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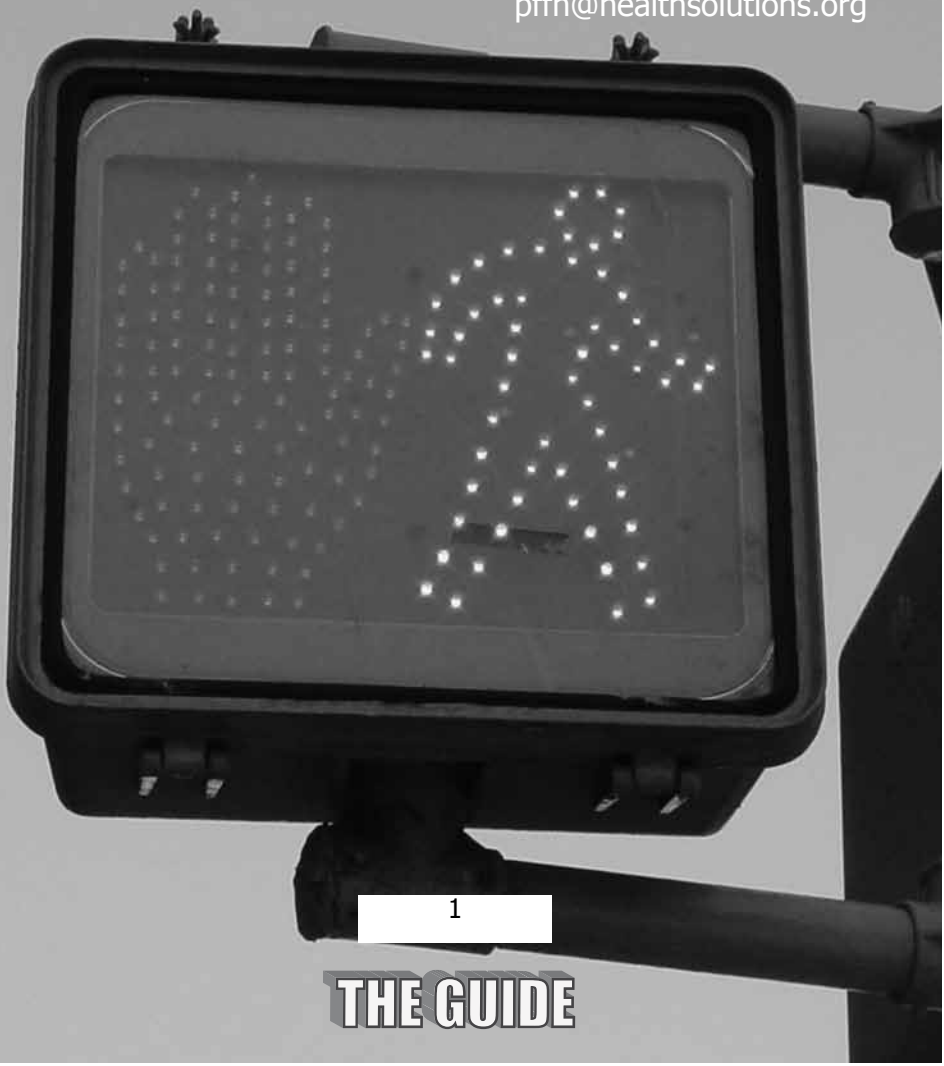

THE GUIDE

Thank you for picking up The Guide!

Finding places to get services can be really hard. Whether it's medical care, homework help, dealing with police, or just finding a place to chill, how can you know where to go? Here's the answer!

The Guide was originally produced by the Adolescent Initiative Project (AIP) and the Youth Taking Charge Board. It is now produced by the Partnership for Family Health, a program of Public Health Solutions. You're holding a directory of resources for adolescents just like you. It has been updated this year with the most current information available.

We hope you find what you're looking for. Remember, if there are any words you don't know, be sure to check the glossary at the back. If you need help using The Guide or locating resources for you or someone you know, just call us! Please also get in touch with us if you see any outdated information or would like to suggest a resource to include in a future edition of The Guide.

Partnership for Family Health Staff
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This edition of The Guide was revised and updated by Vanessa Mason and Megan Crowley. We would like to extend a special thank you to Vanessa Mason for her hard work updating and editing this edition of The Guide. Additionally, we would like to thank Susan Vitucci for designing the cover, providing expert assistance with the layout, and creating the web version.

Special thanks to those who developed and contributed to earlier versions of The Guide, including Renee Cohall, Dawn Dickerson-Sankofa, Janilda Valentin, and many others. Their hard work and vision has kept The Guide going for more than a decade. We also acknowledge the contributions of the late Terence Tolbert, who was a community leader and a role model for adolescents in Northern Manhattan.

Thank you to Mario Burger for granting us permission to use his photographs of public art in Harlem in the cover design.

This edition of The Guide was printed in the Summer of 2010.
Please visit www.pffh.org for the most current version.

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131st St. Block Association

WHO DO I CALL?

(212) 749-8322

WHERE DO I GO?

220 W 131st St., lower level
(Between 7th and 8th Aves.)

WHAT SERVICES DO THEY OFFER?

- Drug and alcohol prevention and counseling
- Counseling and support services

HOW DO I GET THERE?

Train: 2/3 to 135th St.
C to 135th St.
Bus: M2, M10

ADDITIONAL INFO

Ages 6 to 18
Bilingual (Spanish)
Confidential
No Medicaid

A. Philip Randolph High School Based Clinic

WHO DO I CALL?

(212) 862-2203

WHERE DO I GO?

443 W 135th St., Room 606
(At Convent Ave.)

WHAT SERVICES DO THEY OFFER?

- Birth control
- Drug/alcohol prevention and counseling
- Counseling and support services
- Gynecological care
- HIV prevention and education
- HIV counseling and testing
- Medical care
- Pregnancy tests

HOW DO I GET THERE?

Train: 1 to 135th St.
B/C to 135th St.
A/D to 145th St.

ADDITIONAL INFO

Confidential
No fee
Must be A. Philip Randolph student with parental consent

Abyssinian Baptist Church Youth Programs

WHO DO I CALL?

(212) 862-7474

WHERE DO I GO?

132 W. 138th St. (Odell Clark Place)
(Between Lenox and 7th Aves.)

WHAT SERVICES DO THEY OFFER?

- After-school program including bible readings
- Counseling and support services
- Leadership training
- Spiritual guidance
- Sports
- Youth discussion groups
- Blue Nile Rites of Passage Program

HOW DO I GET THERE?

Train: 2/3 to 135th St.
C to 135th St.
Bus: M2, M7, M104

ADDITIONAL INFO

Ages birth to 20
Confidential
No fees
http://www.bluenilepassage.org

Adolescent Health Center (AHC)

The Mount Sinai Adolescent Health Center provides confidential comprehensive medical, mental health, family planning, and health education services to young people between the ages of 10-21.

WHO DO I CALL?

AHC Administration and Information: (212) 423-2900
Medical Appointments: (212) 423-3000
Mental Health: (212) 423-2981

WHERE DO I GO?

312 E 94th St.
(Between 1st and 2nd Aves.)

WHAT SERVICES DO THEY OFFER?

- General medical, dental, optical care
- Gynecological care
- Prenatal care (referred to main hospital)
- Pregnancy tests/prevention
- Birth control
- STD testing and treatment
- HIV prevention and education
- HIV testing and counseling
- HIV medical care and support services
- General counseling and support services
- Eating disorders treatment
- Violence prevention and treatment
- Drug and alcohol prevention and counseling
- LGBT services
- Legal services
- Individual, family, and group therapy
- Sexual abuse support services
- Alcohol and substance abuse support services and referral
- Young Men's Clinic
- HIV-infected youth medical care, mental health care, and support services
- Mental health/support services to adolescents with an HIV-infected parent
- Nutrition and wellness services
- Adolescent support groups
- Dance
- Comprehensive teen-parent services for teen parents and their infants and toddlers
- Onsite health insurance enrollment
- Peer education program (SPEEK)

HOW DO I GET THERE?

Train: 6 to 96th St.
Bus: M15

ADDITIONAL INFO

Ages 10 to 21
Hours: Mon-Wed, Fri 8am-5pm
Thurs 12pm-5pm
Sat 8am-5pm
Bilingual: (Spanish)
Confidential, No Fees
http://www.mountsinai.org

African Services Committee

African Services Committee is a non-profit organization dedicated to improving the health and self-sufficiency of the African community in New York City and beyond.

WHO DO I CALL?

(212) 222-3882
info@africanservices.org

WHERE DO I GO?

429 W 127th St.
(Between Amsterdam and Morningside Aves.)

WHAT SERVICES DO THEY OFFER?

- Pregnancy tests/prevention
- STD testing and treatment
- HIV prevention and education
- HIV testing and counseling
- HIV medical care and support services
- Birth control
- ESL
- Housing
- Legal services

HOW DO I GET THERE?

Train: A/C/B/D to 125th St.
Bus: M100, M101, Bx15, M60, M104

ADDITIONAL INFO

Ages 13 and up
Hours: Mon-Fri 9am-5pm
Bilingual (French), Confidential
No Medicaid
http://www.africanservices.org

Alianza Dominicana, Inc.

Our main directive is to provide case management, HIV/AIDS counseling and mental health services to individuals infected and affected by HIV/AIDS. We provide one-on-one and family group counseling. We also provide weekly support groups and educational groups covering a range of issues including HIV treatment, stress management, and recreational activities.

WHO DO I CALL?

(212) 740-1960

WHERE DO I GO?

1) 2410 Amsterdam Ave.
(Between 179th and 180th Sts.
2) 715 W 179th St.
(at Ft. Washington Ave.)
3) 2340-6 Amsterdam Ave.
(Between 176th and 177th Sts.)

WHAT SERVICES DO THEY OFFER?

- After-school program
- Sports, dance
- Computer/internet services
- Drug/alcohol prevention and counseling
- ESL classes, job training
- HIV prevention and education
- HIV counseling and testing
- Counseling and support services
- Housing
- Parenting skills and life skills classes
- Services for LGBTQ youth
- Summer program
- Trips
- Arts and crafts

HOW DO I GET THERE?

Train: A to 181st St.
1 to 181st St.
Bus: M103, M101, Bx11, M104, Bx13, Bx36, Bx35, Bx3

ADDITIONAL INFO

Ages 13 to 19
Bilingual (Spanish)
Confidential
Medicaid and other insurance accepted
http://www.alianzaonline.org

Bailey House, Inc.

Bailey House provides housing and support for people living with HIV/AIDS and advocates on their behalf.

WHO DO I CALL?

(212) 633-2500

WHERE DO I GO?

1751 Park Ave.
(Between 121st and 122nd Sts.)
Alternate locations:
1) 180 Christopher St. (adult housing)
2) 117 E 118th St.
(housing for families)

WHAT SERVICES DO THEY OFFER?

- Drug/alcohol prevention and counseling
- Counseling and support services
- Housing
- Food pantry
- Other support services

HOW DO I GET THERE?

Train: 4/5/6 to 125th St.

ADDITIONAL INFO

Ages 18 to 24, living with HIV
Hours: Adult housing (24/7);
housing for families (9am -5:30 pm);
Food Pantry (Wed, Fri 12-1:30pm)
Confidential, no fees
Bilingual (Spanish)
Medicaid accepted
http:// www.baileyhouse.org

Black Men's Initiative at Harlem United

The mission of the Black Men's Initiative (BMI) is to reduce the rate of HIV infection and transmission among New York City-based young men of color who have sex with men (YMSM).

WHO DO I CALL?

(212) 216-3266
info@blackmensinitiative.org

WHERE DO I GO?

104 E 126th St., Suites 1a and 2a
(Between Lexington and Park Aves.)

WHAT SERVICES DO THEY OFFER?

- STD testing and treatment
- HIV prevention and education
- Counseling and support services
- HIV counseling and testing
- HIV medical care
- Outdoor activities
- Clubs/trips
- Jobs referrals/placement
- Computer/internet services

HOW DO I GET THERE?

Train: 4/5/6 to 125th St.
Bus: M60, Bx15

ADDITIONAL INFO

All BMI programs are for YMSM ages 16 to 29
Hours: Tues-Sat 12pm-8pm
Bilingual (Spanish)
Confidential, no fees
www.blackmensinitiative.org

Booker T. Washington Beacon 54

WHO DO I CALL?

(212) 663-8275
(212) 866-5579

WHERE DO I GO?

103 W 108th St., Lower Level

WHAT SERVICES DO THEY OFFER?

- HIV prevention and education workshops
- ESL
- Housing
- Higher education placement
- Life skills development
- GED
- Job training
- Sports
- Outdoor activities
- Arts and crafts
- Clubs
- Trips

HOW DO I GET THERE?

Train: 1, C, B to 110th St.
Bus: M11, M104, M10

ADDITIONAL INFO

Ages 5 and up
Hours: Mon-Fri 3pm-9pm
Sat 9am-5pm and
school breaks
Multilingual: (Spanish, French)
Confidential, no fees
http://www.hcz.org

Booker T. Washington Learning Center

WHO DO I CALL?

(212) 427-0404

WHERE DO I GO?

325 E 101st St.
(Between 1st and 2nd Aves.)

WHAT SERVICES DO THEY OFFER?

- College preparation
- Community garden
- Computer/internet services
- Counseling for families affected by HIV/AIDS
- Drug and alcohol prevention/counseling
- Counseling and support services
- Homework help and tutoring
- Library

HOW DO I GET THERE?

Train: 6 to 103rd St.
Bus: M101, M102

ADDITIONAL INFO

Ages 13 to 20
Need-based scholarships available

Boriken Neighborhood Health Center, East Harlem Council for Human Services, Inc.

WHO DO I CALL?

(212) 289-6650
info@boriken.org

WHERE DO I GO?

2253 3rd Ave., 3rd Floor
(At 122nd St.)

WHAT SERVICES DO THEY OFFER?

- Medical care, including HIV medical care
- Gynecological care
- Prenatal care
- Pregnancy testing
- Birth control
- STD testing and treatment
- HIV prevention and education
- HIV counseling and testing
- Counseling and support services
- Dental, podiatry, dermatology, opthalmology services
- Services for gay, lesbian, bisexual, and transgender youth

HOW DO I GET THERE?

Train: 4/5/6 to 125th St.
Bus: M102, M103, M100, M98, M15

ADDITIONAL INFO

All ages
Hours: Mon-Wed 8am-7pm
Thurs-Fri 8am-5pm
Bilingual (Spanish)
Confidential
Medicaid and other insurance accepted
Sliding scale based on income
http://www.boriken.org

Boys and Girls Club of Harlem

The mission of the Boys and Girls Club of Harlem is to provide access and opportunities for youth to reach their full potential as responsible members of the community.

WHO DO I CALL?

(212) 491-3377
klowery@harlembgc.org
edhassiah@harlembgc.org

WHERE DO I GO?

Manhattanville Community Center
530 W 133rd St.

M.L. Wilson Clubhouse
425 W 144th St.

WHAT SERVICES DO THEY OFFER?

- Sports
- Trips
- Arts and crafts
- Outdoor activities
- Clubs
- Housing
- Smart Girls/Passport to Manhood (gender specific programs)

HOW DO I GET THERE?

