

RESOURCE GUIDE

FOR FAMILIES OF FORMERLY INCARCERATED INDIVIDUALS RETURNING HOME

A Project of
The Center for Appellate Litigation Reentry Program's Family Initiative

*Made possible through the generous support of The New York Bar Foundation and
The Public Interest Law Foundation*

•
2010

Center for Appellate Litigation • 74 Trinity Place, 11th Floor, New York, NY 10006
Telephone: 212-577-2523 • Fax: 212-577-2535

RESOURCE GUIDE	1
FOR FAMILIES OF FORMERLY INCARCERATED INDIVIDUALS RETURNING HOME 1	
<i>HOW TO USE THIS GUIDE</i>	4
I. General Resources & Multi-Service Providers	7
II. Counseling, Psychotherapy, & Mediation	9
III. Substance Abuse Treatment	11
IV. Housing & Homelessness	12
V. Employment	13
VI. Health Care & HIV/AIDS	13
VII. Parole	14
VIII. Parenting & Family Support	15
IX. Immigration	15
<i>THE BRONX</i>	17
I. General Resources & Multi-Service Providers	18
II. Counseling, Psychotherapy, & Mediation	18
III. Substance Abuse Treatment	20
IV. Health Care & HIV/AIDS	22
V. Benefits	23
VI. Parenting & Family Support	23
<i>BROOKLYN</i>	25
I. General Resources & Multi-Service Providers	26
II. Counseling, Psychotherapy, & Mediation	27
III. Substance Abuse Treatment	30
IV. Employment	33
V. Health Care & HIV/AIDS	34
VI. Benefits	35
VII. Parenting & Family Support	35
<i>MANHATTAN</i>	37
I. Counseling, Psychotherapy, & Mediation	38
II. Substance Abuse	41
III. Employment	44
IV. Health Care & HIV/AIDS	44
V. Parenting & Family Support	45
<i>QUEENS</i>	48
I. Counseling, Psychotherapy, & Mediation	49
II. Substance Abuse	50
III. Health Care & HIV/AIDS	51
IV. Parenting & Family Support	52
<i>STATEN ISLAND</i>	54
I. Counseling, Psychotherapy, & Mediation	55
II. Substance Abuse Treatment	56

HOW TO USE THIS GUIDE

What is this guide?

This book is a starting point. You and your family can use it to find many resources, organized by borough and type of service. However, there are many service organizations that are *not* located in this book but that are still great sources of support. If you would like help finding additional services, please call **Dwayne Simpson** at the Center for Appellate Litigation at **212-577-2523 x 38**. We are here to support you and your family.

How do I use it?

This book is organized by borough, with a section in the front on services that are available for people in any borough.

Within each borough section, the guide contains sections on a number of issues that you and your family might face during reentry. You can look up your borough and issue in the table of contents.

Each service is described in a question-and-answer format. This is meant to provide you with information to questions you are likely to have.

ALL BOROUGHs

I. General Resources & Multi-Service Providers

1-800-LIFENET

http://www.nyc.gov/html/doh/html/cis/cis_lifenet.shtml

What is it?

- If you are or someone you know is experiencing mental health issues, trained professionals can help you find **mental health and substance abuse services**.
 - If you are having an emergency, they can connect you with emergency services.
 - If you are not having an emergency, they can help you find referrals to programs in your community.

Does it cost anything?

- No. Calling this hotline is completely free, and also confidential.

How do I use it? The service is very easy to use.

- English- and other language-speakers: Dial **1-800-LIFENET** (1-800-543-3638)
- Spanish-speakers: Llame **1-877-AYUDESE** (1-877-298-3373)
- Mandarin-, Cantonese- and Korean-speakers: Call **1-877-990-8585**

When can I call?

- 24 hours a day, 7 days a week.

Single Stop



Poverty is a problem.
SingleStop USA is a solution.

What is it?

- Single stop offers services to low-income families at sites throughout New York City. All sites provide **family support** services, help with **taxes**, and **benefits counseling**.

Where is it?

- There are sites throughout NYC. If you have access to the Internet, you can see a list at <http://singlestopusa.org/newyorksites.html>. You can also call **Dwayne Simpson**

at the **Center for Appellate Litigation** (212-577-2523 x 38), and he will help you find a site near you.

The Osborne Association's Family Resource Center



http://www.osborneny.org/Family_Resource_Center.htm

What is it?

- The Family Resource Center (FRC) provides information and support to families of people in prison, and who are returning home and dealing with reunification challenges.
- FRC services include
 - The FRC hosts a **hotline (1-800-344-3314)**. You can get answers from people who were formerly incarcerated to questions about visits, prison transfers, parole, and other issues related to a loved one's incarceration and reentry.
 - The FRC also provides **support groups** for prison families every Wednesday, from 5:30 pm to 7 pm. For more information, call **718-637-6560** and ask for **Jean Blunt**. These take place at
175 Remsen Street, 8th Floor
Brooklyn, NY 11201
 - **Information on employment opportunities** in NYC for former prisoners and family members.
 - **Referrals** for educational, treatment, and family services for former prisoners and their families.

When is the hotline available?

- Mondays through Fridays, 9 am to 5 pm

Does it cost anything?

- No. These services are free.

Are there services available in other languages?

- Yes, Spanish.

NYC 311



What does it offer?

- 311 is a general resource in NYC that provides people living in NYC with quick information about social services and other resources.

How do I use it?

- Just call **311** and explain the problem you are having.

II. Counseling, Psychotherapy, & Mediation

- **Counseling** and **psychotherapy** can help you and your family address issues individually or as a unit.
- **Mediation** is a way for people to solve problems informally by meeting with a trained, neutral professional in a safe space to discuss the issues dividing them and to resolve the conflict.

Safe Horizon Mediation Center



www.safehorizon.org/mediation

What does the Mediation Center do?

- The Mediation Center provides free, confidential services to community members experiencing a conflict that they would like to resolve informally. The centers are located in Manhattan and Brooklyn, but anyone in NYC can use their services.
- The Mediation Center specializes in providing **mediation services to formerly incarcerated individuals and their families** experiencing the unique difficulties of reentry. For example, the Mediation Center Reentry Program can help if your family is having trouble communicating, if your housing situation is causing problems, or if you are facing other difficulties.

