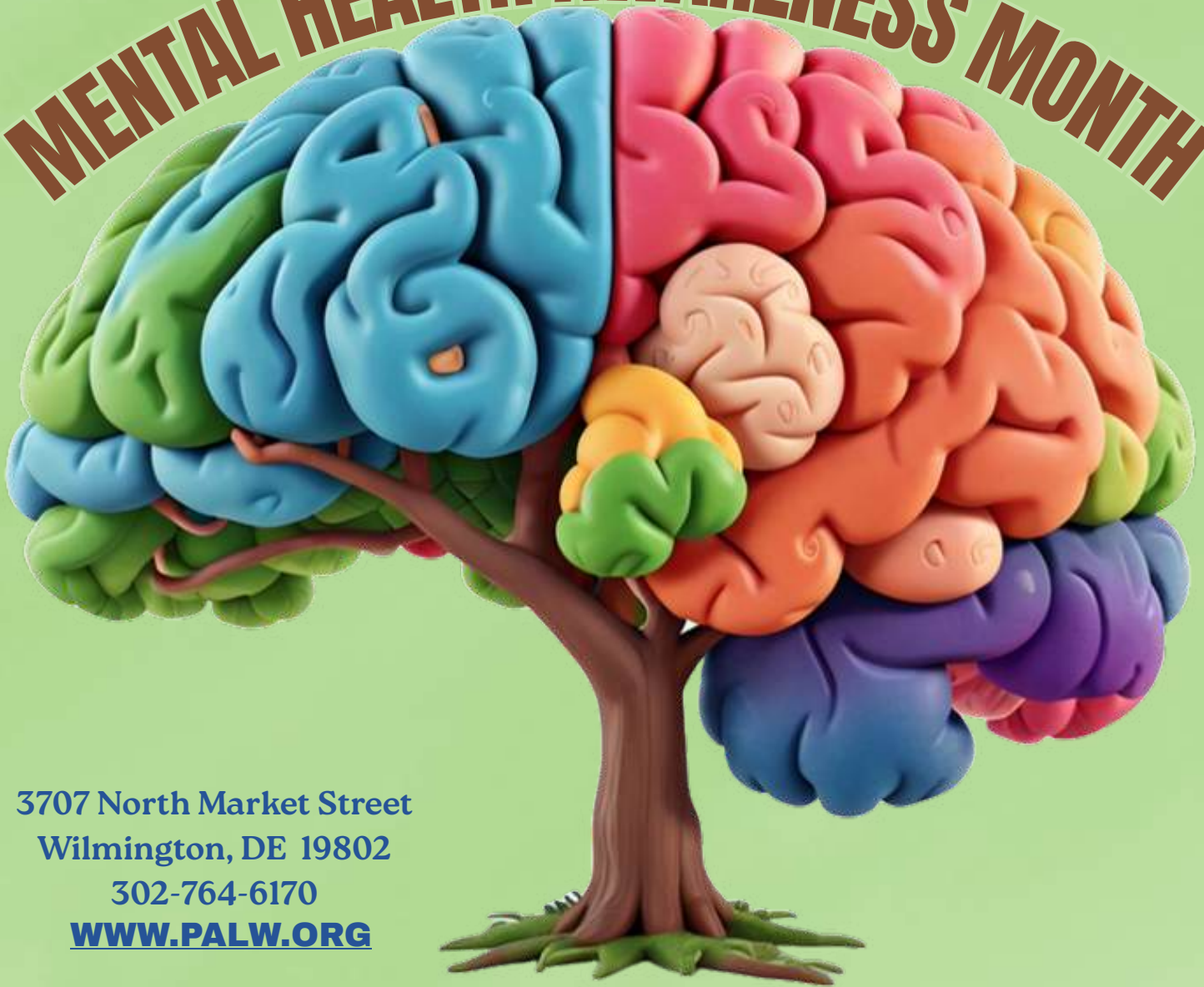
Police Athletic League Of Wilmington



MAY 2026

What's Inside?
Teacher Appreciation
Police Appreciation
Tools to Cope

MENTAL HEALTH AWARENESS MONTH



3707 North Market Street
Wilmington, DE 19802
302-764-6170
WWW.PALW.ORG



Christopher Purnell-Executive Director

"
YOUR MENTAL HEALTH IS
EVERYTHING — PRIORITIZE IT.
MAKE THE TIME LIKE
YOUR LIFE DEPENDS ON IT,
BECAUSE IT DOES.
— MEL ROBBINS

MENTAL
Health
MATTERS



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



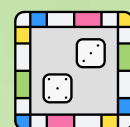
MAY 2026



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

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------|-----------------|-----|--|--|-----|-----|
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| 3 | 4 YWCA | 5 | 6 SWAT ZUMBA GAP INITIATIVE BOARD GAME NIGHT | 7 Senior Morning Mingle NPAL MENTORING | 8 | 9 |
| 10 Happy Mother's Day | 11 YWCA | 12 | 13 SWAT ZUMBA GAP INITIATIVE BOARD GAME NIGHT | 14 Senior Morning Mingle NPAL MENTORING | 15 | 16 |
| 17 | 18 YWCA | 19 | 20 ZUMBA GAP INITIATIVE BOARD GAME NIGHT | 21 Senior Morning Mingle NPAL MENTORING | 22 | 23 |
| 24 | 25 MEMORIAL DAY | 26 | 27 SWAT ZUMBA GAP INITIATIVE BOARD GAME NIGHT | 28 Senior Morning Mingle NPAL MENTORING | 29 | 30 |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |

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
 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
 Senior Morning Mingle - Thursdays 9:00 am
 LINE DANCING - TUESDAYS 10:30 AM
 BOARD GAME NIGHT 4pm WEDNESDAYS





POLICE ATHLETIC LEAGUE OF WILMINGTON

3707 N. MARKET STREET
WILMINGTON, DELAWARE 19802

302-764-6170

WWW.PALW.ORG

BUILDING
BRIGHTER
FUTURES

OVER 24 YEARS OF SERVICING THE **COMMUNITY**
IN WILMINGTON AND NEW CASTLE COUNTY

EDUCATION
PREVENTION
ATHLETICS



Christopher Purnell-Executive Director

EVENT
RENTAL SPACE
COMMUNITY
EVENTS

SAFE SPACE
EMPOWERING
FAMILIES HOUSING
ASSISTANCE
SENIOR PROGRAM

There's always something **GOOD** going on
here @PALW!



**DON'T
FORGET**

May 5 - National Teacher Day



May 5 - CINCO DE MAYO 🎉

May 7 -National Children's Mental Health Awareness Day

May 12 -National Mental Health Provider Appreciation Day

May 15 - PALW Kids Kiddie "Boots on the Ground" Prom

May 21 -Eat More Fruits and Vegetables Day

May 25 - MEMORIAL DAY 🇺🇸

May- 27 National Senior Health & Fitness Day

May 31- World No Tobacco Day



MAY 4 - MAY 8 - TEACHER APPRECIATION WEEK



May 15 - 21 NATIONAL POLICE WEEK



**COMING
SOON**

PALW JUNETEENTH CELEBRATION



FATHER'S DAY - JUNE 21 - INDOOR BBQ

*Healing takes time, and asking
for help is a courageous step.*

— Mariska Hargitay



HAPPY TEACHERS
Appreciation Week!
Thank for All you Do!



Teacher Vibes



Teaching
IS THE
WORK
of
HEART



Thank you,
TEACHERS!





The Influence of a **PALW** Teacher Can Never Be Erased

Dear PALW Teachers:

This month is a time to acknowledge the real impact of your work, and the appreciation for it goes beyond Teacher Appreciation Week.

It's recognized and valued every day.

Thank you for showing up with open hearts, patience and a true commitment to the children and the families you serve. It does not go unnoticed.

Each and everyone of you matter .

You are nurturers, protectors, comforters, encouragers, and we are grateful to have you on Our Team. Please continue to shine as you Build Brighter Futures for our PALW children.

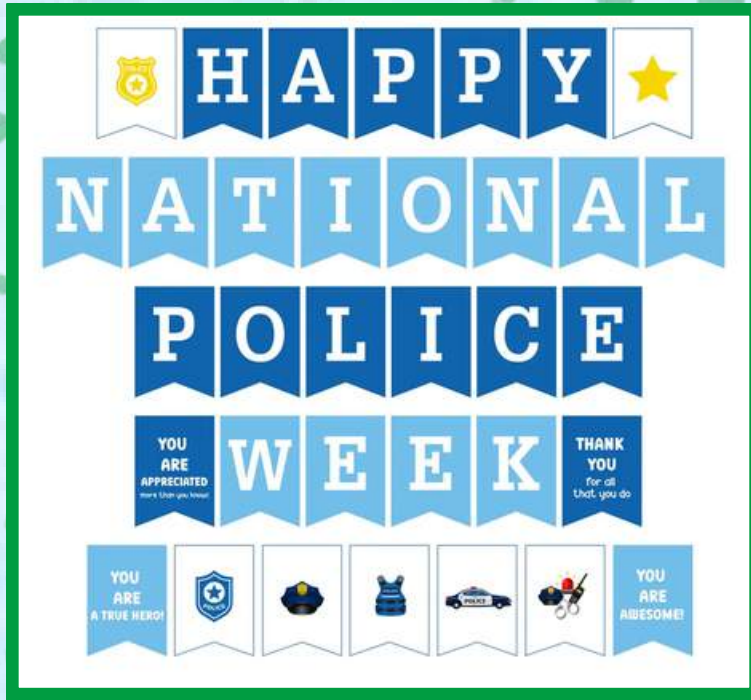


**TAKE A MOMENT TO
APPRECIATE HOW
AWESOME YOU ARE.**

*The
INFLUENCE
OF A
teacher
CAN NEVER BE
ERASED*

**Thank
You**





To Officer Jordan:

The Police Athletic League of Wilmington would like to extend our sincere gratitude for the exceptional care and dedication you show to our community.

Your presence brings a sense of safety, comfort, and trust to our facility each day. Beyond your role in protecting us, you take the time to build positive relationships with our children—helping them feel secure and teaching them that police officers are friendly, approachable, and here to help.

