**Expectant & Parenting Youth Resources**

Listing of Resources for Expecting and Parenting Young People in Care. Hunter College School of Social Work (resources, policies and training):


**ADOLESCENT REPRODUCTIVE HEALTH SERVICES**

**Adolescent and Young Adult Health Program**

Bronx Care at Third Ave-
Bronx Lebanon Hospital Center,
2737 3rd Ave.,
Bronx, NY 10451

**Call: 718-838-1016**

**Hours:** Monday and Tuesday 9am-4pm
Wednesday 11am-6pm
Thursday 1pm-4pm
Friday 9am-11:30am

Walk-in Services are available for pregnancy tests (no walk-in prenatal care). Confidential ad reproductive health care provided. No pelvic exam is required to obtain birth control. Insurance billed for all services. Medicaid accepted. Services also include Healthy Eating workshops, Lamaze Education, Baby Basics, PPD Groups, Parenting Journey and Censoring pregnant Workshops.

**Bellevue Hospital – Child and Teen Health Services**

462 First Ave.,
New York, NY 10016

**Call: 212-562-4141 or 212-562-1000**

Adolescents ages 12-18 can receive medical and/or counseling services without parental consent. The Perinatal Diagnostic Center provides the latest medical technology, and the high-risk obstetrical clinics assure mothers and babies comprehensive primary, obstetrical and gynecological care. Obstetrical services include midwifery-based birthing for low-risk mothers to a high-risk obstetrical area equipped to handle extremely complicated cases. Programs for young mothers are available.

**Children’s Aid Society**

910 East 172nd Street
Bronx, NY 10460

**Call: 347-918-3200 (Foster Care 4th Floor)**
347-767-2200 (Clinic 3rd Floor)

**Hours:** Foster care- Monday thru Friday 9am-5pm
Clinic- Mon and Fri. 9am-5pm
Tue, Wed, Thur. 10am-6pm

1515 Southern Blvd.,
Bronx, NY 10460

**Call: 718-764-2408 (community pool 1st Floor)**
718-764-2409 (daycare 2nd Floor)

Complete physical exams for males and females, care of illnesses, pregnancy testing, emergency contraception (Plan B or Morning After Pill), birth control education and on-site provision of birth control methods, pregnancy options counseling, STI screening and treatment, HIV testing and risk reduction counseling, dental care (some charges may apply). No pelvic exam I required to obtain birth control. Medical and social service referrals are available.

**The Door**

555 Broome St.,
New York, NY 10013

**Call: 212-453-0222**

**Hours:** Monday and Wednesday 12pm-7:15pm
Tuesday 2pm-7:15pm
Thursday 12pm-6:45pm
Friday 11am-6:45 pm

Revised October 2017
Walk-ins welcome. No forms or paperwork. The Door offers young people ages 12-21 comprehensive educational, health, nutritional and counseling programs, as well as legal services for young people in need of civil legal representation.

**Lincoln Hospital Teen Clinic**

234 East 149th Street,  
Bronx, NY 10451 1st Floor 1C2

**Call: 866-ZIP-TEEN (866-947-8336)**

**Hours:** Monday thru Friday 8am-6pm  
No appointment necessary

Confidential teen health services same day. Adolescents can receive services without parental consent, including STI and HIV testing, contraception care and counseling. Emergency contraception and pregnancy tests are available. No pelvic exam is required to obtain birth control. Family planning a pregnancy options provided (Abortions, etc.). For persons under 18 no insurance required and a bill will not be mailed to home.

**Mount Sinai Adolescent Health Center**

312 East 94th Street.  
New York, NY 10128

**Call: 212-423-3000**

**Hours:** Monday, Wednesday, Friday 8:30am-5pm  
Thursday 12pm-5pm  
Walk-ins welcome

No pelvic exam is required to obtain birth control. Comprehensive medical and mental health care is available. Family planning and health education is available. Parenting classes offered.

**Northern Manhattan Perinatal Partnership**

127 West 127th St.,  
New York, NY 10027, 3rd Floor

**Call: 212-665-2600 or 212-665-1842**

**Hours:** Monday thru Friday 9am-5pm  
Walk-ins welcome

Services include: “Holla Back” ---pregnancy prevention group for teens. Comprehensive prenatal-perinatal Services Network. Must have a child under 2 or be pregnant.

**PLANNED PARENTHOOD**

**Bronx Center**

349 East 149th Street  
Bronx, NY 10451

**Call: 212-965-7000**

**Hours:** Monday and Saturday 8:30am-4:30pm  
Tuesday, Wednesday, Friday 8am-5pm  
Thursday 8am-7pm

Family planning and pregnancy options (family options, etc.) provided. No insurance needed. Pregnancy options for persons under age 18 by appointment. All other services do not require an appointment. Emergency contraception for a fee required for persons over 18. No pelvic exam is required to obtain birth control.

**Margaret Sanger Center**

26 Bleecker St.,  
New York, NY 10012

**Call: 212-965-7000**

**Hours:** Monday and Tuesday 8am-1:30pm  
Wednesday, Thursday, Friday 8am-5pm  
Saturday 7:30am-4pm

Free pregnancy tests are available by walk in or appointment. All other services require an appointment. If you are under 18 dispensing emergency contraception requires an appointment. Emergency contraception for purchase if age 18 or over.

Revised October 2017
Boro Hall Center

44 Court Street
Brooklyn, NY 11201 6th Floor

Call: 212-965-7000

Hours: Mon, Tue, Wed, Fri. 8am-4:30pm
       Thursday 8am-7:30pm
       Saturday 8am-4pm

Family planning and pregnancy options provided.
Pregnancy options for persons under 18 by
appointment only. All other services do not require an
appointment; no pelvic exam is required to obtain birth
control.

Staten Island Center

23 Hyatt Street
Staten Island, NY 10301

Call: 212-965-7000

Hours: Monday and Wednesday 9am-6:30pm
       Thursday 9am-7:30pm

Woodhull Medical and Mental Health Center-
Adolescent Clinic

760 Broadway, Rm. 2C 220,
Brooklyn, NY 11206

Call: 718-388-5889 (appointment)
     718-963-8000 (general information)

A member of the North Brooklyn Health Network the
Women’s Health Initiative Program makes available
extensive obstetrical and gynecological services,
including free walk-in pregnancy testing, family
planning and pre- and post-natal care. Woodhull is
particularly concerned with reaching vulnerable
populations, such as adolescents and high-risk pregnant
mothers. Pregnancy options provided.

Young Men’s Clinic Family Planning Center

21 Audubon Ave., First Floor,
New York, NY 10032

Call: 212-342-3232

Hours: Young Men Clinic (ages 13-35)
       Monday 8:30am-8:30pm
       Tuesday 8:30am-7:30pm
       Wed, Thurs, Fri: 8:30am-5pm

Family Planning Woman Clinic (up to age 44)
       Monday and Thursday 8am-5pm
       Tuesday and Wednesday 8am-7:30pm

Walk-ins welcome

Additional Resources:

In formation for other clinic locations throughout New
York City can be obtained by calling 311. Information
regarding emergency contraception can be obtained by
calling the Emergency Contraception hotline at 888-
NOT-2-LATE (888-668-2528).
For additional NYC Department of Health and Mental
Hygiene sites for reproductive health services:
800-261-4649 or

Spence-Chapin Options Counseling Hotline (local): 800-
321-5683

Backline: 888-493-0992 or www.yourbackline.org

National Abortion Federation (for specific questions
about abortions): 800-772-9100 or www.prochoice.org

Exhale (for post abortion counseling):
888-4-EXHALE (888-439-4253) or www.4exhale.org/

PREGNANCY SERVICES
Below are just a few known to provide the best services
to woman with high risk pregnancies, along with a few
organizations that provide pregnancy support services.
**Elmhurst Hospital Woman, Infant and Children Program**

78-05 41st Avenue, 1st Floor, Elmhurst, NY 11373

79-01 Broadway, Elmhurst, NY 11373

Call: 718-334-4000 or 718-334-3265

Child Birth Classes Available
Call: 718-334-5306

“Morning After Pill” Available
Prenatal Assistance Program Available

**Jacobi Medical Center- Women’s Health Center Prenatal Care Assistance Program**

1400 Pelham Parkway South, Bronx, NY 10461

Call: 718-918-5429

Hours: Walk in only for pregnancy test 8am-4pm Monday-Friday. Special teen clinic held Tuesday afternoons. For other services an appointment is needed.

Program provides services for 13+ expecting and parenting young people. Comprehensive prenatal care services for all women including a special program for pregnant adolescents. Educational program includes 10 different classes just for pregnant teens. Nutritionist, dental care, social workers and financial counselors are available. Confidentiality policy if patients want to come in confidentially. They will be given an ID number to maintain anonymity. Financial counseling and assistance with Medicaid application and other options are available in person does not have health insurance. Lactation specialists available at Ellenwalk@nbhn.net

**New York Presbyterian Hospital Healthy Baby Program**

Call: 212-297-5557

Helps pregnant woman enroll in early prenatal care programs; provides support and assistance to woman with high-risk pregnancies.

**Northern Manhattan Perinatal Partnership**

127 West 127th St., New York, NY 10027, 3rd Floor

Call: 212-665-2600 or 212-665-1842

Hours: Monday thru Friday 9am-5pm
Walk-ins welcome

**Sisterlink HIV prevention:** [www.sisterlink.com](http://www.sisterlink.com) “Club Mom” is a support group for teen mothers to receive health services. No insurance necessary. Someone on staff is available to help with application for Medicaid.

**Free/Low-Cost Doula Services in NYC**

**Doula Project**

nyc@doulaproject.org
[http://www.doulaproject.org/p/find-doula.html](http://www.doulaproject.org/p/find-doula.html)

The Doula Project provides free doula services to women who live in Brooklyn, Manhattan, Queens, the Bronx, or Southern Westchester, and make less than $30,000 a year, including combined partner income.

**By My Side Birth Support, a program of Healthy Start**

Brooklyn
718-637-5231
dpho@health.nyc.gov

By My Side Birth Support provides free doula services for women and their partners living in zip codes 11207, 11208, 11212, 11216 and 11233 who are low-income (less than 185% of poverty level/eligible for WIC).

