



FAMILY
RESOURCE
HANDBOOK

Misha Valencia, ACSW, LMSW

SBST Social Worker

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Local Counseling Centers:

Northside Center

Provides counseling for individuals, children, and families.

Address: 35 East 110th Street, off Madison Avenue.

Phone: 212-426-3400

Fax: 212-410-7561

Union Settlement

Provides counseling and services for children, parents, and families at locations in Harlem.

Phone: 212-828-6000

The Children's Aid Society

Provides counseling for children and families at several locations in Harlem.

Address: 130 East 101st St, New York, NY 10029

Phone: 212-348-2343

Mt. Sinai Child and Adolescent Clinic

Provides counseling, psychiatric services and evaluations for children and adolescents.

Address: 1240 Park Avenue, Between 96-97th Streets

Phone: 212-241-7175

Mt. Sinai Adolescent Health Center

Provides counseling services for teenagers.

Address: 312 East 94th Street, between 1st and 2nd Avenues

Phone: 212-423-2981

Boys and Girls Harbor

Provides counseling and support services to children.

Address: 1 East 104th Street, New York, NY 10029

Phone: 212-427-2244

Ackerman Family Institute for Family (and Couples) Therapy

Provides therapy to families and parents.

Address: 149 East 78th Street

Phone: 212-879-4900 Ext. 100

Private Insurances and Medicaid accepted, otherwise fees are sliding scale

New York Foundling Mental Health Clinic

Provides family therapy and support services.

Address: 2090 Adam Clayton Powell, Jr. Blvd, Suite 780

New York, NY 10027

Phone: (718) 772-0276 or (718) 772 0280

Intensive Case Management Programs:

These programs provide in home case management and support services for families in need.

St. Luke's Roosevelt Hospital Child and Family Institute

Manhattan CSPOA

Address: 1090 Amsterdam Avenue, 15th Floor

New York, NY 10025

Phone: (212) 636-1476

Ask for Cathryn Passman, LCSW, Director of Children's Community Mental Health Services

Fax: (212) 523-5766

cpassman@chpnet.org

Intensive Mental Health Services include:

- Home and Community Based Services Waiver
- Case Management
- Family Based Treatment
- Community Residence

Neuropsychological Evaluations:

A neuropsychological evaluation is an assessment to learn more about a student's neurological/cognitive functioning, motor skills, behavioral issues, academic functioning, social/emotional development, linguistic development, and overall functioning.

SUNY College of Optometry

Provides neuropsychological evaluations for children to assess for vision, perceptual, emotional, social and/or academic problems.

Phone: (212) 938-4001

Kennedy Child Center

Provides neuropsychological evaluations for children to assess for any emotional, social and/or academic problems.

Address: 151 East 67th Street

New York, NY 10065

Phone: (212) 988-9500

info@kenchild.org

Lenox Hill Hospital

Provides neuropsychological evaluations for children to assess for any emotional, social and/or academic problems.

To schedule an evaluation, please contact Meredith Nabozny, Program Coordinator

Phone: (212) 434-3292

Life Net Mental Health Referral Hotline:

Mental Health Referral Hotline:

This hotline is open 24/7 and provides free and confidential referrals to people needing mental health services and support including locating support groups.

1-800-LIFENET (543-3638)

Food/Nutrition Resources:

Women Infant and Children (WIC)

1-800-522-5006

New York Common Pantry

Provides food, hot meals and brown bag meals to individuals and families with limited food.

8 East 109th Street

New York, NY 10029

(917) 720 9700

Food Stamps/EBT

Direct phone: 212-860-5159 or 1-888-328-6399 or 877 472 8411

OR apply through The Food Coalition, who will pre-screen and then send your application to the food stamp office.

Phone: (212) 825-1497

Emergency Assistance Unit

Provides food services (718) 402-2490

Food and Hunger Hotline (866-888-8777)

Heat/Energy Assistance:

Eligible residents can receive credit towards their electric bill during winter months to offset the cost of heat.

Phone: 1-800-692-0557 (can add extra credit to Medicaid/EBT allowance)

Housing and Eviction Assistance:

There is a program called HomeBase Homeless Prevention Program that is funded by the city and operates through various community based nonprofit organizations in all five boroughs. If you need a program in a different location, please call 311 and ask for a HomeBase Homeless Prevention Program or visit www1.nyc.gov and search for HomeBase.

