

BACK TO SCHOOL

STUDENT AND PARENT RESOURCES



MARK LEVINE
MANHATTAN BOROUGH PRESIDENT

Back to School Guide

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Back to School Guide

Letter from Manhattan Borough President Mark Levine

Dear students and families,

As the bright summer sun makes way for the crisp air of autumn, it's that special time of the year again – the beginning of the school year! I'm filled with hope and excitement as we gear up for another educational year for NYC's children.

The start of a new school year is crucial. It's a time to reset, refocus, and rebuild. There is so much to do in preparation for the school year to ensure that our children are mentally and physically ready, not just for their academic success but for their overall well-being.

To help families prepare and have all the information they need to set their kids up for success, our office is thrilled to share our **Manhattan Borough President's Back to School Resource Guide**.

This is a comprehensive guide filled with tips, enrichment opportunities, and more to help make the transition smooth and stress free.

And if my office can be of help with anything not covered in this guide, **contact us at 212-669-8300 or info@manhattanbp.nyc.gov**.

Have a great school year,

Mark Levine
Manhattan Borough President

Back to School Guide

Back to School Checklist

Are you ready for the new school year?; ¿Estás preparado para el nuevo año escolar?

Get the whole family ready for the upcoming school year using this handy checklist. Check off each of these boxes to make sure you know your school's vaccination/health requirements, parent coordinator contact information, and required supply sheet. Not sure where to get school supplies or further information? Stay on the lookout for events around the city that offer free school supply distributions. Visit the links in the checklist to see the NYC school year calendar and to learn about NYC Schools' free meals programs.

Turn the page to start your checklist!

Prepara a toda la familia para el próximo año escolar con esta práctica lista de planificación. Asegúrate de conocer los requisitos de vacunación/salud y la información de contacto del coordinador de padres en tu escuela. Mantente al día con eventos en Manhattan que distribuyen materiales escolares gratuitos. Visita los enlaces en la lista de verificación para ver el calendario del año escolar y para informarte sobre los programas de comida gratuita en escuelas.

Da vuelta a la página para empezar.

Parent's Checklist; Lista para padres

- Get a physical exam & required immunizations; Programe un examen físico y vacunas**
Complete your child's physical and find related forms here: schools.nyc.gov/schoolhealth
- Get supplies; Prepare sus útiles escolares**
Your school should send you a list of required school supplies.
- Update your contact info; Actualice su información de contacto**
You can make updates online in your NYC Schools Account. Visit schools.nyc.gov/NYCSA to sign up.
- Meet your school's parent coordinator; Conoce al coordinador de padres en tu escuela**
Parent coordinators can provide answers to school-related questions. Call or visit your school to get your coordinator's contact information.
- Review the 2024-2025 NYC school calendar; Revisa el calendario escolar**
You can find the updated calendar here: schools.nyc.gov/calendar/2024-2025-school-year-calendar
- Learn about school meals; Informate sobre los almuerzos escolares**
NYC public schools provide free breakfast and lunch to all students. Visit: schools.nyc.gov/school-life/food/school-meals

Kids' Checklist; Lista para niños

- I know my school bedtime routine and how to get myself ready for bed.**
- I practiced my morning routine 3 times and practiced putting on my backpack.**
- I know how I am getting to school and back home each day.**
- I have a special place at home to keep my backpack and supplies.**
- I know my teachers' names.**
- I know how to be a germ-buster! I wash my hands with soap and water, stay home when I'm feeling sick and put on a mask when I need to.**

Back to School Guide

Athletics

Engaging kids in fun, active programs and activities focused on sports and fitness.

IChallengeMyself ●

Free school-based afterschool cycling program in Manhattan, Brooklyn, and the Bronx. Serves various ages depending on program.

646.453.7700
info@ichallengemyself.org
1216 Broadway, 2nd Fl, New York, NY 10001

Yorkville Athletic Association

Organized sports and recreational activities for youth, promoting physical fitness, teamwork, and skill development. Serves Pre-K-12 depending on program.

212.360.0022
info@yyaa.org
Pricing may apply.

Hit the Books

Harlem-based mixed martial arts classes as well as educational services such as tutoring and mentorship. Serves Harlem students grades 2-8.