**Healthy Women, Healthy Futures**

Healthy Women, Healthy Futures is a citywide initiative whose goal is to promote the health of women, children and families throughout the five boroughs. Brooklyn residents: Contact Ancient Song Doulas, 917-947-8933; or the Brooklyn Perinatal Network, 718-643-8258, x21

Bronx residents: Contact the Bronx Health Link at 718-590-2648

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Manhattan residents: Contact Northern Manhattan Perinatal Partnership at 212-665-2600, x353
Queens residents: Contact Queens Comprehensive Perinatal Council at qccporg@aol.com
Staten Island residents: Contact Community Health Center of Richmond at 917-830-0636, x7507; or Caribbean Women’s Health Association at 718-826-2942, x203

**Ancient Song Doula Services**
917-947-8933 or 917-947-8934
Ancient Song Doula Services offers free services to young people ages 12 to 21. All women residing in Brooklyn, Queens, Manhattan, and the Bronx are eligible.

**BREASTFEEDING SERVICES**

Breastfeedingpartners.org
Contact the Growing Up Healthy Hotline at 800-522-5002 to set up an appointment.

Email info@breastfeedingpartners.org with questions re: breastfeeding support programs.

Provides education and peer counselors to breastfeeding parents enrolled in WIC program. Clients qualify if they are: pregnant, a breastfeeding mother (up to 12 months post-partum), a post-partum woman (up to 6 months), an infant (birth to 12 months), a child under the age of 5, have a nutritional need (WIC can help you determine this), income eligible (household income at or below 185% of the federal poverty level), living in a state where you receive WIC benefits. Clients will be asked to bring proof of residency, proof of income, identification, medical documentation, and their infant or child to their first appointment.

**Elmhurst Hospital Center- breastfeeding classes**

Contact Breastfeeding Coordinator at 718-3344-5029

Classes are held on Mondays, 9:15am-11:45am, in Auditorium C-6, which is located on the 6th Floor of the Main Building at Elmhurst Hospital Center. Participants will learn about the benefits of breastfeeding and how to recognize and prevent common breastfeeding problems, as well as enhance and prolong your breastfeeding experience. Special situations such as illness and premature birth will also be addressed.

**The Alex House Project**

The Alex House Project (TAHP) provides support for young mothers as they learn how to nurture and parent their children. Through participation in the program these young mothers and their children receive healthy meals, education, guidance from local leaders, and support from their peers. TAHP also provides fatherhood support groups.
Contact: Executive Director Samora Coles alexhouseinc@gmail.com

**Jacobi Medical Center- Women’s Health Center**

1400 Pelham Parkway South,
Bronx, NY 10461

Call: 718-918-5429

Special teen clinic held on Tuesday afternoons that provides services for 13+ young mothers. Lactation specialists available Ellen.walk@nbhn.net. For more information see Pregnancy Services section, above.

**La Leche League**

Call: 877-4-LALECHE

It’s available in all 5 boroughs. The program provides breastfeeding education, support and encouragement to young mothers. Monthly support groups, leaders available for individual assistance, provide training to agent staff, peer counselling and mother-to-mother support groups.

www.lli.org

**New York City Breastfeeding Alliance**

The New York City Breastfeeding Alliance is committed to eliminating breastfeeding disparities among middle to lower income woman. Work towards empowering

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woman; provide encouragement, support and access to lactation specialists with up-to-date breastfeeding information.

Call: 646-229-7029 or Contact
456 West 152nd Street
New York, NY 10030

www.nycbainc.org

Queens Hospital Center- Breastfeeding Support Center
82-68 164th Street,
Queens, NY 11432

Contact Annabelle White at 718-883-3502

www.hhc.gov- select Queens Hospital Center

There is no fee. The Breastfeeding Support Group meets every Friday, 9:00am-12:00 noon.

Breastfeeding mothers and their babies should attend; family members and anyone else interested in learning about breastfeeding are also welcome.

To locate additional pregnancy, childbirth and breastfeeding resources, contact 311 or the Department of Health and Mental Hygiene’s Woman Health Hotline at 212-720-7131.

WOMAN, INFANT AND CHILDREN PROGRAM (WIC)

WIC Hotline 800-522-5006
WIC provides Federal grants to States for supplemental foods, health care referrals and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum woman, and to infants and children up to age five who are found to be at nutritional risk.
For information about WIC visit www.health.state.ny.us/prevention/nutrition/wic/

SUPPORT SERVICES AND ASSISTANCE

Big Brother, Big Sister, Young Mothers Mentoring Program

40 Rector Street
New York, NY 10006
Call: 212-686-2042

Match female mentors with parenting teens or teenage mothers. Program managers are available to refer participants to critical parenting-related services to address immediate financial, nutrition, childcare, housing, health care, and educational needs. Participants’ babies and other family members also receive a range of support services.

Children’s Aid Society- The Next Generation

1522 Southern Blvd.,
Bronx, NY 10460

Call: 718-589-4441

Hours: Monday thru Friday 9am-7pm (summer months)
Monday thru Friday 8am-7pm (school months)

The Next Generation Center is a one-stop center designed to meet needs of young people transitioning to adulthood and self-sufficiency. The mission of NGC is to provide support, guidance, training and opportunities to young people, ages 14 to 24 in the Bronx area- with a special focus on youth in foster care and those who have aged out of foster care.
Services: youth leadership and life skills training, technology instruction, job readiness & job development services, educational guidance & tutoring, legal advocacy, housing assistance, creative and visual arts and recreational.

The Door

555 Broome St.,
New York, NY 10013

Call: 212-453-0222

www.door.org/
Hours: Monday and Wednesday 12pm-7:15pm
            Tuesday 2pm-7:15pm
            Thursday 12pm-6:45pm
            Friday 11am-6:45 pm

Walk-ins welcome. No forms or paperwork.

The Door offers young people ages 12-21 comprehensive educational, health, nutritional and counseling programs, as well as legal services for young people in need of civil legal representation.

_Harlem Children’s Zone: “The Baby College”_

2491 8th Ave/Frederick Douglas Blvd.,
New York, NY 10030

Call: 212-665-9832
www.hcz.org

A holistic system of education, social service, and community building programs aimed at helping the children and families in a 97 block area of Central Harlem. The Baby College offers a free nine-week parenting program for expectant parents and parents with children up to three years old. The program includes free breakfast & lunch, a baby-shower for expecting mothers and on-site child care for program participants. Expectant parents/new parents must live in the Harlem Area (Lexington/8th Avenues btw W116-W145th) to attend the program.

_Mount Sinai Adolescent Health Center_

312 East 94th Street.
New York, NY 10128

Call: 212-423-3000 to make an appointment

Teen parenting program for mothers and fathers that includes young mother support group. Confidential comprehensive medical, mental health, family planning, and health education services to young people ages 10-22.

_New York Foundling Crisis Nursery_

590 Avenues of the Americas,
New York, NY 10011

Call: 212-633-9300 or 212-886-4000

NY Foundling is a social service agency that helps children, youth and adults in need through advocacy and through prevention and in-care services that help each individual reach his or her potential. The Crisis Center/Nursery provides a safe haven until the crisis passes, the urgent need for protection is stabilized, underlying parental problems are identified, and necessary support services are put in place.

_Services Include:_ respite care, referrals for counseling and care, a 24-Hour Family Crisis Hot-Line, and follow-up services provided by The Foundling.

_Prospect Family Support Center_

730 Kelly Street
Bronx, NY 10455

Call: 212-222-KIDS (212-222-5437) 24-Hour Hotline

Respite Services: In the event of a crisis< PFSC provides care for children ages 0-6. The Center is a nurturing, friendly environment where parents may leave children in the care of trained childcare providers for up to 72 hours. PFSC’s experienced staff will address any and all issues contributing to a family crisis, and connect clients with the resources they need to stabilize their situation. After families leave the Center, PFSC staff will conduct ongoing home visits to ensure that parents and children are safe and stable. Staff will also follow-up with the other agencies working to resolve each client’s crisis. PFSC hosts peer support groups for its clients, offering parents a chance to share their experiences and develop networks of support within their communities. PFSC offers free, regular workshops to help clients improve their parenting skills.

_Service Referrals:_ In order to address each family’s specific needs, PFSC provides its clients with referrals to a wide range of agencies. These include physical and mental health services, education services, and employment services for parents.

_SCO Baby & Me_

69 Saratoga Ave
Brooklyn, NY 11233

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Match female mentors with parenting teens or teenage mothers who could benefit from an additional source of support and are open to a new friendship. For more information, see Support Services and Assistance section, above.

**Planned Parenthood Men’s Health Services**

Male support groups and support workshops. Walk-ins Welcome.

**Locations:**

**The Bronx Center**
349 East 149th Street, 2nd Floor
Bronx, NY 10451
Call: 212-274-7208

**Boro Hall Center**
44 Court Street, 6th Floor
Brooklyn, NY 11201
Call: 212-274-7208

**Margaret Sanger Center**
26 Bleecker Street
New York, NY 10012
Call: 212-274-7208

**Strive, Paternity Optimizes Potential Success (POPS)**

**BRONX**

**BronxWorks: Strong Fathers, Stronger Families**
Call: (718) 993-8880 option #7
391 East 149th Street
Bronx, NY 10451

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

**Strive International (Bronx Works)**
Call: (718) 993-8880

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**Crown Heights Jewish Community Council**
**Call: (718) 778-8808**

387 Kingston Avenue
Brooklyn, NY 11225

[http://www.chcentral.org](http://www.chcentral.org)
Family preservation program. Assistance with families in crisis situations, focuses on individual cases and offers one-on-one coaches.

**TEEN FATHER SERVICES**

**Families and Work Institute- Fatherhood Project**

330 Seventh Ave., Ste. 1906,
New York, NY 10001

Call: 212-465-2044

[www.fatherhoodproject.org](http://www.fatherhoodproject.org) or [www.fatherfamilylinks.gse.upenn.edu](http://www.fatherfamilylinks.gse.upenn.edu)

**Forestdale Fathering Initiative**

Call: 212-686-2042

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391 East 149th Street, Suite 520
Bronx, NY 10455

www.striveinternational.org
Strong Fathers, Strong Families
Workforce development, Skills Training, Parenting
& Healthy Relationship Education and peer workshops

Proactive Parenting for Young Dads.
The Fatherhood Program helps fathers age 14-21
reconnect and strengthen their parental bond
with their children. The program works with
young fathers to develop the essential parenting,
social, professional skills needed to become
socially, emotionally and financially involved in
the lives of their children. The goal is to promote
responsible fatherhood and healthy relationships
through parenting education and skill building.
Workshops focus on: developing parenting skills;
understanding your child’s growth; job readiness -
engaging and competing in the job market;
educational access; financial readiness; conflict
resolution; increasing access to healthcare;
positive relationships.
Proactive parenting takes place on:
Wednesdays from 5:00 - 6:30 pm at Children’s Village, 2139 7th Avenue, New York, N.Y. 10027
Contact: Deborah Giordano, LMSW
(212) 923 - 9009 x 7279

Resilience Advocacy Project
147 Prince Street
Brooklyn, NY 11201
646.776.3169

Young Fatherhood Initiative (YFI, or as the dads
call it, “The Father Hood”)
YFI is an ongoing initiative of the Resilience
Advocacy Project that works to improve
educational and employment outcomes for low-
income young fathers (ages 14-24) within the
City’s child support, welfare and workforce
development systems. Entering its second year,
YFI trains a core cohort of 8-10 fathers as peer
trainers, advocates and mentors to work in
partnership with lawyers and law students in
providing up-to-the-minute legal information on
child support, along with other useful legal
information and help accessing relevant services.
The cohort of peer advocates receives intensive
emotional support, skills development and sense
of purpose, and the beneficiaries of their
presentations and help desks receive exceptional
support in child-centered parenting and family
well-being.

