

# Community Resources



**The Mott Haven Link/ CD1  
Bronx & City wide Resources**

## **COMMUNITY SUPPORTS**

The Mott Haven Link coalition would like to provide you with this list of resources in the community and city wide. We hope that it is helpful.

These services provide help with problems or opportunities to explore educational, job, or recreational interest. Sometimes it is hard to find a place that meets your needs. We recommend that you call a few places and tell them what you're looking for. It might take a few calls but once you find a place that fits your needs, it can be worth it.

If you could use more help finding what you need, please contact our office at (646) 839-6301.

We're always here to help.

Thank You,

*Deanne Channer, LMSW*

Co-chair SPA 1

Preventive Director.

Episcopal Social Services.

412 East 147<sup>th</sup> Street

1(646)839-6307.

[channerd@e-s-s.org](mailto:channerd@e-s-s.org)

## **TABLE OF CONTENTS**

EARLY HEAD & PREVENTIVE PROGRAMS	1
AFTER-SCHOOL AND RECREATION	2
CHILDREN AND YOUNG ADULT RESOURCES	3
DAYCARE AND EARLY INTERVENTION	7
DOMESTIC VIOLENCE HELP	8
EDUCATION AND JOB TRAINING	9
EMPLOYMENT SERVICES FOR PEOPLE WITH MENTAL HEALTH CONDITIONS	12
FINANCIAL ASSISTANCE	13
FOOD PANTRIES	14
GAY, LESBIAN, BISEXUAL, TRANSGENDER SERVICES	15
GENERAL ASSISTANCE	16
HOSPITALS AND HEALTH CARE RESOURCES	17
HOUSING	19
IMMIGRATION	20
LEGAL SERVICES	21
MUSEUMS AND FUN	22
MENTAL HEALTH SERVICES FOR ADULTS	23
MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS	26

PARENTING SUPPORT GROUPS AND SERVICES	29
RESPIRE CARE	31
SERVICES FOR CHILDREN OR ADULTS WITH SPECIAL NEEDS	32
SPIRITUAL AND RELIGIOUS RESOURCES	34
SUBSTANCE ABUSE TREATMENT	36

## **Child Care Programs in the Bronx**

### **Archdiocese St. Rita's Head Start**

452 College Avenue

Bronx, New York 10451

Tel: (718) 585- 8863

Fax: (718) 585-8857

**Main Contact: Carmen Lorenzo, Program Director**

### **Cardinal Mc Closkey**

349 East 149<sup>th</sup> Street \*9<sup>th</sup> Floor

Bronx, NY 10451

Telephone: 718-402-0081

Main Contact: Carmen Sepulveda

### **Holy Spirit Head Start**

**Tel:** (718) 731-8439

**Main Contact: Ms. Rodriquez**

### **Highbridge Children's Pride Early Learning Center**

800 Concourse Village

Bronx, New York 10451

Tel: (718) 742-2369

Fax: (718) 742-2371

**Main Contact: Wanda Carter, Program Director**

### **Archdiocese Sacred Heart II Head Start**

1248 Nelson Avenue

Bronx, New York 10452

Tel: (718) 681-0510

Fax: (718) 681-0511

**Main Contact: Mrs. Gertrude, Program Director**

## **Child Care Programs in the Bronx**

### **Highbridge HAC Early Childhood Center**

1399 Ogden Avenue  
Bronx, New York 10452  
Tel: (718) 293-9196  
Fax: (718) 293-9193

**Main Contact: Pearl Thompson, Program Director**

### **Mid Bronx CCRP Head Start**

1125 Grand Concourse  
Bronx, New York 10452-9001  
Tel: (718) 590-7014  
Fax: (718) 590-7059

**Main Contact: Carol Gaskill, Program Director**

### **W.H.E.D.C.O. Head Start**

50 East 168th Street  
Bronx, New York 10452-7929  
Tel: (718) 839-1120  
Fax: (718) 839-1187

**Main Contact:**

### **New York Foundling Family Day Care**

369 East 149<sup>th</sup> Street  
Bronx, NY 10455  
Telephone: 718-732-4407 / 718-732-4428

**Main Contact: Franchesca Ortiz, Program Supervisor**

**GENERAL PREVENTIVE SERVICES IN CD 1**

**ESPICOPAL SOCIAL SERVICES**

**FAMILY PREVENTIVE SERVICES**

DEANNE CHANNER, PROGRAM DIRECTOR

412 EAST 147<sup>TH</sup> STREET, 1<sup>ST</sup> FLOOR

BRONX, NY 10455

TELEPHONE (646)-839-6307

FAX#: 718-401-7120

EMAIL ADDRESS: [channerd@e-s-s.org](mailto:channerd@e-s-s.org)

CDs: 1---

GENERAL PREVENTIVE

**DOMINICAN SISTERS FAMILY HEALTH SERVICES**

**FAMILY LIFE PROGRAM 1 AND 11**

SHARON SALISBURY, ACTING PROGRAM DIRECTOR

279 ALEXANDER AVENUE

BRONX, NY 10454

TELEPHONE (718) 292-0151

FAX# (718) 993-1747

EMAIL ADDRESS: [ssalisbury@dsfhs.org](mailto:ssalisbury@dsfhs.org)

CDs: 1-4---

GENERAL PREVENTIVE

**NEW YORK FOUNDLLING**

**BRONX TEEN PARENTING PROGRAM**

JILL DIXON, PROGRAM DIRECTOR

369 EAST 149<sup>TH</sup> STREET, 4<sup>TH</sup> FL.

BRONX, NY 10455

TELEPHONE (718) 993-7600

FAX (718) 402-3646

EMAIL ADDRESS: [jilld@nyfoundling.org](mailto:jilld@nyfoundling.org)

CDs: 1-2-4—

GENERAL PREVENTIVE

**NEW YORK FOUNDLING**  
**MOTT HAVEN PREVENTION PROGRAM**  
ENID CINTRON, PROGRAM DIRECTOR  
364 EAST 151<sup>ST</sup> STREET, BASEMENT  
BRONX, NY 10455  
TELEPHONE (718) 993-2600  
FAX (718) 993-0590  
EMAIL ADDRESS: [Enid.Cintron@dfa.state.ny.us](mailto:Enid.Cintron@dfa.state.ny.us)

