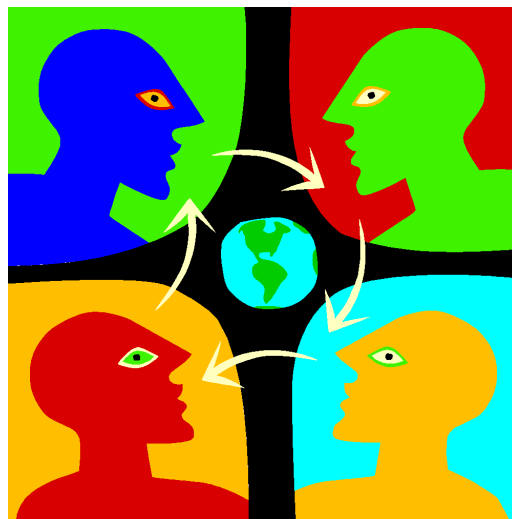


# Bloomingtondale Family Program, Inc.

Resource Listing

For

Children and Families



Lista de Recursos

Para

Niños y Familias

Revised September 26, 2022

**Find out if you are eligible for benefit programs at ACCESS NYC** a website that contains information about city, state, and federal benefit programs. Pre-screens individuals for potential eligibility. <http://www.nyc.gov/accessnyc>

**Sepan si califican para programas en ACCESS NYC** un sitio web que contiene información sobre la ciudad, el estado y los programas de beneficios federales. Pre-pantallas de los individuos para la elegibilidad potencial. <http://www.nyc.gov/accessnyc>

### **Income Job Centers (Public Assistance)/ Asistencia Publica**

Visit <https://a069-access.nyc.gov/accesshra/> to locate office locations near you

Hamilton  
530 West 135th St NYC 10031  
Tel 212 690 1101 or 212 690 8740

Dyckman Job Center ACCESS NYC  
HRA Job Center/ Human Resources Administration/Cash Assistance  
4055 10th Avenue  
NYC NY 10034  
212 569 9626  
<https://a069-access.nyc.gov/accesshra/>

St. Nicholas  
132 West 125th Street, NYC 10027  
Tel. 212 666-3401

Human Resources Administration Information  
Tel. 1-877-472-8411

Healthy Harlem: Community Benefits Support  
Public Assistance - Medicare - SNAP  
23 W 124th Street, New York, NY, 10027  
Tel. 212-866-1350

Bronx Works  
Food Stamp outreach - Workforce Development - Immigration Services  
1130 Grand Concourse, Bronx, NY 10456 (**Bronx Residents only**)  
Tel. 718-508-3040  
Website: <http://bronxworks.org/>

### **Food Stamp Centers/Cupones de Alimento**

St. Nicholas  
132 West 125th Street, 5th floor, 10027  
Tel. 212 666-8686  
(Zip) 10025,26,27,30,31,37,39

Food and Hunger Hotline  
Emergency referrals to soup kitchens and pantries/ Referencias de emergencia a las cocinas y despensas  
Tel. 1-866-888-8777

## **Women, Infants and Children Program WIC**

WIC focuses on the nutritional well-being of pregnant women and mothers of children up to age 5. Most hospitals and clinics have a WIC program. Ask your doctor.

Programa WIC se enfoca en el bienestar nutricional de las mujeres embarazadas y madres de niños menores de 5 años. Muchos de los hospitales y clínicas tienen un programa de WIC pregunte donde su medico. [https://www.health.ny.gov/prevention/nutrition/wic/local\\_agencies.htm](https://www.health.ny.gov/prevention/nutrition/wic/local_agencies.htm)

### William F. Ryan Community Health Center

801 Amsterdam Ave., 2nd Floor  
NYC 10025 212-865-0410

### Mt. Sinai Morningside WIC Program

1111 Amsterdam Avenue  
New York, NY 10025  
212-523-6314

### Growing up Healthy Hotline

Information and referrals for WIC, free prenatal care, food programs, and more:  
1 800-522- 5006

Women's Health Line (311) or 212-639-9675

## **HHC Options**

Through Health and Hospitals Corporation Options, low and moderate-income HHC patients can get affordable healthcare. HHC helps patients apply for public health insurance programs for which they may qualify. If a patient is not eligible for public insurance, we reduce the patient's fee to an affordable amount, based on family size and income. Services for the entire family including Family, Teen and Child Health Services. Includes onsite Medicaid Offices

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A través de Salud y Hospitales Opciones Corporation, HHC pacientes de bajos y moderados ingresos pueden recibir atención de salud accesible. HHC ayuda a los pacientes aplicar para los programas públicos de seguro de salud para que puedan calificar. Si un paciente no es elegible para un seguro público, se reduce la tarifa del paciente basada en el tamaño y los ingresos. Servicios de salud gratis o bajo costo. Incluye oficinas de Medicaid.

