

# MANHATTAN COMMUNITY RESOURCES

## IMPORTANT CONTACTS TO KNOW

<b>Dept of Social Services</b>	<b>Services</b>
518-447-7300	Services include providing aid to eligible recipients through the Family Assistance, Safety Net, Day Care, Employment, Supplemental Nutrition Assistance Program (formerly called food stamps), Medicaid, and Home Energy Assistance Programs.
<b>Office for the Aging</b>	
518-447-7198	The New York State Office for the Aging's (NYSOFA's) home and community-based programs provide older persons access to a well-planned, coordinated package of in-home and other supportive services designed to support and supplement informal care.
<b>APS</b>	
518-447-7177	APS is a mandated service provided by local social services districts. It involves intake, investigation and assessment of referrals of abuse, neglect, and financial exploitation of impaired vulnerable adults who live in the community
<b>Mobile Mental Health</b>	
518-447-4555	Crisis Intervention services, applicable to adults, children and adolescents are intended to stabilize behavioral health symptoms and return individuals to pre-crisis levels of functioning. Programs that exclusively provide phone support.
<b>HEAP</b>	
518-447-7323	HEAP is a federally funded energy program intended to assist low-income households in meeting their immediate home energy needs.

# MANHATTAN COMMUNITY RESOURCES

<b>SNAP</b>	
800-342-3009	SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.
<b>NYS Office of Temporary and Disability Assistance</b>	
800-342-3009	The Office of Temporary and Disability Assistance (OTDA) offers programs for food and temporary cash assistance, heating assistance, child support enforcement, and more.
<b>Medicaid transportation contact for DSNP members with FFS Medicaid</b>	
800-850-5340	Services include processing requests (forms, 2015, etc) from Medicaid recipients and doctors (social workers, office assistants, etc.) and duly facilitating necessary transportation to various private car companies in your area
<b>paratransit</b>	
<a href="https://www.albanycounty.com/departments/aging/transportation">https://www.albanycounty.com/departments/aging/transportation</a> and <a href="https://www.cdta.org/star-program">https://www.cdta.org/star-program</a>	The Capital District Transportation Authority(CTDA), a public benefit organization, provides regular route buses, shuttle buses, and paratransit services in the Capital Region transportation district, with the goal of offering safe, reliable, and courteous service.

# MANHATTAN COMMUNITY RESOURCES

## INDEPENDENT LIVING CENTERS

Regional Counties	Contact Information	Auxiliary Independent Living Centers	Services
<p><b>New York City</b> _Bronx, Kings, New York, Queens, Richmond</p>	<p>Dheki Lama  <b>Center for Independence of the Disabled in New York (CIDNY)</b> 71 80-02 Kew Gardens Road Kew Gardens, NY 11415            Email: <a href="mailto:dlama@cidny.org">dlama@cidny.org</a>            Tel: 646-368-8034            Fax: 718-866-1072            Admin - Ashley Francis  <a href="mailto:afrancis@cidny.org">afrancis@cidny.org</a>            Qiana Hankins            646-849-8204  <a href="mailto:qhankins@cidny.org">qhankins@cidny.org</a>            Fred Horlback            646-849-8318  <a href="mailto:fhorlback@cidny.org">fhorlback@cidny.org</a></p>	<p><b>Bronx Independent Living Services, Bronx</b>            718-515-2800            Alesha Ottenwalder            929-388-7424  <a href="mailto:alesha@bils.org">alesha@bils.org</a>            Lisa Rivera            929-502-7333  <a href="mailto:Lisa@bils.org">Lisa@bils.org</a>            Natasha Davis            929-388-7428</p>	<p>Independent Living Centers (ILCs) are community-based organizations whose main focus is to teach people with disabilities the skills required for independent living. Other services include advocacy, counseling, support groups, assistance with housing, and referrals.</p>
<p><b>New York City</b> _Bronx, Kings, New York, Queens, Richmond</p>	<p><b>Open Doors staff at NYAIL</b>            Suzanne de Beaumont,            Project Director  <a href="mailto:sdebeaumont@ilny.org">sdebeaumont@ilny.org</a>            Laurie Carter,            Statewide SW Coordinator  <a href="mailto:lcarter@ilny.org">lcarter@ilny.org</a>            Tami Loya, Education and Outreach Director  <a href="mailto:tloya@ilny.org">tloya@ilny.org</a></p>		