646.540.7988
admin@hitthebooksnyc.org

YMCA

The YMCA is a community institution in many NYC neighborhoods. Although Y's offerings may vary by location, these are typically afterschool programs, athletics, swimming, and teen programs. Serves various age groups depending on program.

Pricing may apply.

Police Athletic League ●

Offers afterschool programs for arts, academics, homework help and athletics. Manhattan locations: Armory, Harlem, William Duncan Centers, Polo Grounds Cornerstone. Serves K-8.

800.725.4543
34 1/2 E 12th St, New York, NY 10003

Rising NY Road Runners ●

Running programs for Pre-K-12, as well as a Wheelchair Training Program for ages 6-21.

855.569.6977
320 W 57th St, New York, NY 10019

Riverside Hawks

Empowers students and families in Harlem and nearby communities to use basketball as a way to pursue academic opportunities and promote character development. Serves various ages depending on program.

212.870.6811

csnell@riversidehawks.org

490 Riverside Dr, New York, NY 10027

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Arts

Programs to unleash creativity and ignite passion in the arts.

Apollo Theater

Works with youth at schools and through workshops. Also offers high school and college students the opportunity to engage in the performing arts industry through internships and events. Serves K-12.

212.531.5300
253 W 125th St, New York, NY 10027

Dance Theatre of Harlem

Offers classical ballet and dance training for ages 3-18, as well as all-ages arts education.

212.690.2800
info@dancetheatreofharlem.org
466 W 152nd St, New York, NY 10031

Impact Repertory Theater

Offers the Community Boot Camp as an intergenerational group workshop leadership program to learn the fundamentals of leadership, service, and public speaking.

212.926.4516
impactdietrice@gmail.com
229 W 135th St, Front 1, New York, NY 10030

Mama Foundation for the Arts

Uplifts Black arts and gospel music to heal and inspire through collective music making. Offers workshops, classes, programs, and performances. Serves all ages.

212.280.1045
149 W 126th St, New York, NY 10027

Whitney Museum of American Art

Offers youth and teen programming for discussing, connecting with and making art. Serves K-12.

212.570.3600
info@whitney.org
99 Gansevoort St, New York, NY 10014

Art in the Park ●

Activates open spaces in Harlem to expose youth to a variety of S.T.E.A.M., health, and community initiatives. Events for ages 2-24.

917.456.4062
info@artinthepark128.org
8 W 126th St, New York, NY 10027

Harbor Conservatory for the Performing Arts

Low-cost music, dance, and theatre training for kids and teens. Serves various ages depending on program.

212.427.2244 ext. 570
1 E 104th St, New York, NY 10029

Harlem School of the Arts

Arts center offering music, dance, theater, and design classes for youth. Serves ages 2–20.

212.926.4100
info@hsanyc.org
645 St Nicholas Ave, New York, NY 10030

Jazzmobile

Offers a weekly Saturday jazz workshop for all ages.

212.866.4900
163 W 125th St, New York, NY 10027

Studio Museum of Harlem

Runs activities for kids and families to creatively engage with the museum's exhibitions. Serves all ages.

212.864.4500
youth@studiomuseum.org
144 W 125th St, New York, NY 10027

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Afterschool Programs

These organizations provide engaging programming for youth outside of school hours, including academic assistance and hands-on learning, arts and sports, and socialization that will help a child build confidence.

NYC Department of Youth and Community Development (DYCD) ●

Offers over 890 afterschool programs for grades K-12, including jobs and internships, the Summer Youth Employment Program, family support, reading and writing help, and assistance for runaway youth. Serves various ages depending on program.

800.246.4646
2 Lafayette St, 19th Floor New York, NY 10007

American Museum of Natural History

Offers kids science classes and afterschool programs. Programs priced using NYC affordable housing eligibility guidelines or offer tuition assistance. Offers free, hands-on programming, and paid internships for teens. Serves Pre-K through college.

212.769.5100
200 Central Park West, New York, NY 10024

Manhattan Youth

Works closely with parents, teachers and school administrators to provide the sports, arts and enrichment activities necessary to a well-rounded education. Serves K-8.