### Harlem Hospital Center

506 Lenox Avenue  
New York, New York 10037  
General Information Number: (212) 939-1000

### Renaissance Health Care Network Diagnostic & Treatment Center

264 West 118th Street  
1st Floor  
New York, NY 10026  
Phone: (212) 932-6521  
<http://www.nyc.gov/html/hhc/html/about/About-HospServices-PrimaryPre-Renaissance.shtml>

### Metropolitan Hospital Center

1901 First Avenue  
New York, New York 10029  
General Information Number: (212) 423-6262

### Gouverneur Healthcare Services

227 Madison Street  
New York, New York 10002  
General Information Number: (212) 238-7000

### Bellevue Hospital Center

462 First Avenue  
New York, New York 10016  
General Information Number: (212) 562-4141

### Department of Health and Mental Hygiene Hotline:

Information about clinics, dentists, physicians, and more/ informacion sobre clinicas, dentistas, medicos y mas.

<https://www1.nyc.gov/site/doh/index.page>

## **Health Insurance assistance/Ajuda de Seguro de salud**

### New York Medicaid Choice Helpline:

Enroll/Disenroll health plans. Questions and information  
Inscripción/desinscripción de planes de salud. Preguntas e información.  
1-800-505-5678

### Managed Care Advocates: Community Health Advocates

Questions, information and your rights regarding health plans and insurance. Preguntas e información cerca sus derechos sobre la cobertura de su plan de salud y seguro de salud.

### Community Service Society of New York

105 East 22nd Street  
New York, N.Y. 10010  
Telephone: (888) 614-5400  
Website: <http://www.communityhealthadvocates.org/>

## **Social Services / Servicios Sociales**

### Northern Manhattan Improvement Corporation (NMIC):

Job training, Screening for benefits, Health, Domestic Violence, Immigration, Legal and more...  
76 Wadsworth Avenue  
New York, NY 10033  
Tel. 212 822-8300  
Website: [www.nmic.org](http://www.nmic.org)

### Cathedral Community Cares (CCC)

Food Stamps pre-screening, Crisis intervention and counseling/ estampillas de alimentos, crisis y consejería  
111th Street Amsterdam Avenue. Walk down into St. John the Divine Ask directions at booth. Camine hacia dentro e preguntele al guardia estacionado.  
<https://www.stjohndivine.org/education/community/>

### West Side Campaign against Hunger

Pantry services, pre-screening benefits, workshops/ comida, beneficios y talleres  
Church of St. Paul & St. Andrew, Basement  
263 West 86 Street

New York, NY 10024  
Tel. 212 362-3662  
<http://www.wscnh.org>

#### The Riverside Church

Food, clothing, and support services for persons in need/ Alimentos, ropa y servicios de apoyo para las personas necesitadas.

490 Riverside Drive  
New York, New York 10027  
Tel. 212 870-6741

<https://www.trcnyc.org/socialservices/>

\*Please note some programs are on hiatus or have changes in distribution/access due to COVID-19. For more information please call Debra Northern, Minister of Parish Care, at 212.870.6741

#### Harlem One Stop JASA Senior Services

475 Riverside Drive Suite 1846  
2nd entrance on 61 Claremont Ave  
New York, NY  
Telephone: 212-864-7900

Website: <https://www.harlemonestop.com/organization/2168/one-stop-jasa-senior-services>

\*Center is currently closed due to Covid-19 but they will return phone calls.

Focus is on Seniors, but also may help with government benefits

#### Manhattan Valley Development Corporation – Office of Human Services - **Beneficios**

983 Columbus Avenue,  
NYC NY 10025  
Telephone -646 339 4493/ 646 339 4701  
Tuesdays, Wednesdays, Thursdays  
10 AM – 4 PM

## **Mental Health Services/Agencias de Salud Mental**

[NYC Well /311](#) is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.

NYC Well is New York City's free, confidential support, crisis intervention, and information and referral service for anyone seeking help for mental health and/or substance misuse concerns, available 24 hours a day, 7 days a week, 365 days a year. NYC Well is staffed by trained professionals who can help you find the services that best meet your needs.

Para referencias para tratamientos de salud mental o abuso de sustancias llame a NYCWELL. NYCWELL es una línea telefónica gratuita, de ayuda confidencial que proporciona a los usuarios con información y recomendaciones (para los servicios de búsqueda) a la salud mental y los recursos de abuso de sustancias a lo largo de la ciudad de Nueva York. NYC Well opera las 24 horas al día, siete días a la semana.

Call NYC Well  
English: 1-888-NYC-WELL (1-888-692-9355), Press 2  
Call 711 (Relay Service for Deaf/Hard of Hearing)

Español: 1-888-692-9355, Press 3  
中文: 1-888-692-9355, Press 5

Interpreters are available for 200+ languages. Stay on the line, and you will be connected with a counselor who can connect you to translator services.

NYC Well Counselors are trained to accept calls from hearing impaired individuals using Video Relay Services.

Text NYC Well  
Text WELL to 65173

A service for NYC residents, available 24/7/365. Text anytime!