Does it cost anything?

- No. Services are completely free.

Where can I find it?

- **Manhattan:**
346 Broadway, Suite 400W
New York, NY 10013
- **Brooklyn:**
210 Joralemon Street, 6th Floor, Room 618
Brooklyn, NY 11201

How do I make an appointment?

- For an appointment in Manhattan, you can call **Melissa Appleton** at **212-577-1740 x 128**.
- For an appointment in Brooklyn, you can

call **Rochelle Arms** at **718-834-6671 x 17**.

- You can contact **Dwayne Simpson** at the **Center for Appellate Litigation (212-577-2523 x 38)**, and he will help you set up an appointment at Safe Horizon.

Are there interpreters there?

- Yes, in any language.

National Alliance on Mental Health: Family to Family Courses



What is it?

- Family-to-Family is a 12-week **course** offered to and taught by individuals who have a loved one with mental illness. It helps families understand mental illness and better advocate for their family member.

How much does it cost?

- The class is free.

How can I find out more?

- Call the program near you:
 - **NYC:** NYC Metro: **212-684-3264**
 - **Manhattan (Harlem):** **212-865-2770**
 - **Staten Island:** **718-477-1700**
 - **Queens/Nassau:** **516-326-0797**

III. Substance Abuse Treatment

Al-Anon and Alateen

What is it?

- **Al-Anon** is a support group that holds weekly **meetings** for the families of alcoholics. The purpose is to help you support a family

member struggling with alcoholism.

- **Alateen** is a similar group for **young people** whose family member is struggling with alcoholism.
- For families of people addicted to other substances, you can find **Nar-Anon meetings** in your borough. For information on where those meetings take place, go to this guide's "Substance Abuse Treatment" section for your borough.

How can I find out where meetings are held?

- Meetings take place in all boroughs. Since meeting locations change, call **212-941-0094** to find a meeting near you.
- Some meetings discuss issues from a particular point of view, like lesbian/gay/transgender issues, or being the adult child of an alcoholic. If you have a viewpoint in mind, ask for a meeting that will allow you to focus on that issue.

IV. Housing & Homelessness

Coalition for the Homeless

What is it?

- The Coalition for the Homeless provides walk-in services to homeless individuals and families, including conditional **shelter placement, crisis intervention,** and referrals to **free clothing** and **food**.

How can I access services?

- You can visit the office starting at 9 am Mondays to Fridays. Because the Coalition can only help a limited number of clients each day, you should arrive well before 8 am to ensure that you are seen. The office is located at
129 Fulton Street
New York, NY 10038
- You can call **212-776-2000** for help.

Nazareth Housing: Free Furniture



Dedicated to Reducing Homelessness

Promoting family self-sufficiency since 1983

What is it?

- Nazareth can provide you with **free furniture**.

How do I get furniture?

- You can call Nazareth to request it: **212-777-1010 x 14**.
- You can call **Dwayne Simpson** at the **Center for Appellate Litigation (212-577-2523 x 38)**, and he can help you fill out a furniture request form.

V. Employment

The Osborne Association's Family Resource Center



http://www.osborneny.org/Family_Resource_Center.htm

What is it?

- The Family Resource Center (FRC) provides information and support to families of people in prison, and who are returning home and who are dealing with reunification challenges.
- One service the FRC provides is **information on employment opportunities** in NYC for former prisoners and family members

Does it cost anything?

- No. These services are free.

How do I contact the FRC?

- Call **718-637-6560** and ask for **Andrea Johnson** or **Ronald Day** for more information.

Are there services available in other languages?

- Yes, Spanish.

VI. Health Care & HIV/AIDS

NYC 311



What does it offer?

- 311 is a general resource in NYC that provides people living in NYC with quick, easy access to social services and other resources.
- One service 311 provides is to give you information on where to find free and confidential **STD tests and treatment** in your borough.

How do I use it?

- Just call **311**.

How can I find out more information?

- If you have access to the Internet, you can see a list of free clinics in each borough at <http://www.nyc.gov/html/doh/html/std/std2.shtml>.

VII. Parole

Coalition for Parole Restoration



What is it?

- The Coalition for Parole Restoration (CPR) provides members, their families and loved ones, and the public with information on Parole in New York.
- You can call for **individualized advice**.
CPR also hosts **parole preparation workshops** for the community.

How can I find out more information?

- Call **718-786-4174** or e-mail parolecpr@yahoo.com for advice or to express interest in a workshop.
- Join CPR on Facebook: CPR has a page on Facebook.com (<http://www.facebook.com/pages/Coalition-for-Parole-Restoration-CPR/220732822158>) that allows you to find out about events, meetings, and support groups. To get information, sign up to be a “fan.”

VIII. Parenting & Family Support

New York Foundling Hospital Parent Helpline

What is it?

- This hotline provides ***crisis counseling for parents***. If you are having trouble as a parent, you can call for counseling and referrals.
- If your child is under 10 years old and you need a “cooling off” period, your child can stay in the ***crisis nursery*** for up to 21 days. Call to find out more, since restrictions may apply.

How do I use it?

- Call **888-435-7553** or **212-472-8555**.

When can I use it?

- 24 hours a day, 7 days a week.

Are there interpreters?

- Yes, Spanish is spoken.

How much does it cost?

- Nothing. Services are free.

Where is it?

590 Avenue of the Americas
New York, NY 10011

IX. Immigration

A. Legal Information

New York Immigration Coalition Hotline

What is it?

- This group services a ***hotline*** through which you find out about obtaining a green card, citizenship, grounds for deportation, and more.

How do I use it?

- Call **800-566-7636**.

When can I call?

- Monday to Friday, 9 am to 6 pm

Do they offer services in languages other than English?

- Yes, in many languages

B. Legal Referrals

Legal Aid Society Immigration Unit

What is it?

- Legal help for immigration issues.

How do I get help?

- Call **212-577-3300** for information.

Do restrictions apply?

- Yes, you must be income-eligible.

NYC Bar Association Legal Referral Service

What is it?

- This service can connect you with a lawyer to help you with immigration matters.

How do I get help?

- For English, call **212-626-7373**
- For Spanish, call **212-626-7374**

When can I call?

