

NYC PARKS

<https://www.nycgovparks.org/>



NYC Parks

****Free and low cost activities for the whole family***

Teen Programs

<https://www.nycgovparks.org/programs/recreation/teens>

The programs focus on engaging teens' interests and enhancing their healthy and productive development.

Locations

Al Oerter Recreation Center

131-40 Fowler Avenue, Queens
(718) 353-7853

[More About Al Oerter Recreation Center](#)

St. Mary's Recreation Center

East 145th Street & St. Ann's Avenue, Bronx
(718) 402-5155

[More About St. Mary's Recreation Center](#)

St. John's Recreation Center

Prospect Place between Troy & Schenectady, Brooklyn
(718) 771-2787

[More About St. John's Recreation Center](#)

Sorrentino Recreation Center

18-48 Cornaga Avenue, Far Rockaway, Queens
(718) 471-4818

[More About Sorrentino Recreation Center](#)

J. Hood Wright Recreation Center

351 Fort Washington Avenue, Washington Heights, Manhattan
(212) 927-1563

[More About J. Hood Wright Recreation Center](#)

Lost Battalion Hall Recreation Center

93-29 Queens Boulevard, Queens
(718) 263-1163

[More About Lost Battalion Hall Recreation Center](#)

Activities

- Sports instruction and tournaments
- Swimming lessons
- Fitness & dance classes
- Arts instruction (painting, drawing, sewing, and more)
- Homework help
- Cooking workshops
- Computer workshops
- Community involvement
- Out-of-center trips to museums and the theater
- And more!

BIG BROTHER BIG SISTER OF NEW YORK CITY

<https://www.bigsnyc.org/>



What We Do

BBBS of NYC offers a variety of mentoring programs designed to meet the unique and varied needs of New York City's youth. At the center of each program, you will find a Social Worker dedicated to the success of each Big/Little match and its outcomes.

To qualify, children are generally between the ages of 7 to 16. Each match will also be assigned a program manager to provide the volunteer (Big), your child (Little), and you, guidance and support throughout the year.

Since volunteers are carefully screened, and we try to find the adult mentor that best fits the personality and interests of your child, it could take several months before we find your child's match.

There is no cost to you to have your child join our program. And more than one child per family can join at any time. Our only request is that each child be committed to this program for 8 hours per month, for a minimum of one year.

To enroll a child, email info@bigsnyc.org or call 212-686-2042

YMCA

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Recreational Programs for all ages

**Not free- Financial Assistance available*

NEW YORK CARES

<https://www.newyorkcares.org/>



Become a Volunteer (Parents & Students). Visit the above website to find out about services

NEW YORK PUBLIC LIBRARY

<https://www.nypl.org/>



New York
Public
Library

- **Get a Library Card**
- **Have access to books, computers, programs and more...**
- **English Classes (ESL)**

The New York Public Library helps adult students improve their communication skills in English. We offer two types of English classes, available at more than 40 libraries in the Bronx, Manhattan, and Staten Island.

These are series-based classes, held year-round in 10-week cycles. Most classes meet two days each week, for two hours each day. Select classes meet on Saturday mornings for four hours. Classes are for beginner, intermediate, and advanced level students. **Students must attend an information session to register for classes, and registration is required in order to attend these classes.**

1. **ESOL Classes:** for non-native speakers to improve listening, speaking, reading and writing.
2. **Adult Basic Education Classes:** for students who already speak English but want to improve their reading and writing.

HISPANIC FEDERATION

<http://hispanicfederation.org/>

Hispanic Federation (HF) is the nation's premier Latino nonprofit membership organization. Founded in 1990, HF seeks to support Hispanic families and strengthen Latino institutions



hispanicfederation

through work in the areas of **education, health, immigration, civic engagement, economic empowerment, & the environment.**

Location: 55 Exchange Place, 5th Floor, New York, NY, 10005

Tel#: 1 866 HF AYUDA

INSTITUTE FOR IMMIGRANT CONCERNS

<https://instituteforimmigrantconcerns.org/>



The Institute for Immigrant Concerns is a 501(c)(3) organization in New York City that provides ESL programs and support services, attracting a diverse group of adult immigrants and refugees committed to learning English. All nationalities and backgrounds, across the boroughs and neighborhoods of New York City are welcome to participate in the Institute's English as a Second Language (ESL) classes. Our students acquire English language skills while celebrating a diversity of countries, cultures, and religions. Our students are highly motivated and supportive of one another as they discover their place in the United States.

ESL Classes

The Institute provides year-round English classes divided in 8-week cycles totaling 60 instructional hours. Each cycle includes daytime and evening classes at three instructional levels (beginners, intermediate, and advanced).

1. Who are our students?

Our students come from a broad array of countries and backgrounds. They are adult refugees, immigrants and asylees living in the 5 boroughs of New York City.

2. I would like to register for the IIC English program. What should I do?

Please contact us by phone at 212-421-9538 or send an email

at instituteforimmigrantconcerns@gmail.com one of their program coordinators will be in touch.

An appointment will be set up to let you know what you need to do to enroll. Please make sure you bring all the required documents for the appointment.