For English, when prompted text 1  
For Spanish, when prompted text 2  
For Chinese, when prompted text 3

#### Iptar

Counseling for families and individuals. Parent needs a referral. Sliding scale.  
Asesoramiento para las familias y los individuos. Los padres necesitan una referencia. Pagos de escala disponible.

1651 Third Avenue, Suite 205  
NY NY 10128  
Tel. 212 427-7070  
Website: <https://www.iptar.org/>

#### Metropolitan Center for Mental Health

Individual therapy. Family therapy. Children play therapy. Medicaid accepted. Parents must call themselves. La terapia individual. Terapia familiar. Los niños terapia de juego. Se acepta Medicaid. Los padres deben llamar.

160 West 86th Street, NYC, 10024  
Tel. 212 362-8755

1090 St Nicholas Avenue NYC 10032  
Tel 212 543 0777

Website: <https://www.metropolitancenter.com/>  
\*Currently offering services through telehealth only

#### Jewish Board of Families and Children's Services

Wide array of comprehensive services: counseling, legal, educational workshops, referrals and more/  
Amplia variedad de servicios integrales: asesoramiento, talleres legales, educativas, referencias y más.

135 West 50th St, New York, NY 10020  
Phone: 1.212.582.9100  
Toll-free: 1.888.523.2769  
Website: <https://jewishboard.org/>

Adolescent Health Center of the Mount Sinai Medical Center

Free mental health services for teenagers. Individual, family and group therapy. Alcohol/substance abuse. Servicios de salud mental para adolescentes. Terapia individual, familia, en grupo. Ayuda para alcoholismo/drogas.

312-320 East 94th Street

New York, NY 10128

Tel. 212 423-3000

Website: <https://www.mountsinai.org/locations/adolescent-health-center>

Inwood community Services

Alicia M. Ferrer Mental Health Clinic

Comprehensive Outpatient Addiction Program COAP

Child and Family Prevention and Wellness Program

651 Academy Street, New York, NY, 10034

Tel. 212 942-0043

Website: <https://www.inwoodcommunityservices.org/>

\*In-person offices are closed, website lists contact emails for services

Office of Mental Health

The Office of Mental Health (OMH) operates psychiatric centers across the State. OMH also regulates, certifies and oversees more than 4,500 programs, operated by local governments and nonprofit agencies.

1-800-597-8481.

<https://omh.ny.gov/>

**Free Legal Advocate Services / Servicios legales gratis**

Legal Services for NYC

40 Worth Street, Suite 606

New York, NY 10013

Tel. 646-442-3600

Website: <https://www.legalservicesnyc.org/>

Manhattan Legal Services

Multiple Locations:

1 West 125th Street

2nd Floor

New York, NY 10027

646-442-3100

40 Worth Street

Suite 606

New York, NY 10013

646-442-3100

Housing Court Office

111 Centre Street

Room 103

New York, NY 10013

Legal Assistance Hotline is staffed Monday through Friday from 10am to 4pm.  
Call 917-661-4500 to speak to an intake officer in any language.

Legal Aid Society

**Harlem Community Law Offices**

Theresa Towers, 2090 Adam Clayton Powell Jr Blvd. New York, NY 10027  
212-426-3000

Legal Aid Society

Multiple Locations which can be found [here](#)

Tel. 212-577-3300

Website: <https://www.legalaidnyc.org/>

Manhattan Housing Court Legal Aid

111 Centre Street Rm. 106

NY, NY 10013

Tel. 212-577-3300

**Metropolitan Council On Housing**

Tenants' Rights Telephone Hotline /

Línea directa de derechos de los inquilinos

HOTLINE / LINEA DIRECTA - 212 979 0611

Monday/LUNES, 1:30-8pm

Tuesday/MARTES, 5:30-8pm (new)

Wednesday/MIERCOLES, 1:30-8pm

Friday/VIERNES, 1:30-5pm

New York Legal Assistance Group

Also represents special needs people\*

7 Hanover Square, 18th Floor

New York, NY 10004

Entrance on Water Street

Tel. 212-613-5000

Website: <https://www.nylag.org/>

Her Justice

Her Justice serves New York City women living in poverty with high-stakes legal needs. You can call their live Legal Help Line and speak with a legal professional on Thursdays from 10AM to 1PM at 718.562.8181. You can also leave a voicemail on this line and one of our staff will return your call within 24 hours

Su justicia

Her Justice sirve a las mujeres de la ciudad de Nueva York que viven en la pobreza con necesidades legales de alto riesgo. Puede llamar a su Línea de ayuda legal en vivo y hablar con un profesional legal los jueves de 10 a.m. a 1 p.m. al 718.562.8181. También puede dejar un mensaje de voz en esta línea y un miembro de nuestro personal le devolverá la llamada dentro de las 24 horas.

