

COMMUNITY SERVICES HANDBOOK 2007

Community Impact/Columbia University •• New York City Coalition Against Hunger •• Central Harlem Alcohol Crisis Center •• Faith Mission Christian Fellowship •• Cathedral Community Cares •• St. Mary's Episcopal Church •• Trinity Evangelical Lutheran Church of Manhattan •• Broadway Community, Inc. •• Mt. Olivet Baptist Church •• The Riverside Church •• FoodChange •• Ark of Safety ••

**A PROJECT OF THE WEST HARLEM
ACTION NETWORK AGAINST POVERTY**

2007 GUÍA DE SERVICIOS COMUNITARIOS

West Harlem Action Network Against Poverty

**Community Impact / Columbia University
New York City Coalition Against Hunger
Central Harlem Alcohol Crisis Center
Faith Mission Christian Fellowship
Cathedral Community Cares
St. Mary's Episcopal Church
Trinity Evangelical Lutheran
Church of Manhattan
Broadway Community, Inc.
Mt. Olivet Baptist Church
The Riverside Church
FoodChange
Ark of Safety**

The West Harlem Action Network Against Poverty (WHANAP) is a network of emergency food programs operating in Morningside Heights and West Harlem. We work to increase communication, cooperation and collaboration, and to build the capacity of each member to provide nutritious food and quality programming. For more information on WHANAP, this booklet, or to join, please call 212-316-7585.

**Please call before visit as program
information may change.**

**Favór de llamar antes de la visita
informacion del program puede cambiar.**

Sections:

EMERGENCY SERVICES

Clothing

Food Pantries

Legal Services

Showers & Haircuts

Soup Kitchens

Hotlines and Info lines

BEYOND EMERGENCY SERVICES

Adult Education Services & Programs

Children & Youth Programs & Services

Entitlements

HIV Testing Sites & STD Services

Medical Services

Mental Health Services

Nutrition Information & Classes

Substance Abuse Programs & Services

Info on Public Benefits and Entitlements

INDEX

EMERGENCY SERVICES

CLOTHING

ROPA

Cathedral Community Cares

1047 Amsterdam Ave (& 111th St.)

New York, NY 10025

212-316-7581

Tuesday and Thursday 9:00 am- 12:00 pm

> Outdoor closet (weather permitting)

> Need referral from interview agency if professional clothing is needed

Holy Name Church Thrift Shop

207 West 96th St. (& Amsterdam Ave.)

New York, NY 10025

212-749-0276

212-749-2045 (fax)

Tue – Sun: 10:00am – 6:00pm

Riverside Church

91 Claremont Ave. (& 120th St.)

New York, NY

212-870-6725

Tuesday & Wednesday, 10:00am-12:00pm

> come early (9:15am) to sign list

St. Paul's House

335 West 51st St. (b/w 8th & 9th Aves.)

New York, NY 10019

212-265-5433

Tuesday, 10:00 am-10:30 am

> only casual clothing

Billy Roberts House of Hope

302 West 124th St. (b/w St. Nicholas & 8th)

New York, NY 10027

212-663-3532

Monday & Thursday, 11:00 – 2:00pm

FOOD PANTRIES
DESPENSA DE COMIDA
Broadway Community, Inc.

601 West 114th Street
 (b/w Broadway & Riverside)
 212-864-6100 x120

Fridays 3:30pm - 5:30pm

- > Art therapy - Weds 2:00-4:00pm
- > Theatre Group - Mondays 2:00-4:00
- > Music - Fridays 2:00-3:30pm
- > Doctor on site - Monday, 12:30 - 4:30pm
- > Paid Sewing Groups on Tuesdays- Call for more information

Riverside Church

91 Claremont Ave. (120th St.-122nd st.)
 New York, NY 10027
 212-870-6760

Tue-Fri: 10:00 am-1:30 pm

- > arrive by 9:30am to wait in line and register
- > must have: photo ID, proof of address, proof of income, proof of family size
- > no service after 1:30pm
- > service area: 96th-179th Sts. ONLY
- > 60 people daily

West Side Campaign Against Hunger

263 West 86th St. (b/w West End & Broadway)
 New York, NY 10024
 212-362-3662
 fax: 212-769-4341

Mon: 8:00 am-12:00 pm and 1:00 pm-6:30 pm

Tue: closed Wed-Fri: 8:00am-12:00pm and 1:00pm-3:00pm

- > First-come, first-serve basis
- > referral not required
- > Photo ID, proof of household size, and proof of household income required *(Continued on the next page)*

> Mondays:

Free Financial Counseling 9:30am - 12:00pm

> Wednesdays:

Excercise Classes 9:00 - 10:00am

Health Insurance Enrollment 9:30am - 3:00pm

Cooking Demonstrations 10:30am - 11:00am

Free Financial Counseling 9:30am - 3:30pm

Free Legal Services 1:30pm - 3:30pm

> Thursdays:

Excercise Classes 9:00 - 10:00am

Nutrition Workshop & Cooking Demo 10:30am - 11:00am

Domestic Violence Outreach 1:00pm - 3:00pm (3rd thursday of month only)

> Fridays:

Excercise Classes 9:00 - 10:00am

Nutrition Workshop & Cooking Demo 10:30am - 11:00am

Parenting Support Group 1:30pm - 3:00pm (last Friday of month only)

Ford Hall

616 West 114th St. (b/w Broadway & Riverside)

New York, NY 10027

212-316-7085

Mon & Thur: 12:00 pm-2:00 pm

> referral letter required

> proof of Manhattan address required (shelter address Ok)

> picture ID required

> for families, HIV+ persons, and seniors 50+ years old

St. Mary's Episcopal Center, Inc.

