



The Index contains further contact information for the programs and agencies mentioned in this guide.

In providing this resource guide, DYCD does not endorse any particular organization or guarantee any particular outcome or that services will be available. Please consult each program individually for updated information.

**Resources are organized under each section title.**

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# General

## **Office for People with Developmental Disabilities**

Supportive services in health, employment, living, and health.

- ☐ Website: <https://opwdd.ny.gov/>
- ☐ Phone: 1-(866)-946-9733
- ☐ Email: [info@opwdd.ny.gov](mailto:info@opwdd.ny.gov)

## **Generation NYC**

Resources for teens and young adults relating to employment, school, community, and culture.

- ☐ Website: <https://growingupnyc.cityofnewyork.us/generationnyc/topics/youth-with-disabilities/>

## **Mayor's Office for People with Disabilities (MOPD)**

MOPD is a New York City government agency dedicated to ensuring the rights of people with disabilities through advocacy efforts and programs & policies.

- ☐ Website: <https://www1.nyc.gov/site/mopd/index.page>
- ☐ Phone: 311

**Disability-related resources** - <https://www1.nyc.gov/site/mopd/resources/disability-specific-resources.page>

- **Mobility** - <https://www1.nyc.gov/site/mopd/resources/mobility-disability.page>
- **Blind/Low Vision** - <https://www1.nyc.gov/site/mopd/resources/blind-low-vision.page>
- **Deaf/Hard of Hearing** - <https://www1.nyc.gov/site/mopd/resources/deaf-hard-of-hearing.page>
- **Developmental Disability** - <https://www1.nyc.gov/site/mopd/resources/developmental-disability.page>
- **Learning Disability** - <https://www1.nyc.gov/site/mopd/resources/learning-disability.page>
- **Mental Disability** - <https://www1.nyc.gov/site/mopd/resources/mental-health.page>

## **Include NYC**

Offers trainings and information for young people with disabilities (age 0-26) in NYC. Resources in school, housing, community, family, advocacy, and employment. Workshops for parents and trainings for professionals provide information in person or remotely through webinars and live streams. Popular topics include understanding IEPs (Individualized Education Programs), special education process, school placement, accessing work and public benefits, and parent advocacy.

- ☐ Phone: Call the Helpline at 212-677-4660 or 212-677-4668 for Spanish. The Helpline is open Monday-Thursday, 9 am– 3 pm.
- ☐ Email: [info@includenyc.org](mailto:info@includenyc.org)
- ☐ Website: <https://www.includenyc.org/>

## **Northside Center for Child Development**

The Northside Center offers behavioral/mental health and education services for children and families living in poverty. Behavior/mental health clinics provide youth and their families with psychiatric, psychopharmacological, and psychotherapy services. The special needs preventive service unit provides specialized home-based support services for children and families experiencing domestic violence, abuse, sexual abuse, and/or neglect.

Phone: 212 -426-3440

Website: <https://www.northsidecenter.org/>

# General

## **National Technical Assistance Center on Transition**

Offers resources using evidence-based practice to facilitate the transition process for youth with disabilities.

- ☐ Email: [ntactmail@uncc.edu](mailto:ntactmail@uncc.edu)
- ☐ Phone: 704-687-8606
- ☐ Website: <https://transitionta.org/>

## **A Transition Guide to Postsecondary Education and Employment for Students and Youth with Disabilities**

This guide presented by the United States Office of Education offers steps on transitioning to postsecondary education and career services.

- ☐ Website: <https://www2.ed.gov/about/offices/list/osers/transition/products/postsecondary-transition-guide-2017.pdf>

## **Understood**

Offers resources, community, and advocacy for students with learning disabilities and their families. *Through Your Child's Eyes*, one of the website activities, provides simulations and videos to better understand your child's world. Can sign up to receive weekly e-mails containing helpful resources and information. Provides helpful information on Individualized Education Programs and 504 Plans.

- ☐ Website: <https://www.understood.org/>

## **Early Childhood Technical Assistance Center (ECTAC)**

Develops high-quality early intervention and preschool special education service systems, increasing local implementation of evidence-based practices, and enhancing outcomes for young children with disabilities and their families. Offers resources and conference trainings for professionals.

- ☐ Website: <https://ectacenter.org/>

## **National Center on Disability and Journalism, Disability Language Style Guide**

For information on writing about people with disabilities.

- ☐ Website: <https://ncdj.org/style-guide/>

## **National Network: Americans with Disabilities Act (ADA)**

Supportive services in health, employment, living, and health in regard to Americans with Disabilities and their rights.