- Monday to Friday, 8:30 am to 5:45 pm

THE BRONX

I. General Resources & Multi-Service Providers

Good Shepherd: North Bronx Family Service Center and Neighborhood Family Empowerment Center

What is it?

- These centers provide many services for families. Their main goal is to avoid removal of children from their homes.
- Services include ***family and individual counseling*** and referrals.

Where are these centers?

- **North Bronx Family Service Center:**
2190 University Avenue
Bronx, NY 10453
- **Neighborhood Family Empowerment Center**
2471 Morris Avenue, 3rd Floor
Bronx, NY 10468

How do I make an appointment?

- **North Bronx Family Service Center:** You can walk in at these times: Mondays to Thursdays, 9 am to 7 pm, or Fridays from 9 am to 6 pm.
- **Neighborhood Family Empowerment Center:** You can walk in Mondays to Fridays, 9 am to 5 pm.

How can I find out more?

- **North Bronx Family Service Center:** Call **718-365-1400** and ask to speak with a social worker.
- **Neighborhood Family Empowerment Center:** Call **718-924-2511** and describe what services you need.

II. Counseling, Psychotherapy, & Mediation

A. Counseling

- ***Counseling*** and ***psychotherapy*** can help you and your family address issues individually or as a unit.

Jewish Board of Family and Children's Services: Counseling Centers

What services does it offer?

- JBFCS has many counseling centers in different locations that offer short- and long-term outpatient ***couples and family therapy***.

Where is it?

- **Bronx REAL Counseling Center:**
55 Westchester Square
Bronx, NY 10461
- **J.W. Beatman Community Counseling Center - Riverdale Office:**
521 West 239th Street
Riverdale, NY 10463
- **The Harry Blumenfeld Counseling Center - Pelham Office:**
750 Astor Avenue
Bronx, NY 10467

Do they speak languages other than English?

- **J.W. Beatman Community Counseling Center - Riverdale Office:**
Spanish
- **The Harry Blumenfeld Counseling Center - Pelham Office:**
Spanish

How much does it cost?

- All Centers accept Medicaid. If you have no insurance, you can pay for sessions on a sliding scale based on your income, starting at \$30 a session.

How can I find out more?

- **Bronx REAL Counseling Center:** For outpatient services, call **718-931-4045**.
- **J.W. Beatman Community Counseling Center - Riverdale Office:** For outpatient services, call **718-601-2280**.
- **The Harry Blumenfeld Counseling Center - Pelham Office:** For outpatient services, call **718-882-5000**.

Good Shepherd: Beacon MS 45 Counseling Prevention Program

What is it?

- This center provides ***family and individual counseling*** services for families so that they can avoid removal of children from their homes.

Where is it?

685 East 187th Street
Bronx, NY 10458

How can I find out more?

- Call **Intake Coordinator Jeanny Nyung** at **718-924-2511**.

B. Mediation

- **Mediation** is a way for people to solve problems informally by meeting with a trained, neutral professional in a safe environment to discuss the issues that are dividing them and to resolve the conflict.

Institute for Mediation and Conflict Resolution (IMCR)

<http://www.imcr.org/index.html>

What is it?

- IMCR provides free, confidential **mediation services** to Bronx community members experiencing a conflict they would like to solve informally.

Are there limits on services?

- The only conflicts that IMCR will not mediate are criminal felony complaints and child abuse. IMCR will provide services for most other issues, including those among family members.

Where is it?

384 East 149th St., Suite 330
Bronx, NY 10455

Do they speak languages other than English?

- Spanish-speakers are available, and interpreters who speak other languages might also be available, so just ask.

How can I make an appointment?

- Call intake at **718-585-1190**.

III. Substance Abuse Treatment

Nar-Anon



What is it?

- **Nar-Anon** is a support group that holds weekly **meetings** for the families of people addicted to drugs. The purpose is to help you support a family member struggling with addiction.

Does it cost anything to attend?

- No, membership is free.

When do meetings take place?

- Wednesdays at 6:30 (for beginners) and 7:30 (for anyone)

Where are meetings?

St. Benedicts Church (in the Convent)
1042 Edison Avenue
Bronx, NY 10465

How do I find out more?

- To confirm a meeting or to find out more, you can call the central office at **310-534-8188.**

The following are outpatient treatment programs that offer services to families of people in treatment. This list is just a starting point. If you would like names of additional providers, please call **Dwayne Simpson** at the **Center for Appellate Litigation (212-577-2523 x 38).**

Narco Freedom

What services does it provide to families of clients?

- Narco Freedom's approach to treatment involves spouses and families of patients. Family members can attend ***counseling*** alongside patients.

How much does it cost?

- Accepts Medicaid and most insurance.

How do I find out more?

- Call **718-665-2456** and ask for intake.

Where is it?

401 East 147th Street
Bronx, New York 10455

TRI Center

What services does it provide to families of clients?

- The TRI Center approach to treatment is "holistic," which means that family members are sometimes brought in to ***counseling.***

How much does it cost?

- Accepts Medicaid and most insurance, and people without insurance can pay on a sliding scale based on income.

How do I find out more?

- Call **718-584-7204** for more information.

IV. Health Care & HIV/AIDS

Community Healthcare Network

What services does it provide?

- CNH offers many **health services**, including
 - primary care;
 - a transgender care program;
 - a diabetes program;
 - reproductive health care;
 - HIV care;
 - STD testing;
 - Vaccines;
 - birth control and sex education;
 - emergency contraception;
 - and more.

How do I make an appointment?

- Call **718-320-4466** OR walk in.
- Walk in hours are 9 am to 6 pm on Mondays, 9 am to 5 pm on Tuesdays and Thursdays, 10 am to 6 pm on Wednesdays, 9 am to 1 pm (and sometimes until 5 pm) on Fridays, and 8:30 am to 3:30 pm on Saturdays.

How much does it cost?

- Someone will work with you to come up with a payment plan, through insurance or on a sliding scale if you do not have insurance. CHN won't turn you away if you cannot pay.

Where is it?

975 Westchester Ave
Bronx, NY 10459

Planned Parenthood

What services does it provide?

- Among other reproductive health care services, Planned Parenthood

provides **free pregnancy tests**.

How do I get a free test?

