



**Mount
Sinai**

Mount Sinai Health System
Employee Assistance Program

Child Care Resource Guide

Mount Sinai Health System Employee Assistance Program

Upper East Side Location

19 East 98th Street, 3rd Floor

New York, NY 10029

212-241-8937

Downtown Location

317 East 17th Street

Room 312

New York, NY 10003

212-844-2273

Office Hours

Monday – Friday, 9 am – 5 pm

Special thanks to Valentina Colon, Briana Falco, and Colin Lentz, graduate students from the Silberman School of Social Work at Hunter College, for their assistance in the research and compilation of the information used in this guide.

Introduction



Jane Maksoud
Senior Vice President and
Chief Human Resources Officer
Mount Sinai Health System

Dear Colleague,

Juggling work and family responsibilities is not easy. The degree to which each of us finds a healthy balance between the two affects our sense of satisfaction and fulfillment both on and off the job, and also affects our performance in both our professional and personal roles.

Mount Sinai has created this child care guide to help you create balance with as much confidence, and as little stress, as possible. Mount Sinai's Employee Assistance Program (EAP), a short-term counseling and referral service, is available to help with specific problems you and your family may face. The service is strictly voluntary and confidential. No reference will be made on your personnel records. The EAP is located on the Upper East Side at 19 East 98th Street, Suite 3A, and Downtown at 317 East 17th Street, Room 312. Office hours are 9 am – 5 pm, Monday through Friday.

Mount Sinai is committed to providing a sensitive, caring environment for working parents. We hope that, in helping you care for your family, this guide will help you care for your career and, above all, yourself.

Sincerely,

A handwritten signature in black ink, appearing to read "Jane Maksoud".

Jane Maksoud

Senior Vice President and Chief Human Resources Officer

Child Care Options



Baby Sitters

A babysitter receives hourly wages to care for your child. They do not live with your family.

Community Programs

These programs are offered in a community agency, often in a non-school facility, offering early morning or extended day care. Community centers, YM/YWCA's and YM/YWHA's are examples of such agencies. Some day care centers for preschoolers also offer extended-day care for elementary school children. Community programs may provide an escort or bus service to transport children to and from school, sometimes at additional cost.

Child Care Centers/Group Day Care

In a licensed year-round day care center, children are cared for by certified teachers and aides. Preschoolers from two to six years old can attend full-time from 8 am to as late as 6 pm every weekday. Hours vary from setting to setting.

Educational and Enrichment Programs

Some schools and community agencies offer specific educational and enrichment activities — such as dramatics, music, art, or sports — before or after school. These activities are usually supervised by the specialized teacher, and are specific to one subject area.

Family Day Care

This type of care, which takes place in the home of the child care provider, is the most common care for infants and toddlers. The family day care provider may be a friend, neighbor, local care center provider, or someone recommended by a child care referral service. A provider may take care of a small group of children (usually fewer than five), or a larger group (usually a maximum of twelve) with an assistant. The providers and the child care setting must meet legal requirements which vary from state to state.

Live-In Child Care

Live-in child care providers, sometimes referred to as "nannies" or "au pairs," provide child care in the home while living with the family.

Summer Camps and Recreation Programs

Many private and public schools, social agencies, religious institutions, community centers and youth organizations offer summer camps and recreation programs for school-age children. Based on the program, children attend either part-time or full-time. Camps are either day camps or sleep-away camps. Transportation to and from these summer programs may or may not be provided. If provided, there may be an additional cost.

Vacation Programs

Similar to summer camps and recreation programs, vacation programs operate during typical school vacations and closings, such as winter break and spring break.

Self-Care/"Latch Key" Kids

Some parents choose to have their child return from school unattended. This may be an option if there is no feasible alternative, your child has no interest in available programs, or you have an older child. Be sure to consider maturity level and your child's ability to supervise himself or herself when settling on this option. Also consider your comfort, your child's comfort, the safety of your neighborhood, and available support systems, should your child need assistance.

When making child care decisions, remember, what is good for your family is good for your child.

Resources Throughout the Mount Sinai Health System



Dependent Care Assistance

A Dependent Care Reimbursement Account permits you to deduct pre-tax dollars from your paycheck to help pay for child care or the care of a disabled spouse or parent.