# MANHATTAN COMMUNITY RESOURCES

## NATIONAL CONTACTS

<p><b>Affordable Connectivity Program</b></p>	<p>The Affordable Connectivity Program provides: Up to \$30/month discount for broadband service; Up to \$75/month discount for households on qualifying tribal lands; and A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price. The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household. Eligibility The guidelines outline specific criteria for eligibility, including having a household income at or below 200 percent of the Federal Poverty Guidelines or having a member of the household who meets at least one of the criteria outlined at <a href="https://www.fcc.gov/acp">https://www.fcc.gov/acp</a>. <b>Two Steps to Enroll</b> 1. Go to ACPBenefit.org to submit an application or print out a mail-in application, and 2. Contact your preferred participating provider to select a plan and have the discount applied to your bill. For more information and full details, visit <a href="https://www.fcc.gov/acp">https://www.fcc.gov/acp</a> or call 877-384-2575</p>
<p><b>Relay Health Services</b></p>	<p><b>711 TTY</b> - Relay Health Services for those with communication impairments- TTY-based Telecommunications Relay Services permit persons with a hearing or speech disability to use the telephone system via a text telephone (TTY) or other device to call persons with or without such disabilities.</p>
<p><b>National Suicide Hotline</b></p>	<p><b>988 - National Suicide Hotline</b>- 988 is the easy-to-remember number that reaches what is commonly referred to as the Lifeline—a network of more than 200 state and local call centers funded by the U.S. Department of Health and Human Services through the Substance Abuse Administration and administered by Vibrant Emotional Health</p>
<p><b>Information and Referral Services</b></p>	<p><b>211-2-1-1</b> is a free telephone number providing access to local community services. 2-1-1 is available in multiple languages, allowing those in need to access information and obtain referrals to physical and mental health resources; housing, utility, food, and employment assistance; and suicide and crisis interventions.</p>
<p><b>Covid-19 Emotional Support Helpline</b></p>	<p><b>1(844)-863-9314</b> Hours: Every day 8AM-10PM We have an emotional support helpline, educational materials, trusted referrals, and local provider agencies... all dedicated to helping you manage and cope with changes brought on by COVID.</p>

## MANHATTAN COMMUNITY RESOURCES

	<p>NY Project Hope Crisis Counselors understand what you are going through. Talking with them is free, confidential, and anonymous. Talk with someone who is trained, knowledgeable and never judges. Sometimes it's helpful to talk with someone you don't know.</p>
<p><b>Coalition For the Homeless Crisis Hotline</b></p>	<p>COALITION FOR THE HOMELESS CRISIS HOTLINE <b>888-358-2384</b> Call to get help finding shelter or other crisis needs, including SSI Benefits, housing assistance, and Mail Service</p>

# MANHATTAN COMMUNITY RESOURCES

## DROP-IN CENTERS

AGENCY   ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
Safe Horizon	(646)602.6404	33 Essex St	Mon, Thurs, Fri. 11AM-5PM		Drop in center-Offering food, shower, case management Note: Youth only. Intakes limited to 2 per day, get there early. Offering meals to go, pantry, laundry drop-off/pickup, showers, clothing, emergency baby supplies, syringe exchange, Narcan distribution and harm reduction supplies
St. Lukes Art & Acceptance		653 Greenwich Street	Saturdays 5-7PM		Drop-in-Brown-bag program includes: two meals, hygiene kits, alcohol swabs, toiletries, MetroCards, socks, and resource lists
Mainchance Drop-In	(212)883-0680 ext. 101	120 E. 32nd St.			Case management services To-Go Meals Only: Mon-Fri. 3-6PM Sun. 5:30-7PM NOTE: negative COVID-19 test REQUIRED for entry