- Walk in on Wednesdays from 9:30 am to 3:30 pm, Thursdays from 12:30 to 3:30 pm, and Saturdays from 9 am to 3 pm.
- If you would like to make an appointment, call **212-965-7000**

Do they speak languages other than English?

- Yes, they speak Spanish, and other languages through a phone interpreter.

Where is it?

349 E 149th Street, 2nd Floor
Bronx, NY 10451

V. Benefits

Good Shepherd Services: Single Stop Service Center

What is it?

- Good Shepherd provides support to families so that they can stay together.
- One of the services Good Shepherd provides is a service center where you can drop in and receive **help getting public benefits**.

How do I get help?

- Call **Luis Diaz** at **718-562-2605 x 18** to make an appointment, or can walk in if you are having an emergency. Walk-in hours are from 9 am to 5 pm Mondays through Fridays.

Where is it?

685 E. 187th St.
Bronx, NY 10458

VI. Parenting & Family Support

Friends of the Island Academy: Fathering Initiative



What is it?

- Friends of the Island Academy seeks to help people break the cycle of incarceration. One of the services it provides is the Fathering

Initiative or "Friends to Fathers," for fathers and fathers-to-be.

- Services in the community include
 - Individual and group **counseling**;
 - **Mentoring**;
 - Recreational and educational activities;
 - **Parenting and life skills workshops**, and programs on conflict resolution and how to arrange **visitation**; and
 - **Job training** and placement, educational services, and housing referrals.

Am I eligible?

- You must be a father or expecting father 16 years or older.

Where do workshops take place?

2910 Bronx Park East
Bronx, NY 10467

How do I sign up for a workshop?

- Call **718-653-5301** for workshop schedule and to RSVP. You can ask to speak to Program Coordinators **Robert DeJesus** or **Joe Chan**

How can I find out more information?

- Call the office at **718-653-5301** for more information.

BROOKLYN

I. General Resources & Multi-Service Providers

Fifth Avenue Committee



What is it?

- The Fifth Avenue Committee (FAC) provides support to people involved with the criminal justice system, and to their families.
- One such service is hosting “**Community Justice Workshops**” on several topics for family members with loved ones in prison or reentering soon. The goal of these workshops is to assist family members supporting reentering individuals who are seeking to find meaningful and permanent employment, education and skills development, and affordable housing.
- FAC also offers **Single Stop Services**, including financial counseling, tax preparation, and help with benefits.

How do I find out more?

- For information on Community Justice Workshops, call **Eddie Rosario** at **718-237-2017 x 147**.
- To make an appointment at Single Stop, call **Amanda Frick** at **718-237-2017 x 174**.

Where it is located?

621 DeGraw Street
Brooklyn, NY 11217

Good Shepherd: Family Reception Center and Red Hook Community Center Family Counseling Services

What is it?

- The centers provide many services for families. Their main goal is to avoid removal of children from their homes.
- Services include **family and individual counseling** and referrals.

Where is it?

- **Family Reception Center**
441 Fourth Avenue

Brooklyn, NY 11215

- **Red Hook Community Center Family Counseling Services**
P.S. 15
71 Sullivan Street
Brooklyn, NY 11231

How can I find out more?

- **Family Reception Center:** Call **718-788-0666** and ask for an intake coordinator.
- **Red Hook Community Center Family Counseling Services:** Call **Jill Gandel** at **718-422-1900 x 317**.

II. Counseling, Psychotherapy, & Mediation

A. Counseling

- **Counseling** and **psychotherapy** can help you and your family address issues individually or as a unit.

Bay Ridge Counseling Center

What services does it offer?

- Short- and long-term **outpatient couples and family therapy** is available.

Where is it?

9435 Ridge Blvd.
Brooklyn, NY 11209

How much does it cost?

- The Center accepts Medicaid.

How do I make an appointment?

- Call **718-238-6444 x 222** to set up an appointment.

Community Counseling and Mediation



What is it?

- CCM offers **community-, family-, and group-based mental health care**, and psychiatric medication.

Where is it? There are two Brooklyn locations:

- **Downtown Brooklyn:**
1 Hoyt St. 7th Floor
Brooklyn, NY 11201
- **Bedford/Stuyvesant:**
810 Classon Ave.
Brooklyn, NY 11238

How much does it cost?

- The clinics take Medicaid, other types of insurance, and \$35/visit for those paying out-of-pocket.

How can I find out more?

- **Downtown Brooklyn:** Call **718-802-0666** and ask for an intake coordinator.
- **Bedford/Stuyvesant:** Call **718-230-5100** and ask for an intake coordinator

B. Mediation

- **Mediation** is a way for people to solve problems informally by meeting with a trained, neutral professional in a safe environment to discuss the issues that are dividing them and to resolve the conflict.

Safe Horizon Brooklyn Mediation Center



www.safehorizon.org/mediation

What does the Mediation Center do?

- The Mediation Center provides free, confidential services to community members experiencing a conflict that they would like to resolve informally.
- The Mediation Center specializes in providing **mediation services to formerly incarcerated individuals and their families** experiencing the unique difficulties of reentry. For example, the Mediation Center Reentry Program can help if your family is having trouble communicating, if your housing situation is causing problems, or if you are facing other difficulties.

Does it cost anything?

- No. Services are completely free.

Where is it located?

210 Joralemon St., 6th Floor, Room 618
Brooklyn, NY 11201

How do I make an appointment?

- You can **show up** without an appointment at the following times:
 - Mondays to Wednesdays from 1 pm to 8 pm.
 - Thursdays from 9:30 am to 5 pm.
- You can call **Rochelle Arms** at **718-834-6671 x 17** to make an appointment to visit at these times:
 - Mondays to Wednesdays from 1 pm to 8 pm.
 - Thursdays from 9:30 am to 5 pm.

- Fridays from 9 am to 5 pm
- You can call **Dwayne Simpson** at the **Center for Appellate Litigation (212-577-2523 x 38)**, and he will help you set up an appointment at Safe Horizon.

Are there interpreters there?

- Yes, in any language.

III. Substance Abuse Treatment

Nar-Anon



What is it?

- **Nar-Anon** is a support group that holds weekly *meetings* for the families of people addicted to drugs. The purpose is to help you support a family member struggling with addiction.

Does it cost anything to attend?

- No, membership is free.

When do meetings take place?