MOUNT SINAI BENEFITS CENTER: 866-700-6762

Monday – Friday, 8 am to 6 pm

The Employee Assistance Program (EAP)

We all want the best for our children. However, caring for children encompasses many challenges and families often face issues that are too difficult to tackle alone. An EAP Counselor can help you and your family address concerns such as balancing work and family responsibilities and assist you in finding solutions.

• **UPPER EAST SIDE LOCATION: 212-241-8937**

• **DOWNTOWN LOCATION: 212-844-2273**

CPR: Tot Saver

The Maternal Child Health Department offers a CPR class for Mount Sinai employees interested in learning the techniques of infant and toddler CPR.

For more information: **212-241-5118**

To register: **212-241-7491**

www.mountsinai.org/mch

Mount Sinai Kids

Mount Sinai Kids is a private early education center serving the children of Mount Sinai employees as well as families from the surrounding communities. The program, for children two months to five years old, is fully licensed by the Department of Health and accredited by the National Association for the Education of Young Children.

212-410-2077

www.imagineelc.com/our-centers/mt-sinai

Center for Excellence and Youth Education (CEYE)

Offered by the Icahn School of Medicine at Mount Sinai, CEYE aims to expose underrepresented minorities and economically disadvantaged youth to careers in science and medicine through hands on curriculum and internships. During the summer months, CEYE opens up its programming to any eligible New York City public school students. Summer programs apply to rising 10th, 11th, and 12th graders.

For more information on CEYE and how to apply:

www.icahn.mssm.edu/about/diversity/ceye/programs/summer

Lactation Rooms

Lactation rooms are available at **The Mount Sinai Hospital**. The rooms are available 24 hours a day, seven days a week. The first room is located in room 234, located on the hospital's lower, MC level, in the hallway shared with the Employee Pharmacy.

A second lactation room is located on the main floor of the Annenberg lobby, to the left of the elevator bank designated for floors 1-10.

For your comfort and privacy, each lactation room has three private pumping areas equipped with breast pumps. If you plan to use the breast pumps available in the lactation rooms, you need to provide your own breast pump accessories, including caps, membranes, and tubes.

To reserve, please call the Medical Education front desk:

212-241-6691

Monday – Friday, 8:30 am – 5:30 pm

The Breastfeeding Center of Manhattan

The goal of the Breastfeeding Center of Manhattan at **Mount Sinai Beth Israel** is to promote, protect, and support breastfeeding by providing expert education and assistance to breastfeeding families. Services Include:

• PRENATAL BREASTFEEDING CLASS

This two hour lecture and discussion is led by one of our Board Certified Lactation Consultants (IBCLC). Topics include proper positioning and latch on, how to avoid nipple soreness and breast engorgement, and properly expressing and storing milk.

• PRIVATE PREGNATAL BREASTFEEDING CLASS

This one-on-one class covers the same topics as Prenatal Breastfeeding. Sessions are by appointment only.

• IN-HOSPITAL SUPPORT AND CARE

Nursing staff are trained to support and assist with breastfeeding. Postpartum breastfeeding classes are offered on the maternity unit. Classes are taught by Board-Certified Lactation Consultants (IBCLC).

• OUTPATIENT CONSULTATION

Lactation Consultants are available to provide individual assessment and intervention for families experiencing difficulties following discharge. These appointment only consultations carry an additional fee.

www.bimc-obgyn.com/breastfeeding-center-of-manhattan.html

New Parent Breastfeeding Support Group

Facilitated by a master's prepared pediatric nurse practitioner, this group provides support, encouragement, and guidance for breastfeeding mothers and new parents. Parents can discuss feeding issues, growth and development, returning to work (both in and out of the home), and other areas of concern.

Sessions are located at:

Mount Sinai West:

1000 Tenth Avenue, Room 11-A-28
New York, NY 10019

212-523-6222



How to Choose the Right Child Care Center

When you have identified programs that meet your needs and the needs of your child, you can narrow your search by requesting more information:

The Basics

- What days and hours of care are available?
- What is the program's schedule on school recesses, snow days, half days, and summer vacation?
- How many children are in the program?
- What is the staff-child ratio?
- Are children divided into groups? If so, by what criteria? Is group division flexible? How many children comprise each group?
- How many staff supervise children? What are their credentials and qualifications?
- Have staff members received child care education and training? Do they receive training and supervision on an on-going basis?

