

COMMUNITY RESOURCE GUIDE

Below is a list of resources offering free or low cost services to New York City communities. Please contact the organizations directly for the most up-to-date information.

PATH SHELTER

The Prevention Assistance and Temporary Housing (PATH) program provides shelter to adults and families in NYC. Individuals seeking shelter are required to bring valid identification and, if applicable, proof of family composition. PATH is open 24/7. For eligibility criteria and application details, please refer to the PATH website:

www.nyc.gov/site/dhs/shelter/shelter.page

FAMILIES WITH CHILDREN UNDER 21 & PREGNANT WOMEN:

Must apply at the PATH office located at 151 E. 151st St, Bronx, NY 10451.

ADULT SINGLE MALES & FAMILIES WITH CHILDREN OVER 21:

Must apply at the PATH intake center located at 400-430 E 30th St, New York, NY 10016.

ADULT SINGLE WOMEN:

Must apply at the Franklin Shelter located at 1122 Franklin Ave, Bronx, NY 10456 OR the Help Women's Center located at 116 Williams Ave, Brooklyn, NY 11207.

EMERGENCY DROP IN CENTERS

These centers offer temporary respite from homelessness, meals, showers, laundry, clothing and other essential help. They are open 24/7 to all adults 18 and older (excluding The Ali Forney Center that is exclusively for youth).

BRONX

The Living Room

📍 800 Barretto St, Bronx, NY 10474
 ☎️ (646) 393-4000
 🌐 www.bronxworks.org

BROOKLYN

The Gathering Place Drop In Center

📍 2402 Atlantic Ave, Brooklyn, NY 11233
 ☎️ (718) 385-8726
 🌐 www.camba.org

MANHATTAN

Mainchance at Grand Central Neighborhood

📍 120 E 32nd St, New York, NY 10016
 ☎️ (212) 883-0680 ext. 108
 🌐 www.grandcentralneighborhood.org

Antonio Olivieri Drop In Center

📍 257 W 30th St, New York, NY 10001
 ☎️ (212) 947-3211

The Ali Forney Center Drop In Center

📍 307 W 38th St, 3rd Fl, New York, NY 10018
 ☎️ (212) 206-0574 ext 100
 🌐 www.aliforneycenter.org

This center is specifically designated for LGBTQ+ or questioning youth ages 16-24.

HOUSING CONNECT

You can apply for affordable rental units and homeownership opportunities across the five boroughs through Housing Connect. To qualify, your household must meet the income and size requirements for a unit in the affordable development.

Please note that the majority of the unit listings are open lottery systems and housing is not guaranteed based on application submission. You can find all available developments on the NYC Housing Connect website.

🌐 www.housingconnect.nyc.gov

FOOD PANTRIES

It is strongly recommended to bring photo ID (IDNYC, drivers license, passport, birth certificate for minors, etc) for all members of your household and proof of address (lease, rent receipt, utility bills, etc) as some pantries may require them due to geographical limitations.

BRONX

Part of the Solution (POTS)

📍 2450 Grand Concourse, Bronx, NY 10458
📞 (718) 220-4892
🌐 www.potsbronx.org

Pantry is open Monday-Saturday from 8-11am for monthly groceries. Must register in person.

New York Common Pantry

📍 1290 Hoe Ave, Bronx, NY 10459
📞 (917) 720-9700
🌐 www.nycommonpantry.org

For pantry registration and to receive an emergency grocery bag, visit Tuesday-Saturday between 9am-4pm. Proof of address and photo ID for all household members are required.

BronxWorks at Twin Parks West Community Center

📍 355 E 183rd St, Bronx, NY 10458
📞 (646) 393-4000
🌐 www.bronxworks.org

Open Thursdays from 10am-4pm.

Morrisania Revitalization Corporation

📍 579 E 165th St, Bronx, NY 10456
📞 (718) 589-7858
🌐 www.mrcbx.org

Open Mondays, Wednesdays, and Fridays from 10:30am-1:30pm.

Kingsbridge Heights Community Center

📍 3101 Kingsbridge Terrace, Bronx, NY 10463
📞 (718) 884-0700 ext. 100
🌐 www.khcc-nyc.org

Open Tuesdays and Thursday from 11:30am-1:30pm.

City Harvest Mobile Market

📍 595 Trinity Ave, Bronx, NY 10455 (across the street)
🌐 www.cityharvest.org

Open 2nd Saturday & 4th Wednesday of each month from 9:30-11:30am. Must be a Bronx resident.

City Harvest Mobile Market

📍 286 E 156th St, Bronx, NY 10451
🌐 www.cityharvest.org

2nd Saturday & 4th Tuesday of each month from 9:30-11:30am. Must be a Bronx resident.

QUEENS

Elmcor Youth & Adult Activities, Inc

📍 33-16 108th St, Corona, NY 11368
📞 (718) 651-0096
🌐 www.elmcor.org

Open Monday-Friday from 9am-2pm.

Ozone Park Food Pantry

📍 Digby Pl & Rockaway Blvd, Ozone Park, NY 11416
🌐 www.copcp.org

Open Saturdays at 11am.

The Harding Ford Vision

📍 157-22 Tuskegee Airmen Way, Jamaica, NY 11433
📞 (347) 661-7382
🌐 www.thfv.org

Open Wednesdays 10am-2pm and Saturdays 2-4pm.

