



HEALTHY BEGINNINGS

Services for Parents and Babies in the Bronx

2013

THIS BOOKLET CONTAINS:

- Programs for pregnant women and parents of infants.
- Services that may be helpful for you and your family.

Bronx Health Link is a first step for consumers and health and human service providers seeking health resources in the Bronx. Our focus is linking Bronx women and their families to vital health and human services. We do this through:

- the annual dissemination of this booklet
- community education and outreach
- distribution of health promotion information
- community-based research
- policy work
- community review of academic research, and advocacy.



This resource booklet is an initiative of the *Perinatal Information Network (PIN)*, a project of Bronx Health Link. Funding for this publication is made possible by the New York State Department of Health, Bureau of Women's Health.



PREGNANT? RAISING A NEWBORN?

LET THIS GUIDE BE YOUR FIRST STEP TO
GETTING HELP FOR YOU AND YOUR BABY!

CONTENTS*

TERMS USED	2
MEDICAID SERVICES FOR PREGNANT WOMEN	3
COORDINATING PRENATAL CARE COALITION	7
WOMEN, INFANTS AND CHILDREN (WIC) PROGRAM	8
HOME VISITING PROGRAMS	13
OTHER SERVICES FOR PREGNANT AND POSTPARTUM WOMEN AND INFANTS	16
OTHER SERVICES FOR FAMILIES	24

**If you cannot reach any agency or service listed here,
or if you cannot find the service you need, call us at
(790) 590-2648.*

For questions or additional copies of this booklet, contact us at:
Telephone: 718-590-2648
Website: www.bronxhealthlink.org

Terms Used

Doula – a woman who gives physical and emotional support to women and their partners during labor and birth and after birth. She offers information, help and advice on topics like breathing, relaxation, movement, and the best positions for labor. Doulas and midwives often work together.

Midwife – a specially trained healthcare provider who takes care of pregnant women and helps with normal births (without medical problems) in hospitals, birth centers, and the woman's own home. She can provide all the care a woman having a normal pregnancy and delivery needs, but does not perform cesarean sections (C-sections). She can also give care to the woman after birth, perform GYN exams, and provide newborn care, help with family planning, and advice on staying in good health. Care by certified midwives is covered by Medicaid.

Prenatal care - the care you get while you are pregnant. The goal of prenatal care is to watch how a pregnancy is going and to identify any problems before they become serious for either mom or baby. Women who see a health care provider regularly during pregnancy have healthier babies, are less likely to deliver prematurely, and are less likely to have other serious problems due to the pregnancy.

Postpartum care - the care you get during the first few weeks after giving birth. It is an important time to watch the health of both the mother and baby, and to get treatment for any problems. This can be a difficult time in which some women become depressed. Help is available.



Medicaid Services for Pregnant Women

Through Medicaid Services for Pregnant Women, low-income women can get prenatal care, care for the delivery itself, and postpartum care. Their infant can also receive care. The program also teaches women about how to have a healthy pregnancy and how to care for a baby.

Services include:

- First prenatal visit and evaluation
- Follow-up prenatal visits, including midwife care
- Health education
- Asthma and diabetes self-care training
- Mental health counseling (in some clinics)
- Counseling on quitting smoking
- Delivery/childbirth
- Postpartum care – includes one postpartum visit up to two months after birth
- Health care for the baby up to the age of one year
- Family planning
- Referrals to the Women, Infants & Children (WIC) program

Also, first-time mothers and their babies up to two years old can get case management. An expert helps the mother make a plan for any needed medical and social services and education, and follows up to help her get those services. This can include home visits.

Listed below are different places in the Bronx that offer Medicaid Services for Pregnant Women. To find the location nearest you, you can call the Growing Up Healthy 24-hour hotline at (800) 522-5006. English and Spanish are spoken on the hotline. Operators can also get translation services for other languages.

MEDICAID SERVICES FOR PREGNANT WOMEN

For help applying, call the Human Resources Administration (HRA) Medicaid Helpline at (888) 692-6116, open Mon.-Fri., 8am - 5pm (you can leave a message 24 hours/day).

Translation available in 179 languages. websites: www.nyc.gov/healthstat or www.nyc.gov/accessnyc

Bronx-Lebanon Hospital Center

1650 Grand Concourse, 14th floor – Women’s Health Center, Bronx 10457
(718) 518-5290 *Languages: English, Spanish*

Bronx Health Center of the Community Health Care Network

975 Westchester Ave., Bronx 10459
(718) 320-6739 *Languages: English, Spanish*

Jacobi Hospital

1400 Pelham Pkwy. So., Bldg. 8, 3rd fl., Bronx 10461
(718) 918-5523
Languages: English, Spanish, Albanian

Lincoln Medical & Mental Health Center

234 E. 149th St., Bronx 10451
(718) 579-4900
Languages: English, Spanish

Martin Luther King Jr. Health Center

1265 Franklin Ave., Bronx 10456
(718) 503-7700 *(also located at)*
1650 Grand Concourse, Bronx 10457
(718) 518-5085
Languages: English, Spanish



QUESTIONS? VISIT US AT:

www.bronxhealthlink.org

MEDICAID SERVICES FOR PREGNANT WOMEN

Montefiore Comprehensive Health Care Center

305 E. 161st St., Bronx 10451
(718) 579-2500
Languages: English, Spanish

Montefiore Comprehensive Family Care Center

1621 Eastchester Rd., Bronx 10461
(718) 405-8040
Languages: English, Spanish

Montefiore Medical Family Health Care

360 E. 193rd St., Bronx 10458
(718) 933-2400
Languages: English, Spanish, Cambodian, Vietnamese

Montefiore North/Wakefield

600 E. 233rd St., Bronx 10466
(718) 920-9000 *also located at*
Montefiore Medical Center
111 E. 210th St., Bronx 10467
(718) 920-4321
Languages: English, Spanish

Morris Heights Health Center

2042 Grand Ave., Bronx 10453
(718) 483-1260 *also located at*
85 W. Burnside Ave., Bronx 10453
(718) 716-4400 *also located at*
Women’s Health Pavilion
70 W. Burnside Ave., Bronx 10453
(718) 716-4400
Languages: English, Spanish

Morrisania Diagnostic and Treatment Center

1225 Gerard Ave., Bronx 10452
(718) 960-2777
Languages: English, Spanish, Creole, Filipino, French

www.bronxhealthlink.org

North Central Bronx Hospital

3424 Kossuth Ave., Rm. 2H03, Bronx 10467

(718) 920-2273

Languages: English, Spanish

Segundo Ruiz Belvis Diagnostic & Treatment Center

545 E. 142nd St., Bronx 10454

(718) 579- 1737

Languages: English, Spanish

St. Barnabas Hospital

4422 Third Ave., Bronx 10457

(718) 960-9000 ext. 1669

Languages: English, Spanish

Stevenson Family Health Center

731 White Plains Rd., Bronx 10473

(718) 589-8775

Languages: English, Spanish, Hindu, Russian

Tremont Health Center

4215 Third Ave. 2nd Floor, Bronx 10457

(718) 294-5891

Languages: English, Spanish

Union Community Health Center

260 E. 188th St., Bronx 10458

(718) 220-2020 ext. 8778

Languages: English, Spanish

Urban Health Plan

1065 Southern Blvd., Bronx 10459

(718) 589-2440 ext. 4242

Languages: English, Spanish

Coordinating Prenatal Care Coalition (CPCC)

The Coordinating Prenatal Care (CPCC) provides services to low-income pregnant women who are not receiving health services or in some type of crisis.