Your kindness, patience, and professionalism demonstrated do not go unnoticed. You are an important part of our community, and we are truly grateful for the support and reassurance you provide to our staff, children, and families.

Thank you for all that you do to keep us safe and connected.

With heartfelt appreciation,

Your PALW Family



The PALW acknowledges Officer Ryan Jordan

National Police Week

May 15 to May 21, 2026

for his service and sacrifice here at the PALW

WE APPRECIATE YOU AND THANK YOU FOR YOUR SERVICE



May Birthdays

Vincent Moore - May 3



Keondra Temple - May 11



Martina Spady - May 30



*Enjoy Your Special Day
Happy Birthday
Wishing you many more*

Key Strategies for Mental Wellness:

Physical Activity:

Regular, moderate exercise (10–15 mins daily) boosts endorphins and reduces anxiety.

Restorative Sleep:

Establish a consistent sleep schedule to improve mood and cognitive function

Social Connection:

Spend time with family, friends, or engaging in community activities to combat isolation.

Mindfulness and Stress Management:

Practice deep breathing, meditation, or spend time in nature to calm the mind.

Control vs. Acceptance:

Focus on actionable solutions for problems and accept that not everything can be changed, which helps build resilience.

Setting Limits:

Learn to set boundaries, prioritize tasks, and take breaks to avoid burnout.

Healthy Lifestyle:

Avoid relying on unhealthy substances (alcohol, nicotine) to manage stress.

Creative Hobbies:

Engaging in enjoyable activities, such as art or music, can increase self-esteem.

Here are seven common foods that may help combat depression and provide a natural boost to your emotional health.

Salmon and other oily fish, like mackerel, herring, and sardines, are excellent sources of the omega-3 fatty acids EPA and DHA. ...

Dark leafy greens. ...

Berries. ...

Tea. ...

Eggs. ...

Brazil nuts. ...

Avocado.



DISCLAIMER: THE PALW IS NOT A MENTAL HEALTH FACILITY AND DOES NOT PROVIDE MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. ALL INFORMATION SHARED IS FOR GENERAL INFORMATIONAL AND RESOURCE PURPOSES ONLY. CONTENT HAS BEEN GATHERED FROM PUBLICLY AVAILABLE INTERNET SOURCES AND SHOULD NOT BE CONSIDERED A SUBSTITUTE FOR PROFESSIONAL MEDICAL OR MENTAL HEALTH GUIDANCE.

MY MENTAL HEALTH SUPPORT PLAN

EXERCISE & MOVEMENT

ENJOYABLE STUFF

UNHELPFUL THOUGHTS

1. _____

2. _____

3. _____

BLOGS, PODCASTS, SITES, BOOKS, APPS, RESOURCES

HELPFUL ALTERNATE THOUGHTS

1. _____

2. _____

3. _____



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MENTAL HEALTH RESOURCES - DELAWARE



Behavioral Health Care

Find mental health services in Delaware for behavioral & mental conditions care at At ChristianaCare. Our experts are here to get you the treatment needed.

 christianacare.org



Dedicated to the belief in the inherent worth of every individual.

Mental Health Services in Wilmington

Delaware Family Center will enhance the lives of individuals, families and organization by offering the highest quality, cost-effective mental health services to our clients.

Delaware Family Center



Health, Help, Happiness + Find a Therapist

View the latest from the world of psychology: from...


psychologytoday.com

THE MENTAL HEALTH ASSOCIATION IN DELAWARE

Mental Health Association in Delaware

The Mental Health Association in Delaware's website is partially funded through Delaware Division of Substance Abuse and Mental Health by the Department of Health and Human Services, Substance Abuse and Mental Health Services...

 Mental Health Association in Delaware

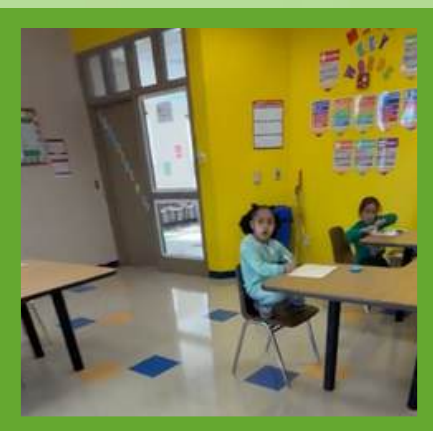
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"BUILDING BRIGHTER FUTURES" ABOUT US

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



“ IT'S HEALTHY TO ADMIT YOU'RE NOT OK. 'IT'S OK NOT TO BE OK.' IT'S BRAVE. BUT DON'T LET IT WIN. BE SAD. HAVE YOUR MOMENT, YOUR DAY, OR WEEK. THEN DO SOMETHING ABOUT IT AND BE HAPPY. FOR YOURSELF. ”

- JESSIE J



Police Athletic League of Wilmington

Early Learning Center



PRE-K

100% Kindergarten

Ready

Full Services for all Ages

Transportation



- 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

TODDLER CENTER



ENROLLING NOW!!!