# MANHATTAN COMMUNITY RESOURCES

## EMPLOYMENT

AGENCY   ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
FACES NY	646-492-2887	114 W. 116th St. (btwn ACPowell & Malc X Blvd)	Mon-Fri, 9AM - 5PM		Job Readiness & Placement Assistance Must be legally authorized to work in US. May walk-in or contact Program Mgr, Edwin Roman, 646-492-2887 or eromanfacesny@gmail.com

## FOOD

AGENCY   ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION
Bowery Mission	(212)674-3456	227 Bowery St.	Mon-Sun, 1-2pm hot meal or Go meal Ok to eat meal on-site
Father's Heart Ministries	(212)375-1765	543 E. 11th St. (and Ave. B)	Saturdays: Breakfast to go 8:30-11AM, Food Pantry 8-11AM <b>Transportation: L train to 1st Ave.</b>
Grand Central Neighborhood (Mainchance)	(212)883-0680 x108	120 E. 32nd St. (btw Park & Lex Avenues)	3 meals a day: 7-7:45AM, 11:30AM-12:45PM, 3:30-5PM <b>Notes: ID required - shelter ID will work. Transportation: 6 train to 33rd St.</b>
Cathedral Community Cares-St. John the Divine Church	(212)316-7540	1047 Amsterdam Ave (at 112th St)	Grab & Go meal: Sun., 10a-12p (hot meal & sandwiches) <b>Casual Clothing:</b> Tues & Wed, 10am-12:15pm Note: must have photo ID. No more than 5 items. <b>Interview Clothing:</b> by appointment only
St. Mark's Church	(212)281-4931	65 W. 138th St (Malcolm X Blvd & 5th Av)	Food Pantry: Sat., 10am - 12pm

# MANHATTAN COMMUNITY RESOURCES

Kennedy Center	212.862.6401	34 W. 135th St (Malcolm X Blvd & 5th Av)	Pantry: Wednesday Only, 9:30-11:30am
Bethel AME Church	(212)862-0100	60 W 132nd St (Malcolm X Blvd & 5th Av)	Pantry: Thurs Only, 9:30 - 11:30am
Iris House	(646)548-0100	2348 ACPowell Blvd (137-138th St)	Pantry: Thurs Only 2-4pm Lunch: Tues - Fri, 1-1:30pm
West Harlem Group Assistance, Inc	(212)690-7900	625 Malcolm X Blvd. (btw 141-142 St.)	Food pantry: Wed: 10-12pm & 1:30-3pm Seniors only 61yrs &up: - Thurs: 10-12pm & 1:30-3pm Note: come early- lines are long. Bring a cart, pre-packaged bag is heavy.
New York Common Pantry	(917)720-9700	8 E. 109th St. (btw. 5th & Madison Aves)	Hot meals: Mon-Fri, 2:30-3:30PM; Bag meal: Sat-Sun & holiday, 4-5PM Pantry: Client Intakes, Mon-Fri 10-4 Pantry Bag distribution: Wed - Sat, 10AM-2PM Mon - Seniors Only 60+ - 10 - 2pm
Abraham House Inc.	(718)292-9321	342 Willis Ave.(btw E141 St.& Piccirilli Pl)	Pantry open: Saturdays 6:30-7:30AM Note: Bring ID, proof of address

## HOUSING

AGENCY   ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
Coalition for the Homeless	212-776-2000	129 Fulton Street New York, NY 10038		<a href="https://www.coalitionforthehomeless.org/">https://www.coalitionforthehomeless.org/</a>	Housing, crisis intervention and food services
Urban Family Center	212-475-6400	265 Henry Street New York, NY		<a href="https://www.henrystreet.org/programs/housing/urban-family-center/">https://www.henrystreet.org/programs/housing/urban-family-center/</a>	Homeless Shelter, meal delivery, senior



# MANHATTAN COMMUNITY RESOURCES

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The Bridge Fund of New York, Inc. Homeless Prevention	646-742-1465			<a href="http://thebridgefund.org/about/">http://thebridgefund.org/about/</a>	The Bridge Fund helps hard-working Westchester and New York City residents who are facing eviction to remain in their housing and achieve long-term housing stability. They provide loans, guidance, and on-going monitoring to their clients.