3. I do not speak English. Does the IIC team speak any other language?

Of course! We have *French, Spanish, Russian, Ukrainian, Polish and Chinese* speakers on our team.

4. What levels do you offer in your English classes?

We provide beginner, intermediate and advanced English classes, from qualified ESL teachers.

5. What do I need to bring to class?

Just a notebook and a pen will be needed.

6. How many people are enrolled in each class?

We do not enroll more than 15 students per class.

The Jewish Board

<https://jewishboard.org/>



135 W 50th Street

New York, NY 10020

Main Office: 212.582.9100

Toll-free: 888.523.2769

For immediate assistance:

1.844.ONE.CALL is a toll-free, quick, efficient way to learn about The Jewish Board's services and schedule appointments for individual, group, family, or couples therapy and psychiatric services.

Headquarters

PUERTO RICAN FAMILY INSTITUTE, INC

<http://prfi.org/>



PROGRAMS

The Puerto Rican Family Institute offers a comprehensive array of social and health care services that are culturally and linguistically relevant. Its core services include mental health treatment, crisis intervention, placement prevention, residential care and education.

The Puerto Rican Family Institute is committed to quality care, ensuring access to treatment and executing its clinical, residential and administrative responsibilities in an efficient and cost-effective manner.

Contact Us

MAIN OFFICE

145 W 15th Street
New York, NY 10011
Tel: 212-924-6320
Fax: 212-691-5635

ARAB AMERICAN FAMILY SUPPORT CENTER

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



Arab-American Family Support Center
المركز العربي الاحويكي للخدمات الاجتماعية

AAFSC promotes equity for underserved populations while also helping them to address the many complex challenges they face related to language barriers, limited education or

resources, and the emotional and cultural difficulties associated with migration and resettlement in an unfamiliar new country.

We now serve over 6,000 low-income people each year through seven integrated and comprehensive programs: the Youth Program, Preventive Services Program, Adult Education & Literacy Program, Health Program, Legal Services Program, Disaster Relief Program, and Anti-Violence Program. All of our programs are trauma-informed and are designed to empower immigrant communities while creating an environment of tolerance and peace.

AAFSC Brooklyn

150 Court Street, 3rd Flr
Brooklyn, NY 11201
T: 718 - 643 - 8000
F: 718 - 797 - 0410
E: info@aafscny.org

AAFSC Queens

37-10 30th Street, 2nd Fl.
Queens, NY 11101
T: 718 - 937 - 8000
F: 347 - 808 - 8778

AAFSC @ the Family Justice Centers

FJC Bronx (718) 508-1220
FJC Brooklyn (718) 250 - 5035
FJC Manhattan (212) 602-2800
FJC Queens (718) 575 - 4500
FJC Staten Island (718) 697 - 4300

PUBLIC HEALTH SOLUTIONS

<https://www.healthsolutions.org/>

To provide opportunities for better health. We improve health among New York City's most vulnerable neighborhoods by tackling social and physical factors that impact New Yorkers' ability to thrive.



We have led the quest for innovation, improved outcomes, and reduced public health disparities. We integrate public health research, community services, and collaboration's with government agencies and community-based organizations to

reduce health inequalities and promote optimal health among New Yorkers. Our work is critical. Improving health saves lives, reduces medical costs, prevents disease, moves people toward self-sufficiency and improves community well-being.

*Food & Nutrition, Health Insurance, Family Health, Reproductive Health and more.

CONTACT INFORMATION

Public Health Solutions
40 Worth Street, 5th Floor
New York, NY 10013
646-619-6400

HENRY STREET SETTLEMENT

<https://www.henrystreet.org/>

Founded in 1893 by social work and public health pioneer Lillian Wald and based on Manhattan's Lower East Side, Henry Street Settlement delivers a wide range of social service, arts and health care programs to more than 60,000 New Yorkers each year.



Program: Arts, Education Employment, Health & Wellness, Transitional & Supportive Housing Senior Services, ATTAIN Computer Lab, Neighborhood Resource Center, Parent Center, Sports & Recreation.

CONTACT US

By e-mail:

info@henrystreet.org

By mail:

Henry Street Settlement
265 Henry Street
New York, New York 10002

By phone:

Administrative Offices
212.766.9200

Abrons Arts Center 646.941.9326	Henry Street Settlement Senior Center 212.349.2770	Senior Services/NORC Program 212.477.0455
ATTAIN Computer Lab 212.771.6048	Home Planning Workshop 212.777.2077	Third Street Women's Residence 212.353.5030
Boys & Girls Republic 212.686.8888	Jacob Riis Cornerstone Community Center 347.597.2884	Urban Family Center 212.475.6400
Community Consultation Center 212.233.5032	Meals on Wheels 212.473.1474	Workforce Development Center/Employment Services 212.478.5400
Early Childhood Education Center 212.253.1595	Neighborhood Resource Center 212.471.2400	Workforce Development Welcome Center/Jobs Plus 212.254.4333
Healthcare Insurance Access Program 212.471.2400	Parent Center 212.962.0729	Youth Services 212.254.3100
Health Unlimited Family Medical Center 212.233.5033	Senior Companions 212.473.1474	
Helen's House 212.254.0499		

FOOD BANKS



- NYC 24 Hour Hunger Hotline: 1-(866)-NYC-FOOD ([1-866-692-3663](tel:1-866-692-3663))
- Food Bank for New York City: www.foodbanknyc.org.
- New York City Coalition Against Hunger: www.nyccah.org.