CDs: 1-4-2—  
GENERAL PREVENTIVE

**PUERTO RICAN FAMILY INSTITUTE**  
**BRONX CHILD PLACEMENT PREVENTION**  
LUIS RIVERA-RIVERA, PROGRAM DIRECTOR  
384 EAST 149<sup>TH</sup> STREET, ROOM 622  
BRONX, NY 10455  
TELEPHONE (718) 665-1282  
EMAIL ADDRESS: [LRivera@prfi.org](mailto:LRivera@prfi.org)

CDs: 1-3—  
GENERAL PREVENTIVE

## **AFTERSCHOOL AND RECREATION**

### **New York City Youth Hotline**

[www.nyc.gov/dyed](http://www.nyc.gov/dyed)

(800) 246-4646

**Information and referrals to local after-school programs and summer camps.**

### **ACDP Community Choices Beacon at CIS 17**

1865 Morris Avenue, Room 140

(718)466-1806

**Free after-school program and summer camp for children ages 6 to 12. Free Recreational program for youth ages 13 to 18.**

### **Inwood House Boys 2 Men**

369 East 149th Street

(718) 742-8100 extension 18

**After-school and summer program that provides daily homework assistance, Workshops, constructive recreational, educational, and cultural activities.**

### **Mercy Center**

377 East 145th Street

(718) 993-2789

**For youth: girl talk, dance and drumming, and dance class.**

**For adults classes in yoga, dance, and knitting.**

### **Mott Haven Leadership Program / the Ranch**

364 East 151st Street

(718) 993-2600

**Recreational after-school program that meets Mondays, Wednesdays, and Fridays.**

### **The Point Community Development Corporation**

940 Garrison Avenue

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

(718) 542-4139

**Music and Arts programs**

### **Police Athletic League, Inc.**

2255 Webster Avenue

(718) 365-5438

**Provides recreation to youth ages 14 to 21 (gym, game room). During the school Year there are many different recreational activities available Monday through Friday from 6:30 to 9:30pm.**

**Call (718) 733-6748 for the after-school program for children ages 6 to 13 from 3:30pm to 6pm.**

**1**

**St. Mary's Recreation Center**

450 St. Ann's Avenue (at 145th Street)

(718) 402-5160

**To become a member bring a photo ID, proof of address (such as a bill), and the last 4 digits of your social security number. Membership is FREE.**

**Indoor pool, gym, fitness room, dance room, game room, basketball courts, baseball field, running track, tennis courts, computer center, arts and crafts programs and classes including Karate, boxing, basketball, arts and crafts.**

**SOBRO (South Bronx Overall Economic Development Corporation)**

555 Bergen Avenue

(718) 292-3113

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

**After school programs for high school and middle school students.**

**CHILDREN AND YOUNG ADULT RESOURCES****Youth line**

(800) 246-4646 Monday — Friday 9am to 9pm

Saturday and Sunday 12pm to 8pm

**Provides information and referrals to after-school and educational programs. Also provides referrals to Beacon after-school programs that include academic enhancement, career awareness, school to work transition, life skills, community building, recreation, tutoring, high school, college preparation, photography, basketball, chess, and martial arts.**

**Adolescent and Family Comprehensive Services, Inc.**

45-67 West Tremont Avenue

(718) 299-2327

**A mentoring program for youth ages 13 to 21.**

**Big Brother / Big Sister of NYC**

223 East 30th Street (212) 686-2042

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

**A mentorship program for youth 7 to 18 years old. The process to find a match for your child may take 2 to 6 months. Both the child and the volunteer are asked to commit to one year and to seeing each other four hours every other week.**

**Boys and Girls Harbor First work Program**

1 East 104th Street

(212) 427-2244

[www.boysandgirlsharbor.net](http://www.boysandgirlsharbor.net)

**Helps find employment for young adults with no work experience.**

**Bronx Community College's Project Hire**

Gould Residence

West 181 Street and University Avenue, Room 211

(718) 289-5589

**Job training for building trades (carpentry, painting, plumbing, electrical wiring) And job assistance and placement. Open to youth 18+ with high school diploma or 19+ without diplomas. Ex-offenders encouraged applying.**

**Citizens Advice Bureau (CAB)**

1130 Grand Concourse

[www.cabny.ojg](http://www.cabny.ojg)

(718) 293-0727

**For adolescents provides academic support, internships, career exploration, summer jobs, community service, youth leadership, arts and sports programs**

3

**Covenant House Regional Training Center**

81 C Featherbed Lane

(718) 294-7812

**Assists young people ages 17-21 with job training and placement through 2 Workshops a month.**

**The Door**

121 Avenues of the Americas (6th Avenue)

(212)941-9090

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

**A wide range of services for youth ages 13 to 21 that includes counseling, College Preparation Assistance, job training and placement, GED and pre-GED programs, English as a Second Language, computer training, photography, radio, theater.**

**East Side Settlement House**

337 Alexander Avenue (718) 665-5250

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

**Provides a wide range of services for youth ages 13 to 18 including College Preparation Assistance, computer skills training, GED instruction, and job placement. There is also the Voyager Extended Day Reading Intervention Program that offers students tutoring to meet achievement, standards, youth development activities, counseling programs, art, music, and technology.**

**Federation Employment and Guidance Services (KEGS)**

105 Bruckner Blvd.

(718) 292-3930

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

**For ages 19 to 21 to provide career counseling, job training, GED, computer instruction, recreation programs.**

**GEMS Girls Educational and Mentoring Services**

298B West 149<sup>o</sup> Street

(212) 926-8089

[www.gems-thrls.rniz](http://www.gems-thrls.rniz)

**For young women ages 13 to 21 who have experienced prostitution? Provides counseling, groups, referrals, youth leadership.**

