

### **Education - Continuing Education**

Lehman College  
250 Bedford Park Boulevard West, B  
BRONX, NY 10468  
(718) 960-1973  
<http://www.nycservice.org/organizations/451>

### **Employment - Employment Services**

The Osborne Association offers opportunities for individuals who have been in conflict with the law to transform their lives through innovative, effective, and replicable programs that serve the community by reducing crime and its human and economic costs. We offer opportunities for reform and rehabilitation through public education, advocacy, and alternatives to incarceration that respect the dignity of people and honor their capacity to change.  
809 Westchester Ave.  
Bronx NY, 10455  
718-707-2600 - Phone  
718-707-3102 - Fax  
<http://www.osbornenyc.org/index.cfm>

### **Employment - Employment Services**

To solve homelessness for a night, you need shelter. To solve it for good, you need work. Since Ready, Willing and Able launched in 1990, it has used paid transitional work and a holistic, individualized service package to catapult individuals into the workforce and out of cycles of homelessness, crime, and addiction. Through this award-winning program, we have given tens of thousands of individuals the tools needed to rebuild their lives. Every day, our facilities serve 700 formerly homeless and incarcerated individuals.  
The Doe Fund  
232 East 84th Street  
New York, NY 10028  
Phone 212-628-5207  
Fax 212-249-5589  
<http://www.doe.org/rwa.cfm>

### **Employment - Employment Services**

5 Pennsylvania Plaza  
New York, NY 10001  
Defy offers a suite of services that includes intensive personal and leadership development, competition-based entrepreneurship training, executive mentoring, financial investment, and business incubation. By engaging top corporate executives, investors and entrepreneurs nationally, Defy catalyzes broad scale personal and economic opportunities for formerly incarcerated individuals, and shatters perceptions of one of the most stigmatized and overlooked populations in America.  
<http://defyventures.org/>

### **Employment - Job Training**

Training Center  
975 Kelly Street, Suite 401  
Bronx, NY 10459  
The Center for Employment Opportunities (CEO), is recruiting for the Training Center, a trade preparation program that prepares participants with criminal convictions for entrance into trade school, supports them throughout training, and

### **Employment - Employment Programs**

East Harlem Employment Service Inc.  
240 East 123rd St., 3rd Floor  
New York, NY 10035  
Phone: (212) 360-1100  
Fax: (212) 360-5634

Email: [info@international.org](mailto:info@international.org)  
is a unique workforce development agency that has been transforming lives for over 25 years. We put people to work!  
<http://striveinternational.org/>

### **Employment - Employment Services**

Jobs-Plus is a self-sufficiency initiative for NYCHA residents living in the Betances, E. Roberts Moore, and Courtlandt Houses. It helps people achieve their goals through employment assistance, access to financial services, and community support.  
The Strong Fathers, Stronger Families program helps low-income fathers, 18 and older, enter and succeed in the workforce while developing closer relationships with their children and partners. The Family Self-Sufficiency Program is a voluntary five-year program that gives HPD Section 8 participants free services like job training, job placement, training, and education. If you need help and are not sure what program to contact, please call our Single Stop hotline at (718) 731-3114 or stop in:  
BronxWorks Townsend Ave. Office  
1477 Townsend Ave.  
(entrance on 172nd St.)  
Bronx, NY 10452  
(718) 588-3836  
<http://bronxworks.org/walk-in-offices>

### **Employment - Employment Services**

Our employment services are specifically tailored to meet the needs of formerly incarcerated individuals who often have strong work skills but whose criminal record can undermine their chances of obtaining employment. To that end we teach and cover letter development, interviewing skills, effective job searching techniques, workplace conflict resolution, and employer expectations. In addition to job readiness training, we provide full service job development and placement for everyone enrolled in case management. Our employment team is dedicated to helping participants find and maintain employment, and assists them every step of the way.  
917.492.0990  
2271 THIRD AVENUE  
NEW YORK, NY 10035  
<http://www.etcny.org/employment-services/>