Train:
A/C/B/D to 145th St. (M.L. Wilson)
1 to 137th St. (Manhattanville)
Bus: Bx19, M100, M101

ADDITIONAL INFO

Ages 6 to 18
Hours: Mon-Fri 3pm-6pm (M.L. Wilson)
Mon-Fri 2:30pm-8pm (Manhattanville)
Bilingual (Spanish)
No membership fee
www.harlembgc.org

The Boys' Club of New York Elbridge T. Gerry, Jr. Clubhouse

Rooted in a tradition and history of community service, outreach and philanthropy to some of New York City's most socially and economically troubled neighborhoods. The Boys' Club of New York strives to sustain an environment that nurtures individual talent, strengthens families and promotes strong citizenship while fostering a passion for learning. We encourage our participants to seek the highest standards of scholarship, moral development, and physical achievement.

WHO DO I CALL?

(212) 534-2661

WHERE DO I GO?

321 E. 111th St.
(Between 1st and 2nd Aves.)
Alternate locations:
1) 287 East 10th Street
2) Flushing at 133-01 41st Rd.

WHAT SERVICES DO THEY OFFER?

- Sports
- Arts and crafts
- Computer and Internet resources

HOW DO I GET THERE?

Train: 6 to 110th St.
Bus: M15

ADDITIONAL INFO

Males ages 6 to 18
Hours:
Grades K-4 3pm-7:45pm
Grades 5-12 3pm-8:45pm
Sliding scale
Parent support group (EPIC) available
http://www.bcny.org

Brotherhood/Sister Sol

WHO DO I CALL?

(212) 283-7044

WHERE DO I GO?

512 W. 143rd St.
(Between Amsterdam Ave. and Broadway)

WHAT SERVICES DO THEY OFFER?

- Support groups (male/female single gender groups)
- Homework help/tutoring
- After-school activities
- Job training
- Job referrals/placement
- International travel
- Sports and recreation
- Computer services
- International study program

HOW DO I GET THERE?

Train: 1 to 145th St.
A/C/B/D to 145th St.
Bus: M4, M5, M100, M101, BX19

ADDITIONAL INFO

Ages 7 to 21
Bilingual (Spanish)
http://www.brotherhood-sistersol.org

The Children's Aid Society/ Drew Hamilton Learning Center

The Children's Aid Society provides comprehensive support to children in need, from birth to young adulthood, and for their families, to fill the gaps between what children have and what they need to survive.

WHO DO I CALL?

(212) 281-9555

WHERE DO I GO?

2672 Frederick Douglas Blvd.
(Between 142nd and 143rd Sts.)

WHAT SERVICES DO THEY OFFER?

- Arts and crafts
- Dance
- Outdoor activities
- Cubs
- Trips
- Computer/internet services
- Male programs

HOW DO I GET THERE?

Train: 3 to 145th St.
A/C/B/D to 145th St.
Bus: M10

ADDITIONAL INFO

Ages 6 to 13
Hours:
Mon-Fri (school year) 3pm-6pm
Mon-Fri (holidays and summer vacation) 8:30am-5:30pm
Confidential, no fees
http://www.childrensaidsociety.org

The Children's Aid Society/ Dunlevy Milbank Center

The Children's Aid Society (CAS) Dunlevy Milbank Center is a neighborhood facility serving hundreds of children and families in Central Harlem with a network of resources. These services are available through social, recreational, educational, and health programs.

WHO DO I CALL?

(212) 996-1716

WHERE DO I GO?

14-32 W. 118th St.
(between Lenox and 5th Aves.)

WHAT SERVICES DO THEY OFFER?

- After-school activities
- Sports and recreation
- Homework help
- Counseling and support services
- Mentors (male and female single gender groups)
- Drug and alcohol prevention and counseling
- Gynecological care
- Prenatal care
- Pregnancy tests
- Birth control
- STD testing and treatment
- HIV prevention and education
- HIV counseling and testing
- HIV medical care
- Foster care medical services
- Sports medicine program
- Weekend programs

HOW DO I GET THERE?

Train: 2/3 to 116th St.
6 to 116th St.

Bus: M7, M102, M116

ADDITIONAL INFO

Ages 0-19
Hours: Mon-Fri 8am-9pm
Sat-Sun 10am-4pm
Bilingual (Spanish)
Confidential
Medicaid and other insurance accepted
http://www.childrensaidsociety.org

The Children's Aid Society/ Frederick Douglass Center

The mission of the Frederick Douglass Center is to provide a safe warm environment that nurtures, enhances and develops self-esteem and community involvement.

WHO DO I CALL?

(212) 865-6337

WHERE DO I GO?

885 Columbus Ave.
(at 103rd St.)

WHAT SERVICES DO THEY OFFER?

- Sports
- Arts and crafts
- Dance
- Outdoor activities
- Clubs
- Trips
- ESL
- Job Training
- Job referrals/placement
- Computer/internet services
- Homework help
- SAT & PSAT preparation
- Mentoring programs

HOW DO I GET THERE?

Train: 1 to 103rd St.
B/C to 103rd St.
Bus: M7, M11

ADDITIONAL INFO

Ages: 3-18
Hours: Mon-Fri 8am-9pm
Sat 9am-7pm
Sun 9am-5pm
Bilingual: (Spanish)
Confidential
Fee depends on income
www.childrensaidsociety.org

Children's Art and Science Workshops

Our mission is to engage at-risk youth in activities that will increase their self-esteem and confidence and that will prepare them to participate fully as productive members of society.

WHO DO I CALL?

(212) 923-7766

WHERE DO I GO?

Main Office: 4271 Broadway, 2nd Floor (at 182nd St.)
1) PS 173, 306 Ft. Washington Ave.
2) 686 W 204th St.
3) PS 115, W 177th St.

WHAT SERVICES DO THEY OFFER?

- Arts and crafts
- Outdoor activities
- ESL classes
- Job referrals/placement
- HIV prevention education
- Counseling and support services
- GED
- College prep
- Tutoring and academic support
- Academic and pre-employment counseling
- Dance
- Trips
- Job training
- Computer/internet services
- Clubs
- Sports
- Immigration services
- Basic skills training
- Literacy

HOW DO I GET THERE?

Train: A to 175th St.

ADDITIONAL INFO

Ages 5 to 24
Hours: Mon-Fri 10am-6pm
Bilingual (Spanish)
Confidential
http://www.caswkids.org

Community Association of Progressive Dominicans (ACDP)

The mission of the Community Association of Progressive Dominicans is to promote and develop the physical, emotional, social and economic well-being of the residents of Upper Manhattan, the Bronx and the rest of New York City by facilitating community empowerment through education, provision of human services, and the development of individual skills and community leadership.

WHO DO I CALL?

(212) 781-5500

WHERE DO I GO?

3490 Broadway, 2nd Floor
(Between 164th and 165th Sts.)

WHAT SERVICES DO THEY OFFER?

- Mental health counseling and support
- Pregnancy prevention, counseling
- Referrals for other services
- Food and clothing
- Tutoring/Education
- Pregnancy-related services
- Family planning, contraception
- Case management
- HIV counseling and testing

HOW DO I GET THERE?

Train: A/C to 168th St.
1 to 168th St.
Bus: M5, M7, M100

ADDITIONAL INFO

Bilingual (Spanish)
Confidential
Hours: Mon-Fri 9am-7pm
Sat 9am-12pm
All ages
http://www.acdp.org

Community Healthcare Network: Teens PACT

WHO DO I CALL?

(212) 426-0088

WHERE DO I GO?

81 W. 115th St. (Between 5th and Lenox Aves.)
Alternate location: 260 Broadway, 3rd Floor, Brooklyn

WHAT SERVICES DO THEY OFFER?

- Counseling and support services
- HIV prevention and education
- Prenatal care
- Gynecological care
- Pregnancy testing
- Birth control
- STD testing and treatment
- HIV counseling and testing
- Medical care
- Peer education
- Clubs

HOW DO I GET THERE?

Train: 2/3 to 116th St.
Bus: M7, M102, M116

ADDITIONAL INFO

Ages 13 to 19
Hours: Mon-Thurs 10am-6 pm
Bilingual (Spanish)
Confidential, no fees
Medicaid and other insurance accepted
http://www.chnnyc.org

Community Healthcare Network/ Community League Health Center

Community Health Care Network provides accessible and comprehensive culturally competent, community primary care, mental health, and social services to diverse populations in underserved communities.

WHO DO I CALL?

(212) 781-7979

WHERE DO I GO?

1996 Amsterdam Ave.
(At 159th St.)

WHAT SERVICES DO THEY OFFER?

- Medical care
- Gynecological care
- Prenatal care
- Pregnancy tests
- Birth control
- HIV prevention and education
- HIV counseling and testing
- HIV medical care
- Counseling and support services (social worker on site)
- STD testing and treatment
- Case management
- Health education

HOW DO I GET THERE?

Train: 1 to 157th St.
C to 163rd St.

Bus: M100, M101

ADDITIONAL INFO

Ages 12 to 19
Hours: Mon 10am-6pm
Tues, Thurs, Fri 9am-5pm
Wed 11am-7pm
Sat 9am-4pm
Bilingual (Spanish)
Confidential
Medicaid and other insurance accepted
http://www.chnnyc.org

Covenant House

Covenant House is the nation's largest privately funded childcare agency serving homeless, runaway and at-risk youth. We are committed to serving all youth who come to us, especially the young adults of New York City. Our services will address the immediate needs of young people in crisis, and facilitate their transition to adulthood and self-sufficiency.

WHO DO I CALL?

1) (212) 534-7538
2) (212) 613-0300
3) (212) 727-4000

WHERE DO I GO?

1) 69 E 125th St.
(Between Madison and Park Aves.)
2) 460 W 41st St.
(Between Dyer and 10th Aves.)
3) 346 W 17th St.
(Between 8th and 9th Aves.)

WHAT SERVICES DO THEY OFFER?

- Tutoring and general homework help
- Job counseling and referrals
- Health services
- Trips
- Counseling and support services
- HIV medical care
- Outreach
- STD screening
- Emergency crisis
- HIV counseling and testing
- Mental health
- Shelter/housing
- Food, clothing
- Other medical

HOW DO I GET THERE?

Train: 1) 1/2/3 to 125th St.
4/5/6 to 125th St.
2) A/C/E/R/N/Q/W/S to 42nd St.
3) 1 to 18th St.
C/E to 23rd St.

Bus: 1) M1
2) M42
3) M11

ADDITIONAL INFO

Ages 12 to 21
Bilingual (Spanish)
Hours: 24/7
No fees
http://www.covenanthouseny.org

The D.O.M.E. Project

The D.O.M.E. Project provides an alternative-to-incarceration program for youth involved in the criminal justice system, a tutoring program, and a college guidance program.

WHO DO I CALL?

(212) 724-1780
info@domeproject.org

WHERE DO I GO?

486 Amsterdam Ave.
(Between 83rd and 84th Sts.)

WHAT SERVICES DO THEY OFFER?

- Case work
- Youth empowerment
- Job referrals/placement
- Computer/internet services
- Support group for men

HOW DO I GET THERE?

Train: 1 to 86th St.
B, C to 86th St.
Bus: M7, M11, M104, M86

ADDITIONAL INFO

Ages: 13-19
Hours: Mon-Fri 10am-6pm
Bilingual (Spanish)
Confidential, no fees
Juvenile Justice clients must be referred
http://www.domeproject.org

Dyckman Community Center, Inc.

WHO DO I CALL?

(212) 567-8782

WHERE DO I GO?

3782 Tenth Ave.
(at 202nd St.)

WHAT SERVICES DO THEY OFFER?

- Teen recreation night program
- Sports
- Trips
- Education
- Youth development

HOW DO I GET THERE?

Train: 1 to Dyckman St.
A to Dyckman St.
Bus: M7, M100

ADDITIONAL INFO

Ages 0 to 19
Hours: Mon-Fri 9am-5pm
Small membership fee

East River Community Center

WHO DO I CALL?

(212) 348-1220

WHERE DO I GO?

404 E 105th St.
(At 1st Ave.)

WHAT SERVICES DO THEY OFFER?

- Summer day camp
- After-school sports, arts and crafts, dance, outdoor activities, clubs, martial arts, and trips
- Computer/internet services

HOW DO I GET THERE?

Train: 6 to 103rd St.
Bus: M15

ADDITIONAL INFO

After-school ages 6 to 12
Teen program ages 13 to 19
Bilingual (Spanish)
After-school program fee

Ecumenical Community Development Organization

WHO DO I CALL?

Community Partnership Center::
(212) 531-3211
Head Start Center:
(212) 234-8135

WHERE DO I GO?

Community Partnership Center:
413 W 125th St.
(At Morningside Ave.)
Head Start Center:
249 W 144th St.
(Between 7th and 8th Aves.)

WHAT SERVICES DO THEY OFFER?

- Summer youth employment
- Employment/referrals and job placement assistance
- Head Start daycare early childhood education
- Neighborhood preservation
- Affordable housing

HOW DO I GET THERE?

Train: A/C/B/D to 125th St.
1/2/3 to 125th St.
Bus: M101, M104, Bx15, M4, M100

ADDITIONAL INFO

Ages 14 to 21
Bilingual (Spanish)
Confidential
http://www.ecdo.org

FACES NY, Inc.

FACES NY, Inc is a diverse, non-profit organization which originated in Harlem and was established to assist people of color affected by HIV/AIDS. FACES seeks to improve and extend the quality of life for the people it serves by encouraging self-determination.

WHO DO I CALL?

(212) 283-9180
arivera@facesny.org
bbrown@facesny.org

WHERE DO I GO?

317 Lenox Ave., 10th Floor
(At 126th St.)

WHAT SERVICES DO THEY OFFER?

- HIV prevention and education
- HIV testing and counseling
- Services for gay, lesbian, bisexual and transgender youth
- Housing
- HIV support group
- Legal services
- Substance use support group
- Arts and crafts
- Trips

HOW DO I GET THERE?

Train: 2/3 to 125th St.
Bus: M4, M100

ADDITIONAL INFO

Ages: 16 to 24
Hours: Mon-Fri 8:30am-6pm
Bilingual
No Fees/Confidential
www.facesny.org

The Family Planning/Young Adult Clinic at the Center for Community Health and Education

CCHE's mission is to improve the health of adolescents, women and men by providing high quality and comprehensive medical, mental health and health education services. CCHE advances service innovations through community partnerships, teaching and advocacy. Patients are treated equally with dignity, courtesy and confidentiality regardless of ability to pay.

WHO DO I CALL?

(866) 463-2778

WHERE DO I GO?

21 Audobon Ave.
(Between 166th and 167th Sts.)

WHAT SERVICES DO THEY OFFER?

- Medical care
- Gynecological services
- Pregnancy testing
- Birth control
- HIV prevention and education
- Psychiatric consultations
- Counseling and support services

HOW DO I GET THERE?