Baby Rooms:
6 weeks to 1 year old

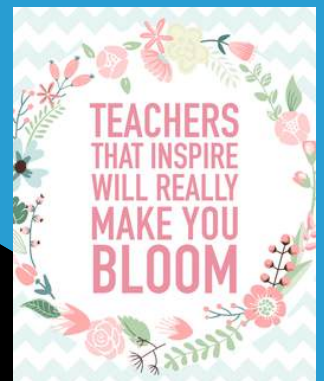
- 1 year old Room
- 2 year old Room
- 3 year old Room
- 4 year old Room
- 5 year old Room

Full Gymnasium

3707 N. Market Street
Wilmington, DE 19802

302.764.6170

Contact: KEONDRA.TEMPLE@PALW.ORG





PALW



PROGRAM

Here at the Police Athletic League of Wilmington, we are excited to introduce our Pre-K program!

We have a qualified teacher who holds a CDA credential. For instruction, we use the FunShine curriculum, which supports growth in phonemic awareness, letter, number, and color recognition. We also incorporate science and social studies into our lessons to help children explore and understand the world around them. In addition, we use an educational platform called IXL, which assists the teacher in tutoring children in language and literacy, math, and STEM. The IXL program can also be utilized at home, allowing parents to reinforce what their children are learning in the classroom.

Students receive homework every Wednesday, and each week they focus on a person, letter, and number in class. To support kindergarten readiness, children are assessed monthly on the alphabet, shapes, numbers, and colors—allowing both parents and teachers to collaborate in helping each child succeed.

Preschool Program (Ages 3 and 4)

Our Preschool Program offers a fun, nurturing, and educational environment for our 3- and 4-year-olds. Just like our Pre-K students, our preschoolers use the FunShine curriculum, which helps build early learning skills in literacy, math, science, and social studies. Children are introduced to letters, numbers, colors, and shapes through hands-on activities, songs, and play-based learning experiences.

Preschool students also participate in the IXL program, which supports individualized learning in key developmental areas and can be used at home to strengthen classroom learning. Each week, children explore a new letter, number, and theme, helping them prepare for a smooth transition into Pre-K and beyond.



BUILD SKILLS



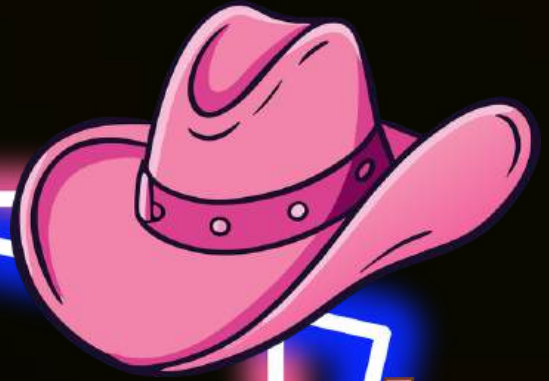
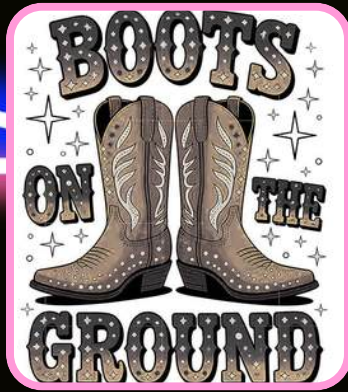
Never Stop Learning

“ Good teachers help other teachers find the good teacher in themselves! ”

Contact: KEONDRA.TEMPLE@PALW.ORG



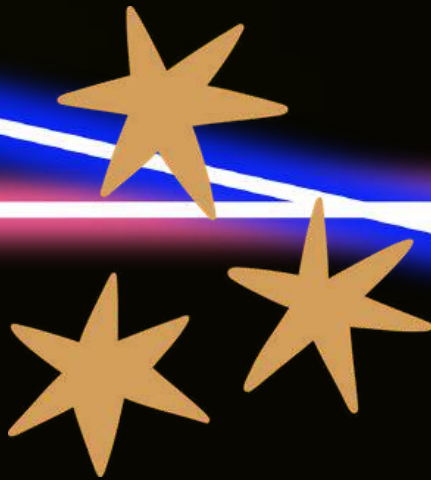
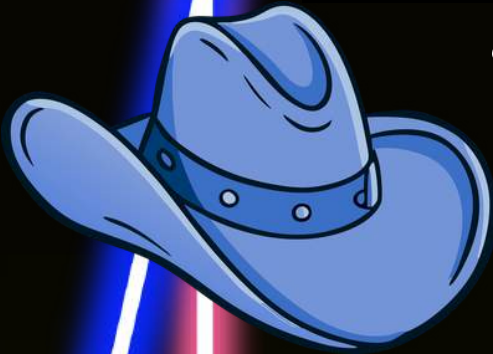
PALW KIDS



KIDDIE PROM



4:00PM - 8:00 PM
AGES 4-12



**SCAN
HERE**

FRIDAY, MAY 15, 2026

PARENTS RSVP TO:

<https://givebutter.com/palw-kiddie-prom-2026-1lqgtf>



KEVIN.CHAMBERS@PALW.ORG



@PalWilmington

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: KEONDRA.TEMPLE@PALW.ORG



**The OST program operates Monday through Friday,
7:00 AM to 8:30 AM and 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

www.palw.org



“A good teacher can
inspire hope, ignite
the imagination,
and instill a love of
learning.”