521 West 126th St. (b/w Broadway & Amsterdam Ave.)

New York, NY 10027

212-864-4013

Mon: 5:15 pm-6:15 pm

> Picture ID for self and any IDs for children required

for pantry bag

- > arrive at 3:15pm-4:30pm to put name on list
- > serve the first 36 people

Holy Name Church

207 West 96th St. (& Amsterdam Ave.)

New York, NY 10025

212-749-0276

212-749-2045 (fax)

Tuesday, 2:30 pm-3:30 pm

- > referral letter required for every visit (fax over on Monday)
- > photo ID required

Holy Name Senior Lunch Program

214 West 97th St (b/w Broadway & Amsterdam Ave)

Mon – Thurs: 12:30pm

- > For Center members only
- > Interview required for membership
- > requires a \$1.00 donation

Advent Lutheran Church

2504 Broadway @ 93rd St

New York, NY 10025

212-866-2100

1st Saturday of each month, 10:30am – 12:00pm

Church of the Annunciation

88 Convent Ave (@ West 131 St.)

New York, NY 10027

212-234-1919

Tuesday: 1:00pm – 3:00pm

- > referral letter required
- > proof of address required
- > must live north of 125th St. (b/w the river & St. Nicholas Terrace) & south of 138th St (b/w the River & Convent Ave)

Emanuel AME Church

37-41 West 119th St. (b/w Lenox & Park Ave)

New York, NY 10026

212-860-9620

Wednesday: 12:00pm – 1:00pm;

> Photo ID required

Emmaus House

160 West 120th Street (b/w 7th Ave & Lenox)

New York, NY 10027

212-749-9404

Monday: 1:00pm – 2:30pm

> ID needed only if household has children, then ID is required for each child

> Call before visit to confirm hours of operation

Faith Mission Christian Fellowship

160 w129th St (b/w Amsterdam & Lenox Ave)

New York, NY 10027

212-662-3661

Friday: 1:00pm – 2:00pm

> Must pre-register on 2nd Friday of the month

> Photo ID Required

FoodChange

252 West 116th Street (b/w 7th Ave. & Frederick Douglass Boulevard)

New York, NY 10026

212-662-1283

fax: (212) 662-1945

Tues, Weds, & Fri: 10:00am – 3:00pm; Thursday: 10:00am – 6:00pm

> Thursday hours designated for HIV/AIDS clients

Mt. Olivet Baptist Church

Community Meals Program

201 Lenox Avenue at W. 120th Street

New York, NY 10027

212-864-1155

Tues. & Wed: 10:30 am - 11:30 am

>ID Requested

West End Presbyterian Church

165 West 105th Street (@ Amsterdam Ave)
New York, NY
212-663-2900

Tues & Thurs: 11:00am – 12:30pm

- > Referral letter required
- > Photo ID required
- > Canned goods only

Shiloh Church of Christ

5-7 West 128th Street
New York, NY 10027
212-534-7292 or 201-833-2810

Thursday: 12:00pm – 2:00pm

St. Paul's House

335 West 51st St. (b/w 8th & 9th Aves.)
New York, NY 10019
212-265-5433

Tuesdays: 10:00am – 11:00am

First Corinthian Baptist Church Food Pantry

1912 7th Avenue (@ 116th St)
New York, NY 10026
212-864-5976

3rd Friday: 1-3pm & Saturday: 2-4pm

LEGAL SERVICES
SERVICIOS LEGALES

West Side Campaign Against Hunger

263 West 86th St. (b/w West End Ave. & Broadway)
New York NY 10024
212-362-3662

fax: 212-769-4341

Wednesdays: 1:30 pm-3:30 pm

- > must arrive at 1:30 pm

Legal Aid Society

General Litigation Unit & Elder Law Project

230 East 106th St. (b/w 2nd & 3rd Aves.)

New York, NY 10029 212-426-3000

Monday-Friday 9:00 am-5:00 p.m

> Individuals w/ problems related to public assistance, SSI/ Social Security disability, tenancy proceedings

> Senior citizens in various civil legal matters including eviction.

> For West Side residents 110th St. and up, East Side residents 96th St. and up

> HIV Law Clinic

> Must call for appt.

Northern Manhattan Improvement Corp.

76 Wadsworth Ave. (b/w 176th & 177th Sts.)

New York, NY 10033

212-568-9166

Monday-Friday 9:00 am-5:00 pm

> No fee legal services

St. Mary's Episcopal Church

521 West 126th St. (b/w Old Broadway & Amsterdam Ave.)

New York, NY 10027

212-864-4013

Mondays: 2:30pm – 5:00pm

> Contact: (212) 749-8900

Concerned Citizens of Queens

(Immigrant Rights Clinic)

40-18 Junction Boulevard (& 95th St.), 2nd Floor

Corona, NY 11368

718-478-1600

Tue-Sat: 10:00 am - 6:00 pm

> No appointment required, walk-in

SHOWERS AND HAIRCUTS

DUCHAS Y RECORTES

Riverside Church

Showers

91 Claremont Ave. (& 120th St -122nd St.)
212-870-6700

Wednesday 9:30 AM to 3:00 PM

Broadway Community, Inc.