Train: A/C to 168th St.
1 to 168th St.
Bus: M2, M3, M4, M5, M18, M100, M101 or BX7

ADDITIONAL INFO

Mon 8am-8:30pm,
Tues, Wed 8am-7:30pm,
Thurs 8am-5pm, Fri 9am-5pm
Ages 12 to 45
Confidential/no fees for youth
Bilingual (Spanish)
Medcaid and other insurance accepted
http://nyp.org/services/cche-famplan.html

First Corinthian Baptist Church

WHO DO I CALL?

(212) 864-5976

WHERE DO I GO?

1912 Adam Clayton Powell Blvd.
(At 116th St.)

WHAT SERVICES DO THEY OFFER?

- Youth Ministry Program
- Sunday school
- Trips
- Bible study
- Spiritual guidance
- Counseling and support services

HOW DO I GET THERE?

Train: 2/3 to 116th St.
B/C to 116th St.
Bus: M2, M7

ADDITIONAL INFO

All ages

Fresh Youth Initiatives (FYI)

The FYI mission is to support and encourage the efforts of young people in the Washington Heights/Inwood community to design and carry out community service projects, develop leadership skills, fulfill their potential and realize their dreams.

WHO DO I CALL?

(212) 781-1113 ext. 222
JoAnn Santiago, Administrative Director
jsantiago@freshyouth.org

WHERE DO I GO?

505 W 171st St.
(Between Audubon and Amsterdam Aves.)

WHAT SERVICES DO THEY OFFER?

- Arts and crafts
- After-school activities
- Sports and outdoor Activities
- Clubs
- Trips
- Parents In Action program
- Boys and girls friendship groups
- Social Network, same gender groups
- Community Service and youth development

HOW DO I GET THERE?

Train: A/C to 168th St.
1 to 168th St.
Bus: M100, Bx7, M101, M3

ADDITIONAL INFO

Ages 10 to 18
Hours: Call in
Bilingual (Spanish)
Confidential
No Fees for fall/winter programs
www.freshyouth.org

Girls Educational and Mentoring Services (GEMS)

GEMS' mission is to empower young women ages 12-21 who have experienced commercial sexual exploitation and domestic trafficking to exit the commercial sex industry and develo-po to their full potential. GEMS is committed to ending commercial sexual exploitation and domestic trafficking of children by changing lives, transforming public perception and revo-lutionizing the systems and policies that impact sexually exploited youth.

WHO DO I CALL?

(212) 926-8089
info@gems-girls.org

WHERE DO I GO?

Call for the location.

WHAT SERVICES DO THEY OFFER?

- HIV prevention and education
- HIV counseling and testing
- Health education
- Trauma-based clinical therapy
- Sports
- Arts and crafts
- Dance
- Trips
- Yoga
- Youth development
- Job training, referrals, place ment
- Computer/internet services
- Housing
- GED
- Legal advocacy and support services
- Services for lesbian, gay, bisexual, and transgender youth

HOW DO I GET THERE?

Train: 3 to 148th St.
A/C/D/B to 145th St.
Bus: M2, Bx19, M10

ADDITIONAL INFO

Ages: females 12 to 21
Hours: Mon-Fri 9:30am-7pm
Bilingual (Spanish)
Confidential
No fees
www.gems-girls.org

Girls Incorporated of New York City

The mission of Girls Inc. of New York City is to advocate for and improve the lives of underserved girls aged 6 to 18 in the five boroughs. We pursue this mission by providing gender-based educational programs in the area of math; science; health and safety; financial literacy; and multicultural appreciation. We provide programs directly or in partnership with other organizations. As an independent affiliate of the Girls Inc. national organization, our committment is to inspire all girls to be strong, smart and bold!

WHO DO I CALL?

(212) 531-7620
info@girlsincnyc.org

WHERE DO I GO?

Main office: 64 Beaver St., Suite 121

Central Park East High School
1573 Madison Ave., Room B37
(At 106th St.).

WHAT SERVICES DO THEY OFFER?

- Sports
- Arts and crafts
- Dance
- Trips
- Outdoor activities
- Clubs
- Preventing adolescent prega nancy
- Friendly PEERsuasion (substance abuse prevention program)
- Leadership and community action
- Project BOLD (self-defense program)
- Media literacy
- Computer/internet services

HOW DO I GET THERE?

Train: 4/5 to Wall St. (main office)
6 to 103rd St. (Central Park East High School)

ADDITIONAL INFO

Ages: females 6 to 18
Hours: Mon-Fri 9am-5pm
Bilingual (Spanish)
Confidential, no fees
www.girlsincnyc.org

Goddard Riverside Community Center Youth Program

WHO DO I CALL?

Roy Baptiste (212) 799-9400
Sheila Clark (212) 866-0009
youth@goddard.org

WHERE DO I GO?

647 Columbus Ave.
(Between 91st and 92nd Sts.)
154 W 93rd St.
(Between Columbus and Amsterdam Aves.)

WHAT SERVICES DO THEY OFFER?

- After-school programs
- HIV prevention and education
- Mutual aid groups
- ESL
- Computer/internet services

HOW DO I GET THERE?

Train: 1/2/3 to 96th St.
B/C to 96th St.
Bus: M7, M11, M10

ADDITIONAL INFO

Ages 6 to 21
Hours: Mon-Fri 1pm-10pm
Confidential
No fees
www.goddard.org

Green Chimneys Residential Foster Care

The mission of Green Chimneys is to provide innovative and caring services for people of diverse backgrounds and experiences.

WHO DO I CALL?

(212) 491-5911

WHERE DO I GO?

456 W 145th St.
(Between Convent and Amsterdam Aves.)

WHAT SERVICES DO THEY OFFER?

- Agency-operated boarding home
- Supervised independent living programs for LGBTQ and allied youth in foster care
- Health and mental health services for residents
- School placement
- Life skills resources
- Referrals to outside services
- Other supportive services

HOW DO I GET THERE?

Train: 1 to 145th St.
A/C/B/D to 145th St.
Bus: M101, M100, M18, M19, M3

ADDITIONAL INFO

Ages 16 to 21
Hours: Mon-Fri 9:30am-5:30pm
Bilingual (Spanish)
Confidential,no fees
www.greenchimneys.org

Harlem Adolescent Pregnancy Prevention Initiative (HAPPI)

The mission of HAPPI is to reduce the rate of teenage preganancy and sexually transmitted infections in the Central and West Harlem areas.

WHO DO I CALL?

(212) 939-4028

WHERE DO I GO?

506 Lenox Ave.
(At 136th St.)

WHAT SERVICES DO THEY OFFER?

- Male and female programs
- Computer/internet services
- Services for lesbian, gay, bisexual, and transgender youth
- Job training
- Mentoring programs
- Counseling and support services
- Drug and alcohol prevention and counseling
- HIV prevention and education

HOW DO I GET THERE?

Train: 2/3 to 135th St.
Bus: M1

ADDITIONAL INFO

Ages 9-19
Hours: Mon-Fri 9am-5pm
Confidential, no fees

Harlem Children's Zone Baby College

WHO DO I CALL?

(212) 665-9832

WHERE DO I GO?

PS 197
2230 5th Ave.
(At 135th St.)

WHAT SERVICES DO THEY OFFER?

- Nine-week workshop for parents of children ages birth to 3 years
- Education on stages of child development
- Monthly meetings

HOW DO I GET THERE?

Train: 2/3 to 135th St.
Bus: M1

ADDITIONAL INFO

Confidential, no fees
Multilingual (French/Spanish)
www.hcz.org

Harlem Children's Zone Beacon Programs

WHO DO I CALL?

1) (212) 866-5579
2) (212) 234-4500

WHERE DO I GO?

1) 103 W 107th St.
   (At Columbus Ave.)
2) 242 W 144th St.
   (Between 7th Ave. and Frederick Douglas Blvd.)

WHAT SERVICES DO THEY OFFER?

- Recreational programs
- Sports, dance, martial arts
- Summer day camp
- Counseling and support services
- Homework assistance
- College preparation
- Mental health counseling
- Teen pregnancy prevention
- Referrals for healthcare
- Substance abuse prevention
- Narcotics anonymous
- Computers/technology
- Mentoring
- After-school program
- Teen youth council
- Teen lounge

HOW DO I GET THERE?

Train: 1) 1 to 103rd St.
2/3 to 103rd St.
2) 3 to 145th St.

ADDITIONAL INFO

Ages 5 to 21
Open Mon-Sat 9am-9pm
No fees
www.hcz.org

Harlem Children Zone's Employment and Technology Center

WHO DO I CALL?

(212) 369-5912

WHERE DO I GO?

170 Lenox Ave.
(Between 118th and 119th Sts.)

WHAT SERVICES DO THEY OFFER?

- Academic support
- GED classes
- Job training
- Job referrals/placement
- Computer/internet services
- Employment/internships

HOW DO I GET THERE?

Train: 2/3 to 116th St.
Bus: M116, M102, M7

ADDITIONAL INFO

Confidential, no fees
www.hcz.org

Harlem Children's Zone Family Support Center

WHO DO I CALL?

(212) 666-7390

WHERE DO I GO?

207-211 Lenox Ave.
(Between 120th and 121st Sts.)

WHAT SERVICES DO THEY OFFER?

- Social services
- Domestic violence workshops
- "Family Empowerment Program" (crisis services)
- Home-based counseling
- Individual/family therapy
- Parenting group
- Anger management group
- Referrals/advocacy

HOW DO I GET THERE?

Train: 2/3 to 125th St.
A/C/B/D to 125th St.

ADDITIONAL INFO

No fees
Bilingual (Spanish)
www.hcz.org

Harlem Children's Zone TRUCE Program

WHO DO I CALL?

(212) 663-0555
Fitness: 864-7159

WHERE DO I GO?

147 St. Nicholas Ave.
(Between 117th and 118th Sts.)

WHAT SERVICES DO THEY OFFER?

- Arts and crafts
- Media services
- Health education
- College preparation
- Cable TV program (The Real Deal)
- Mural painting
- Gardening
- Newspaper (Harlem Overheard)
- Health-related presentations
- Martial arts
- Fitness/nutrition training
- Aerobics
- Health education
- STD, HIV, smoking, substance abuse and violence prevention

HOW DO I GET THERE?

Train: 2/3 to 116th St.
B/C to 116th St.

ADDITIONAL INFO

Ages 12 to 19
Confidential, no fees
Bilingual (Spanish)
www.hcz.org

Harlem Children's Zone Additional Sites

Administrative offices:	35 E 125th St. (212) 534-0700
Community Pride:	157 W 122nd St. (Between 7th and Lenox Aves.) (212) 932-1920
Family Development Program: walk-in facility for social services for families in crisis	201 W 144th St. (At 7th Ave.) (212) 234-6714
Parents Help Center:	PS 149/207 41 W 117th St. (Between 5th and Lenox Aves.) (212) 876-1638
Peacemakers:	157 W 122nd St. (Between 7th and Lenox Aves.) (212) 666-4163
Project CLASS: substance abuse issues case management, referrals	2061 Frederick Douglass Blvd. (Between 111th and 112th St.) (212) 678-4201
Truancy Prevention: foster care prevention program support, counseling, and education	2061 Frederick Douglass Blvd. (Between 111th and 112th St.) (212) 678-4201
SMART (Shaping Minds Around Reading and Technology): reading / homework help ,tutoring	1916 Park Ave. Suite 212 (At 130th St.) (212) 234-6200
HCZI Asthma Initiative	1916 Park Ave., Suite 212 (212) 234-6200
Harlem GEMS	PS 149, 41 W 117th St. (212) 876-1638

Harlem Community Justice Center

WHO DO I CALL?

(212) 360-4110
(212) 360-4100

WHERE DO I GO?

170 E 121st St.
(Between Lexington and 3rd Aves.)

WHAT SERVICES DO THEY OFFER?

- Referral Service
- Support Groups
- Legal Services
- Case management

HOW DO I GET THERE?

Train: 4/5/6 to 125th St.
Bus: M60, M100, M102, M103

ADDITIONAL INFO

Ages 13 and up
Hours: Mon-Fri 9am-5pm
Bilingual (Spanish)
Confidential, no fees
Medicaid and other insurance accepted
www.courtinnovation.org

Harlem Congregations for Community Improvement

WHO DO I CALL?

(212) 281-4887
(212) 491-1119

WHERE DO I GO?

2854 Frederick Douglass Blvd.
(At 152nd St.)

WHAT SERVICES DO THEY OFFER?

- HIV prevention and education
- Counseling and support services
- After-school sports, arts and crafts, outdoor activities, and clubs
- Computer/internet services
- Scatter site housing for families and individuals with HIV/AIDS
- Parenting programs
- Library resource center

HOW DO I GET THERE?

Train: 2/3 to 155th St.
C to 155th St.
Bus: M10

ADDITIONAL INFO

Ages 5 and up
Bilingual (Spanish)
Confidential
Medicaid accepted
www.hcci.org

Harlem Congregations for Community Improvement Family Life Center

WHO DO I CALL?

(212) 491-3315

WHERE DO I GO?

266-268 W 153rd St.
(Between Macombs Pl. and 8th Ave.)

WHAT SERVICES DO THEY OFFER?

- Computer/internet services and programs
- Human Services division
- Health and Wellness division
- Real estate division

HOW DO I GET THERE?

Train: 2/3 to 148th St.
Bus: M10

ADDITIONAL INFO

www.hcci.org

Harlem Dowling West Side Center

WHO DO I CALL?

(212) 749-3656

WHERE DO I GO?

2090 Adam Clayton Powell Blvd.
(Between 124th and 125th Sts.)

WHAT SERVICES DO THEY OFFER?

- Health education
- HIV risk reduction/prevention
- Case management
- Job training
- Peer education program

HOW DO I GET THERE?

Train: 2/3 to 125th St.
A/C/B/D to 125th St.
Bus: M100, M101

ADDITIONAL INFO

Ages 14 to 21
Confidential, no fees
www.harlemdowling.org

Harlem Educational Activities Fund, Inc. (HEAF)

WHO DO I CALL?

(212) 663-9732

WHERE DO I GO?

2090 7th Ave., 10th Floor
(Between 124th and 125th Sts.)

WHAT SERVICES DO THEY OFFER?

- Counseling and support services
- Short-term family and individual counseling
- After-school clubs and trips
- Youth development/leadership
- College/test prep
- Academic enrichment
- Service learning/community service
- Rap groups
- Retreats
- Parent meetings/workshops
- Computer/internet services

HOW DO I GET THERE?

Train: 2/3 to 125th St.
A/C/B/D to 125th St.
Bus: Bx15, M101, M100, M60, M2

ADDITIONAL INFO

Ages 10 to 21
Bilingual (Spanish)
Participation requires testing and enrollment status in public school
www.heaf.org

Harlem Hospital Family Care Center

WHO DO I CALL?

Main Office: (212) 939-4040
Clinic: (212) 939-2910

WHERE DO I GO?

Main Office:
MLK Building
506 Lenox Ave., 16th Floor
#16119

WHAT SERVICES DO THEY OFFER?

HIV medical care and supportive services for HIV-infected and affected youth and families, including:

- HIV testing and diagnosis
- 24-hour emergency services
- Teen clinics
- Mental health services for patients engaged in medical care at the clinic
- Homework assistance
- Assistance with employment and resume writing
- College and GED assistance

HOW DO I GET THERE?