- ☐ Website: <https://adata.org/>
- ☐ Phone: 1-800-949-4232

Here is a self-paced web course for welcoming individuals with disabilities -  
<https://www.atyourservicecourse.org/>

**Northeast ADA Center** - The Northeast ADA Center is a member of the ADA Network, which serves New York, New Jersey, Puerto Rico and the Virgin Islands. Their goal is to increase our knowledge of the ADA, to support our stakeholders to include people with disabilities in local communities, and to implement the ADA in their own lives, workplaces, businesses, and communities.

Website: <https://www.northeastada.org>

# Education

## **College Living Experience**

Offers transition support services to young adults with disabilities.

- ☐ Website: <https://experiencecle.com/>
- ☐ Phone: 1.866.382.4301
- ☐ Email: [info@ExperienceCLE.com](mailto:info@ExperienceCLE.com)

## **Child Mind Institute**

Offers research and resources on mental health and learning disorders. For parents and educators.

- ☐ Website: <https://childmind.org/>
- ☐ Phone: 212-308-3118

## **The Department of Education**

Provides information on special education services like the Individualized Education Program, behavior support, and testing accommodations.

- ☐ Website: <https://www.schools.nyc.gov/special-education>
- ☐ Phone: 718-935-2200 (Monday-Friday, 8 a.m.- 6 p.m.) or for special education, call (718) 935-2007
- ☐ Email: [specialeducation@schools.nyc.gov](mailto:specialeducation@schools.nyc.gov)

# Housing

## **Disability Rent Increase Exemption**

For more information on this housing benefit:

- ☐ Phone: 311
- ☐ Website: To apply <https://www1.nyc.gov/site/rentfreeze/tools/drie-forms.page>

## **New York City Housing Assistance Programs for People with Disabilities**

Guide on additional programs related to housing.

- ☐ Website: <https://www1.nyc.gov/site/hpd/services-and-information/resources-for-people-with-disabilities.page>

## **Resource Center for Independent Living**

Resources for adults, seniors, and youth in need of independent living assistance. Key words: housing, employment, youth, seniors, adults, advocacy.

- ☐ Website: <https://www.rcil.com/>

# Jobs & Careers

## AtWork

Program offered through the Mayor’s Office for People with Disabilities, connecting people with disabilities who are unemployed or underemployed to living wage jobs.

❑ Website: <https://www1.nyc.gov/site/mopd/employment/nyc-at-work.page>

## Access-VR

Programs & resources to connect people with disabilities to career opportunities.

❑ Website: <http://www.acces.nysed.gov/vr>

## Disability Rights Network- the Client Assistance Program

For advocacy relating to obtaining Vocational Rehabilitation services.

- ❑ Email: mail@DRNY.org
- ❑ Phone: Phone: (518) 432-7861 or TTY: (518) 512-3448
- ❑ Website: <https://www.drny.org/page/client-assistance-program-cap-19.html>

## Job Accommodation Network

Publications on accommodations and compliance by disability, limitations, work-related functions, and topics.

❑ Website: - <https://askjan.org/a-to-z.cfm>

## SSA Ticket to Work Program

For more information on this free and voluntary program that can help Social Security beneficiaries go to work, get a good job that may lead to a career, and become financially independent, all while they keep their Medicare or Medicaid.

- ❑ Phone: Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY)
- ❑ Website: <https://www.ssa.gov/work/>

## Understood

Offers a Workplace Initiative resource.

❑ Website: <https://workplaceinitiative.org/>

## Job Accommodation Network

Website: <https://askjan.org>

This website provides an array of information, which includes, but is not limited to:

- Publications on accommodations and compliance by disability, limitations, work-related functions, and topics - <https://askjan.org/a-to-z.cfm>
- Trainings - <https://askjan.org/events/Trainings.cfm>
- ADA library <https://askjan.org/ADA-Library.cfm> - which includes the five titles which comprise the ADA:

**Title I: Employment** - <https://askjan.org/ADA-Library.cfm#spy-scroll-heading-3>

**Title II: Public Services** - <https://askjan.org/ADA-Library.cfm#II>

**Title III: Public Accommodations** - <https://askjan.org/ADA-Library.cfm#III>

**Title IV: Telecommunications** - <https://askjan.org/ADA-Library.cfm#IV>

**Miscellaneous** - <https://askjan.org/ADA-Library.cfm#V>

# Public Entitlements

## Access-a-Ride Paratransit Service

For information regarding transportation benefits and programs.

- ☐ Website: <https://new.mta.info/accessibility/paratransit> or <https://access.nyc.gov/programs/access-a-ride/>
- ☐ Phone: 311 or 877-337-2017

## NYC Department of Social Services

Assistance with disability access; applying for & renewing benefits such as rental, cash, and nutrition assistance.