212.766.1104
moises@manhattanyouth.org
120 Warren St, New York, NY 10007

Children's Museum of Manhattan

In addition to their exhibitions and events, CMOM also offers early childhood classes encouraging kids to engage in art, science, and language. Serves ages 2-6.

212.721.1223
212 W 83rd St, New York, NY 10024

Childrens' Art and Science Workshops, Inc.

Offers afterschool programming and youth employment services. Created to engage at-risk kids and boost their confidence and self-esteem.

212.923.7766
info@caswkids.org
4320 Broadway, 2nd Fl, New York, NY 10033

Community Association of Progressive Dominicans (ACDP)

Serve Northern Manhattan and the Bronx, with a focus on the needs of Dominican immigrants. Offers afterschool and youth success programs. Serves various ages depending on program.

212.781.5500
shiciano@acdp.org
3940 Broadway, New York, NY 10032

COMPASS NYC

Free afterschool programs offering homework help, sports, art, and more. Serves K-12.

1.800.246.4646
646.343.6800

The Lesbian, Gay, Bisexual & Transgender Community Center

Afterschool programming for LGBTQ+ youth, ranging from making art, playing games, meditating, singing and getting involved in activism. Also provides resources for college searching and career services. Serves ages 13-22.

212.620.7310
208 W 13th St, New York, NY 10011

Hudson Guild

A holistic nonprofit offering academic support, enrichment activities, physical activity, and healthy living through early childhood and youth programs. Also offers mental health services. Serves ages 5-24.

212.760.9800
info@hudsonguild.org
441 W 26th St, New York, NY 10001

Henry Street Settlement

Early childhood education, afterschool programs, and college access program, focused on the Lower East Side. Also offers free afterschool and summer sports and recreation programs. Serves various ages depending on program.

212.254.3100 ext. 3263
acummings@henrystreet.org
265 Henry St, New York, NY 10002

Children's Aid Society

Afterschool programs for youth leadership, mentorship, academic/career readiness, arts and technology, and other extracurriculars. Several Harlem locations and one Lower Manhattan site. Afterschool programs serve ages 6-18.

212.949.4800
117 W 124th St, 3rd Fl, New York, NY, 10027

L.O.V.E (Latinas on the Verge of Excellence)

Mentoring program for Latina students with a focus on college and career success as well as reproductive, mental, and physical health.

info@lovementoring.org
1460 Broadway, New York, NY 10036

SCAN-Harbor

Afterschool program for students in Harlem, East Harlem, the South Bronx. They empower high-risk youth and their families by focusing on strengths, skills, and self-esteem. Serves various ages depending on program.

212.289.8030
info@scan-harbor.org
345 E 102nd St, 3rd Fl, New York, NY 10029

Lower East Side Girls Club

Supports young women and gender expansive youth of color through free programming that enables curiosity, creativity, and passion while building an equitable future. Serves middle and high school students.

212.982.1633
402 E 8th St, New York, NY10009

NYP - The Uptown Hub

Helping young people with employment and educational opportunities, as well as participation in wellness, creative youth development, and recreational programming and activities. Serves ages 14–24.

uptownhub@nyp.org
917.740.7496
600 W 168th St, 1st Fl, New York, NY 10032

Harlem Children's Zone

Harlem Children's Zone believes getting scholars to and through college is the primary means of breaking the cycle of intergenerational poverty. They offer comprehensive programs serving youth and their families from “cradle-to-career.”

212-360-3255
info@hcz.org
35 E 125th St, New York, NY10035

IChallengeMyself

Free school-based afterschool cycling program in Manhattan, Brooklyn, and the Bronx. Serves various ages depending on program.

646.453.7700
info@ichallengemyself.org
1216 Broadway, 2nd Fl, New York, NY 10001

Global Kids

Offers college exploration and support services, attendance outreach, parent engagement activities, service-learning programs, and more. Offers youth development, leadership development, global awareness, and civic engagement programming during non-school hours. Predominantly serves middle and high schoolers.

212.226.0130
info@globalkids.org
102 Madison Ave, 2nd Fl, New York, NY 10016

Madison Square Boys & Girls Club

Offers a range of programs and activities aimed at promoting character development, academic success, and healthy lifestyles. Serves ages 6–18.