Environment & Safety

- Is it safe for babies, regardless of their stage of development?
- Does it have enough indoor and outdoor space for activities and exploration?
- Is the space clean and well organized? Pay particular attention to diapering and food areas.
- Are equipment and toys clean, safe, in good repair, and age appropriate?
- Does it have space for quiet time and napping?

Quality Care Givers

- A warm, positive and friendly personality, quality care givers genuinely enjoy caring for babies and young children.
- Attentive to smiles as well as to cries.
- Gets down on the floor to interact with children.
- Flexible, patient, and understanding.
- Does not direct anger towards children.
- Responds quickly to a child's physical and emotional needs.
- Values parents as experts about their children.
- Has a style and attitude that fosters each child's individual development.
- Can organize and implement a program that is appropriate to the age and development stage of the child.
- Has a discipline philosophy that is consistent with that of the parents.

Parental Rights

All parents have the right to:

- Visit and observe their children's program at any time.
- Be treated with courtesy and respect by all members of the center's staff.
- Take part in meaningful parent-teacher conferences.
- Receive child care services without discrimination on the basis of race, religion, sex, national origin, or disability.
- Be informed of the center's policies.
- Reasonable protection for their children while in the center.
- Receive help in furthering their children's development, including counseling, education, and referrals, if needed.
- Have their confidentiality respected.
- Participate in parent organizations.
- Change child care services for any reason.

Child Care Centers and Resources



American Camp Association

108 West 39th Street

New York, NY 10018

212-391-5208

www.acanynj.org

Bureau of Early Childhood Services

Provides child care resources, referrals, and information for all of New York State.

www.ocfs.state.ny.us/main/becs

Center for Children's Initiatives (CCI)

322 Eighth Avenue, 4th Floor

New York, NY 10001

212-929-7604

www.centerforchildrensinitiatives.org

Choosing Child Care in NYC

A resource guide with information for new parents about options in New York City.

www1.nyc.gov/assets/doh/downloads/pdf/dc/daycare-choosingchildcare.pdf

Day Care Centers for Kids in NYC

Timeout NY has compiled and organized a list of day care centers in each of the boroughs.

www.timeout.com/new-york-kids/things-to-do/day-care-centers-for-kids-in-nyc

Local 1199 (Union Members only)

Child Care Fund

212-564-2220

www.1199seiubenefits.org/funds-and-services/child-care-funds/eligibility/child-care-fund

NYC Child Care Connect

Use NYC Child Care Connect to search for a child care center in your area, compare your center to others across the city, and/or sign up for free text and email messages about your child care provider. The directory lists all programs that have been issued permits by the Health Department, which includes Child Care Centers, School-Based Child Care or Summer Camps.

<https://a816-healthpsi.nyc.gov/ChildCare/ChildCareList.do>

Preschool of America

One of the largest preschool programs in New York City.

www.preschoolofamerica.us

Live-In Child Care Options

Au Pair in America

American Institute of Foreign Study

9 West Broad Street

Stamford, CT 06902

800-928-7247

203-399-5000

www.aupairinamerica.com

Babysitter Services in NYC

Timeout NY provides a list of resources spanning the five boroughs for finding a quality babysitter. Be sure to always check and review all references of potential child care candidates.

[www.timeout.com/new-york-kids/things-to-do/
babysitter-services-in-nyc?package_page=75764](http://www.timeout.com/new-york-kids/things-to-do/babysitter-services-in-nyc?package_page=75764)

eNanny Source

Use this resource to search for a nanny in your area.

www.enannysource.com

New York City Child Care Resource and Referral (NYC CCR&R) Consortium

The (NYC CCR&R) Consortium is comprised of five organizations that are committed to promoting and supporting high quality, culturally competent early care and education services. They maintain a computerized database with up-to-date information on a variety of child care programs including home and center based early education programs, both private and subsidized.

www.nyccrr.org



The New York Nanny Center

These nanny services are run by licensed psychotherapists, certified coaches, former nannies, and teachers. Families are matched with nannies who are suited to the specific developmental needs of their child.

787 Seventh Avenue
New York, New York 10019
212-265-3354

After School Programs



92nd Street Y - Holiday Camp/After School

The non-profit offers the following after school program:

- **NOAR**

After school program for youth from kindergarten to sixth grade.