- ☐ Website: <https://www1.nyc.gov/site/dss/index.page>
- ☐ Phone: 212-361-8000 (main line)
- ☐ For accommodations, call Office of Constituent Services (OCS) at (212) 331-4640.

## NYS Disability Insurance

For information on emergency disability insurance.

- ☐ Website: <https://insurance.adp.com/what-we-offer/property-and-casualty/ny-disability.aspx>

## Home Energy Assistance Program (HEAP)

For information on energy assistance.

- ☐ Phone: 1-800-342-3009
- ☐ Website: <https://otda.ny.gov/programs/heap/>

## I/DD and ID Cards

For information on obtaining an identification card for people with developmental disabilities.

- ☐ Website: <https://opwdd.ny.gov/form/i-dd-id-cards>
- ☐ Mail Completed Form to: Communications Office, Office for People With Developmental Disabilities, 44 Holland Avenue, Albany, NY 12229

## Medicaid

There are multiple Medicaid offices located throughout NYC. Click on this link for a list of offices in all Five Boroughs: <https://www1.nyc.gov/site/hra/locations/medicaid-locations.page>

- ☐ Phone: HRA Medicaid Helpline at 1-888-692-6116
- ☐ Website: <https://www.medicaid.gov/medicaid/index.html>

## MTA Reduced Fare

For information on lower cost MetroCard fare

- ☐ Website: <https://new.mta.info/fares-and-tolls/subway-bus-and-staten-island-railway/reduced-fare-metrocard>
- ☐ Application Form: <http://web.mta.info/nyct/fare/pdf/disabled.pdf>
- ☐ Customer Service Center: 3 Stone Street in Lower Manhattan (between Broadway and Broad Street) Open weekdays, 9 a.m. to 5 p.m., except holidays.

# Public Entitlements

## The Social Security Administration

For information on disability-related benefits.

- ☐ Phone: 1-800-772-1213
- ☐ Website: <https://www.ssa.gov/>

## Supplemental Nutrition Assistance Program (SNAP)

For information related to food assistance.

- ☐ Phone: 311 or infoline 718-557-1399
- ☐ Website: <https://www1.nyc.gov/site/hra/help/snap-benefits-food-program.page>

## Temporary Assistance

For information regarding TANF and SNA.

- ☐ Phone: 1-800-342-3009
- ☐ Website: <https://otda.ny.gov/programs/temporary-assistance/>
- ☐ Application: <https://otda.ny.gov/programs/applications/2921.pdf>

# Advocacy

## **Advocacy For Children (AFC) of New York**

AFC protects children in regard to their legal right to learn.

- ☐ Website: <https://www.advocatesforchildren.org/>
- ☐ Phone: (212) 947-9779
- ☐ Email: [info@advocatesforchildren.org](mailto:info@advocatesforchildren.org)

## **Caregiver Action Network (CAN)**

CAN provides resources and community networking for caregivers.

- ☐ Website: <https://caregiveraction.org/>
- ☐ Phone: (202)-454-3970
- ☐ Email: [info@caregiveraction.org](mailto:info@caregiveraction.org)

## **Center for Parent Information & Resources**

Offers support and services for families of children with disabilities.

- ☐ Website: <https://www.parentcenterhub.org/>
- ☐ Phone: (973)-642-8100

## **Council of Parent Attorneys & Advocates (COPAA)**

Provides advocacy and resources for families of children with disabilities.

- ☐ Website: <https://www.copaa.org/>

## **Disability Rights Education and Defense Fund, Inc.**

Civil rights law and policy center by and for people with disabilities.

- ☐ Website: <https://dredf.org/>

## **Disability Rights New York**

This is a Federally mandated agency to serve people with disabilities, which includes the Protection & Advocacy System and the Client Assistance Program. P & A agencies have the authority to investigate abuse and neglect of people with disabilities, provide legal representation to people with disabilities and engage in other advocacy to advance the rights of individuals with disabilities.

- ☐ Website: <https://www.drny.org/index.php>
- ☐ Phone: (518)-432-7861 // (518)-512-3448 TTY// 800-993-8982 Toll Free
- ☐ Email: [mail@DRNY.org](mailto:mail@DRNY.org)

## **The National Disability Rights Network**

Membership organization offering advocacy resources for the rights of individuals with disabilities.

- ☐ Website: <https://www.ndrn.org/>
- ☐ Phone: [202-408-9514](tel:202-408-9514)

## **New York City Commission on Human Rights**

For resources and support related to discrimination, public events, and Project Equal Access.

- ☐ Website: [www.nyc.gov/humanrights](http://www.nyc.gov/humanrights)

# Community Building & Support Groups

## **Asperger/Autism Network (AANE)**

Offers services, advocacy, and community for individuals with Asperger profiles, as well as family and professionals.

