



THE LOWER EASTSIDE GIRLS CLUB

**CENTER FOR
WELLBEING &
HAPPINESS** 😊

AT 101 AVENUE D

LOWER EAST SIDE COMMUNITY CARE GUIDE

This guide provides a list of local resources to support you in your wellness journey.

Updated January 2026

🖱 www.centerforwellbeing.nyc

✉ CWBH@girlsclub.org

🏠 101 Ave D | New York, NY

💬 212-287-WELL (9355)

WELCOME

Dear Friend,

We are excited to share our **Community Care Guide**, a list of local resources mainly in Lower Manhattan to support your wellness journey. We truly believe that your wellness journey is yours. Accordingly, this guide provides information on a wide range of community-based services and supports so that you are able to make informed decisions to improve your wellbeing.

The Center for Wellbeing & Happiness is a hub for transforming self-care into community care. We are advancing our mission by collecting and sharing knowledge from within our community. In this guide, you will find resources and support available from nearly 70 organizations located on the Lower East Side. We sincerely thank each of these organizations for contributing to this guide. Every six months, we will conduct additional research and outreach to our partners to keep this guide up-to-date.

Finally, we want to share that we are committed to uplifting the expertise and experience of Black, Indigenous, People of Color (BIPOC) based in the Lower East Side community. If you know of a local resource that you do not see here, please do not hesitate to share that resource via email at cwbh@girlsclub.org or via text/call at 212-287-9355.

Thank you,

The Center for Wellbeing & Happiness Team

After School

Dorill Initiative

<https://dorill.org/>

Dorill Initiative (Dorill) is a revolutionary civic arts institution committed to unleashing the boundless potential and radical power of **At-Promise Youth and Families**, fueling movements that defy oppressive systems and ignite a creative uprising.

Through unapologetically rigorous and grassroots arts education, we forge **Young Citizen Artists** into disruptors, training them to tell their raw, authentic stories through high-caliber artistic mastery, bold academic inquiry, inquisitive technological integration, and intergenerational civic action.

We are equipping the **Next Generation of DoERs** to not just lead, but to dismantle, reimagine, and rebuild communities as visionary change-makers who challenge the status quo and stand fiercely in the gap for equity and justice.

Summer Arts

Summer Arts Dorill is a free five-week interdisciplinary arts program for Young Citizen Artists aged 10-18 that provides and nurtures creativity and artistic expression by offering seven different art forms in a brave, safe space for passionate youth.

Saturday Arts

Saturday Arts Dorill is a free interdisciplinary arts program for Young Citizen Artists (ages 10-18) offering seven art forms to nurture creativity and support their creative, artistic, professional, and personal growth in a safe and brave space.

NEX(US)FAM

NEX(US) FAM is a family engagement program offering resources and guidance to promote self-reliance and resilience.

In-School

In-School Arts Dorill reimagines arts education through a 15-week public school program, blending restorative justice practices with creative frameworks to foster artistic autonomy, thought-provoking dialogue, and concludes with a culminating performance that celebrates self-expression and collaboration.

After School

After School Arts provides a brave, safe space where Young Citizen Artists explore their passions and grow holistically through academic enrichment, arts access, and personal development, with a focus on equity, mental health, social-emotional learning, and creative expression to inspire each young person to thrive.

REM/ARTS

REM/ARTS is a leadership and mentorship program for DoER Alumni and young adults aged 18-24 focused on enhancing artistic skills and business acumen.

Catalyst Arts

CatalystARTS is a mentorship program coaching female-identifying youth ages 10 – 18 to redefine femininity through artistic expression, critical dialogue, and community engagement.

Chosen Home Coalition

Chosen Home Coalition is a mentorship program for runaway and homeless youth, using artistic expression as a tool for self-discovery and advocacy.

(IM)POSSIBLE PROMISE

(IM)Possible Promise is an arts wellness diversion program that embraces the belief that a story does not end with a mistake; rather, it is at that very juncture that a new narrative begins.

NextGen Knight

In partnership with Boys' Club of New York, NextGen Knights (NGK) is a mentorship program coaching male-identifying youth ages 10-18 to redefine preconceived notions of masculinity.

Contact: For all of the programs listed above, please reach out to Nora Oz, Chief Program Officer, at nora@dorill.org and Ashley Figueroa, Senior Program Officer, at ashley@dorill.org.

Lil Bits':

Lil Bits' is a free interdisciplinary arts program for Young Citizen Artists (ages 5-9) offering three art forms to nurture creativity and support their creative, artistic, professional, and personal growth in a safe and brave space.

Contact: Doris Ramos, Program Coordinator, at doris@dorill.org.

Henry Street Settlement

<https://www.henrystreet.org/programs/youth/after-school-services/>

Boys and Girls Republic (888 E 6th Street)

Serves youth in kindergarten through 8th grade in free co-ed programming addressing academic achievement, social development, and emotional wellbeing. Youth receive homework help, tutoring, computer learning, recreational activities, art education, and individual and group counseling services.

Contact: Contact Program Assistant, Melissa DeJesus, at 212.686.8888 or email mdejesus@henrystreet.org

Jacob Riis Cornerstone (80 Avenue D)

Serves youth in kindergarten through 12th grade with a variety of exciting activities, including creative and performance art, science, technology, engineering, and mathematics (STEM), sports, and literacy.

Contact: Contact Program Assistant, Melissa DeJesus, 212.686.8888 or email mdejesus@henrystreet.org

The Lower Eastside Girls Club (LESGC)

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

[Instagram](#)

The Lower Eastside Girls Club, located on Avenue D between 7th and 8th street, offers free afterschool, weekend and summer programs that connect young women and gender-expansive youth of color, between ages 10 to 23 years old, through innovative year-round programming and mentoring. LESGC offers programming in STEM, Arts, Digital Media, Sound, Wellness, Civic Engagement and Leadership.

The Girls Club facility includes an Art Gallery; a Maker Shop for coding and robotics; an Environmental Studies lab; Alphabet City Art School for visual arts; a Digital Media Center for film and photography; a Sound Studio for music production and podcasting, WGRL (Where Girl Radio Lives); a Design Studio for fashion; a Rooftop Farm; a Culinary Education Center; and a 64-seat Planetarium.

Teens access meaningful employment experience, support circles, and college career guidance. Girls Club annually connects young people with hundreds of mentoring & paid internship opportunities with our corporate partners.

Contact: email programs@girlsclub.org or call 212-982-1633 for more information about programs

To book a trip the planetarium (available to schools), please email steam@girlsclub.org and visit: <https://sites.google.com/girlsclub.org/book-now-planetarium/home?authuser=0>

Sixth Street Community Center

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

Teen Climate Justice Program

The Teen Climate Justice Program empowers NYC high schoolers as the next generation of climate activists - through citizen science, legislative advocacy, greenspace stewardship, mutual aid and food justice

Contact: teens@sixthstreetcenter.org

University Settlement

<https://www.universitysettlement.org/programs/youth/after-school/>

University Settlement offers free creative and physical programs for students in grade K through high school. University has two programs: Beacon Program and College Passport.

Campos Plaza

Cornerstone at Campos Plaza, located at 611 E 13th Street, is a community hub that offers a variety of free programs. One of their services being an after school (and summer day camp) program from students aged 5 to 12. Arts and crafts, music, dance, cooking, homework assistance, and trips are offered for all attendees.

Campos also has an evening and Saturday program for teenagers aged 13 to 17, which includes sports, dance, visual arts, movie nights, music, summer youth employment assistance, self defense and cooking.

Contact: call 917-261-2900

Beacon Program

<https://www.universitysettlement.org/programs/youth/beacon/>

Beacon is located in East Side Community High School (420 E 12th Street between Ave A & 1st Avenue).

Contact: call 212-598-4533

College Passport

<https://www.universitysettlement.org/programs/youth/college-passport/>

College Passport is partnered with five schools: Broome Street Academy Charter High School, New Design High School, Dr. Susan S. McKinney Secondary School of the Arts, East Side Community School, and Middle School of Media, Law, and Fine Art.

College Passport provides support to young people to make their way to graduation, get their GED, re-enroll in high school after dropping out, and figure out post graduation plans.

Contact: email Bintou Sankareh, Director of College Passport –
bsankareh@universitysettlement.org

After-School

University Settlement's free after school program fosters social, emotional, moral and cognitive development through creative, project-based learning. The program provides literacy and education, homework help, tutoring, and assistance with reading and writing to become tools for exploration.

Contact: email afterschool@universitysettlement.org

Arts & Culture

Abrons Arts Center

<https://abronsartscenter.org/>

[Abrons Arts Center](#) is a home for contemporary interdisciplinary arts in Manhattan's Lower East Side neighborhood. A core program of the Henry Street Settlement, Abrons believes that access to the arts is essential to a free and healthy society. Through performance presentations, exhibitions, education programs, and residencies, Abrons mobilizes communities with the transformative power of art.