1395 Lexington Avenue

New York, NY 10128

212-415-5600

www.92y.org/Noar

A Child's Place

This center provides preschool and grade school camps. Daily trips, outdoor sporting activities, swimming, gymnastics, bowling, arts and crafts, music, and dance are available.

32-20 108th Street
East Elmhurst, NY 11369

718-565-2170
www.achildsplacetoo.com

Asphalt Green - Holiday Camp/After School

The institution offers a variety of programs and classes for youth throughout the year.

555 East 90th Street
New York, NY 10128
212-369-8890

Brooklyn Children's Museum

Brooklyn Children's Museum's After School Program is a free, year-round program that serves elementary and high school students.

145 Brooklyn Avenue
Brooklyn, NY 11213
718-735-4400 x119 or x104
www.brooklynkids.org

Summer Camps

Clover Prep Learning Center

For students between the ages of 2½ and 12, this center offers learning programs focused on critical thinking, gifted and talented test prep, math, reading, and science. Summer camp, after-school programs, and preschool alternative programs are also available.

192-11 Union Turnpike
Fresh Meadows, NY 11366
718-740-7888
www.cloverprep.com

Local 1199 - After School Program Directory

(For Union members only)

330 West 42nd Street, 11th Floor
New York, NY 10036
212-564-2220

Nina's Tutoring Center

This tutoring center, available to children from kindergarten-grade 12, provides homework help and offers critical thinking and writing classes.

8702 Grand Avenue
Elmhurst, NY
718-606-1056

Owen Dolen Recreation Center

2551 Westchester Avenue
Bronx, NY 10461
718- 829-0156 or 718-822-4202

American Camp Association

New York Section
1375 Broadway, 4th floor
New York, NY 10018
212-391-5208
800-777-CAMP
www.acanynj.org

Center for Children's Initiatives

322 8th Avenue, 4th floor
New York, NY 10001
212-929-7602
www.centerforchildrensinitiatives.org

Day Care Council of New York

Parent Counselors can provide referrals to summer camps in the five boroughs.

2082 Lexington Avenue, Suite 204
New York, NY 10035
212-206-7818
www.dccnyinc.org

New York City Department of Health and Mental Hygiene provides a list of summer camps within the five boroughs. For more information on Group Day Care Facilities call **311**.
www1.nyc.gov/site/doh/health/health-topics/parents-information-choosing-the-right-summer-camp-for-your-child.page



Educational Support for Children

Boys and Girls Club of America

This organization provides children ages six-12 with tutoring, homework help and a variety of enrichment programs.

800-854-CLUB

www.bgca.org

Boys and Girls Harbor

This education-focused organization provides enrichment studies and activities for children ages six-12. Children receive homework help, tutoring, art history, philosophy, health and nutrition, dance and sports.

1 East 104th Street, New York, NY 10029

212-427-2244

www.theharbor.org

Children's Aid Society

This multi-service family center provides homework help, tutorial programs and a range of other family services.

711 Third Avenue, Suite 700, New York, NY 10017

212-949-4800 or 212-949-4936

Dial-a-Teacher

This help line provides children with assistance in reading, math, science, and writing. Instruction available in English, Spanish, Italian, Chinese, French, Russian, Hebrew, Korean, Haitian-Creole and Greek.

212-777-3380

Early Steps

This organization is devoted to promoting racial diversity within New York City Independent Schools.

www.earlysteps.org

East Harlem Tutorial Program

This program provides after-school tutoring, homework help and enrichment activities.

2050 Second Avenue, New York, NY 10029

212-831-3135

Harlem Children's Zone

This organization provides after-school tutoring, homework help and enrichment activities.

35 East 125th Street, New York, NY 10035

212-360-3255

National Association of Independent Schools (NAIS)

www.nais.org

New York State Association of Independent Schools (NYSAIS)

www.nysais.org

The Parents League of New York

Members and their families are given current information on education, entertainment and enrichment opportunities.

115 East 82nd Street, New York, NY 10028

212-737-7385

www.parentsleague.org

Public Library Homework Help App

Provides homework help, articles and study notes.

www.homeworkNYC.org

Single Parenting

Becoming a single parent means changes that are not always easy. Parents and children may go through many experiences through this major transition, including the following:

In Your Family

- Your family is and feels different in terms of size and composition.
- Former parenting support may no longer be there, new sources of family support may need to be identified.
- Special events, like holidays and birthdays, may be celebrated differently.
- Relationships between family members may be different and continue to change.
- Single parents must adapt to a new identity with more responsibility.

