



WHAT'S HAPPENING THIS MONTH?

Summer is here ☀️, and we are excited to welcome another month filled with opportunities to learn, connect, and grow together 🌱! This July, East Side S.O.U.L Family Enrichment Center continues to provide FREE offerings 🎁 and services that empower children, youth, parents, and seniors throughout our East Harlem community 🏘️.

From our Crochet & Embroidery classes 🧶, Rainbow Bites Nutrition Program 🍴 🥗, Resilient Moms Network 🤝, Family Matters: Connect & Play 🤗, Health Screenings 🩺, and our exciting Summer Splash & Sip event 🍹 🗳️, there is something for everyone to enjoy.

As we celebrate summer, we also celebrate the strength 💪, resilience 🌟, and diversity 🌈 of our community. Thank you for being part of the East Side S.O.U.L. family. Your participation helps us continue building a safe, welcoming space where every child can thrive 🌱, every family feels supported 🏠, and every neighbor belongs 🤝.

We look forward to seeing you throughout the month 🙌. Be sure to RSVP for programs with limited space 📧 and stay connected by joining our mailing list and following us on social media 📱.

Together, we are strengthening families and building a brighter
East Harlem ✨🏙️.

¡El verano ya está aquí ☀️! Y estamos emocionados de dar la bienvenida a un nuevo mes lleno de oportunidades para aprender, conectar y crecer juntos 🌱. Este julio, East Side S.O.U.L Family Enrichment Center continúa ofreciendo programas y servicios GRATUITOS 🆓 que empoderan a niños, jóvenes, padres y adultos mayores en nuestra comunidad de East Harlem 🏙️. Desde nuestras clases de Crochet y Bordado 🧶, el Programa de Nutrición Rainbow Bites 🌈🍌, la Red de Mamás Resilientes 🤝, Family Matters: Conectar y Jugar 🎲, exámenes de salud gratuitos 🏥, y nuestro emocionante evento Summer Splash & Sip 🍹🏠, hay algo para que todos disfruten.

Al celebrar el verano, también celebramos la fuerza 💪, la resiliencia 🌱 y la diversidad 🌈 de nuestra comunidad. Gracias por ser parte de la familia East Side S.O.U.L. Su participación nos ayuda a seguir construyendo un espacio seguro y acogedor donde cada niño pueda prosperar 🌟, cada familia se sienta apoyada 🏠 y cada vecino pertenezca 🤝.

Esperamos verlos durante todo el mes 🙌. Recuerden confirmar su asistencia (RSVP) para los programas con espacio limitado 📧 y mantenerse conectados uniéndose a nuestra lista de correos y siguiéndonos en redes sociales 📱.

Juntos seguimos fortaleciendo familias y construyendo un East Harlem más brillante ✨🏙️.



🌀 School is out, and summer is the perfect time for families to make memories, learn new skills, and stay connected! Join us for Family Matters: Connect & Play, where families can enjoy interactive activities, games, crafts, and quality time in a fun and welcoming environment.

Get moving with our Dance Movement Workshop, led in partnership with AGDEP at Hunter College. This energetic workshop encourages children and families to express themselves through movement while promoting physical activity, creativity, and confidence.

🌀 ¡Se Acabó la Escuela... Comienza la Diversión del Verano!

¡Las clases terminaron y el verano es el momento perfecto para que las familias creen recuerdos, aprendan nuevas habilidades y compartan tiempo de calidad!

Acompáñenos en Family Matters: Connect & Play, donde las familias disfrutarán de juegos, actividades interactivas, manualidades y momentos especiales en un ambiente divertido y acogedor.

También los invitamos a nuestro Taller de Movimiento y Danza, presentado en colaboración con AGDEP en Hunter College. Este taller dinámico anima a niños y familias a expresarse a través del movimiento, promoviendo la actividad física, la creatividad y la confianza.

¡Los esperamos este verano para aprender, jugar, bailar y crear recuerdos inolvidables junto a nuestra comunidad! 🌻



FAMILY MATTERS

CONNECT & PLAY

GOOD FOOD, GREAT GAMES,
BEST MEMORIES

JULY 8TH, 2026
3:30 PM - 5:30 PM

71 E 111TH STREET NY, NY 10035



EAST SIDE S.O.U.L.
FAMILY ENRICHMENT CENTER
SAFE OASIS UNITED BY LOVE

RSVP

nyceastharlemfec@gmail.com
or call 929-633-0335/0336

DANCE MOVEMENT WORKSHOP

with Arnhold Graduate Dance Education Program
Dance Educators **Elena Sundick & Kristal Walters**

ALL ARE WELCOME, AGES 6+!