CATHOLIC CHARITIES

<https://catholiccharitiesny.org/>

- Protecting & Nurturing Children and youth
- Feeding the Homeless & Sheltering the Homeless
- Supporting the Physically & Emotionally Challenged
- Welcoming & Integrating Immigrants and Refugees



General Information

Catholic Charities Help Line:
888-744-7900
Catholic Charities Main Office:
1011 First Avenue
11th Floor
New York, NY 10022

Immigration Information

For immigration-related questions, call the New York State (NYS) New Americans Hotline:

212-419-3737
800-566-7636 (Toll-free)
9am – 8pm EST, Monday - Friday

Or visit:

Immigrant and Refugee Services
80 Maiden Lane
13th Floor
New York, NY 10038
212-419-3700

THE CHILDREN’S AID SOCIETY

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

The Children’s Aid Society’s provides support to address the physical and emotional well-being of children and families.



Trained teams of professionals, based in their **community health centers** and **community schools in Washington Heights**, help children and families cope with:

- The difficulties of living in economically disadvantaged communities
- Life stressors that impact school and home life
- Attention deficit hyperactivity disorder (ADHD)
- Serious emotional disturbance (SED)
- Abuse

Bilingual service providers also ensure that children and their families have the support they need to address acculturation and separation issues common among new immigrant youth.

Children’s Aid is licensed by the State of New York to provide health and mental services under Articles 28 and 31.

Children's Aid

By Phone

Main: 212.949.4800
Development: 212.949.4936

By Mail

Children's Aid
711 Third Avenue, Suite 700
New York, NY 10017

IDNYC

<http://www1.nyc.gov/site/idnyc/index.page>



IDNYC is the new, *free* government-issued photo identification card (for ages 14 and older). IDNYC secures the peace of mind and access to City services that come from having recognized identification. IDNYC benefits every New York City resident, including the most vulnerable

communities—the homeless, youth, the elderly, undocumented immigrants, the formerly incarcerated and others who may have difficulty obtaining other government-issued ID.

IDNYC cardholders can access services and programs offered by the City as well as by businesses. It helps enhance public safety, by serving as a recognized ID for interacting with NYPD. It also helps New Yorkers gain access to all City buildings that provide services to the public and is accepted as a form of identification for accessing numerous City programs and services. IDNYC also provides a dynamic series of benefits to cardholders, including a free one-year membership at many of the City's leading museums, zoos, concert halls, and botanical gardens.

- What you can do on the website:
- Book an appointment
- Document calculator
- Application material
- Locations
- Membership at cultural Institutions

NAMI-NYC METRO

<https://www.naminycmetro.org/>



The National Alliance on Mental Illness of New York City (NAMI-NYC Metro) is a grassroots organization that provides support, education, and advocacy for families and individuals of all ethnic and socio-economic backgrounds who live with mental illness. As the largest affiliate of the National Alliance on Mental Illness (NAMI), we work collaboratively with our state and national

affiliates, and with other stakeholders in the community, to educate the public, advocate for legislation, improve the mental health system, and end discrimination.

- Support & Education
- Advocacy
- Ant-Stigma

NAMI-NYC METRO HELPLINE:

212-684-3264

helpline@naminyc.org

Need help navigating NYC's mental health system?

We hear you!

The NAMI-NYC Metro Helpline is here for you. Calls to our Helpline are confidential and answered by trained family members and people living with mental illness.

Find out about NAMI-NYC Metro's support groups, classes, and events.

Learn about mental illness and treatments.

Get referrals for mental health services, dual diagnosis programs, housing, legal assistance, and more.

Hours: Monday – Friday, 11am to 6pm

Summer Hours (Memorial Day – Labor Day): Monday – Thursday, 11am to 6pm; Friday, 10am to 2pm (Hours vary on federal holidays; usually closed "day of" and closed at 2pm the workday before.)

THE COMMITTEE FOR HISPANIC CHILDREN & FAMILIES,

INC <https://www.chcfinc.org/>



**The Committee for Hispanic
Children and Families, Inc.**

CHCF combines education, capacity building, and advocacy to strengthen the support system and continuum of learning for children and youth.

- Early Care & Education-Find Child Care Services, Become a Provider, Find Child Care Resources
- Youth Development- Young Men's Leadership Project, Young Women's Advocacy Project, After School and more.
- Policy & Advocacy

NMIC

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



Community members are welcome to join NMIC through any of our multiple programs that will help them on their paths to secure and prosperous futures. These programs are grouped into the following 5 departments, which collaborate through cross referrals and interdisciplinary projects.

- Legal Services
- Social Services
- Organizing
- Weatherization
- Education and Career Services