BRAD HENRY





Police Athletic League of Wilmington




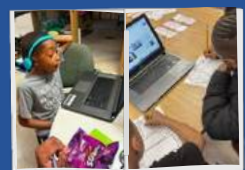
Out of School Time



AGES 5 - 13 YRS GRADES K - 8

Structured daily schedules include:

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



The OST program operates Monday through Friday, 7:00 AM to 8:30 AM and 2:45 PM to 6:00 PM.

OST provides all day service when schools are closed during the calendar school year 7:00AM to 6:00 PM with meals/snacks provided.

- PREVENTION PROGRAMS
- MENTORING
- COOKING CLASSES
- STUDENT ENGAGEMENT
- BASKETBALL
- BOXING
- CHES
- FOOTBALL
- SPORTS
- TUTORING
- AND SO MUCH MORE!!!



Enroll Now: www.palw.org

INDOOR/OUTDOOR ACTIVITIES



PALW

3707 N. Market Street
Wilmington, DE 19802



*Transportation Available *



SUMMER CAMP
ALSO
AVAILABLE**

PALW OST
SUMMER
CAMP

Contact: KEONDRA.TEMPLE@PALW.ORG



**WE'RE
HIRING!**



Join
Our
Team

**DO YOU LOVE
WORKING WITH
CHILDREN?**

IMMEDIATE POSITIONS AVAILABLE

★ **ASSISTANT CHILD-CARE DIRECTOR** ★

ASSOCIATE DEGREE REQUIRED - *BACHELOR'S DEGREE PREFERRED*
IN EARLY EDUCATION

CPR and FIRST AID CERTIFICATIONS

3 OR MORE YEARS EXPERIENCE

★ **PRE-SCHOOL TEACHER** ★

CDA CERTIFICATION PREFERRED

CPR and FIRST AID CERTIFICATIONS

3 OR MORE YEARS EXPERIENCE

APPLY

NOW

submit cover letter and resume to:

Aisha.Jones@palw.org



POLICE ATHLETIC LEAGUE OF WILMINGTON
3707 N. MARKET STREET
WILMINGTON, DE 19802

PAL OF WILMINGTON

2026

SUMMER CAMP

AGES 5 - 12

FUN

JUNE 15 - AUGUST 14, 2026

- WEEK 1 - THE MAGIC OF CAMP
- WEEK 2 - BUILDERS AND ENGINEERS
- WEEK 3 - ALL AROUND THE WORLD
- WEEK 4 - FUN AND FITNESS
- WEEK 5 - GOING GREEN
- WEEK 6 - CAMP'S GOT TALENT
- WEEK 7 - WEIRD SCIENCE
- WEEK 8 - SPIRIT WEEK



Scan to Register

\$185.00 per week
POC-ACCEPTED



CONTACT: KEONDRA.TEMPLE@PALW.ORG

Registration Link: [www.palw.org/Program Services/Summer Camp](http://www.palw.org/Program%20Services/Summer%20Camp)

CAMP HOURS: 7:00 AM - 6:00 PM CUT OFF TIME FOR DROP OFF: 9:00 AM

NO SANDALS OR
FLIP FLOPS
ALLOWED

NON-REFUNDABLE \$20.00 REGISTRATION FEE IS REQUIRED

NOTE: FIRST WEEK TUITION MUST BE PAID NO LATER THAN JUNE 8, 2026 IN ORDER TO START SUMMER CAMP SESSION

3707 N. MARKET ST. WILMINGTON DE 19802
302-764-6170
WWW.PALW.ORG





LIFESAVERS PREVENTION PROGRAM

Life Savers Program is open to Youth
Monday - Friday 3 pm - 8pm



*Life Savers Staff
participating in
Warner Health Fair*



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



LIFESAVERS BOWLING NIGHT

April 30, 2026





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 Tuesday and Thursday from 9:30 AM to 11:30 AM
WHERE: PALW - 3707 N. Market St, Wilmington, DE 19802

Enjoy Fresh Coffee, Pastries, Fruit, Lunch and More!