Showers

601 West 114th Street
(b/w Broadway & Riverside)
212-864-6100 x120

Mon, Wed & Fri: 10:30 – 1:30

Riverside Church

Barber Training Program

91 Claremont Ave. (& 120th St.-122nd. St.)
New York, NY
212-870-6870

Monday & Tuesday 1:00 pm-3:45 pm

(Assembly Hall Level)

- > 6-week course
- > Training only for Adults
- > Haircuts open to the public
- > Must make appointment
- > Call for information and registration

SOUP KITCHEN

COCINA DE COMUNIDAD

FoodChange

Senior Food Program @ P.S. 154
250 W 127th St (between 7th Ave. and Frederick
Douglass Blvd.)
New York, NY 10027
212-662-1283

Weekdays: 3:30pm - 6:00pm

- > Must be 60+ years old to qualify
- > Educational, cultural, and recreational activities
- > For registration and information, contact Program Director Antoinette Emers at 212-662-1283

Holy Trinity Church

213 West 82nd St. (b/w Broadway & Amsterdam)
New York, NY 10024
212-787-0634

Every day of the week: 8:30am – 9:00am serving time
> bagged breakfast
> served at Rectory door

Cathedral Community Cares

1047 Amsterdam Avenue (@ 111th St.)
212-316-7581
212-316-7582 (fax)

Sundays: breakfast 10:00am – 12:00pm, lunch
12:30pm – 2:00pm + dinner bag

St. Michael's Episcopal Church

225 West 99th St. (b/w Broadway & Amsterdam Ave.)
New York, NY 10025
212-222-2700

Saturdays, 10:00 am-11:00 am (line up at 10:00 am)

**Billy Roberts House of Hope
Soul Saving Station**

302 West 124th St. (b/w St. Nicholas & 8th)
New York, NY 10027
212-663-3532

Monday, Tuesday, Thursday, Friday 11:00 am-2:00 pm

Broadway Community, Inc.

601 West 114th St.
New York, NY 10025
212-864-6100 x123

**Monday, Wednesday & Friday,
Doors open at 10:15.**

Breakfast: 10:15 am

Lunch: 12:30 pm

- > Doctor on site - Monday, 12:30 - 4:30pm
- > Art therapy - Weds 2:00-4:00pm
- > Theatre Group - Mondays 2:00-4:00
- > Music - Fridays 2:00-3:30pm
- > Fridays are sponsored by Community Impact / Columbia University
- > Paid Sewing Groups on Tuesdays- Call for more information

Central Harlem Alcohol Crisis Center

419 West 126th St. (b/w Amsterdam & Morningside Aves.)

New York, NY 10027

212-865-6133

Monday-Friday, 8:45 am-9:15 am, 12:15 pm-1:15 pm, 6:00 pm-6:30 pm

- > first come, first serve
- > times listed are approximate

St. Mary's Episcopal Church

521 West 126th St. (b/w Old Broadway & Amsterdam Ave.)

New York, NY 10027

212-864-4013

Mondays 5:00 pm-6:30 pm

FoodChange

250 W 127th St (between 7th Ave. and Frederick Douglass Blvd.)

New York, NY 10027

212-662-1283

Monday-Friday, 4:00 pm-6:00 pm

Advent Lutheran Church

2504 Broadway @ 93rd St

New York, NY

212-866-2100

4th Saturday of each month: 12:00pm

Advent Lutheran Sandwich Line

2504 Broadway @ 93rd St
New York, NY
212-866-2100

Tuesdays & Thursdays: 4pm

Ark of Safety Fellowship Church

258 Manhattan Ave (b/w w110th & w111th St)
New York, NY 10025
212-865-3661_

Saturday: 3:00pm – 5:00pm;

Sunday: 8:00am – 10:00am

Broadway United Church of Christ Sandwich Line

2504 Broadway @ 93rd St
New York, NY
212-316-5700

Tuesdays & Thursdays: 4:00pm

Mt. Olivet Baptist Church - Community Meals Program

201 Lenox Avenue at W. 120th Street
New York, NY 10027
212-864-1155

Monday: 12:00 noon - 1:30 pm

Southern Baptist Church

12-16 West 108th St.
New York, NY 10025
212-865-1190

Wednesdays: 12:00pm – 2:00pm

St. Nicholas Senior Center

210 West 131st Street
New York, NY 10027
212-665-3279

Fridays: 10:00am – 11:00am

> bagged meal

St. Aloysius Church Food Pantry

219 West 132nd Street
New York, NY 10027
212-234-2848

First Saturday/month: 8:30am-11am

> first come, first serve

St. Paul The Apostle

405 West 60th St (& Columbus Ave.)
New York, NY 10019
212-265-3209

Tuesdays: 11:30pm

> bagged lunch line

Wednesdays: 12:00pm lunch , 7:00pm dinner

> for HIV/AIDS+ individuals only

> must show health documentation

St. Paul's House

335 West 51st St. (b/w 8th & 9th Aves.)
New York, NY 10019
212-265-5433

Every day of the week (except Tuesdays):

**7:00am doors, Gospel Service 7:30am,
breakfast served 8:00am – 8:30am**

Shiloh Church of Christ

5-7 West 128th Street
New York, NY 10027
212-534-7292 or 201-833-2810

Thursday: 12:00pm – 2:00pm

Springfield Missionary Baptist Church

227 Lenox Avenue
New York, NY 10027
212-662-0148

Tuesdays: 7:30am – 2:00pm

HOTLINES, INFO LINES, & EMERGENCY
LÍNEAS DE INFORMACION Y EMERGENCIA

Police-Fire-Ambulance: 911
Poison Control: 212-764-7667

FOOD & SHELTER

COMIDA Y VIVENDA

Hunger Hotline: 866-888-8777
WIC Program: 800-522-5006
Homeless Hotline: 800-994-6494

ADDICTION SERVICES

SERVICIOS LA DE ADICCIÓN

Alcoholics Anonymous Hotline: 212-647-1680
Narcotics Anonymous Hotline: 212-929-6262