In Your Working Life

- You may need to stretch your paycheck farther.
- Increased stress can adversely affect your concentration and performance at work. Single parents may also be reluctant to take on new projects and challenges due to elevated stress.
- Work-related social functions may be difficult or awkward to attend.
- Work may become an escape from the emotional aspects of single parenting.

In Your Social Life

- There may be some awkwardness with mutual friends of the former spouse.
- Social life may become more child-centered or include the child(ren) more often.
- There may be less money and time to spend on social activities.
- Awkward and uncomfortable moments with acquaintances may be common, especially in the period immediately following a separation.
- Learning to socialize alone and/or to “date” may be difficult and take time.

The Emotional Impact of Change

- All kinds of emotions may be felt: sadness, relief, anger, ambivalence, loneliness, a sense of freedom.
- Unpredictability may be the norm for a period for both parents and children.
- Emotions are likely to be intense and to surface often.
- In some cases, there may be a delayed reaction in the expression of feelings.
- Behavior may change as a result of these new feelings (e.g., more or less crying, emotional outbursts, changes in eating and sleeping patterns, use of drugs, alcohol or other substances).
- Single parents may feel they have to be all things to all people — especially their children. The parent may feel an obligation to make up for the loss of the other parent.
- Both parents and children need to find new sources of emotional support.

Financial Changes

- Worry about income and expense may grow and become a daily burden.
- Managing your household with fewer resources may contribute to stress.
- Having sole financial responsibility for children may be an emotional and a financial burden.
- Concern about money/income/child support may become all-important and overwhelming.

Other Changes

- Finding time for relaxation, exercise, and fun may be difficult.
- Often symptoms such as headaches, back and neck problems, or digestive disorders may develop as a result of stress and/or fatigue.
- Time management becomes even more difficult and may lead to exhaustion.

Acknowledge the Value of Feelings

- Accept your feelings, both positive and negative, as well as those of your children. Encourage children to express their feelings.
- Don't blame all of your child's problems (or your own) on single parenthood.
- Try not to involve the children in your conflicts and issues with the other parent. Share only what is appropriate.
- Try to express yourself in an open and honest manner, both with your children and with others who are close to you.
- Avoid putting your child into the role of adult or confidant. Seek sources of emotional support for you and for your child(ren).

Dealing with Change

- Allow yourself time to adjust to being a single parent. Take one day at a time.
- Continue to set limits with your children. Be firm.
- Recognize and accept that there will be a period of disorganization, chaos, and adjustment.
- If possible, postpone unnecessary changes in you and your child's life.
- Try to keep new commitments and additional responsibilities to a minimum. Learn to say "no."
- Try to remember that becoming a single parent is an ongoing process, not a simple or quick transition.

Provide Support for Your Children

- Inform teachers of separation/divorce/death of spouse.
- Encourage interaction between your child and other adults, particularly those of the same sex as the other parent.
- Respond to your child's fears about living arrangements, money, and other concerns, in age appropriate terms.
- If you are divorced, assure your child that he or she is not responsible. Children often believe that they caused the break-up, or that they have the power to effect reconciliation.
- Don't expect or allow your child to take the place of the absent parent. Boys may try to become the "man of the house", while girls may try to "mother" the custodial parent.

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Single Parenting (*continued*)

Get Support for Yourself

- Consider single parent support groups or counseling.
- Ask for help! Learn to accept, and even welcome, assistance from those who are willing to provide it.
- You will want and need a break from your children at times. Allow yourself time away from them. They will be fine.
- Tune into your own needs. Don't neglect yourself. Looking after your own needs helps you to be there for your children, and allows you to perform better on the job.
- Seek the support of a professional therapist if you need assistance in understanding your feelings and in managing the challenges in your life. The Employee Assistance Program may be a helpful place to start (details on p.4).

Stay Positive

- Acknowledge all that you are doing. Give yourself credit on a regular basis.
- Remember, you are doing the best that you can and considering what you are up against, it is pretty good!
- Accept support and encouragement from other single parents.
- Give yourself time to grow; try to see your experience as an opportunity to learn about yourself and your strengths and abilities.