**Go Girl! (Girls Outreach: Group Intervention Resiliency Learning) Mentoring Program**

Bronx AIDS Services

1910 Arthur Avenue

(718) 466-6395

**For girls age 12 to 17 weekly group meeting and monthly recreational outings (Broadway shows, ice skating).**

4

### **High bridge Community Life Center Youth Services Program**

1248 Nelson Avenue

(718) 293-6103

**For youth ages 6 to 18. Provides after school and Saturday program and summer Camp. Includes homework assistance, recreational activities, and creative classes. For the after school program call in early September to find out about registration. For the summer camp, call in early June.**

### **In-School Youth Program**

Contact Youth line at (800) 246-4646

**Offers young people who are enrolled in school and between the ages of 14 and 18 a wide range of employment related services. The program operates throughout the year and is available after-school, weekends, and during the summer months. Includes work readiness training, computer training, summer work experiences, and assistance in attaining a high school diploma or its equivalent.**

### **Inwood House Boys 2 Men**

369 East 149th Street

(718) 742-8100

**After school and summer program that provides, daily homework assistance, Workshops, constructive recreational, educational, and cultural activities**

**Lincoln Hospital LEAP (Lincoln Empowering Adolescents Program) 349 East 149 Street (718) 579-5410**

**Individual, group, and family counseling, recreational activities, tutoring and computer skills training. Topics covered include relationships, employment, self-esteem, resisting peer pressure, anger management, conflict resolution, drug abuse, assertiveness training**

### **Out-of-School Youth. Employment Program**

Contact Youth line at (800) 246-4646

**For people 16 to 21 who are not enrolled in school to provide job training and Employment services.**

### **Pathways for Youth**

625 Castle Hill Avenue

(718) 828-4518

**Serving youth ages 6 to 18 with after school programs, community service Programs, computer center, and supportive counseling.**

**Promesa Drop Center**

500 Bergen Avenue  
(888) 8044092

**For ages 13 to 20 provides food, counseling, case management, short-term shelter and referrals.**

**The Point Community Development Corporation**

940 Garrison Avenue  
(718) 542-4139  
[www.thepoint.org](http://www.thepoint.org)

**Music and Arts programs.**

**Summer Youth Employment Program (SYEP)**

Call (212) 442-5900

**Offers up to 7 weeks employment for young people between the ages of 14 to 21.**

## **DAYCARE AND EARLY INTERVENTION**

### **ACS Agency for Child Development**

(718) 367-5437

**Provides daycare information and referrals**

### **Head Start**

2 12-361-6758

### **Early Intervention Hotline**

(800) 577-BABY

**Provides information on programs for children under three**

### **ACD Daycare**

400 East 145th Street

(718) 401-2034

**Eligibility for day care is based on family income, family size, and the reason for which day. care is needed.**

### **East Side Settlement House Head Start I Day Care Program**

337 Alexander Avenue

(718) 665-5335 or 292-6570

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

**Pre-school and toddler services for children 2 to 5 years of age. A broad range of Services including educational, social service, nutritional, preventive health services, and transition to public schools.**

### **Episcopal Social Services Early Head Start Program**

500 Bergen Avenue

(718) 401-5192

**For Moms and Dads of children under three or who are pregnant provides help learning the best ways to help your children learn, help with benefits, help with education and job training; children with disabilities are welcome.**

**DOMESTIC VIOLENCE HELP**

**HOPE Hotline 800-621-HOPE**

Spanish-speaking 800-942-6908

**Information, referrals, crisis, intervention, counseling, shelter, advocacy**

**Gay and Lesbian Anti-violence Project Hotline 212-714-1141**

**Fordham-Tremont Community Mental Health Treatment  
Family Violence Crisis Service**

2021 Grand Concourse Avenue

(718) 960-0395

**Crisis intervention services to all adult and children victims of violence that provides individual, group, and family therapy.**

**High bridge Community Life Center**

1252 Nelson Avenue at West 168th Street

(718) 410-6744

**Offers a 36-week educational program for men who have been abusive to their partners to make positive changes in their behavior.**

**Jewish Board of Family and Children's Services**

990 Pelham Parkway South

(718) 931-2600

Family Violence Hotline (718) 237-1337

**Provides a range of services to battered women and children and batterers including crisis intervention, individual, group and couples counseling, shelter and residential services for victims, counseling for children, and referrals. Spanish-speaking services available.**

**Sanctuary for Families**

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

(718) 993-5990

**Domestic violence services for females including emergency shelter referral, individual and group counseling for women and children, legal services for immigration and matrimony. Spanish-speaking services available.**

**EDUCATION AND JOB TRAINING**

**GED and Adult Education Hotline**

(212) 8033333

Monday through Friday from 9is to 5pm

**Provides referrals for adults to free classes in Basic Education, GED preparation, English for foreign language speakers and computer training.**

**ACDP Community Choices Beacon at CIS 17**

1865 Morris Avenue, Room 140

(718) 466-1806

**For individuals over age 21 offering English as a Second Language and computer Classes from 6 to 8pm 4 days per week.**

**ARGUS Community**

**Job Horizons**

760 East 160th Street

(718) 401-5773

**For youth ages 19 to 21 a 26-week program that provides vocational training, basic Skills classes, Youth Pre-employment work, maturity classes, and job placement.**

**Argus Community**

The Learning for Living Center

760 East 160t Street

(718) 401-5717

**A drug-free day program of social development education and job training for adolescents ages 14 to 21 who have dropped out of school.**

**Baked in the 'Hood**

1841 Park Avenue at 126 Street (646) 459-6046

**For individuals 18 and over who are living or have lived in a shelter, have dependent children, and receive pubic assistance. Free six month course on food preparation for the food service and baking industry; training plus one year of job placement with support**

**A Better Bronx for Youth Consortium**

369 East 148th Street, Lower Level

(718) 665-2449

**Classes for youth ages 11 to 15 (now accepting some adults) that work on the computer to learn Microsoft Office, Photoshop, GED and SAT preparation.**

**Board of Education NYC Region 1 Adult Education**

3450 East Tremont

And many sites all over the Bronx

(718) 585-6234

**For ages 21 and over**

**English as a Second Language, Basic Education I Pre-GED, and GED classes. GED classes are available in Spanish. The Pre-GED and GED classes are available in the day and night. You would take a placement test and then they would assign you to a site.**