CPCC does outreach to women who need services. They advocate for clients and escort them to get the services they need. When getting help, clients are given snacks.



Services provided through the CPCC include:

- Prenatal care
- Medical insurance
- Domestic violence support
- Detox, rehabilitation, and harm reduction and other services.

CPCC at Bronx-Lebanon Hospital Center

1650 Selwyn Ave., Suite 5C, Bronx 10457

(718) 960-4515

Mon.-Fri., 9 am – 5 pm

Languages: English, Spanish, and several African languages

Women, Infants and Children Program (WIC)

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC), commonly known as WIC, provides nutrition education and counseling, breastfeeding promotion and support, social and medical referrals, and some healthy foods to low-income, at-risk pregnant women, postpartum and breastfeeding women and children under age five.

The WIC Program:

- offers a food package that now includes vegetables, fruits, whole-grain bread, whole grain tortillas, brown rice, soy beverages, and tofu, as well as the regular low-fat milk, cheese, eggs, cereal, juice, beans, and peanut butter
- provides nutrition counseling by professional nutritionists and Registered Dietitians (RDs)
- provides breastfeeding information and support to women, as well as free breast pumps (including manual, portable, single-breast, and double-breast, and electric), where available, for moms who need them
- makes referrals to medical care for pregnant and breastfeeding women, infants, and children under age five.

WOMEN, INFANTS AND CHILDREN PROGRAM



TO QUALIFY FOR WIC YOU MUST...

1. Be:
 - o A pregnant woman;
 - o An infant or child up to five years old;
 - o A mother of a baby up to six months old; OR
 - o A breastfeeding mother of a baby up to 12 months old.
2. Be a resident of New York State, but you do not need to be a U.S. citizen.
3. Meet the low-income guidelines OR receive benefits from Food Stamps, Medicaid or Temporary Assistance for Needy Families.
4. Be evaluated by a WIC healthcare professional.

To apply for the WIC program, ask your doctor, nurse, or nutritionist to complete a WIC Medical Referral Form and bring it to one of the sites listed below, or contact the WIC Program directly at the phone number below.

To find the location nearest you, call the Growing Up Healthy 24-hour hotline at (800) 522-5006. English and Spanish are spoken on the hotline. Operators can also get translation services for other languages.

Bronx-Lebanon Hospital Center – WIC Program

21 Mount Eden, Bronx 10452

(718) 583-4280

Languages: English, Spanish, Creole

Fordham Plaza – WIC Program

4782 3rd Ave., Bronx 10458

(718) 405-4066

Languages: English, Spanish

Jacobi Hospital – WIC Program

1400 Pelham Pkwy. S., Bldg. #1- 4th Floor NW, Bronx 10461

(718) 918-4000

Languages: English, Spanish, Cambodian, Vietnamese

Lincoln Medical & Mental Health Center – WIC Program

234 E. 149th St. 1st Fl., Bronx 10451

(718) 579-5397

Languages: English, Spanish, French

Montefiore WIC Center

22 Westchester Square, Bronx 10461

(718) 829-4767 or (718) 829-4401

Languages: English, Spanish and

432 E. 161st St., Bronx 10451

(718) 585-4695

Languages: English, Spanish

Morris Heights Health Center – WIC Program

25 E. 183rd St., Bronx 10453

(718) 839-8903 *also located at*

85 West Burnside Ave., Bronx 10453

(718) 716-4400 x2159

Languages: English, Spanish

Morrisania – D&TC – WIC Program

1225 Gerard Ave., Bronx 10452

(718) 960-2805

Languages: English, Spanish, French, Bengali

Morrisania – Family Preservation Center – WIC Program

1125 Grand Concourse (entrance on McClellan Ave.),

Bronx 10452

(718) 588-1887 or (718) 588-1501

Languages: English, Spanish

Morrisania – South Bronx WIC Program

856 Longwood Ave., Bronx 10459

(718) 991-2148 or (718) 861-7795

Languages: English, Spanish

North Central Bronx WIC Office

3424 Kossuth Ave., Bronx 10467

(718) 519-3488

Languages: English, Spanish, Albanian, Cambodian, Vietnamese

Public Health Solutions Neighborhood WIC Program

519 E. Tremont Ave., Bronx 10457

(718) 294-6887

Languages: English, Spanish, French

St. Barnabas WIC Program

4487 Third Ave., 1st Floor, Bronx 10457

(718) 960-6257

Languages: English, Spanish (also located at)

2021 Grand Concourse, 1st Floor, Bronx 10453

(718) 901-9510

Languages: English, Spanish

Segundo Ruiz Belvis DTC – WIC Program

545 E. 142nd St., Bronx 10454

(718) 579-1707

Languages: English, Spanish, Tagalog

Sound Shore WIC Program

3401 White Plains Rd., Bronx 10467

(718) 547-6345

Languages: English, Spanish (also located at)

1600 E. 233rd St., Bronx 10466

(718) 231-5800

Languages: English, Spanish, Albanian

Union Community Health Center - WIC Program

260 E. 188th St., Bronx 10458

(718) 220-2020

Languages: English, Spanish

Urban Health Plan – WIC Program

1070 Southern Blvd., Bronx 10459

(718) 589-4776

Languages: English, Spanish, French, African dialects



Home Visiting Services

THIS SECTION CONTAINS:

- Community Health Worker Program**
- Healthy Families America**
- Home Visiting Programs**

COMMUNITY HEALTH WORKER PROGRAM

The Community Health Worker Program is a home visiting program that serves pregnant women and families with infants up to the age of one year old. Anyone with a low income is eligible, regardless of immigration status. If you do not live in the zip code covered by the agency, program staff can refer you to another agency.

Families receive education on a variety of topics, including prenatal care, domestic violence, family planning and breastfeeding. Community Health Workers also provide referrals and follow-up to other needed services.

Bronx locations of the Community Health Worker Program:

Morris Heights Health Center

2306 Walton Ave., Bronx 10468

(718) 483-1253 or 1250

Zip codes they serve: 10452, 10453, 10456, 10458, and 10468

Languages: English, Spanish

Urban Health Plan

1070 Southern Blvd., Bronx 10459

(718) 542-5555 (contact: Colette Sturgis)

Zip codes they serve: 10459, 10460, 10472, and 10474

Languages: English, Spanish

Healthy Families America

website: www.healthyfamiliesnewyork.org

Healthy Families America provides home visiting services to pregnant women and families with children up to the age of five. Anyone with a low income is eligible, regardless of immigration status. If you do not live in the zip code covered by the agency, program staff can refer you to another agency. Referrals to other services are available.

During home visits, families receive education on various topics about pregnancy care and baby care.

Bronx locations of the Healthy Families program:

Morris Heights Health Center

2306 Walton Ave., Bronx 10468

(718) 483-1255

Zip codes they serve: 10452, 10453, and 10468

Languages: English, Spanish

South Bronx Healthy Families

Bronx-Lebanon Hospital Center

1650 Selwyn Ave., Bronx 10457

(718) 960-2084

Zip codes they serve: 10456, 10457, 10458, and 10459

Languages: English, Spanish, French, Creole, African dialects

Healthy Families Parkchester

1990 Westchester Ave., Bronx 10462

(718) 828-0300, ext. 225

Zip codes they serve: 10460, 10462, and 10472

Languages: English, Spanish

Home Visiting Programs

Bronx Newborn Home Visiting Program – NYC Dept. of Health and Mental Hygiene

(718) 579-2878 Mon.-Fri., 8 am – 5 pm

Provides one free home visit by a public health educator to help families obtain needed services, plus extra help with breastfeeding. Available to first-time mothers in the South Bronx, regardless of age or immigration status. Serves people only in zip codes 10451, 10452, 10453, 10454, 10455, 10456, 10457, 10459, 10460, and 10474.