# MANHATTAN COMMUNITY RESOURCES

<p>The Partnership for the Homeless. Housing Advocacy and Support</p>	<p>212-645-3444</p>			<p><a href="https://partnershipforthehomeless.org/about/">https://partnershipforthehomeless.org/about/</a></p>	<p>Financial assistance for back rent Referral to emergency respite shelter Landlord mediation Legal referrals... Support housing placement with vouchers, and a bank of available affordable apartments... Employment training and benefits screening ..Referrals to income support services offered at government offices and community partners...Referrals for primary care and long-term mental-health services</p>
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# MANHATTAN COMMUNITY RESOURCES

					-Emergency food via partnership with FEMA and local soup kitchens/food pantries
New York Common Pantry	(917)720-9700	8 E. 109th St. (btw. 5th & Madison Aves)	Wed-Fri 9AM - 5PM See Shawn Smith. No appt needed		Provides case management. Includes ID's and housing packages
Bowery Tribeca Campus	(212)226-6214	90 Lafayette St., (at White St.)	First Time Guests: Women's Intake: 3-3:45PM Men's Intake: 4-5PM		Emergency Shelter services. First time guests guaranteed 7 day stay Stand-by Lottery: 7PM - Must register during intake times

# MANHATTAN COMMUNITY RESOURCES

<p>Adult Family Intake Center (AFIC</p>	<p>(718)557-1399</p>	<p>400 E. 29th Street &amp; 1st Avenue 212.481.4704</p>	<p>24/7</p>		<p>Emergency Shelter services. For Families &amp; Adult Couples WITHOUT minor children (under 21) Requires proof of being legally married or domestic partnership, med &amp; financial dependency. Have a proper ID. Age 21+. After intake, cpl will be placed in 10 days, when the family brings proof with IDs.</p>
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## HRA CENTERS

AGENCY   ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
<p>Waverly HRA Center</p>	<p>(212)652-1551/(212)620-9224</p>	<p>12 W. 14th St.</p>			<p>SNAP, Medicaid, Cash, Job Ctr</p>

# MANHATTAN COMMUNITY RESOURCES

## HYGIENE

AGENCY   ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
Bowery Mission - Mobile Showers		227 Bowery	Tues: 9:30AM-12PM, and 2-5PM Wed & Fri: 9:30AM-12PM Note: 8AM sign-up /clothing schedule :MEN: Tues, Wed & Fri WOMEN: Friday only Be there at 7:15AM to receive a ticket, with clothing time on it. Tickets usually run out by 8AM		showers and clothing.
Safe Horizon		33 Essex St	Mon-Fri, except Wed. 10AM-5PM		Offering food, shower, case management
Mary's House	(212)777-9617	55 E. 3rd St. (1st & 2nd Ave)	Tues-Fri. 12-2PM Note: Women only, call		Provides showers and clothing.

# MANHATTAN COMMUNITY RESOURCES

			beforehand		
Mainchance Drop-In	(212)883-0680	120 E. 32nd St.			Showers.
Housing Works Comm Health Ctr		301 W. 37th St., 3rd Fl	Mon-Fri, 9:30am-2:30pm		Showers.
New Alternatives - LGBTQ	(718)902-7653	410 W. 40th St	Mon: 3:30-8PM, Fri: 11:30AM-8PM, Sun: 5:30-7PM		Showers.
Woodstock Senior Center - Project FIND	(212)575-0693	127 W. 43rd St.	Wed-Sun. 9AM-4PM Note: 60+ only, 15 min shower limit		Showers.
Shower Power @The Salvation Army Mobile Showers		542 W. 46th St (10th & 11th Ave)	Mon, Wed, & Sat, 8:30am - 1pm		Mobile showers
All Angels Church	(212)362-9300	251 W. 80th St.	Tues, Thurs. 8AM-2PM		Showers
NY Common Pantry	(917)720-9700	8 E. 109th St. (btw. 5th & Madison Aves)	Mon, Wed Fri, 9-12:30pm only		Showers. First 10 to sign up get a toiletry bag .Haircuts Thursdays, 9-12:30pm only
St. Joseph's House	(212)254-1640	36 E. 1st St.	Mon-Fri: 9:30AM This is not guaranteed every day. Breakfast is served on the sidewalk out		Clothing.