YFI Resources for Organizations and Agencies
YFI provides a number of resources for
organizations and agencies working with young
fathers. These resources are appropriate for
organizations and agencies that focus on young
dads, as well as those that work with only a few,
with a mixed-gender parent group or only with
young mothers. Visit our website at
www.resiliencelaw.org or email
silver@resiliencelaw.org for more information
about these tools and resources:

Know-Your-Rights Presentation - Child Support:
RAP’s father-led Know Your Rights presentation is
an incredibly engaging, informative way for your
fatherhood program to teach its participants
about child support system. It includes a comic
book handout designed in partnership with
Center for Urban Pedagogy (CUP) and a walk-
through of your participants’ child support rights
and responsibilities at a pop-up helpdesk with a
peer mentor and lawyer.

Know-Your-Rights Toolkit - Family Court: RAP’s
youth-friendly Know Your Rights Toolkit includes a
colorful poster explaining how to go through a
child support proceeding in Family Court; a palm
card for dads in foster care, or whose children are
in foster care; and a series of videos by and for
young fathers who are going to Family Court!

Getting it Right! Curriculum: RAP’s easy-to-use
know-your-rights self-advocacy 2-hour workshop
curriculum is designed to teach young dads about
their rights, about the legal and community
supports available to them, and about how to be
effective advocates for themselves and their
children! The full curriculum is available for $20.

Help Desk Staffing: Our peer advocates are
trained in the law and benefits around young
parenthood in New York City, and work with lawyers and law students to man help desks in organizations, agencies and any place where young parents need the information. Inquire for more information on how we can partner with your organization in expanding access.

Friends of Island Academy Site: Friends 2 Fathers
Call: (718) 653-5301
391 East 149th Street, Rm. 419
Bronx, NY 10455
http://www.friendsny.org/
25 and older, workshops, counseling, support, employment, parenting classes, & anger management.

BROOKLYN

Brooklyn Family Defense Project
Call: (347) 592-2500
177 Livingston Street, 7th Floor
Brooklyn, NY 11201

www.bfdp.org
Legal representation to protect parents’ due process rights while promoting access to the services necessary to build safe and stable families.

Catholic Charities Man –Up
Call: (347) 915-0530
440 Watkins Street
Brooklyn, NY 11212

www.ccbq.org
16-24 years old, noncustodial and unemployed. Counseling, job readiness and parenting classes which focus on engaging fathers in their children’s lives; as well as summer employment, a food pantry and anger management and life skills.

Catholic Charities Neighborhood Services, Inc.
Call: (718) 722-6000

191 Joralemon Street
Brooklyn, NY 11201

www.ccbq.org
Counseling, job readiness and parenting classes which focus on engaging fathers in their children’s lives; as well as summer employment, a food pantry and anger management and life skills.

Catholic Charities: Healthy Families
Call: (718) 628-1905
1328 Putnam Avenue
Brooklyn, NY 11221

www.ccbq.org
Counseling, job readiness and parenting classes which focus on engaging fathers in their children’s lives; as well as summer employment, a food pantry and anger management and life skills.

Center for Court Innovation
Crown Heights Community Mediation Center
Call: (718) 773-6886
256 Kingston Avenue
Brooklyn, NY 11213

www.crownheights.org
On parole; Drug treatment, transitional employment and vocational services, health care and mental health treatment and other services.

Children of Promise
Call: (718) 483-9290
54 MacDonough Street
Brooklyn, NY 11216

www.info@cpnyc.org
Child of an incarcerated parent. Provides support, mentoring, and afterschool activities for children of an incarcerated parent.

Counseling Services of EDNY
Call: (718) 858-6631
The Akira Center’s Fathers F1rst program provides ongoing weekly parenting skills workshops, group counseling, individual counseling, referrals and advocacy for fathers. Fathers F1rst connects fathers to resources related to employment, child support, healthy relationships, education and legal services. Program is offered September thru June.

**Center for Court Innovation Fund for the City of New York**

Call: (646) 386-3100

520 Eighth Avenue, 18th Floor
New York, NY 10018

24 years and older. Individual/family and group counseling, peer or father to father mentoring, mediation/conflict resolution training, parenting classes, family budget and consumer education, visitation arrangements, educational and employment counseling, college preparation, educational workshops, job readiness and employment assistance.

**NYC Administration for Children’s Services CHIPP (Children of Incarceration Parents Program)**

Call: (212) 676-9270

150 William Street
New York, NY 10016

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

Incarcerated parents and youth; help facilitating parent/child visits, sibling visits, and case conferences.

**CUNY Black Male Initiative:**

[www.cuny.edu/academics/initiatives/bmi.html](http://www.cuny.edu/academics/initiatives/bmi.html)

Underrepresented groups and formerly incarcerated individuals to enroll in colleges, access to college-prep High School Equivalency (HSE) courses, and a survey of workforce development opportunities in New York City’s construction industry.

**Legal Information for Families Today (LIFT):**

Call: (212) 343-1122
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32 Court Street, Suite 1208
Brooklyn, NY 11201

www.liftonline.org

**24 years and older** Individual/family and group counseling, anger management workshops, mediation/conflict resolution training, parent/child rearing classes, visitation arrangements, educational, career, and employment counseling, and family budgeting services. No walk-in appointments.

**Manhattan Family Court**
60 Lafayette Street
New York, NY 10013

**Queens Family Court**
151-20 Jamaica Avenue
Jamaica, NY 11432

**Bronx Family Court**
900 Sheridan Avenue
Bronx, NY 10451

**Brooklyn Family Court**
330 Jay Street, 5th floor
Brooklyn, NY 11201

**Neighborhood Defender Service of Harlem**
Call: (212) 876-5500

317 Lenox Avenue, 10th Floor
New York, NY 10027

www.ndsny.org

**Formerly incarcerated; Individual/family and group counseling, parenting classes, peer counseling, father to father mentoring, mediation/conflict resolution training, family budget and consumer education, visitation arrangements and employment assistance.**

**The Northern Manhattan Perinatal Partnership, Inc.**
Call: (212) 665-2600

127 West 127th Street
New York, NY 10027

Non-custodial parents **24 years and older**;
Individual and family counseling, parenting classes, employment assistance, male group meetings, and empowerment workshops.

**SEEDCO Parent Support Pilot**
Call: (212) 473-0255

22 Cortlandt Street, 33rd Floor
New York NY 10011

www.seedco.org
info@seedco.org
media@seedco.org
communications@seedco.org

Employment assistance, workforce development, work & family support services, and case management services.

**New York Unlocking Futures**
Call: (212) 791-4927

25 West 36th Street, 8th Floor
New York, NY 10018

www.nyunlockingfutures.org
info@nyunlockingfutures.org

Educational workshops, individual & group counseling, peer support, mentoring, job assistance, vocational & educational support, family support services, conflict mediation, High School Equivalency (HSE) tutoring & prep and financial literacy.

**Union Settlement Association**
**Washington Houses Community Center**
Call: (212) 828-6000

237 East 104th Street
New York, NY 10029

www.unionsett.org

**Young fathers; Individual and family counseling, group counseling, peer counseling, father to father mentoring, parenting skills training,**
mediation/conflict resolution training, visitation arrangements and job readiness.

**QUEENS**

**American Family Community Services, Inc.**  
Call: (718) 639-8370

76-05 Roosevelt Avenue, 2nd Floor  
Jackson Heights, NY 11372

[www.americanfamilyny.org](http://www.americanfamilyny.org)  
Domestic violence workshops, anger management, parenting skills, citizenship workshops.

**Center for Court Innovation: QUEST Program**  
Call: (718) 233-4014

149-18 Jamaica Ave,  
Jamaica, NY 11435

[www.courtnovation.org](http://www.courtnovation.org)  
The Center for Court Innovation offers individual/family and group counseling, peer or father-to-father mentoring, mediation/conflict resolution training, parenting classes, family budget and consumer education, visitation arrangements, educational and employment counseling, college preparation, educational workshops, job readiness and employment assistance.

**CUNY – Fatherhood Academy**  
**LaGuardia Community College**  
Call: (718) 730-7337

Program Director: Raheem Brooks

29-10 Thomson Avenue  
Long Island City, NY 11101

rbrooks@lagcc.cuny.edu  
[www.lagcc.cuny.edu](http://www.lagcc.cuny.edu)  
*Unemployed or underemployed.* High School Equivalency (HSE) 18-26 years old, College Prep 18-30 years old, work experience through part-time job/internship, parenthood, health and financial literacy.

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**Forestdale, Inc.**  
Call: (718) 263-0740

67-35 112th Street  
Forest Hills, New York 11375

[development@forestdaleinc.org](mailto:development@forestdaleinc.org)  
*Referred from Family Court, ACS; Parenting workshops, job readiness placement, anger management, domestic violence services, supervised visitation, dad-to-dad mentoring, counseling and crisis intervention.*

**PARENT SUPPORT, HOME VISITATION, & CASE MANAGEMENT**  
Parenting Helpline: 800-342-7472 (open 24/7 and available in English and Spanish)

Child Abuse Prevention Resource Center:  
[www.prenctchildabuses.org](http://www.prenctchildabuses.org)

Parent to Parent New York  
800-405-8818  
212-741-5545  
[http://www.parenttoparentnys.org](http://www.parenttoparentnys.org)  
Offers parents/caregivers the opportunity to connect one-to-one with a parent/caregiver of an individual with the same or similar disability or special health care need- someone who has “been there.”