Train: 2/3 to 135th St.
Bus: M102, M7

ADDITIONAL INFO

Ages 13-21
Bilingual (Spanish)
No fees, Medicaid and other insurance accepted
Clinic sessions held at 9am Tuesday, Wednesday, and Thursday at the Kountz Pavilion, 2nd floor

Harlem Hospital Injury Prevention Program

WHO DO I CALL?

(212) 939-4004

WHERE DO I GO?

506 Lenox Ave.
(At 135th St.)

WHAT SERVICES DO THEY OFFER?

- Dance Program, ages 3-17
  call 212-939-4054
- Arts Program, all ages
  call 212-939-4010
- Urban Bike Core, ages 12 -17

HOW DO I GET THERE?

Train: 2/3 to 135th St.
Bus: M102, M7

ADDITIONAL INFO

Small fee for dance program
No fee for arts and bicycle programs

HarlemLIVE

HarlemLIVE is a Journalism program with the mission to empower a diverse group of youth towards leadership using experience and exposure to media and technology.

WHO DO I CALL?

(212) 222-4681

WHERE DO I GO?

135 W 123rd St., Basement
(At Lenox Ave.)

WHAT SERVICES DO THEY OFFER?

- After-school media production
- Curricula include journalism, photography, graphic arts, administration, community building, networking, videography, leadership, public speaking, and technical skills

HOW DO I GET THERE?

Train: 2/3 to 125th St.
A/C/B/D to 125th St.
Bus: M7, M102

ADDITIONAL INFO

Ages 12 to 21
Hours: Mon-Fri 3pm-8pm
No fees
www.HarlemLIVE.org

Harlem RBI

Harlem RBI's mission is to provide inner-city youth with opportunities to Play, Learn, and Grow. We use the power of teams to coach, teach and inspire youth to recognize their potential and realize their dreams.

WHO DO I CALL?

(212) 722-1608
info@harlemrbi.org

WHERE DO I GO?

1) 333 E 100th St. (Between 1st and 2nd Aves.)
2) 1948 1st Ave. (Between 100th and 101st Sts.)
3) 1960 1st Ave. (Between 100th and 101 Sts.

WHAT SERVICES DO THEY OFFER?

- Dance
- Sports and outdoor activities
- After-school clubs and trips
- Youth development/leadership
- Drug and alcohol prevention counseling
- HIV prevention and education
- HIV testing and counseling
- Arts and crafts
- Legal services
- ESL
- Job training, referrals, placement
- Services for lesbian, gay, bisexual, transgender youth
- Computer/internet services
- Housing
- Baseball/softball

HOW DO I GET THERE?

Train: 6 to 96th St.
Bus: M15

ADDITIONAL INFO

Ages 6 to 18
Hours:
Mon-Fri 3pm-6pm (after-school)
Mon-Fri 8:30am-5pm (summer)
No fees
Bilingual
www.harlemrbi.org

Harlem School of the Arts

WHO DO I CALL?

(212) 926-4100

WHERE DO I GO?

645 St. Nicholas Ave.
(At 141st St.)

WHAT SERVICES DO THEY OFFER?

- After-school activities
- Arts and crafts
- Dance, music, and theater
- Outdoor activities and trips (summer only)
- Computer/internet services
- Boys dance class

HOW DO I GET THERE?

Train: A/B/C/D to 145th St.
Bus: M3, M33, Bx19

ADDITIONAL INFO

Ages 4 to adult
Fee varies
Open Mon-Sat 9am to 9pm
www.harlemschoolofthearts.org

Harlem's Hard H.A.T.S. (Helping Adolescents Think Strategically)

WHO DO I CALL?

(212) 360-4151

WHERE DO I GO?

170 E 121st St.
(Between Lexington and 3rd Aves.)

WHAT SERVICES DO THEY OFFER?

- Job training workshops
- Youth court
- Internships
- Training for community service projects
- Leadership training
- Groups: 14 to 18 yrs Sat. 11-1pm
  8 to 13 yrs Sat. 1:30-3pm

HOW DO I GET THERE?

Train: 4/5/6 to 125th St.

ADDITIONAL INFO

Ages 13-18
Confidential
Bilingual (Spanish)

Harlem United Community AIDS Center

Harlem United's mission is to provide 100% access to quality HIV/AIDS care for their clients, regardless of race, socioeconomic status, or sexual orientation; to ensure that each of their clients remains connected to treatment and obtains the best possible health outcomes; to provide quality HIV prevention, housing, and care services in a safe and nurturing environment; to unite Harlem's diverse communities and address the needs of all people living with and threatened by HIV/AIDS; and to empower our clients physically, emotionally, socially, and spiritually

WHO DO I CALL?

(212) 803-2850

WHERE DO I GO?

Main Office
306 Lenox Ave., 3rd Floor
(Between 125th and 126th Streets)

see website for more locations

WHAT SERVICES DO THEY OFFER?

- Primary care
- Case management
- Mental health
- Dental care
- Food and nutrition
- Vocational education
- HIV education and training
- HIV counseling and testing
- Services for youth

HOW DO I GET THERE?

Train: 2/3 to 125th St.
A/C/B/D to 125th St.

ADDITIONAL INFO

www.harlemunited.org

Helen B. Atkinson Community Healthcare Network

WHO DO I CALL?

(212) 426-0088

WHERE DO I GO?

81 W 115th St.
(Between Lenox and 5th Aves.)

WHAT SERVICES DO THEY OFFER?

- Medical care
- Gynecological care
- Prenatal services
- Pregnancy testing
- Birth control
- STD testing and treatment
- HIV prevention and education
- HIV counseling and testing
- HIV medical care
- Counseling and support services
- Nutrition counseling
- Emergency contraception
- TeenPACT Pregnancy prevention program

HOW DO I GET THERE?

Train: 2/3 to 116th St.
Bus: M7, M116, M102

ADDITIONAL INFO

All ages
Bilingual (Spanish)
Confidential
Sliding scale fees
Many insurances accepted
www.chnnyc.org

Howie T. Harp Advocacy Center

WHO DO I CALL?

(212) 865-0775

WHERE DO I GO?

2090 Adam Clayton Powell Blvd,
12th Floor
(between 124th and 125th Sts.)

WHAT SERVICES DO THEY OFFER?

- Job training, counseling and referrals
- Mental health counseling

HOW DO I GET THERE?

Train: 2/3 to 125th St.
A/C/B/D to 125th St.

ADDITIONAL INFO

Inwood Community Services, Inc.

WHO DO I CALL?

(212) 942-0043 ext. 151

WHERE DO I GO?

651 Academy Street, 3rd Floor
(Between Broadway and Vermilyea)

WHAT SERVICES DO THEY OFFER?

- General counseling & support services
- Drug and alcohol prevention & counseling services
- Sports
- Arts and crafts
- Dance
- Outdoor activities
- Clubs
- GED classes
- ESL classes
- Job training
- Job referrals/placement
- Services for LGBT youth
- Computer/Internet services

HOW DO I GET THERE?

Train: A to Dyckman St.
1 to 207th St.
Bus: M7, M100

ADDITIONAL INFO

Ages: Call for info
Hours: 9am-9pm
Bilingual (Spanish)
Confidential
Medicaid and other insurance accepted
www.Inwoodcs.org

Iris House, Inc.

Iris House provides comprehensive services and advocacy for women, families, and communities infected with and affected by HIV/AIDS, while simultaneously providing prevention and education services for our clients and at-risk communities.

WHO DO I CALL?

1) (212) 423-9049
2) (646) 548-0100

WHERE DO I GO?

1) 2271 2nd Ave.
   (Between 116th and 117th Sts.)
2) 2348 Adam Clayton Powell Jr. Blvd.
   (Between 137th and 138th Sts.)

WHAT SERVICES DO THEY OFFER?

- HIV prevention and education
- HIV counseling and testing
- Counseling and support services
- Birth control
- Drug/alcohol prevention and counseling

HOW DO I GET THERE?

Train: 1) 6 to 116th St.
2) B/C to 135th St.
2/3 to 135th St.

Bus: M102, M101, M7

ADDITIONAL INFO

Ages 13 and up
Hours: Mon-Fri 9am-5pm
Bilingual (Creole/French/Spanish)
Confidential, no fees
www.irishouse.org

J. Hood Wright Recreation Center

WHO DO I CALL?

(212) 927-1514

WHERE DO I GO?

351 Ft. Washington Ave.
(At 172nd St.)

WHAT SERVICES DO THEY OFFER?

- After-school program during the school year
- Sports
- Computer/Internet Services

HOW DO I GET THERE?

Train: 1 to 168th St.
A/C to 168th St.
Bus: M2, M3, M101, M104

ADDITIONAL INFO

Open to all ages
To find recreation centers around the city,
visit **www.nycgovparks.org.**

Jackie Robinson Recreation Center

WHO DO I CALL?

(212) 234-9607

WHERE DO I GO?

85 Bradhurst Ave.
(At 146th St.)

WHAT SERVICES DO THEY OFFER?

- Job training
- Computer/internet services
- Sports - basketball and more
- Swimming (summer only)
- Workout area
- Drama
- Dance
- Arts and crafts
- Summer Youth Employment Program

HOW DO I GET THERE?

Train: A/B/C/D to 145th St.
Bus: M15

ADDITIONAL INFO

Ages 7 to 17
Free membership

Kennedy Community Center

WHO DO I CALL?

(212) 862-6401

WHERE DO I GO?

34 W 134th St.
(Between Lenox and 5th Aves.)

WHAT SERVICES DO THEY OFFER?

- Job referrals, placement, training
- Housing
- Back to Work NYC Rewards
- Guardian
- HPD/HPRS
- Food pantry

HOW DO I GET THERE?

Train: 2/3 to 135th St.
Bus: Bx33, M1, M7, M102

King Towers Community Center

WHO DO I CALL?

(212) 348-5721

WHERE DO I GO?

50 Lenox Ave.
(At 112th St.)

WHAT SERVICES DO THEY OFFER?

- Ice Hockey in Harlem
- Night center for teens
- Trips
- Sewing
- Music
- Dance
- Pool
- Ping Pong

HOW DO I GET THERE?

Train: 2/3 to 116th St.
Bus: M2, M4

ADDITIONAL INFO

Ages 13 to 19
No fees
Need physical exam for sports

Lehman Village Community Center

WHO DO I CALL?

(212) 876-6480

WHERE DO I GO?

1589 Madison Ave.
(Between 107th and 108th Sts.)

WHAT SERVICES DO THEY OFFER?

- Teen program Mon-Fri 4-9pm
- Computer/internet services
- Cooking classes
- Trips
- Sports

HOW DO I GET THERE?

Train: 6 to 110th St.
Bus: M1, M2, M3, M4, M100, M101

ADDITIONAL INFO

Ages 13 to 19
Small membership fee
Some programs require physical exam

Liberty Partnerships Program at Barnard College

WHO DO I CALL?

(212) 854-7520
liberty@barnard.edu
njoseph@barnard.edu

WHERE DO I GO?

3009 Broadway, Milbank Hall,
Room 5 (At 117th St.)

WHAT SERVICES DO THEY OFFER?

- Tutoring and mentoring
- Academic enrichment

HOW DO I GET THERE?

Train: 1 to 116th St
Bus: M50, M104, M4.

ADDITIONAL INFO

Grades 7 to 12
Hours: Mon, Wed 4pm-6pm
Tues, Thurs 4pm-6pm
Application required
No fees

Louis D. Brandeis High School Based Clinic

St. Luke's-Roosevelt's school-based program is committed to providing health care and mental health services to the students at Louis D. Brandeis High School as an alternative to a hospital-based ambulatory care clinic.

WHO DO I CALL?

(212) 595-2819
(917) 441-5656

WHERE DO I GO?

145 W 84th St.
(Between Columbus and Amsterdam Aves.)

WHAT SERVICES DO THEY OFFER?

- General all-around medical care
- Gynecological care
- STD testing and treatment
- HIV counseling and testing
- Heath education
- Birth control
- Emergency contraception
- Pregnancy testing
- Support services
- Counseling & referrals for teens
- Substance abuse counseling
- Mentalhealth
- Emergency/crisis intervention
- Assistance with entitlement programs

HOW DO I GET THERE?

Train: 1 to 86th St.
Bus: M7, M11, M104

ADDITIONAL INFO

Hours: Mon-Tue 8:30am-8:30pm
Wed-Fri 8:30am-4:30pm
Bilingual (Spanish, French)
No permission needed for family planning & reproductive services
Confidential
Free For Brandeis Students Only

Manhattan Legal Services, Inc.

WHO DO I CALL?

(646) 442-3100
(212) 348-7449

WHERE DO I GO?

1 W 125th St. 2nd Floor
(At 5th Ave.)

WHAT SERVICES DO THEY OFFER?

- Legal services
- HIV/AIDS advocacy
- Wills, estate planning, permanency planning
- Landlord/tenant issues
- Public benefits and entitlements
- Family law
- Immigration

HOW DO I GET THERE?

Train: 2/3 to 125th St.
A/B/C/D to 125th St.
4/5/6 to 125th St.
Bus: M1, M7, M100, M101, M102, M60, BX15, M3

ADDITIONAL INFO

Ages 18 and up
Bilingual (Spanish)
Confidential
No fees if income eligible
www.legalservicesnyc.org

Manhattan Mental Health Care Center/Graham Windham

WHO DO I CALL?

(212) 368-4100

WHERE DO I GO?

274 W 145th St., 2nd Floor
(At Frederick Douglas Blvd.)

PS 30
144-176 E. 128th St.

WHAT SERVICES DO THEY OFFER?

- Counseling and support services
- Other support groups
- Girls, boys and parent groups

HOW DO I GET THERE?

Train: A/C/D/B to 145th St.
Bus: M10, Bx7, M1, M102, M19

ADDITIONAL INFO

Ages 5 and up
Hours: Mon-Thurs 9am-8pm, Fri 9am-5pm, Sat 10am-4pm
Bilingual (Spanish)
Confidential
Medicaid and other insurance accepted
www.graham-windham.org

Metropolitan Hospital Center Special Family Assistance Program

Metropolitan Hospital SFAP's mission is to provide quality healthcare and support services to families living with or affected by HIV/AIDS: primarily infants, children, adolescents, and young adults. We coordinate care with mothers, fathers, and caregivers to enhance the quality of life for our patients.

WHO DO I CALL?

Lynn Jackson: (212) 423-6640
Evelyn Nieves: (212) 423-8492
Mara Rodriguez: (212) 423-8490

WHERE DO I GO?

1901 1st Ave., Room 5A12
(Between 97th and 98th Sts.)

WHAT SERVICES DO THEY OFFER?

HIV medical care and supportive services for HIV-infected and affected youth and families, including:

- Case management
- Family therapy
- Pure Life support group
- Arts and crafts
- Outdoor activities
- Legal services
- Trips

HOW DO I GET THERE?

Train: 6 to 96th St.
Bus: M15, M96

ADDITIONAL INFO

Ages 0 to 25
Hours: Mon-Fri 8am-5pm
Multilingual (Spanish, French)
Confidential, no fees
Medicaid and other insurance accepted

Metropolitan Hospital Center Youth Health Services

WHO DO I CALL?

(212) 423-6603

WHERE DO I GO?