Family Justice Center Offices:

Her Justice is an on-site partner at all five of the City's Family Justice Centers – in the Bronx, Brooklyn, Manhattan, Queens and Staten Island. Here they provide immigration services and work with other partner organizations (law enforcement and social services) to provide holistic assistance to abuse survivors in their communities. For more information, visit their website at: <http://on.nyc.gov/2kKlOf1>



100 Broadway, 10th Floor  
New York, NY, 10005  
Tel. 212.695.3800  
Website: <https://herjustice.org/>

Family Justice Center  
80 Centre Street  
NYC NY 10010  
212 602 2800  
If center is closed due to COVID-19, dial 800 -621 HOPE  
For immediate safety planning, shelter assistance, and other resources.

#### Battered Women's Legal Service

Sanctuary for Families – Center for Battered Women's Legal Services  
CONTACT: (212) 349-6009 x 246, Mon. – Fri., 9 am – 1 pm  
Eligibility Requirements: Individual must be experiencing domestic violence.  
Types of Cases:

- Divorce
- Orders of protection
- Child custody and visitation
- Child Support
- Immigration Tel. 212 349-6009 x 246

#### Websites/Sitio web:

[www.lawhelp.org](http://www.lawhelp.org)  
<http://www.legalservicesnyc.org>  
<http://sanctuaryforfamilies.org>

### **Immigration and Naturalization Resources/ Recursos de Inmigración y Naturalización**

Northern Manhattan Coalition for Immigrants Rights (NMCIR)  
5030 Broadway Suite 639 (between W 213st & W 214st)  
New York, NY 10034  
Hours: Monday- Thursdays 8am-5pm, Fridays 8am-1pm  
Telephone: 212-781-0355  
Website: <https://nmcir.org/>

Manhattan Legal Services  
1 W 125th ST 2ND Floor  
New York, NY 10027  
Telephone: 1-646-442-3100

New York Immigration Coalition  
131 W 33rd St, Ste 610  
New York, NY 10001  
Tel. 212 627-2227  
Website: <https://www.nyic.org/>

Catholic Charities

1011 First Avenue (55th & 56th Streets), 12th fl.  
Immigration services Servicios de inmigración Tel. 212 371-1000 x 2260  
212-419-3700; NYS Hotline: 800-566-7636; Information and Referral Line: 800-354-0365  
Toll Free Helpline (888) 744-7900  
Website: <https://catholiccharitiesny.org/>

New Americans Hotline

1 800 566 7636

NY State Immigration Hotline

1-800 566-7636  
Monday - Friday 9am - 8pm  
Immigration Information and referral in all languages / información y referidos sobre inmigración en todos los lenguajes

Website/sitio web:

[www.uscis.gov](http://www.uscis.gov)

Mayor's Office of Immigrant Affairs call 311 or (212) 788-7654

<http://www.nyc.gov/html/imm/html/home/home.shtml>

**Family Court/ Corte de Familia**

Manhattan Family Court

212 374-3700  
16463865223 information only

Website/sitio web:

<http://www.courts.state.ny.us/>

Parent Helpline

1-800-716-3468

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

Assistance for parents living apart who are having trouble sharing the children, problems with custody or need support.

Asistencia para padres que están separados y necesitan ayuda con custodia, visitación o apoyo.

Child Support Enforcement Helpline

1 888 208-4485

Child Abuse and Maltreatment Reporting/Reporte de abuso o maltrato de niños

**Tel** 1 800 342-3720

Call TDD/TTY at 1-800-638-5163

Adult Protective Services (Disabled and mental health) Protección de abuso para Adultos (incapacitados y problemas de salud mental)

Manhattan North Borough Office 212-971-2727

Manhattan South Borough Office 212-279-5794

1-844-697-3505

(M-F, 8:30 a.m. - 8 p.m.)

(212) 630-1853 ([APSrefer@hra.nyc.gov](mailto:APSrefer@hra.nyc.gov))

## **Domestic Violence & Abuse**

### Elder Abuse Hotline

1 800 342-3009 press option 6

In NYC call 311, <http://www.eldercare.gov/>

### Domestic Violence hotline

1 800 621- 4673 (Safe Horizons)

### Safe Horizon/Domestic Violence

800 621-HOPE

### Family Court Location

60 Lafayette Street Room 4C

NYC, NY 10013

For victims of crime and abuse offers support, counseling and court assistance.

Para víctimas de crimen y abuso ofrecen apoyo, consejería y asistencia con la corte

<http://www.safehorizon.org/index.php>

**SafeChat is now available Mon. – Fri. 9 a.m. – 6 p.m.**

### New Dawn/Nuevo Amanecer Domestic Violence Hotline

212-568-6616 Eng/Espanol

### NYC Gay and Lesbian Anti-Violence Project

Tel. 212 714-1141 <http://www.avp.org/>

### Barrier-Free Living (disabled) clients

bflnyc.org

[info@bflnyc.org](mailto:info@bflnyc.org)

NYC Department of Aging: resources and information/information para

<http://www.nyc.gov/html/dfta/html/home/home.shtml>

<https://www1.nyc.gov/site/dfta/index.page>

NYC Youth Line 1 800 246-4646

<http://www.nyc.gov/html/dycd/html/home/home.shtml>

## **Educational Advocacy/Recursos para asegurar la educación de niños / Quejas e información educacional**

### Advocates for Children of New York, Inc

Created to ensure equal educational opportunities, promote quality education services and overcome school failures for NYC public school students. Provides information on the best education programs and how to navigate the school system.