**Bronx Educational Opportunity Center**

1666 Bathgate Avenue

[www.brx.eoc.suny.edu](http://www.brx.eoc.suny.edu)

(718) 530-7000

**Vocational Academic Preparation Lab; Adult Basic Education; English as a Second Language; GED (in English and Spanish); College Preparation; Vocational Skills Training (in health, business, security, retail); Academic Advisement**

**The Door**

121 Avenues of the Americas (6th Avenue)

(212) 941-9090

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

**A wide range of service for youth ages 13 to 21 that includes counseling, College Preparation Assistance, job training and placement, GED and pre-GED programs, English as a Second Language, computer training, photography, radio, theater**

**East Side House Settlement**

337 Alexander Avenue

(718) 665-6499

**English language learners, GED, translation, literacy, computer center, immigrant services, parent involvement, counseling, drop out prevention, community service**

**Mercy Center**

377 East 145 Street

(718) 993-2789

**GED classes, employment preparation, English as a Second Language. Spanish-speaking services available.**

**Mid-Bronx Youth Skills**

489 St. Paul's Place

(718) 590-0655

**Serving ages 17—20 with free daytime Pre-GED and GED classes and computer training.**

**North Bronx Career and Counseling Outreach Center**

3950 Laconia Avenue

(718) 547-1001

[www.nbx.eoc.suny.edu](http://www.nbx.eoc.suny.edu)

**Free services for adults over 18 that include GED preparation, Computer Literacy, Tutorial Assistance, Career Counseling, Job and College Placement Assistance**

**Phipps Community Development Corporation**

1030 East 178th Street on the corner of Boston Road

(718) 542-0109

**Provides free GED preparation for individuals over 17-years-old. Spanish-speaking services available.**

**SOBRO (South Bronx Overall Economic Development Corporation)**

555 Bergen Avenue

(718) 292-3113

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

**Adult education, job training and employment services, computer training**

**West Farms Career Center**

**Phipps Community Development Corporation**

1071A East Tremont Avenue (718) 620-1900 extension 10

**Serves youth and adults with free English as a Second Language classes (beginning and advanced), computer training, a resource library, supportive counseling, and internships. Spanish-speaking services available.**

**EMPLOYMENT SERVICES FOR PEOPLE WITH MENTAL HEALTH  
CONDITIONS**

**Adolescent Skills Center**

369 East 148th Street (718) 292-7880

**For individuals ages 16 to 21 with a history of emotional problems, mental illness, or learning disabilities to provide vocational, literacy, and GED training. Sometimes has a waitlist.**

**FEGS Bronx Community Rehabilitation and Training Center**

**The Harry and Jeanette Weinberg Mental Health Center**

3600 Jerome Avenue

(718) 741-5009

**Assists individuals ages 16 and over with developmental or psychiatric conditions. Counseling, psychiatric services, occupational therapy, social services, job development and job placement.**

**FEGS Extended Integrated Employment**

The Harry and Jeanette Weinberg Mental Health Center

3600 Jerome Avenue

(718) 741-5108

**Assists individuals with developmental or psychiatric disabilities to engage in part-time competitive employment.**

**Fordham-Tremont Community Mental Health Center**

Assisted Competitive Employment

2250 Ryer Avenue

(718) 960-0680

**Vocational training and job placement assistance for individuals with mental illness.**

**Mental Health Association**

369 East 148th Street

(718) 292-7880

Fast Track to Employment

(718) 292-7956

**Vocational training and job placement assistance for individuals with mental illness.**

**FINANCIAL ASSISTANCE**

**ACS Office of Child Support Enforcement 212-226-7125**  
**Public Benefits Resource Center 212-614-5517**  
**NYC Human Resources Administration 877-472-8411**

**Human Resources Administration**

234 East 149 Street  
(718) 585-3224  
IIRA Central Complaint Unit (718) 291-4141 Medicaid (718) 291-1900

**Rider**

305 Rider Avenue  
(718) 742-3924  
**Food Stamp center, Income Support center, Medicaid Center**

**Bergen**

414 East 147th Street  
(718) 579-8575  
**Food stamp center, Income Support center, Medicaid center**

## **FOOD PANTRIES**

**Do you need emergency food 24-hour hotline (866) 888-8777**

### **Path of Blessings**

506 Brook Avenue  
(718) 829-9703  
Sat 12—2

### **Ruth Fernandez Family Residence**

760-762 Fox Street  
(718) 328-8180  
Monday through Friday 9am to 4pm

### **Salvation Army Bronx Citadel**

425 East 159th Street  
(718) 665-8472

### **St. Ann's Church of Morrisania**

295 St. Ann's Avenue  
(718) 585-5632  
Wed, Fri 10:30—2

### **St. Benedict the Moor Center**

281-183 St. Ann's Avenue  
(718) 665-9693  
St. Luke's Food Pantry  
623 East 138th Street  
(718) 665-6677

### **United Bronx Parents**

773 Prospect Avenue  
(718) 991-7100  
Tues and Thurs 8-10am

## **GAY, LESBIAN, BISEXUAL, TRANSGENDER SERVICES**

### **Gay Men's Health Crisis (GMHC)**

(212) 807-6655

**Answers questions and concerns about HIV or AIDS.**

### **Gay and Lesbian Anti-violence Project Hotline 212-714-1141**

### **The Door: A Center of Alternatives, Inc.**

121 6th Avenue

(212) 941-9090 extension 3247 to schedule a membership appointment [www.door.org](http://www.door.org)

**Serves young people ages 13 to 21 through lesbian, gay, bisexual, transgender, questioning (LGBTQ) youth program, Asian services, career development, college advisement, counseling program, creative arts, education, food and nutrition, childcare and prenatal services, GED, ESL, health center, legal services,, music.**

### **Hetrick-Martin Institute**

2 Astor Place (between Lafayette and Broadway)

(212) 674-2400

**Services for Gay, Lesbian, Bi-Sexual youth ages 13 to 21 that include vocational, health/wellness, arts and culture, academic enrichment, and counseling programs.**

### **Lesbian, Bisexual, Gay, and Transgender Community Center**

208 West 13th Street

(212) 620-7310

Provides counseling and social services, recreational activities, and family services.