- ☐ Website: <https://www.aane.org/>
- ☐ Phone: (617)-393-3824
- ☐ Email: [info@aane.org](mailto:info@aane.org)

## **Bronx Parents Autism Support Circle**

Offers support for parents of children with autism spectrum disorders, in the Bronx.

- ☐ Website: <http://bxpasc.org/>
- ☐ Email: [bpasccontact@gmail.com](mailto:bpasccontact@gmail.com)
- ☐ Phone: (646)-450-2567

## **Care NYC at Sunnyside Community Services**

Offers community services for all, including caregivers.

- ☐ Website: <https://www.scsny.org/>
- ☐ Phone: (718)-784-6173

## **The Caregiver Program of SNAP**

A service agency for seniors living in Queens, and includes support for caregivers.

- ☐ Website: <https://snapqueens.org/>
- ☐ Email: [info@snapqueens.org](mailto:info@snapqueens.org)
- ☐ Phone: (718)-454-2100

## **Center for Anxiety**

Offers counseling for youth and adults with anxiety and related symptoms, and group support.

- ☐ Website: <https://www.centerforanxiety.org/>
- ☐ Phone: (888)-837-7473
- ☐ Email: [info@centerforanxiety.org](mailto:info@centerforanxiety.org)

## **The Center for Hearing and Communication**

Offers services such as free hearing screenings, group support, and speech hearing services for children and adults.

- ☐ Website: <https://chchearing.org/>
- ☐ Phone: (917)-305-7700

## **The Epilepsy Foundation of Metropolitan New York**

Provides education, counseling, and awareness of epilepsy.

- ☐ Website: <http://www.efmny.org/>
- ☐ Phone: (212)-677-8550
- ☐ Email: [info@efmny.org](mailto:info@efmny.org)

# Community Building & Support Groups

## **Finding a Cure for Epilepsy and Seizures (FACES)**

FACES is affiliated with NYU Langone Health and its Comprehensive Epilepsy Center. FACES funds research to improve epilepsy care and builds a community for children, families, and caregivers.

- ☐ Website: <http://faces.med.nyu.edu/>
- ☐ Phone: (646)-558-0900

## **GiGi's Playhouse**

A safe and fun space for children with Down Syndrome, and offers support & education for caregivers.

- ☐ Website: <https://gigisplayhouse.org/newyork/>
- ☐ Phone: (646)-801-7529
- ☐ Email: [nyc@gigisplayhouse.org](mailto:nyc@gigisplayhouse.org)

## **The Global and Regional Asperger Syndrome Project (GRASP)**

Offers education, support, and programs for individuals with autism spectrum disorders and their caregivers.

- ☐ Website: <https://grasp.org/>
- ☐ Phone: (888)-474-7277
- ☐ Email: [info@grasp.org](mailto:info@grasp.org)

## **The GRACE Foundation (Staten Island)**

Offers education, services, and support for individuals and families with autism spectrum disorders.

- ☐ Website: <https://www.graceofny.org/>
- ☐ Phone: (718)-983-3800
- ☐ Email: [contactus@graceofny.org](mailto:contactus@graceofny.org)

## **Harlem Independent Living Center**

Offers advocacy, education, programs, and community for people with disabilities.

- ☐ Website: <https://hilc.org/>
- ☐ Phone: (212)-222-7122
- ☐ Email: [info@hilc.org](mailto:info@hilc.org)

## **Heights & Hills**

A non-profit organization serving older adults in Brooklyn and offers programs such as caregiver support.

- ☐ Website: <https://www.heightsandhills.org/>
- ☐ Phone: (718)-596-8789

## **Hellen Keller Services for the Blind**

Provides numerous programs for all ages, including early intervention for children, services for seniors, and programs & activities.

- ☐ Website: <https://www.helenkeller.org/hksb>
- ☐ Phone: (718)-522-2122
- ☐ Email: [info@helenkeller.org](mailto:info@helenkeller.org)

# Community Building & Support Groups

## Institute for Community Living

Offers support and resources for people living with substance use, mental illness, or developmental disabilities.

- ☐ Website: <https://iclinc.org/>
- ☐ Phone: (212)-385-3030 extension 10101
- ☐ Email: [info@iclinc.org](mailto:info@iclinc.org)

## JASA Brooklyn

An agency serving older adults, offering a caregiver assistance program.

- ☐ Website: <https://www.jasa.org/>
- ☐ Phone: (212)-273-5272

## The Jewish Community Center (JCC) Manhattan (Upper West Side)

Offers community, programs, and support for all, including youth with disabilities.