151 West 30th Street, 5th fl., NYC, 10001

Education Helpline: (866) 427-6033

Monday to Thursday

10 am to 4 pm

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

The Metropolitan Center of Sinergia, Inc.

Provide assistance to families and children with disabilities. Legal counseling in special education cases related to the Board of Education. Training for parents in advocacy. Case management for early intervention and special education. Housing, family support and residence

134 West 29th Street, 4th Floor

NT, NY 10001

Tel. 212 643-2840 ext. 336

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

YAI National Institute for People with Disabilities

460 West 34th Street, 11th Fl., NYC, 10001

Tel. 212 273-6182

Not-for-profit health and human services agencies serving people with developmental/learning disabilities and their families. Direct services: Family support, job training and placement, residential services, recreation, healthcare and more.

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

Resources for Children with Special Needs

Include NYC

Provides parents and professionals with information and referral, advocacy and training on programs and services for children, up to age 21, who have learning, developmental, emotional or physical disabilities.

116 East 16th Street #5

Tel. 212 677-4650

<https://www.includenyc.org/resources>

**ChildCare/Cuidado de niño**

***NYC Childcare Finder <https://maps.nyc.gov> › [childcare-finder](https://maps.nyc.gov/childcare-finder) / [Buscador de cuidado de niños](https://maps.nyc.gov/childcare-finder)***

<https://maps.nyc.gov/childcare-finder/>

Center for Children's Initiatives (CCI)

(formerly Child Care Inc.)

info@ccipolicy.org

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

NYC Department of Health Bureau of Child Care

1309 Fulton Ave, The Bronx, NY 10456

**(718) 410-3903**

2 Lafayette Street, 22nd floor, NYC, 10007

Bronx & Manhattan 212 676-2412/2444

Brooklyn & Staten Island 718 302-0152

Queens 718 520-8548

<https://www1.nyc.gov/site/doh/services/child-care.page>

<https://ocfs.ny.gov/programs/childcare/>

<https://ocfs.ny.gov/main/childcare/looking.asp>

Committee for Hispanic Children and Families

140 West 22nd Street, Suite 301, NYC, 10011

75 Broad St. Suite 620

New York, NY 10004

hello@chcfinc.org

Tel. 212 206-1090

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

### RENA Day Care Center

Supports in finding and applying for daycare services through the city

Tel: 212-795-3700/4103/4101

Fax: 212-795-7365 or 212-568-5229

Email: renadaycare639@gmail.com

renafdc2@aol.com

### **After School Programs**

<https://www.schools.nyc.gov/school-life/school-environment/after-school>

## **Employment/Job training and Education/Empleo, Entrenamiento y Educación**

### NYC Workforce 1 Career Center (Labor Dept.)

Departamento de empleo/ entrenamiento de trabajo

<https://www1.nyc.gov/site/sbs/careers/virtual-wf1cc.page>

Contact page: <https://www1.nyc.gov/site/sbs/about/contact-us.page>

215 West 125 Street, 6 Fl. NYC 10027

Tel. 917 493-7000

8:30 a.m. – 5:00 p.m.

### The Department of Youth and Community Development (DYCD) or call 311

DYCD supports New York City youth and their families by funding a wide range of high-quality youth and community development programs

DYCD apoya la Ciudad de Nueva York de los jóvenes y sus familias mediante la financiación de una amplia gama de alta calidad para los jóvenes y los programas de desarrollo de la comunidad.

<http://www.nyc.gov/html/dycd/html/home/home.shtml>

### Office of Adult and Continuing Education

New York City Department of Education

The Office of Adult and Continuing Education (OACE), the largest adult education provider in New York State, offers basic education and vocational education classes to adults age 21 and older. Our day, evening and Saturday classes are all tuition-free and taught by certified teachers.