- **Greenpoint:** Second and fourth Wednesdays of the month
- **Sheepshead Bay:** Thursdays at 8 pm

Where are meetings?

- **Greenpoint:**
Greenpoint Reformed Church (Church Rectory)
138 Milton Street
Brooklyn, NY 11222
- **Sheepshead Bay:**
United Methodist Church
3087 Ocean Avenue (Corner Voorhies Ave. Sheepshead Bay)

Brooklyn, NY 11235

How do I find out more?

- To confirm a meeting or to find out more, you can call the central office at **310-534-8188**.

The following are outpatient treatment programs that offer services to families of people in treatment. This list is just a starting point. If you would like names of additional providers, please call **Dwayne Simpson** at the **Center for Appellate Litigation (212-577-2523 x 38)**.

Counseling Service of Eastern District of NY

What is it?

- Located in downtown Brooklyn, this center offers many types of **outpatient drug treatment**, and counselors involve family members in treatment.

How much does it cost?

- CSEDNY takes Medicaid, and accepts payment on a sliding scale for those without insurance.

How do I get more help?

- Call **Catherine Rossi** or **Nelson Colon** at **718-858-6631**.

Turning Point: Exodus

What is it?

- Turning Point offers many services.
- In particular, Turning Point provides **outpatient drug treatment** to people with past or current substance abuse issues. Spouses and partners of people with substance abuse history can also get services.

How do I get help?

- Call **Robert Yancey** at **718-360-8146**.

Bridge Back to Life

What services does it offer that involve families?

- Clients' families can join them in individual **counseling sessions**.

How do I find out more?

- **Bay Ridge**: Call **718-680-2910** to make an appointment or to find out more

information.

- **Downtown Brooklyn:** Call **718-852-5552** to make an appointment or to find out more information.
- **Coney Island:** Call **718-265-4200** to make an appointment or to find out more information.

Do they speak languages other than English?

- Yes, including Spanish, Russian, Mandarin, Cantonese, and Polish.

Where is it?

- **Bay Ridge:**
6823 5th Avenue
Brooklyn, NY 11220
- **Downtown Brooklyn:**
175 Remsen Street, 10th Floor
Brooklyn, NY 11201
- **Coney Island:**
2857 West 8th Street
Brooklyn, NY 11224

TRI Center

What services does it provide to families of clients?

- The TRI Center approach to treatment is “holistic,” which means that family members are sometimes brought into ***counseling***.

How much does it cost?

- Accepts Medicaid and most insurance, and people without insurance can pay on a sliding scale based on income.

How do I find out more?

- Call **718-858-4050** for more information.

Realization Center

What services does it provide to families of clients?

- The Realization Center brings in family

members to support patients and boost their support network.

How much does it cost?

- Accepts Medicaid and most insurance, and people without insurance can pay on a sliding scale based on income.

How do I find out more?

- Call **718-342-6700** and ask for intake.

Where is it located?

175 Remsen Street
Brooklyn, NY 11201

IV. Employment

The Osborne Association's Family Resource Center



http://www.osborneny.org/Family_Resource_Center.htm

What is it?

- The Family Resource Center (FRC) provides information and support to families of people in prison, and who are returning home and who are dealing with reunification challenges.
- Among other services, the FRC provides ***employment referrals to formerly incarcerated individuals*** and their ***families***

Does it cost anything?

- No. These services are free.

How do I contact the FRC?

- Call **718-637-6560** and ask for **Andrea Johnson** or **Ronald Day** for more information.

Are there services available in other languages?

- Yes, Spanish.

Where is the FRC located?

175 Remsen Street, Eighth Floor
Brooklyn, New York 11201

V. Health Care & HIV/AIDS

Community Healthcare Network

What services does it provide?

- CNH offers many health services, including family planning, primary care for adults and children, HIV services, reproductive health care, and mental health services.

How do I make an appointment?

- **Williamsburg:**
 - Call **718-388-0390**. The Williamsburg clinic is open 9 am to 5 pm on Mondays, Thursdays, and Fridays, 10 AM to 6 PM on Tuesdays and Wednesdays, and 9 am to 4 pm on Saturdays.
- **Crown Heights/Lefferts Gardens:**
 - Call **718-778-0198**. This clinic is open from 9 am to 5 pm on Mondays, Wednesdays, Thursdays, and Fridays, and from 12 pm to 8 pm on Tuesdays.
- **East New York:**
 - Call **718-277-8303**. The East NY clinic is open from 9 am to 5 pm Mondays through Fridays, and from 9 am to 4 pm on Saturdays.

How much does it cost?

- Someone will work with you to come up with a payment plan, through insurance or on a sliding scale if you do not have insurance. CHN won't turn you away if you cannot pay.

Do they speak languages other than English there?

- Yes, people who speak Spanish, and French/Creole might be available to help you.

Where is it?

- **Williamsburg:**
94-98 Manhattan Avenue
Brooklyn, NY 11206
- **Crown Heights/Lefferts Gardens:**
1167 Nostrand Ave
Brooklyn, NY 11225
- **East New York:**
999 Blake Avenue

Planned Parenthood

What services does it provide?

- Among other reproductive health care services, Planned Parenthood provides **free pregnancy tests**.

How do I get a free test?

- By walk-in or Mondays through Fridays from 12:30 pm to 3:30 pm. To make an appointment, call **212-965-7000**.

Do they speak languages other than English?

- Yes, they speak Spanish, and other languages through a phone interpreter.

Where is it?

44 Court Street 6th Floor
Brooklyn, NY 11201

VI. Benefits

Good Shepherd Services: Single Stop Service Center

What is it?

- Good Shepherd provides support to families so that they can stay together.
- One of the services Good Shepherd provides is a service center where you can drop in and receive **help getting public benefits**.

Where is it?

503 Fifth Avenue
Brooklyn, NY 11215

How do I get help?

- Visit the Single Stop Service Center during drop-in hours: Mondays, Tuesdays, Wednesdays, and Fridays from 9 am to 5 pm, and Thursdays from 10 am to 6 pm.
- Call **718-965-3313**.

VII. Parenting & Family Support

The Osborne Association's Family Resource Center



What is it?