ICNA Relief New York

📍 87-91 144th St, Jamaica, NY 11435
📞 (866) 354-0102
🌐 www.icnarelief.org

Open Thursdays from 11am-1pm.

Astoria Food Pantry

📍 25-82 Steinway St, Queens, NY 11103
🌐 www.astoriafoodpantry.com

Open Mondays from 8-11am.

South Asian Council for Social Services

📍 143-02 45th Ave, Queens, NY 11355
📞 (718) 321-7929
🌐 www.sacssny.org

Open Wednesdays and Thursdays from 9:30am-1pm. This pantry specializes in stocking Asian food staples.

MANHATTAN

Community Impact Food Pantry

📍 614 W 114th St, New York, NY 10025
📞 (212) 854-1492
🌐 www.communityimpact.columbia.edu

Open Mondays and Thursdays. Call for specific hours of operation as they change seasonally.

The Red Door Place

📍 201 W 13th St. New York, NY 10011
📞 (347) 497-9718
🌐 www.thereddoorplace.org

Open Tuesdays from 2-5pm.

Westside Campaign Against Hunger

📍 263 W 86th St, New York, NY 10024
📞 (212) 362-3662
🌐 www.wscah.org

Open Tuesday-Friday 9am-1pm.

Emma L Bowen Community Service Center

📍 1727 Amsterdam Ave, New York, NY 10031
📞 (212) 694-9200
🌐 www.bowencsc.org

Open Tuesday-Thursday 11am-2pm.

FOOD PANTRIES (CONT'D)

Urban Outreach Center NYC

📍 1745 1st Ave., New York, NY 10128
 📞 (212) 288-6743
 🌐 www.uocnyc.org
 Open Wednesdays and Fridays from 9am-1pm.

BROOKLYN

Brooklyn Rescue Mission Urban Harvest Center

📍 426 Decatur St, Brooklyn, NY 11233
 🌐 www.brmuhc.org
 Open Tuesdays and Wednesdays from 10-11:30am.

Vinegar Hill Food Pantry

📍 228 York St, Brooklyn, NY 11201
 🌐 www.vhfp.org
 Open Tuesdays at 12pm.

Riseboro Wellness Rising

📍 518 Bushwick Ave, Brooklyn, NY 11206
 📞 (917) 810-3156
 🌐 www.riseboro.org
 Open Tuesdays from 2-3pm.

Center for Family Life

📍 443 39th St, Brooklyn, NY 11232
 📞 (718) 438-9500
 🌐 www.centerforfamilylife.org
 Open Tuesday-Thursday from 1-4pm.

CHiPS

📍 200 4th Ave, Brooklyn, NY 11217
 📞 (718) 237-2962
 🌐 www.chipsonline.org
 Open Thursdays and Saturdays from 11am-1pm.

The Campaign Against Hunger SuperPantry

📍 2010 Fulton St, Brooklyn, NY 11233
 📞 (718) 773-3551
 🌐 www.tcahnyc.org
 Open Monday-Friday from 9:30am-5:30pm.

STATEN ISLAND

Community Health Acton of Staten Island

📍 2134 Richmond Terrace, Staten Island, NY 10302
 📞 (718) 808-1840
 🌐 www.chasiny.org
 Open Tuesdays 10am-2 pm, Wednesdays 2-6 pm, Fridays 12-4pm, and Saturdays 10am-2 pm.

City Harvest Mobile Markets

📍 181 Gordon St, Staten Island, NY 10304
 🌐 www.cityharvest.org
 1st Tuesday & 3rd Saturday of every month from 9:30-11:30am. Must be a Staten Island resident.

Project Hospitality

📍 205 Canal St, Staten Island, NY 10304
 📞 (718) 815-0800
 🌐 www.projecthospitality.org
 Open Tuesdays and Thursdays from 9am-12pm.

House of Community Bait-ul Jamaat

📍 192 Corson Ave, Staten Island, NY 10301
 📞 (347) 289-7991
 🌐 www.baituljamaat.org
 Open 1st & 3rd Thursday of every month from 11am-4pm.

The Salvation Army Stapleton Corps Community Center

📍 15 Broad St, Staten Island, NY, 10304
 📞 (718) 448-8480
 🌐 www.easternusa.salvationarmy.org
 Open Tuesday-Thursday from 12-1:30pm by appointment only. Limited to households in postal codes: 11304, 11305, 11307, 11308, 11309, and 11312. Call to schedule appointment.

COMMUNITY KITCHENS

Prepared hot meals for breakfast, lunch, and/or dinner that may be enjoyed in communal dining rooms or to take out.

BRONX

Part of the Solution (POTS)

📍 2450 Grand Concourse, Bronx, NY 10458
 📞 (718) 220-4892
 🌐 www.potsbronx.org
 Offers lunch Monday-Saturday from 12:30-3pm.

City Relief Bus

📍 Brooke Ave, Bronx NY 10455 (btwn 147th St & 148th St)
 🌐 www.cityrelief.org
 Provides soup and snacks Saturdays from 11am-1pm.

MANHATTAN

Hinton's Cafe- Grand Central Neighborhood

📍 120 E 32nd St, New York, NY 10016
 📞 (212) 883-0680 ext. 108
 🌐 www.grandcentralneighborhood.org
 Open everyday for the following meals: Breakfast: 6:30-8am; Lunch: 12- 1:30pm; Dinner: 4-6pm.

