

# Community School District 13

355 Park Place  
Brooklyn, NY 11238



*Meghan Dunn, Superintendent*

*Darlene Cameron, Deputy Superintendent*

*Lisa H. Pilaski, Executive Director*

## Wellness and Mental Health Resources in and around the D13 Community

### Free or Low Cost Resources

<b>Organization and address Link/website</b>	<b>Services</b>
<p><b><u>Action NYC</u></b> Hotline at 800-354-0365, between 9AM to 6PM, Monday to Friday, or call 311</p> <p><a href="#">ActionNYC - MOIA</a></p>	<p>ActionNYC is for every immigrant New Yorker. The program offers all New Yorkers free, safe immigration legal Services are provided in your language. Your immigration status does not matter. Free legal screenings to find out if you qualify for any immigration benefit. Free legal help from an experienced attorney or accredited representative for a range of cases including:</p> <ul style="list-style-type: none"><li>-Citizenship</li><li>-Green card applications and renewals</li><li>-Deferred Action for Childhood Arrivals (DACA)</li><li>-Temporary Protected Status (TPS) -Referrals to City-funded and community-based resources and support services.</li></ul>
<p><b><u>Advocates for Children of New York</u></b> Contact Rita Rodriguez-Engberg, Director, Immigrant Students' Rights Project Direct: (212) 822-9575</p> <p><a href="#">Advocates for Children of New York   Home</a></p>	<p>Provides free, direct 1:1 assistance to immigrant students and English Language Learners seeking help with education related issues. Free workshops to immigrant families in Spanish on how to participate in their children's education, including topics such as special education, the rights of ELLs and immigrant students, MS/HS applications, and how to navigate the school system. Willing to host clinics and provide education tip sheets and guides in the top 9 languages.</p>
<p><b><u>The Arab Association of New York</u></b> <a href="#">Serving the Arab American Community Since 2001 (arabamericanny.org)</a></p>	<p>This organization offers Adult Education program offers practical ESL instruction, Civics Tutoring, Women's Empowerment workshops, and Workforce Development classes that are geared toward improving the social mobility of immigrants.</p>

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<p><b>Arab-American Family Support Center</b></p> <p>384-386 Atlantic Avenue Brooklyn, NY 11217 718-643-8000</p> <p><a href="#">Arab-American Family Support Center   Our Priorities - Arab-American Family Support Center (aafscny.org)</a></p>	<p>PREVENTIVE SERVICES * HEALTHY RELATIONSHIPS * ANTI-VIOLENCE PROGRAM * MENAR PROGRAM * HEALTH PROGRAM MENTAL HEALTH INITIATIVE * EMERGENCY RELIEF FUND * LEGAL SERVICES * COMMUNITY OUTREACH * READINESS PROGRAM CAREGIVER-CHILD BONDING CIRCLE * AUDACIOUS YOUNG WOMEN OF ACTION (AYWA) FUNNY GIRLS</p>
<p><b>Brooklyn Community Services</b> 285 Schermerhorn St. Brooklyn, NY 11217 (718) 310-5600</p> <p><a href="#">Families, Community Building and Workforce Development - Brooklyn Community Services (wearebcs.org)</a></p>	<p>We strengthen families, educate children, and help adults dealing with poverty, homelessness, mental illness or disabilities become self-sufficient. Education, employment, and mental health services are just some of the ways that we enable our community to achieve their goals.</p>
<p><b>Caribbean Women's Health Association, Inc. (CWAH)</b> 3512 Church Ave, Brooklyn, NY 11203 929-399-8070</p> <p><a href="#">Services - Caribbean Women's Health Association (CWAH)   Women's Health Services</a></p>	<p>CWAH provides services to at-risk pregnant, post-partum, and interconceptional women, and their infants and families, as well as young adults, through outreach, care coordination and support and community-wide education, such as events, workshops and training to increase knowledge.</p>
<p><b>Catholic Charities</b> 191 Joralemon Street Fl. 3 Brooklyn, NY 11201 718-722-6001</p>	<p>Catholic Charities offer different programs that offer orientation workshops, ESL classes that help them to attain employment, and other resource</p> <p>The Moving forward program is immigration assistance and the Catholic migration services offers additional immigration</p>