Resources for Single Parents

Parents Without Partners

Organization that provides resources for single parents and their children to promote personal growth, self-confidence and sensitivity towards others through support, friendship, and the exchange of parenting techniques.

www.parentswithoutpartners.org

• RESOURCE FOR SINGLE FATHERS:

www.lighthousedad.com

• RESOURCES FOR SINGLE MOTHERS:

www.singlemom.com

• RESOURCES FOR SINGLE PARENTS:

www.singlespouse.com

Big Brothers Big Sisters

This program offers mentoring and social relationship opportunities for children growing up with one parent.

245 Fifth Avenue, Suite 702, New York, NY 10016

212-686-2042

www.bigsnyc.org

Parenting Resources and Support Groups

Parent Groups at Mount Sinai

The Mount Sinai Parent Program

The Mount Sinai Parent Program provides faculty and staff with a forum to obtain support, education, and additional resources designed to help working parents and enable Mount Sinai family networking.

For more information, please contact:

The Division of Training and Education

212-241-1944

Additional information is also available on the Mount Sinai Parent group's Facebook page. You may access this group with your existing Facebook account or sign up for Facebook to join.

Icahn School of Medicine at Mount Sinai (ISMMS)

Parent Group

The ISMMS Parent Group is a student-run organization that aims to support medical students, PhD students, residents, and fellows who are parents or plan to become parents. Developing a sense of community for people who are managing the competing priorities of family and academics, this group hosts a variety of events, (including workshops on topics such as balancing school and family, and raising a child in New York City), and holds casual meetings where parents can bring their children and relax with other Mount Sinai families.

[www.icahn.mssm.edu/education/students/
parent-and-family-resources](http://www.icahn.mssm.edu/education/students/parent-and-family-resources)

Mount Sinai West Parent/Family Education Program

The Parent/Family Education Program at Mount Sinai West offers a full catalog of more than 25 courses, displayed in chronological order by family stages starting with a pre-conception seminar, useful up to a year before you become pregnant. Among these many courses are several that are helpful for you and your partner before and during pregnancy as well as others targeted towards grandparents and child care providers.

In addition to courses, the Mount Sinai West Parent/Family Education Program provides personalized advice and referrals.

212-523-6222

[www.nywomenshealth.com/birthing-center-education-
programs-st-lukes-hospital-new-york.htm](http://www.nywomenshealth.com/birthing-center-education-programs-st-lukes-hospital-new-york.htm)

E-learning Childbirth Education Program

This resource provides knowledge about childbirth preparation, breastfeeding basics and caring for a newborn, as well as information relevant to delivering your baby at The Mount Sinai Hospital. This resource will also help promote a dialogue between you and your Mount Sinai doctor in order to ensure a calm and positive birthing experience.

For more information, please contact:

Mount Sinai Women and Children Services

212-241-7491

www.mountsinai.org/mch

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Parenting Resources and Support Groups (*continued*)



Resources for Parenting Children with Special Needs

Child and Family Support Services

This program provides services to special needs individuals across the lifespan that promote skill building, community involvement, and self-advocacy.

1686 Grand Concourse, Bronx, NY 10457

718-618-7535

www.nycfss.org

Child Mind Institute

This non-profit is dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

445 Park Avenue (entrance on East 56th Street)

New York, NY 10022

212-308-3118

www.childmind.org

EIHAB Human Services

EIHAB Human Services is a multilingual, multicultural non-profit organization dedicated to serving children and adults with developmental disabilities and behavioral health challenges.

718-276-6101

www.eihab.org

INCLUDEnyc

This program promotes and provides love, equity, and access to young people with disabilities in New York City by connecting them and their families with the resources and support they need.

116 East 16th Street, 5th floor, New York, NY 10003

212-677-4650

www.includenyc.org

Jewish Community Center (JCC) in Manhattan

This center offers a variety of after school activities for youth and children with special needs.

334 Amsterdam Avenue (West 76th Street)

New York, NY 10023

646-505-5708

www.jccmanhattan.org

Mommy Poppins New York City

A website designed for New York City parents, with a section devoted to information on specific parent support groups for children with special needs.

www.mommypoppins.com/kids/find-special-needs-parent-groups-online-and-in-new-york-city

National Alliance for the Mentally Ill (NYC Chapter)

The Alliance provides information and support to family members of individuals coping with mental illness. Support groups meet throughout the five boroughs.