1901 1st Avenue, 7th Floor South
(97th Street OPD Building)

WHAT SERVICES DO THEY OFFER?

- Contraceptive methods and reproductive healthcare services
- Primary preventive health care
- Immunizations
- Free pregnancy test
- Sexually Transmitted Disease STD testing and treatment
- Free and confidential HIV counseling and testing
- Health education
- Physical for schools, camps, jobs, etc
- Community outreach and education
- Peer education program
- Social work services·
- Referral to other hospital services

HOW DO I GET THERE?

Train: 6 to 96th Street Stop
Bus: M15, M96

ADDITIONAL INFO

Ages: 13-19
Hours: Mon, Tues, Fri 1pm-5pm
Thurs 1pm-6pm
Confidential, no fees
Some insurance plans accepted

Mt. Sinai Medical Center
Jack Martin Fund Pediatric Clinic

WHO DO I CALL?

Emma Cooper-Serber:
(212) 824-7391

Jocelyn Childs:
(212) 824-7390

WHERE DO I GO?

17 E 102nd St., 3rd Floor
(Between Madison and Fifth Aves.)

WHAT SERVICES DO THEY OFFER?

HIV medical care and supportive services for HIV-infected and affected youth and families, including:

- Well child care
- Specialized HIV care
- Anticipatory guidance
- HIV counseling and testing
- Social work services
- Mental health services/support groups
- Referrals to other medical special ties
- Access to clinical trials
- Activities for children and families
- Adherence support

HOW DO I GET THERE?

Train: 6 to 103rd St.

ADDITIONAL INFO

Ages 0 to 24
Hours: Mon 10am-6pm
Thurs 9am-1pm
Confidential, no fees unless self pay
Medicaid and ADAP accepted
www.mountsinai.org

Mt. Sinai Medical Center OB/GYN Diagnostic and Treatment Center

WHO DO I CALL?

Caryl Blackwood, LCSW
(212) 241-6865

WHERE DO I GO?

1176 5th Ave. Klingenstein Pavilion (E-Level)
(Between 98th and 99th Sts.)

WHAT SERVICES DO THEY OFFER?

HIV medical care and supportive services for HIV-positive pregnant women and their families, including:

- Specialized prenatal care
- HIV education
- Mental health counseling
- Psychiatric referral
- Case management (for pregnant women)
- WIC program (for pregnant women)
- Referrals
- Young Fathers support services

Community outreach program

- Nutritional counseling
- Family planning counseling
- Specialized services for pregnant and parenting teens
- Medical and psychosocial services for children and their families affect ed and infected by HIV
- Lamaze, breastfeeding, and newborn care classes for pregnant women

HOW DO I GET THERE?

Train: 6 to 96th St.

ADDITIONAL INFO

Ages 13 and up
Confidential
Bilingual
Medicaid and other insurance accepted
www.mountsinai.org

Mt. Sinai Teen Prenatal Clinic

WHO DO I CALL?

(212) 659-8557

WHERE DO I GO?

1176 5th Ave.
(Between 98th and 99th Sts.)
Klingenstein Pavilion (E-Level)

WHAT SERVICES DO THEY OFFER?

- Gynecological care
- Prenatal care
- HIV prevention and education
- HIV counseling and testing
- STD testing and treatment
- Pregnancy tests
- Birth control
- HIV medical care
- Community program referrals
- Counseling and support services
- Childbirth classes

HOW DO I GET THERE?

Train: 6 to 96th St.

ADDITIONAL INFO

Ages 12 and up
Hours: Mon-Fri 9am-5pm
Confidential, no fees
Medicaid and other insurance accepted
www.mountsinai.org

Mt. Sinai / Partnership for Family Health Young Men's Program

The Young Men's Program's mission is to offer young men, including fathers and male caregivers, support, education and advocacy.

WHO DO I CALL?

Elliot Maruffi-Cowley:
Elliot.maruffi-cowley@mountsinai.org
Rodney Butler:
RButler@healthsolutions.org

WHERE DO I GO?

E-mail for meeting dates and locations

WHAT SERVICES DO THEY OFFER?

Mental health and supportive services for for HIV-infected and affected fathers and young men, including:

- Referrals for medical care for HIV-positive men and their part ners
- HIV prevention and education
- Counseling services: parenting, stress group and individual counseling
- Referrals for job training
- Mental health

Support groups for discussion of:

- Parenthood
- Developing healthy behaviors
- Child Development
- Entitlements & resources
- Paternal rights and responsibilities
- Relationships
- Guardianship

HOW DO I GET THERE?

Train: 6 to 96th St.

ADDITIONAL INFO

Ages 15 to 25+ (flexible)
Confidential, no fees
www.mountsinai.org
www.pffh.org

Neighborhood Defender Service

WHO DO I CALL?

(212) 876-5500

WHERE DO I GO?

317 Lenox Ave., 10th Floorr
(Between 125th and 126th Sts.)

WHAT SERVICES DO THEY OFFER?

- Students Taking Action Towards Empowerment (STATE)
- Legal services
- Male programs

HOW DO I GET THERE?

Train: 2/3 to 125th St.
Bus: M7, M60, M100, M101, M102

ADDITIONAL INFO

Ages 14 to 19
Hours: Mon-Fri 8:30am-5:45pm
Confidential, no fees
www.ndsny.org

New Heights Neighborhood Center

WHO DO I CALL?

(212) 781-6388

WHERE DO I GO?

216 Fort Washington Ave.
(At 168th St.)

WHAT SERVICES DO THEY OFFER?

- Job readiness training for out-of-school youth
- GED classes
- ESL classes
- Computer/Internet services

HOW DO I GET THERE?

Train: 1 to 168th
A/C to 168th

ADDITIONAL INFO

Ages 17-24
www.newheightsneighborhood-center.org

New York City Mission Society - Minisink Beacon

The mission of the New York City Mission Society Beacon Center is to provide relevant services that uplift the community, increase community engagement and provide a safe space for educational, cultural and personal growth.

WHO DO I CALL?

(212) 674-3500 ext. 234

WHERE DO I GO?

215 West 114th St.
(Btwn. ACP Blvd. & Fredrick Douglass Blvd. - 7th & 8th Aves.)

WHAT SERVICES DO THEY OFFER?

- Sports
- Arts and crafts
- Dance
- Outdoor activities
- Trips
- Step Club
- West African dance
- Free summer program
- Clubs
- Hip hop club
- Karate
- Football
- Basketball
- Salsa
- Homework help

HOW DO I GET THERE?

Train: 2/3 to 116th St.
B/C to 116th St.
Bus: M2, M3, M4, M7, M102

ADDITIONAL INFO

Ages 5 and up
Mon-Fri 1pm-9pm
Sat 9am-3pm
No fees
www.nycmissionsociety.org

New York Foundling / North Manhattan Family and Community Services

WHO DO I CALL?

(212) 491-4600

WHERE DO I GO?

542 W 153rd St.
(Between Amsterdam Ave. and Broadway)

WHAT SERVICES DO THEY OFFER?

- Casework counseling
- Clinical therapy services
- After-school activities
- Sports
- Arts and crafts
- Dance
- Homework help
- Trips
- After-school program:
  M - F 2:30 - 6pm
- Basketball club:
  M - F 6:30 - 8pm
- Summer day camp

HOW DO I GET THERE?

Train: 1 to 157th St.
C to 155th St.
Bus: M5, M4, M100, M101, M3

ADDITIONAL INFO

All ages
Bilingual (Spanish)
Confidential, no fees
www.nyfoundling.org

New York Presbyterian Hospital DOVE: Domestic and Other Violence Emergencies

DOVE (Domestic & Other Violence Emergencies) is a hospital-based program whose mission it is to intervene and prevent sexual, dating, and domestic violence, as well as physical assault and elder abuse among individuals, groups, and communities of victims, survivors, and those affected by these forms of violence. This is accomplised through providing direct assistance in the form of crisis intervention, counseling, advocacy, information and referral services. The program also provides violence prevention and educational services to the medical, professional and student communities of Northern Manhattan which we serve.

WHO DO I CALL?

(212) 305-9060
gel9002@nyp.org

WHERE DO I GO?

622 W 168th St., HP2
(Between Broadway and
Ft. Washington)

WHAT SERVICES DO THEY OFFER?

- Linkage and advocacy for medical, prenatal, and gynecological care
- 24/7 rape crisis and domestic vio lence counselors
- Social work assessment
- Legal Advocacy
- Individual Counseling
- Support group for survivors of domestic violence
- Information and referral services
- Educational and training services
- Community education and out reach
- Professional training

HOW DO I GET THERE?

Train: A/C to 168th St.
1 to 168th St.
Bus: M2, M3, M4, M7, M101, Bx7

ADDITIONAL INFO

Ages 12 and up
Hours: 9am-5pm (daytime staff)
5pm-8am (trained volunteers)
Bilingual (Spanish)
Confidential
www.nyp.org/dove

New York Presbyterian Hospital Special Needs Clinic

The Special Needs Clinic's mission is to provide comprehensive mental health services for children, adolescents and adults living with HIV/AIDS and their family members.

WHO DO I CALL?

Sheila Ryan, LCSW
(212) 305-7257

WHERE DO I GO?

622 W 168th St. VC4 East
(Between Broadway and
Ft. Washington)

WHAT SERVICES DO THEY OFFER?

- Mental health services
- Support groups for children, adolescents, adults, and women
- Arts and crafts
- Educational advocacy and tutoring
- Case management

HOW DO I GET THERE?

Train: A/C to 168th St.
1 to 168th St.
Bus: M2, M3, M4, M7, M101, Bx7

ADDITIONAL INFO

All ages
Bilingual (Spanish)
Confidential
Medicaid accepted

New York Presbyterian Hospital Women and Children Care Center

WHO DO I CALL?

Seydi Vazquez Bonilla, RN
(212) 305-5000

WHERE DO I GO?

622 W. 168th St. VC4 East
(Between Broadway and Ft. Washington)

WHAT SERVICES DO THEY OFFER?

HIV medical care and supportive services for HIV-infected and affected youth and families, including:

- Gynecological care
- Prenatal care
- Birth control and pregnancy testing
- STD testing and treatment
- Counseling and support services
- Support groups
- HIV prevention and education
- HIV counseling and testing
- Female programs
- Legal services

HOW DO I GET THERE?

Train: A/C to 168th St.
1 to 168th St.
Bus: M2, M3, M4, M5, M100

ADDITIONAL INFO

Ages 0 to 24
Hours: Mon-Fri 9am-5pm
Bilingual (Spanish)
Confidential, no fees
Medicaid and other insurance accepted
www.nyp.org

New York Urban League

WHO DO I CALL?

(212) 926-8000

WHERE DO I GO?

204 W 136th St.
(at 7th Ave.)

WHAT SERVICES DO THEY OFFER?

- Leadership training
- Job training and placement
- Referrals for after-school programs, trips, and activities
- Referrals for healthcare
- Community Achievement Program in Schools (CAPS): PS 123 301 W. 140th St. (At Frederick Douglass Blvd.)

HOW DO I GET THERE?

Train: 2/3 to 135th St.

ADDITIONAL INFO

All ages
No fees
Open Mon-Fri 9am to 5pm
www.nyul.org

New Yorkers for Parks

WHO DO I CALL?

(212) 838-9410

WHERE DO I GO?

Call for various locations or see **www.ny4p.org**

WHAT SERVICES DO THEY OFFER?

- Outdoor activities
- Volunteering opportunities
- Internships
- After-school activities
- Daffodil 911 Memorial

NITESTAR Program at St. Luke's-Roosevelt Hospital Center

Using a youth cast, NiteStar performs development- and age-appropriate original dramatic musical productions for youth from 5th grade to college age. Weaving together sharp public health messages with youth culture, the shows debunk myths, provide accurate information, and alter attitudes. NiteStar also delivers a multi-session interactive behavior change workshop series that utilizes small group methods. NiteStar develops and distributes an eleven-part video series with accompanying leader's guides and provides TA assistance and training to youth and youth providers nationwide.

WHO DO I CALL?

(212) 523-3688
(212) 523-3599

WHERE DO I GO?

St. Luke's Hospital
1111 Amsterdam Ave.,
Scrymser 1 (At. 115th St.)

WHAT SERVICES DO THEY OFFER?

- Health education
- Youth peer groups
- Outreach program
- Theater-based training
- HIV Prevention programs

HOW DO I GET THERE?

Train: 1 to 110th St.

ADDITIONAL INFO

Ages 18 to 25 years
Bilingual (Spanish)

www.nitestar.org

Northern Manhattan Perinatal Partnership

The Northern Manhattan Perinatal Partnership will educate and provide support services to the residents of Northern Manhattan to improve the overall health status of women, strengthen families and reduce infant and maternal mortality.

WHO DO I CALL?

Contact Person: Sabrina Brown
(212)665-2600 ext. 302

WHERE DO I GO?

127 W 127th St., 3rd Floor
(Between Lenox and 7th Aves.)

WHAT SERVICES DO THEY OFFER?

- Individual, group, and family counseling and support
- Teen parenting program
- Health education
- HIV prevention and education
- Male involvement program
- Case management, linkage, referral
- Support groups for new mothers, bereaving families, and pregnant teens
- Crisis intervention

HOW DO I GET THERE?

Train: 2/3 to 125th St.
Bus: M101, M102, M7, M60, M15, M100

ADDITIONAL INFO

Ages 11 to 21
Hours: Mon-Wed 9am-7pm
Thurs-Fri 9am-5pm
Sat 9am-1pm (by appointment only)
No fees/Medicaid accepted
Confidential
Bilingual (Spanish, French)
www.sisterlink.com

Our Children's Foundation

WHO DO I CALL?

(212) 316-7040

WHERE DO I GO?

527 W. 125th St.
(Between Old Broadway and Amsterdam Ave.)

WHAT SERVICES DO THEY OFFER?

- Counseling and support services
- Homework help
- After-school activities
- Job trainining
- Medical referrals
- Trips
- Summer employment

HOW DO I GET THERE?

Train: 1 to 125th St.
A/C/B/D to 125th St.
Bus: M100, M101, M15, M11

ADDITIONAL INFO

Ages 8 and up
Confidential, no fees
Bilingual (Spanish)

Partnership for Family Health (PFFH)

The mission of the Partnership for Family Health (PFFH) is to provide comprehensive, multidisciplinary, family-centered medical, dental, mental health care and social services to HIV-infected and affected families, including women, infants, children, youth, male caregivers and their families. The Partnership for Family Health is a program of Public Health Solutions.

WHO DO I CALL?

(646) 619-6677

WHERE DO I GO?

- Harlem Hospital Center Family Care Center
- Metropolitan Hospital Center Special Family Assistance Program
- Mt. Sinai Medical Center
- New York Presbyterian Hospital Women & Children Care Center
- St. Luke's-Roosevelt Center for Comprehensive Care

WHAT SERVICES DO THEY OFFER?

- Medical services for HIV-positive individuals and their families
- Pediatric and adolescent care
- OB/GYN services
- Mental health services
- Case management
- Health education
- Supportive services
- Group activities
- Referrals for services not available onsite
- Transportation assistance available

ADDITIONAL INFO

For information please see each site's page in this Guide
www.pffh.org
www.healthsolutions.org

Pelham Fritz Recreational Center

WHO DO I CALL?