Music, theatre, dance, and visual arts are offered to children, teens, adults, and seniors. Abrons welcomes those that are just beginning their artistic journey or those that are seeking advanced study of their chosen forms. Access to the arts is a core value of Abrons Arts Center. Tuition assistance and scholarships are offered to all students who qualify.

Abrons Arts Center's [AIRspace Residency](#) annually supports New York City-based artists through commissions, studio space, and professional development opportunities.

Contact: Please call (212)-598-0400 or email Abrons@henrystreet.org for general information

FABnyc

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

FABnyc is a team of artists and organizers working to preserve, sustain, and grow the cultural vibrancy of the Lower East Side Neighborhood.

FABnyc was founded in 2001 by a coalition of cultural and community nonprofits on East 4th Street to save their homes. Today, FABnyc's commitment to sustain the cultural character and diversity of the community extends across the LES: from 14th Street to Canal, from Bowery to the East River.

Contact: For more information, call 646-864-1209 or email info@fabnyc.org

Groove Garden

<https://groovegarden.net/>

Groove Garden is a community music studio located in Manhattan's East Village. Our goal is to help musicians and those who write music to become fluent and creative.

Groove Garden Music Studios offers music classes in guitar, ukulele, piano, voice, bass guitar, drums, violin, and song writing. We also offer services for professional musicians such as courses in pro-tools, voice, and instrument coaching. Classes are equally focused on technique and fun. Students range in age from kindergarten to retirement. Whomever is excited by music, at Groove Garden is, and wants to put their energy towards developing, are welcomed!

House calls are also available for those unable to make it to the studio!

Contact: Please email irobtaube@icloud.com or call 917-847-4513 for more information

Piragua

<https://dasoentertainment.com/piragua>

A community space hosting pop-up, art gallery events, small screenings, intimate performances and community engagement activities. The space provides resources such as audio/visual production, rehearsal space and a meeting space for creatives. Part of the mission is to support creators of new music, visual art, and brand development. Nurturing partnerships with artists to support our freedom to develop our artistic gifts that empower our communities. Promoting a message that encourages artists to take ownership of their artistic expression while educating our youth on the power of entrepreneurship.

Piragua also prides itself as a clothing brand that celebrates New York's rich cultural diversity and the Boricua experience.

Contact: Please call (917) 582-2431 for more information

The Clemente

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

The Clemente is a Puerto Rican and Latinx cultural space rooted in the Lower East Side. We connect and co-create with contemporary artists, cultural workers and small arts organizations by offering subsidized studios, exhibition, rehearsal, office and venue spaces; and produce our own programming in a spirit of responsiveness, heritage conservation and provocative collaboration.

Contact: call (212) 260-4080 or email info@theclementecenter.org

Two Bridges Neighborhood Council

Arts

<https://twobridges.org/lessons-and-classes/>

Two Bridges offers art and music classes for all levels for youth 12+. They have online and in person options, as well as individual and group lessons. Private lessons include piano, voice, guitar, and composition/songwriting. Group lessons in improv, musical theater, music theory.

Contact: Tevi Eber, Director - tevi@twobridges.org, 646-355-8397, music@twobridges.org

Benefits & Finances

Asian Americans for Equality (AAFE)

Community Services

<https://www.aafe.org/missions/community-services/>

AAFE offers housing counseling and legal services to protect tenant rights, one-on-one assistance for entitlement benefits and affordable health care, immigration services, food access and health services for low-income seniors and college access and leadership opportunities for immigrant high school students.

Locations

Chinatown: 111 Division Street, New York, NY 10002 (212-979-8988)

Lower East Side: 111 Norfolk Street, New York, NY 10002 (212-358-9922)

Jackson Heights: 37-61 84th Street, Jackson Heights, NY 11372 (718-316-9993)

Flushing: 133-29 41st Avenue, Flushing, NY 11355 (718-961-0888)

Contact: email askaafe@aafe.org

Henry Street Settlement

<https://www.henrystreet.org/programs/primary-behaviorial-health/dale-jones-burch-neighborhood-center>

Dale Jones Burch Neighborhood Center (269 Henry Street)

The Dale Jones Burch Neighborhood Center is where Lower East Side Community members come to get all the help they need to access critical benefits and services that keep them nourished, housed, healthy, and able to lead stable lives. Our services include screening and helping people apply for health insurance, food stamps, and public housing. We connect our neighbors to legal and financial help to ensure that in hard times they can avoid evictions and financial jeopardy. Our Parent Center, housed in the neighborhood center, provides parents and other guardians a holistic life-balance approach to navigating the challenges and celebrating the joys of nurturing children in our society.

Contact: call 212-471-2400 or email info@henrystreet.org

Maxsip Telecom

<https://maxsipconnects.com/>

Maxsip Telecom is a part of the Affordable Connectivity Program (ACP) that provides tablets and free internet to those who are eligible, such as those who receive Medicaid, SNAP/WIC, free or reduced school lunches, SSI, veterans or survivor's benefits, PELL grants, and/or participates in Tribal assistance programs.

Contact: call 888-595-1528

Neighborhood Trust Financial Partners

<https://neighborhoodtrust.org/>

NTPFP offers free financial coaching services where financial coaches help individuals develop a debt reduction plan, strategize on how to save, create a budget that meets their needs, improve or establish credit, discuss student loans/how to address them and inform them of consumer rights.

Contact: call (212) 927-5771 or email contact@neighborhoodtrust.org

Clothing & Hygiene

City Relief

<https://cityrelief.org/>

City Relief is a mobile outreach that assists people struggling with or at risk of homelessness. City Relief pop-up care centers have staff and volunteers who serve hot meals, distribute hygiene kits, socks, and prayer.

- WEDNESDAYS (11 AM to 1 PM) - Chelsea Park 28th Street between 9th and 10th Avenue
- THURSDAYS (11 AM to 1 PM) - Delancey St. (btwn Chrystie and Forsyth Street) NEW YORK, NY 10002
- FRIDAYS (11 AM to 1 PM) - 14th Street Salvation Army (132 W 14th Street between 6th & 7th Avenue)
- SATURDAYS (11 AM to 1 PM) - Salvation Army - Harlem Temple; 540 Malcolm X Blvd (Lenox Ave)

For the full list of where City Relief serves people in need, click [here](#).

Contact: email info@cityrelief.org

Coalition for the Homeless: Urban Pathways - Oliveri Drop In Center

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

24-hour drop-in centers offer adults access to meals, clothing, showers and rehabilitation and recovery programs. They also provide on-site medical, mental health and substance abuse assessments. In addition, utilizing a strong case management approach, the centers provide individual counseling, entitlement assistance, banking facilities, vocational training, money management and instruction in other independent living skills, all of which help clients successfully transition to housing.

This center is for women only.

Contact: call 212-947-3211

Power in a Shower

<https://powerinashower.org/>

To provide reliable access to mobile showers and basic hygienic services for individuals without access to these essential facilities. We partner with faith-based and community organizations to bring about real change to those who need it most. To date, we have served over 500 individuals and provided them with the basic need of showering facilities.

The mobile shower comes to the Lower East Side (36 E 1st Street NY, NY 10003) the **first Sunday of every month.**

ReLoved Boutique at Manny Cantor Center

<https://mannycantor.org/reloved-boutique-mcc/>

ReLoved Boutique at Manny Cantor Center is a partnership between the Family Resource Center and Early Childhood @ MCC where gently used children and adult apparel find new homes.

ReLoved Boutique Hours: Monday & Thursday: 9AM–4PM, Tuesday & Wednesday: 9AM-1PM

Donations accepted Monday – Friday | 9 am – 4 pm

Contact: email reloved@mannycantor.org or call 646-395-4246

The Bowery Mission

<https://www.bowery.org/get-involved/resources/>

The Bowery Mission (227 Bowery between Prince & Rivington) services those experiencing homelessness by providing free basic needs and emergency care services in trauma-informed environments. Meals, shelters, showers, clothing, and more are provided 7 days a week to all who walk through their doors.

- Men's showering times (first 20 men): Wednesday through Friday - Line begins at 9:30 AM
- Women's showering times (first 10 women) Monday - Line begins at 9:30 AM

Contact: call 212-674-3456 or email info@bowery.org

Education

Early Education

Bank Street Head Start

<https://www.bankstreet.edu/education-for-children/head-start/>

Bank Street Head Start offers free full time childcare and Pre-K programs in the LES for children aged 2.9 years to 4.11 years old. They offer free meals and educational, nutritional, mental health and social services to families. Bank Streets also assists in preparing children during early childhood education for lifelong success by developing positive feelings about learning and attending school.

Families must meet federal poverty guidelines.