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

<https://www.schools.nyc.gov/enrollment/other-ways-to-graduate/adult-education>

## **How to Enroll into Adult Education**

**For more information on how to enroll**

- Email [adultednyc@schools.nyc.gov](mailto:adultednyc@schools.nyc.gov)
- Call (646)-481-8227

## **COVID-19 Resources**

Coronavirus Household Advice and Employment Resources:

Information about **Pediatric Multisystem Inflammatory Syndrome** from the NYC Department of Health:

[DOE Update-for-Families-May-18-2020](#)

[NYC Health MIS-C Fact Sheet English-Spanish\\_May\\_2020](#)

[NYC Dept of Health Letter for Families About PMIS](#)

[NYC Dept of Health PMIS Fact Sheet](#)

The CDC can now confirm a link to COVID-19. Parents should watch for the following symptoms and seek care immediately if your child has:

- Persistent fever
- Irritability or sluggishness
- Abdominal pain, diarrhea, vomiting
- Rash
- Conjunctivitis (red or pink eyes)
- Enlarged lymph node “gland” on neck
- Red cracked lips or red tongue
- Swollen hands and feet

For this information in Spanish, [see this page in Spanish](#)

Free face masks distributed by NYC: [Map for distribution of face coverings](#)

For those concerned about leaving their homes (e.g. older, immunocompromised and/or disabled New Yorkers) you can request to have masks shipped to you [using this form from the Mayor's Office for People with Disabilities](#).

### **Food Resources:**

1. Free food resources from New York City:

<https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml>

No registration, ID, or documentation required.

No dining space is available, so meals must be eaten off premises.

Parents and guardians may pick up meals for their children.

Text “food” or “comida” to 877-877 to find out the schools that are giving out food in your area.

<https://www.schools.nyc.gov/school-life/food/free-meals>

2. **Grab and go meals:** <https://www.opt-osfns.org/schoolfoodny/meals/default.aspx>

Pickup times: 3:00-5:00 pm starting Tuesday September 29 2020. You can find your school by texting “FOOD”, or “COMIDA” to 877-877. Children may pick up meals daily M-F 9:00 am-12:00 pm.

- a. Free Breakfast and Lunch meals are available for all NYC Students

- a. Monday through Friday, 9:00am to 12:00 pm

- b. No registration, ID, or documentation required

- c. No dining space is available, so meals must be eaten off premises

- d. Parents and guardians may pick up meals for their children

- e. Locations search at this link:

<https://www.opt-osfns.org/schoolfoodny/meals/default.aspx>

- f. Updated map of food hubs and locations for picking up DOE meals:

<https://www.google.com/maps/d/u/0/viewer?mid=10RbJwIz9XnvT30xLuMULJQuIOZLw7Ob&ll=40.706154172786455%2C-73.9778&z=10>

People who receive SNAP benefits may now use their card to purchase food online from major retailers:

<https://www.fns.usda.gov/snap/online-purchasing-pilot>

Assistance with deliveries: Invisible Hands is a group of healthy volunteers from communities at the least risk for severe COVID-19 reactions working to bring groceries and supplies to those in high-risk demographics. Contact them to place an order for yourself or on behalf of family/friend/neighbor.

Volunteers needed too! Request a delivery via website

<https://www.invisiblehandsdeliver.com/request-a-delivery>

List of Food Pantries and Soup Kitchens All boroughs

- a. <https://docs.google.com/spreadsheets/d/11sRdUqilWg7ggZBNVq87Y7Hnfrf4s3fBnbANoxeWUS/edit?fbclid=IwAR1-0f5iWbFeVAV1sjTSS8-AYdqDvBms7BCdTGPNPjCcNjF7YdXwwKcK0Y#gid=273331901>

Food Bank for New York City has a [map](#) showing food pantries and soup kitchens. Scroll down to view.

Councilmember Gale Brewer – FRESH FOOD FOR SENIORS – Fresh vegetable box/\$10 week