(212) 860-1380

WHERE DO I GO?

18 Mt. Morris Park West
(At 122nd St.)

WHAT SERVICES DO THEY OFFER?

- Referrals for support services
- After-school sports, dance, fitness
- Computer/internet services
- Job referrals/placement
- Legal services

HOW DO I GET THERE?

Train: 2/3 to 125th St.
4/5/6 to 125th St.
Bus: M1, M100, M101, Bx15

ADDITIONAL INFO

Ages 4 to 17
Bilingual (Spanish)
No fees

Phase: Piggy Back, Inc.

WHO DO I CALL?

(212) 234-1660

WHERE DO I GO?

507 W 145th St.
(Between Amsterdam Ave. and Broadway

WHAT SERVICES DO THEY OFFER?

- Youth intervention development
- Group and individual counseling
- Homework help
- Computer/internet services
- Parenting skills
- Conflict resolution
- Trips
- Recreational activities
- Rites of passage
- Substance use prevention

HOW DO I GET THERE?

Train: 1 to 145th St.
A/B/C/D to 145th St.

ADDITIONAL INFO

Ages 7 to 14
Parental consent necessary
Fee for program

Phoenix House

Phoenix House is committed to protecting and supporting individuals, families, and communities affected by substance abuse and dependency. We realize our mission through: a focus on the distinct needs of every person; a holistic approach that seeks to address mental, physical, and social health; the innovation of best-in-class prevention, treatment, and recovery programs; and the promotion of greater understanding of addiction.

WHO DO I CALL?

(212) 831-1555

WHERE DO I GO?

2191 3rd Ave.
(Between 119th and 120th Sts.)

WHAT SERVICES DO THEY OFFER?

- Drug and alcohol prevention and counselingl
- Male programs
- Female programs

HOW DO I GET THERE?

Train: 6 to 125th St.

ADDITIONAL INFO

Ages 12 and up
Bilingual (Spanish)
Medicaid and other insurance accepted
Call for an interview
Sliding scale fees
www.phoenixhouse.org

Police Athletic League
Harlem PAL Center

The Police Athletic League, together with NYPD and the law enforcement community, supports and inspires New York City youth to realize their full/individual potential as productive members of society.

WHO DO I CALL?

(212) 665-8699
kmoats@palnyc.org
aguerrero@palnyc.org

WHERE DO I GO?

441 Manhattan Ave.
(At 119th St.)

WHAT SERVICES DO THEY OFFER?

- Dance
- Sports (baseball, basketball, track and field, softball, martial arts, boxing, and weight lifting, exercise)
- Computer/internet services
- Brotherhood/Sisterhood (for middle school participants)
- Arts and crafts
- Counseling and support services (Youth LINK)
- Outdoor activities
- Clubs and trips

HOW DO I GET THERE?

Train: 1 to 116th St.
2/3 to 116th St.
A/C to 125th St.
Bus: M18, M3

ADDITIONAL INFO

Ages 5 to 19
Open Mon-Fri 9am-10pm
Sat 10am-6pm
Bilingual (Spanish)
Confidential
www.palnyc.org

Polo Grounds Community Center

WHO DO I CALL?

(212) 491-6127

WHERE DO I GO?

2965 Frederick Douglass Blvd.
(Between 155th and 159th Sts.)

WHAT SERVICES DO THEY OFFER?

- Summer camp
- Painting
- Cooking classes
- Drug prevention
- Recreation room
- Fitness
- Computer/internet services
- Sports (basketball, soccer, double dutch, karate)

HOW DO I GET THERE?

Train: C to 155th St.
Bus: M10

ADDITIONAL INFO

Ages 13 and up
Registration fee, no other fees
Physical exam

Project STAY
(Services To Assist Youth)

Project STAY's mission is to provide a "medical home" to young people ages 13-24 concerned about STIs and HIV/AIDS by providing youth-friendly, confidential healthcare services.

WHO DO I CALL?

(646) 284-9732

WHERE DO I GO?

215 W 125th St., 1st Floor
(Between 7th and 8th Aves.)

WHAT SERVICES DO THEY OFFER?

- Free STD, HIV, and pregnancy testing and counseling
- Counseling and support services
- Free birth control
- Medical care for HIV+ young adults
- Support groups for HIV+ youth
- Emergency contraception
- Case management

HOW DO I GET THERE?

Train: A/C/B/D to 125th St.
2/3 to 125th St.
Bus: M2, M11, M60, M100, M101

ADDITIONAL INFO

Ages 13 to 24
Hours: Mon 3pm-6pm
(appointment only)
Fri 9am-1pm
Confidential
Bilingual (Spanish)
Medicaid accepted
www.projectstay.net

The Riverside Church in the City of New York - Youth Ministry

WHO DO I CALL?

(212) 870-6828

WHERE DO I GO?

490 Riverside Dr.
(At 120th St.)

WHAT SERVICES DO THEY OFFER?

- Counseling and support services
- Other support groups
- Pastoral counseling
- Sports
- Clubs
- Trips
- Services for lesbian, gay, bisexual, transgender youth

HOW DO I GET THERE?

Train: 1 to 116th St.

ADDITIONAL INFO

Ages 12 to 18
Bilingual (Spanish)
Confidential
No fees
www.theriversidechurchny.org

Safe Horizon
Harlem Community Program

Safe Horizon's mission is to provide support, prevent violence, and promote justice for victims of crime and abuse, their families, and communities.

WHO DO I CALL?

(212) 316-2100

WHERE DO I GO?

100 E 122nd St., 1st Floor
(At Park Ave.)

WHAT SERVICES DO THEY OFFER?

- Training and outreach in the community
- Support groups for victims of domestic violence, families of homicide victims
- Advocacy and support services for victims of crime

HOW DO I GET THERE?

Train: 4/5/6 to 125th St.
Bus: M100, M101

ADDITIONAL INFO

Ages 12 to 25
Hours: Mon, Wed-Fri 9am-5pm
Tues 9am-7pm
Bilingual (Spanish)
Confidential, no fees
By appointment only
www.safehorizon.org

Settlement Health Services

The mission of Settlement Health Services is to provide El Barrio with high-quality, comprehensive, accessible and culturally sensitive preventive and primary care services, and to coordinate the other levels of health care that are necessary.

WHO DO I CALL?

(212) 360-2680

WHERE DO I GO?

1) Clinic: 212 E 106th St.
(Between 2nd and 3rd Aves.)
2) Health Education Dept:
2082 1st Ave.
(At 108th St.)

WHAT SERVICES DO THEY OFFER?

- Medical care
- Gynecological care
- Prenatal care
- Pregnancy testing/birth control
- STD testing and treatment
- HIV prevention and education
- HIV counseling and testing
- HIV medical care
- Mental health
- Case management
- Narcotics Anonymous
- Drop-in center
- Computer/internet services
- Substance abuse counseling
- Emergency contraception

HOW DO I GET THERE?

Train: 1) 6 to 103rd St.
2) 6 to 110th St.

Bus: 1) M101, M102
2) M15

ADDITIONAL INFO

All ages
Hours: Mon, Fri 8:45am-4:45pm
Tues, Thurs 8:45am-7pm
Wed 11am-4:45pm
Sat 8:45am-12pm
Bilingual (Spanish)
Confidential
Sliding Scale fees ($25 and up)
Most insurance accepted

SHOUT Van - William F. Ryan Community Health Center

The Special Health Outreach to Urban Teens (SHOUT) Van is a mobile medical van that provides comprehensive primary helath care and HIV prevention education, counseling, and testing to youth between the ages of 13-24.

WHO DO I CALL?

(212) 316-7912

WHERE DO I GO?

Please call to find out locations and hours.

WHAT SERVICES DO THEY OFFER?

- Medical care
- Gynecological care
- Pregnancy testing/birth control
- STD testing and treatment
- HIV prevention and education
- HIV counseling and testing
- HIV medical care
- Clinical social worker on staff
- Job referrals
- Services for gay, lesbian, bisexual, and transgender youth

ADDITIONAL INFO

Ages 13 to 24
Bilingual (Creole/French/Spanish)
Confidential, no fees
Medicaid and other insurance accepted
www.ryancenter.org/rc_shoutbus.htm

St. Luke's-Roosevelt Hospital Center

WHO DO I CALL?

(212) 523-6381

WHERE DO I GO?

1) St. Luke's Site: Amsterdam Ave. at 114th St.
2) Roosevelt Site: Amsterdam Ave. at 59th St.

WHAT SERVICES DO THEY OFFER?

- Medical care
- Gynecological care
- Prenatal care
- Pregnancy testing/birth control
- STD testing and treatment
- HIV counseling and testing
- Adolescent counseling groups
- CAPA, drug rehabilitation
- After-school programs
- Mental health counseling
- Adolescent prenatal programs
- Parenting classes
- Adolescent lamaze classes

HOW DO I GET THERE?

Train: 1) 1 to 116th St.
2) 1 to 59th St.
A/C/B/D to 59th St.
Bus: M11, M104, M5, M6

ADDITIONAL INFO

Ages 0 to 21
Confidential
Sliding scale fees
Most insurance accepted

St. Luke's-Roosevelt Hospital Center for Comprehensive Care

Working as partners with those we serve, we are dedicated to delivering care in a manner ensuring respect, dignity, and compassion. We believe that it is our responsibility to act as advocates for our patients and to guarantee equal access to all those who seek our care and services.

WHO DO I CALL?

Robert Warford, NP
rwarford@chpnet.org

WHERE DO I GO?

Morningside Clinic
St. Luke's Hospital
1111 Amsterdam Ave.
(Between W. 114th St. and Morningside Dr.)

WHAT SERVICES DO THEY OFFER?

HIV medical care and supportive services for HIV-infected and affected youth and families, including:

- Gynecological care
- Prenatal care
- Pregnancy tests
- Birth control
- HIV prevention and education
- HIV counseling and testing
- STD testing and treatment
- Young adult program for HIV-positive youth
- Counseling and support services
- Job training, referral, placement
- Services for LGBTQ youth
- Legal services
- GED/ESL
- Outdoor activities
- Clubs/trips
- Computer/internet services
- Housing referrals

HOW DO I GET THERE?

Train: 1 to 116th St.
C to 116th St.
Bus: M111

ADDITIONAL INFO

Ages 0 to 25
Hours: Mon-Fri 9am-5pm
Wed 9am-7pm
Bilingual (Spanish)
Confidential, no fees
Medicaid and other insurance accepted
www.centerforcare.org

St. Luke's-Roosevelt Hospital Center Child and Family Institute-- Outpatient Department

The mission of CFI as a whole is to provide a full range of accessible, coordinated and clinically sophisticated child and adolescent psychiatric treatment programs, which meet the needs of a diverse community, while also maintaining state-of-the-art standards of treatment and quality assurance. The Outpatient Department serves individuals from birth to the age of 18, their families and individual adult family members in our program who require psychiatric services.

WHO DO I CALL?

(212) 523-4885

WHERE DO I GO?

411 W 114th St., Suite 3C
(Between Amsterdam Ave. and Morningside Dr.)
Call for other locations.

WHAT SERVICES DO THEY OFFER?

- Drug and alcohol prevention counseling
- Counseling and support services
- Other support groups
- Services for gay, lesbian, bisexual, and transgender youth

HOW DO I GET THERE?

Train: 1 to 116th St.
B, C to 110th St.
Bus: M11, M104, M4

ADDITIONAL INFO

Ages 0 to 18
Hours: Mon-Thurs 9am-7pm
Fri 9am-6pm
Confidential
Medicaid and other insurance accepted
Parent support groups available

St. Luke's-Roosevelt Hospital Center Community Services for Children & Families

WHO DO I CALL?

(212) 523-2685

WHERE DO I GO?

1111 Amsterdam Ave.
(Between W. 114th St. and Morningside)
Scrymser Building, 6th Floor

WHAT SERVICES DO THEY OFFER?

- Medical care
- Gynecological care
- Prenatal care
- Pregnancy testing/birth control
- STD testing and treatment
- HIV prevention and education
- HIV counseling and testing
- Counseling and support services
- Adolescent Very Intensive Preventative Services (AVIPS)
- Preventative services for individuals/families
- Groups and referrals for drug and alcohol prevention/counseling
- GED classes
- Services for LGBT youth
- Assistance with entitlement and housing needs
- Parents of teens group

HOW DO I GET THERE?

Train: 1 to 116th St.

Bus: M11

ADDITIONAL INFO

Ages 12 to 18
Bilingual (Spanish)
Confidential
Fee depending on service
Medicaid accepted

St. Luke's-Roosevelt Hospital Center Crime Victims Treatment Center

The Crime Victims Treatment Center (CVTC) of St. Luke's-Roosevelt Hospital Center (SLR) is one of the oldest and most comprehensive programs of its kind. Since its establishment in 1977, CVTC has grown from a grassroots program to become the largest and most comprehensive sexual assault program in New York City. It has provided a model for other health care institutions in the United States and around the world in the treatment of survivors of sexual assault, childhood sexual abuse, domestic violence and other violent crimes.

WHO DO I CALL?

(212) 523-4728

WHERE DO I GO?

411 W. 114th St. Suite 2C
(at Amsterdam Ave.)

WHAT SERVICES DO THEY OFFER?

- Crisis intervention including hospital visits, shelter referral, advocacy with criminal justice agencies and assistance with Crime Victim Compensation
- Individual, family, and group counseling
- Psychiatric/medical evaluation
- Speakers bureau
- Education and training
- Resource Center
- Legal services

HOW DO I GET THERE?

Train: 1 to 116th St.
Bus: M11, M104

ADDITIONAL INFO

Ages 18 and up
Hours: Mon-Fri 9am-5pm
Confidential, no fees
http://www.cvtc-slr.org

Stanley M. Isaacs Neighborhood Center, Inc.

The Stanley M. Isaacs Neighborhood Center reaches across generations and cultures with innovative programming that encourages growth and self-reliance throughout every stage of life. Bridging the neighborhoods of Yorkville and East Harlem, the Center provides educational and cultural opportunities and promotes social and physical well-being while responding to the changing need of the communities we serve.

WHO DO I CALL?

(212) 360-7625

WHERE DO I GO?

1)1792 1st Ave. (At 93rd St.)
2) Beacon Center: PS 198/77
1700 3rd Ave. (At 96th St.)

WHAT SERVICES DO THEY OFFER?

- Counseling services available depending on program
- Drug/alcohol prevention integat ed into awareness activities
- Referrals for counseling/ treatment
- After-school sports, arts and crafts, dance, and outdoor activities
- Clubs and trips
- Internships, leadership programs
- GED classes
- Job training
- Job referrals/placement
- Computer/internet services
- Young men's group for teens
- Young women's group for teens
- Summer day camp
- College counseling
- Community service opportunities

HOW DO I GET THERE?

Train: 6 to 96th St.
Bus: M101, M102, M103, M15

ADDITIONAL INFO

Ages 5 to 24
Bilingual (Spanish)
Confidential, no fees
www.isaacscenter.org

STEPS to End Family Violence

WHO DO I CALL?

(212) 410-4200 Ext. 125

WHERE DO I GO?