Broadway Community

📍 601 W 114th St, New York, NY 10025
 📞 (212) 864-6100 ext. 120
 🌐 www.broadwaycommunity.org
 Serves meals Mondays, Wednesdays, and Fridays from 10am to 1:30pm. Takeout meals are also available on those days from 12:30pm to 1:30pm.

Compassion Meals Trinity Church

📍 89 Broadway, New York, NY 10006
 📞 (212) 602-0800
 🌐 www.trinitywallstreet.org
 Breakfast: Monday-Friday 9-10am; Lunch: Monday-Saturday 12- 1pm & Sundays 12:45-1:45pm; Dinner: Fridays 4:30pm-5:30pm.

COMMUNITY KITCHENS (CONT'D)

The Red Door Place

📍 201 W 13th St. New York, NY 10011
 📞 (347) 497-9718
 🌐 www.thereddoorplace.org
 Offers hot meals on Saturdays from 12-2pm.

NY Common Pantry

📍 8 E 109th St, New York, NY 10029
 📞 (917) 720-9700
 🌐 www.nycommonpantry.org
 Lunch is offered Monday-Friday 2:30-3:30pm. Brown bag lunches are available Saturday, Sunday, & Holidays from 2:30-3:30pm.

NYC Love Kitchen

📍 401 W 205th St, New York, NY 10034
 📞 (212) 942-4204
 🌐 www.nyclovekitchen.com
 Open Monday-Friday 2-4pm.

University Community Social Services Meatloaf Kitchen

📍 137 E 2nd St, New York, NY 10009
 🌐 www.meatloafkitchen.org
 Open Saturdays with to-go breakfast served 9-10am and lunch is served from 1-2pm.

QUEENS

The Salvation Army Queens Temple Corps

📍 86-07 35th Ave, Jackson Heights, New York, 11372
 📞 (718) 335-3693
 🌐 www.easternusa.salvationarmy.org
 Open Monday-Friday from 11:30am-1pm.

The Salvation Army Jamaica Citadel Community Center

📍 90-23 161st St, Jamaica, NY 11432
 📞 (718) 297-4860
 🌐 www.easternusa.salvationarmy.org
 Open Monday-Wednesday from 12-1pm.

Masbia of Queens

📍 105-47 64th Rd, Queens, NY 11375
 📞 (718) 972-4446 ext 207 or (718) 534-7321
 🌐 www.masbiaqueens.org
 Open Monday-Thursday from 3-7pm (closed on Jewish holidays).

BROOKLYN

Brooklyn Community Kitchen

📍 55 Milton St, Brooklyn, NY 11222
 🌐 www.brooklyncommunitykitchen.org
 Open Saturdays at 11am.

CHiPS

📍 200 4th Ave, Brooklyn, NY 11217
 📞 (718) 237-2962
 🌐 www.chipsonline.org
 Breakfast: Monday-Saturday from 9-10:30 am; Lunch: Monday-Saturday from 11:30am-1pm. Bagged lunch available Monday-Friday from 1-4pm.

Masbia of Flatbush

📍 1372 Coney Island Ave, Brooklyn, NY 11230
 📞 (718) 972-4446 x208 or (718) 534-7410
 🌐 www.masbiaflatbush.org
 Open Monday-Thursday from 3-7pm (closed on Jewish holidays)

Neighbors Together Corporation

📍 2094 Fulton St, Brooklyn, NY 11233
 📞 (718) 498-7256
 🌐 www.neighborstogether.org
 Lunch: Monday-Friday from 12-2pm; Dinner: Monday-Thursday from 4-6pm. Dinner to-go meals provided during lunch service on Fridays.

STATEN ISLAND

Project Hospitality

📍 205 Canal St, Staten Island, NY 10304
 📞 (718) 815-0800
 🌐 www.projecthospitality.org
 Open Tuesdays and Thursdays from 11:30am-1pm.

El Centro Del Inmigrante

📍 211 Canal St, Staten Island, NY 10302
 📞 (718) 420-6466
 🌐 www.elcentronyc.org
 Open Tuesdays Thursday from 11:30-1pm.

The Salvation Army Stapleton Corps Community Center

📍 15 Broad St, Staten Island, NY 10304
 📞 (718) 448-8480
 🌐 www.easternusa.salvationarmy.org
 Open Monday-Friday from 11:30am-1pm.



PLENTIFUL

There are many more food pantries and community kitchens available every day in NYC accessible through the Plentyful app, a free food pantry search and reservation system. This service allows members to identify the closest pantries and kitchens, reserve pick up time slots (up to three months in advance) and limit wait times. You can register for Plentyful by scanning the QR code and downloading the app or texting "FOOD" to 726-879 and follow the prompts.

CLOTHING

MANHATTAN

Xavier Mission

- 📍 46 W 16th St, New York, NY 10011
- ☎ (212) 627-2100
- 🌐 www.xaviermission.org

Men's clothing is distributed every 2nd and 4th Sunday of the month. Women and children's clothing is distributed every 3rd Sunday of the month. Open from 9-11am.