Contact: email Lizette Otero, Family Advocate at lotero@bankstreet.edu or call 212-875-4736

Chinese-American Planning Council

Early Childhood Learning & Wellness Services

<https://www.cpc-nyc.org/programs/community-economic-empowerment-family-support/early-childhood-learning-wellness-services>

CPC's Early Childhood Learning & Wellness Services (ECLW) is one of the programs offered by CPC's Manhattan Community Services. They aim to serve the child care needs of families by providing education, information, resources, and referrals, as well as to increase the supply and improve the quality of child care services through coaching, assessment-based and intensive technical assistance, healthcare consultancy, infant toddler and wellness services, and training. Staff members are multilingual in English, Chinese, Spanish, and Korean.

Contact: for more information, call 212-941-0030

Early Childhood Center at Jacob Riis

<https://www.cpc-nyc.org/programs/education/early-childhood-center-jacob-riis>

Jacob Riis' Early Childhood Center program provides a positive and safe learning environment for children in their earliest years. Children are engaged in play-based learning in

a diverse and supportive environment. The center has 3 classrooms for children 12 months to 4 years old. They offer extended hours of care Monday through Friday.

Contact: for more information, call 212- 533-9138

George Jackson Academy

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

George Jackson Academy (located at 104 St. Marks Place) is NYC's only independent middle school for bright boys (Grades 6-8) from all incomes, where 100% of families receive financial aid. Some families pay as little as \$50 per month. The faculty is dedicated to providing a rigorous curriculum and empowering students to become confident in themselves and their abilities. High School Placement begins in seventh grade with test and interview preparation, essay writing, and an exploration of schools. By challenging boys' minds and nurturing their hearts, GJA equips young men to be leaders and change-makers who attend the nation's top high schools.

Contact: email admissions@gjacademy.org or call 212-228-6789

Henry Street Settlement

<https://www.henrystreet.org/programs/youth/early-child-ed/>

Early Childhood Education Center (301 Henry Street)

Henry Street Settlement offers full-day (8 a.m. to 6 p.m.), year-round programming for 2 to 4 years olds that allows children to explore concepts of numeracy, science, and early phonemic awareness through active play. The program is based on eligibility for low-income working families living anywhere in New York City. Sliding scale monthly fee based on income.

Contact: email Melody Lai-Nguy (Family Assistant), mlai-nguy@henrystreet.org or Liseida Melendez (Program Director), LMelendez@henrystreet.org or call 212.254.3100

Manny Cantor Center Early Childhood

<https://mannycantor.org/family-early-childhood/early-childhood/>

The Manny Cantor Center Early Childhood school incorporates Head Start, Early Head Start, Universal Pre-K and tuition funding to serve all families on the Lower East Side and beyond. The school year operates from September to July.

To be eligible to apply:

- Your family is unhoused, and you live in temporary housing
- If you are applying for a seat for a foster child
- You receive public benefits in the form of SSI, SNAP or Cash Assistance
- Your total family income falls below a certain amount

Families considered for Early Head/Head Start seats will be invited to an eligibility meeting to understand more about the family and review supporting documents. Families who are eligible may receive tuition assistance or their child may attend for free.

Contact: email earlychildhood@mannycantor.org or call 646-395-4237

GED Prep Classes

CUNY Borough of Manhattan Community College – Continuing Education

<https://bmcc.catalog.cuny.edu/continuing-education>

BMCC offers free classes* to students who satisfy the eligibility requirement. All applicants must be U.S. citizens or permanent residents, 19 years of age or older, and unemployed, under-employed or on public assistance.

Contact: 212-346-8410

*Due to high interest in continuing education classes, there is an enrollment form to complete:

https://docs.google.com/forms/d/e/1FAIpQLScrBNdugcK0dzfsrRl_GFuuwuaN3XjDzBD5uLHCjmVPxelbqw/viewform

Henry Street Settlement

High School Equivalency

<https://www.henrystreet.org/hse-preparation-classes/>

Henry Street's High School Equivalency (HSE) program, located at 178 Broome Street - 3rd Floor, offers free services that prepare adults aged 18+ to take the GED exam. Three levels of classes are offered: Adult Basic Education, Pre-HSE, and HSE. Each class prepares students in math, reading, and writing.

Community members are invited to enroll in person Tuesdays-Thursdays from 10:00 a.m. to 2:00 p.m.

Contact: call 212.478.5400 or email info@henrystreet.org

Youth (12-24 years old)

Henry Street Settlement

Expanded Horizons College Success (301 Henry Street)

<https://www.henrystreet.org/programs/youth/expanded-horizons/>

Expanded Horizons is a free comprehensive eight-year program designed to ensure that high school students are college-ready and admitted to a college that fits their interests and abilities, and graduate from that institution on time. The program includes a wide range of services, including afterschool programming with an emphasis on college and internship readiness, identity and social justice, SAT preparation, individualized guidance through the college and financial aid process INCLUDING a four-year scholarship from Henry Street, academic support and coaching throughout high school and college, college tours (overnight and day trips), career exploration workshops and events, assistance with identifying Internship/summer opportunities, and cultural/fun trips to movies, museums, skating, bowling, etc.

Contact: email ehorizonshss@gmail.com or call 212.478.5400\

Online application for 2025-2026:

<https://expandedhorizons3.wufoo.com/forms/r lurhsc11c2rd2/>

Youth Opportunity Hub

<https://www.henrystreet.org/programs/youth/youth-opportunity-hub/>

The Youth Opportunity Hub offers free assistance to youth in finding jobs, classes, workshops, fun trips, help returning to school, getting high school equivalency (GED), or getting into college, mental health support, sports, financial planning, and access to resources for youth in the LES. It is operated at the following sites: Jacob Riis Cornerstone 80 Avenue D; Boys & Girls

Republic, 888 East 6th Street Education Services Building; 301 Henry Street Workforce Development Center; and 178 Broome Street.

Contact: call 212.254.3100 x3231 or email hub@henrystreet.org

Lower East Side Ecology Center

<https://www.lesecologycenter.org>

The Lower East Side Ecology Center offers free programs for New Yorkers of all ages to learn about and participate in urban sustainability including stewardship of green spaces and street trees, composting, electronic waste recycling, and environmental education workshops.

Contact: call 212-477-4022 or email info@lesecologycenter.org

LUNGS (Loisaida United Neighborhood Gardens)

<https://lungsnyc.org/youth-senior-programs/>

The Summer Youth Employment Program employs 12 SYEP students and two supervisors available to help the community gardens in the Lower East Side and East Village complete their garden projects. The paid program lasts 6 weeks and SYEP provides numerous health benefits for the students, as well as, giving them a hands-on immersive study in the science of sustainability. Students learn self-reliance and gain critical employment experience while working with other students and the volunteer gardeners.

Manny Cantor Center

Edgies Teen Center And College Prep Program

<https://mannycantor.org/teen-center/>

Edgies Teen Center is committed to empowering New York City teens aged 13 to 18 years old, ensuring that they have the skills, resources, and opportunities to achieve their full potential. Edgies teens receive individual guidance from highly qualified staff as well as access to immersive professional studios and academic enrichment. They aim to generate in participants the skills and motivation necessary to succeed through quality educational, recreational, and social programs for free.

Contact: email edgiestc@mannycantor.org or call 646-395-4296

Project Gateway College Counseling Center

<https://www.cpc-nyc.org/programs/education/project-gateway-college-counseling-center>

Project Gateway serves families and communities through college readiness workshops, individual counseling, college trips, and professional networking events. Project Gateway is expanding its free services to extend assistance for community members of all ages who are interested in postsecondary schooling and other educational pursuits. Project Gateway offers individual/family consultations in regards to the college application process including but not limited to college essay revisions, FAFSA and CSS profile submissions and college/academic major decisions.

The program audience are typically high school seniors and new immigrants, but anyone who is interested in pursuing higher education is welcomed.

Contact: call 718-492-0409 x 325 or email Grace Wang, gwang@cpc-nyc.org

General email: projectgateway@cpc-nyc.org

ReStart Academy at Orchard Collegiate

<https://www.restartacademy.org/Manhattan>

The ReStart Academy Middle School Program is an intensive academic program that supports 13–17-year-olds who have previously struggled and been unable to meet 7th or 8th-grade promotion requirements. They offer this program in six sites throughout NYC—each housed in and collaborating with a New York City Public Schools high school.

Contact:

Two Bridges Neighborhood Council Youth Program

<https://twobridges.org/>

Two Bridges offers basketball workshops for youth in the community that meet roughly two times a week during the school year and daily offerings in the summer. Workshops include opportunities for one-on-one workout sessions for individual students if the student requests

them. They also offer workshops specifically for girls aged 12-16 to keep them in sports, aimed at helping them gain college scholarships and stay active. Programming is free, sport tournaments may require small contributions.