(212) 760-9600
250 Bradhurst Ave, New York, NY 10039

Brotherhood Sisterhood Sol

Promotes unity and understanding among diverse communities. Afterschool program serves youth ages 8–18.

(212) 283-7044
info@brotherhood-sistersol.org
512 W 143rd St New York, NY 10031

NYC Parks Teen Programs

Programs focused on engaging teens' interests and enhancing their healthy and productive development. Types of activities offered include the Garden Kitchen Lab and a media education program. Serves various ages depending on program.

646.477.2642 / 212.360.2702
media.ed@parks.nyc.gov
351 Fort Washington Ave, New York, NY 10033

University Settlement

Offers the Lower East Side early childhood and youth services that integrate sports, arts, cultural activities, mentorships, internships, and college access programs. Housing, mental health, and wellness services are also available. Serves various ages depending on program.

212.453.4500

info@universitysettlement.org

184 Eldridge St, New York, NY 10002

A Place For Kids ●

Operates an afterschool and summer school program serving immigrants and low-income children, providing quality cultural enrichment, recreation, homework assistance, test prep, workshops, and a nutritious hot meal. Program locations are at Henry St and Pike St, and E 12th St at Ave D.

917.509.1861

info@aplaceforkidsny.org

111 Division St, New York, NY 10002

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Education & Job Preparation

Need help with test preparation? College applications and scholarship essays? Resume writing and career building? These are the programs to build the concrete skills sought for higher education and employment.

Khan Academy ●

Online free and low-cost college admissions assistance and test prep materials for Advanced Placement courses and the SAT. Serves all ages.

Democracy Scholars ● ●

Offers rising high school seniors two-week discussion-based seminars in July, taught by NYU faculty to build essential skills in critical thinking and college-level reading and writing.

democracyscholars@nyu.edu
50 W 4th St New York, NY, 10012

Questbridge ● ●

The College-Prep Scholars Program equips high-achieving high school juniors from low-income backgrounds with the knowledge, confidence, and resources to apply to top colleges.

650.331.3280
questions@questbridge.org

Liberty LEADS ●

A high school completion and college access program serving students grades 5–12.

212.875.4511
libertyleads@bankstreet.edu
610 W 112th St, New York, NY 10025

ARISE ● ●

Provides rigorous lab experience under the mentorship of some of NYU's most cutting-edge research faculty. Serves grades 10 and 11.

646.997.3524
k12.stem@nyu.edu
50 W 4th St New York, NY 10012

Girls Inc. ●

Equips girls to achieve academically, lead healthy, physically active lives, manage money, navigate media messages, and discover an interest in science, technology, engineering, and math. Serves various ages depending on program.

212.531.7620
communications@girlsincnyc.org
25 Broadway 12th Fl, New York, NY 10004

I Have a Dream NY ●

Provides academic support and guaranteed tuition support to youth from low-income communities. Serves K–12.

212.293.5480
info@ihaveadreamfoundation.org
322 8th Ave, Suite 202 New York, NY 10001

The Door ●

Empowers young people to reach their potential through comprehensive youth development services, including health care, education, counseling, crisis intervention, legal assistance, high school and college preparation services, career development, housing support, arts, sports and recreation, and nutritious meals. Serves ages 12–24.

212.941.9090
info@door.org
555 Broome St, New York, NY 10013

BEAM ●

Students get access to academic summer programs, robotics clubs, math teams, math circles, internships, and more. Serves students after completion of 6th grade and through college.

888.264.2793
NYCinfo@beammath.org
55 Exchange Place, Suite 603, New York, NY 10005

Harlem Children's Zone ●

Offers employment and technology center to prepare high schoolers for careers in STEM, the arts, and media. HCZ's College Success Office offers coaching as well as academic, emotional, and financial support.

212-360-3255
info@hcz.org
35 E 125th St, New York, NY 10035

Ace Mentor Program

Prepares high school students for careers in design and construction through mentoring and support.