### **Employment - Employment Services**

Tel: (917) 801-4668  
America Works includes work readiness training, vocational training, career placement, career advancement, and employment retention services. Our mission is to equip each individual who comes to our offices with the right tools so that they are able to provide for themselves and their loved ones. People find employment, and employers find talent! Due to the Coronavirus Pandemic, you

helps find them jobs in the trades after they finish training. Participants in the academy will receive their hands-on training at Hostos Community College or at LaGuardia Community College and receive a certificate from these fine institutions.  
<http://ceoworks.org/our-offices/new-york-city/ceo-academy/>

### **Employment - Temporary Staffing Agency**

2783 Third Avenue  
PO Box 711  
Bronx, NY 10455  
(718) 401.1270 Call first for more information.  
At Hire Point, our Recruiters will work with you to find a rewarding opportunity that fits your needs.  
<http://www.hirepointusa.com>

### **Food - Food Pantry**

Find local pantries, soup kitchens, food shelves, food banks and other food help.  
[https://www.foodpantries.org/st/new\\_york](https://www.foodpantries.org/st/new_york)

### **Food - Food Pantry**

BronxWorks operates a food pantry at the Morris Innovative Senior Center twice a month, once for senior citizens and once for the general community:  
On the second Friday of every month, food is distributed to the first 125 seniors.  
On the fourth Friday of every month, food is distributed to the first 125 people in the community.  
Tickets are passed out around 9:30 a.m. at the Morris Avenue side entrance to the building. People can then leave and return at 1:30 p.m. Everyone with a ticket is guaranteed a pantry bag. The food pantry also accepts referrals from local community agencies, clinics, and clergies. Referrals must speak with director Maria Rivera (contact information below) for approval. For more information, please contact:  
Maria Rivera, Department Director  
(718) 933-5300  
[mriviera@bronxworks.org](mailto:mriviera@bronxworks.org)  
BronxWorks Morris Innovative Senior Center  
80 E. 181st St.  
Bronx, NY 10453  
<http://bronxworks.org/food-pantry>

### **Free - Free Phone**

Assurance Wireless  
P.O. Box 5040  
Charleston, IL 61920-9907  
1-888-321-5880  
Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone. Lifeline enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Residents of homeless shelters, nursing homes and temporary addresses may also be eligible.  
<https://www.assurancewireless.com/lifeline-service/what-lifeline>

### **Free - Free Stuff**

Various locations posted dates and address on website.  
Main Office-

must contact the office first before you can engage in in-person services. Click on the link above to find the most up-to-date contact information!

<https://americaworks.com/virtual-contact-info/>

### **Employment - Second Chance Employers**

104 Alexander Street  
Yonkers, NY 10701  
914-375-1510  
For over 30 years, Greyston has proudly maintained an Open Hiring trade model, embracing anyone's potential by offering employment opportunities regardless of background or work history while bringing together the resources needed to succeed in the workplace and to thrive in the community. We know that employment is the first step in an individual's path toward success. And, we know that people need more than a job to succeed. Anyone that comes to the front door of our bakery is given the chance to work, no questions asked. When a job becomes available we hire the next person on our waiting list. During the apprenticeship period, our employees learn baking and employment readiness skills. And, we offer Community Gardens, Workforce Development, Environmental and Cultural Education and an Early Learning Center to create a truly thriving community.  
<http://greyston.com/contact-us/>

### **Employment - Workforce Development**

NYS Department of Labor Building 12  
W.A. Harriman Campus  
Albany, NY 12226  
(518) 457-9000  
(888) 4-NYSDOL  
(888-469-7365)  
711 TTY/TTD  
Get the resources and help you need to find a job, explore career options and learn about the variety of programs offered.  
<https://dol.ny.gov/jobs-and-careers>

### **Food - Food Pantry**

Find your nearest food bank or pantry.  
<http://www.foodbanknyc.org/our-programs/our-food-program-network/food-program-locator>