DOCUMENTATION SERVICES

SERVICIOS DE DOCUMENTACIÓN

Birth Certificate: 212-788-4520
Death Certificates: 212-788-4520
Mayor's Office for People with Disabilities:
212-788-2830

VOTER INFORMATION

VOTE NYC INFORMACION PARA VOTAR
212-868-3692

**NYC DEPT OF HEALTH & MENTAL HYGIENE
CALL CENTER**

HIV Women's Hotline: 800-TALK-HIV (800-825-5448)

HEALTH INSURANCE

SECURO MEDICO

Health Stat: 1-888-NYC-6116
Children's Aid Society: 212-503-6804
Alianza Dominicana: 212-740-1960

HOUSING

C.U.C.S. (Center for Urban Community Services):
212-801-3300

Public Housing Applications:

Manhattan: 212-828-7100

Bronx: 718-329-7859

VIOLENCE/SEXUAL ASSAULT PREVENTION & COUNSELING

CONSEJERIA Y PREVENCION DE VIOLENCIA Y ASALTO SEXUAL

All-Purpose Counseling: 800-LIFE-NET

Battered/Abused Women: 800-621-HOPE

Safe Horizon Hotline: 212-577-7777 or 718-499-2151

Battered Women's Rights Clinic: 718-575-4300

Center for the Elimination of Violence

in the Family, Inc: 718-439-1000

Child Abuse Report Registry: 800-342-3720

Counseling & Referrals: 800-942-6906

in Spanish: 800-942-6908

Main Street Legal Services / Immigrant's Rights

Clinic: 718-575-4300

Legal Aid Society: 212-440-4300

New York Asian Women's Center: 212-732-5230

888-888-7702 (Toll-free)

Rape Hotline: 212-267-7273

Sexual Assault Counseling/Support: 212-423-2140

(Help Line) 212-532-2400

Victim Services Agency/Crime Victim: 212-577-7777

St Lukes-Roosevelt Hospital Center Crime

Victims Treatment Center Sexual Assault

Counseling/Support: 212-523-4728

SUICIDE PREVENTION

PREVENCION DE SUICIDIO

Suicide Prevention: 212-532-2400 or 212-673-3000

CHILDREN / YOUTH / FAMILY SERVICES
SERVICIOS DE NIÑOS, JOVENES Y FAMILIA

Child Abuse Report Registry: 800-342-3720
Child Support Info Hotline: 800-846-0773
Office of Placement Administration: 212-966-8000
Missing Children: 800-FIND-KID
Planned Parenthood:
 For appts: 212-965-7000
 Info. Line: 212-965-7015
Runaway Hotline: 800-621-4000
Teen Hotline: 800-999-9999
Youth line (NYC): 800-246-4646 (24 hrs.) /
800-246-4699 (TDD-Deaf or Hearing Impaired)

BEYOND EMERGENCY SERVICES

ADULT EDUCATION
ENTRENAMIENTO DE COMPUTADORAS
DESARROLLADOR DE TRABAJO
EDUCACIÓN PARA ADULTOS

Community impact

Columbia University
105 Earl Hall 116th St. (& Broadway)
New York, New York 10027
212-854-9622

**Monday-Thursday 9:00 am-12:00 pm, 1:30
pm-4:30 pm, 7:00 pm-9:30 pm**

- > Must take skill assessment test prior to enrolling in classes.
- > Skill assessments by drop-in on Fridays (10am – 1pm) at 2875 Broadway (b/w 110th & 111th st.)
- > Computer training
- > Only for adults

Community impact- Job Tech

Columbia University

105 Earl Hall 116th St. (& Broadway)
New York, New York 10027
212-854-9622

Bi-monthly, time varies

- > Must be a citizen or legal resident, public assistance recipient (or low-income), and a parent of a child under 18.
- > Must fit all of these guidelines to qualify.

Community impact- (GED)

Columbia University
105 Earl Hall 116th St. (& Broadway)
New York, New York 10027
212-854-1492
<http://www.columbia.edu/cu/ci/>

Monday-Thursday 10:30 am-1:00 pm

- > G.E.D. classes
- > Only for adults 19 yrs.+

Community impact (ESL)

Graham-Windham Beacon Center
I.S. 195 Roberto Clemente School
625 133rd St. (& Broadway)
New York, New York
10027 212-854-1492

Monday-Thursday 4:00 pm-6:00 pm, 6:00 pm-8:00 pm

- > English Second Language classes
- > Only for adults 19 yrs.+

Community impact (Spanish GED)

Graham-Windham Beacon Center
I.S. 195 Roberto Clemente School
625 133rd St. (& Broadway)
New York, New York 10027
212-854-1492

Monday-Thursday 6:00 pm-8:00 pm

- > GED classes in Spanish
- > Only for adults 19yrs.+

FoodChange

Culinary Training Program

252 West 116th Street (b/w 7th Ave. & Frederick
Douglass Boulevard)

New York, NY 10026

Phone: 212-662-1283

Weekdays: 9:00am – 5:00pm> Registration required with FoodChange. Call 212-
662-1283 for more information**NYC Board of Ed Alternative & Continuing
Education Schools & Programs**

Mid Manhattan Adult Learning Center

212 West 120 St. (b/w St. Nicholas Ave & Adam
Clayton Powell Blvd.)

New York, New York 10027

212-666-1919/1920/1921

212-932-8252 (fax)

> ESL, GED

> For adults 21 +

> Enrollment depends on schedule availability

> Day, evening, and Saturday classes available

> Class hours vary depending on days

> Visit www.adultednyc.org (School 5)**Steps Support for Training & Education Program
Services**

117 East 118th St. (blw Park & Lexington Aves.)

New York, NY 10035

212-831-9080

Monday-Friday 9:00 am – 5:00 pm> Need Referral or letter from who you live with, and
photo ID or SS, Mon & Wed @ 9:00 am. 12:00 pm to
register

> Must be 18 yrs and over.