Contact: Anthony Yeung - anthony@twobridges.org

Adult Education

Chinese-American Planning Council Adult Literacy Program

<https://www.cpc-nyc.org/programs/education/adult-literacy-program>

The CPC Adult Literacy Program provides year-round free English for Speakers of Other Languages (ESOL) classes and citizenship test prep in the mornings, afternoons, evenings, and online to all adult immigrants (18+ years) living in New York City. Through the program, students will gain practical, everyday, English Skills to feel more empowered and to attain a better quality of living in the United States. Alongside English and citizenship classes, students also receive informational workshops and social support to teach students how to better navigate life in New York City. All students will be pre-screened for language ability which includes listening, speaking, reading and writing assessments.

Contact: email ecsinfo@cpc-nyc.org or call 212-941-0041

MAP Fund: Scaffolding for Practicing Artists (SPA)

<https://mapfund.org>

The MAP Fund is the longest running private funding source for new performance works in the United States and its territories. Since 1989, MAP has championed cultural equity and formal innovation in performance practices with an investment of more than \$36 million. Over three decades, thousands of artists have received grants and strategic support for groundbreaking projects that interrogate presumptive cultural norms, challenge entrenched ideologies, and remind us over and over again of our shared humanity.

Contact: email info@mapfund.org or call 212-226-1677 (voicemail only)

New York Public Libraries

<https://www.nypl.org/events/classes/english>

These are series-based free classes, held year-round in 10-week cycles. Most classes meet two days each week, for two hours each day. Select classes meet on Saturday mornings for four hours. Classes are for beginner, intermediate, and advanced level students. Offers ESOL Classes for non-native speakers to improve listening, speaking, reading, and writing; Adult Basic Education Classes for students who already speak English but want to improve their reading and writing; and English for Work Classes for Intermediate and Advanced speakers looking for work or already employed and want a better job. Partnered with We Speak NYC for informal conversational classes. They also have Citizenship Preparation and U.S. History classes available. Available at Tompkins Square and Seward Park locations.

Contact: 212-714-8420

University Settlement

English for Speakers of Other Language (ESOL) Classes

www.universitysettlement.org/programs/adult-english-classes/

University Settlement offers English for Speakers of Other Language (ESOL) classes at a variety of levels to adult immigrant students during the daytime, evenings, and weekends, free of charge. Classes run September to June at 175 Eldridge Street.

Contact:

- English and Chinese: call 212-533-6306
- Spanish: call 646-481-2520

Families

Chinese-American Planning Council

Asian Family Services

<https://www.cpc-nyc.org/sites/default/files/Asian%20Family%20Services%281%29.pdf>

AFS is a foster care and adoption preventative service program addressing the multi-level needs of Asian families and children, especially recently arrived Chinese and Korean immigrants. The purpose of the program is to provide free supportive and rehabilitative services to promote child safety. In this way, they hope to keep families and their children intact and avoid placement of the children in foster care. We empower families with various information and community resources.

To be eligible, Asian families with at least one child under the age of 18 who is at risk, as well as pregnant women.

Contact: email Sherry Ng at sng@cpc-nyc.org or call 212-941-0030 ext.251, 230, or 206.

Special Needs Services

<https://www.cpc-nyc.org/programs/family-support/special-needs-services-manhattan>

CPC's Special Needs Services in Manhattan provides early intervention service coordination for children who have or are suspected of having a developmental delay and/or disability from birth to 3 years of age within the five boroughs of NYC. As much as possible, the intervention services will be provided in your native language.

To be eligible, you must be a parent or caregiver of infants and toddlers from birth to three years.

Contact: email Angela Lo at alo@cpc-nyc.org or call 212- 941-0030

Grand Street Settlement

Early Childhood Program

<https://www.grandsettlement.org/programs-and-services/early-childhood>

Grand Street Settlement offers center based classrooms for child care programming, home-based programming, and additional comprehensive services. For child care programming, nutritious meals are provided daily, health screenings are offered, and families

are assisted in accessing public benefits. Home based programming includes prenatal care and home visits. Furthermore, through their comprehensive services Grand St. Settlement provides health & nutrition, disability, and mental health services.

Programs are all year round and are available to expecting parents or parents of children up to 5 years old. Families are eligible if their income falls below federal poverty guidelines, are homeless, or receiving public assistance. Foster children are eligible regardless of foster family income.

Contact: call Farhin Uddin at 917-216-6982 or email Farhin Uddin at fuddin@grandsettlement.org

Henry Street Settlement

The Parent Center (269 Henry Street)

<https://www.henrystreet.org/programs/primary-behaviorial-health/parent-center/>

Henry Street Settlement's Parent Center offers free groups, workshops, and activities for parents and caregivers to help them through the challenges and joys of raising children. Staff consist of licensed social workers who are trained in health, behavioral health, child development and addressing cultural influences on parenting. Groups for families with babies and toddlers are offered and the ACS/Family Court approved parenting journey course.

Contact: 212-471-2400 x1831 or parentcenter@henrystreet.org

Lower East Side Family Union

<https://lesfu.org/programs/>

The Lower East Side Family Union uses the Solution-Based Casework Child Welfare practice model, they provide services such as case management, resource navigation, service referrals, parenting skills, support with concrete needs and regular in-home assessments of child safety and wellbeing. They also have programs for families whose caregivers or children have substance or mental health issues. They can also help with housing needs, food and clothing resources, securing vital documents (social security cards, birth certificates) and summer camp registration.

Contact:

- General Inquiries: email JNelson@lesfu.or

- Family treatment/rehabilitative services: email LHook@lesfu.org
 - Family support services: email RLaRocco@lesfu.org
-

Loisaida, Inc.

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

Loisaida, Inc. stands firm on its original mission– to address the serious economic and social disenfranchisement of poor and low income Latino residents, with employment and training opportunities, comprehensive community development initiatives, as well as neighborhood revitalization activities that positively highlight the rich culture, heritage, and contributions of the Puerto Rican and Latin American community in this City.

Through its multi-purpose space, the Loisaida Inc. Center provides multi-generational programs, events, workspace, mentorship, technical resources, artistic and entrepreneurial residency programs and community development activities. The organization directly supports emerging community leaders, under-recognized, emergent and established artists and creators working in diverse disciplines, it promotes a vibrant social and community life, and serves as an incubator for self-sustainable initiatives. Our approach celebrates the urban surroundings, grassroots invention and immigrant spirit of the Loisaida neighborhood in its dedication to highlight our cultural vitality and contributions to NYC. The community center is ADA accessible.

Contact: please call 646-726-4715 or info@loisaida.org

Mama Glow

Citywide Doula Initiative

<https://mamaglowfoundation.org/>

Mama Glow is a Black, female-founded organization training and supporting a global community of doulas and families. The Mama Glow Foundation is committed to advancing reproductive justice and birth equity through education, advocacy, and the arts.

To enroll, you must live in zip codes: 10009, 10002 or 10003 and be income-eligible for Medicaid. The program prioritizes people who:

- Live in the shelter or are in foster care
- Have no other labor support
- Giving birth for the first time, or for the first time in at least 10 years

- Had a previous traumatic birth experience
- Have a high-risk medical condition

Contact: call 718-510-4015 or email info@mamaglow.com.

Manny Cantor Family Resource Center

<https://mannycantor.org/resourcecenter/>

The Family Resource Center (FRC) at MCC is a welcoming community space that offers something for every family in Lower Manhattan. From wellness workshops to parenting support, free legal advice to a boutique of free children's clothing, the FRC is a hub of holistic services accessible to all members of the community. Our team is ready to help connect families to a range of resources and services and no question or request is too big or too small. Whether you drop into one of our cooking classes or schedule time to meet with one of our trained care professionals, you can expect to feel seen, respected, and welcomed. No matter why you come or how often you come back, the FRC is a place where every family belongs.

Services are free, confidential, and immigration status will not prevent a family or individual from receiving services.

Contact: email resourcecenter@edalliance.org or call 646-395-4246

The Center for Wellbeing and Happiness

<https://www.centerforwellbeing.nyc/>

The Center for Wellbeing and Happiness (CWBH), an initiative of the Lower East Side Girls Club, offers free programs to members of the LES community that focus on physical, spiritual, emotional, social, economic, environmental, and educational wellness.

For this 2023 Winter Session, CWBH has partnered with **RISE** (an organization based in the Bronx that offers support to families impacted by the family policing system), **WeSpeak NYC** (free English language learning program by the Mayor's Office of Immigrant Affairs), and **Families Thriving** (offers support to families to understanding child development, managing stress, and getting connected to resources).

Contact: email cwbh@girlsclub.org or call 212-287-9355

University Settlement

Family Childcare

<https://www.universitysettlement.org/programs/early-childhood/family-child-care/>

University Settlement offers Family Child Care programs that provide free to low-cost home-based care for children aged six weeks to four years old through family childcare networks. FCC program has income requirements for NYC child care, it is subsidized child care. Eligibility is based on family size, income and needs. Parents must have a reason for care (e.g. working at least 10 hours per week or in school at least 17.5 hours per week). Parents who have been looking for employment for up to 6 months, are living in temporary housing or attending services for domestic violence may also apply.