Palladia (One of the HomeBase Program sites)

2276 Third Avenue

New York NY 10035

(917) 492-1019

Other Homeless Prevention Organizations:

Eviction Prevention Housing Court Units

(877) 472 8411

Coalition for the Homeless

129 Fulton Street
New York, NY 10038 (212) 776-2000
Homeless/Emergency Shelter
(800) 994 6494
NYC Housing Authority
(212) 828 7100

Health Insurance and Health Centers for Low-Income Families:

Family Health Plus

Phone: (877) 934-7587 (direct application line) or (877) 472 8411

Child Health Plus

Health Care referrals for Children under age 19

Phone: (800) 698 4543

Americhoice Managed Care Insurance Screen

Phone: 1 800 493 4647

Family Health Center of Harlem

Provides primary care, counseling, dental services and so on for adults and children

Phone: (212) 423 4500, www.institute2000.org

HRA Medicaid:

Phone: (877) 472-8411

Cell Phone Providers for Low Income Families:

(Free Phone plus 60- 250 FREE Voice Minutes)

SafeLink Wireless

Phone: 1-800-977-3768 or visit www.safelinkwireless.com

Assurance Wireless

Phone: 888-898-4888 to request an application or visit www.assurancewireless.com

Constituent/Citizen Complaints and/or Concerns:

Public Advocate Letitia James

Constituent Help Desk

Phone: (212) 669-7250

Borough President Gale Brewer

Phone: (212) 669-8300

Manhattan DA Office

Phone: (212) 335-9000

Child Advocacy/Legal Support:

Center for Family Representation

Provides free legal assistance and social work services for families in crisis

Phone: (212) 691-0950 <http://www.cfrny.org/>

Family Advocate: Maggie Nieves, Ext. 244 (mnieves@cfrny.org)

Legal and Advocacy Services for Families:

<http://www.legalservicesnyc.org/>

Serves all boroughs, services include representation at suspension hearings, clients must meet financial eligibility.

Harlem Youth Court

Judge/Jury of neighborhood peers is used to determine fair and appropriate responses for young people ages 13-18 referred by local schools, organizations, and police for offenses such as assault, shoplifting, vandalism and truancy.

Phone: 212-360-4983

harlemyouthcourt@gmail.com

Suspension Representation Project

suspension.representation@gmail.com (212) 998-6753

Comprised of law students from NYC-area law schools; provides free representation at Superintendent's suspension hearings.

Brooklyn Child Advocacy Center

This program provides information and advocacy on child related issues.

Phone: (718) 330 5400

Supportive Children's Advocacy Network

Provides after school programs and support to parents.

Phone: (212) 683 2522

Resources for Financial Crises:

Budget Credit Counseling Services, (212) 675-5070

City Bar Justice Center Pro Bono Consumer Bankruptcy Project, (212) 626-7383

Project CLARO, Civil Legal Advice and Resource Office. Provides legal information to consumer being sued for consumer debt.

Brooklyn Legal Services, (718) 852-8888

South Brooklyn Legal Services, (718) 237-5560

Queens Legal Services Corp-Consumer Law Unit (718) 937-7542 (provides pre bankruptcy counseling) and Queens Volunteer Lawyers Project (718) 739 4100

Bronx Legal Services, (718) 928-3700

Staten Island Legal Services, (718) 233-6480

Special Education Advocacy:

Advocates for Children of New York

Free individual case assistance for families having difficulty obtaining appropriate educational services. This agency works on behalf of children from infancy to age 21 who are at greatest risk for school-based discrimination and/or academic failure, including children in foster care.

Helpline: 1-866-427-6033 (Monday through Thursday 10am-4pm)

151 West 30th St # 5 New York, NY 10001-4197

Phone: (212) 947-9779 www.advocatesforchildren.org

Special Needs Alliance

Helps client gain access to attorneys in the fields of special needs planning and public entitlements.

1-877-572-8472 <http://specialneedsalliance.com/locate-an-attorney>

Special Education Attorney Office: Littman Krooks, LLP

655 Third Avenue, 20th Floor New York, New York 10017 **Phone** (212) 490-2020 **Fax** (212) 490-2990 <http://www.littmankrooks.com/special-education-advocacy/>

New York State Special Education Parent Centers

<http://www.vesid.nysed.gov/specialed/techassist/parentcenters.htm>

There is a Special Education Parent Center supported by the NYS Education Department serving each of the five boroughs of New York City. Provide information and training, and assist parents in resolving disputes over special education services.

Brooklyn – Brooklyn Center for the Independence of the Disabled – (718) 998-3000

Manhattan – Resources for Children with Special Needs – (212) 677-4650

Bronx – Resources for Children with Special Needs – (212) 677-4650

Queens – United We Stand of New York – (718) 302-4313

Staten Island – Parent to Parent NY – (718) 494-3462

Partnership for Children's Rights www.kidslaw.org (212) 683-7999

Provides free legal assistance for special education issues and disadvantaged children in New York City.