> Program for GED; resume, cover letter, interview
skills program; literacy programs; job placement,
computer training

Strive East Harlem Employment Service

240 East 123rd St. (b/w 2nd & 3rd Aves.), 3rd Floor
New York, NY 10035
212 360-1100

Monday-Friday 9:00 am- 5:00 pm

- > Only Adults 17-45 yrs. old
- > Need proof of address and photo ID, birth certificate & SS card
- > Students age 17 need High School discharge paperwork, GED, or diploma
- > Resume; cover letter, interview skills program; computer program; special monthly workshops; job placement
- > 4 week program
- > Applications: Mon-Thu 9:00 am-3:00 pm

**West Side Campaign Against Hunger
Customer Chef Training Program**

263 West 86th St. (b/w West End & Broadway)
New York, NY 10024
212-362-3662 x125
fax: 212-769-4341

- > 12 week program
- > space is limited
- > call for information and registration

**Women's Center for Education and Career
Advancement**

11 Broadway (rm. 457)
New York, NY 10038
212-964-8934

Monday-Thursday, 10:00 am-3:00 pm

- > Job Readiness Program (2 days per week for 2 weeks)
- > Job search skills
- > Referrals given out for computer training

ENTITLEMENTS

DERECHOS

FoodChange Entitlements Clinic

252 West 116th St. (between 7th Ave. and Frederick Douglass Blvd.)

New York, NY 10026

212-864-0674

Mon. & Wed. 8:00 am-4:00 pm

Tues. & Thurs. 8:00am-6:00pm

Fri. 8:00am-7:30pm

> Need to make appointment for housing on first Wednesday of the month

St. Mary's Episcopal Church

521 West 126th St. (b/w Old Broadway & Amsterdam Ave.)

New York, NY 10027

212-864-4013

Mondays: 2:30pm – 5:00pm

> Contact: (212) 749-8900

Washington Heights Single Stop

(Community League of the Heights CLOTH)

500 West 159th Street

New York, NY 10032

Tuesdays: 3:00 pm – 6:00 pm

> Contact: Megan Sergi (212) 795-4779

AIDS/HIV SERVICES & COUNSELING

CONSEJERIA Y SERVICIOS SOBRE SIDA/VIH

> Adolescents DO NOT need parental consent for examination & treatment

> Proof of citizenship or immigration status NOT required

> No insurance necessary, ALL SERVICES ARE FREE

HARLEM UNITED COMMUNITY AIDS CENTER

123-125 West 124th St. (b/w 7th & Lenox Aves.)

New York, NY 10027

212-531-1300

Day Program: Mon-Fri: 9:00 am-5:00 pm, Sat: 9 am-3:00 pm, Sun: 9:00am – 1:00pm

- > day treatment (3 hrs. day)
- > outpatient
- > case management
- > health issue groups
- > Ages 18+
- > Walk-ins accepted
- > HIV/AIDS
- > African Immigrant Program
- > Women & Children Program
- > Dental
- > Food & Nutrition Evening Program

Riverside Center

160 West 100th Street (b/w Columbus & Amsterdam)

New York, NY 10025

Phone: 212-865-7757

Mon - Fri 8:30am - 4:30pm

- > STD services
- > HIV counseling and testing
- > hepatitis services and vaccination

DEPARTMENT OF HEALTH

2238 Fifth Avenue (& 137th St.)

New York, NY 10037

212-690-1760

Monday-Friday: 8:30 am-4:00 pm

- > STD Services
- > HIV Testing and Counseling

DEPARTMENT OF HEALTH

158 East 115th Street (& Lexington Ave)

New York, NY 10029

Phone: 212-360-5962

Mon - Fri 8:30 - 4:00

- > First come, first serve basis
- > HIV and Syphilis counseling and testing available Monday - Friday
- > All other STD services available Tuesdays, Wednesdays, & Thursdays only

MEDICAL SERVICES
SERVICIOS MEDICOS

William F. Ryan Community Center

110 West 97th St. (Columbus Avenue)

New York, NY 10025

212-769-7200

212-678-0005 (fax)

**Mon 8:30am - 7pm; Tue-Wed 8:30am - 4:30pm;
Thurs 8:30am - 7am; Fri 8:30am - 4:30pm; Sat
9:30am - 1pm**

- > pediatrics
- > women's health
- > general clinical
- > STD services
- > HIV testing
- > Sliding Scale Fee
- > prescriptions medications are \$5

Ryan Center Annex

160 West 100 Street

New York, NY 10025

212 769 7200

212 678 0005 (Fax)

- >Mental Health issues dealt with at this location

Columbia Student Medical Outreach (CoSMO)

21 Audubon Avenue (& 166th St.)

New York, NY 10032

Phone: 212-342-4719

Sat 9:00am – 1:00pm

- > adult primary care
- > physicals
- > laboratory services
- > immunizations
- > social services
- > www.cosmoprimarycare.org

Community League Health Center

1996 Amsterdam Avenue (& 159th St)

New York, NY 10032

Phone: 212-781-7979 x100

Mon 9:30-6pm; Tues 8:30-5pm; Weds 10:30-7:00pm; Thurs 8:30-5pm; Sat 9:00 – 4:00pm

- > adult medicine
- > HIV, pediatric
- > reproductive health
- > prenatal
- > postpartum
- > immunizations & school checkups
- > English and Spanish Spoken
- > Sliding Scale Fee