646.757.5829
GreaterNY@acementor.org
1325 Ave of the Americas, Suite 2738, New York, NY 10019

New York Stem Cell Foundation Summer Internship Program (NYSCF) ● ●

A 10 week unique summer internship program that provides students a rare glimpse into the fast-paced world of stem cell research. Serves high school, undergraduate, and graduate students.

212.787.4111
619 W 54th St, New York, NY 10019

Baruch College STEP Academy ●

Baruch's Science and Technology Entry Program is for middle and high schoolers interested in pursuing STEM careers. Serves grades 7–12.

646.312.4298
baruchstep@gmail.com
17 Lexington Ave, Room 1108, New York, NY 10010

Harlem Empowerment Project ●

Offers classes and career support including GED classes, computer literacy, ESL, and job preparation.

646.450.9218
info@hep.nyc
2214 Frederick Douglass Blvd, New York, NY

NYU Dentistry Saturday Academy ● ●

Introduces under-represented high school students to the profession of dentistry, while simultaneously preparing them for the college application process. Serves grades 9–12.

212.998.9800
saturday.academy@nyu.edu
NYU College of Dentistry
345 E 24th Street, New York, NY, 10010

College Now ● ●

Helps high schoolers complete their graduation requirements. Offers College Focus, a program targeting students who need to finish English and math requirements for CUNY. Serves grades 9–12.

212.650.6316
ancollins@ccny.cuny.edu
160 Convent Ave, New York, NY 10031

Columbia University's Double Discovery Center ● ●

Works with first-generation youth preparing for college from Harlem and Washington Heights. Programs include: Academic Enrichment, College and Career Success, and Healthy Minds and Bodies. Serves grades 9-12.

212.854.3897
lv2452@columbia.edu
2920 Broadway, MC 2604, New York, NY 10027

University Settlement

Offers the College Passport Program to help youth navigate college applications, testing, enrollment, and financial aid. Also offer sports, arts, cultural activities, mentorship, internships, mental health care, housing services, and early childhood programming.

212.453.4500
info@universitysettlement.org
184 Eldridge St, New York, NY 10002

Chinese-American Planning Council

CPC's College Gateway Counseling Center offers individualized college application and financial aid assistance, SAT prep classes, college visitations, and a vocational exploration program. Serves grades 9–12.

212.941.0920
info@cpc-nyc.org
45 Suffolk Street, New York, NY 10002

Oliver Scholars ● ●

Helps prepare high-achieving Black and Latinx students from underserved communities to succeed at top independent schools and colleges, with a commitment to supporting families through transition, developing students' social-emotional skills, and creating an environment of giving back. Serves middle and high schoolers.

212.430.5980
info@OliverScholars.org
14 Wall St, Suite 1720, New York, NY 10005

Job Corps

Provides online classes, career training, and graduate support. Serves ages 16–24.

800.733.5627

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Empowerment & Mentorship

These programs offer youth opportunities for role models and insight, allowing them to expand their horizons for what their futures might hold.

Guiding and Connecting for Student Achievement ●

Connects NYC public schools to professional mentors and supports underserved communities by assisting with post-secondary applications and scholarships. Serves grades 9–12.

212.760.2403
casey.depasquale@gcsa.nyc
99 Park Ave, Suite 1560, New York, NY 10016

Hit the Books

Provides Harlemites with additional resources, such as tutoring, mentorship, and mixed martial arts classes. Serves Harlem students grades 2–8.

646.540.7988
admin@hitthebooksnyc.org
340 Saint Nicholas Ave, New York, NY 10027

L.O.V.E (Latinas on the Verge of Excellence)

Mentorship program for Latina students with a focus on college and career success as well as reproductive, mental, and physical health.

info@lovementoring.org
1460 Broadway, New York, NY 10036

Ace Mentor Program ● ●

Prepares high school students for careers in design and construction through mentoring and support. Serves grades 9–12.

646.757.5829
greaterNY@acementor.org
1325 Ave of the Americas, Suite 2738, New York, NY 10019

Student Sponsor Partners

SSP utilizes quality education and mentorship to help underserved youth break the cycle of poverty. Serves grades 9–12.