Location provided after call

WHAT SERVICES DO THEY OFFER?

- General counseling and support services
- Arts and Crafts
- Services for Gay, Lesbian, and transgender youth
- Parenting Classes

ADDITIONAL INFO

Provide services related to Teen Dating Violence and domestic violence
Ages 13 to Adult
Multilingual (Spanish, Germany, Arabic)
Confidential, no fees
Hours: 9am-6pm

Streetwork Harlem Drop-In Center

WHO DO I CALL?

(212) 695-2220

WHERE DO I GO?

209 W. 125th St.
(At 7th Ave.)

WHAT SERVICES DO THEY OFFER?

- Emergency services include crisis housing, hot meals, showers, and clothing
- Medical services, including HIV prevention and assistance obtaining Medicaid
- Individual and group counseling
- Legal assistance
- Opportunity to socialize in a safe, non-judgemental setting

HOW DO I GET THERE?

Train: A/C/B/D to 125th St.
2/3 to 125th St.
Bus: M2, M11, M60, M100, M101

ADDITIONAL INFO

Free services for young people up to age 24
Hours:
Monday, Tuesday, Thursday, and Friday 12pm-5pm
Wednesday, Saturday, and Sunday (emergencies only)
www.safehorizon.org/streetwork

STRIVE / East Harlem Employment Service, Inc.

WHO DO I CALL?

(212) 360-1100

WHERE DO I GO?

240 E. 123rd St.
(Between 2nd and 3rd Aves.)

WHAT SERVICES DO THEY OFFER?

- Job training and placement program
- Workshop training
- Résumé and cover letter help
- Word processing help
- Computer/internet services
- Job referrals/placement

HOW DO I GET THERE?

Train: 4/5/6 to 125th St.

ADDITIONAL INFO

Ages 17 and up
No fees

Teen Choice Program at Inwood House

A leader and innovator in teen pregnancy prevention, youth development and family support, Inwood House is dedicated to helping teens take charge of their lives and become healthy and self-sufficient adults.

WHO DO I CALL?

(212) 861-4400

WHERE DO I GO?

320 E 82nd St.
(between 1st and 2nd Aves.)

WHAT SERVICES DO THEY OFFER?

- HIV/STI prevention and education
- Counseling and support services
- In-school peer support groups
- Drug and alcohol prevention and counseling
- Services for lesbian, gay, bisexual, and transgender youth
- Parenting workshops
- Peer education training and internships
- Vocational/job training and mentoring
- Mental health
- Teen pregnancy prevention and education
- College awareness

HOW DO I GET THERE?

Train: 4/5/6 to 86th St.
Bus: M104

ADDITIONAL INFO

Ages 11 to 21
Hours: Mon-Fri 9am-5pm
Multilingual (Spanish, Haitian Creole)
www.inwoodhouse.org

Trinity Place Shelter

The mission of Trinity Place Shelter is to help lesbian, gay, bisexual, transgender or questioning (LGBTQ) youth in New York City to safely transition out of the shelter system and grow into independent, positive and productive adults.

WHO DO I CALL?

Kimberley Potter, Social Worker
(212) 222-7045
info@trinityplaceshelter.org

WHERE DO I GO?

164 W. 100th St.
(At Amsterdam Ave.)

WHAT SERVICES DO THEY OFFER?

- Transitional shelter
- Counseling and support services
- Services for lesbian, gay, bisexual, transgender, queer, and questioning youth

HOW DO I GET THERE?

Train: 1/2/3 to 96th St.
Bus: M104

ADDITIONAL INFO

Ages 18 to 24
Hours: everyday 9am-9pm
Confidential
Individuals must be referred by another agency.
www.trinityplaceshelter.org

Union Settlement Association/Youth at Union

The misssion of Youth at Union is to give young people the tools to thrive, not just survive!

WHO DO I CALL?

(212) 828-6111
youthservices@unionsett.org

WHERE DO I GO?

1775 3rd Ave.
(Between 98th and 99th Sts.)

WHAT SERVICES DO THEY OFFER?

- Young fathers support groupr
- After-school sports, arts and crafts, dance, and outdoor activities
- Clubs and trips
- GED and ESL classes
- Job training, referrals, placement
- Parental workshops
- Computer/internet services
- Legal services
- Pre-GED program for young men ages 16 to 24

HOW DO I GET THERE?

Train: 6 to 96th St.
Bus: M100, M101, M102, M15, M104

ADDITIONAL INFO

Ages 5 to 24
Bilingual (Spanish)
Hours: Mon-Fri 9am-9pm
Confidential, no fees
Medicaid accepted
www.unionsettlement.org

Upper Manhattan Mental Health Center

The mission of the Upper Manhattan Mental Health Center is to provide comprehensive and sensitive care to HIV-infected individuals and family members.

WHO DO I CALL?

(212) 694-9200

WHERE DO I GO?

1727 Amsterdam Ave.
(At 145th St.)

WHAT SERVICES DO THEY OFFER?

- Group therapy
- Counseling and support services
- Drug and alcohol prevention counseling and testing

HOW DO I GET THERE?

Train: 1 to 145th St.
A/C/B/D to 145th St.
Bus: M101

ADDITIONAL INFO

Ages 2 to 17
Hours: Mon-Fri 9am-8pm
Sat 9am-5pm
(by appointment only)
Confidential, sliding scale fee
Medicaid and other insurance accepted
Bilingual (Spanish)
www.ummhcinc.org

W.L. Bonner Youth Enrichment Center

WHO DO I CALL?

(212) 280-5266
(212) 865-1883

WHERE DO I GO?

130-136 W. 124th St.
(Between 7th and Lenox Aves.)

WHAT SERVICES DO THEY OFFER?

- After-school program
- Homework help
- Computer/internet services
- Trips
- Summer program
- Sports

HOW DO I GET THERE?

Train: 2/3 to 125th St.
Bus: M101, M100, Bx15

ADDITIONAL INFO

Ages 6 and up

Wagner Community Center

The mission of the Wagner Community Center is to provide after-school and summer camp for residents of Wagner Houses.

WHO DO I CALL?

(212) 831-6688

WHERE DO I GO?

435 E 120th St.
(Between 1st and Pleasant Aves.)

WHAT SERVICES DO THEY OFFER?

- Evening programs
- After-school sports, homework help
- Computer/internet services
- Tutoring/education

HOW DO I GET THERE?

Train: 4/5/6 to 125th St.
Bus: M116, Bx15

ADDITIONAL INFO

Ages 0 to 11
Bilingual (Spanish)
No fees
Physical exam necessary for some activities

Washington Heights Corner Project

Corner seeks to reduce the transmission of blood-borne diseases and infection-related transmission to drug-using associates, family members, sexual partners and sexual employers.

WHO DO I CALL?

(212) 923-7600 ext. 13
Taeko Frost
taeko@cornerproject.org

WHERE DO I GO?

76 Wadsworth Ave.

WHAT SERVICES DO THEY OFFER?

- HIV prevention and education
- HIV counseling and testing
- Drug and alcohol prevention and counseling
- Mental health counseling

HOW DO I GET THERE?

Train: A to 175th St.
Bus: M5, M100, Bx7

ADDITIONAL INFO

Ages 18 and up
Bilingual (Spanish)
Confidential, no fees
www.cornerproject.org

West 84th Street After-School Program and Day Camp at Goddard Riverside Community Center

Building community, changing lives, creating hope, opening doors. Our programs are designed to meet the basic needs of the participants and inject new learning, stimulate curiosity and motivate participants to become more aware of the world around them and take action to better and enrich their lives.

WHO DO I CALL?

(212) 362-6750
ext. 316 or ext. 317
Gene Crichlow
gcrichlow@smstny.org

WHERE DO I GO?

26 W. 84th St.
(Between Central Park West and Columbus Ave.)

WHAT SERVICES DO THEY OFFER?

- Sports
- Arts and crafts
- Dance
- Outdoor activities
- Clubs
- Male and female programs
- Trips
- After-school self defense, gender groups, and counseling

HOW DO I GET THERE?

Train: B/C to 86th St.
Bus: M10

ADDITIONAL INFO

Ages 5 to 12
Hours: Mon-Fri 3pm-6pm (after-school program)
Mon-Fri 8am-6pm (camp)
Bilingual
Confidential
www.goddard.org

William F. Ryan Community Health Center

"Healthcare is a Right, not a privilege"

WHO DO I CALL?

(212) 749-1820
Pediatrics Dept.

WHERE DO I GO?

110 W. 97th St.
(Between Columbus and Amsterdam Aves.)

WHAT SERVICES DO THEY OFFER?

- General, comprehensive medical care
- Gynecological care
- Prenatal care
- Pregnancy testing/birth control
- STD testing & treatment
- HIV prevention & education
- HIV testing & counseling
- HIV medical care
- Mental health services
- LBGT services
- Social Work
- Job referrals
- Drop-in drug/alcohol support
- General counseling and support services

HOW DO I GET THERE?

Train: B/C to 96th St.
1,2,3 to 96th St.
Bus: M11, M7, M96, M106

ADDITIONAL INFO

All Ages
Hours: Call for information
Bilingual (Spanish, French, etc.)
Confidential, sliding scale
Medicaid and other insurance accepted
www.ryancenter.org

Young Men's Clinic at the Center for Population and Family Health

WHO DO I CALL?

(212) 342-3232
(212) 342-3209

WHERE DO I GO?

21 Audubon Ave.
(Between 166th and 167th Sts.)

WHAT SERVICES DO THEY OFFER?

- Medical care
- STD testing and treatment
- HIV prevention and education
- Heath education
- Counseling and support service
- Free condoms

HOW DO I GET THERE?

Train: 1 to 168th St.
A/C to 168th St.
Bus: M2, M3, M101, BX7

ADDITIONAL INFO

Ages: 14-30
Hours:
Mon 4pm-8:30pm
Fri 9am-5pm
Clinic – Monday evenings
and Friday after 1pm
Bilingual: Spanish
Confidential, sliding scale fee
Most insurance accepted

Youth Action Program and Homes, Inc.

Youth Action Programs and Homes, Inc. (YAPH) has a primary mission of creating "a community of youth and young adults committed to taking responsibility for their own lives and for improving the larger community" of East Harlem. YAPH achieves this mission through a variety of programs, including workforce development, housing development and management, and a food pantry.

WHO DO I CALL?

(212) 860-8170
opatrick@yaphonline.org
dtaylor@yaphonline.org

WHERE DO I GO?

206 E. 118th St.
(Between 2nd and 3rd Aves.)

WHAT SERVICES DO THEY OFFER?

- Youth at-risk prevention counseling
- Too Good for Drugs Model Program
- Drug and alcohol prevention and counseling
- Job training, referrals, placement
- Strengthening Families Model Program
- Leadership development and life-skills workshops
- After-school arts and crafts, dance, outdoor activities, trips
- GED preparation
- Computer/internet services

HOW DO I GET THERE?

Train: 6 to 116th St.
Bus: M101, M102, M103, M116

ADDITIONAL INFO

Ages 6 to 12 and 17 to 21
Bilingual (Spanish)
Confidential, no fees
www.yaphonline.org

Selected Services Outside Northern Manhattan

Asian and Pacific Islander Coalition on HIV/AIDS (APICHA)
150 Lafayette St. NYC, NY 10013 (212) 334-7940
Case management, support services, food pantry, legal services, and groups for HIV-positive individuals.
www.apicha.org

Adolescent AIDS Program @ Montefiore Hospital
REP Clinic, Children's Hospital at Montefiore, 4th Floor,
Bainbridge Ave. and Gunhill Rd.,
Bronx, NY 10467 (718) 882-0232
General medical care for HIV youth, birth control, STD testing and treatment, HIV prevention and education, HIV testing and counseling, HIV medical care, HIV mobile testing, general counseling and support services for HIV youth, social services workshops for youth and providers.
www.gettinbusy.org

Advocates for Children
151 W 30th St., 5th Fl. NYC 10001
Helpline: (866) 427-6033 (212) 947-9779
Works to ensure quality and equal public education services through individual case advocacy, training, technical assistance, and a helpline for parents and professionals.
www.advocatesforchildren.org

The Bronx Community Pride Center (BCPC)
448 E 149th St., Bronx, NY 10455 (866) 4-GAY-CARE
The BCPC is committed to nurturing and empowering members of the LGBT community to realize their full potential. BCPC offers free, comprehensive medical care, health information and referrals, job referral services, housing, gender-specific programs, and recreational services.
www.bronxpride.org

CABS Health Center
94-98 Manhattan Ave., Brooklyn, NY 11206 (718) 388-0390
General medical care, gynecological care, prenatal care, pregnancy test, birth control, STD testing and treatment, HIV prevention education, HIV testing and counseling, HIV medical care, general counseling and support services, services for LGBT youth, drug and alcohol prevention and counseling.
www.chnnyc.org

Children's Aid Society, Next Generation Center
1522 Southern Blvd., Bronx, NY 10460 (718) 589-4441
The Next Generation Center is a one-stop center designed to meet the multi-faceted needs of young people transitioning into adulthood and self-sufficiency, ages 14-24. Medical and counseling services, services for LGBT youth, arts & crafts, dance, job training and placement, computer/Internet services, legal services and more. Spanish and French.
www.childrensaidsociety.org/nextgen

Selected Services Outside Northern Manhattan

The Door
555 Broome St. NYC, NY 10013 (212) 941-9090
Comprehensive center for adolescents. Medical care, homework help, sports activities, after-school programming and much more.
www.door.org

Dwa Fanm
74A 4th Ave., Brooklyn, NY 11217 (718) 230-4027
Through advocacy and grassroots programs, Dwa Fanm works to end all forms of violence, discrimination, and injustice in the U.S. and in Haiti. Individual, family, and group support for domestic violence victims and child abuse and neglect cases, parenting class, and girls empowerment and leadership training. Multi-lingual (Haitian Creole, French).
www.dwafanm.org

Educational Talent Search Program
555 W 57th St., NYC 10019 (212) 237-8268
The program provides eligible participants with information on the college admissions process, financial aid, scholarships, test preparation, tutorial and counseling services that will encourage them to complete high school and pursue post-secondary education. The Educational Talent Search Program is sponsored by the U.S. Dept. of Education and John Jay College of Criminal Justice.

Empire State Coalition of Youth and Family Services
(718) 237-2722
Coalition of homeless youth programs in NYC providing training and support to agencies working with homeless and disenfranchised youth. Spanish.
www.empirestatecoalition.org

FIERCE
147 W 24th St., 6th Floor, NYC, NY 10011 (646) 336-6789
FIERCE is a membership-based organization building the leadership and power of lesbian, gay, bisexual, transgender, and queer (LGBTQ) youth of color in New York City. We develop politically conscious leaders who are invested in improving ourselves and our communities through youth-led campaigns, leadership development programs, and cultural expression through arts and media.
www.fiercenyc.org

Friends of Island Academy
330 W 38th St., 3rd Floor, New York, NY 10018 (212) 760-0755
HIV prevention and education, general counseling and support services, drug and alcohol prevention and counseling, GED, job training, job referrals/placement, services for LGBT youth, computer/internet services, housing, men's and women's groups.
www.foiany.org

New York City Elected Officials

Public Advocate: Answers and investigates complaints regarding problems with City government agencies and programs.