East 13th Street Family Practice

113 East 13th Street (b/w 3rd & 4th Ave)

New York, NY 10003

Phone: 212-253-1830

Mon-Fri 9pm – 5pm

- > child and adult physicals
- > women's health
- > men's health
- > HIV testing and care
- > herbal therapies
- > dermatology referrals
- > nutrition assistance
- > Sliding Scale Fee

East Harlem Health Outreach Partnership (EHHOP)

1470 Madison Ave (b/w 101st and 102nd St)
New York , NY 10029

Phone: 646-942-6519

Hours: Saturdays 10am – 1pm

- > adult primary care,
- > physicals,
- > laboratory services,
- > radiological services,
- > social work
- > Free for uninsured residents of East Harlem only
- > <http://www.eastharlemhealth.org>

Helen B. Atkinson Health Center

81 West 115th Street (b/w 5th Ave & Lenox Ave)
New York, NY 10026

Phone: 212-426-0088

Hours: Mon, Tues, Thurs 9am – 5pm; Weds 10am – 6pm; Fri 9am – 1am; Sat 9am – 3pm

- > adult medicine
- > HIV
- > pediatric
- > reproductive health
- > prenatal & postpartum
- > immunizations & school checkups
- > dental
- > Podiatry
- > Colposcopy
- > Sliding scale fee
- > www.chnnyc.org/locations/hba

Sydenham Clinic

215 West 125th Street (& MLK, Jr. Blvd)
New York, NY 10027

Phone: 212-932-6500

Hours: Mon, Wed, & Fri 5pm - 8pm; Tue & Thurs

8am – 8pm; 1st & 3rd Sat each month 8am – 4pm

- > adult medicine
- > pediatric
- > dental
- > women's health
- > surgery
- > ophthalmology
- > ear, nose, & throat
- > sliding scale fee

Weill Cornell Community Clinic

505 East 70th Street & York Avenue
Helmsley Building 1st Floor
New York, NY 10021
212-746-0164

Saturdays 9:00am – 12:00pm

- > schedule appointments by phone
- > adult primary care
- > physicals
- > laboratory services
- > immunizations
- > social services
- > free for uninsured
- > clinic.cornellmed.org

Amsterdam Center

690 Amsterdam Avenue (& West 94th St)
New York, NY 10025
212-865-4104

Monday – Friday: 9:00am – 4:00pm

- > medical services
- > focus on child medical needs

CHILDREN & YOUTH
NIÑOS Y JOVENES

Hale House

152 West 122nd Street (b/w Lenox & 7th)
New York, NY 10027
212-663-0700

MENTAL HEALTH SERVICES
SERVICIOS PARA LA SALUD MENTAL

Monday-Friday, 9:00 am-5:00 pm

- > serves all children
- > includes children born w/ drug addiction
- > new daycare center

Northern Manhattan Perinatal Partnership

127 W. 127th St. (b/w 7th & Lenox Aves.),
3rd Fl. Room 318

New York, NY 10027

212-665-2600, fax 212-665-1842

- > Women and children
- > Central, West & East Harlem and Washington Heights
- > coordinate perinatal outreach and education campaign in Northern Manhattan
- > home visiting services, parenting skills and prenatal/newborn health info
- > Sister/Friends coach, inform and support expectant mothers until 1 year after birth
- > case management, outreach, and health education program for pregnant and parenting others and their families
- > job readiness
- > computer training
- > GED classes

MENTAL HEALTH SERVICES
SERVICIOS PARA LA SALUD MENTAL

C.U.C.S. (Center for Urban Community Services)

120 Wall Street, 25th Floor

New York, NY 10005

212-801-3300

www.cucs.org

- > supportive housing
- > permanent affordable housing for people living with HIV/AIDS, mental health problems, substance abuse
- > provides services and counseling and other

programs such as job readiness

Harlem House

264 West 118th (b/w St. Nicholas & 8th Ave)

New York, NY 10026

212-932-8122

212-316-0950 (fax)

Monday-Friday 9:00am-5:00pm

> Psycho-social club

> must have updated psychiatric and medical diagnosis

Fieve Clinical Services

952 5th Avenue, Suite 7B

New York, NY 10021

Phone: 212 772 3570

Mon - Fri 10am – 5pm

> mental health and psychiatry

> Sliding scale fee

> www.fieveclinical.com

NUTRITIONAL EDUCATION & WORKSHOPS
EDUCACIÓN DE NUTRICIÓN Y DIETA

Ark of Safety Fellowship Church

Monthly Vegetable Cooking and Nutrition Education
Classes

258 Manhattan Ave (b/w w110th & w111th St)

New York, NY 10025

212-865-3661

> call for information and class schedules

FoodChange

CookShop

252 West 116th Street (b/w 7th Ave. & Frederick
Douglass Boulevard)

New York, NY 10026

Phone: 212-662-1283

> Programs for Children, Adults, and Seniors

SUBSTANCE ABUSE SERVICES

SERVICIOS PARA EL ABUSO DE DROGAS Y ALCOHOL

- > classes for purchasing, storing, preparing, and cooking whole foods
- > For information and site eligibility, call FoodChange at 212-662-1283

Westside Campaign Against Hunger

Nutrition Education & Cooking Demonstrations

263 West 86th St. (b/w West End Ave. & Broadway)

New York, NY 10024

212-362-3662

Wednesdays: Cooking Demostration 10:30 am-11:00 pm

Thursday & Friday: Nutrition Workshop & Cooking Demo 10:30am - 11:00am

SUBSTANCE ABUSE SERVICES

SERVICIOS PARA EL ABUSO DE DROGAS Y ALCOHOL

Central Harlem Alcohol Crisis Center

419 West 126th Street (b/w Morningside & Amsterdam Aves)

New York, NY 10027

212-865-6133

24 hours a day, 7 days a week

- > Alcohol and substance abuse except for heroin and methadone abuse
- > Emergency care, 20 beds: 1-3 days
- > Extended Care, 20 beds: 5-14 days
- > Extended Care requires referrals
- > Inpatient
- > First come, first serve basis

Phoenix House

2191 3rd Ave. (b/w 119th & 120th Sts.)