- ☐ Website: <https://jccmanhattan.org/>
- ☐ Phone: (646)-505-4444
- ☐ Email: [info@mmjccmanhattan.org](mailto:info@mmjccmanhattan.org)

## Lenox Hill Neighborhood House

Is a settlement house serving all ages. It includes a caregiver program for caregivers of someone living in Community Districts 8-12.

- ☐ Website: <https://www.lenoxhill.org/>
- ☐ Phone: (212)-218-0438

## Lighthouse Guild

Offers education, services, and resources for eye conditions.

- ☐ Website: <https://www.lighthouseguild.org/>
- ☐ Phone: (800)-284-4422

## Mood Disorders Support Group

A non-profit organization helping individuals with depression & bipolar disorder and their families.

- ☐ Website: <http://mdsg.org/>
- ☐ Phone: (212)-533-6374
- ☐ Email: [info@mdsg.org](mailto:info@mdsg.org)

## My Time, Inc.

Offers resources and support for caregivers of children with autism spectrum disorders.

- ☐ Website: <https://www.mytimeinc.org/>
- ☐ Phone: (917)-933-9875
- ☐ Email: [info@mytimeinc.org](mailto:info@mytimeinc.org)

# Community Building & Support Groups

## National Alliance on Mental Illness-NYC/Queens/Nassau

Offers education, support, and advocacy resources related to mental health.

- ☐ Website: <https://www.naminycmetro.org/> and Queens: <https://namiqn.org/>
- ☐ Phone: (212)-684-3264 (NYC Metro) and (718)-347-7284 (Queens, non-crisis line)

## Neighborhood Self-Help by Older Persons Project

Offers services for people caring for older adults.

- ☐ Website: <https://www.facebook.com/nshopp.org/>

## Parent to Parent USA

An emotional and informational support network for families of children with disabilities.

- ☐ Email: [info@p2pusa.org](mailto:info@p2pusa.org)
- ☐ Website: [www.p2pusa.org](http://www.p2pusa.org) and New York <http://parenttoparentnys.org/>

## PSS Circle of Care

Offers service, community, and support for older adults, as well as their caregivers.

- ☐ Website: <https://pssusa.org/>
- ☐ Phone: (866)-665-1713 (Toll Free)

## Quality Services for the Autism Community

Offers education, community, and services for people with autism and their caregivers.

- ☐ Website: <https://www.qsac.com/>
- ☐ Phone: (212)-244-5560
- ☐ Email: [info@qsac.com](mailto:info@qsac.com)

## SAGE

Provides advocacy and services for LGBT older adults, including programs for caregivers. There are six locations in NYC.

- ☐ Website: <https://www.sagenyc.org/nyc/>
- ☐ Phone: (212)-741-2247
- ☐ Email: [info@sageusa.org](mailto:info@sageusa.org)

## Visions—Unpaid Caregiver Support Program

Offers services and rehabilitation to people who are blind or visually impaired.

- ☐ Website: <https://www.visionsvcb.org/>
- ☐ Phone: (888)-245-8333
- ☐ Email: [info@visionsvcb.org](mailto:info@visionsvcb.org)

## YAI-Young Adult Institute

Provides programs and community for people of all ages with intellectual and developmental disabilities.

- ☐ Website: <https://www.yai.org/>
- ☐ Phone: (212)-273-6182

# Financial Planning

## **Achieving a Better Life Experience (ABLE) Resource Center**

Offers resources related to the ABLE account, a tax-free savings account to cover expenses disability-related expenses.

☐ Website: <https://www.ablenrc.org/>

## **Empowered NYC**

A program offering free financial planning for people with disabilities. It can help manage Social Security benefits and help the transition back to work.

- ☐ Phone: ASL Direct via video phone at 646-889-2626
- ☐ Website: <https://www1.nyc.gov/site/dca/partners/EmpoweredNYC.page>
- ☐ To book an appointment: <https://a866-dcwpwb.nyc.gov/talkmoney/book-appointment>

## **Financial Assistance and Supportive Services for People with Disabilities**

Information provided by the US government on benefits and financial assistance

☐ Website: <https://www.usa.gov/disability-financial-support>

# Emergency Preparedness

## Con Edison

Offers special accommodations for people on life support equipment.

- ☐ Website: <https://www.coned.com/en/accounts-billing/payment-plans-assistance/special-services>
- ☐ Phone: 1-877-582-6633

## NYC Emergency Management

Offers tips and resources on preparing for an emergency. Sign up for the Notify NYC app or follow @NotifyNYC for updates.

