



Welcome to

# Noteworthy Center

*Endure Skatepark, Wellness & Empowerment!*

**@NWR\_ALBANY @ENDURESKATEPARK NWRALBANY.ORG**

**930 Broadway Albany, NY 12207 518-599-5454**



# NOTEWORTHY

— Resources of Albany Inc. —

**Our mission:** to empower communities and make supportive holistic resources accessible through educational workshops, community events, support groups, and skateboarding.

Our new community center is an **intergenerational space** where we can bring our community together to grow, share, uplift and better support one another's mental, emotional and social well-being.

*We serve about 4,000 individuals and families annually!*

***We implement mental, emotional, and social support in fun, sober, and creative ways.***



# What We Do..

*Peer group-based services: support groups a.k.a. meet-ups, educational workshops.*

*We travel throughout the Capital Region to organizations, schools and businesses to host empowering programs & seminars.*



- Mental Wellness Meetup (Monthly)
- Get Lit Book Club (Monthly)
- Dark Moon Grief Gathering (Monthly)
- Community BIPOC Doula Circle (Monthly)
- Skate Albany Program (Monthly)
- Roller Skating Meet-ups (Monthly)
- Men's Mental Wellness Meetup (Mondays/Biweekly)
- Networking Events
- Art Shows
- Kiki Lounge (Biweekly)
- Live Music Performances by local artists and musicians



## Personal & Professional Growth Workshop

- Setting Healthy Boundaries
- SMART Goals
- Mental Health First Aid Training
- **You Are Worthy Program**
- Breaking Money Blocks
- Art classes



## Metaphysical & Holistic Workshops:

- DIY Herbal & Floral Bundles
- Chakras 101 Series of Workshops
- Numerology 101
- Cocoa Ceremonies
- Herbal Remedies 101
- Guided Meditations
- Moon Cycle Symbolism
- Metaphysical Crystals 101
- DIY Herbal Wreaths





# Skate Albany Program...

promotes empowerment, life skills, and building upon one's sense of belonging and self-esteem. This program is strategically and intentionally designed to bring about impact in their holistic well-being.

## Skateboarding increases:

- Work ethic
- Accomplishment of goals
- Social connections
- Prevention of suicide and depression
- Self-esteem
- Dedication
- Perseverance
- Creativity
- Focus
- Physical fitness, & more!!



*Formed in 2020 and now...*



# Endure Skatepark...

is an indoor skatepark nestled in the heart of our community center. Being the **only** indoor skatepark within a 100 miles radius of the Capital Region, we plan on facilitating our skateboarding program all year long, as well as catering to the needs of the public.

*The goal of the skatepark is to provide a safe space for all people to feel included and empowered to skate.*





# Thank you!!

**Tatiana Benack**

Founder & Executive Director

Noteworthy Resources of Albany, Inc. (NWR)

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



**Join our efforts in making positive impacts in our community!!**

Seeking board members that have experience in accounting, grant writing, program development, administration, & fundraising.

**Rewarding perks to becoming a board member:**

1. Personal satisfaction with supporting the community
2. Commitment to our mission & cause
3. Professional growth & networking opportunities
4. Career Advancement
5. Recognition
6. Learn complex strategic skills
7. Identify & grow your strengths

**Apply here >>**