Contact: call 917-994-4810

Early Childhood Center

<https://www.universitysettlement.org/programs/early-childhood/>

University Settlement's Early Childhood Center offers Head Start programming for children from three to 5 years old. Early Childhood Center is a sliding scale federal program for children living at or below the poverty guideline. The program provides social service support for families and advocates for children in need of special needs services.

Contact: General - 212-453-4545, 212-453-4584 or 212-453-4544

Programs + Services - (212) 453-4500

Donations + Partnership - (212) 453-0257

Food

Loisaida United Neighborhood Gardens (LUNGS) CSA

<https://lungsnyc.org/csa/>

LUNGS CSA (Community-Supported Agriculture) is a pay-as-you-go program for gardeners, friends and neighbors who want to enjoy the benefits of weekly fresh produce without purchasing a seasonal share. The programs from mid summer to early fall. Participants pay \$12 for a bagful of fresh and healthy produce. Payments must be given one week in advance to participate and there is no long term commitment.

Contact: email csa@lungsnyc.org

Louise's Pantry at Nazareth Housing

<https://nazarethhousingnyc.org/services/louises-pantry/>

Nazareth Housing, located at 206 E 4th Street, provides free nutritious meals so that families don't have to choose between feeding their children or paying rent. With a "more than food" approach, each pantry client receives a full intake upon registration to screen for benefits, initiate referrals, and connect them to additional Nazareth Housing services that foster increased independence.

Contact: email Radaisa Berroa-Jorge at rberroa-jorge@nazarethhousingnyc.org; call 646-713-2681, 646- 713-2733, or 347- 396-3165

Lower East Side Partnership (LESP)

<https://les.nyc/>

The Partnership's mission is to enhance the unique and diverse character of the Lower East Side by improving overall quality of life and supporting the continued growth and vitality of the local economy. As a business improvement district in a community with a rich merchant history, LESP takes great pride in representing and serving the people who make the Lower East Side such a special place. Our programs, services, and initiatives are designed to assist community development. Additionally, they act as a liaison to government agencies, providing general assistance and direct support with permitting for the Lower East Side's merchant community.

Free community programs are offered at Essex Market (88 Essex Street) such as:

- Fresh Bites at Essex Market (translated into Spanish) - Every Thursday at 10AM in Essex Kitchen (mezzanine level)
- Fresh Bites at Essex Market (translated into Chinese) - Every Tuesday at 10AM in Essex Kitchen (mezzanine level)

If large parties are interested in participating, please contact LESP in advance.

Contact: call (212) 226 9010 or INFO@LOWEREASTSIDE.ORG

Sixth Street Community Center

<http://www.sixthstreetcenter.org/csa.html>

Sixth Street Community Center is a community supported agriculture program that partners with local farmers who make weekly deliveries of fruits and vegetables. In addition, they have emergency food distribution every other Wednesday where free produce is distributed to those with food needs. The Sixth Street CSA offers sliding scale pricing with reduced payment plans for those with food stamps.

Contact: email Jen Chantrtanapichate at jen@sixthstreetcenter.org

The Father's Heart Ministries

<https://www.hfny.org/redhen/org/1380>

The Father's Heart Ministries, located at 545 E 11th Street, offers a soup kitchen and food pantry. In an effort to restore a sense of dignity to those ordinarily relegated to food lines, the guests are seated and served an all-you-can-eat hot breakfast in a restaurant-style setting. Guests are also encouraged to take part in the food pantry program, which supplies emergency and supplemental food in grocery bag.

Open to all every Saturday except the first Saturday of every month.

Contact: call 212-375-1765 or email Marian Hutchins at marianhutchins@fathersheartnyc.org

The Lower East Side Girls Club - Food Pantry

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

The Lower East Side Girls Club has a food pantry that runs every Wednesday from 10 AM to 2 PM. To be eligible, you must:

- Be Lower East Side Community Member (zip codes 10002 and 10009)
- participate in the following programs: Medicaid, SNAP, SSI, WIC, or TANF, **OR**
- Be income eligible

First time clients must bring an ID or proof of address.

Contact: email pantry@girlsclub.org

Trinity Lower East Side Lutheran Parish

<https://trinitylowereastside.org/>

Trinity Lutheran Parish, located at 602 E 9th Street, operates as a soup kitchen, food pantry and referral center. To receive food pantry bags, a valid ID must be presented.

Contact: hello@trinitylowereastside.org or 212-228-5254

Meal Delivery Programs

God's Love

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

God's Love offers free meals delivered to homes of chronically ill or life-altering Clients must have a chronic or life-altering illness like cancer, Alzheimer's, renal failure, COPD, HIV/AIDS, or other serious condition. Clients must also live in NYC and/or have trouble cooking/getting groceries.

Applications can be completed online or printed and provided to a clinician to determine eligibility. A registered dietician will contact potential clients within 48 to 72 hours.

Online application:

<https://www.glwd.org/get-meals/for-you-or-your-loved-ones/eligibility-forms-client-form/>

Contact: email clientservices@glwd.org at fax 212-294-8198

Henry Street Settlement

Meals on Wheels

<https://www.henrystreet.org/programs/oa-services/meals-on-wheels/>

Henry Street's Meals on Wheels (Healthy Senior Select) program delivers free fresh and frozen meals to more than 1,200 eligible homebound Manhattan residents every day to help them stay healthy and independent in their homes and communities. Seven meals are delivered weekly, Monday through Friday; "weekend" meals are included with Wednesday and Thursdays deliveries. Standard Fare (Regular), Kosher, Chinese, and Latin style meals are available in Fresh and Frozen form.

Contact: call Jay Rathbun, Program Director at 212-473-1474 or email Jay Rathbun at jrathbun@henrystreet.org; call Amrita Bajoon, Assistant Program Director at 646-713-2521 or email Amrita Bajoon at ABajoon@henrystreet.org

Health

Community Healthcare Network (CHN)

<https://www.chnnyc.org>

CHN, located at **255 E Houston Street NY, NY 10002**, offers quality healthcare at a low cost to families. They provide medical care, infection disease control care, GYN, prenatal, podiatry, nutrition, health education, social work and health homes programs.

CHN offers services on a sliding scale free based on patient income or accepts the following insurances: Medicaid, FHP, CHIP, Aetna, CIGNA, Empire Blue Cross & Blue Shields, HIP HMO, EmblemHealth EPO/PPO, 1199 SEIU Benefit & Pension Fund, Magnacare, Multiplan & PHCS Networks, Oxford, United Healthcare, United Healthcare Empire, Tricare, US Family Health Plan, and SNP Health Plans.

Contact: call 212-477-1120 (LES location)

Home Health Program

<https://www.chnnyc.org>

CHN's Home Health Program is a free program for adults 21 years of age and older with Medicaid to help coordinate their healthcare and support them in staying healthy.

Contact: call 646-634-9766 or email bhcma@chnnyc.org

GOLES (Good Old Lower East Side)

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

Healthy Aging Program (GHAP)

A preventative healthcare initiative for seniors that combines direct service with community engagement and leadership development. GHAP addresses the immediate health and social service needs, including physical, mental, social, and financial well-being. This program is for Lower East Side residents who are of low income and above 50 years of age.

Contact: email Ruby Fernandez-Brown at ruby@goles.org or call Ruby Fernandez-Brown at 212-533-2541 ext. 19

Keith D. Cylar Community Health Center: Housing Works

Housing Works Community Healthcare fosters good health and positive social change through empowerment, innovation, and collaboration. They provide high-quality, integrated medical care and other essential services that improve individual and overall community well-being. Primary Care and Behavioral Health are offered.

Contact: call 718-227-0386

Loisaida Wellness Collective

<http://loisaidawellness.com/>

Loisaida Wellness Collective is a women-led grassroots group of acupuncturists, doctors, nutritionists, entrepreneurs, and healers. Coming together organically, they bring their services to local events in order to foster health and healing in the LES, especially to neighbors who are underserved. Some of the services that LWC offers are: gardening classes, acupuncture, herbalism classes, nutrition classes, and mind/body (meditation).

Contact: visit <http://loisaidawellness.com/contact/> to send a message

NYC Health + Hospitals/Gotham Health, Roberto Clemente Center

NYC Care

NYC Care is a health care access program that guarantees low-cost and no-cost services offered by NYC Health + Hospitals to New Yorkers who do not qualify for or cannot afford health insurance based on federal guidelines. NYC Care is the nation's largest and most comprehensive initiative to guarantee health care for New Yorkers, regardless of immigration status or ability to pay.