Languages: Translation available in 179 languages.

Nurse-Family Partnership c/o Visiting Nurse Service

1200 Waters Place, Bronx 10461

(718) 536-3789 Mon.-Fri., 8:30 am - 5 pm

national website: www.nursefamilypartnership.org

Provides free home visits by nurse to a woman during pregnancy and for a child's first two years. Offers education on baby care and parenting. Available to Medicaid-eligible women who are pregnant with their first baby, regardless of age or immigration status.

Women must enroll before 28 weeks of pregnancy.

Languages: Spanish, French, Mandingo, and Bambara.

Visiting Nurse Service of New York

(718) 536-3700 Mon.-Fri., 8:30 am – 4:30 pm

website: www.vnsny.org

Prenatal, postpartum and newborn care, care for children with special needs, general nursing, rehab, and home services (personal care). Services available to anyone, regardless of immigration status, but you must be referred by a medical provider (doctor, nurse practitioner, or physician's assistant).

Languages: Spanish; translation available for other languages.

Services for Pregnant and Postpartum Women & Infants

THIS SECTION CONTAINS:

- Breastfeeding**
- Childbirth & Parenting Education**
- Midwives**
- Sudden Infant Death**

BREASTFEEDING

La Leche League International

Hotline: (800) LALECHE (525-3243)- Mon.-Fri., 10 am – 6 pm

24/7 voicemail: (877) 452-5324

website: www.llli.org

Breastfeeding information and mother-to-mother support.

Language: English

National Breastfeeding Helpline

(800) 994-9662

TDD: (888) 220-5446

Mon.-Fri., 9 am - 6 pm

Offers information, counseling, and referrals about breastfeeding. *Languages: English, Spanish.*

There are many benefits to breastfeeding. Even if you can only do it for a short time, your baby's immune system can benefit from breast milk. Breastfeeding benefits the mother, her baby, and others.



CHILDBIRTH AND PARENTING EDUCATION

Classes can include labor, delivery, postpartum care, infant care, and parenting.

Childbirth Education at Jacobi Hospital

1400 Pelham Parkway, Building # 8, 3rd Floor, Bronx 10461

(718) 918-6391

Mon.,Wed.-Fri., 9am-4:30pm and Tues., 9am-8pm

Childbirth Education at North Central Bronx Hospital

3424 Kossuth Ave., Bronx 10467

(718) 519-3975

Languages: English, Spanish

Childbirth Connection

website: www.childbirthconnection.org

No classes, but information on their website about all aspects of pregnancy, birth, and the postpartum period.

Languages: English; some documents in Spanish.

Choices in Childbirth

441 Lexington Ave., 19th floor, Manhattan 10017

(212) 983-4122 Mon.-Fri., 10 am – 6 pm

website: www.choicesinchildbirth.org

Offers free workshops in Manhattan on healthy birth choices. Publishes New York City Guide to a Healthy Birth, with lists of care providers and childbirth information and resources. Website has much information on pregnant women's rights and options in childbirth. *Language: English.*

Bronx Health Link

851 Grand Concourse, Room 914, Bronx 10451

(718) 590-2648

Mon.-Fri., 9 am – 5 pm

Website: www.bronxhealthlink.org

Offers free workshops on topics such as prenatal care, stages of pregnancy, breastfeeding, Sudden Infant Death Syndrome (SIDS), baby care, and family planning. Provides referrals to social services. *Languages: English, Spanish*

MIDWIVES

See definition of Midwives on p. 2

The following hospitals and clinics in the Bronx have one or more midwives on their staffs to care for pregnant women.

Bronx-Lebanon Hospital – Women’s Health Center

1650 Grand Concourse, Bronx 10457

(718) 518-5085 or (718) 518-5290

Mon., Fri., 9 am – 3:30 pm, Tues., Wed., Thurs., 8 am – 8 pm

Jacobi Medical Center

1400 Pelham Parkway South, Bronx 10461

(718) 918-6380 (labor & delivery)

Mon.-Fri., 9 am – 5 pm

Languages: English, Spanish

Mercy Midwives Women’s Health Center

2847 Webster Ave., Bronx 10458

(718) 220-3076

Tues., Wed., Fri., Sat., 8:30 am – 5 pm

Languages: English, Spanish

Morris Heights Health Center

70 West Burnside Ave., Bronx 10453

(718) 716-4400

Mon.-Thurs., 8:30 am – 8 pm; Fri., 10 am – 8 pm;

Sat., 8 am – 4:30 pm

St. Barnabas Hospital – OB-GYN

4451 Third Ave., Bronx 10457

Information: (718) 960-9415

Appointments: (718) 960-6430

Mon.-Fri., 9 am – 5 pm

American College of Nurse-Midwives

Website: <http://ourmomentoftruth.midwife.org>

Offers detailed information about the services provided by midwives and doulas. Information about topics such as labor pain relief is also available. Provides listings of hospitals, clinics and individuals offering midwifery. *Language: English*

Midwives Alliance of North America

website: www.mana.org

Women can request a list of up to four midwives in their area.

Language: English.

SUDDEN INFANT DEATH

PROTECT YOUR SLEEPING BABY.

Sudden Unexpected Infant Death, or SUID, is when an infant dies suddenly without a clear reason.



Steps you can take to help lower the chance of SUID and SIDS

After looking into the facts, sometimes the doctors learn why the death happened. In many cases, the baby suffocated from sleeping in the adult bed or with soft objects in the bed.

But when a careful investigation does not find any clear cause, the baby is said to have died of Sudden Infant Death Syndrome, or SIDS.

NYC Sudden Infant and Child Death Resource Center – A Program of Public Health Solutions

(212) 447-2328

520 First Ave. and 30th St., Rm. 117, Manhattan 10016

Mon.-Fri., 8 am – 4 pm

www.healthsolutions.org/sids

Helps parents protect their baby from sudden death and gives support to parents who have had pregnancy loss, stillbirth, or the loss of an infant or child. Personal counseling is also available by appointment. Workshops are held on the second Tuesday of each month from 11 am – 12 noon.

Languages: English (Spanish available only in literature)

National SIDS/Infant Death Resource Center

(866) 866-7437 (toll-free)

Bereavement Hotline: (800) 221-7437

Mon.-Fri., 9 am – 5 pm

Provides information on SUID and SIDS and referrals to support services. ***Language: English***

OTHER SERVICES

National Hispanic Prenatal Helpline

(800) 504-7081

Mon.-Fri., 9 am – 6 pm

website: www.hispanichealth.org

For Hispanic women, provides confidential phone information and written materials about pregnancy and referrals for prenatal care. ***Languages: English, Spanish.***

March of Dimes

English website: www.marchofdimes.com

Spanish website: www.nacersano.org

Works to improve the health of pregnant women and all babies. For answers to your maternal/infant health questions, email askus@marchofdimes.com or visit the websites listed.