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<p><a href="#">Contact - Catholic Charities Brooklyn &amp; Queens (ccbq.org)</a></p> <p><a href="#">What We Do Immigration - Catholic Charities of New York (catholiccharitiesny.org)</a></p>	<p>services. The families can call to request legal aid or come in person and they are provided with whatever they have in the office. This includes and that includes hot food and toiletry at hand. It is first come first serve for the day.</p>
<p><b><u>Children of Promise, NYC</u></b></p> <p><a href="#">Therapeutic Empowerment — Children of Promise, NYC (cpnyc.org)</a></p>	<p>The CPNYC mental health team employs trauma-informed, evidence-supported practices. The services we provide to the children and families are based on an understanding of the prevalence of the traumatic stress caused by incarceration, and the therapeutic practices we employ are healing-centered and family-focused to provide a breadth of support in mitigating the impact of oppressive forces on children and families.</p>
<p><b><u>Community, Counseling and Mediation Classon Mental Health Clinic</u></b> 810 Classon Avenue Brooklyn, NY 11238 (718) 230-5100</p> <p><a href="#">Mental Health, Alcohol and Substance Abuse • Community Counseling and Mediation (ccmnyc.org)</a></p>	<p><u>(TAPS) program-</u> Community Counseling and Mediation’s Treatment Access &amp; Prevention Services (TAPS) program is federally funded and free to the public. Culturally sensitive and innovative treatment services at three licensed mental health clinics, including: individual, group and family counseling; psychological, psychiatric and psychosocial assessments and diagnosis; and psychopharmacology. Crisis Counseling Services CCS: Individual, group and family counseling for students, teachers and families in the NYC public school system; as well as workshops in mediation, anger management, non-violent conflict resolution training, and dealing with trauma treatment.</p>
<p><b><u>Community, Counseling and Mediation</u></b></p> <p>887 B East New York Ave Brooklyn NY 11203 (929) 202-7811</p> <p><a href="#">Education and Youth Development •</a></p>	<p><i>All Sisters Evolving Together (ASET)</i> is a youth empowerment program.</p> <p><i>Children Achieving Result Effectively (CARE)</i> is a community based martial arts program.</p> <p><i>Comprehensive After School System (COMPASS)</i> program utilizes after-school and summer hours, when children (K-5th grade).</p> <p><i>Overcoming Barriers and Moving Ahead (OBAMA)</i> is a youth</p>

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<p><a href="http://ccmnyc.org">Community Counseling and Mediation (ccmnyc.org)</a></p>	<p>empowerment program.  <i>CCM's School's Out New York City (SONYC)</i> utilizes after school and summer hours.  <i>Safe in My Brother's Arms (SIMBA)</i> is a youth empowerment program aimed to enrich the lives of students (6-8th grade) in temporary housing through support services.  <i>Student Support Services (SSS)</i> provides a broad array of student development, academic enrichment, and parent.  <i>CCM's Summer Youth Employment Program (SYEP)</i> places high school-aged youth in opportunities of development services.  <i>CCM's Work, Learn and Grow</i> is a youth program designed to extend student's skills and experiences.</p>
<p><b>Community, Counseling and Mediation</b>            535 Clinton Avenue, 2nd Floor            Brooklyn, NY 11238            (718) 704-1986</p> <p><a href="http://ccmnyc.org">Families and Youth Peer Support Services • Community Counseling and Mediation (ccmnyc.org)</a></p>	<p>This organization provides support and empower parents/caregivers of, as well as the children and youth themselves (birth – age 24), who are experiencing social, emotional, developmental, substance use, and/or behavioral challenges.</p>
<p><b>Family Assessment Program (ACS)</b>  <a href="http://nyc.gov">ACS - Family Assessment Program (nyc.gov)</a></p>	<p>FAP provides support to families that are struggling with everyday challenges. FAP connects families to in-home free services that are evidence-based and family focused.            FAP serves families with children who are up to 18 years old and are struggling to relate to one another. You can get help from FAP when your child is:</p> <ul style="list-style-type: none"> <li>● Skipping school, or having difficulties with teachers or classes</li> <li>● Missing or consistently running away from home</li> <li>● Using drugs or alcohol</li> <li>● Associating with negative peers</li> <li>● Struggling with mental illness</li> <li>● Displaying defiant or dangerous behavior</li> </ul>