Contact: 646-692-2273

Housing

Asian Americans for Equality (AAFE)

Homeowner Counseling & Financing

<https://www.aafe.org/cdf/>

Homebuyer Education Classes and Seminars

Our homebuyer education classes and seminars will teach you how to become a homeowner. Come learn the steps to homeownership and find out about available assistance for down payment and closing costs. Understand the importance of credit and how to qualify for an affordable mortgage. To join any upcoming events, click [here](#).

Lending Services

We offer affordable low-interest loans to homeowners to make repairs or improvements to their primary homes, as well as [down payment assistance loans](#) for first-time homebuyers. We provide our lending services to homeowners in NYC's 5 boroughs, Westchester, Nassau, and Suffolk counties.

One-on-One Homeownership Counseling

Our team of HUD-certified housing counselors can guide you through the entire homebuying process. Our free 1:1 counseling is available in English and Chinese. To make an appointment, click [here](#).

Contact: call (212) 964-2288/(718) 961-0888 or [email info@aafecdf.org](mailto:emailinfo@aafecdf.org)

Cooper Square Committee

<https://coopersquare.org/>

Cooper Square Committee offers free tenant counseling and tenant organizing to prevent evictions and improve housing conditions, small business services for the more than 100 members of the East Village Independent Merchants Association (EVIMA), including promotional events and free commercial lease assistance, and greening and resiliency assistance to HDfC cooperatives and rental property managers.

Contact: call 212-228-8210 or email csc@coopersquare.org

Coalition for the Homeless

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

CFTH provides a spectrum of services and support, including help accessing emergency shelters and obtaining government benefits, as well as information and advocacy to secure permanent housing. Referrals to emergency mail services, mental health or substance use treatment, job training, eviction prevention, and other services are available upon request.

Contact: call 212-776-2000 or call the Crisis Hotline at 888-358-2384

Community Access

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

Community Access offers free assistance with community, supportive and transitional housing. They can assist low to moderate income New Yorkers find studios and 1-bedroom apartments for individuals, and 2-bedroom apartments for families. They also provide support in finding transitional housing for people with psychiatric disabilities. Finally, they provide assistance to locate supportive housing is rent-subsidized housing with support services to people with psychiatric disabilities and a history of homelessness. While a referral is not necessary for community housing, a referral for transitional and supportive housing, a referral is needed by a service provider or shelter.

Contact: call 212-780-1400

GOLES (Good Old Lower East Side)

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

GOLES provides housing counseling to tenants who live in rent-regulated public housing, Mitchell-Lama, Limited Equity Co-ops (HDFCs), and Section 8 apartments. Counseling covers tenant's rights; help with affordable housing applications and public housing income "recertification"; assistance communicating with and responding to landlords; fighting landlord harassment; housing court assistance; responding to eviction notices; and legal referrals. GOLES partners with the NYC Department of Housing Preservation and Development to help Lower East Side residents prepare for and apply to affordable housing lotteries. GOLES also helps applicants who are selected to prepare for housing lottery interviews.

Contact: email Hilary Pena, Housing & Benefits Coordinator at hillary@goles.org or call 212-533-2541 ext. 23

Nazareth Housing

<https://nazarethhousingnyc.org/services/supportive-housing/>

Nazareth Housing combines affordable housing and dedicated case management services to help formerly homeless, disabled, or mentally ill individuals live in dignity and thrive in their communities. Their Housing Stability Support Project (HSSP), helps formerly homeless families receive extensive ongoing case management and frequent check-ins from caseworkers to ensure retention of housing and financial stability. Nazareth Housing is a HUD-certified housing counseling agency, helping families to enroll in affordable housing lotteries and to apply for supportive housing programs. Other services include housing counseling, eviction prevention, financial coaching and benefits screening.

Contact: call 212- 982-7800 or email info@nazarethhousingnyc.org; email Madeline Beato at mbeato@nazarethhousingnyc.org or call 646-713-2739 or 347-396-3165

Jobs

Avenues for Justice

<https://www.avenuesforjustice.org/program-2>

AFJ offers free job training with certification, weekly job readiness classes led by corporate partners and mentors, and multiple additional workshops for employment and personal development including legal workshops, on-going mental health sessions for in-depth group therapy or to learn basic coping skills, and communications training to give Participants a voice on justice issues as well as job skills. Training includes Digital Literacy with Certification, OSHA 40-Hour Construction Safety with Certification, Entrepreneurship, Education – STEM & STEAM, Communications Academy.

Contact: email SFikilini@avenuesforjustice.org, gwillis@avenuesforjustice.org

Chinese-American Planning Council

<https://www.cpc-nyc.org>

Career Center

<https://www.cpc-nyc.org/programs/community-economic-empowerment/career-center>

The Chinese-American Planning Council Career Center offers free adult literacy (for learning English) and BuildWorks Training Program (5-week class that will prepare individuals for a career as a Union Carpenter). All programs are for people 18+. The Career Center requires NYC residency and ability to legally work in the US. BuildWorks requires a High School Diploma or GED and ability to legally work in the US.

Contact: email Vickie Wong at vwong@cpc-nyc.org or ecsinfo@cpc-nyc.org or call 212-941-0041

Customer Service and Work Readiness Training Program

https://forms.office.com/Pages/ResponsePage.aspx?id=HhOyi5h_RUmt1-XXJyioXokRC30raRhGp6rv4DIN2aJURFRJTFpESFVWU1dTTzlzM083TVE5RlFJSS4u

CPC's Education and Career Services team invites your community members to join our new Customer Service and Work Readiness Training Program. It is a free program that helps one refine their professional expertise while developing communication skills that can be easily applied to any job. Additionally, once a participant completes the program, they are automatically referred to CPC's Career Center for job counseling, job placement support,

resume and cover letter assistance, and other related services. Plus, they now have virtual walk-in information sessions for any community members who have additional questions or want more information (also in flyers).

GOLES (Good Old Lower East Side)

Workforce Development

Good Old Lower East Side assists residents to attain a sustainable future by preparing them for and connecting them to sustainable jobs, as well as educational and vocational opportunities. Assistance includes: resume and cover letter review and advice; interview preparation; job search and referrals; specialized job sector training; workers' rights training; and overall career development assistance.

Contact: email Jorge@goles.org or 212-533-25411 ext. 22

Henry Street Settlement

Jobs Plus Lower East Side (24 Avenue D)

<https://www.henrystreet.org/programs/employment/jobs-plus-employment-and-training-services/>

Henry Street offers free employment readiness/career advancement services, educational and certificate training opportunities, health and wellness, one-on-one financial counseling for free tax prep, credit building and repair, financial aid and student loans, child support assistance, rent arrears, and more. The "Plus" side of the program includes referrals for resources such as benefits screenings, legal services, food pantry, child care, senior services and much more. Interested individuals must reside in Jacob Riis or Lillian Wald Houses.

Contact: call 212-254-4333

JET (Job Essentials Training)

<https://www.henrystreet.org/programs/employment/job-essentials-training-jet/>

JET offers free career counseling (interview and resume prep, job coaching, career planning, skills development, training and certifications) and professional development (networking, navigating job boards). Employment coordinators also provide some incentives for finding jobs (gift cards, metro cards) and can provide interagency referrals.

Contact: Email jsanchez@henrystreet.org to register for a JET orientation session.

Women's Prison Association

<https://www.wpaonline.org/workforce-development/>

Women seeking jobs become the narrators of their own career-focused stories through WPA's work readiness and employment program. Participants are empowered to enter the workforce with confidence through multifaceted training, connection to paid internships, and jobs that match their skills and interests for free. Once employed, WPA remains a consistent source of support to both the participant and the employer.

Eligibility:

- Ages 18+
- Formerly incarcerated women and gender-expansive individuals
- Have current or past involvement in criminal legal systems
- Able to attend in-person classes in New York City

Contact: emailinfo@wpaonline.org or 646-292-7710 or visit the link above and click the "Get Help" button

Legal

Avenues for Justice, Inc.

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

AFJ offers free on-going court advocacy and HIRE UP prevention programs for workforce training, education, and mentoring to ATI court-involved and formerly incarcerated participants and to young people at-risk of engaging in crime ages 13 to 24 years old.

Contact: email gwillis@avenuesforjustice.org or call 212-349-6381

Gay Men's Health Crisis (GMHC)

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

GMHC offers staff of experienced attorneys, accredited immigration advocates, and volunteers who provide free legal services to people living with HIV/AIDS in NYC. Clients are assisted with immigration matters, eviction prevention, employment discrimination, debt collection, bankruptcy, public benefits and more. Legal advocacy, representation, pro se advice, and appropriate referrals are provided. Clients with HIV/AIDS are prioritized to receive services.