The Cathedral Church of Saint John the Divine

- 📍 1047 Amsterdam Ave, New York, NY 10025
- ☎ (212) 316-7540
- 🌐 www.stjohndivine.org

Open Tuesday and Wednesday from 10am-12pm. Provides emergency clothing and guests are limited to one visit a month.

The Little Shop of Kindness

- 📍 1745 1st Ave., New York, NY 10128 (at 90th St)
- 🌐 www.ttlcnyc.org

Appointment are required. Fill out the online reservation form. Hours of operation change seasonally.

QUEENS

Astoria Food Pantry Free Store

- 📍 25-82 Steinway St, Queens, NY 11103
- 🌐 www.astoriafoodpantry.com

Open Wednesdays at 11am (closed first week of each month).

Queens Community House Virtual Closet

- 📍 70-34 Austin St, Suite BB, Forest Hills, NY 11375'
- ☎ (347)-571-0000
- 🌐 www.qchvirtualcloset.com

Shopping can be done online through their website and must be picked up in person. Limit of 3 clothing items per order.

BROOKLYN

St. Mary's Clothing Drive

- 📍 230 Classon Ave, Brooklyn, NY 11205
- ☎ (718) 529-6070
- 🌐 www.stmarysclothingdrive.com

Open Monday-Friday (except Wednesdays) from 8am-1pm.

STATEN ISLAND

Catholic Charities of Staten Island

- 📍 6581 Hylan Blvd, Staten Island, NY 10309
- ☎ (718) 984-1500
- 🌐 www.cc-si.org

Call to request clothing assistance.

NYC Care provides free or low-cost health care services to NYC residents who do not qualify for or are unable to afford health insurance. Services are exclusively offered through the NYC Health + Hospitals network and include, but are not limited to, primary and specialty care, mental health, substance use, women's health, and ophthalmology.

Applicants must reside within the five NYC boroughs and provide proof of identity, income, and address. Below are several community-based organizations that screen and enroll members in NYC Care. Visit www.nyccare.nyc for the full list of partner organizations or call (646) 692-2273 for more information.

BRONX

Sauti Yetu Center for African Women

- 📍 2417 3rd Ave, Suite 205, Bronx, NY 10451
- ☎ (718) 665-2486
- 🌐 www.sautiyetu.us

Emerald Isle Immigration Center

- 📍 4275 Katonah Ave, Woodlawn, NY 10470
- ☎ (914) 348 – 1175 or (718) 478-5502 ext. 103
- 🌐 www.eiic.org

MANHATTAN

Met Council

- 📍 1 State Street Plaza, 24th Fl, New York, NY 10004
- ☎ (212) 453-9500
- 🌐 www.metcouncil.org

QUEENS

Center for the Integration and Advancement of New Americans (CIANA)

- 📍 36-12 34th Ave, 2nd Fl, Astoria, NY 11106
- ☎ (718) 545-4040
- 🌐 www.cianainc.org

Make the Road New York

- 📍 492-10 Roosevelt Ave, Jackson Heights, NY 11372
- ☎ (718) 565-8500
- 🌐 www.maketheroadny.org

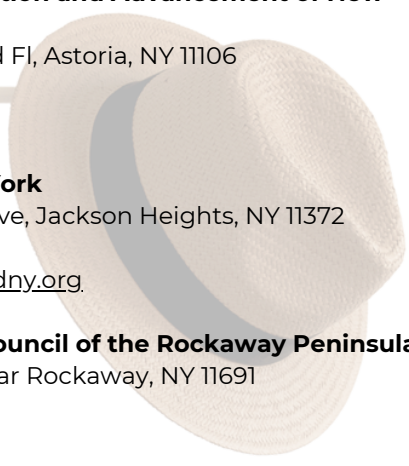
Jewish Community Council of the Rockaway Peninsula

- 📍 1525 Central Ave, Far Rockaway, NY 11691
- ☎ (718) 327-7755
- 🌐 www.jccrp.org

BROOKLYN

RaisingHealth Sunset Park Center

- 📍 5306 3rd Ave, 2nd Fl, Brooklyn, NY 11220
- ☎ (212) 256-9036
- 🌐 www.raisinghealth.org



NYC CARE (CONT'D)

Mixteca

📍 245 23rd St, 2nd Fl, Brooklyn, NY 11215
 📞 (718) 965-4795
 🌐 www.mixteca.org

Make the Road New York

📍 301 Grove St, Brooklyn, NY 11237
 📞 (718) 418-7690
 🌐 www.maketheroadny.org

STATEN ISLAND

Project Hospitality

📍 101 Park Ave, Staten Island, NY 10302
 📞 (718) 448-1544
 🌐 www.projecthospitality.org

MEDICAL CLINICS

The following clinics (with the exception of Callen-Lorde) are operated by university medical students under the supervision of board certified physicians. No insurance or payment is needed to access primary and specialty care health services.

BRONX

ECHO Free Clinic at the Walton Family Health Center

📍 1894 Walton Ave, Bronx, NY 10453
 📞 (347) 854-0170
 🌐 www.echo-clinic.org

Open Saturdays 8am-12pm. Must be over 18 years old and not have health insurance. Call during open hours to make an appointment.