New York Lawyers for the Public Interest

www.nympi.org (212) 244-4664

Through its Disability Rights Clinic, NYLPI provides information, assistance, direct representation and training to parents and advocates seeking to protect the educational rights of children.

Resources for Children with Special Needs www.resourcesnyc.org (212) 677-4650

Provides information, referral, advocacy, training and support for parents of New York City children with special needs and disabilities.

Sinergia, INC

www.siner giany.org (212) 643-2840. Provides free or low cost legal services and advocacy on special education services and rights.

The Legal Aid Society

www.legal-aid.org Kathryn A. McDonald Education Advocacy Project (EAP)(212) 577-3342

Providing Educational Assistance to Kids (PEAK)

(718) 250-4510. EAP Provides early intervention, preschool and school-age special education advocacy to children who are the subject of active child protective proceedings in one of the NYC Family Courts, and are represented by a law guardian from the Juvenile Rights Division. PEAK provides a broad range of education advocacy services, including representation at Superintendent's suspension hearings.

Family and Children Support Services:

Single Parent Resource Center

This program provides information, support and activities for children and teens.
Phone: (212) 951 7030

Head Start

Provides free or low cost educational programs for children aged three to five.
Phone: (212) 232-0966

Catholic Guardian Society

Provides community based programs, including preventive services, foster care, adoption, day care, shelter for homeless women, and maternity services.

Phone: (212) 371-1000, Ext. 2258 **Fax:** (212) 758-5892 **Email inquiries:** info@cgshb.org or visit <http://www.cgshb.org/>

Little Sisters of the Assumption Family Health Service

Advocacy & Food Pantry, Community Life & Education, Early Childhood, Preventive Services / Family Support, Home Health Agency.

333 East 115th Street (between 1st and 2nd Ave)New York, NY 10029

Phone: (646) 672-5200

Newborn Home Visiting Program

A health worker will visit with each new mother to help create a safe and nurturing home for her infant. Screen for potential health or social problems, assesses the home environment for hazards, arrange for a free crib (through the national Cribs for Kids program) for any family that needs one.

Phone: (212) 360-5942

Preventive Services:

These programs provide in home support, counseling, advocacy, referrals and case management for at risk or needy families. These services are free for all eligible families. These programs are in all five boroughs and can be located at nyc.gov, look under ACS preventive services. Please note, families do NOT need to have an ACS case or to be involved with ACS in any way to receive services. ACS is the funding source, but all families at risk or who need support are eligible. The following agencies are in Manhattan:

The Children's Aid Society

There are several locations in NYC.

In Manhattan please call Michelle Alenak or Sara Budowsky at (347) 708-8478.

In the Bronx, call Elizabeth Rogers at (718) 716-7531.

In Staten Island, call Carrie Greene at (347) 291-8601.

Association to Benefit Children

(646) 459-6099

Edwin Gould

(212) 437 3500

Graham Windham

(212) 368 1622

Harlem Children's Zone

(212) 234 6714 212 666 7390

Harlem Dowling

(212) 749-3656 Ext 3002 or 212 927 9200

Little Sisters of the Assumption

(212) 987 2725/646-672-5270

Northside Center

(212) 426-3400 or 212 426-3419

New York Foundling

(212) 862 3427

Puerto Rican Family Institute
(718) 229-6909

Cardinal McClosky
(212) 987-1806

Alianza Dominicana
(212) 740-1960

Northern Manhattan Perinatal Partnership
(212) 665 2600

Dominican Women's Development Center
(212) 994 6060

Enhanced Preventive:

Harlem children's Zone/This program is for babies
(212) 281 7000

New York City Mission Society/This Program is for Teens
(212) 368 8400

Please note there are many other agencies that provide preventive services that are located in other parts of Manhattan. To locate these agencies please visit **nyc.gov** and look for **ACS preventive services**. This is the most accurate list we have, but occasionally phone numbers do change. If a number does not work then please call information for the agency's contact info and then call the agency directly and ask for their preventive services department.

Early Intervention:

This program provides assessments, therapy, skills building, occupational therapy, physical therapy, and speech therapy for children birth to age three.

To be eligible for services, children must have a confirmed disability or established developmental delay, as defined by the State, in one or more of the following areas of development: physical, cognitive, communication, social-emotional, and/or adaptive.

For more information or to schedule an assessment please call (212) 436-0900 or (518) 473-7016.

Local Hospitals:

Many of the hospitals below have their own child psychiatric department for various evaluations, treatment and therapy.