National Advocates for Pregnant Women

(212) 255-9252

www.advocatesforpregnantwomen.org

NAPW is a legal advocacy office helping drug-using pregnant women who have been arrested or have had their children removed from their home. NAPW cannot offer direct legal help, but may provide referrals or give information about legal assistance. *Language: English.*

Postpartum Resource Center of New York

(855) 631-0001 (English and Spanish)

Mon.-Fri., 9 am – 5 pm

www.postpartumny.org

For women with postpartum depression or anxiety, provides phone support, educational pamphlets, and referrals to counseling and mental health services and support groups, as well as training for community members and health care providers. *Languages: English, Spanish.*

Postpartum Support International

NYC Coordinator: (212) 289-7335 or (917) 207-0254

(English only) 7 days/ 8 am – 8 pm

Statewide toll-free helpline

(English and Spanish): (855) 631-0001

(toll free) (800) 944-4773

Mon.-Fri., 9 am – 5 pm

www.postpartum.net (includes “En Español” section)

Provides support, information, and referrals to women with prenatal and postpartum depression or anxiety. Website offers information, online support group, and pen-pal network for women in jail or prison.

Languages: English, Spanish

(at separate phone numbers listed above)



Services for Families

There are many other services available for parents and children in the Bronx that are not limited to pregnant women, postpartum women, or parents of infants. **The remaining pages of this booklet list the following services:**

Advocacy for Children and Families

Child Care

Children with Special Needs

Counseling and Therapy

Domestic Violence

Education

Farmers Markets

Fatherhood Programs

Food

Health Care – Insurance, Medicaid, and Free or Affordable Services

HIV/AIDS

Housing

Immigrant Services

Immunization

Legal Aid

Lesbian/Gay/Bisexual/Transgender/Questioning Services

Parenting Help

Recreation Centers and Pools

Sexual and Reproductive Health

Yoga and Healing Exercise Classes

Other Services

SERVICES FOR FAMILIES

ADVOCACY FOR CHILDREN AND FAMILIES

(Note: Many other agencies in this booklet – including Bronx Health Link – also do advocacy for children and families along with other services. The agencies listed here do advocacy as their main work.)

Children’s Defense Fund/New York

(212) 697-2323 Mon.-Fri., 9 am – 5 pm

website: www.cdfny.org website: www.nylpi.org

Advocates to: lift children out of poverty; protect them from abuse and neglect; and win their access to health care and quality education. *Languages: English, Spanish*

Citizens’ Committee for Children of NYC

(212) 673-1800 Mon-Fri., 9 am – 5 pm

website: www.cccnewyork.org website: www.nylpi.org

Uses data and research to engage New Yorkers in taking action to ensure that every child is healthy, housed, educated and safe. Particularly concerned about the 1 in 3 who live in poverty. *Languages: English, Spanish.*

New York Lawyers for the Public Interest

151 W. 30th St., 11th floor, Manhattan 10001

(212) 244-4664, TTY (212)-244-3962

Mon.-Fri., 9 am – 6 pm

Educates and advocates for protection of people’s rights in areas like translation and interpreters for services, affordable health care, environmental justice, quality education for children with disabilities, and rights of the disabled. *Languages: many.*

CHILD CARE**Center for Children’s Initiative**

(212) 929-4999 Mon.-Fri., 9 am – 5 pm

website: www.childcareinc.org

Gives help finding the right type of child care for your family’s needs. Free referral service to licensed day care providers in New York City. *Languages: English, Spanish, Mandarin, Albanian*

New York City Child Care Services

311 – NYC Government Information Line

List of child care centers by zip code.

*Translation available in 179 languages.***CHILDREN WITH SPECIAL NEEDS****Center for Independence of the Disabled,
New York**

841 Broadway, Room 301, Manhattan 10003

(212) 674-2300 Mon.-Fri., 9:30 am -5:30 pm

website: www.cidny.org

Provides help with getting insurance and public benefits, and housing searches. Offers programs on advocacy. Holds social events. *Languages: English, Spanish, Cantonese, Bengali, Hindi, Tagalog, Urdu Mandarin, Toysanese, and American Sign Language.*

Early Childhood Direction Center

2488 Grand Concourse, Bronx 10458

(718) 584-0658 Mon.-Fri., 9 am – 5 pm

Provides information about programs and services for young children from birth through 5 years old who have physical, mental, or emotional disabilities. Helps families in the Bronx to get services for their children. *Languages: English, Spanish.*

**Rose F. Kennedy Children’s Evaluation and
Rehabilitation Center (CERC), Albert Einstein
College of Medicine**Van Etten Building (Building 5), Jacobi Medical Center
1225 Morris Park Ave. (near Seminole Ave.), Bronx 10461

(718) 430-8500 Mon.-Fri., 8:30 am - 5 pm

website: www.einstein.yu.edu/cerc

Offers many kinds of diagnosis, medical care, and counseling for infants, children, and teenagers with all types of disabilities (physical, hearing, speaking, and learning). Children do not need to be referred by doctors; parents can call for an appointment. *Languages: English, Spanish (French, Creole, Polish and Mandarin at certain times)*

COUNSELING AND THERAPY**Fordham-Tremont Mental Health Center**

2021 Grand Concourse, 7th floor, Bronx 10453

(718) 960-0300 Mon.-Fri., 9 am – 5 pm

website: www.fordhamtremont.org

Mental health services for adults and children, including psychiatry and group counseling. *Languages: English, Spanish.*

FRIENDS Community Mental Health Service (Visiting Nurse Service of New York)

489-493 East 153rd Street, Bronx 10455
(718) 742-7000 Mon.-Fri. 9 am – 5 pm

website: www.vnsny.org

Works with youth ages 5-21 and their families to assess and treat serious emotional problems. Includes crisis intervention, psychiatric evaluation, skills teaching, educational support, family support, referrals to family services.

Languages: English, Spanish.

Highbridge Community Life Center

979 Ogden Avenue, Bronx, NY 10452
(718) 681-2222 Mon.-Fri., 9 am – 5 pm

website: www.highbridgelife.org

Counseling for adults, adolescents and children experiencing anxiety, confusion, deep sadness, family conflict, hopelessness, poor self-esteem, and difficult relationships. Offers Certified Nursing Assistant training. **Language: English.**

Jewish Board of Family and Children's Services

Pelham Office

750 Astor Avenue, Bronx 10467
(718) 882-5000 Mon.-Thurs., 9 am – 8 pm; Fri., 9 am – 5 pm

website: www.jbfcs.org

Provides help for adults and children, including evaluation, crisis intervention, individual, couple, family and group therapy and loss, and bereavement services.

Languages: English, Spanish.

Lifenet Mental Health Association of NYC

(800) LIFE-NET (800-543-3638)
(877) AYUDESE (877-298-3373) – in Spanish
(877) 990-8585 – in Cantonese and Mandarin
24 hrs./7 days

website: www.800lifenet.org

Provides referrals for counseling and substance abuse, suicide intervention. Staffed by trained mental health professionals.

Languages: besides special numbers (listed above) for Spanish, Cantonese, and Mandarin, can get translators in any language.

Lincoln Hospital Child Psychiatry

234 East 149th Street, 4th Floor, Room 4A, Bronx 10451
(718) 579-5156 Mon.-Fri., 8:30 am – 5 pm

Psychiatry, counseling and groups for youth ages 5 to 17.

Languages: English, Spanish.

Saint Dominic's Home: The Astaan Program

2341 University Avenue, Bronx 10468
(718) 584-4407 Mon.-Fri., 9 am - 5 pm

website: www.stdominicshome.org

Provides help for families having trouble with parenting and at risk for children to be removed from the home.

Languages: English, Spanish.

DOMESTIC VIOLENCE

(See also *Legal Aid listings on pages 45-46*)

For emergencies: call 911

New York City Domestic Violence Hotline

(800) 621-HOPE (4673)

24 hrs./7 days

Provides counseling, shelter, legal aid, and referrals to many services. Has specific shelters for pregnant women and women with children.