Callen-Lorde Bronx

📍 3144 3rd Ave, Bronx, NY 10451
 📞 (718) 215-1800
 🌐 www.callen-lorde.org

Offers a range of services designed to meet the needs of the LGBTQ+ community. Services include primary care, sexual health, transgender health, and HIV treatment/prevention. Sliding scale fees based on income is available for those who are uninsured/underinsured.

MANHATTAN

Callen-Lorde Chelsea

📍 356 W 18th St, New York, NY 10011
 📞 (212) 271-7200
 🌐 www.callen-lorde.org

Offers a range of services to meet the needs of the LGBTQ+ community. Services include primary care, sexual health, transgender health, and HIV treatment/prevention. Sliding scale fees based on income is available for those who are uninsured/underinsured.

Columbia Student Medical Outreach

📍 21 Audubon Ave, New York, NY 10032
 📞 (347) 688-6766 or (720) 772-6766
 🌐 www.vagelos.columbia.edu

Open Thursdays from 6-9pm and Saturdays 9am-1pm. Call to make an appointment.

East Harlem Health Outreach Partnership

📍 17 E 102nd St, New York, NY 10029
 📞 (877) 372-4161
 🌐 www.ehhop.org

Open Saturdays 9am-12pm. Available to residents of East Harlem. Call to make an appointment.

Q Clinic at Metropolitan Community Church of New York

📍 446 W 36th St, 3rd Fl, New York, NY 10018
 📞 (347) 565-5042
 🌐 www.vagelos.columbia.edu

Open Wednesdays from 6:30-7:45pm by appointment

Q Clinic is designed to meet the needs of the LGBTQ+ community, however, anyone can access free medical services. The clinic is open to residents of New York, New Jersey, and Connecticut. Text or call to make an appointment.

QUEENS

Hofstra Zucker School of Medicine's Free Clinic

📍 95-25 Queens Blvd, Rego Park, NY 11374
 📞 (516) 441-7926 or (631) 393 5650
 🌐 www.medicine.hofstra.edu

Open Mondays 6-9pm. Call during the weekdays from 9am-5pm to make an appointment.

New Life Community Health Center

📍 82-10 Queens Blvd, Elmhurst, NY 11373
 📞 (718) 565-9844
 🌐 www.nlchc.org

Open Tuesdays 5-8 pm and Saturdays 9am-1 pm. Walk ins are welcome, no appointment necessary. Call for women's health clinic appointments.

BROOKLYN

Brooklyn Free Clinic

📍 470 Clarkson Ave, Suite A, Brooklyn, NY 11203
 📞 (347) 688-6655
 🌐 www.brooklynfreeclinic.org

Open Wednesdays starting at 4:30pm. Must be over 18 years old and not have health insurance. Call or fill out the online form to make an appointment.

Callen-Lorde Brooklyn

📍 40 Flatbush Ave Extension, 3rd Fl, Brooklyn, NY 11201
 📞 (718) 215-1818
 🌐 www.callen-lorde.org

Offers a range of services to meet the needs of the LGBTQ+ community, including primary care, sexual health, transgender health, and HIV treatment/prevention. Sliding scale fees based on income is available for those who are uninsured/underinsured.

MENTAL HEALTH SERVICES

The following organizations accept commercial insurance, Medicaid, and offer sliding scale fees based on income level for uninsured individuals and families. Contact the agency directly for more information on their sliding scale and payment policies.

BRONX

Institute for Family Health at the Walton Family Health Center

📍 1894 Walton Ave, Bronx, NY 10453
 📞 (718) 583-2508
 🌐 www.institute.org

Provides in person and telehealth individual and family therapy for adults and children.

Institute for Family Health Urban Horizons Family Health Center

📍 50 E 168th St, Bronx, NY 10452
 📞 (718) 293-3900
 🌐 www.institute.org

Provides in person and telehealth individual and family therapy for adults and children.

Parnes Clinic

📍 1225 Morris Park Ave, 5th Fl, Bronx, NY 10461
 📞 (646) 592-4399
 🌐 www.yu.edu/ferkauf/parnes-clinic

Offers individual, family, and couples therapy to adults and children starting at the age of 2. Parnes Clinic only charges sliding scale fees and all services are conducted by graduate school candidates.

MANHATTAN

Henry Street Settlement Community Consultation Center

📍 40 Montgomery St, New York, NY 10002
 📞 (212) 233-5032
 🌐 www.henrystreet.org

Services include, but not limited to, individual, family, and group therapy, psychiatric evaluations, medication management, and crisis intervention. Call to schedule an appointment.

Community Counseling & Mediation

📍 15 W 39th St, 2nd Fl, New York, NY 10017
 📞 (212) 564-6006
 🌐 www.ccmnyc.org

Provides clinical assessments, individual, group and family counseling services and psychopharmacology. This location also houses CCM's Harlem Family Institute Affiliation, which specializes in psychoanalytic therapy and training.

Program for Survivors of Torture at Bellevue Hospital

📍 462 1st Ave, CD 732, New York, NY 10016
 📞 (212) 562-8713
 🌐 www.survivorsoftorture.org

Offers wraparound medical, psychiatric, and therapeutic services for survivors of torture. There are partner sites in the Bronx and Brooklyn.

The Center

📍 208 W 13 St, New York, NY 10011
 📞 (212) 620-7310
 🌐 www.gaycenter.org

Provides short-term mental health counseling and outpatient substance use treatment curated for the LGBTQ+ community. The Center also offers free HIV and HEP C testing on a walk in basis.