Bill de Blasio (212) 669-7200
1 Centre St. 15th Floor pubadvocate.nyc.gov
New York, NY 10007

City Council: Enacts local laws, approves the executive budget proposed by the mayor, and has decision making powers over land-use issues. To find out more, visit www.council.nyc.ny.us or call 212-788-7100.

District 7:
Robert Jackson (212) 928-1322
751 W. 183rd St. NYC 10033 rjackson@council.nyc.gov

District 8:
Melissa Mark-Viverito (212) 828-9800
105 E. 116th St. NYC 10029 mviverito@council.nyc.gov

District 9:
Inez Dickens (212) 678-4505
163 W. 125th St. NYC 10027

District 10:
Ydanis Rodriguez (917) 521-2616
618 W. 177th St. NYC 10033

The mission of the New York City Police Department is to protect life and property, reduce crime, and improve the quality of life, while dealing with the citizens of this city with courtesy, professionalism, and respect. Local precincts carry out this mission in their neighborhoods. To find out what precinct you are in, call the NYPD switchboard at 646-610-5000 or visit www.nyc.gov/html/nypd/home.html.

23th Precinct: East Harlem
162 E. 102nd St.
(212) 860-6411

25th Precinct: East Harlem
120 E. 119th St.
(212) 860-6511

26th Precinct:
Morningside Heights
520 W. 126th St.
(212) 678-1311

28th Precinct: Central Harlem
2271-89 8th Ave.
(212) 678-1611

30th Precinct: Harlem
451 W. 151st St.
(212) 690-8811

32nd Precinct: Harlem
250 W. 135th St.
(212) 690-6311

33rd Precinct:
Washington Heights
2207 Amsterdam Ave.
(212) 927-3200

34th Precinct:
Washington Heights
4295 Broadway
(212) 927-9711

NYC Government Agencies

Emergency 911

Information 311

Most NYC agencies can be reached by calling 311 or the numbers below

Administration for Children's Services	(877) 543-7692 www.nyc.gov/acs
Affordable Housing Resource Center	Call 311 www.nyc.gov/housinginfo
Bureau of Childcare	Call 311
Department of Correction	(718) 546-1500 www.nyc.gov/doc
Department of Education	Call 311 schools.nyc.gov
Department of Homeless Services	(212) 361-8000 www.nyc.gov/dhs
Department of Juvenile Justice	(212) 442-8000 www.nyc.gov/djj
Department of Youth and Community Development	(800) 246-4646 www.nyc.gov/dycd
Metropolitan Transportation Authority	(212) 878-7000 www.mta.info
New York Police Department	(646) 610-5000 www.nyc.gov/nypd

Hotlines and Other Phone Numbers

Alcohol/Drug

Alcoholics Anonymous	(212) 647-1680
Alcoholism Council of New York Helpline	(800) 56-SOBER
Al-Anon and Ala-Teen	(800) 4-AL-ANON
Cocaine Anonymous	(212) COCAINE
LIFENET	(800) LIFENET
En Español	(800) AYUDESE
National Clearinghouse for Alcohol and Drug Information	(800) 729-6686
Narcotics Anonymous	(212) 929-6262
Pills Anonymous	(212) 874-0700
Substance Abuse Treatment Helpline	(800) 662-HELP

AIDS, HIV, and STDs

CDC AIDS Info Line (in English; en Español)	(800) CDC-INFO
NYC AIDS Hotline	(800) TALK-HIV
NYC STD Hotline	(212) 442-1849
People with AIDS Coalition	(800) 828-3280

Homeless/Street/Runaway

Boystown National Crisis, Resource, and Referral Hotline	(800) 448-3000
Child Abuse Information and Help	(800) 342-7472
Covenant House Nineline	(800) 999-9999
National Runaway Hotline	(800) 231-6946
New York State Child Abuse Reporting	(800) 342-3720
Sylvia's Place (LGBTQ youth shelter)	(212) 629-7440 Ext 226

Hotlines and Other Phone Numbers

LGBTQ Resources

Anti-Violence Project (LGBTQ and HIV-affected)	(212) 714-1141 (in English; en Español)
Parents, Family, and Friends of Lesbians and Gays (PFLAG)	(212) 463-0629
Sylvia's Place (LGBTQ youth shelter)	(212) 629-7440 Ext. 226
Trevor Project Helpline (LGBTQ)	(866) 4-U-TREVOR

Mental Health

Boystown National Crisis, Resource, and Referral Hotline	(800) 448-3000
LIFENET	(800) LIFENET
	En Español (877) AYUDESE
National Suicide Prevention Hotline	(800) 273-TALK
Trevor Project Helpline (LGBTQ)	(866) 4-U-TREVOR

Other Health

NYC Immunization Hotline	311
NYC Women's Healthline	311
Planned Parenthood NYC Facts of Life Line	(212) 965-7015
Poison Control	(212) POISONS

Hotlines and Other Phone Numbers

Violence, Sexual Assault, Abuse

Anti-Violence Project (LGBTQ and HIV-affected) (in English; en Español)	(212) 714-1141
Asian Women's Center	(888) 888-7702
Boystown National Crisis, Resource, and Referral Hotline	(800) 448-3000
NYC Safe Horizon Domestic Violence Hotline	(800) 621-HOPE
NYC Safe Horizon Rape, Sexual Assault & Incest Hotline	(212) 227-3000
NYC Crime Victims' Hotline	(212) 577-7777
NYPD Sex Crimes Report Line	(212) 267-RAPE
New York State Domestic Violence	(800) 942-6906
En Español	(800) 942-6908
Sanctuary for Families	(212) 349-6009
Steps to End Family Violence	(212) 410-4200
Urban Women's Retreat	(212) 690-6490
Violence Intervention Program Hotline (in English; en Español)	(800) 664-5880

Other Youth Resources

Job Corps	(718) 731-7700
NYC Dept. of Youth and Community Development Youthline	(800) 246-4646
NYC Summer Camps Info	(212) 442-2630
NYC Youth Employment	(800) 246-4646
New York State Growing Up Healthy Hotline	(800) 522-5006

What You Should Know About HIV and AIDS

HIV is the virus that causes AIDS.
HIV can be transmitted in the following ways:

1. Unprotected vaginal, anal, or oral sex
2. Sharing needles or syringes (blood to blood contact)
3. From a mother to child during pregnancy, delivery, or while breastfeeding

ANYONE can get HIV.

HIV is not spread by casual contact such as kissing, hugging, touching, shaking hands, coughing, or sharing eating utensils.

You can't tell if someone has HIV by looking at them. Most people don't show symptoms. Always protect yourself!

The best way to protect yourself from getting HIV from sex is abstinence (not having sex). If you decide to have sex, have SAFER SEX! Make sure to use a condom or a dental dam. For more information on protecting yourself, see page 175 or visit www.nyc.gov/html/doh/html/ah/aha1.shtml

Avoid sharing needles or syringes. If you share, clean them properly! For more information on syringe exchange and safer injection, visit www.harmreduction.org.

The only way to know for sure if you are infected with HIV is to get tested (see index of "HIV Counseling and Testing" sites om page 14)

Don't like needles? Ask about Orasure testing!

For more info, see HIV Counseling and Testing in the glossary.

Sexually Transmitted Diseases

Sexually Transmitted Diseases (STDs), also known as Sexually Transmitted Infections (STIs), are caused by infection with viruses or bacteria. They can be spread by vaginal, anal, and oral sex, along with rubbing of genitals between partners and in some cases kissing.

Some of the most common STDs are: chlamydia, gonorrhea, genital herpes, syphillis, hepatitis B, human papillomavirus (HPV), genital warts (condyloma), trichomonas, pubic lice (crabs), and HIV.

Some common symptons of STDs include:

- Pain or burning during urination
- Itching, swelling, or pain around the sex organs
- Discharge or dripping from the sex organs that smells or looks unusual, (different color than usual, i.e. yellow, green, brown)
- Sores, warts, or blisters around the sex organs or on the mouth

Symptoms may go away but an STD stays in your body unless it is treated!

Remember that some people may have an STD and not show symptoms, so *always protect yourself*. To protect yourself from STDs, abstinence (not having sex) is the safest method, but if you decide to have sex, make it SAFER SEX! Use a condom/dental dam for oral, vaginal, and anal sex every time!

If you think you might have an STD, go to the doctor and get tested. Depending on the type of STD, there are different tests, some using blood samples, and others using samples from the vagina or penis or urine samples.

(Please see the list of "Sexual Health Services" on p. 20.)

How to Use a Male Condom

1. Use a new condom every time you have vaginal, anal, or oral sex.

2. Check the expiration date. Do NOT use the condom if it is expired!

3. Make sure there is air in the package. It should feel like a little pillow. Then open the package carefully without tearing the condom. Don't use your teeth!

4. Put the condom on as soon as the penis is hard, BEFORE <u>any</u> vaginal, anal, or oral contact. Pre-cum has the same effects as cum!

5. Pinch the tip of the condom and squeeze out any air, leaving space for semen. It should look like a little sombrero hat. Then unroll the condom all the way to the base of the penis.

6. Check the condom during sex to make sure it didn't slip off or break.

7. After ejaculating (cumming), hold the condom at the base of the penis and pull out while the penis is still hard, preventing leakage.

8. Tie the condom at the end and throw away. Don't use it again!

Many programs give out free condoms, or you can buy them at pharmacies, grocery stores, or specialty stores. Condoms come in all different sizes, colors, and flavors! For a list of locations in NYC that give out free condoms, call 311 or visit www.nyc.gov/health/condoms.

Some helpful tips:

- Use latex condoms for the best prevention of HIV and STDs.
- Store condoms in a cool, dry, dark place. *Not in your wallet!*
- Don't unroll the condom before putting it on. It can weaken the latex.
- Using lubricant on the outside of the condom reduces friction and reduces the chances of breakage.
- *Only use water based lubricants with latex condoms.* Do NOT use baby oil or lotion.

Emergency Contraception

Did you just have sex and forget your birth control pill?
Did the condom slip off or break?
Did you not use any protection at all?

Not ready to be a parent?

Emergency contraception (the "morning after pill") involves taking a larger than average dose of birth control hormones within 5 days (120 hours) of having unprotected sex. *The sooner it is taken, the more effective it is.* Emergency contraception pills reduce the risk of pregnancy after unprotected sex by 89%.

EMERGENCY CONTRACEPTION WILL NOT CAUSE AN ABORTION!!

It prevents you from getting pregnant in the first place, not after you are already pregnant. The pills are very safe, and have very few side effects. The two brands of emergency contraception pills are Plan B One-Step and Next Choice. Ask your doctor about it today! If you are 17 or older you can get emergency contraception from a pharmacy without a prescription, though it may cost more than if you receive it from a clinic.

To find out if emergency contraception is right for you, call:

The Young Adult Clinic (p. 50): (646) 284-9725
Mt. Sinai Adolescent Health Center (p. 26): (212) 423-3000
MIC Women's Services (p. 148): (866) 642-5589
Helen B. Atkinson Center (p. 76): (212) 426-0088 x 0
Community League Center: (212) 781-7979 x 100
Planned Parenthood: (800) 230-PLAN
Emergency Contraception Hotline: (888) NOT-2-LATE

Additional services are available on the Emergency Contraception services on page 13, or visit **www.not-2-late.com** or **www.ec123.org** to find a provider closest to you. All requests are private and confidential.

Glossary

AIDS: caused by HIV; it is a set of diseases, symptoms, or infections associated with a weakened immune system. AIDS stands for Acquired Immune Deficiency Syndrome.

Acquired - there are specific ways of getting it
Immune - the body system that defends against infections
Deficiency - when the immune system is not working well
Syndrome - a set of symptoms, diseases, or infections that occur together

(see more on HIV/AIDS on p. 173!).

Confidential: you don't need your parents' permission and no one can find out that you went for the services.

Conflict Resolution: solving a problem by giving advice without picking sides.

Emergency Contraception Pills: a safe, effective medication that will reduce the chances of unintended pregnancy, if taken within 5 days or 120 hours of having unprotected vaginal sex.

Gynecological Care: health care for women that includes pelvic exams and pap smears. a gynecological appointment is a good time to ask questions about pregnancy, birth control, and safer sex, along with any other general questions about your health.

pelvic exam: the health care provider checks the area inside and around the vagina to make sure the tissue looks healthy and to check for signs of STDs
pap smear: a test that checks for unhealthy cells on the cervix (opening to the uterus) that could lead to cancer; the health care provider takes samples of cells from the walls of the vagina and cervix with a small wooden spatula and cotton swabs

Glossary

HIV: the virus that causes AIDS; the virus breaks down the body's immune system; HIV stands for Human Immunodeficiency Virus:

Human - can only be transmitted between people
Immunodeficiency - the immune system isn't working well
Virus - uses human blood cells to make more of itself

HIV Counseling and Testing: where you can talk to someone and ask questions about HIV and you can decide if you want to take the HIV antibody test. For a list of organizations that do HIV counseling and testing, please see p. 14.

HIV Antibody Test - the test looks for a person's antibodies to the HIV virus; antibodies are proteins that a person's body makes to fight off infections. The test can be anonymous and/or confidential.

anonymous - you don't have to give your name or any other information when you take the test; instead you are given a number that will match you to the test results.

confidential - you give your name when you take the test, but there are laws that protect you and require your permission to share the test results with others.

Immune System: the body's defense system that fights infections.

LGBTQ: Lesbian, gay, bisexual, transgender, queer, or questioning. For a list of resources for LGBTQ youth, see p. 17.

Medical Care: any kind of healthcare including immunizations, check-ups, physicals for school, sports, and work, X-rays, lab tests, sick visits, bump and bruise visits, or health education

Prenatal Care: medical care for pregnant women.

Glossary

Risk Reduction: a way of making decisions that increases your chances of remaining healthy and reduces your chances of exposure to HIV, STDs, or pregnancy.

STD: sexually transmitted disease; these are diseases that are spread by unprotected sex (anal, oral, and vaginal), or other bodily contact in some cases. STDs are also called STIs: sexually transmitted infections.

TASA (Teen Age Services Act): a program for pregnant teens and teens with children who receive public assistance.

Partnership for Family Health

The Partnership for Family Health (PFFH) is a program of Public Health Solutions. PFFH is a collaboration between Columbia University's Mailman School of Public Health, Harlem Hospital Center, Metropolitan Hospital Center, Mt. Sinai Medical Center, New York Presbyterian Hospital Columbia, and St. Luke's-Roosevelt Hospital Center for Comprehensive Care.

PFFH is dedicated to providing a coordinated system of care for HIV-infected and affected families, women, children, and adolescents in northern Manhattan. Services include, but are not limited to: HIV counseling and testing, comprehensive medical care for HIV-infected and affected families, including gynecology, prenatal care, adolescent and pediatric care, mental health services, case management, referrals, access to research and clinical trials, and community-wide educational events.

Public Health Solutions is a nonprofit organization that develops, implements and advocates dynamic solutions to prevent disease and improve community health. Public Health Solutions conducts comprehensive research providing insight on public health issues, creates and manages community health programs, and provides services to organizations to address public health challenges.

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