- Osborne provides many services. In particular, the Brooklyn site hosts the **Family Resource Center**, which offers many services to families.
- FRC services include
 - The FRC hosts a **hotline (1-800-344-3314)**. You can get answers from formerly incarcerated people to questions about visits, prison transfers, parole, and other issues related to a loved one's incarceration and reentry.
 - The FRC also provides **support groups** for prison families every Wednesday, from 5:30 pm to 7 pm. For more information, call **718-637-6560** and ask for **Jean Blunt**. These take place at
175 Remsen Street, 8th Floor
Brooklyn, NY 11201
 - **Referrals** for educational, treatment, and family services for former prisoners and their families.

When is the hotline available?

- Mondays through Fridays, 9 am to 5 pm

Does it cost anything?

- No. These services are free.

Are there services available in other languages?

- Yes, Spanish.

MANHATTAN

I. Counseling, Psychotherapy, & Mediation

A. Counseling

- **Counseling** and **psychotherapy** can help you and your family address issues individually or as a unit.

Community Counseling and Mediation



What is it?

- CCM offers **community-, family-, and group-based mental health care**, and psychiatric medication.

Where is it?

115 W. 31st St.
NY, NY 10001

How much does it cost?

- The clinics take Medicaid, other types of insurance, and \$35/visit for those paying out-of-pocket.

How can I find out more?

- Call **212-564-6006** and ask for an intake coordinator.

Jewish Board of Family and Children's Services: Counseling Centers

What does it offer?

- JBFCS has many counseling centers in different locations that offer short- and long-term outpatient **couples and family therapy**.

Where is it?

- **Alan & Kathryn Greenberg Counseling Center**

120 W. 57th St.
New York, NY 10019

- **Manhattan North Counseling Center:**

549 W. 180th St.
New York, NY 10033

- **Counseling at the Jewish Community Center of Manhattan:**

334 Amsterdam Ave.

New York, NY 10019

- **Counseling at the Washington Heights-Inwood YM/YWHA:**
54 Nagle Ave.
New York, NY 10040

Do they speak languages other than English?

- **Manhattan North Counseling Center:** Spanish and Russian

How much does it cost?

- The Centers take Medicaid and accept payment on a sliding scale based on your income.

How can I find out more?

- **Alan & Kathryn Greenberg Counseling Center:** Call **212-397-4250** and ask to be transferred to “couples and family therapy.”
- **Manhattan North Counseling Center** and **Counseling at the Washington Heights-Inwood YM/YWHA:** To make an appointment, you can call **212-795-9888 x 143** or can call **Tina Broco** at **212-795-9888 x 122.**
- **Counseling at the Jewish Community Center of Manhattan:** Call **646-505-4488** and ask for **Gloria Zicht.**

Exodus Transitional Community

EXODUS TRANSITIONAL COMMUNITY

What is it?

- ETC, run mostly by formerly incarcerated individuals, provides support to people transitioning from incarceration to their communities. One service that ETC offers is ***individual and group counseling.***

Where is it located?

161 East 104th Street
New York, NY 10029

How can I find out more?

- To make a counseling appointment, call **Philippe Vargas** at **917-492-0990.**

B. Mediation

- ***Mediation*** is a way for people to solve problems informally by meeting with a trained, neutral professional in a safe environment to discuss the issues that are dividing them and to resolve the conflict.

Safe Horizon Manhattan Mediation Center



www.safehorizon.org/mediation

What does the Mediation Center do?

- The Mediation Center provides free, confidential services to community members experiencing a conflict that they would like to resolve informally.
- The Mediation Center specializes in providing **mediation services to formerly incarcerated individuals and their families** experiencing the unique difficulties of reentry. For example, the Mediation Center Reentry Program can help if your family is having trouble communicating, if your housing situation is causing problems, or if you are facing other difficulties.

Does it cost anything?

- No. Services are completely free.

Where is it located?

346 Broadway, Suite 400W
New York, NY 10013

How do I make an appointment?

- You can **show up** without an appointment at the following times:
 - Mondays to Wednesdays from 1 pm to 8 pm.
 - Thursdays from 9:30 am to 5 pm.
- You can call **Melissa Appleton** at **212-577-1740 x 128** to make an appointment to visit at these times:
 - Monday to Friday from 9 am to 5 pm
 - Evenings hours, by appointment.

- You can call **Dwayne Simpson** at the **Center for Appellate Litigation (212-577-2523 x 38)**, and he will help you set up an appointment at Safe Horizon.

Are there interpreters there?

- Yes, in any language.

Washington Heights-Inwood Coalition: Mediation Program

What services does it offer?

- The **mediation** program offers local residents the chance to settle disputes informally and for free.

Who can use the services?

- Any resident of Washington Heights.

When are services offered?

- Tuesdays, Wednesdays, and Thursdays.

Where is it?

652 West 187th Street
New York, NY 10033

How can I find out more information or for help with a dispute?

- Call **212-781-6722** and ask for **Martha Paula**.

II. Substance Abuse

Nar-Anon



What is it?

- **Nar-Anon** is a support group that holds weekly **meetings** for the families of people addicted to drugs. The purpose is to help you support a family member struggling with addiction.

Does it cost anything to attend?

- No, membership is free.

When do meetings take place?

- Tuesdays at 6:15 pm

Where are meetings?

St. Malachy's Church

239 West 49th Street (Between Broadway & 8th)

New York, NY 10019

How do I find out more?

- To confirm a meeting or to find out more, you can call the central office at **310-534-8188**.

The following are outpatient treatment programs that offer services to families of people in treatment. This list is just a starting point. If you would like names of additional providers, please call **Dwayne Simpson** at the **Center for Appellate Litigation (212-577-2523 x 38)**.

Addiction Institute of NY

What services does it offer that involve families?

- There is a ***Family Program*** for clients and their families. Clients can name anyone they see fit as "family" and invite them to participate in joint counseling sessions.

How do I find out more?

- Call **212-523-6491** to make an appointment or to find out more information.

Where is it?

1000 Tenth Avenue, 8th Floor
New York, NY 10019

Bridge Back to Life

What services does it offer that involve families?

- Clients' families can join them in individual ***counseling sessions***.

How do I find out more?

- Call **212- 679-4960** to make an

appointment or to find out more information.

Do they speak languages other than English?

- Yes, including Spanish, Russian, Mandarin, Cantonese, and Polish.

Where is it?