The Sexual Assault and Violence Intervention Program (SAVI) at Mount Sinai

📍 1 Gustave L. Levy Pl, New York, NY 10029
 📞 (212) 423-2140
 🌐 www.mountsinai.org

Confidential and free services to survivors of rape, sexual assault, child abuse, and domestic violence. Services include, but are not limited to, counseling, emergency room advocacy, and legal advocacy. SAVI is available across 7 Mount Sinai hospital emergency departments in Manhattan and Queens. SAVI also has outpatient counseling centers that can be accessed without having to visit an emergency room.

BROOKLYN

RaisingHealth Sunset Park Center

📍 5306 3rd Ave, 2nd Fl, Brooklyn, New York 11220
 📞 (212) 256-9036
 🌐 www.raisinghealth.org

Counseling is provided free of charge for those who are uninsured or underinsured. Services are provided in English, Spanish, or Chinese. Call or fill out the online form.

CHI Health Center

📍 1419 Mermaid Ave, Brooklyn NY 11224
 📞 (866) 922-9717
 🌐 www.chihealthcenter.com

Offers low cost mental health, substance use, and primary and specialty health care.

Community Counseling & Mediation

📍 810 Classon Ave, Brooklyn, NY 11238
 📞 (718) 230-5100
 🌐 www.ccmnyc.org

Provides clinical assessments, individual, group and family counseling services and psychopharmacology.

Community Counseling & Mediation

📍 25 Elm Pl, 2nd Fl, Brooklyn, NY 11201
 📞 (718) 802-0666
 🌐 www.ccmnyc.org

Provides clinical assessments, individual, group and family counseling services and psychopharmacology.

MENTAL HEALTH SERVICES (CONT'D)

Catholic Charities Flatbush Behavioral Health Clinic

📍 1623 Flatbush Ave, Brooklyn, NY 11210
 📞 (718) 377-5755
 🌐 www.ccbq.org

Offers support around mental health, addiction, primary care, housing, and much more.

QUEENS

St. John's University Center for Psychological Studies

📍 152-11 Union Turnpike, Flushing, NY 11367
 📞 (718) 990-1900
 🌐 www.stjohns.edu

Offers individual and group therapy for adults and children as well as child school-related assessments. This is a graduate school training clinic and all services are conducted by graduate-level students. Sliding scale only.

Libertas Center for Human Rights

📍 79-01 Broadway, Annex G, 5th Fl, Elmhurst, NY 11373
 📞 (718) 334-6209
 🌐 www.libertascenter.net

Provides individual therapy for adults who have experienced torture outside of the U.S. Libertas also helps to connect patients to medical care, legal advocacy, and social services. Call fill out the online referral form to schedule an intake.

Catholic Charities Jamaica Behavioral Health Clinic

📍 161-10 Jamaica Ave 2nd fl, Queens, NY 11432
 📞 (718) 722-6001
 🌐 www.ccbq.org

Offers support around mental health, addiction, primary care, housing, and much more.

STATEN ISLAND

Metro Community Health Center Staten Island

📍 2324 Forest Ave, Staten Island, NY 10303
 📞 (718) 447-0200
 🌐 mchcny.org

Individual therapy for adults is available at sliding scale fees. Call to make an appointment for an intake.

ALMA

If you have health insurance, Alma can help you find mental health providers whose services are covered under your specific insurance plan, also known as in-network providers. Alma has an expansive online directory of therapists that are searchable by preferences such as identity, language, therapeutic concern(s), location, and more. Visit Alma's website to begin your search and to book an initial consultation with a therapist.

🌐 www.helloalma.com

NYC 988 SUICIDE & CRISIS LIFELINE



NYC 988 is New York City's free, confidential support, crisis intervention, and referral service for anyone seeking help for mental health and/or substance misuse concerns. It is available 24/7 in any language.

Call or text 988 to connect to a crisis counselor at any time in your preferred language.

🌐 www.nyc988.cityofnewyork.us/en

DOMESTIC VIOLENCE HELPLINES

Safe Horizon 24/7 Hotline: 1-800-621-HOPE (4673)

Call for help with safety planning, emergency shelter, counseling, and crisis intervention.

🌐 www.safehorizon.org

Sanctuary for Families Helpline: (212) 349-6009

Call to seek help with crisis intervention, shelter, counseling services and legal representation around family matters. Helpline is open Monday to Friday from 9am-5pm.

🌐 www.sanctuaryforfamilies.org

If you are in immediate danger, call 911

CASE MANAGEMENT

Case management programs provide individuals with direct assistance to obtain community resources and benefits. Case managers walk you through screenings, determine eligibility, and make external referrals for a wide range of physiological, mental health, financial, and social needs.

MANHATTAN

New Alternatives NYC

📍 410 W 40th St, New York, NY 10018
 📞 (718) 902-7653
 🌐 www.newalternativesnyc.org

Assistance is available for housing, benefits, identification, legal name change, medical, mental health, education, and employment for LGBTQ+ young people ages 16-30 who are homelessness or lacking permanent housing. Open Monday-Friday from 12-6pm and no appointment is necessary.