212.986.9575
info@sspny.org
90 Broad St, Suite 400, New York, NY 10004

NYCSRM (NYC Science Research and Mentoring Consortium)

Connects students from historically underrepresented background with STEM research internships. Serves grades 9–12.

afiel@amnh.org

Street Corner Resources

SCR seeks to disrupt violence and create a more peaceful community by providing Harlem teenagers and young adults better access to real employment, education, training, and more.

212.694.8759
info@scrnyc.org
151 W 145th St, New York, NY 10039

Apex for Youth

Empowers low-income Asian and immigrant youth by focusing on health and wellbeing, education, and community engagement to pursue a more equitable future. Serves students of all ages.

212.385.3574
info@apexforyouth.org
195 Chrystie St, #200, New York, NY 10002

Friends of the Children

Services for families and children that have been impacted by the foster care and criminal justice systems. Provides mentorship and resources for kids in K-12.

503.820.0903
info@friendsofthechildren.org
1325 5th Ave, New York, NY 10029

Global Potential

Through education, service learning, and cultural exchange transforms youth from underserved communities into globally competitive leaders of positive change.

info@global-potential.org
2548 Frederick Douglass Blvd, Ground Fl, New York, NY 10030

Harlem Grown

Inspires youth and young adults to live a healthy lifestyle through hands-on education and mentorship. Programs include farm tours, mobile teaching kitchen, summer camp, and afterschool programs. Serves grades 1-8.

212.870.0113
info@harlemgrown.org
127 West 127th Street, New York, NY 10027

The Door

Empowers young people to reach their potential through comprehensive youth development services including health care, education, counseling, crisis intervention, legal assistance, high school and college preparation services, career development, housing support, arts, sports and recreation, and nutritious meals. Serves ages 12-24.

212.941.9090
info@door.org
555 Broome St, New York, NY 10013

Back to School Guide

Financial Aid & College Assistance

There's no two ways about it—education is expensive. We want you to get the financial assistance you need to succeed.

Children's Scholarship Fund

Provides scholarships to families in need to ensure access to quality education by choosing a private school that best meets their child's needs.

212.515.7100 / 212.515.7137
info@scholarshipfund.org
8 W 38th St, Suite 804, New York, NY 10018

CUNY ASAP & ACE Programs

CUNY academic support groups paired with MetroCards and financial assistance for textbooks. Contact info varies by college.

Pell Grant

This federal grant is awarded to students who display financial need and are in the process of earning their bachelor's, graduate, or professional degree. Unlike a loan, this grant does not have to be paid back. Amount of financial assistance is dependent on each individual's unique situation.

International Education and Resource Network: iEarn-USA

Supports an international community of K-12 educators and youth to collaborate and learn together, bridging cultural divides to make a meaningful difference in the world. Offers merit-based scholarships to learn languages and go abroad.

1460 Broadway, 11th Fl, New York, NY 10036

Student Sponsor Partners NYC

Gives scholarships to private high schools and offers mentorship to help underserved youth break the cycle of poverty.

212.986.9575
info@sspny.org
90 Broad St, Suite 400, New York, NY 10004

Excelsior Scholarship Program

Undergraduates at SUNY and CUNY schools (including community colleges and the statutory colleges at Cornell University) can apply for this scholarship of up to \$5,500.

NY State Tuition Assistance Program (TAP)

Assists New York residents with paying their tuition at approved schools in the state, including part-time students. As a grant, this financial assistance does not have to be repaid. An annual TAP award can be up to \$5,665.

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Special Needs

Services for neurodivergent youth and their families.

Northside Center for Child Development

Provides a variety of mental health and care services for children, as well as afterschool programs and youth groups.

212.426.3400
alahoud@northsidecenter.org
1475 Park Ave, New York, NY 10029

The Manhattan Children's Center

Provides treatment and education for kids and teens with autism to improve social and academic skills. Serves ages 5–21.

212.749.4604
111 W 92nd St, New York, NY 10025

Gigi's Playhouse ●

Works with individuals with Down syndrome, aiming to provide them with an educational plan and inclusive environments while building self-confidence through free therapeutic, educational activities. Serves all ages.