# MANHATTAN COMMUNITY RESOURCES

			front at 9:30AM. WHEN clothing is available, it will be outside in boxes.		
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## HOTLINE

## WEBSITE

Borough contacts : <https://www.manhattanbp.nyc.gov/contact/>

## URGENT CARE

AGENCY   ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
Northwell Health-GoHealth Urgent Care	(212) 7214200	199 Amsterdam Ave at W 69th Street			
Northwell Health-GoHealth Urgent Care	(212) 8971991	41 East 8th Street			
Northwell Health-GoHealth Urgent Care	(212) 8971992	2628 Broadway			
Northwell Health-GoHealth Urgent Care	(212) 8971994	225 West 23rd Street, Store #1			

# MANHATTAN COMMUNITY RESOURCES

Northwell Health-GoHealth Urgent Care	(212) 8971995	1555 1st Avenue, Suite A			
Northwell Health-GoHealth Urgent Care	(718) 6198261	2689 Broadway			
Northwell Health-GoHealth Urgent Care	(718) 9484942	175 East 96th Street			

## HEALTHCARE

AGENCY   ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
Housing Works	Note: Call Clay Turner (934)800-8886, or Jesenia Quinones (347)242-7332, to check availability is preferred. Referral form required	1. 130 Crosby St, 7th fl 2. Cylar House clinic - 743 E. 9th St. 3. W. 37th St. clinic - 301 W. 37th St.	Mon-Fri. 9AM-5PM (No extended hours)		



## MANHATTAN COMMUNITY RESOURCES

Housing Works - Bailey House	347-458-1646 (Michelle) *Spanish spkr*	1751 Park Ave. (121-122nd St.)			Health Home, medical, and mental health services Note: Can schedule ALL psych evals & psycho-socials. Referral form required
Project Renewal - Third St Primary Care	(212)533-8400 Ext: 165 or 122	8 E. 3rd St.	Mon-Fri. 8AM-5PM Note: Walk-in, best to call for availability		
All Angels	(718)943-1341	251 W. 80th St.(Broadway & West End)	Tues, Thurs. 9AM-1PM		
Broadway Presbyterian	(718)943-1341	601 W. 114th St.	Mon, Wed. 12:30-5PM		
Mobile Medical Vans - Street Health Outreach & Wellness		*Penn Sta: 34th St, 6th & 7th Aves * Port Auth: 42nd St, btwn 8th & 9th Ave * Harlem: 125th St, Malcolm X & 5th Ave	(SHOW) Tues-Sat, 11AM - 7PM. Walk up to van		Covid testing & vaccine (Pfizer) Free Testing kits Hep A vaccine, Wound care (by a nurse) Harm Reduction - clean needles, narcan

# MANHATTAN COMMUNITY RESOURCES

## LEGAL SERVICES

AGENCY   ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
Open Hands Legal Services	(917)379-0705	175 E. 125th St., NY, NY	Mon-Thurs. 9:30AM-5:30PM		Can help with: Family law, housing, child custody, tax issues, public benefits. Note: No walk-ins, call to speak to an attorney to arrange a consultation.
Good Call	1-833-3-GOODCALL (1-833-346-6322)		24 hours a day, 7 days a week		Free legal support involving arrests, especially pre-arraignment
Housing Court Answers Hotline	(212)-962-4795		Hours: Tues- Thurs, 9am-5pm Services		Legal Help and information about NYC Housing Court, laws & regulations
Mobilization for Justice	(212)417-3700	100 William St. 6th Fl.	Mon-Fri. 10AM-5PM		Note: Offering telephone intake and consultation only.