Harlem Hospital

Child and Adolescent Psychiatry Department

Phone: (212) 939-3370 or (212) 939 1000

Metropolitan Hospital

Child & Adolescent Outpatient Clinic

Phone: (212) 423-6262 or (212) 423-6945

New York Presbyterian Hospital

Phone: (212) 426-5454

Elmurst Hospital

Phone: (718) 334-4000

Bellevue Hospital

Phone: (212) 562-4141

Kings County Hospital

Phone: (718) 245-3627

Lincoln Hospital

Phone: (718) 519-5000

Long Island Jewish

Phone: (516) 470-7000

Holliswood (Jamaica, Queens)

Phone: (718) 776-8181

Asthma Services:**East Harlem Asthma Center of Excellence (EHACE)**

Provides asthma education, care coordination and home visits at a family's request. Services children ages birth to eighteen living in East Harlem (eligible zip codes are 10029, 10035, and 10037).

161-169 East 110th Street, 1st Floor

New York, NY 10029

Phone: (888) 247-8811 **Fax:** (212) 360-5944

Crises Hotlines:**SAMARITANS 24 Hours Suicide Prevention Hotline**

(212) 673-3000

National Suicide Prevention:

1-800-SUICIDE (784-2433)

Crises Text Line:

Anyone in crises and needs help can text **HOME to 741741** and speak to a counselor

Trans Lifeline:

Transgender Suicide Hotline:

877-565-8860

Trevor Project Lifeline:

1 866 488 7386

Love is Respect:

1 800 331 9474, hotline for teens in crises, specifically helps with teen dating violence

Domestic Violence Support Services;

24 Hour Domestic Violence Hotline/Support and Assistance Locating a Shelter:

All languages: 1-800-621-4673

VOA-Support for Victims of abuse 212-316-8288

Secret Garden; 212-533-4358

Legal Services NYC; Legal Assistance for domestic violence victims 917-661-4500

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Youth Crises Hotlines:

Covenant House Hotline

For crisis management and assistance with runaway children

1-800-999-9999

New York City Youthline

Provides crises intervention services to youth, open 24 hours a day

1-800 246 4646

Youth Crises Hotline

Provides crises intervention to youth ages 13-17, open 24 hours a day

1-800 448 4663

Anti-Bullying BRAVE Campaign Hotline

Students who are victims of harassment and intimidation by their peers now have access to a telephone hotline to professional counselors through the Mental Health Association of New York City.

Phone hotline for students: (212) 709-3222, Monday through Friday, 2:30-9:30 p.m.

Students can call for services in English, Spanish, Mandarin, Cantonese and other languages.

Youth Sports Programs/Mentoring Services:

National Mentoring Partnership

This agency takes referral information to locate appropriate mentoring services for children.

Please ask for Bruce Beckwith.

Phone: 1-800-6884 or (212) 953-0945

www.mentoring.org/newyork

Harlem Jets

A sports football league for Harlem youth, Phone: (212) 662 5387 or (646) 234-2004,

www.harlemjets.org

Harlem RBI

A Harlem (there are also some programs in the south Bronx) based multi services program with a strong focus on baseball and youth empowerment. Programs are for children ages Kindergarten through twelfth grade.

333 East 100th Street, Phone: (212) 722 1608/Info@harlemrbi.org

NYPD Explorers

A program run by the NYPD for adolescents possibly interested in a law enforcement career.

The program allows young men and women ages 14 to 21 to learn more about careers in law enforcement. Phone: (212) 860-6447, Ask for Pedro Perez or email Pedro at

Pedro.Perez2@NYPD.org

Immigration Services:

NY Immigration Hotline

(800) 566 7636 or (212) 419 3737

DACA Legal Support/NALEO Educational Fund

1-844-411-DACA

Financial Assistance/Child Support:

Public Assistance:

Phone: (888)-692-6116

Business Link

Job referrals for Public Assistance Recipients

Phone: (212) 643-2281

NYC Human Resources Association Child Support Hotline

Phone: (877) 472 8411

NYS Child Support Processing Center

Phone: (888) 208 4485

Social Security and SSI

1-800-772- 1213

Baby Buggy

Provides donated materials such as cribs, diapers, strollers, etc. to families in need.

Phone: (212) 736 1777

LQBTQIA RESOURCES:

The Center:

Provides numerous resources, support, information, wellness programs, community activities, events, advocacy and so on

208 West 13th Street, 212 620 7310

Trans Lifeline:

Transgender Suicide Hotline:

877-565-8860

Ali Forney Center:

Community center providing outreach, support, housing and health services for homeless LGBTQ youth

224 West 35th Street, (212) 222 3427 Main Headquarters

**There is also an Ali Forney 24 hour drop in center for youth in need of immediate help

(212) 206-0574

Child Abuse Prevention Resources:

NYS Child Abuse Hotline (To report suspected abuse or neglect). This report can be made anonymously.