New York, NY 10035

212-831-1555

Monday-Thursday: 9:00am-6:00pm, Friday: 9:00am-5:00pm

INFO ON PUBLIC BENEFITS AND ENTITLEMENTS

- > long term residential program
- > adolescents and adults
- > 2 forms of identification required (S.S. & 2nd piece of I.D.)
- > 18 years and older

ST. LUKE'S ROOSEVELT HOSPITAL

Clark Building 440 114th St. (& Amsterdam Ave.)
New York, NY 212-523- 3192

7 days a week, 24 hours a day for detox;

Monday-Friday: 8:30 am-5:00 pm for inpatient rehab

> detox, rehab, teenager rehab

> Need insurance or birth certificate, SS card, or photo ID to apply for emergency Medicaid

INFO ON PUBLIC BENEFITS AND ENTITLEMENTS

Child Health Plus: a federal and state funded health insurance program that offers free or low cost health insurance for uninsured children. Your child must be living in New York State. Your child can live in any county in NYS, but can only apply in the county where she or he resides. There are options available for undocumented children. To apply for Child Health Plus, you must visit a Facilitated Enroller. To find a Facilitated Enroller in your neighborhood, call the Child Health Plus Hotline at (800) 698-4543.

Family Health Plus (FHPlus): a program that provides health insurance to adults under the age of 65 who do not have any other health insurance and who make too much money to qualify for Medicaid. To receive Family Health Plus you must be between the ages of 19 and 64 with limited income. The income limits will depend on your family size and whether or not you have children. If you have Medicare you do not qualify for FHPlus. You can apply at any of the Medicaid Offices located in the five boroughs of NYC. Call the HRA information line at (877) 472-8411 for the closest Medicaid Office.

A relative or a friend can also apply for you and can act as your representative. You can also apply at a Facilitated Enroller. You can find a Facilitated Enroller by calling the New York State FHPlus Information Line at (877) 934 -7587.

The Earned Income Tax Credit (EITC): a special tax benefit for people who work full or part-time. The credit either reduces the amount of tax you owe or provides you with a refund if you do not owe taxes. There is both a Federal tax credit, as well as a New York State tax credit. You may receive both Federal and State tax credits. The EITC is also called the Earned Income Credit (EIC). As long as you spend your EITC within a certain time frame, your EITC has no effect on certain benefits, including: Public Assistance, Medicaid, Supplemental Security Income (SSI), Food Stamps, NYCHA housing or Section 8. To be eligible to receive the EITC, you must have worked full or part-time at some point in the past year and received income. Income limits depend on marital status, and how many children you have. You do not have to be a U.S. citizen to receive EITC, but you and your qualified child, if any, must have lived in the same residence in the United States for more than half the year. However, if you are an immigrant, you must be employed and living in the country for the entire tax year, and have a valid Social Security number that permits you to work legally in the United States. For more information, call the IRS Volunteer Income Tax Assistance (VITA) at (800) 829-1040. You can also contact Community Service Society of New York at 212-254-8900.

The Food Stamp Program (FSP): a federal program that helps low-income people buy food. You can use food stamps to buy any type of food, or seeds or plants that produce food. You cannot use them to buy alcoholic beverages, tobacco, pet food, toiletries, paper

or cleaning products, or any other non-food item. The amount of food stamps you receive depends on the number of people in your household and your monthly income. A household is defined as a single person or group of people who live together and purchase and prepare meals together. You can get food stamps if you and your family members pass certain eligibility tests called eligibility criteria. Your household's gross income must be at or below 130% of the Federal Poverty Level (FPL) to be eligible for Food Stamps. You must have limited resources: up to \$2,000 per household; or \$3,000 for households with a member who is 60 and over or with a member who is disabled. Both citizens and qualified immigrants may be eligible for Food Stamps. You do not have to have a job to receive food stamps. But if you are not working and are between the ages of 16 and 60 you must complete an employment registration when you first apply for food stamps and every 12 months after that. Certain people are considered exempt and do not have to follow the Food Stamps work rules.

If you are receiving SSI and are living alone you can call the SSI Food Stamp office at 718-722-4009 to request an application. You can then apply by mail. If you are homebound, and do not have a representative to act on your behalf, you can call the Homebound Unit at 718-237-7576. You will receive a packet in the mail and a telephone interview will be conducted. You may be eligible for food stamps even if you do not qualify for SSI or PA. If you are having trouble getting your food stamps or have questions about the process, please call FoodChange's Food Stamp Call Center at 212-894-8060 and receive a free food stamp pre-screening.

Medicaid: a government program that can help you pay for medical care. To be eligible for Medicaid you must have limited income. The income limits that

Medicaid uses to decide your eligibility will depend on your family size and your coverage group. Your coverage group can be one of the following: aged, blind, disabled, whether you have children or not or if you are a child, your age. Each coverage group has different income limits. This means that, depending on your net monthly income, some of your family members may qualify for Medicaid while others in your family may not. You must have limited resources. You must be a U.S. citizen or an immigrant living in New York State for any length of time.