Parent Help  
800-716-3468  
*custody/visitation mediation done over the phone*

**Early Intervention Referral Hotline: 877-885-5439**  
*Early Intervention (EI) Program provides services to children from birth until they turn 3, who have a developmental delay or disability. It also provides developmental monitoring to “at-risk” children.*

**BRONX**

**Mercy Center**  
Call: (718) 993-2789

Revised October 2017
http://www.mercycenterbronx.org/
Offers (Spanish and English) family alternatives to violence, nutrition workshops, family development program.

Bronx Family Resource Center
Office: (718) 220-0456
Fax: (718) 364-3357
Office: 975 Kelly Street, Suite 301
Bronx, NY 10459
Classes: 2488 Grand Concourse
Bronx, NY 10458

http://www.mhaoftnyc.org/services/parentscaregivers/family-resource-center/
Multi-ethnic parenting class available once a week for 8 weeks. Classes offered in English and in Spanish depending on enrollment. Referral from professional required via fax.

Dominican Sisters Family Health Service
Infant Toddler/Parent Program
Call: (718) 665-6557

279 Alexander Avenue
Bronx, NY 10454

http://dshs.org/
Provides early intervention services to prevent developmental deterioration due to high environment risk to children ages zero to three years. Emphasizes parenting skills.

Lincoln Medical Center
Call: (718) 579-5000

234 Eugenio Maria De Hostos Blvd. (East 149th Street)
Bronx, New York 10451

http://www.nychealthandhospitals.org/lincoln/
Childbirth and parenting classes.

Nurse-Family Partnership Program
Visiting Nurse Service of New York
Call: (718) 536-3789

Fax: (718) 678-8424
1200 Waters Place
Bronx, NY 10461

Free program that provides Nurse home-visiting services to first-time parents. Must enroll during pregnancy no later than 28 weeks. Call to make a referral.

BROOKLYN

Parent-Child Home Program
Excellence Baby Academy at Excellence Boys Charter School of Bedford Stuyvesant
Call: (718) 638-1830

Early Childhood and Parent Education Program
225 Patchen Avenue
Brooklyn, NY 11233

http://excellenceboys.uncommonschools.org/
We cultivate in our young men the knowledge, skills, and character necessary to succeed academically, embrace responsibility, and become honorable citizens and courageous leaders.

BROOKLYN

Sunset Park Parent-Child Home Program
NYU Lutheran
Call: (718) 630-7186

6025 6th Ave Room 218
Brooklyn, NY 11220

http://www.lutheranhealthcare.org/Main/SunsetParkParentChildHomeProgram.aspx
Sunset Park PCHP is one of many nationwide sites bridging the achievement gap for low-income children by increasing language and literacy skills, enhancing social-emotional development, and supporting parent-child relationships

Parenting Classes

Catholic Charities Services, Inc.
Dr. White Community Center
Call: (347) 915-0530

440 Watkins Street
Brooklyn, NY 11212

http://www.ccbq.org/what-we-do/family-services [click the “Man Up – Fatherhood Program”]
Assist fathers aged 16-24 reconnect and strengthen their parental bond with their children. Specific services include: Parenting Courses, Conflict Resolution Courses, Job Readiness Courses, Life Skills Courses, Individual Counseling, Family Counseling, Group Counseling, GED Referrals and more.

Fort Greene S.N.A.P.
Call: (347) 915-0530

324 Myrtle Avenue
Brooklyn, NY 11205

http://www.fortgreenesnap.org/
Community Served: Fort Greene, Clinton Hill, Farragut, Bed-Stuy.

MANHATTAN

Center for Court Innovation
Call: (646) 386-3100

520 Eighth Avenue, 18th Floor
New York, NY 10018

http://www.courtinnovation.org/project/parent-support-program
Judges refer eligible non-custodial parents who are involved in child support cases with a range of employment services and other assistance, including job skills development, vocational training, case management, family life skills classes, continuing education and literacy classes, legal advice and representation, transportation assistance, and child care.

Healthy Families Washington Heights
Call: (646) 662-2520

Dominican Women's Development Center (DWDC)
220 Wadsworth Avenue
New York, NY 10033-3823

http://www.healthyfamiliesnewyork.org/
Serves the Washington Heights area and offers home-based services to expectant families and new parents, beginning prenatally or shortly after the birth of the child. Participants are screened to identify risk factors and stressors that the family may face. Families who participate in the program are offered long-term in-home services until the child is in school or Head Start.

Northern Manhattan Perinatal Partnership, Inc.
Call: (212) 690-2229

127 West 127th Street
New York, NY 10027

http://www.sisterlink.com/
The Northern Manhattan Perinatal Partnership provides non-custodial parents 24 years and older with individual and family counseling, parenting classes, employment assistance, male group meetings, and empowerment workshops.

Nurse-Family Partnership Program
Harlem Hospital Center (Team 1)
Call: (212) 939-8500
Fax: (212) 939-8259

15 West 136th Street, 6th Floor (Room 617)
New York, NY 10037

http://www.nursefamilypartnership.org/locations/New-York/ Harlem-NFP---Harlem-Hospital-Center
Free program that provides Nurse home-visiting services to first-time parents. Must enroll during pregnancy no later than 28 weeks. Call to make a referral.

Nurse-Family Partnership Program
Harlem Hospital Center (Team 2)
Call: (212) 923-2000
Fax: (212) 283-2624

2690 Fredrick Douglass Blvd. (corner of 143rd Street)
New York, NY 10030

Revised October 2017
Free program that provides Nurse home-visiting services to first-time parents. Must enroll during pregnancy no later than 28 weeks. Call to make a referral.

QUEENS

Parents in Action
Call: (347) 624-4830
3459 Junction Blvd.
Jackson Heights, NY 11372

www.parentsinaction.net
Parenting skills, parenting skills for children with special needs, anger management/conflict resolution, Domestic violence, batterer’s intervention, individual and family counseling. We also train Parent Advocates. All services in English and Spanish. Parenting Skills also in Arabic.

Child Center of New York
Call: (718) 539-2500
140-15B Sandford Avenue
Flushing, NY 11355

http://www.childcenterny.org/counseling-indandfamily.htm
Offers family counselling, and mother infant socialization groups.

Nurse-Family Partnership Program
NYC Department of Health
Call: (718) 480-2222
Fax: (718) 291-1974
90-27 Parsons Blvd.
Jamaica Annex Building, 1st Floor
Jamaica, NY 11432

http://www.nursefamilypartnership.org/locations/New-York/Queens-DOHMH-(1)
Free program that provides Nurse home-visiting services to first-time parents. Must enroll during pregnancy no later than 28 weeks. Call to make a referral.

Nurse-Family Partnership Program
Public Health Solutions

Call: (347) 571-2792
Fax: (347) 571-2797
103-24 Roosevelt Avenue 2nd Floor
Corona, NY 11368

http://www.nursefamilypartnership.org/locations/New-York/Public-Health-Solutions
Free program that provides Nurse home-visiting services to first-time parents. Must enroll during pregnancy no later than 28 weeks. Call to make a referral.

STATEN ISLAND

Jewish Board of Family and Children’s Services
Call: (718) 698-5307
Parent Resource Center
2795 Richmond Avenue
Staten Island, NY 10314

http://www.jbfc.org/programs.php?id=299#.VsOvj.krKuk
Offers care and support to emotionally disturbed children and adolescents (ages 5-18) that use mental health services heavily and at risk of needing institutional or hospital level of care.

Nurse-Family Partnership Program
Richmond Home Needs
Call: (718) 313-1800 phone
Fax: (718) 816-5121
3155 Amboy Road
Staten Island, NY 10306

http://www.nursefamilypartnership.org/locations/New-York/Richmond-Home-Need-Services,-Inc-Free program that provides Nurse home-visiting services to first-time parents. Must enroll during pregnancy no later than 28 weeks. Call to make a referral.

CHILD SUPPORT, MEDIATION, DNA TESTING

The OFFICE OF CHILD SUPPORT ENFORCEMENT (OCSE) provides services to all custodial parents and guardians
throughout the five boroughs. Parents who are receiving cash assistance will be referred to a Child Support Borough Office. All others must apply for services in the Family Court in the borough in which they live. For general information or help with your child support case, call (888) 208-4485. http://www.nyc.gov/html/hra/html/services/child.shtml

**Family Court Support Services**

**Manhattan Family Court**
60 Lafayette Street, 1st Floor
New York, NY 10013
(212) 385-8218 or 8219

**Bronx Family Court**
900 Sheridan Avenue, LL Floor
Bronx, NY 10451
(718) 590-3924 or 3432

**Brooklyn Family Court**
330 Jay Street, 12th Floor
Brooklyn, NY 11201
(718) 246-7962 or 7968

**Queens Family Court**
151-20 Jamaica Avenue, 4th Floor
Jamaica, NY 11432
(718) 725-3148 or 3149

**Staten Island Family Court**
100 Richmond Terrace, Basement
Staten Island, NY 10301
(718) 720-2906

**Child Support Customer Assistance- By Phone**

**New York State Child Support Helpline**
Monday–Friday, 8:30 am–5:00 pm
(888) 208-4485
(866) 875-9975 TTY (Hearing Impaired)
Speak to a child support representative

**Automated account information**
24 hours/7 days
(800) 846-0773
Have your social security number and the PIN for your account ready

**New York City Office of Child Support Enforcement (OCSE) Outreach and Paternity Services**
(929) 221-5008
Information about paternity, DNA testing, and community outreach events

**Child Support Customer Assistance- In Person**

**New York City OCSE Customer Service Walk-in Center**
151 West Broadway, 4th Floor
between Worth and Thomas Streets
New York, NY 10013
Monday–Friday, 8:00 am–7:00 pm
Monday is the busiest day
For a shorter wait time, visit OCSE Customer Services from Tuesday–Friday between 11 am and 6:30 pm

**Travel Directions:** The OCSE Customer Service Walk-in Center is located at 151 West Broadway, two blocks west of Broadway and three blocks north of Chambers Street. Take the 1, 2, 3, A, C, J, or Z train to Chambers Street; the 4, 5, or 6 train to the Brooklyn Bridge/City Hall Station; or the E train to Canal Street.

**Child Support Customer Assistance- Via Internet**

**New York State Division of Child Support Enforcement**
www.childsupport.ny.gov
View account information with your social security number and the PIN for your account

**OCSE/New York City Office of Child Support Enforcement**
www.nyc.gov/hra/ocse

**MEDIATION ASSISTANCE**

Mediation can benefit you in several ways:
- Mediation can be a no-cost or low-cost way for you and the other parent to discuss and resolve your problems about visitation and/or custody without going to Family Court
- Mediation professionals do not take sides. They guide the conversation to find the best solution for parents and children
- You will have a chance to express your concerns in a private and confidential environment
- You may find new ways to think about your situation

Revised October 2017
You will have a say in any decision that is made about your family.
Most importantly, children perform better in school and have fewer behavior problems when they have both parents in their lives to support them both financially and emotionally.