- ☐ Website: <https://www1.nyc.gov/site/em/ready/disabilities-access-functional-needs.page>
- ☐ Phone: 311 or download the app Notify NYC

# Mental Health

## Child Mind Institute

Offers research and resources on mental health and learning disorders. For parents and educators.

- ☐ Website: <https://childmind.org/>
- ☐ Phone: 212-308-3118

## Columbia University’s Clinic for Anxiety and Related Disorders (CUCARD)

Offers therapy and treatment for children, adolescents, and adults with anxiety or related disorders.

- ☐ Website: <https://www.anxietytreatmentnyc.org/>
- ☐ Phone: (212)-342-3800

## The Jed Foundation

Provides resources and programs on mental health and suicide prevention in youth.

- ☐ Website: <https://www.jedfoundation.org/>
- ☐ Phone: 1-800-273-TALK (8255) or text “START” to 741-741

## National Alliance on Mental Illness

Offers information, resources, programs, and events.

- ☐ Website: <https://www.naminy.org/nys/>
- ☐ Phone: (800) 950-3228 (NY Only)
- ☐ Email: [info@naminy.org](mailto:info@naminy.org)

## NYC Well

Services & referrals for mental health, substance abuse, and crisis counseling. Services available in Spanish, Mandarin, and Cantonese.

- ☐ Website: <https://www1.nyc.gov/site/doh/health/health-topics/nyc-well.page>
- ☐ Phone: **1-888-NYC-WELL** (1-888-692-9355) or **711** (TTY for hearing impaired) . Text “WELL” to 651-73

## SAMHSA: Substance Abuse and Mental Health Services Administration

Resources and information on mental health and substance abuse.

- ☐ Website: <https://www.samhsa.gov/>
- ☐ Phone: [800-662-HELP \(4357\)](tel:800662HELP)
- ☐ Email: [SAMHSAInfo@samhsa.hhs.gov](mailto:SAMHSAInfo@samhsa.hhs.gov)

## Seleni Institute

The mission of the Seleni Institute is to “treat, train, support, and advocate to improve the emotional health of individuals and their families during the family-building years.” Therapy, support groups, and workshops are offered for families and individuals.

- ☐ Website: <https://www.seleni.org/>
- ☐ Phone: (212)-939-7200
- ☐ Email: [info@seleni.org](mailto:info@seleni.org)

# Mental Health

## Teen Mental Health

Offers programs, tools, resources, and publications on adolescent mental health.

☐ Website: <http://teenmentalhealth.org/>

## Thrive NYC

Information, resources, and training on mental health.

☐ Website: <https://thrivenyc.cityofnewyork.us/>

## Vibrant Emotional Health

Offers support services, advocacy, and community programs on mental health.

☐ Website: <https://www.vibrant.org/>

☐ Phone: 212-254-0333

☐ Email: [info@vibrant.org](mailto:info@vibrant.org)

# Culture

## **American Museum of Natural History**

Offers accessible services such as large print items, Braille signage, and wheelchair accessible locations. Caregivers receive free museum admission.

- ☐ Website: <https://www.amnh.org/plan-your-visit/accessibility>
- ☐ Phone: 212-769-5250
- ☐ Email: [accessibility@amnh.org](mailto:accessibility@amnh.org)

## **Brooklyn Academy of Music**

BAM and the Mark Morris Dance Group partner to provide workshops open to artists with and without disabilities. The facility also provides services such as assisted seating, ASL interpreters, opening captioning, and assistive listening devices.

- ☐ Website: <https://www.bam.org/visit/accessibility>
- ☐ Email: [info@BAM.org](mailto:info@BAM.org)
- ☐ Phone: (718)-636-4100

## **Brooklyn Children's Museum—Sensory Room**

The Museum offers an exploratory space for children of all abilities. The room was created by experts serving children with Autism Spectrum Disorder, although all are welcome. Please consult the website for program hours of operation and museum admission.

- ☐ Website: <https://www.brooklynkids.org/exhibit/sensory-room/>
- ☐ Phone: (718) 735-4400

## **Brooklyn Conservatory of Music**

The conservatory offers a music therapy program for children and adults, addressing developmental, social, emotional, and psychological needs.

- ☐ Website: <https://bkcm.org/musictherapy/>
- ☐ Phone: Toby Williams, Music Therapy Director—(718)-622-3300 extension 216
- ☐ Email: [info@bkcm.org](mailto:info@bkcm.org)

## **Brooklyn Public Library**

The library offers inclusive services such as programs for children and teens, as well as workshops for parents and teachers. The library also offers one-on-one service with a professional, who can help you navigate the Individualized Education Program (IEP) process, mental health, transitioning services, and more. Services available the first Wednesday of every month, from 10 AM-1 PM. Central Library, 10 Grand Army Plaza, Information Commons, Room 2.