CASE MANAGEMENT (CONT'D)

Northern Manhattan Improvement Corporation

📍 45 Wadsworth Ave, New York, NY 10033

☎ (212) 822-8300

🌐 www.nmic.org

Connects NYC residents to housing, immigration, financial assistance, vocational, education, and medical resources. Also screens for public benefits eligibility.

QUEENS

Jacob A. Riis Neighborhood Settlement

📍 10-25 41st Ave, Queens, NY 11101

☎ (718) 784-7447

🌐 www.riissettlement.org

Assesses eligibility for public benefits and makes referrals for housing assistance, health care, mental health, education, employment, and vocational trainings.

BROOKLYN

Interborough Developmental & Consultation Center-Crown Heights

📍 921 E New York Ave, Brooklyn, NY 11203

☎ (718) 778-0485

🌐 www.interborough.org

Coordinates referrals to mental health services, housing, transportation, health care, employment, financial literacy, and parenting resources. IDCC also has a care management program for children who experience psychological, social, or emotional challenges.

Interborough Developmental & Consultation Center-Williamsburg

📍 790 Broadway, Brooklyn, NY 11206

☎ (718) 388-5175

🌐 www.interborough.org

Coordinates referrals to mental health services, housing, transportation, health care, employment, financial literacy, and parenting resources. IDCC also has a care management program for children who experience psychological, social, or emotional challenges.

IDNYC

IDNYC is a free identification card that is available to all NYC residents ages 10 years and older regardless of immigration status. It also grants cardholders access to benefits, discounts, events and programs offered by the City, local businesses, and cultural institutions. To apply for an IDNYC, schedule an appointment by calling 311 or through the online portal below.

🌐 www.nyc.gov/site/idnyc/index.page

Hygiene products such as toothpaste, toothbrushes, and shampoos as well as menstrual products are distributed by the following organizations. Please note that many previously listed drop in centers and food pantries have toiletries available to visitors.

BRONX

City Relief Bus at The Salvation Army

📍 Brooke Ave (btwn 147th & 148th St), Bronx, NY 10455

🌐 www.cityrelief.org

Offers hygiene kits and socks along with snacks and lunch every Saturday from 11am-1pm.

Her Village, Inc.

📍 388 Canal Pl. Bronx, NY 10451

🌐 www.wearehervillage.org

Distributes menstrual products by appointment only. Complete the online form to request an appointment. Must bring a photo ID to appointment and be experiencing financial hardship.

BROOKLYN

Brooklyn Pride Center Pride Pantry

📍 1360 Fulton Ave, Brooklyn, NY 11216

☎ (347) 889-7719

🌐 www.lgbtbrooklyn.org

Provides gender-affirming personal care products, menstrual products, PPE, hygiene items, socks, underwear, ready-to-eat foods and other essential items.

Expecting Relief

📍 2832 Fulton St, Brooklyn NY 11207

🌐 www.expectingrelief.org

Supplies menstrual pads to Brooklyn residents with annual incomes under \$55,000. ID is required. Complete the online form to make an appointment.

MANHATTAN

Urban Outreach Center NYC

📍 1745 1st Ave., New York, NY 10128

🌐 www.uocnyc.org

Open Wednesdays and Fridays from 9am-1pm. Toiletries are available along with socks and underwear.

New Alternatives NYC

📍 410 W 40th St, New York, NY 10018

☎ (718) 902-7653

🌐 www.newalternativesnyc.org

Hygiene products and essential clothing are distributed in a safe space for LGBTQ+ young people ages 16-30 every Sunday during a community dinner service starting at 5pm.

City Relief Bus at Chelsea Park

📍 W 27th St & 9th Ave, New York, NY 10001

🌐 www.cityrelief.org

Offers hygiene kits and socks along with snacks and lunch every Wednesday from 11am-1pm.

PERSONAL CARE PRODUCTS (CONT'D)

City Relief Bus at The Salvation Army

📍 132 W 14th St, New York, NY 10011

🌐 www.cityrelief.org

Offers hygiene kits and socks along with snacks and lunch every Friday from 11am-1pm.

City Relief Bus at The Salvation Army Harlem Temple

📍 540 Malcolm X Blvd & 138th St, New York, NY 10037

🌐 www.cityrelief.org

Offers hygiene kits and socks along with snacks and lunch every Saturday from 11am-1pm.

BABY & PRENATAL SUPPORT

Essential items for babies are typically distributed on a first come, first serve basis. Please remember to bring a photo ID and birth certificate or hospital discharge paperwork (for newborns, if applicable, for child(ren) in need of support as required by many organizations.

BRONX

Her Village, Inc.

📍 388 Canal Pl. Bronx, NY 10451

🌐 www.wearehervillage.org

Provides diapers by appointment only. You must be the parent or legal guardian of child(ren) and experiencing financial hardship. Complete the online form to request an appointment and review website for a full list of required documents.

The HopeLine

📍 884 E 163rd St, Bronx, NY 10459

☎ (718) 402-1212

🌐 www.thehopeline.org

Provides diapers by appointment only. Eligibility includes being a NYC resident, recipient of WIC or SNAP, and have children 2 or under residing in the same household (expectant persons included). Refer to the website for a full list of requirements and additional information. Call Monday-Friday between 9am and 5pm to make an appointment.