The following organizations mediate various disputes, including visitation and custody:

**Parent Help**
Phone Number: (800) 716-3468
Hours: Visitiation/custody mediation done over phone, not in person
Fees: Free

**Brooklyn**
**New York Peace Institute**
Address: 210 Joralemon Street, Room 618
Brooklyn, NY 11201
Phone Number: (718) 834-6671
Contact: Caitlin Strawder ext. 227
Hours: Monday – Wednesday 12pm – 8pm; Thursday – Friday 9am – 5pm
Website: [http://nypeace.org/mediation-services/](http://nypeace.org/mediation-services/)
Fees: Free for visitation/custody. Divorce mediation offered on a sliding-scale fee schedule

**Manhattan:**
The Center for Mediation and Training
Address: 111 West 90th Street
New York, NY 10024
Phone Number: (212) 799-4302
Contact: TBD
Hours: Monday - Friday 8am – 8pm; Saturday 8am – 5pm
Website: [http://divorcemediation.com/](http://divorcemediation.com/)
Fees: Free mediation is offered Tues. and Wed. from 5:30pm-8:00pm First 8 hours are free. Afterwards, the fee is $100/hour

*Harlem Community Justice Center*
Address: 170 East 121st Street

Phone Number: New York, NY 10035
Contact: Chris Waltner
cwaltner@nycourts.gov
Hours: Monday – Friday 9am – 4pm; every other Thursday 9am – 7pm
Website: [www.courtinovation.org/parent-pledge-project](http://www.courtinovation.org/parent-pledge-project)
Fees: TBD

*New York Peace Institute*
Address: 111 John Street, Suite 600
New York, NY 10038
Phone Number: (212) 577-1740
Contact: TBD
Hours: Monday 12pm – 8pm; Tuesday – Friday 9am – 5pm
Website: [http://nypeace.org/mediation-services/](http://nypeace.org/mediation-services/)
Fees: Free

*Queens*
Community Mediation Services – Parent Pledge
Address: 89-64 163rd Street
Jamaica, NY 11432
Phone: (718) 523-6868
Contact: Tanika Grey
Hours: Monday - Friday 9:00am – 5:00pm, Wednesday 5:00pm – 8:00pm
Website: [http://mediatenyc.org/programs/mediation-services/](http://mediatenyc.org/programs/mediation-services/)
Fees: Visitation/custody and divorce mediation offered on a sliding-scale fee schedule.

**DNA TESTING**

DNA testing is the most accurate way to determine the father of a child.
If you need more information or to schedule an appointment for DNA testing, you may contact the NYC HRA Office of Child Support Enforcement (OCSE)
Phone Number: (929) 221-5008
Fees: $40 per person
- You will be referred to a state-certified laboratory. A swab is used to take DNA samples from inside the cheeks of the baby and both parents; the test is quick and painless.
- You do not have to go to the lab the same day as the other parent; if you are under 18, the laboratory may require you to have one of your parents accompany you.
- Results will be sent to you by mail approximately 2 weeks after the lab receives all of the samples.

MENTORING PROGRAMS

Big Brother, Big Sister, Young Mothers Mentoring Program

40 Rector Street
New York, NY 10006

Call: 212-686-2042

Match female mentors with parenting teens or teenage mothers who could benefit from an additional source of support and are open to a new friendship. For more information, see Support Services and Assistance section, above.

MENTAL HEALTH SERVICES

The Door

555 Broome St.,
New York, NY 10013

Call: 212-453-0222

Hours: Monday and Wednesday 12pm-7:15pm
Tuesday 2pm-7:15pm
Thursday 12pm-6:45pm
Friday 11am-6:45 pm
Walk-ins welcome. No forms or paperwork.

The Door offers young people ages 12-21 comprehensive educational, health, nutritional and counseling programs, as well as legal services for young people in need of civil legal representation.

Full Circle Health, PLLC

1136 Neal Ave
Bronx, NY 10460

Call: 718-518-7600 or 800-518-FULL
Or email fullcirclehealth@aol.com

Hours: Monday thru Friday 10am-6pm

Full Circle’s multidisciplinary team of compassionate mental health caregivers treat the whole person by offering culturally competent, trauma-focused, spiritually sensitive psychiatric and psychological evaluations, parenting skills, anger management, medication management, as well as individual, group, couple and family therapy services. Appointments can be given within 7 days or less.

Visit www.fullcirclehealth.org (Bilingual services including Spanish and Haitian Creole are available).

LifeNet

Confidential, toll-free helpline for New York City residents, LIFENET operates 24/7. The hotline’s staff of trained mental health professionals helps callers find the most appropriate mental health and substance abuse services for their needs.

Call: 800-LIFENET (800-543-3638) (English)
877-AYUDESE (877-298-3373) (Spanish)
877-990-8585 (Asian)
212-982-5284 (TTY)

LIFENET is multilingual and multicultural. LIFENET assists people who are experiencing a crisis. LIFENET has authorized linkages with 23 mobile crisis teams and Emergency Medical Services (EMS). This unique, life-saving authority allows LIFENET to provide a prompt response to callers in urgent need of psychiatric assistance.
Mount Sinai Adolescent Health Center

312 East 94th Street.
New York, NY 10128

Call: 212-423-3000

Comprehensive medical and mental health care are available. For more information, see Adolescent Reproductive Health Service Centers section, above.

Youthline

Call: 800-246-4646 or 877-YOUTHLINE (877-968-8454)

Youthline is toll free; peer-to-peer hotline network linking callers to community-based peer-counseling hotlines in the nation.

If you are seeking assistance for yourself or someone that you believe is in immediate danger, please call 911.

CHILD CARE SERVICES

ACS Division of Child Care and Head Start

66 John Street
New York, NY 10038

Call: 917-228-7076 Info/Apt line
For Family Support and Client Services:
Call: 212-361-6220

Department of Education LYFE Program
Call: 212-609-8520
Website: lyfenyc.org

The Living for the Young Family through Education (LYFE) program supports pregnant and parenting students enrolled in a NYC Department of Education school by providing free childcare and student support and advocacy services. Each LYFE site has an early childhood classroom for student parents’ young children and is linked to a social services and health referral network developed by the on-site LYFE Social Worker.
Union Settlement Daycare Centers (Manhattan)

- Franklin Plaza Early Childhood Center 2081 Second Ave. 107 Street NY, NY 10029 call: 212-828-6415
- Leggett Memorial Early Childhood Center 237 East 104 Street NY, NY 10029 call: 212-828-6051
- Metro North Early Childhood Center 304 East 102nd Street NY, NY 10029 call: 212-828-6415
- Pequenos Souls Early Childhood Center 114-34 East 122nd Main Floor NY, NY 10029 call: 646-672-5042
- Union Carver Early Childhood Center 1565 Madison Avenue 106th Street NY, NY 10029 call: 212-828-6078
- Union Johnson Early Childhood Center 1829 Lexington Ave. 113th Street NY, NY 10029 call: 212-828-6074
- Union Washington Early Childhood Center 1893 Second Ave. 97th Street NY, NY 10029 call: 212-828-6089

HOUSING SUPPORT SERVICES

ACS Housing Support and Services

150 Williams Street, 8th Floor
New York, NY 10038
Call: 212-341-2832

Families with active foster care or preventive cases— including APLA youth—along with their Case Planners and Children’s Service Case Managers can now meet face-to-face with HSS specialists on a walk-in basis during business hours Monday thru Friday. The HSS specialists provide counseling, make referrals, and assist with the completion of related forms.

Covenant House

460 West 41st Street
New York, NY
Call: 212-613-0300

Provides 30-day emergency shelter for young people less than 20 years of age. Provides counseling and case-management, will help find permanent placement. Has permanent facility called ‘Rites of Passage’. Food provided. Walk-ins accepted.

Revised October 2017
Good Council/Paraclete Foundation’s Harrison House
Located at Mt. Vernon
Call: 914-925-9834

Offers housing for pregnant woman over 18 who are mentally ill or abusing substances. Mothers attend day treatment programs at the hospital as well as offsite programs and help in provided to get WIC, food stamps, and PA. Need to have a recent psychological and Axis I, Axis II, or substance abuse diagnosis.

Independence Inn
400 Grand Avenue,
Brooklyn, NY 11238
Call: 718-827-8465

Call to schedule an intake interview. Independence Inn is a residence for women ages 16-21. Residents must work or earn GED of high school diploma. The program does not help find jobs but will help with resumes, cover letters, and skills. Provide help obtaining TANF and NYC subsidized child care. Food provided. 1 year stay limit.

Services Provided: shelter/housing mother/child residence.

Momma’s House
1857 Wantagh Ave
Wantagh, NY 11793

Call: 516-781-8637

Maternity group home for women ages 17-21 that are pregnant or parenting. Help with finding jobs and applying for PA. Have to pay for room and general food with wages or PA. Need based wait list.

Regina Residence
29 Kirkwood Avenue
Merrick, NY 11566

Call: 516-223-7888

Housing for mothers ages 18-30 from Nassau County. Referrals made only by the Dept. of Social Services.

NYC Department of Homeless Services (DHS)
The mission of the Department of Homeless Services (DHS) is to prevent homelessness when possible and to provide short-term, emergency shelter for individuals and families who have no other housing options available.

Applying for Temporary Housing Assistance
What constitutes a family with children?
DHS considers families with children to be the following households:
- Families with children younger than 21 years of age
- Pregnant women
- Families with a pregnant woman

Prevention Assistance and Temporary Housing (PATH)
Address: 151 East 151st Street
Bronx, NY 10451
Phone Number: (917) 521-3900

Hours: PATH is open 24 hours per day, including weekends and holidays. PATH processes applications during business hours (9am – 5pm)

Travel Directions: Subway: Take the 2, 4, or 5 train to 149th Street/Grand Concourse Station. Head west on East 149th Street toward Grand Concourse. Walk north on Grand Concourse two blocks, to East 151st Street and turn left. Walk two blocks to Walton Avenue. The PATH office is located at the corner on your right.

Where do families with children over 21 apply for shelter?