### **Food - Food Stamps**

The Supplemental Nutrition Assistance Program, food pantries, community kitchens, and other resources can help you and your family and are available throughout New York City. Visit the website or call HRA Infoline at 718-557-1399, and we will mail you an application.  
<http://www.nyc.gov/html/hra/html/services/snap.shtml>

### **Free - Free Stuff**

We are a grassroots & entirely nonprofit movement of people who are giving and getting stuff for free in their own Towns. It's all about reuse and keeping good stuff out of landfills. Membership is free.  
<https://www.freecycle.org/>

### **Health - Addiction Recovery**

100 Gold Street, Suite 3300  
New York, New York 10038  
212-788-7900

Bring clean, reusable, portable items such as clothing, house wares, games, books, &&&& toys that you no longer need, and take home something new-to-you, free! You don&&&&rsquo;t have to bring something to take something.

Please do NOT bring: furniture, large items, expired or open food, unsealed personal care products, medicine, dirty or ripped clothing, fabric scraps, incomplete toys and games, non-working electronics, magazines, or sharp objects.  
<https://www.grownyc.org/swap>

### **Health - Addiction Recovery**

CREATE, Inc.  
73-75 Lenox Avenue at 114th St.  
New York, NY 10026  
(212) 663-1596

The mission of CREATE is to promote the physical, psychological, social and spiritual well-being of the community we serve through the provision of sensitive, caring community-based services that empower the individual. We do this by providing health resources, social services, education, employment and housing services.

Many of our members are homeless and suffer from chemical dependency and their lives have suffered as a result. We treat the whole person and offer a caring and accepting environment where these individuals may rebuild their lives.  
<http://www.createinc.org/>

### **Health - Counseling Services**

1-800-LIFENET  
Free and sliding scale counseling agency  
New York City, New York 10075  
You can call for yourself or for a friend  
1-800-LIFENET

is a free, confidential help line for New York City residents.  
You can call 24 hours per day/7 days per week.

### **Health - Crisis Hotline**

Domestic Violence Hotline 1-800-799-7233(SAFE)  
StrongHearts Native Helpline 1-844-7NATIVE (1-844-762-8483)  
Runaway Safeline 1-800-RUNAWAY / 1-800-786-2929  
Human Trafficking Hotline 1-888-373-7888  
Child Abuse Hotline - 1-800-4-A-CHILD (1-800-422-4453)  
Substance Abuse Treatment - 1-800-662-HELP (4357)  
Center for Missing and Exploited Children (NCMEC) Hotline - 800-8435678  
Sexual Assault Telephone Hotline - 800-656-HOPE (4673)  
Suicide Prevention Lifeline Hotline - 800-273-8255  
<https://www.acf.hhs.gov/acf-hotlines-helplines>

### **Health - Free/Sliding Scale Clinic**

1,400 Free and Charitable Clinics and Pharmacies provide access to healthcare for uninsured and underinsured people in communities across the U.S. Find one near you!

SMART Recovery offers free face-to-face and online mutual help groups that support individuals who are considering, or have chosen abstinence from addictive behaviors. We employ ideas developed from Rational Emotive Behavior Therapy and other cognitive-behavioral theories and techniques.

SMART Recovery focuses on four areas:

1. Enhancing motivation - 2. Coping with urges - 3. Problem solving - 4. Lifestyle balance  
New York City Contact Information  
phone: 212-631-1198 e-mail:  
[info@smartrecoverynyc.org](mailto:info@smartrecoverynyc.org)  
<http://www.smartrecoverynyc.org/>

### **Health - Addiction Recovery**

PROJECT CREATE RESIDENCE  
121-123 West 111th Street  
New York City, NY 10026  
Mr. Philip Miller, Residential Director  
tel: (212) 678-4990, fax (212) 666-6664  
Provides intensive residential chemical dependence treatment and vocational rehabilitation services to males 18 and above including medical evaluations, counseling, counseling peer support, vocational guidance and placement, 12 step programs, relapse prevention training and life-style direction.  
<http://www.createinc.org/services.htm>