### **Youth Enrichment Services (YES)**

Lesbian, Bisexual, Gay, and Transgender Community Center

(212) 620-7310 208 West 13th Street

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

**For youth ages 13-21 provides support groups, counseling and recreational activities.**

## **GENERAL ASSISTANCE**

### **Citizens Advice Bureau (CAB) Walk-In Assistance Centers**

**Allows people experiencing any kind of problem to meet with a counselor and get help with housing, immigration, tenant and consumer rights, senior services, and community resources. Counselors are available Monday through Friday from 9am to -5pm. It is recommended that you call ahead to make sure a counselor will be available.**

- **CAB Burnside Center 2070 Grand Concourse**

(718) 731-3117

- **CAB Townsend Avenue Center 1477 Townsend Avenue (on 172<sup>nd</sup> Street)**

(718) 585-3836

- **CAB Avenue St. John Center**

632 Southern Blvd.

(718) 585-4619

- **CAB Bedford Park Center**

2925 Grand Concourse (on 199th Street)

(718) 295-7160

## **HOSPITALS, HEALTH CARE CLINICS. AND RESOURCES**

**AIDS Hotline**  
(212) 447-8200

**Pregnancy and Prenatal Care Referral Line**  
(800) 522-5006  
**Women's Health Services**  
(212)230-1111

**Argus Community Access**  
760 East 160th Street (718) 401-5734  
**Case management for persons infected and affected by HIV and AIDS. Help with housing, PA/HASA, SSI, medical care, legal problems, respite care and other services.**

**Bronx AIDS Services**  
953 Southern Blvd  
(718) 295-5690  
HP! testing and counseling, Spanish, harm-reduction classes

**Bronx Lebanon Hospital Center / Fulton Division**  
1276 Fulton Avenue  
(718) 901-8800

**Jacobi Medical Center**  
Pelham Parkway and Eastchester Road  
(718) 918-5000

**Immunization Clinics**  
(212) 676-2273  
**Provides information on immunization services**

**Lincoln Hospital**  
234 East 149 Street  
(718) 579-5700

**Montfort Medical Center / Albert Einstein College of Medicine**  
1825 Eastchester Road  
(718) 904-2001

**Montefiore Medical Center / Moses Division**

111 East 210 Street  
(718) 920-2001

**Neighborhood Family Health Center**

324 East 149th Street  
(718) 665-2598

**North Central Bronx Hospital**

3424 Kossuth Avenue and 210th Street  
(718) 519-3500

**Planned Parenthood Health Center Services**

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

349 East 149th Street

Call for an appointment: (800) 230-PLAN or (212) 965-7000

**Free pregnancy tests available Tuesday through Saturday; walk-ins welcome for emergency contraception Tuesday through Saturday.**

**Promesa Primary Care Practice**

311 East 175th Street

(718) 299-1100 extension 3042

Provides primary care, case management, HIV counseling and testing

Monday through Friday 9am to 5pm

**St. Barnabas Southern Center**

326 East 149th Street

(718) 585-6100

**Medical, pediatrics, OB-GYN**

**STD Clinic: Morrisania**

1309 Fulton Avenue

(718) 579-7714

Provides free and confidential services

**TB Clinic: Morrisania Chest Clinic**

1309 Fulton Avenue

(718) 901-6536

**Provides free and confidential services; please call to confirm hours of operation.**

**South Bronx Health Center for Children and Families/Montefiore Hospital**

871 Prospect Avenue

(718) 991-0605

## **HOUSING**

**Eviction Prevention/Housing Court Unit** 718-237-7024  
**NYC Dept of Homeless Services Emergency Shelter** 800-994-6494

**Emergency Assistance Unit (EAU)**  
151 East 151 Street on the Grand Concourse  
(718)-402-6474  
**24-hour service for people who need shelter.**

**PATH**  
346 Powers Avenue  
Monday — Friday 9am to 5pm  
**For people who have been in the shelter system before.**

**Homeless Emergency Referral Operations (HERO)** (212) 274-6040  
**Affordable Rousing Hotline** (718) 291-1900

## **IMMIGRATION**

### **Immigration and Naturalization Service**

(800) 375-5283

### **NYC Office of Immigrant Affairs**

(212) 788-7654

### **NYC Immigration Hotline**

(800) 232-0212

(718) 899-4000

## **LEGAL SERVICES**

**Legal Referral Service** 212-626-7373

**Legal Aid Society** 212-577-3300

**Lawyers for Children** 212-966-6420

**SHIELD legal advice** 212-626-7383

### **Legal Aid**

1020 Grand Concourse

(718) 579-3000

**Legal help to adults arrested for a crime in the Bronx.**

### **Legal Aid**

900 Sheridan Avenue

(718) 579-7900

**Legal help for juveniles arrested for a crime in the Bronx.**

### **Legal Service of New York-Bronx**

369 East 148th Street

(718) 928-3700

### **Emergency Rights, Inc.**

318b East 149th Street

(718) 401-4192

### **Bronx AIDS Services Legal Advocacy Program**

540 East Fordham Road

(718) 295-5598

**Legal services to Bronx residents living with 11W/AIDS plus case management, nutrition and pantry, education and counseling.**

## **MUSEUMS AND FUN ACTIVITIES**

### **Bronx Museum of Arts**

1040 Grand Concourse at 165th Street  
(718) 681-6000

**Hours: Wed 12-9pm, Thursday through Sunday 12-6pm**

**Free on Wednesdays from 3pm to 9pm; otherwise students and seniors \$3, children under 12 free.**

### **Bronx Zoo**

Call for directions  
(718) 367-1010

General Admission: \$11, Children 2—12: \$6, Seniors: \$7, children under 2: free.