Adult Family Intake Center (AFIC)
Address: 400-430 East 30th Street
New York, NY 10016
Phone Number: (212) 481-4707 or 4707 or 4720

Hours: AFIC is open 24 hours per day, including weekends and holidays

Revised October 2017
Travel Directions: Take the 6 train to 28th Street. Walk East to First Avenue and turn left, heading North to 30th Street or take the M15 bus to 29th Street.

Note: All single adult males must apply at the 30th Street Intake Center, open 24 hours per day, including weekends and holidays.

Documentation: Any form of ID with a picture and proof of age, such as a welfare ID card, green card, driver's license, passport/visa, or picture employment card
- Birth certificate,
- Social security card
- Medicaid card
- Identity card in the public assistance system
- If working, your most recent pay stub

NY Foundling Parent Hotline
(212) 472-8555

Crisis Nursery Hotline
(888) 435-8555
24 hours/7 days a week

NY Foundling Hospital Crisis Nursery
(212) 633-9300
Offer 24-72 hour respite for children age birth-11 years

NYC Homeless Youth
(800) 246-4646
Jericho Project 245 West 29th Street Suite 902 NY,NY 10001 call: 646-624-2341 email:info@jerichoproject.org Provides housing, employment, physical and mental healthcare New buildings are currently in construction and is expected to be complete by 2017.

Edwin Gould 55 East 110th Street NY, NY 212-828-2173 ext.104

Tenant Profile: Young adults (ages 18 to 26 years old at time of entry) who have aged out of foster care and who have no permanent housing options, and who are unable to secure permanent and stable housing without special assistance

Institute for Community Living:
Tillary Street Women’s Shelter
(888) 425-0501
ICLaccess@ICLinc.org

Institute for Community Living:
Borden Avenue Veterans Residence (BAVR)
125 Broad Street
New York, NY 10004
(888) 425-0501
ICLaccess@ICLinc.org

NYPD Special Victims Line
(212) 267-7273

DHS HOTLINE
(800) 994-6494

Emergency Crisis Shelters
Supportive Housing Services licensed by NSY Office or Mental Health Center for Urban Community Services
(212) 801-3333
www.cucs.org

ACS Housing Support and Services
150 William Street, 8th Floor
New York, NY 10038
(212) 341-2832

Services:
- Housing Subsidy and Special Grants
- NYCHA Section 8
- NYCHA Public Housing
- New York/New York, III

Affordable, supportive housing program with a social services component, for nine distinct populations:
- Youth at risk of homelessness (ages 18-25)
- Youth with serious mental illness (ages 18-25)
- Chronically homeless adults with serious mental illness
- Adults currently living in psychiatric centers

Revised October 2017
HOME BASE PROGRAMS

**BronxWorks**
1130 Grand Concourse
(718) 508-3100 EXT 3126
*Serves CDs 1 and 4

Services:
- Family mediation
- Landlord mediation
- Household budgeting skills
- Legal services
- Short-term financial assistance
- Mental health and substance abuse services
- Household repairs
- Entitlements
- Child Care
- Education
- Employment

**Catholic Charities 1**
2155 Blackrock Avenue
Bronx, NY 10472
(718) 414-1050

**Catholic Charities 2**
4377 Bronx Boulevard
Bronx NY, 10472
(347) 947-3920

**HELP 1**
775 Crotona Park North
Monday, Wednesday, Friday 8:30am-5pm; Tuesday, Thursday 8:30am-7pm
(718) 299-8473
*Serves CD 6

**HELP 2**
1780 Grand Concourse
Bronx, NY 10457
(347) 226-4540

Services available (for both HELP locations):
- Client Case Management
- Mediation (in partnership with Bronx Mediation Services)
- Legal Assistance (in partnership with Legal Services of New York Bronx)
- Assistance in Securing Benefits
- Employment Services
- Housing Placement Assistance
- Household Budgeting Education
- Daycare
- Mental Health Services
- Substance Abuse Services
- Adult Education
- Short-Term Financial Assistance

**IMMIGRATION**

**Human Trafficking Hotline**
Call: (718) 250-2770

**NYC Immigration Coalition:**
Call: (212) 627-2227
137-139 West 125th Street, 12th Floor
New York, NY, 1001-7277
http://www.thenyc.org

**Bronx**

**USCIS Application Support Center**
Call: (800) 767-1833
www.uscis.org

**South Bronx Action Group**
Call: (718) 993-5869
384 East 149th Street, Suite 224
Bronx, NY 10455

**Legal Services NYC**
Call: (718) 928-3700
349 East 149th Street, 10th Floor
Bronx, New York 10451

**Bronx Defenders**
Call: (718) 838-7878

Revised October 2017
360 East 161st Street  
Bronx, NY 10451  
bronxdefenders.org

**Emerald Isle Immigration Center Bronx Office**  
Call: (718) 324-3039  
4275 Katonah Avenue  
Woodlawn, NY 10470  
Description of Services: ESL, employment assistance, education, social services, immigration procedures and documents, citizenship program

**Youth Ministries for Peace & Justice**  
Call: (718) 328-5622  
1384 Stratford Avenue  
Bronx, NY 10472

**Sanctuary for Families**  
Call: (718) 508-1251  
198 East 161st Street - 2nd Floor  
Bronx, NY 10451  
**Description of Services:** Provides immigrant victims of domestic and gender-based violence with legal services. Help with applications for: Asylum, Special immigrant juvenile status (for abused immigrant youth in the foster care system), U nonimmigrant status (for immigrant crime victims who cooperate in the prosecution of certain gender-motivated crimes), and T nonimmigrant status (for trafficking victims).

**Hostos Community College Immigration Center**  
Call: (718) 518-4395  
427 Walton Avenue, T-501  
Bronx, NY 10451  
Hours: Monday – Friday 9:30am-4:30pm

**BronxWorks**  
Call: (718) 731-3114  
2070 Grand Concourse  
Bronx, NY 10457  
Services offered:  
- Help with filing and processing Immigrant Visa Applications  
- Assistance with renewing Employment Authorization Cards, Green Cards, and Temporary Protected Status  
- Assistance with filing Naturalization and Citizenship applications

- Assistance with processing Deferred Action for Childhood Arrivals (DACA) applications  
- Legal representation before U.S. Citizenship and Immigration Services and the Immigration Court  
- English for Speakers of Other Languages (ESOL) classes  
- Civics classes  
- Counseling on resources for housing, financial, and health needs

**Tolentine-Zeiser / Street Rita’s Center for Immigrant and Refugee Services**  
Call: (718) 365-4390  
2342 Andrews Avenue  
Bronx, NY 10468  
Description of Services: Street Rita’s offers Southeast Asian and other refugees social services; employment counseling and placement; translation and escort services; English classes (ESL) for adults; childcare (for mothers studying English); citizenship classes; support groups for Cambodian, Vietnamese, and Russian women; an afterschool program for children 7-14 years old; and crime prevention and victimization services.

**Mercy Center**  
Call: (718) 993-2789  
377 East 145th Street  
Bronx, NY 10454  
Description of Services: Assistance is offered in immigration matters and documentation issues, and special events offer information and advocacy around issues of immigrants’ rights, access to health care, workplace concerns, etc. Mercy Center also partners with the Immigrant Protection Unit of the New York Legal Assistance Group (NYLAG) to provide legal representation to our participants in immigration proceedings. Citizenship Classes are offered to those who have already submitted their applications.

**Brooklyn**

**Make the Road New York**  
Call: (718) 418-7690  
301 Grove Street  
Brooklyn, New York 11237  
http://www.maketheroad.org/

Revised October 2017
Catholic Migration Services
Call: (718) 236-3000
191 Joralemon Street Brooklyn, NY
11201
http://catholicmigration.org/contact-us/

CUNY Citizenship Now!
Call: (718) 270-6292
Medgar Evers College Immigration Center
1150 Carroll Street, Room 226
Brooklyn, NY 11225
Languages spoken: English only
Hours: Monday – Friday 9am-5:00pm (closed for lunch from 1:15pm-1:45pm)

Manhattan
Youth Immigrant Services

The Door - A Center of Alternatives
Call: (212) 941-9090
555 Broom Street
New York, NY 10013
*counselling, High School Equivalency (HSE), health services

The Legal Aid Society
Call: (212) 577-3300
199 Water Street, 3rd Floor
New York, NY 10038

Urban Justice Center
Call: (646) 602-5635
40 Rector Street
New York, NY 10006

Jewish Childcare Association, Gateways
Call: (917) 808-4800
858 East 29th Street
Brooklyn, NY 11210
jcca@jccany.org
* Residential program, counseling and case management

Metropolitan Council on Jewish Poverty
Call: (212) 453-9500
120 Broadway, 7th Floor
New York, NY 10271

*case management, counseling and emergency assistance

Staten Island
CUNY Citizenship Now!
Call: (718) 982-2100
College of Staten Island, El Centro and Project Hospitality Immigration Center at the Help Center
2800 Victory Boulevard
Staten Island, NY 10314
Services only on MONDAYS
http://www.cuny.edu/about/resources/citizenship.html

Staten Island Legal Services
Call: (718) 233-6480
36 Richmond Terrace, Suite 205
Staten Island, New York 10301
http://www.statenislandlegalservices.org/contact-us.html

Make the Road New York
Call: (718) 727-1222
161 Port Richmond Avenue
Staten Island, New York 10302
http://www.maketheroad.org/

LEGAL INFORMATION AND SERVICES

Advocates for Children
Call: 212-947-9779

Provides legal advice and representation for special education and suspension/expulsion.
http://www.advocatesforchildren.org

Bronx Defenders Family Defense Project
Call: 718-383-7878

Provides legal representation and preventive advocacy to parents facing neglect and abuse allegations in Bronx Family Court.
Center for Family Representation
Call: 212-691-0950

Provides legal representation and preventive advocacy to parents facing neglect and abuse allegations in Manhattan Family Court.
http://www.cfrny.org/contact.asp

Revised October 2017
Day One
Call: 800-214-4150

Provides legal representation and counseling for young woman experiencing domestic violence and/or dating violence. The Community Education Program offers interactive law-based workshops that educate youth in public school classes, after-school programs and foster care group homes; trains social service providers, teachers and parents on domestic violence and the law. The Legal Services Program provides free and confidential information, advocacy and representation in family and criminal courts to youth ages 12 to 22. The peer Leadership Program organizes students and builds leadership skills among college-aged youth. Student educate their peers, design educate systems, develop materials, and perform outreach and advocacy.

http://www.dayonenyc.org/

The Door's Legal Services Center

555 Broome St.,
New York, NY 10013

Call: 212-453-0222

Legal advice and representation for immigration, housing, public benefits and foster care issues.

http://www.door.org/programs.legal.html

Lawyers for Children
Call: 800-244-2540

Provides legal representation for children and youth in foster care.

http://www.lawyersforchildren.org

Neighborhood Defender Services of Harlem

371 Lenox Avenue 10th floor
New York, NY 10027
212-876-5500
Contact: Stacey Charland
Scharland@ndsny.org

The Legal Aid Society

Revised October 2017

Call: 212-577-3300

Legal Aid’s Juvenile Rights Practice provides legal representation for children and youth in child protection, termination or parental rights, Persons in Need of Supervision (PINS) of delinquency cases. The Civil Practice offers legal assistance for issues relating to housing, health care, public benefits, domestic violence, family law, immigration, employment, and consumer law issues. The Criminal Practice represents defendants in criminal matters. Offices located in all 5 boroughs.