### **Health - Counseling Services**

Free and sliding scale counseling agency  
435 2nd Avenue  
Suite 3-C  
New York City, New York 10010  
<http://www.bethisraelny.org/visiting-beth-israel/>

### **Health - Free/Sliding Scale Clinic**

743-749 East 9th St.  
New York, NY 10009  
212-677-7999

### **Health - Free/Sliding Scale Clinic**

110 West 97th Street  
Albany, NY, 10025  
212-316-7906  
<http://www.ryancenter.org/>

### **Health - Free/Sliding Scale Clinic**

975 Westchester Avenue  
Bronx, NY, 10459  
718-991-9250  
(866) CHN-8259  
email - [info@chnnyc.org](mailto:info@chnnyc.org)  
<http://www.chnnyc.org/our-locations/bronx-health-center>

### **Health - Free/Sliding Scale Clinic**

The NYCFC, New York's only comprehensive free healthcare clinic, believes that high-quality healthcare is the right of all individuals. We provide, at no cost to our patients, the full range of healthcare services that include specialty referrals, counseling, patient education, social services, and screening and registration for public health insurance.  
16 E 16th St  
New York, NY 10003  
The NYCFC is located at 16 East 16th Street

<https://nafcclinics.org/>

**Health - Free/Sliding Scale Clinic**

890 Hunts Point Avenue  
Bronx, NY, 10474  
718-589-2141  
<http://urbanhealthplan.com/>

**Health - Free/Sliding Scale Clinic**

Clinics listed on our website offer services for free or at a reduced rate. Many clinics are operate under a sliding scale schedule. This means that costs to patients are calculated based on income.  
<https://www.freeclinics.com/>

**Health - Free/Sliding Scale Clinic**

The St. Anthony Free Medical Clinic is located in the St. Francis Center  
421 East 155th Street  
Bronx, NY 10455.  
Through the sponsorship of the Franciscan Friars of the Renewal the clinic has been opened since July 1998, it provides many free medical services to the very poor. The clinic operates solely by the work of dedicated volunteers and is funded exclusively through donations. Due to the kindness and generosity of volunteer doctors, nurses and other staffers, and with donations of supplies, equipment and funds from individuals and corporations, poor children and adults who are medically uninsured receive free medical care in a safe and healthy environment. The St. Anthony Free Medical Clinic has been greatly blessed with continual growth.  
<http://franciscanfriars.com/st-anthonys-clinic/>

**Health - Free/Sliding Scale Clinic with Dental**

1760 Westchester Avenue  
Bronx, NY, 10472  
718-892-8474  
<http://www.nyc.gov/html/hia/html/resources/community.shtml>

**Health - Free/Sliding Scale Clinic with Dental**

Bronx, NY, 10458  
718-405-4067  
<http://www.montefiore.org/>

**Health - Free/Sliding Scale Clinic with Dental**

85 West Burnside Avenue  
Bronx, NY, 10453  
718-716-4400  
<http://www.mhhc.org/>

**Health - Free/Sliding Scale Dental Clinic**

We continuously update our website with new information on dental clinics. Many of the resources for dental care are free, but many are based on income and/or discounted in other manners. Please review the listings and contact the dental clinics through the websites provided (and/or phone numbers listed), to obtain full details. We do not offer guidance. If you find any of our information improper, or if you have any question, please email us at [support@thedentistsnearme.com](mailto:support@thedentistsnearme.com). We will immediately reply to your email.  
[https://www.usdentalservice.com/?gclid=EAlaIQobChMIyaH1p9\\_k9gIVWZcAAB0Irg1FEAEYASAAEgK7c](https://www.usdentalservice.com/?gclid=EAlaIQobChMIyaH1p9_k9gIVWZcAAB0Irg1FEAEYASAAEgK7c)

between Union Square West and 5th Avenue, one block west of Union Square in Manhattan, New York City.  
<http://nycfreeclinic.med.nyu.edu/>