646.801.7529
nyc@gigisplayhouse.org
106 W 117th St, New York, NY 10026

NY Center for Infants and Toddlers, Inc. ●

Provides early intervention services for babies with developmental delays or disabilities, autism services, and private sessions, such as educational support and family coaching for young children. Serves children from birth to age five.

212.289.6100
51A E 117th St, New York, NY 10035

The Child Mind Institute of NY

Aims to transform the lives of children and families struggling with mental health and learning disorders by giving them the help they need. With three mission areas of care, education, and science, they offer comprehensive educational and therapeutic care to youth and adolescents.

212.308.3118
info@childmind.org
101 E 56th St, New York, NY 10022

The NY Center for Child Development

Aims to maximize the development of children under six through educational and therapeutic services. Their inclusive program offers services for children with autism and mental health issues.

212.752.7575
159 W 127th St, New York, NY 10027

Sinergia Inc. ●

Works with people with disabilities and their families who are underserved, have limited English proficiency, or are struggling with housing and income insecurity, and more. Serves all ages.

212.643.2840
information@sinergiany.org

NYS Commission for the Blind ●

Aiming to enhance employability and maximize independence, the Commission offers programs for children who are legally blind through early intervention, educational activities, and recreational programs. Serves various ages depending on program.

212.825.5710
80 Maiden Lane, Suite 401, New York, NY 10038

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Healthcare Resources

Health professionals and organizations specializing in youth and adolescents.

Northside Center for Child Development

Provides a variety of mental health and care services for children, as well as afterschool programs and youth groups.

212.426.3400
alahoud@northsidecenter.org
1475 Park Ave, New York, NY 10029

Mt. Sinai Adolescent Health Center ●

Provides free comprehensive healthcare and support services specifically tailored to meet the unique needs of adolescents and young adults.

212.423.3000
MSAHCTeenParent@mountsinai.org
312-320 E 94th St New York, NY 10128

The NY Center for Child Development

Aims to maximize the development of children under six through educational and therapeutic services. Their inclusive program offers services for children with autism and mental health issues.

212.752.7575
159 W 127th St, New York, NY 10027

NYC Teens Connection ●

Provides resources, support, and information to empower and guide teenagers in New York City, helping them make informed decisions about their sexual health and well-being.

SRJ@health.nyc.gov

The Child Mind Institute of NY

Aims to transform the lives of children and families struggling with mental health and learning disorders by giving them the help they need. With three mission areas of care, education, and science, they offer comprehensive educational and therapeutic care to youth and adolescents.

212.308.3118
info@childmind.org
215 East 50th St, New York, NY 10022

Harlem United

Provides comprehensive healthcare, housing, and supportive services to individuals and families in Harlem, with a focus on those affected by HIV/AIDS, substance use, and mental health challenges.

212.803.2850
306 Malcolm X Blvd, 3rd Fl, New York, NY 10027

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Hotlines & Other Resources

Additional resources for wellbeing.

Suicide Hotline

Provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

988

Trevor Project Hotline

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ+ young people, free and confidential.

1.866.488.7386

Crisis Text Line

Crisis Text Line is here for any crisis. A live, trained crisis counselor receives the text and responds, all from a secure online platform. The volunteer crisis counselor will help you move from a hot moment to a cool moment.

Text HOME to 741741

RAINN National Sexual Assault Hotline

Provides quality, anonymous, and confidential crisis intervention services in English and Spanish, via telephone and online.

800.656.HOPE

National Domestic Violence Hotline

Provides essential tools and support to help survivors of domestic violence so they can live their lives free from abuse.

1.800.799.7233

Street Corner Resources

SCR seeks to disrupt violence and create a more peaceful community by providing Harlem teenagers and young adults better access to real employment, education, training, and more.

212.694.8759

info@scrnyc.org

151 W 145th St, New York, NY 10039

The Lesbian, Gay, Bisexual & Transgender Community Center

An LGBTQ+ safe haven offering casework services, social programming, and economic initiatives.

212.620.7310

208 W 13th St, New York, NY 10011

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Food Assistance

No student – whether they're in Pre-K or college – should go hungry. These organizations are feeding New Yorkers.

Food Bank for NYC ●

Website maps shows every food pantry and soup kitchen in NYC. Also helps with receiving SNAP food assistance benefits.