505 Eighth Avenue, Suite 1103, New York, NY 10018

NYC HELPLINE: 212-684-FAMI (3264)

www.naminycmetro.org

New York State Office for People with Developmental Disabilities (OPWDD)

This organization provides information on a variety of programs to meet the needs of people with developmental disabilities and their families.

1-866-946-9733

www.opwdd.ny.gov

Parent to Parent of New York State

This support group matches parents with a trained support parent who has a child with a similar disability, chronic illness, or health care concern. This support system ensures that families receive the information and services they need including help with Medicaid Service Coordination.

1-800-305-8817

www.parenttoparentnys.org

SKIP (Sick Kids Need Involved People)

This organization provides advocacy and service coordination for families who care for chronically ill, medically fragile, or developmentally disabled children. Service Coordinators provide an interface between parents and the health care community.

601 West 26th Street, Suite 522, New York, NY 10001

212-268-5999

www.skipofny.org

Staten Island Mental Health Society (SIMHS)

The SIMHS is a private, not-for-profit children's mental health services agency that serves Staten Island children with special needs and their families.

718-442-2225

www.simhs.org

United Cerebral Palsy (UCP) of New York City

UCP of NYC offers a breadth of more than 75 comprehensive programs including medical, clinical, educational, technological, residential and rehabilitative services.

1-877-UCP-CONNECT

www.ucpnyc.org

Young Adult Institute (YAI)

This institute provides a searchable list of more than 100 citywide services for people with developmental disabilities including, respite programs, recreational and cultural activities, mental health services, afterschool programs, camps and more.

460 West 34th Street, 11th Floor, New York, NY 10001

212-273-6182

www.yai.org

Additional Resources



Cap4Kids: The Children's Advocacy Project of America

- **EXTENSIVE RESOURCE GUIDE:**

www.cap4kids.org

- **THE NYC CAP4KIDS:**

www.cap4kids.org/newyorkcity

For Teenagers

Department of Youth & Community Development

www1.nyc.gov/site/dycd/index.page

Gay Parent Magazine

A leader in gay parenting resources

www.gayparentmag.com

Lesbian, Gay, Bisexual, Transgender Center: Centerkids

From questions about starting a family, to parenting support and relationship counseling, to legal and medical referrals, The Center provides a variety of resources for LGBT families.

208 West 13th Street, New York, NY 10011

212-620-7310

www.gaycenter.org/family-youth/family

Manhattan Mothers of Twins

This program offers information and networking for parents of twins.

www.manhattanmothersoftwins.org

Older Parents

This website is a resource for information and support.

www.mothersover40.com

Plum Magazine

This magazine is devoted to providing women over the age of 35 with child-bearing advice and resources.

www.plummagazine.com

ViBe Theater Experience

This program is devoted to empowering teenage girls through video, performance theater and music.

www.vibetheater.org

WNYC

A public radio station dedicated to news, data and conversation about public schools in New York City.

www.wnyc.org/blogs/schoolbook

www.wnyc.org/tags/education

Emergency Hotlines

Child Protective Services

Available 24 hours a day, seven days a week; use this hotline to anonymously report child abuse and neglect. If a child is in immediate danger, call 911.

1-800-342-3720

1-800-LIFENET

Available 24 hours a day, seven days a week; this hotline provides prompt response to New Yorkers in urgent need of psychiatric assistance.

1-800- LIFENET (543-3638)

National Center for Missing and Exploited Children:

1-800 843-5678

Prevention and Parent Helpline

Available 24 hours a day, seven days a week; this helpline assists New York parents who need guidance and support by giving information and referrals.

1-800-342-7472

RAINN National Sexual Assault Hotline:

1-800-656-4673

The National Domestic Violence Hotline:

1-800-799-SAFE (7233)

The New York City Anti-Violence Project (AVP)

This project empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence and supports survivors through counseling and advocacy.

116 Nassau Street, 3rd Floor, New York, NY 10038

Hotline: **212-714-1141**

www.avp.org

Safe Horizon

A victim assistance non-profit in New York City that provides assistance, advocacy and support to victims who have experienced domestic violence, child abuse, sexual assault, stalking, human trafficking, youth homelessness and other crimes.

1-800-621-HOPE

www.safehorizon.org

Youth Hotline (NYC)

Available 24 hours a day, seven days a week; this hotline provides information about youth programs and provides crisis intervention and other services.

1-800-246-4646



Mount
Sinai