1-800-342-3720

NY Foundling Parents Helpline

Provides emergency childcare, crises counseling and telephone referrals

Phone: (212) 472 8555

Prevent Child Abuse NY

NYC Parent Helpline

Open 24 hours a day, provides information and referrals

Phone: 800 342 7472

Family Dynamics

Provides counseling, parenting classes and afterschool programs and respite nursery

Phone: (212) 255 8484

NYC Children's Services

Office of Advocacy/Parents and Children's Rights Unit

Phone: (212) 676 9421

New York Center for Children

Assessment and treatment for children who have been abused

Phone: (212) 517 3012

Sexual Abuse/Rape:**Manhattan Special Victims Unit**

This unit of NYPD detectives handles all crimes related to sexual assault, incest, rape and statutory rape. If you or someone you know has been the victim of a sexual crime please call (917)492-3555 to speak to a trained special victims detective.

Victims and family members can also call (212) 267-RAPE where a trained female detective can provide information and support. This hotline is open 24 hours a day.

Other Rape and Sexual Abuse Hotlines:

1-800-942-6906

1-800 621 4673

(212) 227-3000

These hotlines provide critical support, information and advocacy for all victims of sexual assault and rape.

AIDS/HIV Related Services:

Information, referrals, testing and Counseling, open 24 hours a day

Phone: (212) 477 8200

Down Syndrome Awareness:**Gigi's Playhouse**

Provides family support, education and community awareness

Phone: 646 801 7529

nyc@gigisplayhouse.org

Occupational Therapy Services/Sensory Gyms:

1. The Smile Center— 212-400-0383
2. Kids Thrive—212 879-2092
3. Apple Blossom Occupational Therapy—347 210-2963
4. The RUSK Institute at NYU Langone Hospital— 212-263-6059, 212-263-5408, 212-263-4555 or 212- 263-6033
5. Theraplay—212-288-1450
6. Watch Me Grow—646-230-8190
7. Chatty-347-491-4451
8. Little Friends—212-683-8905
9. Big Strides—929-386-0244

Speech Therapy Services:

1. Premium Therapy—5030 Broadway, 212-304-0400
2. Speech Works, 646-329-5508
3. City Sounds—212-604-9360
4. Watch Me Grow 212-230-8190

5. NYTPS—Contact and setting up an appt is done on their website.
www.nytps.com

6. EBS—718-238-0377
7. Infinite—718-473-3808
8. Speech Buddies—1-866-247-8030
9. Open Lines—212-430-6800
10. Chatty Child Speech—347-491-4451
11. SpeakOut NY—212-920-0641
12. Legendary Therapy—718-948-1900

Free/Low Cost Summer Camp (these may be in different boroughs):

Please visit <http://www.cb14brooklyn.com/free-summer-camps-programs/> Or Call Youth Connect at: 800-246-4646

Camps for students with special needs, (many offer low cost options and financial aid). Please contact them directly:

Atlantic Acting School

76 Ninth Ave., Suite 537
212-691-5919

Classes and camps are welcome to all needs. Teaching Artists will incorporate the needs of each child into the ensemble.

Children's Museum of the Arts

103 Charlton St., Hudson Square 212-274-0986
CMA provides scholarships for students with special needs or disabilities who require 1:1 support. Contact mlopez@cmany.org with questions.

InterAct: Theatre and Therapy Lab

Chatty Child, 325 Broadway suite 403, NY, NY 10007
347-491-4451

Riverside Park Conservancy 475 Riverside Drive suite 455
212-870-3070

92Y Camps

1395 Lexington Ave.; New York, NY | Upper East Side
212-415-5573

Cumbe: Center for African and Diaspora Dance

1368 Fulton St
718-935-9700

The School at the Mark Morris Dance Center

3 Lafayette Ave. 718-624-8400

Urban Explorers Day Camp

3832 Flatlands Ave. 718-951-9732

Young People's Day Camp

(718) 951- 9732

Hofstra University Summer Camps

255 Hofstra University, Hempstead NY 11549
516-463-2267

The REACH Program is an opportunity for campers with autism spectrum disorders and other special needs to experience Hofstra Specialty Camps with peers.

RIOULT Dance Center

34-01 Steinway Street, Entrance on 34th Ave, Astoria, NY 11101, (212)
398-5903

Samuel Field Y Summer Camp

58-20 Little Neck Parkway, Little Neck
718-225-6750 x261