- ☐ Website: <https://www.bklynlibrary.org/inclusive-services>
- ☐ Phone: (718)-253-4948

## **Children's Museum of the Arts Inclusive Weekends**

Offers structured early childhood, fine and media arts for children with disabilities and their families.

- ☐ Website: <https://cmany.org/schools-and-community/access-programs/accessible-art-programs/>
- ☐ Phone: (212)-274-0986

## **Extreme Kids and Crew: A Place to Be**

Cultivates welcoming, accessible space where children with disabilities, their friends, and their families create a supportive community through the arts, play, and conversation. Offers arts and play programs for children with disabilities. Most programs are free, or payment is offered on a sliding scale.

- ☐ Website: <https://www.extremekidsandcrew.org/>
- ☐ Phone: (347)-410-6050
- ☐ Email: [info@extremekidsandcrew.org](mailto:info@extremekidsandcrew.org)

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## **Gallop NYC—Therapeutic Horsemanship**

The therapeutic horsemanship program is offered for children and adults with disabilities. Payment is offered on a sliding scale, and payment plans are available.

- ☐ Website: <http://gallopnyc.org/therapeutic-riding-nyc>
- ☐ Phone: (646)-233-4507
- ☐ Email: [info@gallopNYC.org](mailto:info@gallopNYC.org)

## **GiGi's Playhouse**

A safe and fun space for children with Down Syndrome, and offers support & education for caregivers.

- ☐ Website: <https://gigisplayhouse.org/newyork/>
- ☐ Phone: (646)-801-7529
- ☐ Email: [nyc@gigisplayhouse.org](mailto:nyc@gigisplayhouse.org)

## **Intrepid Museum Access Family Programs**

Offers monthly programs for children (ages 5-17) with learning and developmental disabilities. Programs for teens (15+) and adults with developmental disabilities are offered six times a year. These two-hour programs take place on select Sundays during regular Museum hours. To reserve a space, go online to the following site.

- ☐ Website: <https://www.intrepidmuseum.org/education/access-family-programs>
- ☐ Phone: (646)-381-5020
- ☐ Email: [education@intrepidmuseum.org](mailto:education@intrepidmuseum.org) and [access@intrepidmuseum.org](mailto:access@intrepidmuseum.org)

## **The Jewish Museum**

The museum offers resources and programs for visitors who are deaf, visitors who are blind or have low vision, visitors with memory loss, and visitors with learning or developmental disabilities.

- ☐ Website: <https://thejewishmuseum.org/programs/visitors-with-disabilities>
- ☐ Phone: (212)-423-3289
- ☐ Email: [access@thejm.org](mailto:access@thejm.org)

## **KEEN: Kids Enjoy Exercise Now New York**

KEEN offers free, non-competitive, one-to-one exercise programs for youth with disabilities, age 5-21.

- ☐ Website: <https://www.keennewyork.org/>
- ☐ Phone: (212)-768-6785
- ☐ Email: [info@keennewyork.org](mailto:info@keennewyork.org)

## **Mark Morris Dance Group**

The studio has the Special Kids Dance program for youth with disabilities.

- ☐ Website: <https://markmorrisdancegroup.org/dance-center/the-school/special-kids/>
- ☐ Phone: (718)-624-8400
- ☐ Email: [class@mmdg.org](mailto:class@mmdg.org)

## **The Metropolitan Museum of Art**

The Met offers accessibility services to museum-goers, including tours, ASL interpreters, workshops for children with disabilities, and assistive listening devices.

- ☐ Website: <https://www.metmuseum.org/events/programs/access>
- ☐ Phone: (212)-650-2010
- ☐ Email: [access@metmuseum.org](mailto:access@metmuseum.org)

# Culture

## **Museum of Modern Art –“Create Ability”**

MoMa offers this program, free of charge, for children with intellectual and developmental disabilities and their families. To register, please call or email.

- ☐ Website: <https://www.moma.org/calendar/programs/34>
- ☐ Phone: (212)-408-6447
- ☐ Email: [accessprograms@moma.org](mailto:accessprograms@moma.org)

## **The New York City Department of Parks & Recreation**

The Parks Department offers resources and accommodations for New Yorkers with disabilities. Additional programs and events are also offered.

- ☐ Website: <https://www.nycgovparks.org/accessibility>

## **New York Public Library (Manhattan, Bronx, Staten Island)**

The NYPL offers resources, information, and classes for patrons with disabilities.

- ☐ Website: <https://www.nypl.org/accessibility>
- ☐ Email: [accessibility@nypl.org](mailto:accessibility@nypl.org)

## **PlayGroup**

Offers a cognitive, play-based approach to social skill development. They use play-based methods, and create child-led activities to teach and practice specific social skills. Sliding scale (\$80-\$100 per session).