Contact:

- Registration: call 212-367-1500
 - Immigration: call 212-367-1308 (Spanish: call 212-367-1328)
 - Employment, Government Benefits, Estate Planning, Landlord/Tenant, Debt Collection and Bankruptcy: email legal@gmhc.org or call 212-367-1144
-

City Bar Justice Center (CBJC)

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

CBJC provides free legal services to low-income New Yorkers through a variety of projects. CBJC also strives to give the self-represented the support they need to successfully protect their legal rights.

Contact:

- Hotline: call 212-626-7383 or 212-626-7373
- Emergency calls (cases that will be determined in less than a week): call 212-626-7383

Henry Street Settlement

Dale Jones Burch Neighborhood Center (269 Henry Street)

<https://www.henrystreet.org/programs/primary-behaviorial-health/dale-jones-burch-neighborhood-center/>

Henry Street works with Legal Services of NYC to provide free legal assistance for low-income people in matters including family, housing, eviction prevention, immigration, and elder care issues.

Contact: call 212- 471-2400 or email info@henrystreet.org

Sanctuary for Families

<https://www.sanctuaryforfamilies.org>

Sanctuary for Families is New York's leading service provider and advocate for survivors of domestic violence, sex trafficking and related forms of gender violence. Every year, they empower thousands of adults and children to move from fear and abuse to safety and stability, transforming lives through a range of comprehensive services and advocacy.

Contact:

- Crisis intervention, shelter + counseling: 212-349-6009 ext. 1367 or text.929-335-9922
- Legal Helpline (e.g. orders of protection, divorce, immigration, child custody/visitation/support): 212-349-6009 ext. 8000
- EMPOWER Center (trauma informed medical, psychiatric, social and legal services): 212-238-4906

Mental Health

Community Re-Entry Assistance Network (CRAN)

<https://eac-network.org/manhattan-cran/>

CRAN provides transitional case management services for individuals with severe mental illness who are reentering New York City from Rikers Island.

Contact: call 718-975-0180 or email Lauren Sanders (Program Director) at LSaunders@eacnyc.org

Hamilton Madison

Outpatient Behavioral Health Services

<https://hamiltonmadisonhouse.org/behavioral-health/>

The diverse mental health clinics provide outpatient services that strive to maintain the mental well-being of community residents through culturally appropriate prevention and treatment of emotional and/or social difficulties including: diagnostic assessment, psychiatric and psychological evaluation, individual, couple, marital, family and group therapy, psychosocial education and play therapy, medical management, community outreach, and professional consultation to service providers.

Contact: Contact 212-720-4540 or behavioralhealth@hmhonline.org

Henry Street Settlement

Community Consultation Center (40 Montgomery Street)

<https://www.henrystreet.org/programs/primary-behaviorial-health/mental-health-services/>

The Community Consultation Center at Henry Street Settlement offers counseling services for all New Yorkers age nine or older who are experiencing parent/child issues, marital conflicts/divorce, effects of substance abuse on family systems, mood disorders including anxiety and depression, adjustment disorders, death in the family, personal injury or

disability, HIV/AIDS, incest/abuse and domestic violence, and trauma and post-traumatic stress disorders.

Medicare, Medicaid, and private insurance are accepted. Sliding scale is also offered. To see the complete list of insurance accepted, click here:

<https://www.henrystreet.org/wp-content/uploads/2022/08/CCC-Insurance-Accepted-August-1-2022.pdf>

Contact: call 212-233-5032 or email info@henrystreet.org

NYC Health + Hospitals/Gotham Health, Roberto Clemente Center

<https://www.nychealthandhospitals.org/locations/nyc-health-hospitals-gotham-health-roberto-clemente-center/>

The Roberto Clemente Center provides individual, family, and couple counseling in English and Spanish. Counseling sessions occur weekly, every two weeks, or monthly.

Anyone is eligible. However, priority is given to those experiencing difficulties eating/sleeping and suicidal ideation, who are undocumented, have no insurance or have Medicaid, are Spanish-speaking, and who live on the Lower East Side.

Contact: call 212-387-7400 or email Ivy Rosado (rosadoi@nychhc.org)

Ryan Health | NENA

<https://ryanhealth.org/>

Ryan Health is dedicated to providing high-quality, affordable, comprehensive, linguistically appropriate, and culturally competent health care services to medically underserved populations. All patients are treated equally with dignity, respect, courtesy, confidentiality, and concern for safety.

Contact: Please call 212-749-1820 for more information on behavioral health services

The Lesbian, Gay, Bisexual and Transgender Community Center

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

The Center offers individual, family, and short-term couples counseling services for community members. Services for community members who are uninsured, have private insurance, or underinsured. If a community member has private insurance, their income needs to be less than \$50k.

Contact: call 646-556-9300 or fax 646-486-9381 or email counseling@gaycenter.org

University Settlement

Butterflies, Early Childhood Mental Health

<https://www.universitysettlement.org/programs/early-childhood/mental-health/>

University Settlement's Early Childhood Mental Health engages children under five years old, their parents and caregivers as they build and maintain healthy relationships, learn to respond to emotions, acquire skills and tools needed to effectively support future growth and development. Services are free and available in English and Cantonese.

Contact: email Marilus Castellanos at mcastellanos@universitysettlement.org

Home-Based Crisis Intervention

<https://www.universitysettlement.org/programs/mental-health-wellness/home-based-crisis-intervention/>

Home Based Crisis Intervention (HBCI) provides in-home crisis services to families where a child is at imminent risk of psychiatric hospitalization. HBCI is a 6-week program. Families work one-on-one with a highly trained caseworker weekly. Youth between the ages of 5 to 20-years-old within Manhattan are eligible for services.

To make a referral contact director, Cate Graney, to confirm program availability and appropriateness of referral. If accepted, complete referral form (attached). We can accept referrals from both providers and community members.

Contact: call Cate Graney at 212-453-4585 or 917-510-3920; email Cate Graney at cgraney@universitysettlement.org

Families Thriving

<https://www.universitysettlement.org/programs/mental-health-wellness/families-thriving/>

Families Thriving provides after school programming, family therapy, triple P parenting training (provides parents with the tools to build a closer relationship with their children), skill building, and psychoeducation.

Families Thriving works with children 0-21 years old and their families who have Medicaid and live in Manhattan or Brooklyn.

Contact: email ft@universitysettlement.org or call 212-453-4503

LGBTQIA+

Callen-Lorde

<https://callen-lorde.org/>

Callen-Lorde provides affirming services such as primary care, transgender health, women's health, health outreach to teens (HOTT), behavioral health, HIV/AIDS services, case management & coordination, sexual health, insurance navigation, dental, community outreach and education.

Contact: call 212-271-7212

Grand Street Settlement

Project Speak Out Loud (PSOL)

<https://www.grandsettlement.org/programs-and-services/youth>

Project Speak Out Loud! (PSOL) is a youth peer education program supported by Queer, Black, Indigenous, People of Color ages 14-24 and their allies. Peer educators provide free sexuality education workshops that are sex-positive, comprehensive, and inclusive to community members throughout NYC. PSOL's goal is to build LGBTQIA+ cultural competency through a reproductive justice lens and provide safer spaces in NYC for LGBTQIA+ youth to express themselves and be heard.

Contact: Andre Washington, Program Director at awashington@grandsettlement.org or psol@grandsettlement.org or call 551.221.0393

Hetrick-Martin Institute (HMI)

<https://hmi.org/>

HMI offers free programming in Arts and Culture (dance, photography, open art studio, expressive arts internship, and music), Academic Enrichment (High School Equivalency and college application assistance, SAT prep, tutoring and computer lab), Job Readiness programming, Health and Wellness Programs and much more.

Contact: email join@hmi.org or call 212-674-2400

New Alternatives

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

New Alternatives primarily assists LGBTQ+ youth and young adults who are 13 to 30 years of age and homeless [lacking permanent housing, in a shelter or transitioning housing, living on the street or unstable housing] or at risk. Sunday community dinners, case management, social activities, and testing and prevention are offered.

Contact: call 718-902-7653

Pioneers Go East Collective

<https://pioneersgoeast.org/>

Pioneers Go East is a radical Queer laboratory collective dedicated to dance-theater and video art to empower the LGBTQ experience. An artist-driven collective, we create works of high artistic merit, speak out about social issues and build a platform to positively impact the LGBTQ community. Based in NYC, the collective is led by BIPOC and/or immigrant artists and cultural organizers Gian Marco Riccardo Lo Forte, Daniel Diaz, Philip Treviño, Joey Kipp, Hilary Brown-Istrefi, and Anabella Lenzu. We portray same-gender-loving experiences, memory, and marginalization that resonate with contemporary lives. The collective combines stories of vulnerability and courage with popular culture to facilitate communal meaning and advocate for cultural integrity. Our work has been widely presented in NYC at Judson Church, La MaMa, Bronx Academy of Arts and Dance, St Ann's Warehouse, The LGBT Center, JACK, Exponential Festival, LMCC's Process Space at Governors Island, Chashama Gallery, Incubator Arts Project, New Dance Alliance, and Goethe Institute.