290 Madison Avenue, 6th Floor
New York, NY 10017

TRI Center

What services does it provide to families of clients?

- The TRI Center approach to treatment is “holistic,” which means that family members are sometimes brought into ***counseling***.

How much does it cost?

- TRI accepts Medicaid and most insurance, and people without insurance can pay on a sliding scale based on income.

How do I find out more?

- Call **212-268-8830** for more information.

Realization Center

What services does it provide to families of clients?

- The Realization Center brings in family members to support patients and boost their support network.

How much does it cost?

- Realization accepts Medicaid and most insurance, and people without insurance can pay on a sliding scale based on income.

How do I find out more?

- Call **212-627-9600** and ask for intake.

Where is it located?

19 Union Square West

III. Employment

Catholic Charities of Archdiocese of NY

What services does it offer?

- Catholic Charities provides **clothing** and **job referrals** to formerly incarcerated individuals and their families.

Where is it?

1011 First Avenue
New York, NY 10022

How do I find out more?

- Call **Clara Salas** at **212-371-1000 x 3779**.

IV. Health Care & HIV/AIDS

Community Healthcare Network

What services does it provide?

- CNH offers many **health services**. These include
 - family planning;
 - primary care for adults and children;
 - HIV services; and
 - reproductive health care.

How do I make an appointment?

- **Harlem:**
 - Call **212-426-0088**. The Harlem clinic is open 9 am to 5 pm on Mondays, Tuesdays, Thursdays, and Fridays, 10 am to 6 pm on Wednesdays, and 9 am to 4 pm on Saturdays.
- **Washington Heights:**
 - Call **212-781-7979**. This clinic is open from 9:30 am to 6 pm on Mondays, 8:30 am to 5 pm on Tuesdays, Thursdays, and Fridays, 10:30 am to 7 pm on Wednesdays, and 9 am to 4 pm on Saturdays.
- **Lower East Side:**
 - Call **212-477-1120**. The LES clinic is open from 9 am to 5 pm Mondays, Tuesdays, Wednesdays, from 9 am to 7 pm on Thursdays, and from 8:30 am to 3:30 pm on Saturdays.

How much does it cost?

- Someone will work with you to come up with a payment plan, through

insurance or on a sliding scale if you do not have insurance. CHN won't turn you away if you cannot pay.

Do they speak languages other than English there?

- Yes, people who speak Spanish, Chinese, and French/Creole might be available to help you.

Where is it?

- **Harlem:**
81 West 115th Street
New York, NY 10026
- **Washington Heights:**
1996 Amsterdam Ave
New York, NY 10032
- **Lower East Side:**
150 Essex St
New York NY 10002

Planned Parenthood

What services does it provide?

- Among other reproductive health care services, Planned Parenthood provides **free pregnancy tests**.

How do I get a free test?

- You can **walk in** Tuesdays through Saturdays from 12:30 to 3:30 pm (but not on first Tuesday of the month after 1:30 pm).
- If you want to make an **appointment**, call **212-965-7000**.

Do they speak languages other than English?

- Yes, they speak Spanish, and other languages through a phone interpreter.

Where is it?

26 Bleecker Street
New York, NY 10012

V. Parenting & Family Support

Washington Heights-Inwood Coalition: Parent Resource Center

What is it?

- The Parent Resource Center provides **parenting-focused services**. These include
 - **workshops** on parenting, health, and nutrition, and child abuse

- prevention;
- **individual counseling** on parenting issues; and
- parent **support groups**.

How can I find out more?

- Call **212-781-6722** and say that you would like to speak to the Parent Resource Center.

Where is the resource center?

- At P.S. 128, which is located at
560 West 169 Street
New York, NY 10032

Friends of the Island Academy: Fathering Initiative



What is it?

- Friends of the Island Academy seeks to help people break the cycle of incarceration. One of the services it provides is the Fathering Initiative or "Friends to Fathers," for fathers and fathers-to-be.
- Services in the community include
 - Individual and group **counseling**;
 - **Mentoring**;
 - Recreational and educational activities;
 - **Parenting and life skills workshops**, and programs on conflict resolution and how to arrange **visitation**; and
 - **Job training** and placement, educational services, and housing referrals.

Am I eligible?

- You must be a father or expecting father 16 years or older.

When do workshops take place?

- **Thursdays at 4:30 pm.**

Where do workshops take place?

330 West 38th Street, Suite 101
NY, NY 10018

How can I find out more information?

- Call the office at 212-760-0755 for more information.

The Neighborhood Defender Service: Diligent Dads Program

What is it?

- Through Diligent Dads, NDS staff works with ***non-custodial fathers*** involved in the justice system. The purpose of the program is to help you develop the skills, resources and confidence to become fully engaged in your children's lives, and to support your kids emotionally and financially.
- Services include
 - ***individual and family counseling;***
 - ***educational and employment services;***
 - ***parenting skills;***
 - peer ***mentoring;*** and
 - help with legal issues like ***visitation*** and ***child support.***

Who can participate?

- You must a non-custodial father who is at least 25 years old and was formerly incarcerated. You do *not* have to be a client of NDS.

How can I find out more?

- Call **Valerie Strawn** at **212-876-5500** for more information.

QUEENS

I. Counseling, Psychotherapy, & Mediation

A. Counseling

- **Counseling** and **psychotherapy** can help you and your family address issues individually or as a unit.

Pride of Judea Counseling Center

What does it offer?

- Short- and long-term **couples and family therapy** is available.

Where is it?

243-02 Northern Boulevard
Douglaston, NY 11362

Do they speak languages other than English?

- Yes, Spanish, Russian, Korean, Mandarin Chinese, French, Italian, Hebrew, and Yiddish.

How can I find out more?

- Call **718-423-6200 x 230** for intake.

B. Mediation

- **Mediation** is a way for people to solve problems informally by meeting with a trained, neutral professional in a safe environment to discuss the issues that are dividing them and to resolve the conflict.

Community Mediation Services/Queens Mediation Network



<http://mediatenyc.org/>

What is it?

- QMN provides **mediation services** for Queens residents on various issues, including disputes within families.

How much does it cost?

- Nothing. Services are free, and confidential.

Where is it?

- Jamaica:
89-64 163rd Street
Jamaica, NY 11432
- There are also locations in Flushing and Bayside. Call for more information.