Legal Services NYC
Call: 212-431-7200

Provides Legal assistance for issues related to family, housing, benefits, consumer rights, education, senior citizens, domestic violence, predatory lending practices, immigrants and people with HIV.

http://www.legalservicesnyc.org/index.php

Legal Services NYC- Bronx Family Law Unit
Call: 718-928-3700

Provides legal representation and prevention advocacy to parents who live in the Bronx and are facing neglect and abuse allegations in Family Court.

Legal Services NYC- Brooklyn Family Defense Project
Call: 347-592-2500

Provides legal representation and prevention advocacy to parents facing neglect and abuse allegations in Brooklyn Family Court.

Legal Services NYC- Queens Family Law Unit
Call: 718-657-8611

Provides legal representation and prevention advocacy for parents who live in Queens and are facing neglect and abuse allegations in Family Court.

New York Legal Assistance Group
Call: 212-613-5000

Provides legal advice on public assistance, Family law and immigration issues.

http://www.nylag.org
**LIFT**
Call information hotline: 212-343-1122

32 Court Street
Brooklyn, NY 11201

Provides multilingual Legal Resource Guides that give step-by-step information on the law and how the Courts work. Call the Telephone Hotline or send a question to the email Hotline. Operates Education & Information Sites located in the Bronx, Brooklyn, Manhattan, and Queens Family Courthouses. Family Legal Center supports unrepresented Family Court litigants.

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

**Sanctuary for Families**
Call: 212-349-6009

Provides legal advice, representation and counseling for woman and children experiencing domestic violence and victims of sex trafficking

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

**Urban Justice Center**
Call: 646-602-5600

Legal clinic for public assistance, food stamps and benefits issues (Tuesdays 9:30am to 11:30am at 795 Lexington Ave.)

Domestic violence project,
Lesbian/Gay/Bisexual/Transgender (LGBT) youth project
(Peter Cicchino Youth Project).

For more legal referrals, see the website:

**EDUCATION RESOURCES**

**Advocates for Children**
Call: 866-427-6033

**Hours:** Monday thru Thursday 10am-4pm

Provides advance and representation to NYC families to secure quality and equal public education services.

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

**The Legal Aid Society, Education Advocacy Project**
Call: Cara Chambers 212-577-3342

EAP provides special education advocacy and advice for children birth to 21 who are represented by The Legal Aid Society

**Inside Schools**

Independent reviews of all NYC public schools; information for parents, including frequently asked questions and school open house dates; bulletin boards and parent/student comments for members

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

**NYC Department of Education (DOE)**


**NYC Chancellor’s Regulations**

[http://schools.nyc.gov/Administration/ChancellorsRegulations/default.htm](http://schools.nyc.gov/Administration/ChancellorsRegulations/default.htm)

*list of all the Chancellor’s Regulations, including A-240- Pregnant and Parenting Students and A-170- Home Instruction.

**LYFE Program**

The Living for the Young Family through Education (LYFE) program supports pregnant and parenting students enrolled in a NYC Department of Education school by providing childcare and referral services. Each LYFE site has an early childhood classroom for students’ young children and is linked to a social services and health referral network developed by the on-site LYFE Social Worker.

- Children can enroll in LYFE as young as 8 weeks old and can remain in the LYFE until the end of the school year in which they turn 3- years- old.
- Any NYDOE student can access services and/or enroll their child in any LYFE site, space

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- permitting. You do not need to attend the high school where the LYFE site is located to access the services.
- LYFE is free for students enrolled in a NYC Department of Education school or program. Students must be enrolled in school to be eligible for services.
- Staff at the LYFE sites, the LYFE central office, or at the Referral Center for High School Alternatives are available to assist with enrollment in LYFE as needed.

Click Here for the LYFE program website, or contact the LYFE Central Office at 212-609-8520 for inquiries.

Click Here for the LYFE program site locations, map, and directory.

NYC DOE Vocational Programs

School of Cooperative Technical Education (Co-Op Tech)
Principal – Corey Prober
321 East 96th Street
New York, NY 10128
Phone: 212-369-8800
The School of Cooperative Technical Education (Co-Op Tech) is a half-day vocational program that offers students hands on training in a variety of in demand and cutting edge trade areas. Coop Tech students are enrolled as either shared instruction students who also attend over 130 traditional high schools and Pathways to Graduation programs or as post-graduates who have already obtained a diploma. For enrollment information, please visit the website: www.Co-opTech.org or call the number listed above for more information.

Career and Technical Education (CTE)

CTE program combine regular high school academics with technical career training in a specific field.

Graduates receive their Regents Diploma with a Technical Endorsement.

Eligibility: Must be a NYC high school student & enrolled in the school where the specific CTE program is offered. www.nycpte.org

NYC DOE Alternative High School Programs

Transfer High School

Available full time/day high school for youth 15-21 (varies by school) that provide a smaller setting with intensive support services. Offer college prep, acceleration and on-line course work and paid internships for students to earn regent and advance regent diploma. Student must have completed a minimum number of credits and one year of high school.

http://schools.nyc.gov/Offices/OMPG/TransferHighSchools/default.htm

The Grace Institute for Women:

40 Rector Street 14th Floor NY, NY 10006

This is a job training program for women only. It is five month training for administrative skills as well as Health Care. Their goal is to assist students with getting and maintaining living wage jobs.

18yrs-25yrs are offered a paid internship as part of the program. Must have GED and take a test. When accepted classes will be Mon-Fri 9am-4pm Dress Code: Business Attire

Call: 212-832-7605

www.graceinstitute.org

The Harlem Center for Education:

1 East 104 Street Madison Avenue NY, NY 10029

They offer free GED courses for 16yrs of age and older. Every Friday morning they are available at 10 AM for placement tests. When registered, classes are usually Mon-Thurs. 10-1pm.
You can reach Martha at 646-524-5563 ext.4
msotelo@harlemtred.org

**The New York Urban League:**

204 West 136st NY,NY 10030

This organization offers free computer classes, scholarships and free job training for customer service, retail and etc. No requirement needed. Training classes usually takes place in the Bronx and is a 6 week commitment.

Call: 212-926-8000

www.nyul.org

**Stanley Isaac’s Center Youth Employment and Education Services Program (Y.E.S.)**

415 East 93rd Street NY,NY 10128 call: 212-360-7620
e-mail: info@isaacscpcenter.org

They offer free GED courses and have internship opportunities

**Young Adult Borough Centers (YABC)**

Evening academic programs designed specifically to meet the needs of high school students who might be considering dropping out because they are behind or because they have adult responsibilities that make attending school in the daytime difficult.

**Eligibility:** students 17 and older with 17+ credits.

Students earn a regular high school diploma.

[http://schools.nyc.gov/Offices/OMPG/YouthAdultBoroughCenters/default.htm](http://schools.nyc.gov/Offices/OMPG/YouthAdultBoroughCenters/default.htm)

**NYC Children’s Services**

Children’s Services Education Unit

**Call: 212-442-3030**

Consultations available to any ACS staff member, partner agency staff, parents, or other caregiver citywide.

Educational Resource website:

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Resources for Children with Special Needs
Call: 212-677-4650

Provides information, referrals, and representation for children with special needs residing in NYC
http://www.resourcesnyc.org/rhome3.php

Zip Codes: 11203, 11206, 11207, 11212, 11213, 11216, 11221, 11225
Participants: families with young children under 2 years of age

Bushwick Bright Start
Call: 718-416-1442

For pregnant woman and families with infants under 3 months in Zip Codes: 11237

CAMBA CHWP
Call: 718-826-2223 ext. 249

Available to all pregnant women in Zip Codes: 11226 & 11203

CAMBA Healthy Families
Call: 718-826-2223 ext. 228

For pregnant woman and families with infants under 3 months in Zip Codes: 11226, CDs 9, 14 & 17 (parts of 11210, 11230, 11203, & 11225)

Community Health Worker Programs

Bronx

Call: 718-542-5555
Morris Heights Health Care- Available to all pregnant women in Zip Codes 10452/3/6
Call: 718-542-5555
Urban Health Plan- Available to all pregnant women in Zip Codes 10459/60/72/74

Manhattan

Harlem Hospital,
Call: 212-939-8294
Northern Manhattan Perinatal Partnership,

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Call: 212-289-8800

Diaspora Comprehensive Adolescent Pregnancy Prevention Program

Call: 718-399-0200, ext. 243
182 4th Ave, Park Slope Brooklyn (Borough wide)
Pregnancy prevention, sexual and reproductive health education and information.

Healthy Families, Brookdale Hospital, Brooklyn

Call: 718-240-8342
Serving pregnant women and families including youth in foster care with infants under 3 months in Zip Codes: 11203, 11207, 11208, 11212, 11213, 11236

Healthy Families of NYC

Bronx

Call: 718-716-4400 or 718-466-7758
Serving pregnant women and families including youth in foster care with infants under 3 months in age.

Brooklyn

Call: 718-826-2223
Serving pregnant women and families including youth in foster care with infants over 3 months in Zip Codes 11216, 11225, 11208, 11210, 11218
Call: 718-826-2223
Serving pregnant women and families including youth in foster care with infants under 3 months in Zip Codes 11226, 11233, 11203

Manhattan- Northern Manhattan Perinatal Partnership “Baby Steps” Program

Call: 212-690-2229
Main Office: 212-665-2600

Jamaica, Queens

Call: 718-526-2400 ext. 2054

Staten Island Healthy Families of New York

Call: 718-874-4455 or 718-303-8965
110 Thompkins Ave
Staten Island, NY 10304

Nurse-Family Partnership Dept of Health/ACS NFP-TCI Program

Call: 646-672-2865
A 2yr program for 1st time expecting mothers in foster care (pregnant less ten 28 weeks).