Translation available in 179 languages.

New York State Coalition Against Domestic Violence

(800) 942-6906 – English

(800) 942-6908 – Spanish

(800) 818-0656 – English TDD/TTY

(800) 780-7660 – Spanish TDD/TTY

All above hotlines 24 hrs./7 days

Provides referrals to domestic violence and sexual abuse programs.

Languages: English, Spanish

New York City Rape Hotline / New York Police Department

(212) 267-7273

24 hrs./7 days

Provides referrals to counseling, services, and shelters.

Languages: English, Spanish

New York City Family Justice Center

(Mayor's Office to Combat Domestic Violence)

198 E. 161st Street, 2nd Floor, Bronx 10451

(718) 508-1222

Open for walk-ins: Mon.-Fri., 9 am - 5 pm

Walk-in center for victims of domestic violence and their children and victims of senior citizen abuse. Together with the District Attorney's office and other government and community agencies, provides case management, counseling, legal information, assistance with police matters, and assistance with probation matters.

Translation available in 179 languages.

Safe Horizon

(800) 621-4693

24 hrs./7 days

website: www.safehorizon.org

Provides counseling, group therapy, housing and case management for victims of domestic violence, sexual abuse, and victims of crime. *Languages: English, Spanish.*

Sanctuary for Families

(718) 993-5990 or (212) 349-6009

Mon.-Fri., 9 am – 5 pm; some evening appointments may be available.

NYC Family Justice Center, 198 E. 161st St., 2nd Floor, Bronx

For domestic violence survivors, provides adult/children's counseling, legal services, crisis/transitional shelter, and referrals.

Languages: English, Spanish, French, Japanese, and other languages.

Bronx Police Stations

Pct #	Address	DVPO Phone #	Main #
40	257 Alexander Ave., 10454	(718) 402-1591	(718) 402-2270
41	1035 Longwood Ave., 10459	(718) 542-5255	(718) 542-4711
42	830 Washington Ave., 10452	(718) 402-5301	(718) 402-3887
43	900 Fteley Ave., 10472	(718) 542-2422	(718) 542-0888
44	2 E. 169th St., 10452	(718) 590-5500/1	(718) 590-5511
45	2877 Barclay Ave., 10465	(718) 822-5294	(718) 822-5411
46	2120 Ryer Ave., 10457	(718) 220-5254	(718) 220-5211
47	4111 Laconia Ave., 10466	(718) 920-1205	(718) 920-1211
48	450 Cross Bronx Expwy, 10457	(718) 299-4755	(718) 299-3900
49	2121 Eastchester Road, 10461	(718) 918-2030	(718) 918-2000
50	3450 Kingsbridge Ave., 10463	(718) 543-6072	(718) 543-5700
52	3016 Webster Ave., 10467	(718) 220-5857	(718) 220-5811

Housing Police

PSA7 (Police Service Area 7 - Precincts 40 & 42),
737 Melrose Ave., 10451 (718) 292-3909

PSA8 (Police Service Area 8 - Precincts 43, 45, & 47),
2794 Randall Ave., 10465 (718) 409-1794

EDUCATION

New York City Head Start

311 – NYC Government Information Line

List of Head Start programs by zip code.
Translation available in 179 languages.

New York City Department of Education

311 – NYC Government Information Line

website: www.schools.nyc.gov

List of schools by zip code.

Translation available in 179

Advocates for Children – Education Helpline

(866) 427-6033 Mon.-Thurs., 10 am – 4 pm

website: www.advocatesforchildren.org

Provides independent (non-governmental) information on how to register your child, find a tutor, apply for a gifted program, volunteer in your child’s class, and more.

Languages: English, Spanish.

FARMERS MARKETS

Farmers Markets sell locally grown fresh fruit and vegetables, generally from July to November. The markets are open to everyone. People

who are in the WIC Program can get checks that can be used for shopping at those markets. In addition, some locations accept EBT cards for payment from people on SNAP (food stamps).



For information on locations, schedules, and more about WIC and SNAP benefits, you can call the New York State Department of Agriculture and Markets at (800) 554-4501 or go to www.snaptomarket.com.

FATHERHOOD PROGRAMS**Bronx Fatherhood Program**

c/o Visiting Nurse Service of New York
389-391 E. 153rd St., Bronx, NY 10455
(718) 742-7100 Mon.-Fri., 9 am-5 pm

Website: www.vnsny.org

Provides workshops on parenting skills, child development, anger management, legal counseling, and job readiness.

Language: English.

Claremont Neighborhood Center

489 East 169th St., Bronx, NY 10456
(718) 588-1000, ext. 116 (Charles Greene)
Mon.-Fri., 9 am-5 pm

website: www.claremontneighborhoodcenter.org

Provides fathers 24 years and older with group and individual/family counseling, mediation/conflict resolution/training, parenting skills, educational workshops, family budget and consumer education, visitation arrangements, and mentoring. Also offers 8-week summer camp for children (ages 5-12) of fatherhood program participants. *Language: English.*

Fathers4Progress

c/o Fatherhood Training Center
281 East Burnside Ave., Bronx, NY 10457
(718) 299-6500 x208
Mon., 9 am-8 pm; Tues.-Fri., 8:30 am-4 pm

Offers one-on-one counseling, male peer group, family support, re-entry for formerly incarcerated men, referrals, resume building, job preparation skills, ESL classes, computer literacy training. *Language: English.*

FOOD**Supplemental Nutrition Assistance Program (Food Stamps)****311 – NYC Government Information Line**

Provides list of Supplemental Nutrition Assistance Programs (SNAP) by zip code.

Translation available in 179 languages.

Food Pantries**311 – NYC Government Information Line**

24 hrs./7 days

Meal services and packed groceries. Callers will be asked about their zip code, who services are for, what services are needed, then will be given phone numbers and addresses of three pantries in their zip code (more available upon request).

Translation available in 179 languages.

For Halal food pantries, see Muslim Women's Institute for Research and Development on page 43.

HEALTH CARE – INSURANCE, MEDICAID, AND FREE OR AFFORDABLE SERVICES**Office of Citywide Health Insurance Access****311 – NYC Government Information Line**

24 hrs./7 days

website: www.nyc.gov/healthstat or www.nyc.gov/accessnyc

City office providing information on qualifying and applying for Child Health Plus, Family Health Plus, and Medicaid.

Languages: English, Spanish, Russian, Chinese, Haitian Creole.

Human Resources Administration (HRA) Medicaid Helpline

(888) 692-6116

Voicemail: 24 hrs./7 days; staffed Mon.-Fri. 9 am - 5 pm

website: www.nyc.gov/healthstat or www.nyc.gov/accessnyc

City office providing help with phone applications for Medicaid, status checks, and referrals to those not qualifying.

Translation available in 179 languages.

New York State Family Health Plus & Child Health Plus

(877) 934-7587 Mon.-Fri. 8 am - 8 pm; Sat. 9 am – 1 pm

website: www.health.state.ny.us/health_care

State office providing information on qualifying and applying for Family Health Plus, Child Health Plus, and New York State Medicaid.

Languages: English, Spanish.

Community Health Advocates

(212) 614-5400

Mon.-Fri., 9 am – 4 pm (at other times, leave a message)

website: www.communityhealthadvocates.org

Non-government agency operating through neighborhood organizations. Helps people obtain health insurance; educates people about how to use their managed care health plans; informs consumers of their rights in managed care plans; and provides tools for resolving problems with health plans.