QUEENS

Public Health Solutions- Queens Diaper Bank

📍 Address is provided upon appointment confirmation

🌐 www.healthsolutions.org

To receive diapers, fill out the registration form online. Eligibility includes being a Queens resident, recipient of Medicaid, WIC, or SNAP, and have children under 4 years old. Refer to the website for additional information. Pick up locations are in Jackson Heights and Corona.

Public Health Solutions- Queens County Cribs for Kids

☎ (347) 571-2792 (Corona, Queens)

☎ (718) 704-5078 (Jamaica, Queens)

🌐 www.healthsolutions.org

Public Health Solutions also distributes portable cribs and safe sleep items for babies. Must be a Queens resident, be at least 36 weeks pregnant or have a less than 6 month old baby with no access to safe sleep. Child birth certificate or hospital discharge documents are required. Call the nearest location to make a request.

Astoria Food Pantry

📍 25-82 Steinway St, Queens, NY 11103

🌐 www.astoriafoodpantry.com

Open 2nd Monday of every month at 8am for diaper, baby wipes, and formula distribution. Pregnancy supplies may be available but not guaranteed.

The Harding Ford Vision, Inc.

📍 157-22 Tuskegee Airmen Way, Jamaica, NY 11433

☎ (347) 661-7382

🌐 www.thfv.org

Distribution of baby and toddler essentials, such as diapers and formula, is scheduled for every 4th Monday of the month from 10am-12pm.

Mosaic Community Center

📍 43-01 46th Ave, Sunnyside, Queens, NY

☎ (201) 746-5149

🌐 www.mosaiccommunitycenter.org

Diapers, formula, and children's clothes are provided to families by signing up for support on the center's website.

STATEN ISLAND

Church of the St. Teresa Baby Bin

📍 1634 Victory Blvd, Staten Island NY 10314

🌐 www.saintteresasi.org

Baby essentials distribution every 3rd Sunday of the month. Available items depends on donations but typically includes diapers, clothing, feeding supplies, baby furniture, and toiletries.

BROOKLYN

The Brave House

📍 155 Water St, 3rd Fl, Brooklyn, NY 11201

🌐 www.thebravehouse.com

The New and Expecting Moms Assistance program at The Brave House supports young expecting immigrant women and gender-expansive youth ages 16-24 with a range of resources including, but not limited to, benefits enrollment, financial assistance, donations, and mental health support. Services are accessible to those living within the five boroughs and Long Island. Apply online for membership.

Expecting Relief

📍 2832 Fulton St, Brooklyn NY 11207

🌐 www.expectingrelief.org

Diapers are available for pick up on a monthly basis. Parent or caretaker is required to go in person and provide ID, proof of income, and a copy of child(ren)'s birth certificate. Review additional information on their website and complete the online form to make an appointment.

BABY & PRENATAL SUPPORT (CONT'D)

The Bridge Project

🌐 www.bridgeproject.org

This program provides first time mothers with unconditional financial support of up to \$1000 every month for 3 years beginning in the third trimester. The goal is to move families out of poverty and give mothers a sense of financial freedom. Case management and free doula or midwife services are also provided to members. Eligibility includes being less than 23 weeks pregnant with first child, being a NYC resident and earn less than \$52,000 annually. Applications can only be submitted online and are accepted as a lottery system.

DIGITAL LITERACY

The programs below offer short-term classes on how to navigate commonly used technology, such as computers, email, smartphones, or social media.

MANHATTAN

Henry Street Settlement ATTAIN Computer Lab

📍 301 Henry St, New York, NY 10002

☎ (212) 771-6048

🌐 www.henrystreet.org

Offers a one to two week courses on basic computer skills, document creation, and email use. Complete the online registration form to sign up for classes.

QUEENS

Project New Yorker

📍 169-18 Hillside Ave, 2nd Fl, Jamaica, NY 11432

☎ (718) 737-2398

🌐 www.projectnewyorker.org

Designed for beginner learners, Project New Yorker offers an 8 week computer literacy training program to teach computer anatomy, basic typing skills, internet navigation, and email creation and use.

Commonpoint Queens Jack and Shirley Silver Hub

📍 77-17 Queens Blvd, Elmhurst, NY 11373

☎ (718) 268-5057 ext. 111

🌐 www.commonpointqueens.org

Holds weekly four-day digital skills bootcamps in English and Spanish. Skills are centered on email use, document creation, cloud storage, social media navigation, video calls, and digital calendars.

Dominico-American Society of Queens

📍 40-27 97th St, Queens NY 11368

☎ (718) 457-5395

🌐 www.dominicoamerican.org

Offers smartphone and computer job readiness trainings.

BROOKLYN

Mixteca

📍 245 23rd St, 2nd Fl, Brooklyn, NY 11215

☎ (718) 965-4795

🌐 www.mixteca.org

Basic computer skills course focused on typing, document creation, internet navigation, and email use. Call to learn more about registration and class schedule.

FAIR FARES NYC

Fair Fares NYC is a city program that allows low-income NYC residents between the ages of 18-64 to receive a 50% discount on subway and eligible bus fares. The discount also applies to individuals who use Access-A-Ride transportation services. A brief eligibility screening and the official application is available on the Fair Fares NYC website below.

🌐 www.nyc.gov/accessfairfares

For an expanded list of city resources for asylum seekers, please call 311 or visit www.nyc.gov