### **El Museo del Barrio**

1230 Fifth Avenue between 104th and 105th Streets  
(212) 831-7272

**\$7, students and seniors \$5, children under 12 free**

**Latino Museum dedicated to Puerto Rican, Caribbean and Latin American Art.**

### **The Hispanic Society of America**

613 West 155th Street at Broadway

**Free**

**Hours: Tues-Sat 10:30am to 4:15pm; Sun 1-4pm**

### **The Metropolitan Museum of Art (The Met)**

1000 Fifth Avenue at 82 Street  
(212) 535-7710

**Admission is whatever you want to donate.**

### **New York Botanical Garden**

Call for directions  
(718) 817-8779

**Adults: \$3, Students or Seniors: \$2, Children 2-12: \$1**

**Free on Wednesday and Saturday from 10am to 12pm**

### **Schomburg Center for Research in Black Culture**

515 Malcolm X Blvd at 135th Street  
(212) 491-2200

**Tues-Sat 10am to 6pm, Sun 1-5pm**

**Free**

## **MENTAL HEALTH SERVICES FOR ADULTS**

### **If you have a mental health emergency:**

call 911 or go to the emergency room at a hospital

### **Life net**

Call I -800-LIFENET

**If you are in crisis with emotional or drug/alcohol problems. They provide information and referrals to mental health services.**

Spanish (877) AYUDESE

Cantonese / Mandarin (877) 990-8585

### **The Samaritans Suicide Prevention Hotline**

212-673-3000

### **Ackerman Institute for the Family**

149 East 78th Street

(212) 879-4900 extension 122

**Family and couples therapy.**

### **Bronx Lebanon Hospital Department of Psychiatry**

1285 Fulton Avenue (169th Street) 1<sup>st</sup> Floor

(718) 817-7128

Evaluation and treatment, individual and group therapy, Spanish-speaking services available.

Bronx Psychiatric Center

1500 Waters Place

(718)931-4575

**Inpatient and outpatient mental health programs.**

### **FEGS**

The Harry and Jeanette Weinberg Mental Health Center

3600 Jerome Avenue

(718) 881-7600 extension 405

**A counseling program for adults, adolescents, and children for emotional or psychiatric problems. Spanish-speaking services available.**

### **FEGS**

The Harry and Jeanette Weinberg Mental Health Center

3600 Jerome Avenue

(718) 881-7600 extension 375

**A continuing day treatment program serving adults with mental illness through intensive group activities.**

**Fordham-Tremont Mental Health Center**

2021 Grand Concourse  
(718) 960-0300

**Full range of mental health services for adults and children including psychiatry, individual and group counseling. Spanish-speaking services available.**

**High bridge Community Life Center**

1252 Nelson Avenue  
(718) 410-6744 extension 28

**Counseling for adults, adolescents and children experiencing anxiety, confusion, depression, deep sadness, family conflict, hopelessness, poor self-esteem, unsatisfying relationships; groups for parenting Spanish-speaking services available.**

**Hunt's Point Multi-Service Center**

630 Jackson Avenue (718) 993-3006

**Full range of mental health services for adults and children over 6 including psychiatry, individual and group counseling treatment of anger management, severe mental illness and substance abuse, and domestic violence. Usually it takes a couple of months before intake can be scheduled. Spanish-speaking services available.**

**Independent Consultation Center**

782 Pelham Parkway South, between Wallace and Barnes  
(718) 918-1700

**Outpatient mental health for adults and children that includes psychiatry and individual counseling. Spanish-speaking services available.**

**Jewish Board of Family and Children's Services**

Pelham Office  
750 Astor Avenue  
(718) 882-5000 extension 216

**Provides help for adults and children including evaluation, crisis intervention, individual, couple, family and group therapy and loss and bereavement services. Spanish-speaking services available.**

**Lincoln Hospital Adult Outpatient Psychiatry**

234 East 149 Street  
(718) 579-5893

**Individual counseling and psychiatry.**

**New Beginnings**

401 East 147th Street (718) 402-5250

**Provides psychiatry, counseling, groups (anger management, medication management mental illness and substance abuse). Spanish-speaking services available. Sometimes there is a waitlist for an intake appointment.**

**Postgraduate Center for Mental Health**

344 West 36th Street

(212) 560-6767

**Provides residential and day treatment programs for individuals with severe mental illness.**

**The Puerto Rican Family Institute, Inc.**

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

Bronx Mental Health Clinic 4123 Third Avenue at 175th Street (718) 299-3045

**Mental health services for adults and children including individual and group therapy, marital and family counseling, medication, and case management. Spanish-speaking services available.**

**South Bronx Community Mental Health Center**

781 East 142nd Street

(718) 993-1400

**Adult outpatient treatment including individual, group, family and medication, crisis intervention, case management treatment for individuals with mental health and substance abuse problems.**

**University Consultation**

1020 Grand Concourse

(718) 293-8400

**Outpatient mental health services for adults and children over 5, Spanish-speaking services available.**

## **MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS**

### **Youth line**

(800) 246-4646

Monday — Friday 9am to 9pm

Saturday and Sunday 12pm to 8pm

**Free, confidential information, mental health referrals, and crisis intervention**

### **Mount Sinai Adolescent Health Center**

312 East 94 Street (between 1<sup>st</sup> and 2<sup>nd</sup> Avenues) in Manhattan

(212) 423-3000

**Individual, family, group therapy, and other support services.**

### **Bronx Children's Psychiatric Center**

1000 Waters Place

(718) 239-3600 no answer

**Inpatient and outpatient programs, day treatment programs.**

### **Bronx Lebanon Hospital Adolescent and Children's Services**

401-406 East 176th Street (Webster Avenue)

(718) 901-6808

**Full range of mental health services for children, adolescents, and families.**

### **Bronx Lebanon Hospital Adolescent Day Treatment Program**

401-406 East 176th Street (Webster Avenue)