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<p><b><u>Family Justice Center (BFJC) is a one-stop shop for domestic violence survivors</u></b></p>	<p><a href="#">ENDGBV-FJC-One-Pager-ENGLISH.pdf (nyc.gov)</a></p>
<p><b><u>Institute for Community Living ICL</u></b> (844) ICL-HOPE   (844) 425-4673  Need a translator? 800-822-5552 and use code 10325  <a href="#">Children, Family Mental Health Services : Institute for Community Living (iclinc.org)</a></p>	<p>ICL provides a Family Resource Center for parents and caregivers of children with behavioral challenges.</p>
<p><b><u>Interboro Developmental and Consultation Center</u></b> Several Brooklyn locations (See link) 921 East New York Avenue Brooklyn, NY 11203 718-778-0485  <a href="#">Home and Community Based Services – IDCC (interborough.org)</a>  <a href="#">Care Management – IDCC (interborough.org)</a></p>	<p>Home and Community Based Services (HCBS), which help individuals with severe mental illness achieve life goals such as employment, school, or other areas of their life.</p>
<p><b><u>Jewish Board of Family and Children's Services JBFCS</u></b>  1.844.ONE.CALL (663-2255)  <a href="#">Our Programs and Services   The Jewish Board</a></p>	<p>Preventive services, which helps to keep together families who are struggling with anger management, poor communication, relationship issues, or drug and alcohol abuse.  Intensive clinical services including psychiatric treatment.  Individual, family, group, and other types of therapies are provided in a structured and nurturing home-like environment.</p>

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## **Jewish Child Care Association of New**

### **York JCCANY**

[Our Programs | JCCA \(jccany.org\)](http://jccany.org)

Brooklyn Child and Adolescent Guidance Center is a licensed, comprehensive mental health program that helps children, adolescents, and families understand and resolve social, emotional, and behavioral problems in outcome-focused, short-term treatment.

Brooklyn Families Together is an intensive, short-term family treatment program for troubled youth with severe behavioral problems.

Child and Parent Psychotherapy is an intensive program that assists families with young children who have experienced at least one traumatic event, resulting in mental health, attachment and/or behavioral problems.

Community Partnership Program works to improve access and coordination of resources between residents and service providers that support children and family well-being, and the community's capacity to thrive.

Helping Hands for Families is an intensive program for families whose children or parents have mental health and/or substance abuse issues.

Second Chances is a specially designed program for families and youth, ages 12-16, currently, previously or at risk for involvement with police or the court. It provides counseling services, support, advocacy and community linkages.

Solution Based Casework utilizes family life cycle theory, relapse prevention therapy (Cognitive Behavior Therapy), and solution-focused family therapy to partner with families; building on the families' strengths to equip and empower them to manage their children on their own.

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<p><b><u>Make The Road New York Bushwick, Brooklyn</u></b> Contact us at (718) 418-7690 or Contact person Jose Hernandez 917-994-1270 <a href="mailto:Jose.hernandez@maketheroadny.org">Jose.hernandez@maketheroadny.org</a>  <a href="http://maketheroadny.org">Services - Make the Road New York (maketheroadny.org)</a></p>	<p>Housing Public Benefits Employment / Workplace Justice Civil Rights / LGBTQ Justice Immigration <b>ADULT EDUCATION</b>  English for Speakers of Other Languages Food Handlers Certification Citizenship Preparation Health Job Training Program</p>
<p><b><u>New York Common Pantry</u></b> Contact <a href="mailto:mobilepantry@nycommonpantry.org">mobilepantry@nycommonpantry.org</a> for Mobile Pantry site locations and information  Phone: (917) 720-9700  <a href="http://helpnyc.info">HELP 365 - NY Common Pantry Case Management &amp; Benefits Access Programs (helpnyc.info)</a></p>	<p>Case management around support regarding food insecurities and food program eligibility</p>
<p><b><u>Sun River Health</u></b> 2412 Church Avenue Brooklyn NY 11226 (855) 681-8700  <a href="http://SunRiverHealth.org">Social Support - Sun River Health</a></p>	<p>Individual, Group and Family Counseling. Care management services support around health care English as a Second Language (ESL) classes</p>
<p><b><u>NAICA</u></b> 718-866-0038 347-226-4169</p>	<p>The agency’s core methods of service include affordable housing development &amp; construction, housing management, legal assistance and representation, homeless prevention &amp; stabilization, case management/casework, eviction prevention,</p>