How can I find out more?

- Call **Sharon Osbourne** at **718-523-6868 x 269**, or, if you have Internet access, e-mail sosbourne@mediatenyc.org.

II. Substance Abuse

Nar-Anon



What is it?

- **Nar-Anon** is a support group that holds weekly *meetings* for the families of people addicted to drugs. The purpose is to help you support a family member struggling with addiction.

Does it cost anything to attend?

- No, membership is free.

When do meetings take place?

- **Forest Hills:** Wednesdays at 7:30 pm
- **Jamaica Estates:** Mondays at 7:30 pm
- **Whitestone:** Thursdays at 7:30 pm

Where are meetings?

- **Forest Hills:**

Church in the Garden (Basement,
Downstairs Lounge)
50 Ascan Avenue
Queens, NY 11375

- **Jamaica Estates:**

Bishop Malloy Retreat House (1st Fl., St.
Gabe's Room)
86-45 Edgerton Boulevard
Queens Village, NY 11432

- **Whitestone:**

Veterans of Foreign Wars

19-12 149th Street (off 20th Ave.)
Queens, NY 11357

How do I find out more?

- To confirm a meeting or to find out more, you can call the central office at **310-534-8188**.

Counseling Service

What is it?

- This center offers many types of **outpatient drug treatment**, and counselors involve family members in treatment.

How much does it cost?

- CSEDNY takes Medicaid, and accepts payment on a sliding scale for those without insurance.

How do I get more help?

- Call **718-658-0010**.

Where is it?

163-18 Jamaica Ave., Suite 502
Jamaica, NY 11432

III. Health Care & HIV/AIDS

Community Healthcare Network

What services does it provide?

- CNH offers many **health services**, including
 - primary care for adults and children;
 - HIV services
 - reproductive health care;
 - and more.

How do I make an appointment?

- **Jamaica:**
 - Call **718-657-7088**. The Jamaica clinic is open 10 am to 6 pm on Mondays, 9 am to 5 pm on Tuesdays, Wednesdays, Thursdays and Fridays, and 9 am to 4 pm on Saturdays.
- **Long Island City:**
 - Call **718-482-7772**. The LIC clinic is open 9 am to 5 pm

Mondays to Fridays.

How much does it cost?

- Someone will work with you to come up with a payment plan, through insurance or on a sliding scale if you do not have insurance. CHN won't turn you away if you cannot pay.

Do they speak languages other than English there?

- Yes, people who speak Spanish might be available to help you.

Where is it?

- **Jamaica:**
97-04 Sutphin Boulevard
Jamaica, NY 11435
- **Long Island City:**
36-11 21st St
Long Island City, NY 11106

IV. Parenting & Family Support

Hour Children

Love Makes the Difference



What is it?

- This organization provides **services to mothers** coming out of prison, including family **reunification counseling**, **supportive housing**, and a program to support working women.

How do I get help?

- Call **Susan DiMaio** at **718-433-4724 x 15** for information
- Visit the thrift store at 12-06 36th Avenue, Long Island City, NY 11106.

Fortune Society: Family Services Program



What is it?

- The Fortune Society offers many services to formerly incarcerated individuals. One service is to provide programming and job support to

help custodial and non-custodial parents who were incarcerated connect with their children.

- Services include
 - **Parenting skills** training;
 - **Individual and group counseling**;
 - **Legal services** for family law issues like child support arrears, and custody and visitation; and
 - **Fathers cooking classes**, at which fathers can learn to cook for their families.

How do I find out more?

- Contact **Peggy Arroyo** at parroyo@fortunesociety.org or **212-691-7554 x 235**.

Where is it?

29-76 Northern Blvd.
Long Island City, NY 11101

STATEN ISLAND

I. Counseling, Psychotherapy, & Mediation

A. Counseling

- **Counseling** and **psychotherapy** can help you and your family address issues individually or as a unit.

The Morris Black Community Counseling Center

What does it offer?

- Short- and long-term **couples and family therapy** is available.

Where is it?

2795 Richmond Avenue
Staten Island, NY 10314

How much does it cost?

- Accepts Medicaid. If you have no insurance, you can pay for sessions on a sliding scale based on your income, starting at \$30 a session.

How can I find out more?

- Call **718-761-9800 x 229** or **x 225** for services.

Do they speak languages other than English

- Yes, Russian, Spanish, Hebrew, Cantonese and Hungarian.

B. Mediation

- **Mediation** is a way for people to solve problems informally by meeting with a trained, neutral professional in a safe environment to discuss the issues that are dividing them and to resolve the conflict.

New York Center for Interpersonal Development: Conflict Resolution Services



New York Center for
Interpersonal Development

Strengthening Relationships and Building Community

<http://www.nycid.org/mediation-a-conflict-management.html>

What is it?

- The Center can help you address many different family conflicts, including those related to custody and visitation, or disputes between adult family members.

Where is it?

130 Stuyvesant Place, Fourth Floor
Staten Island, New York 10301

How can I find out more?

- Call **David B. Ramsey** at **718-947-4035**.

II. Substance Abuse Treatment

Nar-Anon



What is it?

- **Nar-Anon** is a support group that holds weekly *meetings* for the families of people addicted to drugs. The purpose is to help you support a family member struggling with addiction.

Does it cost anything to attend?

- No, membership is free.

When do meetings take place?

- **Grant City:** Tuesdays at 8 pm
- **Princess Bay:** Wednesdays at 7 pm

Where are meetings?

- **Grant City:**
St. Christopher's Meeting Hall
136 Midland Avenue (Corner of Edison)
Staten Island, NY 10306
- **Princess Bay:**
University Hospital South
Main Lobby-Board Room
375 Seguire Avenue (off Hylan Blvd.)
Staten Island, NY

How do I find out more?

- To confirm a meeting or to find out more, you can call the central office at **310-534-8188**.

Bridge Back to Life

What is it?

- Bridge Back to Life offers outpatient treatment to people with addictions. It involves families in the treatment process.

What services does it offer that involve families?

- Clients' families can join them in individual counseling sessions.

How do I find out more?

- Call **718-447-5700** to make an appointment or to find out more information.

Where is it?

1688 Victory Blvd.
Staten Island, NY 10314