July 10th 2026 | 10:00 AM to 1:00 PM



To Register, email nyceastharlemfec@gmail.com



East Side S.O.U.L Family Enrichment Center
71 East 111th Street, New York, NY 10029
2nd Floor



Questions? Call 929-633-0335 or 929-633-0336



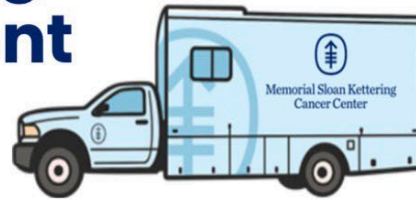
EAST SIDE S.O.U.L
FAMILY ENRICHMENT CENTER
SAFE OASIS UNITED BY LOVE

AGDEP
Arnhold Graduate Dance Education Program

HUNTER
The City University of New York

Health Screening & Education Event

MSK's Mobile Health Unit +
East Side S.O.U.L



Join us for the following services at no-cost:

> Cancer Screenings

- **Colorectal Cancer** (take-home FIT stool test for people 45 and older)
- **Prostate Cancer** (PSA blood test for men 45 and older)
- Health Care Coverage Navigation
- Primary Care Navigation
- + **Referrals and appointments to other screenings**



scan the code to register

WHEN?



Wednesday, July 15
10:00am-2:00pm

WHERE?



**71 E 111th St, New York,
NY 10029**

Only photo-ID is required; insurance not needed
Questions? Contact us at (646) 599-6707



Memorial Sloan Kettering
Cancer Center



EAST SIDE S.O.U.L
FAMILY ENRICHMENT CENTER
SAFE OASIS UNITED BY LOVE

FREE Cancer Screening Event

Take Charge of Your Health!

Join East Side S.O.U.L Family Enrichment Center and Memorial Sloan Kettering Cancer Center (MSK) for a FREE Cancer Screening Event.



Wednesday, July 15



10:00 AM – 2:00 PM

📍 East Side S.O.U.L Family Enrichment Center

71 East 111th Street, New York, NY 10029

This free community event is an opportunity to learn about cancer prevention, receive eligible cancer screenings, and connect with healthcare professionals dedicated to supporting your health and well-being.

No one should delay preventive care. Early detection saves lives.

For more information, please contact us at
nyceastharlemfec@gmail.com.

So, About JUNE.... EAST SIDE S.O.U.L Turned 4



We celebrated another year of serving, uplifting, and
empowering the families of East Harlem.

What began as a vision to create a safe, welcoming space for
children and families has grown into a thriving community
where connections are built, opportunities are created, and lives
are transformed every day. From family programs and youth
enrichment to health initiatives and community partnerships,
every milestone has been possible because of the incredible
families, staff, volunteers, and partners who believe in our
mission.

Thank you to everyone who has been part of our journey. Your trust, dedication, and support continue to inspire us to grow stronger and reach further.

Here's to more years of hope, resilience, and making a lasting impact because when families thrive, our entire community rises together.

Happy Anniversary, East Side S.O.U.L! The best is yet to come.

Closing a Chapter, Carrying lessons forward. Our
Cristo Rey High School Interns



Over the past year, our student interns have dedicated their time, energy, and passion to learning, growing, and serving alongside us at East Side S.O.U.L Family Enrichment Center. Their commitment has supported our programs, strengthened our community work, and brought fresh ideas and care to everything we do.

We are deeply grateful for their year of service and wish them continued success as they begin the next chapter of their journey.



Go Donuts!!! Entrepreneurship & Empowerment

On National Donut Day, we were excited to welcome the owner of Go Donuts 🍩, who spent time with our youth sharing his inspiring journey. He spoke openly about his “come up,” how he built his business from the ground up, and the importance of never forgetting where you come from.

His story reminded our young people that with dedication, resilience, and belief in yourself, it is possible to turn your dreams into reality while staying rooted in your community.

We are grateful for this powerful moment of connection, motivation, and entrepreneurship shared with our youth.

Hosted by Go Donuts

Pop-up Food Pantry with NYC Hunter Food Policy & The Hispanic Federation

Hosted by Eastside S.O.U.L



We proudly hosted our largest food pantry to date, serving over 300 families in our community. This milestone effort was made possible through our powerful partnerships with the NYC Food Policy team and the Hispanic Federation.

Together, we were able to ensure that hundreds of households had access to fresh, nutritious food while continuing our shared mission of addressing food insecurity and supporting families with dignity and care.

We are deeply grateful to our partners, volunteers, and community members who showed up, gave their time, and helped make this event a true success for East Harlem.

Eastside S.O.U.L Community Highlight

This month, we are highlighting our Community Listening Session on the NYC Groceries Initiative, hosted in collaboration with the Mayor's Office, Council Member Elsie Encarnacion, and Union Settlement.

This gathering was more than a meeting it was a true community-driven conversation. Residents came together to share their lived experiences, concerns, and ideas about access to affordable, healthy food in East Harlem. Their voices helped ground the discussion in real needs and real solutions.

We highlight this moment because it reflects the heart of our work: centering community voice in decision-making. When families are heard, policies become more responsive, equitable, and effective. This session strengthened the connection between residents and city partners working toward food justice and improved grocery access across NYC.

We are grateful to every community member who participated and helped ensure that East Harlem remains at the center of this important initiative.



“The heart of a community is found in how it cares for its people.”



nyceastharlemfec@gmail.com | 929-633-0335/0336 | 71 East 111th Street NY,NY 10029