- ☐ Website: <https://www.joinplaygroupnyc.com/>
- ☐ Email: [JoinPlayGroup@gmail.com](mailto:JoinPlayGroup@gmail.com)

## **Queens Museum**

The Queens Museum provides assistive services such as tours, ASL interpreters, large print resources, and Art Access programs for both children and adults with disabilities.

- ☐ Website: <https://queensmuseum.org/visit/accessibility>
- ☐ Phone: (718)-592-9700 extension 138
- ☐ Email: [artaccess@queensmuseum.org](mailto:artaccess@queensmuseum.org)

## **Queens Public Library**

The QPL offers resources, such as large print and the Mail-A-Box program, to library patrons. It also lists mobility accessible sites within the QPL branch.

- ☐ Website: <https://www.queenslibrary.org/about-us/services/library-accessibility>
- ☐ Phone: (718)-464-0084

## **SAORI ARTS NYC**

Saori Arts is a nonprofit organization providing weaving workshops for people of all ages with physical, developmental, and mental disabilities.

- ☐ Website: <https://www.saoriartsnyc.org/home>
- ☐ Email: send an email through the online form at <https://www.saoriartsnyc.org/contact-us>

## **Speak, Learn, & Play**

Offers services including speech/language therapy, tutoring, social skills groups, child psychotherapy/play therapy, occupational therapy, and therapeutic camps.

- ☐ Website: <http://speaklearnandplay.com/>
- ☐ Phone: (347)-457-5900
- ☐ Email: [info@speaklearnandplay.com](mailto:info@speaklearnandplay.com)

# Tips

## 10 Self-Advocacy Tips for Young People with Disabilities

Watch this Youtube video from INCLUDE NYC on tips from young people with disabilities on empowering yourself.

☐ Link: <https://www.youtube.com/watch?v=Lb-BhtZHvWk>

## INCLUDE NYC

Offers many resources related to school, social support, family support, and work-life.

☐ Website: <https://www.includenyc.org/resources/>  
☐ Phone: Help Line Call: 212-677-4660 or Text: 646-693-3175

In Spanish, Llame: 212-677-4668 o Texto: 646-693-3157

☐ What'sApp: 212-858-0795

## Understood

Offers tips and resources for educations and caregivers of children with learning disabilities.

☐ Website: <https://www.understood.org/>  
☐ Email: [accessibility@understood.org](mailto:accessibility@understood.org)

# Trainings & Professional Development

## Center for Independence of the Disabled, NY

Offers free, monthly workshops. Please consult the website for the calendar of events.

☐ Website: <https://www.cidny.org/education/>

## Child Mind Institute

Offers workshops for students, parents, and educators on different topics related to mental health and behavior.

☐ Website FOR EDUCATORS: <https://childmind.org/our-impact/school-and-community/school-talks/>

☐ Website FOR PARENTS: <https://childmind.org/parent-talks-mental-health/>

☐ Website FOR STUDENTS: <https://childmind.org/our-impact/school-and-community/mental-health-training/>

## INCLUDE NYC

Attend a workshop by INCLUDE, or work with INCLUDE to create a personalized workshop for your staff. Open to educators, parents, librarians, or other professionals.

☐ Website: [https://www.includenyc.org/content/book\\_a\\_workshop](https://www.includenyc.org/content/book_a_workshop)

☐ Phone: Contact Rich Overton at 212-677-4650, ext. 11

## NYC Department of Health and Mental Hygiene

Offers Early Intervention trainings, approved for Occupational Therapy/Occupational Therapy Assistant, Physical Therapy/Physical Therapy Assistant, Social Work, and Speech-Language Pathology/Audiology.

☐ Website: <https://www1.nyc.gov/site/doh/providers/resources/early-intervention-professional-development-and-trainings.page>

## YAI

Offers free workshops as well as professional training and certified provider of continuing education for licensed social workers.

☐ Website: <https://www.yai.org/training/professional-trainings>

## Cooke Institute

The Cooke Institute provides a customized consulting plan for classroom teachers in literacy, mathematics, or special education focused on the diverse and unique learning needs of children. Consultant services include individualized coaching to strengthen and enhance pedagogical practices, instructional strategies, and interventions using evidence-based best practices and capacity building throughout the school to embrace inclusive practices.

Website: <https://cookeschool.org/institute/#about>

Many of these resources are free.  
If you know of a resource that would be  
good for a future version of the  
directory, you may email us at  
[DYCDYouthServicesGuide@dycd.nyc.gov](mailto:DYCDYouthServicesGuide@dycd.nyc.gov).