(718) 901-6835

**Full range of mental health services and education for children with severe mental illnesses.**

### **The Door: A Center of Alternatives, Inc.**

121 6th Avenue

(212) 941-9090

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

**A wide range of services for young people ages 13 to 21 that include counseling.**

### **Fordham-Tremont Child, Adolescent & Family Services**

817 East 180th Street

(718) 933-3222

**Individual counseling and psychiatry for children, family counseling. Spanish-speaking services available.**

**Fordham-Tremont Mental Health Center**

2021 Grand Concourse  
(718) 960-0300

**Full range of mental health services for adults and children including psychiatry, individual and group counseling. Spanish-speaking services available.**

**FRIENDS Community Mental Health Service**

489-493 East 153<sup>rd</sup> Street (718)402-3900

**Works with youth ages 5 to 21 and their families to assess and treat serious emotional problems. Includes crisis stabilization, psychiatric evaluation, skills teaching, educational support, family support, linkage to family services. Spanish- speaking services available.**

**High bridge Community Life Center**

1252 Nelson Avenue (718) 410-6744 extension 28

**Counseling for adults, adolescents and children experiencing anxiety, confusion, depression, deep sadness, family conflict, hopelessness, poor self-esteem, unsatisfying relationships; groups for parenting Spanish-speaking services available.**

**Jewish Board of Family and Children's Services**

Pelham Office  
750 Astor Avenue  
(718) 882-5000 extension 216

**Provides help for adults and children including evaluation, crisis intervention, individual, couple, family and group therapy and loss and bereavement services. Spanish-speaking services available.**

**Lincoln Hospital**

234 East 149th Street  
(718)579-5156

**Psychiatry, counseling and groups for youth ages 6 to 17. Spanish-speaking services available. Sometimes it is difficult to get an appointment unless the child sees a Lincoln Hospital doctor for their primary care.**

**Postgraduate Center for Mental Health**

138 East 26th Street between Lexington and Third Avenues  
(212) 5764100

**Evaluations and therapy for children, adolescents, families and couples.**

**Saint Dominic's Home: The Astaan Program**

2345 University Avenue

(718)584-4407

**individual and group counseling for adolescents.**

**South Bronx Community Mental Health Center**

781 East 142nd Street

(718) 993-1400

**Children and adolescent services including individual group, and family therapy, crisis intervention, play therapy, and coordination with schools.**

**University Consultation**

1020 Grand Concourse

(718) 293-8400

**Outpatient mental health services for adults and children over 5, Spanish-speaking services available.**

## **PARENTING SUPPORT GROUPS AND SERVICES**

### **Big Brothers Big Sisters Young Mothers Mentoring Program**

555 Bergen Avenue, 4th Floor  
(718) 742-7301

**A year-long mentorship program for pregnant and parenting young women (under age 19) with parenting classes, preparation for childbirth, recreation.**

### **Bronx Parent Resource Center**

400 Fordham Road, 6Lh Floor  
(718)220-3046

**Provides parenting skills, support groups and advocacy to parents of children who are ages 5 to 18 who have mental health or behavioral problems. Spanish-speaking services available.**

### **St. Dominic's Home**

2345 University Avenue  
(718) 584-4407

**Parenting skills classes in the fall and spring. Spanish-speaking services available.**

### **Dominican Sisters Family Life Program**

261 Alexander Avenue  
(718) 292-0151

Daytime parenting classes over seven weeks. Spanish-speaking services may be available depending on enrollment.

### **High bridge Community Life Center**

1252 Nelson Avenue  
(718)410-6744

**Individual and family counseling, advocacy and referrals, parenting skills and support groups, Spanish-speaking services available.**

### **Inwood House Teen Family Services**

369 East 148th Street, 2nd Floor (718) 742-8100

**For individuals under age 20 those are pregnant or parenting and eligible for public assistance. Program includes referrals to daycare, financial assistance, parenting skills, housing, nutrition, literacy and education, job skills training, health services.**

### **Lincoln Hospital Parenting Program**

234 East 149 Street  
(718) 579-5446

**Daytime parenting classes in English and Spanish.**

**Mercy Center**

377 East 145th Street  
(718)993-2789

**Parenting skills classes and anger management groups.**

**Montefiore Medical Center Parent Empowerment Program**

3380 Reservoir Oval  
(718) 6964125

**Weekly parenting class for women ages 13 to 30 who are pregnant or parenting.  
The program is for 3 months.**

**New York Foundling Hospital**

Bronx Teen Parenting Program  
1029 East 163<sup>rd</sup> Street, 3rd Floor  
(718)3784857

**Casework, counseling, parenting skills classes, respite services, advocacy and referrals for pregnant and parenting teens, Spanish-speaking services available.**

## **RESPITE CARE**

**National Respite Locator Service**  
(800) 773-5433

**Bronx Parent Resource Center**

38 West 182' Street between Davidson and Grand (718) 220-0456 extension 226

**Respite care for children ages 6 to 11 who have a severe mental illness. Program operates for July and August for 3 days per week from 10am to 3:30pm with trips to the park, museums, etc. Call in June to enroll.**

**The Family Crisis Center at New York Foundling Hospital**

590 Avenue of the Americas

(212) 472-8555 (24-hour parent helpline)

**Provides crisis respite care for children under the age of 10 for up to a few days. The nursery provides food, formula, diapers, and clothing. Spanish-speaking services available.**

**Prospect Family Respite Center**

730 Kelly Street

(212) 222-5437

**Provides crisis respite care for children 3 months to 6-years-old for up to 3 days. Intake required with personal documents (birth certificate, immunization record, Social security card).**

## **SERVICES FOR CHILDREN OR ADULTS WITH SPECIAL NEEDS**

### **Resources for Children with Special Needs**

116 East 16th Street

212-6774650

**Provides information and referrals to resources for children with special needs (Developmental delays, mental retardation, mental illnesses).**

### **Adolescent Career Development Center**

4215 Third Avenue, 2<sup>nd</sup> Floor

(718) 731-8540

**For educational and employment programs for adolescents with a history of emotional or behavioral problems.**

### **Bronx Parent Resource Center**

38 West 182<sup>nd</sup> Street between Davidson and Grand

(718) 220-0456

**Offers a range of educational, advocacy and support services to families of children and adolescents with emotional problems.**