<https://bit.ly/3xDOFeM>

- 0. NYC Food Delivery Assistance:  
<https://cv19engagementportal.cityofnewyork.us/#/display/5e7555117ad6750216160409>
- 0. Hunger Free NYC Guide – a comprehensive guide to food services:  
[https://www.hungerfreeamerica.org/sites/default/files/atoms/files/Manhattan\\_English\\_2019.pdf](https://www.hungerfreeamerica.org/sites/default/files/atoms/files/Manhattan_English_2019.pdf)  
INFORMATION IN THIS GUIDE IS ALSO AVAILABLE ON THE “GOTFOOD?” APP
- 0. Hunter College New York City Food Policy Center Food Resources online guide by borough and zip code: <https://www.nycfoodpolicy.org/coronavirus-nyc-food-reports/>
- 0. Some of the neighborhood reports:
  - a. Upper West Side:  
<https://www.nycfoodpolicy.org/coronavirus-nyc-food-resource-guide-upper-west-side/>
  - a. Washington Heights/Inwood:  
<https://www.nycfoodpolicy.org/coronavirus-nyc-food-resource-guide-washington-heights-inwood/>
  - b. East Harlem: <https://www.nycfoodpolicy.org/coronavirus-nyc-food-resource-guide-east-harlem/>
- 0. [New York Common Pantry](#) — one of the city’s largest food pantries and soup kitchens — welcomes new clients for intake at their 8 E. 109th St. site from 10 am – 4 pm, Monday – Saturday. Food distribution hours are between 10 am – 2 pm, Wednesday – Saturday. Hot lunches are provided from 2:30 – 3:30 pm, Monday – Friday. “Brown Bag” distribution is 4 – 5 pm on weekends. They’ve also added a seniors-only (age 60+) food distribution on Mondays from 10 am – 2 pm. Email [NYCPServices@nycommonpantry.org](mailto:NYCPServices@nycommonpantry.org) or call 917.720.9700 for help.
- 0. The CLOTH Food Pantry at 508 W. 159th St. has doubled its distribution hours. Now 9 am–1 pm on Tuesdays, Wednesdays, Thursdays, and Saturdays. Packaged food is available on a first-come, first-served basis. Additional volunteers are needed to unload the food trucks, pack and distribute bags: email [pantry@cloth159.org](mailto:pantry@cloth159.org) to lend a hand.
- 0. Through [NYC.gov/getfood](http://nyc.gov/getfood), New Yorkers can access information about food assistance programs and resources. Here is a direct link to the free food delivery service portal:  
<https://cv19engagementportal.cityofnewyork.us/#/display/5e7555117ad6750216160409>
- 0. All participants in the GetFoodNYC program can now opt for automatic deliveries for up to 30 days (as opposed to needing to renew every 48 hours) via 311 or by the web page:  
<https://www1.nyc.gov/site/em/resources/contact-getfoodnyc-program.page>
- 0. Are there seniors in your family? They are eligible for free meals. Seniors can now request meal delivery via their local senior centers (find the nearest one by calling 311) or by emailing Gale Brewer’s office at [seniorfood@manhattanbp.nyc.gov](mailto:seniorfood@manhattanbp.nyc.gov). We’re working with [LiveOn New York](#) to help enroll seniors directly in the meal delivery program. Seniors are receiving nine meals with each delivery, every three days.
- 0. May 2020: all families with children in public schools will receive \$420 in cash or EBT card aid in a new federal program. This program has no impact on “public charge” status for non-citizen households:  
<https://otda.ny.gov/SNAP-COVID-19/Frequently-Asked-Questions-Pandemic-EBT.asp>

**What is the Affordable Connectivity Program?**

The Affordable Connectivity Program (ACP) is a U.S. government program run by the Federal Communications Commission (FCC) program to help low-income households pay for internet service and connected devices like a laptop or tablet.

You are likely eligible if your household’s income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch.

If your household is eligible, you could receive:

Up to a \$30/month discount on your internet service

Up to a \$75/month discount if your household is on qualifying Tribal lands

A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

A low cost service plan that may be fully covered through the ACP\*

Families may also call the ACP helpline at (877) 384-2575

<https://www.affordableconnectivity.gov/>

### **¿Qué es el Programa de Conectividad Asequible?**

El Programa de Conectividad Asequible (ACP) es un programa del gobierno de EE. UU. dirigido por la Comisión Federal de Comunicaciones (FCC) para ayudar a los hogares de bajos ingresos a pagar el servicio de Internet y los dispositivos conectados, como una computadora portátil o una tableta.

Es probable que sea elegible si los ingresos de su hogar están por debajo del 200 % de la línea federal de pobreza, o si usted o alguien con quien vive actualmente recibe un beneficio del gobierno como SNAP, Medicaid, SSI, WIC, Beca Pell o almuerzo gratis o a precio reducido. .

Si su hogar es elegible, podría recibir:

Hasta un descuento de \$30/mes en tu servicio de internet

Hasta un descuento de \$75/mes si su hogar está en tierras tribales calificadas

Un descuento único de hasta \$100 para una computadora portátil, tableta o computadora de escritorio (con un copago de más de \$10 pero menos de \$50)

Un plan de servicio de bajo costo que puede estar totalmente cubierto a través de la ACP

Para solicitar este programa, confirmar la elegibilidad de su hogar y encontrar proveedores de Internet de banda ancha participantes, visite el sitio web de ACP. <https://www.affordableconnectivity.gov/>

Las familias también pueden llamar a la línea de ayuda de ACP al at (877) 384-2575

<https://www.affordableconnectivity.gov/>

Login with your NYC Schools Account or DOE Student Account to track requests for further technology help.

<https://www.schools.nyc.gov/learning/learn-at-home/technical-tools-and-support/technical-support-for-families>

### **Housing and Legal Assistance:**

NYCHA rent hardship application. Click link in pdf for Spanish: [Rent-Hardship-03.16.20-with-links](#)

New York Legal Assistance Group (NYLAG) has launched the [NY COVID-19 Legal Resource Hotline](#) to help New Yorkers impacted by COVID-19 get answers to essential legal questions. Reach the hotline and leave a message at (929) 356-9582, Monday-Friday from 10:00 am – 1:00 pm. When leaving a message, include your name, the best number to call you back at, and a description of the legal question or issue.

The NYC Bar Association's City Bar Justice Center offers legal resources to help New Yorkers during the pandemic:

- Their CBJC Legal Hotline at (212) 626-7383 is staffed by attorneys who offer free advice to low-income callers on a range of civil– not criminal– legal issues in English and Spanish (other languages available by using interpreter services).
- Their [COVID-19 Small Business Remote Legal Clinic](#) connects volunteer lawyers with small businesses in need of help accessing relief and stimulus resources.