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

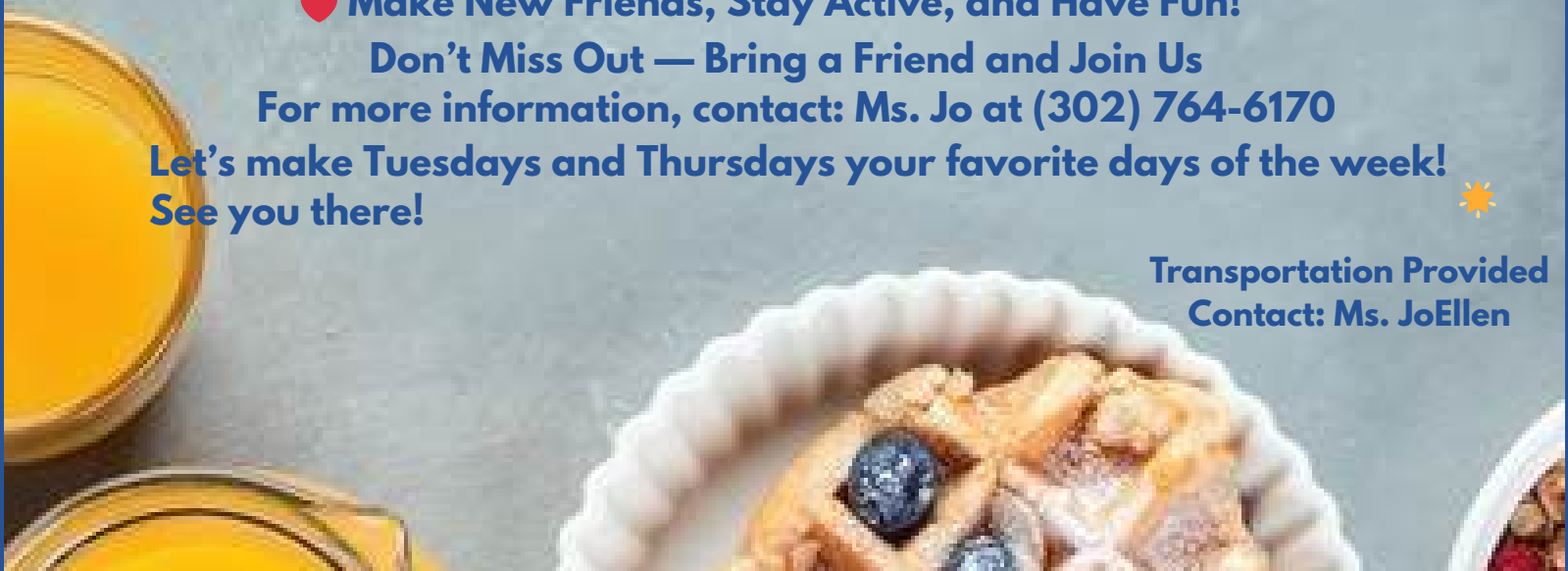
Don't Miss Out — Bring a Friend and Join Us

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

Let's make Tuesdays and Thursdays your favorite days of the week!
See you there!



Transportation Provided
Contact: Ms. JoEllen





Morning Mingle 55+

Tuesday

LINE DANCING

CONTINENTAL BREAKFAST 9:30AM - 10:30AM

LINE DANCING: 10:30AM - 12:00PM.

(TAKE HOME LUNCH)

Thursday

VARIOUS ACTIVITIES

9:30 AM - 11:30 AM

NEW!

The PALW Morning Mingle is now featuring a fun indoor walking program from 8:00 AM – 9:00 AM Tuesdays and Thursdays in our gym. All seniors are invited—bring a friend and enjoy a great start to your morning!



Come Join Us!



Transportation Available
for Residents
in the Surrounding Area please
call in advance to arrange for pick up
302-764-6170

CONTACT: [MS. JO@JOELLEN.EDWARDS@PALW.ORG](mailto:MS.JO@JOELLEN.EDWARDS@PALW.ORG)

NEVER GIVE UP
ON SOMEONE
WITH MENTAL
ILLNESS.

WHEN THE "I"
IS REPLACED
BY "WE"

--

ILLNESS
BECOMES
WELLNESS

PALW - 3707 N. Market St, Wilmington, DE 19802



Senior Morning Mingle Cook-Off



SALADS



CAKES



PEACH COBBLER



Our PALW Senior Program gathered on Thursday, April 30th for a fun-filled and delicious cook-off!

There were plenty of smiles, great flavors, and even better company.

Great Meal with Good Times!



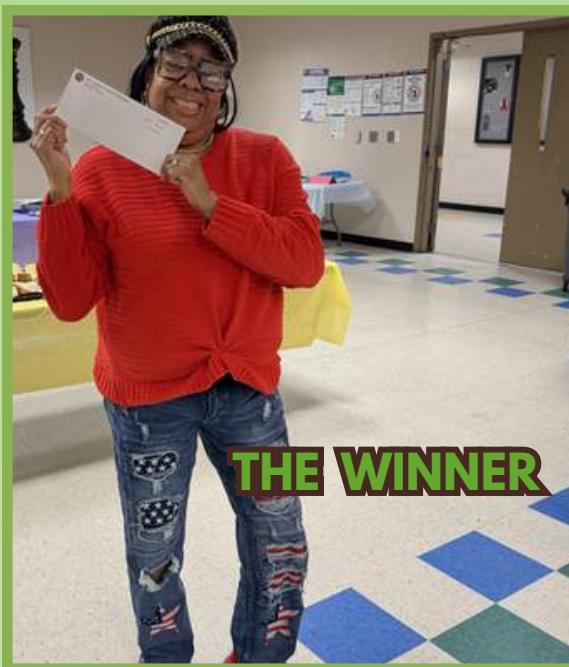
YAMS



MAC AND CHEESE



THE JUDGES



THE WINNER

Senior Line Dance Classes

3707 N MARKET ST, WILMINGTON, DE 19802

JOIN US FOR THE KICKOFF OF OUR SENIORS LINE DANCE CLASS!



Socialize. Stay Active. Learn Line Dances

Tuesdays
10:30am-12pm

Johnnie Haynie
Line Dance Instructor

WILMINGTON
PAL

Breakfast is served at 9:30am

NO FEES
NO COST





Event Rental Space Available

Looking for the perfect place to host your next event? Our modern, flexible event space is designed for celebrations, meetings, workshops, pop-ups, and more. Affordable rates, customizable layouts, and a welcoming atmosphere make planning easy. Book your date before it's gone.



WE NOW HOST GRADUATION PARTIES

STOP BY AND TOUR OUR RENTAL SPACE TODAY

To schedule your next event visit our website:

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

Long or Round Tables with Chairs Included

“BIG EVENT OR SMALL? WE CAN ACCOMMODATE ALL!”

Fitness Center

Ball Room 2

Media Center

Double Gymnasium

Ball Room 1

Classrooms

**SCAN
ME**





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

Building Brighter Futures

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 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.

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 **Phone:** 302.897.1157

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. is dedicated to educate and assist individuals and families by offering access to essential resources and services such as housing, food, financial assistance and other support 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:** Informational sessions on tenant rights, budgeting, credit repair, sustainable housing practices, home buying process.
- Laundry Services:** Free self-service laundry for the unshowered population.
- Shower and Bathing:** Free self-service bathing for families that need this option.
- Safe Space:** Relaxation, fun, games, television and much more.
- Affordable Rental and Transitional Housing:** PALW owned and/or managed affordable temporary and permanent housing options to individuals and families.

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** - INFORMATIONAL 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





PALW CAFE

FOOD

MENU



A PLACE WITH GOOD TASTE

MENU

- CHICKEN FINGERS PLATTER**
3 CHICKEN FINGERS WITH FRIES AND CAN DRINK ONLY \$5.50
- WING PLATTER/NO DRINK** \$6
4 WINGS AND FRIES NO DRINK
CAN SODA ARE \$1.00 EXTRA
- FRIES**
PLAIN FRIES ONLY \$2
ADD CHEESE IS .50 CENTS MORE
- HOT DOGS ALL BEEF** \$2
- MILD OR HOT SAUSAGES ONLY** \$3
- HOT DOG PLATTER** \$6
- HOT SAUSAGES PLATTER** \$7
- CHEESE BURGERS PLATTER** \$6
WITH CHEESE OR NO CHEESE
ON POTATO BREAD
- PIZZA** CHEESE \$2
PEPPERONI \$2.50
- PERSONAL CHEESE OR
PERSONAL PEPPERONI



WATER ICE OR DRINKS

- SODA OR WATER** \$1
CANS ONLY
- GATORADE** \$2
SPORTS APPROVED
- WATER ICE** \$1.50
- PHILLY BEST**
ICE CREAM \$2
IN A CUP OR CONE.
- CINNAMON ROLLS** \$2.50
NICE WARM ROLL WITH
ICING.
- PRETZEL** \$3
- PRETZEL WITH CHEESE** \$3.50
- CHIPS .50 EACH**
- CANDY \$2**
- GUM AND MENTOS \$1**
- AIRHEADS OR RING POPS .25**
EACH
- CUPCAKES .50 EACH**

ORDER NOW
FROM 11AM-7PM
MONDAY-FRIDAY

PAL OF WILMINGTON
3707 NORTH MARKET
STREET

WEBSITE:
@palw.org



POLICE ATHLETIC LEAGUE OF WILMINGTON

Join us as we open the doors to

MEN WHO SUFFER IN



A SAFE SPACE FOR MEN



10:00 AM - 12:00 PM - LIGHT REFRESHMENTS

No need to sign up - Just show up!

21 AND OVER - ALL MEN ARE WELCOME

EVERY SATURDAY

POLICE ATHLETIC LEAGUE OF WILMINGTON

3707 N. MARKET STREET

WILMINGTON, DE 19802 302-764-6170

WWW.PALW.ORG

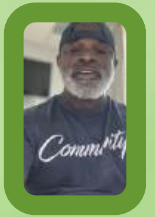
Contact: kevin.chambers@palw.org

Contact: waynebrown1223@gmail.com

COMMUNITY ENGAGEMENT AND PROGRAMS



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



PALW Administrators



“ WHEN YOU TAKE CARE OF YOURSELF, YOU'RE A BETTER PERSON FOR OTHERS. WHEN YOU FEEL GOOD ABOUT YOURSELF, YOU TREAT OTHERS BETTER. ”

— SOLANGE KNOWLES

Community Matters!!

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

Stay Tuned for Upcoming Events



FOR THE FELLAS

"DAD'S DAY - THE INDOOR WAY"

Community Dads Matter!
Join us this Father's Day
as we celebrate Dads, Uncles,
Step Dads, Godfathers, Brothers,
and every father figure who makes
a difference.

An Indoor BBQ with an
Outdoor Experience
Good food, good vibes,
good music,
and good times all in one place.

SCAN HERE



FATHERS
DAY

SUNDAY, JUNE 21, 2026

2:00 PM - 7:00 PM

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

Tickets: \$10.00

We'll do the grilling while you chillin,
Bring your favorite drink and enjoy the
day your way.

<https://givebutter.com/fathers-day-celebration-2026-il5osg>

Let's honor the men who show up, stand up, and pour into our community



BASKETBALL

YOUTH PROGRAM

AGES : 8-16

START DATE : **APRIL 17TH**

SIGN UP TODAY



CONTACT : KEVIN.CHAMBERS@PALW.ORG

3707 N MARKET ST,
WILMINGTON, DE, 19802

WWW.PALW.ORG



BECOME A VOLUNTEER

JOIN OUR YOUTH SPORTS MISSION 2026

SIGN UP TODAY AND GET READY TO SUPPORT WITH PAL WILMINGTON!



SCAN TO REGISTER AND HELP SUPPORT
<http://form.jotform.com/242834483678167>

CONTACT : KEVIN.CHAMBERS@PALW.ORG

3707 N MARKET ST,
WILMINGTON, DE, 19802

WWW.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*



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





PALW QUESTION OF THE MONTH

MENTAL HEALTH CHECK-IN QUIZ



READ EACH STATEMENT AND CIRCLE THE ANSWER THAT BEST DESCRIBES HOW YOU'VE FELT OVER THE PAST 2 WEEKS.

OPTIONS:

0 = NEVER 1 = SOMETIMES 2 = OFTEN 3 = ALMOST ALWAYS

I HAVE FELT CALM AND RELAXED. 0 1 2 3

I HAVE HAD TROUBLE SLEEPING OR SLEEPING TOO MUCH. 0 1 2 3

I HAVE FELT DOWN, DEPRESSED, OR HOPELESS. 0 1 2 3

I HAVE HAD LITTLE INTEREST OR PLEASURE IN DOING THINGS I USUALLY ENJOY. 0 1 2 3

I HAVE FELT ANXIOUS, WORRIED, OR ON EDGE. 0 1 2 3

I HAVE BEEN ABLE TO CONCENTRATE ON TASKS (READING, WATCHING TV, ETC.). 0 1 2 3

I HAVE FELT GOOD ABOUT MYSELF. 0 1 2 3

I HAVE FELT EASILY IRRITATED OR FRUSTRATED. 0 1 2 3

I HAVE HAD ENOUGH ENERGY FOR DAILY ACTIVITIES. 0 1 2 3

I HAVE FELT CONNECTED TO OTHERS (FRIENDS, FAMILY, COMMUNITY). 0 1 2 3

SCORING (OPTIONAL GUIDE)

ADD UP YOUR TOTAL SCORE: _____

0-10: GENERALLY DOING WELL—KEEP UP YOUR HEALTHY HABITS

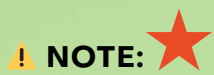
11-20: SOME UPS AND DOWNS—CONSIDER SMALL CHANGES OR SUPPORT

21-30: YOU MAY BE STRUGGLING—CONSIDER REACHING OUT TO A TRUSTED PERSON OR PROFESSIONAL

REFLECTION QUESTIONS (OPTIONAL)

WHAT IS ONE THING THAT HAS BEEN HELPING YOUR MENTAL HEALTH LATELY?

WHAT IS ONE SMALL STEP YOU CAN TAKE THIS WEEK TO FEEL BETTER?



THIS QUIZ IS FOR GENERAL AWARENESS ONLY AND IS NOT A DIAGNOSIS. IF YOU'RE CONCERNED ABOUT YOUR MENTAL HEALTH, CONSIDER SPEAKING WITH A HEALTHCARE PROVIDER OR COUNSELOR.



DISCLAIMER: THE PALW IS NOT A MENTAL HEALTH FACILITY AND DOES NOT PROVIDE MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. ALL INFORMATION SHARED IS FOR GENERAL INFORMATIONAL AND RESOURCE PURPOSES ONLY. CONTENT HAS BEEN GATHERED FROM PUBLICLY AVAILABLE INTERNET SOURCES AND SHOULD NOT BE CONSIDERED A SUBSTITUTE FOR PROFESSIONAL MEDICAL OR MENTAL HEALTH GUIDANCE.

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

BOXING

SEE MR. KEV



Monday - Friday 4:30 - 6:30 pm

ZUMBA

Monday & Wednesday 5:30 - 7:00 pm

OPEN GYM



Monday - Friday 3 pm - 7:30 PM

SPORTS - TEAMS

CONTACT: MR. KEV, MR. PRICE OR MR GREG



MIX AND MINGLE 55+

Tuesdays & Thursdays - 9 AM - 11 AM

LINE DANCING CLASSES 55+

TUESDAYS - 10:30 am - 12:00 pm

LIFE SAVERS/DIVAS

Monday - Friday 3 pm - 7:30 PM

SEE MS. BROWN

BOARD GAME NIGHT

WEDNESDAYS 4:00 pm -



COMMUNITY RESOURCES/EVENTS

SEE MR. KEV

**THERE'S ALWAYS
SOMETHING
HAPPENING HERE @
PALW!**



Enroll Now: www.palw.org

OUR DOORS ARE OPEN!



Please Feel Free To Stop By



Monday - Friday 7:00 am - 8:00 pm

[CLICK TO
DONATE](#)

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

[Click Here
to Subscribe](#)

“LET’S CONTINUE TO BUILD BRIGHTER FUTURES”



WWW.PALW.ORG