Languages: Spanish, English, Cantonese, Korean, Russian, Polish, and Chinese.

Bronx office:

Bronx Health Link

851 Grand Concourse, Room 914, Bronx 10451

(718) 590-2648 Mon.-Fri., 9am – 5pm

website: www.bronxhealthlink.org

Will come to your organization (in the Bronx only) to give free presentations (in English or Spanish) about people's rights and options for health coverage. Included will be information about getting government and private insurance.

Languages: English, Spanish.

Commission on the Public's Health System

(212) 246-0803 Mon.-Fri., 10 am – 6 pm

website: www.cphsnyc.org

Offers advocacy and fact sheets (in English and Spanish) on rights of uninsured to medical care in hospitals, ambulances, and clinics, and rights to medical information in your language.

Language: English.

Health and Hospital Corporation (HHC) Options

311 (24 hours a day)

HHC is the city's system of government-run hospitals and clinics. HHC Options offers affordable healthcare to low and moderate-income people. Fee is based on family size and income. Anyone who meets the income requirements is eligible, regardless of immigration status. Locations all around the city.

Translation available in 179 languages.

HIV/AIDS**Bronx AIDS Services**

540 E. Fordham Rd., Bronx 10458
(718) 295-5605 Mon.-Fri., 9 am – 5 pm

website: www.basnyc.org

Provides case management, legal referrals, and food pantry.

Languages: English, Spanish.

Gay Men's Health Crisis (GMHC)

446 West 33rd St., Manhattan 10001
Hotline: (212) 807-6655 Mon. & Fri., 2 pm – 6 pm; Wed., 10 am – 2 pm
Client intake (walk-in): (212) 367-1500
Mon., 11 am - 3:30 pm; Tues, 10 am – 1 pm; Wed., 4 pm - 5:30 pm; Thurs.,
10 am - 12pm **website:** www.gmhc.org

Legal counseling, case management, healthcare, housing,
financial advocacy, mental health and substance abuse services,
support groups, nutrition services, vocational counseling, job
training, and complementary therapies.

Languages: English, Spanish, French

HIV Law Project

15 Maiden Lane, 18th floor, Manhattan 10038
(212) 577-3001 Mon.-Fri., 9:30 am – 5:30 pm

website: www.hivlawproject.org

Provides free legal services to people with HIV and AIDS in
areas of immigration, housing, benefits, family and credit law.

Languages: English, Spanish, French

Housing Works

(347) 473-7400 Mon.-Fri., 9 am – 5 pm

website: www.housingworks.org

Provides housing, medical services, nutritional help, mental health
services, syringe exchange, and support groups to low-income and
homeless people with HIV and AIDS.

Languages: English, Spanish, French.

Iris House

2348 Adam C. Powell Jr. Blvd., Harlem 10030
(646) 548-0100 Mon.-Fri., 9 am – 5 pm

website: www.irishouse.org

Provides services for women, men and their families who are
infected and affected by HIV or AIDS. Offers free, rapid HIV/
AIDS testing, housing, case management, harm reduction,
exercise programs, support groups, referrals, and other services.

Languages: English, Spanish, Creole, French.

Latino Commission on AIDS

24 W. 25th St., 9th floor, Manhattan 10010
(212) 675-3288 Mon.-Fri., 9 am – 6 pm

website: www.latinoaids.org

Offers HIV testing and counseling, training on HIV/AIDS
treatments, and information on getting medical services and treatments.

Languages: English, Spanish.

New York State AIDS Hotline

(800) 541-2437

Mon. – Fri., 8 am – 8 pm

website: www.nyaidline.org

Gives referrals for HIV testing and other HIV/AIDS services.
Recorded messages available 24 hours per day on HIV
prevention, diagnosis, treatment of HIV/AIDS and general
information on STDs. *Language: English*

New York State HIV Counseling Hotline

English: (800) 872-2777 Spanish: (800) 233-7432

Mon.-Fri., 2 pm – 8 pm; Sat.-Sun., 10 am – 6 pm

Counselors can answer questions about HIV/AIDS/STDs and
provide referrals to services.

HOUSING

(See also *Legal Aid listings on pages 45-46*)

New York City Housing Information:
311 – NYC Government Information Line
24 hrs./7 days

Can provide referrals to city agencies offering public housing and housing assistance. *Translation available in 179 languages.*

Coalition for the Homeless

129 Fulton Street, Manhattan 10038

(212) 776-2000 Mon.-Fri., 9 am – 5 pm

(walk-in appointments are first-come, first-serve; best to arrive before 9 am)

website: www.coalitionforthehomeless.org

Gives help and referrals for problems with shelters, benefits, applying for housing, clothes, food, legal aid, job training, substance abuse, medical and mental health services, domestic violence, child programs, and immigration issues. Fights for policies to end homelessness.

Languages: English, Spanish.

IMMIGRANT SERVICES**African Services Committee**

429 W. 127th St., 2d floor, Harlem 10027

(212) 222-3882 Mon.-Fri., 9 am – 5 pm

website: www.africanservices.org

Provides medical, legal, and social services to African immigrants and refugees, including: health screening and tests, hospital escorts, medical interpreters, help getting medical services, HIV/AIDS support, food pantry, immigration assistance, legal aid, English classes, and other services.

Languages: English, Spanish, French, and various African dialects.

BronxWorks– Immigration Services Program

2070 Grand Concourse, Suite 1, Bronx 10457

(718) 731-3114 x 311

Social Services: Mon.-Fri., 9 am – 5 pm

Immigration Services: Wed., 11 am – 7 pm

website: www.bronxworks.org

Services provided: Help with paperwork related to immigration and citizenship.

Languages: English, Spanish.

Muslim Women’s Institute for Research and Development

(718) 960-2262 or (917) 529-5242

1363 Ogden Ave., Bronx 10452

Mon.-Fri., 9 am – 5 pm **website: www.mwird.org**

Runs two Halal food pantries (in Parkchester and Highbridge). Provides help with getting health coverage and other benefits, English classes, immigrant youth service learning program, health workshops, HIV/AIDS education, and referrals for housing, immigration help, domestic violence, and medical care.

Languages: English, Spanish

New York Immigration Coalition

(212) 627-2227 Mon.-Fri., 9 am – 5 pm

website: www.thenyic.org

Offers copies of “The Immigrant and Refugee Guide to Affordable Health Care” and “Know Your Rights to Language Assistance Fact Sheets” (available in Chinese, Korean, Haitian-Creole, Spanish, Russian, Urdu, Bengali, French, Serbo-Croatian).

Languages spoken: English, Spanish.

New York State Immigration Hotline

(800) 566-7636 Mon.-Fri., 9 am – 8 pm

General immigration information and referrals.

Languages: English, Albanian, Arabic, Chinese, French, German, Haitian Creole, Hindi, Italian, Korean, Macedonian, Polish, Punjabi, Russian, Serbo-Croatian, Spanish, Turkish,

St. Rita's Center for Immigrant and Refugee Services

2342 Andrews Ave., Bronx 10468

(718) 365-4390 Mon.-Fri., 9 am – 4:30 pm

Offers ESL (with child care for ESL students), translation and interpretation services, social services including family counseling, citizenship preparation, domestic violence intervention.

Languages: English, Spanish, Cambodian, Vietnamese, Albanian.

Sauti Yetu Center for African Women

(718) 665-2486 Mon.-Fri., 9 am – 5 pm

website: www.sautiyetu.org

Provides information, referrals and advocacy on concerns of African immigrant women, including legal issues, family violence, immigration, and health.