**Health - Free/Sliding Scale Clinic with Dental**

3411 Wayne Avenue  
Bronx, NY, 10467  
718-231-5482  
<http://www.bchnhealth.org/index.php>

**Health - Free/Sliding Scale Clinic with Dental**

1675 Westchester Avenue  
Bronx, NY, 10472  
718-842-0900  
<http://www.hpmsc.org/home.htm>

**Health - Free/Sliding Scale Clinic with Dental**

305 East 161st Street  
Bronx, NY, 10451  
718-579-2500  
<http://www.montefiore.org/>

**Health - Free/Sliding Scale Clinic with Dental**

Listings that can help low-income and uninsured people connect with a clinic or community health center in their area. These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.  
[https://freeclinicdirectory.org/new\\_york\\_care.html](https://freeclinicdirectory.org/new_york_care.html)

**Health - Mental Health**

New York City Free Clinic  
Free counseling  
16 East 16th Street  
New York, NY 10003  
Phone???: 212-206-5200  
Fax: 212-206-5279  
<http://nycfreeclinic.med.nyu.edu/>

**Health - Narcotics Anonymous**

Join the millions who have found comfort and hope within these nonjudgmental communities and have successfully freed themselves from the struggles of addiction. Find local NA meetings by location, day of the week, and time.  
<https://findrecovery.com/na-meetings/>

**Health - Reduced Cost Medication**

HELPLINE (800) 503-6897 in English or Spanish. Find help with the cost of medicine! We offer a free drug discount card that may help you obtain a substantially lower price on your medications.  
<https://www.needymeds.org/drug-discount-card>

**Reentry Resource - Multiple Resources Available**

245 West 29th Street  
Suite 902  
New York, NY 10001  
<http://www.jerichoproject.org/>

**Reentry Resource - Multiple Resources Available**

Scroll down the page to find your state. Titles in

vD\_BwE

### **Health - Mental Health**

Counseling Agency  
Substance Abuse Treatment - Outpatient  
530 West 166th Street  
3rd Floor  
New York City, New York 10032  
<http://www.opencounseling.com/index.php>

### **Health - Reduced Cost Medication**

(888) 311-6224 x115  
Save an average of 15-55% on your prescriptions!  
Print a free card or download the app to your phone.  
<https://www.americasdrugcard.org/index.aspx>

### **Health - Reduced Cost Medication**

712 Fifth Ave  
14th Floor  
New York, NY 10019  
(877) 338-3457  
Prescription Drug Patient Assistance Programs,  
Prescription Expense Assistance  
<http://scriptrelief.com/contact-us.aspx>

### **Reentry Resource - Multiple Resources Available**

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365.  
<https://211nys.org/>

### **Reentry Resource - Multiple Resources Available**

Director of Criminal Justice Programs  
The Doe Fund  
Phone: 646.672.4273  
345 E. 102nd Street, 3rd Floor  
New York, NY 10029  
<http://www.doe.org/>

### **Shelter - Low Income Housing**

Find low income apartments in New York along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.  
<https://www.lowincomehousing.us/NY.html>

### **Transportation - Public Transportation**

Bronx public transportation. MTA bus lines - please simply call 511 or visit the website with any questions.  
<http://web.mta.info/maps/>

the left column will lead you to resources available nationwide.

If you scroll down the page to find your state name, you can click on that for statewide resources.

<https://www.needhelppayingbills.com/index.html>

### **Reentry Resource - Multiple Resources Available**

The New York State-based support network and information clearinghouse on prison, reentry, and the consequences of criminal proceedings. Attorneys, social service providers, policy advocates, individuals with criminal records, family, and community members are encouraged to join for full access to the online resource library, monthly mailings, and calendar updates. Please visit the website for more information.  
<http://www.reentry.net/ny/>

### **Shelter - Transitional Housing**

1-855-860-3119  
Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations  
[https://www.transitionalhousing.org/state/new\\_york](https://www.transitionalhousing.org/state/new_york)