Pioneers Go East Collective offers free performances and workshops across the city for all ages. Updates on their programming can be found on their [website](#), their [eventbrite](#), and by signing up for their [mailing list](#).

Contact: community@pioneersgoeast.org

The Door

<https://door.org/>

The Door, located at 555 Broome Street, offers a range of free services including reproductive health care and education, mental health counseling and crisis assistance, legal assistance, GED/HSE classes, tutoring and homework help, college preparation services, career

development, job training and placement, supportive housing, and recreational activities, arts, and nutritious meals. Services are offered to youth aged between 12 to 24 years old who must enroll as a member.

Contact: email membership@door.org or call 929-357-0768

The Lesbian, Gay, Bisexual and Transgender Community Center

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

The Center provides a free, safe, inclusive, affirming environment where you can connect with your peers, build leadership skills, and take care of your mental and physical health for youth ages 13 to 24 years old. Programs occur in-person and virtually.

Contact: to join as a member, call 646-556-9300 or email youth@gaycenter.org; call general number at 212-620-7310

Older Adults & Seniors (55+ Years of Age)

Henry Street Settlement

Senior Services

<https://www.henrystreet.org/programs/senior-services/>

Henry Street offers four types of older adult services:

NORC: A naturally occurring retirement community, where a significant number of seniors live within the same housing complex. This program provides social work, nursing services and case management to residents of the Vladeck Houses who are 60 years and older. This community is located at 351 Madison Street, 1B, New York, NY.

Contact: Call 212.477.0455 or email Betsy Smith, bsmith@henrystreet.org.

Senior Companion Program: Senior volunteers (aged 55+) are trained through the federally funded program and matched with homebound seniors to provide them companionship and friendship. The volunteers receive a small stipend for this work, and the work can either be in-person or virtual, depending on client preferences.

Contact: Shannon Scott, Program Manager at 212-473-1474 ext. 1335

Meals on Wheels: Meals delivered to seniors in the area south of 59th St. of a chosen type (standard, Asian, Latin, or Kosher) to seniors aged 60+ who are unable to shop and/or cook for themselves.

Contact: call Jay Rathbun, Program Director at 212-473-1474 or email Jay Rathbun at jrathbun@henrystreet.org; call Amrita Bajoon, Assistant Program Director at 646-713-2521 or email Amrita Bajoon at ABajoon@henrystreet.org

Older Adult Center: Daytime programming (except Saturday), two meals daily (lunch and dinner) for a suggested \$1.50 donation, trips, and many activities inside the center and in a courtyard that create a fun, social atmosphere. Membership is free for all New Yorkers age 60+!

Contact: Jasmine Corchado, 212.349.2770 or jcorchado@henrystreet.org

Chinese-American Planning Council

Chinatown Senior Center

<https://www.cpc-nyc.org/programs/family-support/chinatown-senior-center>

The Chinese-American Planning Council Chinatown Senior Center, located at 55 Chrystie Street, provides nutritious meals, various activities, health workshops, care assistance and information/referral, field trips (summer) and special events.

Contact: email Jenny Tran at jtran@cpc-nyc.org or call 212-233-8930

Educational Alliance

Manny Cantor - Weinberg Center for Balanced Living

<https://mannycantor.org/older-adults/>

WCBL is known on the Lower East Side as a vibrant and active senior center. They offer group exercise, arts and education, advocacy and social events, as well as fresh Kosher breakfast and lunch are all available Monday through Friday.

Contact:

- General contact: call (646) 395-4270 or email info@mannycantor.org
- Hannah Margolin, Assistant Director: call 646-395-4271 or email hmargolin@edalliance.org
- Xiomara A. Maldonado, Senior Director of Older Adult Programs: call 646-395-4274 (Spanish) or email xmaldonado@mannycantor.org
- Joy Lau: call 646-395-4277 (Chinese) or email joylau@edalliance.org

WISE (Wellness Initiative for Senior Education)

<https://edalliance.org/community-centers-programs/crw/project-help/16306-2/>

Funded by OASAS (The Office of Addiction Services and Supports), The Wellness Initiative for Senior Education (WISE) is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make healthy lifestyle choices and better understand the risks associated with substance and alcohol misuse.

WISE workshops will consist of six 2-hour classes conducted once weekly over the span of 6 weeks. The program provides valuable educational services to older adults on topics including healthy aging, the management of prescription medication, and enhancing our

overall quality of life. From this, individuals who may be at risk for substance or alcohol abuse may be identified and screened using Screening, Brief Intervention and Referral to Treatment (SBIRT). Participants will have opportunities to earn gift cards by attending all 6 classes, and a complimentary meal will be provided at each of the 6 classes.

Contact: For information about WISE, email Daniel Lamport, Prevention and Wellness Educator, at dlamport@edalliance.org or 646-752-6352

For information about SBIRT, email Kelly Berenfield, Prevention and Wellness Educator, at kberenfeld@edalliance.org or call 980-333-8549

United Jewish Council of the East Side

Lillian Wald Senior Center (UJCES)

<https://ujces.org/older-adult-centers-nyc>

UJCES, located at 12 Avenue D, provides a social environment for seniors 60+ with exercise and art classes, meditation, chair yoga, dance, and an activities room featuring dominoes, pool, a TV, and a library. They also offer a caseworker on site.

UJCES also has a Digital Food Pantry where participants can register, place orders, and pick up their items.

Contact: call Alejandro Vilar, Director at 212-260-2731 ext. 112

Digital Food Pantry: 212-475-3857

University Settlement

Senior Services

<https://www.universitysettlement.org/programs/older-adults/>

University Settlements' Senior Services offer meals, meals on wheels, educational and recreational activities, health and wellness activities, mental health counseling, social services, and hosts special events. The neighborhood center at 189 Allen Street has programming in education, art, recreation, and nutrition. They have fitness and dance classes, volunteering, technology tutoring, mental health referrals and telephone reassurance. They also do intergenerational activities in arts and culture.

Contact: call 212-473-8217 (English, Spanish, Mandarin, and Cantonese)

Substance Use Treatment

Center for Recovery and Wellness by Educational Alliance

<https://edalliance.org/community-centers-programs/crw/>

Residential and outpatient addiction treatment, Recovery Services, prevention education, and community programming such as our free Community Food Program, ReStart Academy high school, and employment and housing services.

Contact: email Suzette Ross, LCSW at sross@edalliance.org or call 646-395-4406

East Village Access

East Village Access (EVA) is a mental health treatment and recovery program for adults. Using PROS — Personalized Recovery Oriented Services — we help participants to identify their strengths, overcome barriers, and build skills for goal-setting, growth, recovery, and self-directed living.

Contact for clients: Rachel Lugo (Director) @ rlugo@communityaccess.org or call 212-780-9008, ext. 7204

Hamilton Madison House

Asian American Recovery Services

<http://www.hamiltonmadison.org/recoveryservices/>

Drug, alcohol, gambling-addiction treatment, and a full suite of co-occurring counseling services through community education and outreach, referral and case management, medical service, psychiatric services, counseling services, ambulatory detoxification, alcoholism and drug assessment

Contact: call Lilya Berns, Assistant Executive Director - Behavioral Health Services at 212-720-4520

Connect (Continuous Engagement between Community and Clinic Treatment) Program

<http://www.hamiltonmadisonhouse.org/behavioral-health-services.html>

The CONNECT program, by Hamilton Madison House, offers a range of outpatient behavioral health services such as psychotherapy, legal assistance, group treatments, housing assistance, and more. Individuals must have either: a mental health diagnosis, recently been released from correctional health facilities, stepping down from mobile treatment services, and/or awaiting mental health services and be 18 years of age or older.

Contact: Call (212) 720-4580 or Email connect@hmhonline.org

PROSpect (Personalized Recovery Oriented Service) Place

<http://www.hamiltonmadisonhouse.org/prospect-place.html>

Recovery program, located at 253 South Street, for adults with psychiatric disabilities that includes: vocational and educational assistance, benefits and financial management, relapse prevention, wellness self-management, community living exploration, health assessment, clinical counseling and therapy, and individual recovery plan.

Contact: call Roxy Zhang, PROS Program Director at 212.720.4558/4570 or email PROSpectPlace@hmhonline.org

Lower Eastside Service Center, Inc

<https://www.lesc.org/about/about>

The Lower Eastside Service Center provides a range of opioid treatment and care for people ages 18 and over. Inpatient and outpatient services are available at various locations throughout NYC. Treatment services include individual therapy, vocational services, medical care, case management, and legal help. Mental health services, HIV/AIDS supportive housing, and primary healthcare services are also offered.

Contact: call 347-538-2632 or 212-566-7590 or email info@lesc.org