Languages: English, French, Wollof, Mandigo, Fulanti, Manjago, Swahili, plus 16 other West African languages.

IMMUNIZATION**Citywide Immunization Registry**

(347) 369-2400

Mon.-Fri., 9 am – 5 pm

Refers people to the nearest location to receive vaccinations and information on their immunization records. Vaccinations are free to children four years and older as well as all adults. Also gives information about vaccines, including which ones are required. Anyone is eligible regardless of immigration status.

Translation available in 179 languages.

Centers for Disease Control and Prevention (CDC) Info

(800) 232-4636 TTY/TDD: (888) 232-6348

Mon.-Fri., 8 am – 8 pm

Government agency providing information on recommended vaccines, side effects, and safety concerns.

Languages: English, Spanish.

National Vaccine Information Center

(888) 277-8593 (toll-free) Mon.-Fri., 9 am – 5 pm

website: www.nvic.org

National consumer organization that advocates for informed consent and stronger vaccine safety measures.

New Yorkers for Vaccination Information and Choice

email: nyvicteam@nyvic.org

website: www.nyvic.org

Provides information and support to people seeking to make informed choices on children's vaccines.

Language: English.

LEGAL AID**Bronx Defenders**

860 Courtlandt Ave., Bronx 10451

(718) 838-7878 Mon.-Fri., 9 am – 1 pm, 2 pm – 5 pm

website: www.bronxdefenders.org

Provides general legal information on: Civil matters (immigration, housing, police misconduct, employment, public benefits); Family court (abuse/neglect cases, custody, support, divorce); Criminal matters (open warrants, desk appearance tickets, criminal records).

Languages: *English and Spanish.*

Bronx Legal Services

579 Courtland Ave. (at 150th St.), Bronx 10451

(718) 928-3700

Mon.-Fri., 9 am – 5 pm

website: www.bronx.legalservicesnyc.org

For eligible low-income people, provides legal aid on health, foreclosure, housing, immigration, public assistance, family, elderly, disability, education, benefits, and tax issues.

Translation available in 179 languages.

Family Center – Legal Services

(212) 766-4522 x150

Mon. – Fri., 9:30 am -5:30 pm

website: www.thefamilycenter.org

(go to “What We Do” and click on “Legal Services”)

Legal advice by phone for people, families, and caregivers in New York City affected by cancer and HIV. Legal services for people with all types of chronic and/or severe illnesses.

Languages: *English, Spanish.*

InMotion

Bronx location:

Bronx Family Justice Center

198 East 161st Street, 2nd Floor, Bronx, NY 10451

(212) 695-3800 Thurs. (for phone appointments), 10 am – 2 pm

website: www.inmotiononline.org

Legal assistance to low-income women in family law matters and immigration services for undocumented immigrants.

Languages: *English, Spanish.*

Law Help

www.lawhelp.org/ny

Sponsored by 10 legal service organizations. Lists places offering free legal aid, information about your legal rights, court information, and more. **Languages:** *36 languages spoken.* Those without computer access can call City Bar Justice Center below.

City Bar Justice Center - Legal Hotline

(212) 626-7383

Mon.–Fri. - 9 am – 1 pm & 2 pm – 5 pm

Provides low-income people with phone advice on family law, landlord-tenant, and consumer law problems. Can also give information about legal aid agencies from “Law Help” website (see above). **Languages:** *English, Spanish*

Legal Aid Society

260 E. 161st Street, 8th floor, Bronx, NY 10451

(718) 991-4600 Mon.-Fri., 9 am – 5 pm

website: www.legal-aid.org

Legal representation in the areas of housing, public benefits, family law, and domestic violence. **Languages:** *English, Spanish, other languages with notice for interpreter.*

LESBIAN/GAY/BISEXUAL/ TRANSGENDER/QUESTIONING SERVICES

(See also *Anti-Violence Project* on page 33)

Callen-Lorde Community Health Center

356 W. 18th St., Manhattan 10011

(212) 271-7200 Mon, Wed, Thurs., 8:15 am - 8:15 pm

Tues., 8:15 am - 11:30 am, 1 pm - 8:15 pm

Fri., 8:15 am - 4:45 pm

Sat., 8:30 am - 3:00 pm (appointments only, except sexual health clinic is first-come, first-served)

website: www.callen-lorde.org

Primary health care center dedicated to meeting needs of the LGBT communities and people living with HIV/AIDS, regardless of ability to pay. **Languages: English, Spanish, Italian, Russian, Hebrew, German, Swahili, Mandarin, Bengali, Hindi, Vietnamese, ASL, Sign Language.**

New York Association for Gender Rights Advocacy (NYAGRA)

24 W. 25th St., 9th floor, Manhattan 10010

(212) 675-3288, ext. 338

Mon.-Fri., 9 am - 5 pm

Advocates for freedom of gender identity and expression for all. Website includes directory of transgender-friendly health care providers in the NYC metro area.

Languages: English, French.

Transgender Legal Defense and Education Fund

151 West 19th Street, Suite 1103, Manhattan 10011

(646) 862-9396 Mon.-Fri., 9:30 am – 6 pm

website: www.transgenderlegal.org

Can help transgender people fight against discrimination. Helps with getting a name changed. Advocates for laws and court decisions to protect transgender rights.

Language: English

PARENTING HELP

Every Person Influences Children (EPIC)

(212) 870-2910 Mon.-Fri., 9 am - 4:30 pm

website: www.epicforchildren.org

Works with parents, teachers and community members through parent involvement, trainings and workshops to help parents raise responsible and academically successful children.

Languages: English, Spanish

Prevention Information Resource Center / Parent Helpline

(800) CHILDREN (244-5373)

7 days, 9 am - 10 pm; other hours, leave a message with live operator



Provides information and referrals for all family issues, including parenting skills and prevention of child abuse and neglect. **Languages: English, Spanish, and others available by request.**

RECREATION CENTERS AND POOLS

For a list of all NYC recreation centers, go to the website of the New York City Department of Parks and Recreation:
www.nycgovparks.org/facilities/recreationcenters

Crotona Park Community Center

1700 Fulton Avenue (at 173rd St.), Bronx 10457
(718) 822-4440

Oct. 1-June 1 - Mon.-Thurs., 2-10 pm; Fri., 2-8 pm

Gym, basketball court. Nearby is Crotona Park with outdoor pool, playgrounds, and nature center.

Haffen Park Field House

Ely & Hammersly Avenues, Bronx 10469
(718) 379-8347

Mon.-Fri., 7am– 4 pm

Afterschool program.

Hunts Point Recreation Center

765 Manida Street, Bronx 10474
(718) 860-5544

Mon.-Fri., 9 am – 9:30 PM; Sat., 9 am – 4:30 pm

Fitness room, cardio room, track, gym, basketball court, computer room, performance space.

Kingsbridge Heights Community Center

3101 Kingsbridge Terrace
(at Perot St. & Sedgwick Ave.), Bronx 10458
(718) 884-0700

Mon.-Fri., 8 am – 9 pm; Sat.-Sun., 8 am – 2 pm

Afterschool program, Headstart program.

Mullaly Community Center

40 East 164th St., Bronx 10452
(718) 590-5743 or (718) 537-6782

Mon.-Fri., 9 am – 8 pm; Sat., 9 am – 5 pm

Gym, game room, skate park, computer center, library, performance space.