212.566.7855
39 Broadway, 10th Fl, New York, NY 10006

City College of NY Food Pantry: Benny's Pantry and Gardens ●

Resource for anyone in the City College community (student, staff, faculty) providing food assistance and access to support services. Book an appointment online to visit.

212.650.8208
dmozeleski@ccny.cuny.edu
North Academic C Hoffman Lounge 1/101A, 135th and Convent Ave

The College Student Pantry ●

Volunteer-run food pantry for all college and graduate students in NYC, no questions asked.

1st and 3rd Wednesday of each month
4-7pm during the school year, 4-6pm May
15-August 21.
collegestudentpantry@gmail.com
Trinity College SAFH 602 E. 9th Street (at the corner of Ave. B)

BMCC Food Pantry ●

Food pantry offering nutritionally balanced, non-perishable, and frozen food items to BMCC students facing a food emergency. Students may walk in to meet with staff and be assessed for services.

212.220.8195
arc@bmcc.cuny.edu
199 Chambers St, Rm S-230 New York, NY 10007

The Food Pantry at Columbia ●

Open to Columbia University students with any level of food insecurity. Option of pre-ordering food and contactless drop-off. Locations at Lerner Hall and the Medical Center (Barnard Hall location closed until further notice).

212.854.6872
thefoodpantry@columbia.edu
582 Lerner Hall
2920 Broadway, New York, NY 10027
Medical Center
50 Haven Ave, New York, NY 10032

NYU Courtesy Meals ●

Short-term emergency resource for NYU students with unexpected financial situations who are unable to afford meals/groceries. Provides students with 75 dining dollars credit to NYU ID, free of charge and without an impact on financial aid. Requests available to students enrolled in the current NYU semester who have exhausted meal and dining dollars if on a meal plan.

nyucourtesy meals@nyu.edu

Guttman Community College Food Pantry ●

Offers Guttman students free, non-perishable food items either by walk-in or pick-up request. Visits can be as often as needed.

646.313.8857
connectcenter@guttman.cuny.edu
The Connect Center, LL 021

John Jay College Food Pantry ●

Food pantry for John Jay College students. Each visit requires a check-in at the front desk and a short interview with a peer educator to determine eligibility and other necessary info.

212.237.8052
jjcfoodbank@jjay.cuny.edu
Wellness Center, L67.00NB

Hunter College Food Assistance: Purple Apron Food Pantry ●

Food assistance programs for Hunter students.

rt2049@hunter.cuny.edu

Pace University: Provisions, A Bhandari Jain Family Food Pantry ●

Food pantry open to all Pace students, staff, and faculty experiencing food insecurity. Provides all visitors with a week's worth of non-perishable foods. Guests must complete a one-time intake application and swipe in with PaceID. Pace students can also participate in Fare Trade, a mutual-aid program where students can reallocate their dining dollars to the fund.

atdsantiago@pace.edu.
1 Pace Plaza W105

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Early Childcare

Care and education for the youngest New Yorkers.

Hudson Guild ●

Early childhood program offers multicultural and bilingual staff; expert staff in the areas of health, nutrition, mental health, and child development; free, nutritious meals that reflect diverse cultures; and an extended day that lasts until 6pm.

212.760.9300
info@hudsonguild.org
441 W 26th St, New York, NY 10001

Grand Street Settlement ●

Offers early childhood and youth services, with an emphasis on community building. Early childhood education serves age two through Pre-K.

212.674.1740
info@grandsettlement.org
80 Pitt St, New York, NY 10002

14th Street Y

Provides continuity and depth of care from pre-natal through early childhood. Offers Prelude to Preschool program for ages 12-34 months as well as a preschool program.

212.780.0800
info@14StreetY.org
344 E 14th St, New York, NY 10003
Pricing may apply. Financial aid available according to demonstrated need.

York Avenue Day School

Provides a warm, safe, and child-centered environment that encourages positive self-esteem, self-discovery, social interaction, and active learning for young children. Serves ages 6 months to 4 years.

212.743.1000
info@yorkavedayschool.org
1520 York Ave, New York, NY, 10028
Pricing may apply.