Nurse-Family Partnership at SCO

Call: 718-919-1284
Serving Central Brooklyn
Participants: 1st time pregnant women less than 28 weeks

Successful Start

Call: 718-623-5966 ext. 27
For pregnant women and families with infants under 3 months in Zip Codes CD 3, and 11216, 11233

Visiting Nurse Service of New York
Early Intervention Program- Call: 212-609-6234
General Number- Call: 888-VNS-1-CALL
Early Head Start and Early Steps Family Center in Rockaway, Queens- Call: 718-318-8040

PARENTING EDUCATION PROGRAMS

Below is a list of parent education programs/curricula that have been reviewed by the Parent Education Steering Committee and found to be either evidence-based or promising practices.

1-2-3 Magic

A parent discipline strategy is taught to parents using a book and DVD which may be presented to parents individually or in groups. The program is designed to help parents remove secondary reinforce from their discipline methods that have the effect that annoying otherwise unsettling to the parent(s). Described as “Stop” behaviors, the program advises parents to use short, three step counts to interrupt behaviors and then use of Time Outs and similar restrictions to encourage behavioral change. Motivational strategies are
discussed to encourage “start” behaviors, which are behaviors parents do not see their children engaged in enough. Appropriate for toddlers and children up to teen years. The program is not designed to provide instruction in any other areas of parenting so it has limited in any other areas of parenting so it has limited applicability and should not be used as a stand-alone program if there are other parental needs. Program is available in English and Spanish. Costs are only for materials. Parenting Toddlers to Teens Book and DAD-14.88; Managing Difficult Behavior-$39.95. Contact www.123magic.com

Children’s Aid Society Families for Reunification Parenting Skills Program

This program aims to teach parents the skill they need to parent children while they are in and out of home care in services in reunification or other appropriate permanency plan. More than teaching discreet parenting skills, this program teaches: critical thinking; self-advocacy and parents’ rights; knowledge of attachment and loss; strategies or successful visiting; building relationships with foster parents; child development and child management skills; safety; and parent self-care. The curriculum is run as a process driven group and requires a skilled group worker. Although this curriculum is not evidence based, it has been included because it is one of the few specifically aimed at children in and out of home placement. Cost is free.
Contact www.childrensAidsociety.org/fostercare

EPIC: Every Person Influences a Child

Conducted in a group setting, the basic EPIC curriculum focuses on preparing parents for positive parenting with respect to the family’s functioning and the children’s educational needs. Its core parenting program, Pathways to Parenting, develops parenting skills, parent advocacy around educational issues, and parent leadership. The curriculum focuses on social, emotional, and literacy development while allowing the parent to explore him/herself not only as a parent but as a person. This basic program appears to be most useful for parents of school aged children. One of the EPIC’s specialty programs is the At Risk Parenting Program. This program is described in the website as “workshops for parents with challenges.” These challenges include, but are not limited to, parents who have lost or at risk of losing their children through the child protection system. These parents can be involved with substance use/abuse, emotional health issues, domestic violence, criminal background, etc. They face or experience personal situations which compromise their ability to provide parental guidance that protects the basic needs of their children. The goal for this population is to keep them moving towards achieving their personal goals as individuals and as parents. Parental isolation, poor parenting roles models, lack of parent/child bonding are a few of the factors EPIC addresses through parenting education groups. Costs range for different programs from $15 to $25.
Contact www.epicforchildren.org

Incredible Years

This is a prevention/intervention program for parents and teachers of children 3-12 years old. Videotapes and facilitated discussions are delivered in a group format. The parent programs are grouped according to the child’s age. The curriculum includes 12-14 sessions, two hours each. This program focuses on strengthening parent competencies. This program uses developmental theory that stresses multiple interactive risk and protective factors. Positive discipline approach is taught. The goal is to promote children’s academic, social, and emotional competencies as well as reduce conduct problems in schools and at home. This program is usually used in prevention settings. Preference is for parent to partner with a facilitator. The program is available in Spanish.
Contact www.incredibleyears.com. Costs vary dependent on size of group and how much material is needed.

Nurturing Parents

This program is delivered through DVD and a series of workbooks that are designed for use by participant parents and children. The program includes 80 sessions for parents covering 18 different competency areas. The parallel program for children includes 85 lessons. The sessions can be combined in different ways depending on the needs of a particular family. The lessons are competency based ad designed to help adults acquire
knowledge and skills to improve overall parenting and prevent child abuse and neglect. Best used in preventive settings, the program is designed as an individual intervention but can be adapted for groups. It is strength based and the documents are clear and accessible. The focus is on young children as opposed to adolescents. Program is available in Spanish.

**Contact** [www.nurturingparenting.com/](http://www.nurturingparenting.com/) Cost for the implementation manual is $30. The cost for each parent handbook is $15.

**Parent-Child Interactive Therapy (PCIT)**

Kurtz Psychology Consulting  
Parent training program for children (2-7 years old) with deregulated behaviors. Time frame: 14-20 sessions weekly hour long sessions.  
212-658-0110 ext. 122  
Referrals go through MES

**Chances for Children-NY:**

Parent-child video therapy  
Uses video recording of parents and their child(ren) playing and therapist provides feedback.  
212-799-3536 or 917-441-0119  
[www.chancesforchildren-ny.org](http://www.chancesforchildren-ny.org)

**SUPPORTIVE HOUSING SERVICES IN NYC FOR YOUNG PARENTS**

**NY/NY III Supportive Housing**  
Youth formerly in foster care are eligible for NY/NY III agreement housing if they are at risk for homelessness and will be between the ages of 18 and 25 and at risk of homelessness when leaving foster care or if they were in foster care for more than one year after their 16th birthday. NY/NY III supportive housing may not be appropriate for young parents who have primary custody of their children. To apply, workers must fill out a 2010E application. Application for older youth are conducted at the ACS 150 William Street office. For more eligibility and other information, contact ACS at (212) 676-6779

**Other Supportive Housing Programs**

**The Door: East 9th Street**

Manhattan  
(212) 941-9090  
The Door’s East 9th Street location has 44 units, which includes supportive housing specifically for parents with young children. Rent is made affordable to residents and is based on income. In addition, each resident receives support and services from The Door, which can include job training, GED classes, health care, counseling, legal support, and childcare support.

**Good Shepherd Services: Edwin Gould Academy**  
55 East 110th St.  
Manhattan  
212-828-2173  
Edwin Gould Academy is a 51-unit residence in East Harlem that houses single young adults and single young parents between the ages of 18 to 26. Tenants in the building receive on-site case management services, benefits counseling and job placement services. The residence is a mix of studio and one-bedroom apartments for young adults who have a history of homelessness, foster care placement or involvement with the juvenile justice system.

**Win (formerly Women In Need): Women In Supportive Housing**  
212-695-4758  
Win’s Women In Supportive Housing (WISH) is a 62-unit scattered-site supportive housing program for young mothers with a history in foster care. Tenants in this Brooklyn program range from 18 to 29 years old. Eligible mothers must have a history of chronic homelessness and a diagnosable disability in addition to having spent time in foster care. Tenants receive a variety of services, including individual counseling, access to specialty workshops and skill-building classes, child care during all workshops and groups and a full range of educational and employment services.

**Lantern Community Services: Schafer Hall**  
117 E. 118th St.  
Manhattan  
212-828-3007  
Schafer Hall, housing single adults as well as families, combines studio apartments with services including employment and educational support and medical and mental health referrals. If a youth is 18 through 23 years old, he or she must be on trial or final discharge, and must also have a job. Unless the youth has enough
income, he or she will have to show proof of his or her eligibility for an ACS housing subsidy.

**The Dorothy Day Apartments**
583 Riverside Dr.
Manhattan
212-568-2030
Dorothy Day Apartments is one of six rent-stabilized permanent housing projects developed and managed by Broadway Housing Communities (BHC). BHC provides supportive housing for young and elderly, independent and disabled, working and dependent individuals and families. There are 240 single rooms and studio apartments total. (Family apartments rarely become available.) Eligibility is based on being a low income worker and/or having a Section 8 voucher. Tenants provide 24-hour management coverage through a front desk service. This is part-time employment opportunity, in which nearly one fifth of the tenants participate. The six properties are located in the communities of West Harlem and Washington Heights

**MISCELLANEOUS**

**Youth Success NYC:**
[www.youthsuccessnyc.org](http://www.youthsuccessnyc.org)

A website for youth in care, youth who have left care, and those who work with them. Provides information on education, housing, employment, health, and mental health including resources for pregnant and parenting teens.

**Little Essentials**

The mission of Little Essentials is to improve the health, safety and wellbeing of children living in poverty by providing urgently needed resources and parenting education to families in crisis. Little Essentials offers at-risk families living in poverty urgently needed children’s supplies and parenting education to promote the health, wellbeing and safety of their children under five. LE distributes free of charge, urgently needed items such as warm clothing, car seats and strollers and promotes Safe Sleep by providing cribs, bassinets, and pack & plays.
Zakiyyah Janan, Program Manager

Tel 347.689.2327 Cell 862.253.8128
zakiyyah@littlesentials.org

**Rise Magazine**

Rise trains parents to write about their experiences with the child welfare system in order to support parents.
Contact: Director: Nora McCarthy 646-543-7099
Nora@risemagazine.org or Rachel Blustain-Rachel.risemagazine@gmail.com

**iFoster**
[www.ifoster.org](http://www.ifoster.org)
iFoster is an online resource portal for children and youth living outside of their biological home, their caregivers and the organizations that serve them.
Contact: Stephon Baines at Stephon@ifoster.org

**Teen Specialist Unit**
150 William Street New York, NY 10038
212-676-6001
Acs.sm.tsu@acs.nyc.gov

The Teen Specialist Unit (TSU)
- Develop a personal plan to achieve your goals.
- Explore the benefits of co-parenting for you and your child.
- Establish and maintain healthy lifestyle choices.
- Connect to community services and resources that may meet your needs.
- Advocate for services that may assist you in your daily living.
- Explore educational/vocational opportunities so that you can learn valuable skills

**The Safe Sleep Unit**
Director: Michele Maye
Michele.Maye@acs.nyc.gov
Location: 150 William Street, 11th Floor
Telephone: 212-341-0411

Additional resources can be found at NYC Healthy Relationship Training Academy Resource Guide: [http://www1.nyc.gov/site/ocdv/programs/resource-directory.page](http://www1.nyc.gov/site/ocdv/programs/resource-directory.page)