- They're providing [free life-planning help](#)— wills and powers of attorney— to front-line healthcare workers.
  - Their Legal Referral Service also remains open: (212) 626-7373 for English, (212) 626-7374 for Spanish, or [submit a request online](#). If you are referred, the initial virtual or phone consultation will be \$35 or free, depending on the type of case, and will last for up to 30 minutes.
4. NMIC Legal Services has established temporary COVID-19 intake hotlines for all New Yorkers — but prioritizing residents in Upper Manhattan and Southwest Bronx — to receive assistance on a variety of issues:
- Accessing benefits: (919) 512-4469, Monday/Wednesday/Friday from 9:00 am – 12:00 pm
  - Unemployment: (929) 512-4476, Tuesday/Thursday from 9:00 am to 12:00 pm
  - Housing: (929) 512-4565, Wednesdays from 9:00 am – 12:00 pm.
  - Immigration: (929) 512-4496, Mondays from 9:00 am – 12:00 pm
  - 5. [JustFix.nyc](#) has announced [Emergency HP Action](#), a new tool empowering tenants against landlords who are neglecting essential repairs or harassing tenants. Emergency HP Action allows tenants to sue landlords from any device that connects to the internet— saving a trip to Housing Court. [Learn more here](#)
- 6. When home isn't safe, domestic violence survivors can find services 24/7 at [nyc.gov/NYCHOPE](#), 1-800-621-HOPE(4673) or 911 for emergencies. From Gov. Cuomo: NYS launched a new texting program and confidential service to help New Yorkers experiencing domestic violence. We want you to know: You are not alone and you do not have to stay in a dangerous situation. We will help you. Text 844-997-2121 or visit [www.opdv.ny.gov](#) to confidentially chat with a professional at any time of day or night.
  - 7. The New York State Bar Association is offering free assistance with unemployment claims filing and appeals: <https://nysba.org/unemployment-insurance-relief>
  - 8. [The Goddard Riverside Law Project](#) provides free legal services and tenant-organizing support to low-income residents on the west side of Manhattan in order to preserve affordable housing and improve living conditions.
  - 9. [Legal Services NYC](#) legal assistance hotline 917-661-4500 Monday-Friday 10 am-4 pm. The staff can take calls in any language.
  - 10. Even though New York City is on pause, new affordable housing is still becoming available. One opportunity is at Roosevelt Island's River Walk Park, currently [accepting applications here](#) until July 6, 2020; available units and income requirements are [posted here](#). For help with applying to affordable housing, please check out HPD's resource guide, "Ready, Set, Apply!" ([Click here](#) for English (PDF)— [or here](#) for other languages.) Those needing assistance with housing subjects can call the Mayor's Office to Protect Tenants by asking for them at 311. You can also reach the New York Legal Assistance Group's COVID-19 hotline, available from 10 am – 1 pm Monday-Friday at (929) 356-9582.
  - 11. The Covid Rent Relief Program opened 7/16/2020 and goes until 7/30/2020, offering one time grants to cover rent. [Learn more and apply here.](#)
  - 12. Cooling Assistance
    - The NYC Human Resources Administration offers a "Cooling Assistance" benefit, which helps eligible households buy and install an air conditioner or fan up to a cost of \$800. [Learn more and apply here.](#)
    - The City is also providing free air conditioners to lower-income seniors who pre-qualify based on their enrollment in City benefits programs. You must be 60 years or older, and not currently have an AC. City case managers are reaching out to eligible seniors directly. **Call 311 with questions. NYCHA residents can also call (718) 707-7771.** *(NYCHA residents of any age who have a mobility impairment, and/or that are on life sustaining equipment may also be eligible.)*

**Additional Covid Resources and Updates:**

<https://www1.nyc.gov/site/doh/covid/covid-19-main.page>

\* NEW Test & Trace Hotline, a one-stop source for all things Test & Trace. Available from 9:00am - 9:00pm every day. Just dial 212-COVID19 (212-268-4319).

Information on Test & Trace Corps <https://www1.nyc.gov/site/coronavirus/get-tested/test-trace-corps.page>

Información sobre el Cuerpo de Exámen y Rastreo (Test and Trace Corps)

<https://www1.nyc.gov/site/coronavirus/get-tested/test-trace-corp> Families may also call the ACP helpline at (877) 384-2575 [s.page](#)

Emergency Only!

Ambulance, Fire, Police

911

New York City Government information/complaint line  
Línea para información y quejas de agencias gubernamental de  
NYC

311

NYC Poison control center  
Centro de envenenamiento  
24 hours

1 800 222-1222

Website/sitio web:

NYC services and government information /información sobre la  
ciudad y sus servicios: [www.nyc.gov](http://www.nyc.gov) (English and Spanish)