Owen Dolen Recreation Center

2551 Westchester Ave. (at E. Tremont Avenue), Bronx 10461
(718) 829-0156 or (718) 822-4202

Mon.-Fri., 9 am – 9 pm; Sat., 9 am – 4 pm

Fitness room, billiard room, afterschool room, computer center.

St. James Recreation Center

2530 Jerome Ave. (at 192nd St.), Bronx 10468
(718) 367-3657 or (718) 367-3658

Mon.-Fri., 9 am – 9 pm; Sat., 9 am – 4pm

Fitness room, cardio room, computer center, arts & crafts room, media lab.

St. Mary's Recreation Center

450 St. Ann's Ave. (at 145th St.), Bronx NY 10455
(718) 402-5155

Mon.-Fri., 8 am – 9 pm; Sat., 8 am – 5 pm; Sun., 8 am – 4 pm

Indoor pool, fitness room, gym, dance room, computer center.

West Bronx Recreation Center

1527 Jessup Ave.
(at 172d St./Cross-Bronx Expressway), Bronx 10452
(718) 293-5934

Mon.-Fri., 8 am – 8pm.; Sat., 8 am – 4 pm

Gym.

SEXUAL AND REPRODUCTIVE HEALTH**Planned Parenthood of New York City**

349 East 149th Street, Bronx 10451

(212) 965-7000 or (800) 230-PLAN (7526)

Tues., Wed., Thurs. & Fri., 8 am – 4:30 pm (some Weds. closed afternoons); Sat., 8 am – 4 pm

website: www.plannedparenthood.org/nyc (includes Spanish pages)

Morrisania STI and HIV Counseling and Testing Clinic

1309 Fulton Avenue (E. 169th St., off 3rd Ave.),

2nd Floor, Bronx 10456

(718) 579-7742 or 8165

Mon.-Fri., 8:30 am – 3:00 pm, Sat., 8:30 am – 12:00 pm

Provides pregnancy counseling, testing, contraception (including “morning after” pill), abortions using surgery or prescription drugs, Pap smears, colposcopy, counseling and testing for sexually transmitted infections (STIs), including HIV. Also provides sexual and reproductive health care for men. Helps people get public health insurance.

Languages: English, Spanish, and others available by request.

Community Health Advocates

(212) 614-5400

Mon.-Fri., 9 am – 4 pm (at other times, leave a message)

website: www.communityhealthadvocates.org

Provides services for patients with symptoms of sexually transmitted infections or at risk of exposure. Offers Emergency Contraception, HIV counseling and rapid testing. You must have a referral from a doctor to get services.

Languages: English, Spanish, and others available by request.

YOGA AND HEALING EXERCISE CLASSES**Bronx:****Bikram Yoga Bronx**

5500 Broadway, 2nd fl. (entrance on 230th St.), Bronx, NY 10463
(718) 562-3656

website: www.bikramyogabronx.com

Class dates & times on website (all classes are for beginners).

Dahn Yoga

1805 Williamsbridge Rd., 2nd fl., Bronx, NY 10461

(718) 892-1100

website: www.dahnyoga.com/Bronx

Class dates & times on website. Call for registration.

Excel Yoga

3045 Buhre Ave., Bronx, NY 10461

(347) 281-9700

website: www.myexcelyoga.com

Class dates & times on website. Call for registration.

Society for Ethical Culture - Yoga for Bliss

4450 Fieldston Rd., Bronx, NY 10471

(718) 432-8575

website: www.yogaforbliss.net

Class dates & times on website. Call for registration.

South Bronx Yoga

810 Gerard Ave. (bet. 157th & 158th Sts.), Bronx, NY 10451
(347) 541-9765

website: www.SouthBronxYoga.com

Class dates & times on website.

WSPT (Westchester Square Physical Therapy) -

Yoga Classes

Hutchinson Metro Center, 1250 Waters Place, Suite 501, Bronx,
NY 10461

(347) 547-7202

Class dates, times & registration on website.

Upper Manhattan:**Mind Body Soul Yoga & Healing Center**

Healing Center:

238 Fort Washington Ave. @ W. 170th St., New York, NY 10032

Yoga Center:

350 Fort Washington Ave. @ W. 175th St., New York, NY 10032

(718) 289-3182

website: www.mindbodysoulyoga.com

Riverside Church - Qigong Class

91 Claremont Ave. (bet. 120th & 122nd Sts.)

Tuesday evenings, 6:30-8:30 pm (walk-ins accepted)

website: <http://qigongonline.net>

OTHER SERVICES**New York City Government Information**

311

TTY: (212) 504-4115 24 hrs. / 7 days

Provides non-emergency phone numbers and information

on city government programs.

Translation available in 179 languages.

**National Hispanic Family Health Helpline
(Su Familia)**

(866) 783-2645 Mon.-Fri., 9 am – 6 pm

website: www.hispanichealth.org

For Hispanic families, provides confidential health information on many health topics and referrals to health care providers.

Languages: English, Spanish.

Child Vehicle Safety Hotline

(888) 327-4236 Mon-Fri. 8 am – 8 pm

websites: www.safercar.gov and www.nhtsa.gov

U.S. government agency that provides information on child safety for cars. Offers referrals to safety stations to check child booster seats. *Languages: English, Spanish.*

Child Welfare Organizing Project

156 W. 164th St. (corner Ogden Ave.), Highbridge, Bronx 10452

(718) 293-4352 Mon.-Fri., 9 am – 5 pm

website: www.cwop.org

Organization of parents involved with the child welfare system. Provides advocacy and support groups for parents concerning ACS (Administration for Children's Services), referrals for legal services, domestic violence counseling, and other resources.

Languages: English, Spanish.

The Family Center

315 W. 36th St., 4th floor, Manhattan 10018

(800) 219-4522 (toll-free) or (212) 766-4522

Mon.-Fri., 10 am – 6 pm; some services available Saturdays

website: www.thefamilycenter.org

(CONT'D ON NEXT PAGE)

The Family Center (cont'd)

Provides services to families affected by illness, crisis or loss: counseling; services to prevent ACS (Administration for Children’s Services) action; planning for children’s future; legal services; HIV medical case management; support groups; and other services.

Languages: English, Spanish, French, Haitian Creole

Mercy Center

377 East 145th St., Bronx 10454

(718) 993-2789

Mon., 8 am – 6:30 pm; Tues.-Thurs., 8 am – 8 pm; Fri.,

8 am – 6 pm; Sat., 9 am – 3 pm

website: www.mercycenterbronx.org

Community center serving women and their families. Offers adult parenting, teen parenting, and adult anger management (Spanish only) classes; ESL classes; computer and job-readiness training; youth programs; yoga, meditation, spirituality, women’s movie group.

Languages: English, Spanish.

Poison Control Center

(800) 222-1222 24 hrs./7 days

Provides first aid information, emergency instructions, and referrals in cases of suspected poisoning.

Languages: English, Spanish, and can obtain translators in other languages.

New York State Smokers Quit Line

(866) NY-QUITS (866-697-8487)

Mon.-Thurs., 9 am -9 pm; Fri.- Sun., 9 am – 5 pm

(taped information 24 hrs./7 days)

website: www.nysmokefree.com (also in Spanish)

Provides quit plans, referrals to local stop-smoking programs (six locations in the Bronx), and free starter kit of nicotine patches.

Languages: English, Spanish, and can obtain translators in other languages.

IMPORTANT PHONE NUMBERS



**851 Grand Concourse #914
Bronx, New York 10451
(718) 590-2648
(English and Spanish spoken)
www.bronxhealthlink.org**

Contact us for more information or additional copies of this booklet