### **Children's Evaluation and Rehabilitation Center**

Rose F. Kennedy University Center I Albert Einstein College of Medicine

1410 Pelham Parkway South

(718) 430-8600

**A range of clinical services for infants, children, and adolescents including those with developmental delays.**

### **ICD Youth Employment Services (YES)**

340 East 24th Street

(212) 585-6043

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

**Program for youth ages 16 to 21 with mental illnesses. Provides educational and vocational programming, counseling, life skills counseling, and recreational activities.**

### **Our Lady of Mercy Medical Center Pediatric Specialty Center**

600 East 233rd Street

(347) 3414300

**Evaluation and treatment of special needs children ages newborn to 18 with developmental delays, mental retardation, and mental illnesses.**

**Theracare**

3250 Westchester Avenue, #203

[www.theracare.com](http://www.theracare.com)

(718)597-5558

**Provides services to children with developmental delays including pre-academic Skills, communication skills, social and emotional development, behavioral Functioning, self-help and adaptive skills.**

**Terence Cardinal Cook**

1249 Fifth Avenue 105<sup>th</sup> and 106<sup>th</sup> Streets in Manhattan

(212) 360-1000 and ask for the outpatient clinic

**Outpatient mental health services for children, adolescents, and adults with Developmental delays or mental retardation. Spanish-speaking services available.**

**YAI National Institute for People with Disabilities**

(212) 273-6182

**General information on a very wide variety of programs serving children and adults With mental disabilities.**

**YAI East Tremont Clinic**

3060 East Tremont Avenue

(718) 239-1790

**Psychiatric, psychosocial, Medical, pediatric services for children and adults with mental disabilities.**

## SPRITUAL AND RELIGIOUS RESOURCES

### **Anjuman Hefazatul Islam**

365 East 198<sup>th</sup> Street  
(718) 733-0234

### **Brown's Union AME Church**

384 East 155<sup>th</sup> Street  
(718) 292-7480

### **Congregation Hope of Israel Synagogue**

843 Walton Avenue  
(718) 292-6637

### **First Union Baptist Church**

1000 Grand Concourse Avenue  
(718) 583-8726

### **The Greater Universal Baptist Church**

253 East 153rd Street  
(718) 585-7166

### **Immaculate Conceptions Church**

389 East 150<sup>th</sup> Street

### **Lowly Nazarene Baptist Church**

844 Gerard Avenue  
(718) 665-7798

### **Lutheran Church Grace**

Valentine Avenue and East 199<sup>th</sup>  
(718) 295-4766

### **Mercy Center**

377 East 145<sup>th</sup> Street  
(718) 993-2789  
Spirituality Groups for women

### **North Bronx Islamic Center**

3156 Perry Avenue  
(718) 515-3559

### **St. David's Episcopal Church**

384 East 160<sup>th</sup> Street  
(718) 665-2747

**Tremont Presbyterians Church**  
Grand Concourse and 178<sup>th</sup> Street

**Unity Baptist Church**  
839 Courtland Avenue  
(718) 665-3310

## **SUBSTANCE ABUSE TREATMENT**

### **Substance Abuse Treatment Referrals**

(800) 765-4320

If you would like to find an **Alcoholics Anonymous (AA)** meeting in your area

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

(212) 647-1680

**They provide information on meetings in all of the boroughs**

If you would like to find a Narcotic Anonymous (NA) meeting in your area

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

(212) 929-7117

**They provide information on meeting in all of the boroughs.**

### **Albert Einstein College of Medicine**

Division of Substance Abuse

368 East 149<sup>th</sup> Street

(718) 993-3397

**Outpatient substance Abuse Treatment methadone clients only.**

### **Arms Acres**

85 West Burnside Avenue

(718) 716-4400 extension 2262

(917) 716-8443

Outpatient services but many different inpatient and outpatient services for Adolescent and adults at many sites.

### **Cornestone of Medical Arts Center Hospital**

57 West 57<sup>th</sup> Street

(718) 868-2169

**Detoxification, inpatient rehabilitation, and outpatient services. Spanish-speaking Services available.**

### **Day top Village Bronx Outreach Center**

16 Westchester Square

(718) 822 1217

**Outpatient program for adults and adolescents including individual, group and family counseling**

**And random drug testing**

### **Exponents**

151 West 26<sup>th</sup> Street

(212) 243-3434

**Drug abuse treatment and case management for families affected by HIV or chronic**

***Mental illness***

## **HUNT'S POINT MULTI-SERVICE PROGRAM**

630 Jackson Avenue  
(718) 993-3010

### **Lincoln Recovery Center**

349 East 140<sup>th</sup> Street (between Willis and Alexander Avenues)  
(718) 993-3100

**Outpatient program for all forms of substance abuse (except Methadone maintenance)  
That includes individual and group counseling, and acupuncture.  
Spanish-speaking services available. AA and NA meetings in Spanish and English.  
Walk-ins accepted through Thursday mornings.**

### **Narco Freedom/Alternatives**

324 East 149<sup>th</sup> Street 2<sup>nd</sup> floor  
Or 528B Morris Avenue  
Or 477-479 Willis Avenue

[www.narcofreedom.com](http://www.narcofreedom.com)

(718) 402-9000

**Provides inpatient and outpatient rehabilitation from substance abuse.**

### **Odyssey House**

219 East 121<sup>st</sup> Street between 2<sup>nd</sup> and 3<sup>rd</sup> Avenues  
(212) 987-5100

**Long term residential treatment programs for the elderly, adolescents (ages 13 to 19) Adults and mother and child.**

### **Odyssey House**

953 Southern Boulevard  
(718) 860-2994

**Outpatient program for all forms of substance abuse including individual and group  
Counseling for adolescents and adults.**

### **NY Weill Cornell Medical Center**

411 East 69<sup>th</sup> Street, Manhattan  
(212) 746-8473

**Methadone maintenance for adolescents and addicts with mental illness.**

### **Palladia**

1484 Inwood Avenue  
Entrance between Jerome and Inwood Avenue (off 172<sup>nd</sup> Street)  
(718) 716-3261

**Outpatient program for over 18 individual and group counseling for substance abuse  
problems; English only.**