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<p>718-538-3344 Ext. 100 or 117 Monday – Friday: 9am to 5pm <a href="mailto:info@naicany.org">info@naicany.org</a></p> <p><a href="http://naicany.org">NAICA: Providing Homelessness Prevention and Services in New York City (naicany.org)</a></p>	<p>supportive housing, tenant advocacy, rapid rehousing, and community education and development.</p>
<p><b><u>New York Common Pantry</u></b></p> <p><b><u>Contact</u></b> <b><u>mobilepantry@nycommonpantry.org</u></b> <b><u>for Mobile Pantry site locations and information</u></b></p> <p><b><u>Phone: (917) 720-9700</u></b></p> <p><b><u>NY Common Pantry</u></b></p> <p><b><u><a href="http://helpnyc.info">HELP 365 - NY Common Pantry Case Management &amp; Benefits Access Programs (helpnyc.info)</a></u></b></p>	<p>Help 365 offices in both locations are the point of entry for all new and existing choice pantry members. All first time registrants will receive emergency bags of food, appropriate for the family size, at the first visit.</p> <p>Help 365 case management staff also provide benefit screenings to assist with acquiring benefits and entitlements, such as Supplemental Nutrition Assistance Program (SNAP) and Social Security Supplemental Income, and provides assistance with accessing other appropriate resources to prevent families from being evicted from their homes and by making employment referrals. Through unique collaborations with social service providers, Help 365 staff directly process SNAP and Medicaid applications for families on-site. Help 365 also provides referrals for on-site financial counseling, legal services and off site tax preparation.</p>
<p><b><u>New York Psychotherapy and Counseling Center NYPCC</u></b></p> <p>(718) 602-1000 and (718) 235-3100</p> <p><a href="http://nypcc.org">Mental Health Centers - New York Psychotherapy &amp; Counseling Center (NYPCC)</a></p>	<p>Mental health services and care coordination.</p>
<p><b><u>NYC Well</u></b></p> <p><b><u>For Providers – NYC Well</u></b> <b><u>(cityofnewyork.us)</u></b></p>	

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<p><b><u>NYS Office of Mental Health</u></b></p> <p><b><u><a href="#">Consumers &amp; Families (ny.gov)</a></u></b></p> <p><b><u><a href="#">Guidance Documents (ny.gov)</a></u></b></p> <p><b><u><a href="#">Crisis Prevention (ny.gov)</a></u></b></p> <p><b><u>NYC Department of Health</u></b></p> <p><b><u><a href="#">Mental Health: Single Point of Access - NYC Health</a></u></b></p>	
<p><b><u>Ohel</u></b> 718-851-6300</p> <p>Ohel's Emotional Support Helpline: 718-686-HOPE(4673)</p> <p><b><u><a href="#">What We Do : Ohel Children's Home and Family Services (ohelfamily.org)</a></u></b></p>	<p>Free webinars</p> <p>Early Childhood Mental Health Services</p> <p>In addition to counseling, our expanded services now include health screenings, case management, peer support services, and 24 hour crisis support</p>

## **Online Resource Directory Sites**

**[NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE](#)**

**Family Resource Centers (FRCs) [fam-sup-dir \(nyc.gov\)](#)**

Hite **<https://hitesite.org/>**

CBO and Preventive Services Directory **<https://acsconnectme.nyc.gov/homepage.do>**

**[ACS Prevention Public Directory](#)**

Preventive Services Public Directory **[Preventive Services Directory Airtable](#)**

Yoga and Mindfulness for All **[YMTTP](#)**

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