If you are undocumented, if you are a student or if you are a visitor, you may still qualify for Medicaid if you have an emergency medical condition and meet the Medicaid financial tests. A doctor is the only one who can decide whether you have a medical emergency or not. Medicaid does not necessarily consider entering a hospital through the emergency room as a medical emergency. The doctor treating you must complete a form called Certification of Treatment of Emergency Medical Condition. You must bring this form to the local Medicaid office when you apply for Medicaid. You can apply at any of the Medicaid offices in each borough. Call the HRA Information line at (877) 472-8411 for the closest Medicaid office. If you are homebound, you can call (877) 472-8411 to schedule a home visit. For more information or for help related to benefits, you can call the Public Benefits Resource Center at (212) 614-5552.

Public Assistance (PA): also known as welfare, PA is a benefit to help poor people pay for their most basic costs of living, such as rent, clothes and transportation. The Human Resource Administration (HRA) is the agency responsible to administer PA in NYC. There is a 5-year time limit for FA families. This is a federal rule and when you have reached 5 years in one state, you

have reached your 5-year time limit in all states. If you have met your time limit in NYS and move to another state you may not be eligible for any PA in that state.

To be eligible for PA, you must have limited income, which depends on how many people are in your home, and whether the income you receive is from a job or another source. If you are not sure if you are eligible, it is probably a good idea to file an application. The resource rule is that a household is allowed to have no more than \$2,000 in resources or no more than \$3,000 if someone in the household is older than 60 years. To get public assistance in New York City you must be living within New York City. You must provide information on where you are living, especially if you want HRA to help with the rent. But, if you are homeless or do not have a steady place to stay, you should, if possible, provide some address so that you can receive mail. You do not need to have a job to get PA. But when you begin to get your benefits, you will probably be assigned to work activities by the agency.

You can be an immigrant and still be eligible for PA, however, with the passage of the welfare reform law in 1996, only certain kinds of immigrants are eligible. There are welfare centers throughout the city called Job Centers. Usually, people will apply at the welfare center that is nearest to their home. Call the HRA Information line at (877) 472-841 for the closest welfare office. For more information or help with benefits and entitlements, you may contact PBRC's Entitlement Counselors at (212) 614-5552.

Supplemental Security Income: also called SSI, it is a federal welfare program that pays cash benefits, if you meet all the requirements of the program. In order to be eligible for SSI you must either be elderly (65+), blind or disabled. The actual amount of your

SSI benefit is based on the type of living arrangement you are in. That is, it depends on whether you are living alone, living with others, or someone else is supporting you. You must have limited income, and the maximum amount of resources you may have are \$2,000; a couple can have \$3,000 and still be SSI eligible.

As long as you live in the United States you can receive SSI benefits. The United States includes the 50 states and the Northern Mariana Islands. They do not include Puerto Rico, Guam or the Virgin Islands. If you leave the country for 30 days or more, you are no longer eligible for SSI benefits. You must live in the U.S. for 30 days again before you can again receive benefits. You can be an immigrant and still get SSI. However, with the passage of the welfare reform law in 1996, only certain kind of immigrants - known as qualified aliens - might be eligible for SSI.

You can get an application by visiting your nearest Social Security office. If you are not able to visit the office you can call (800)772-1213 . For more information or help with benefits and entitlements, you may contact PBRC's Entitlement Counselors (212) 614 -5552. You may also contact the Urban Justice Center's Mental Health Project at (646) 602-5600, x64.

INDEX

- Advent Lutheran Church 7, 13
- Amsterdam Center 27
- Ark of Safety Fellowship Church 14
- Broadway Community, Inc 11, 12
- Broadway United Church of Christ Sandwich Line 14
- C.U.C.S. 17, 28
- Cathedral Community Cares 12
- Central Harlem Alcohol Crisis Center 13, 30
- Child Health Plus 31
- Church of the Annunciation 7
- Columbia Student Medical Outreach 24
- Community Impact 18, 19
- Community League Health Center 25
- Concerned Citizens Of Queens 10
- Department Of Health 23
- East 13th Street Family Practice 25
- East Harlem Health Outreach Partnership 26
- Emanuel AME Church 7
- Emmaus House 8
- Faith Mission Christian Fellowship 8
- Family Health Plus 31
- Fieve Clinical Services 29
- FoodChange 8, 33
- Food Stamp 32, 33
- Ford Hall 6
- Hale House 27
- Harlem House 29
- Harlem United Community Aids Center 23
- Helen B. Atkinson Health Center 26
- Holy Name Church 7
- Holy Name Senior Lunch Program 7
- Holy Trinity Church 12
- Legal Aide Society 10
- Medicaid 31, 32, 33, 34
- Mt. Olivet Baptist Church 8, 14

- Northern Manhattan Improvement Corp.** 10
Nyc Board Of Ed Alternative & Continuing Education
20
Phoenix House 30
Public Assistance 32, 34
Riverside Center 23
Riverside Church 5
Shiloh Church of Christ 9, 15
Springfield Missionary Baptist Church 15
SSI 32, 33, 35, 36
St. Aloysius Church Food Pantry 15
St. Luke's Roosevelt Hospital 31
St. Mary's Episcopal Church 10, 13, 22
St. Michael's Episcopal Church 12
St. Nicholas Senior Center 14
St. Paul's House 4, 9, 15
St. Paul The Apostle 15
STEPS 20
Strive East Harlem Employment Service 21
Supplemental Security Income 32, 35
Sydenham Clinic 26
The Earned Income Tax Credit 32
Weill Cornell Community Clinic 27
Welfare 34, 35, 36
Westside Campaign Against Hunger 30
West End Presbyterian Church 9
William F. Ryan Community Center 24
Women's Center 21

NOTES:

NOTES:

NOTES:

NOTES:

NOTES:

NOTES:

NOTES:

