



## **East Harlem Neighborhood Health Action Center: Programs, Services and Partners**

The East Harlem Neighborhood Health Action Center provides health and wellness services in Harlem as part of New York City's (NYC) effort to promote health equity. Some of the following programs and services are offered by the Action Center, while others are offered by community partners.

### **Programs and Services**

#### **Baby Café**

Baby Café is a free support group for people who are breastfeeding. Trained professionals provide breastfeeding support, such as help with latching and breast milk supplies, and ongoing care.

For more information, call 855-789-8760.

#### **East Harlem Asthma Center of Excellence**

The East Harlem Asthma Center of Excellence provides free services for children age 17 and younger who have asthma and live in East or Central Harlem. Asthma counselors teach families how to help control their child's asthma, connect families to pest control and mold remediation services, and host educational workshops and fun events for children.

#### **Family Wellness Suite**

The Family Wellness Suite promotes healthy parents, caregivers and babies through family-friendly classes, services and referrals. Services include childbirth education and newborn care classes, crib and car seat distribution, and referrals to care.

#### **Harlem Health Advocacy Partners**

Harlem Health Advocacy Partners provides health coaching, wellness activities, peer support and advocacy to NYCHA residents age 18 and older who have chronic conditions such as asthma, diabetes or high blood pressure. Harlem residents can also receive help with medical insurance navigation, get referrals for social services, join walking groups and attend a variety of health education workshops.

For more information, email [hhap@healthsolutions.org](mailto:hhap@healthsolutions.org) or call 646-682-3400.

#### **Newborn Home Visiting Program**

The Newborn Home Visiting Program provides support for parents and their newborns (up to 3 months old) the first few weeks after birth. A health professional visits parents and their babies to help with infant feeding, share health and safety tips, and connect parents to resources.

For more information, including how to sign up, visit [nyc.gov/health](http://nyc.gov/health) and search for **newborn home visiting program**, or call 646-672-2894.

## Partners

### **Association to Benefit Children**

The Association to Benefit Children provides mental health treatment to children and their families. Most Medicaid Managed Care plans are accepted.

To get a referral, email [fastbreakreferrals@a-b-c.org](mailto:fastbreakreferrals@a-b-c.org) or call 646-459-6165.

### **Concrete Safaris**

Concrete Safaris helps children stay active and healthy and explore their environment through outdoor education and play. Events and offerings include garden trips, obstacle races, an after-school program for children ages 7 to 11, and an internship program in gardening, outdoor play and health promotion for teens and young adults ages 14 to 24.

For more information, email [info@concretesafaris.org](mailto:info@concretesafaris.org) or call 646-869-1503.

### **IDNYC**

IDNYC is a government ID card issued to New Yorkers age 10 and older, regardless of immigration status, that provides access to NYC services, benefits and programs.

For more information, visit [nyc.gov/idnyc](http://nyc.gov/idnyc) or call **311**.

### **Public Health Solutions**

Public Health Solutions helps New Yorkers apply for low- or no-cost health insurance coverage and Supplemental Nutrition Assistance Program benefits.

For more information, call 800-344-3406.

### **SMART (Sisterhood Mobilized for AIDS/HIV Research & Treatment) University**

SMART helps people who identify as women gain power and healing through education, self-advocacy, and leadership development. Education workshop topics include physical and mental health, nutrition, technology, and law.

For more information and a schedule of upcoming events, visit [smartuniversity.org](http://smartuniversity.org) or call 212-289-3900.

The Action Center is located at 158 E. 115th St., New York, NY 10029.

For more information about the Action Center's programs, services and community partners, email [harlemoutreach@health.nyc.gov](mailto:harlemoutreach@health.nyc.gov) or call 855-789-8760.

