

---

*Central Harlem Community Resource Directory*

---



---

*New York State  
Psychiatric Institute*

*Center of Excellence  
for Cultural  
Competence*

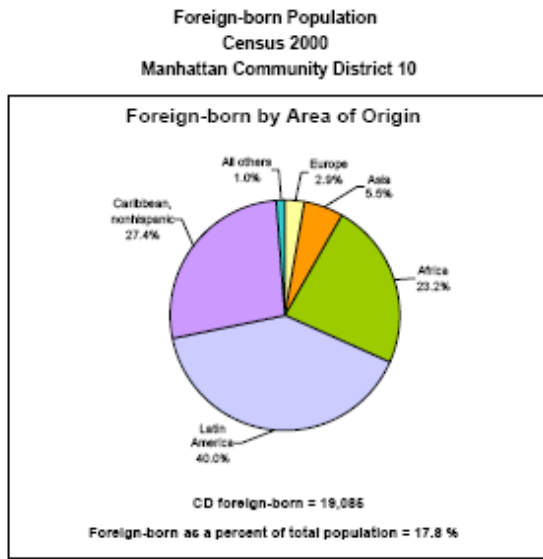
May 2008

---

## Community Profile: Central Harlem

The population of Central Harlem at the 2000 census was 151,100. Nineteen percent (19%) of residents were born outside of the United States. Figure 3 shows the countries of origin for foreign-born members of Community District 10 (Central Harlem), while Table 4 lists foreign-born residents by country of origin.

**Figure 3**



**Table 4**

**Foreign-born Rank Ordered  
by Country of Birth**

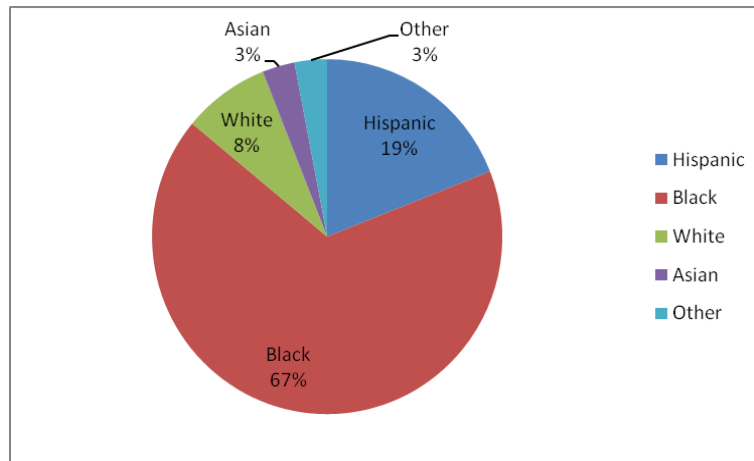
	NUMBER	PERCENT
<b>TOTAL, Foreign-born</b>	<b>19,085</b>	<b>100.0</b>
Dominican Republic	4,220	22.1
Jamaica	1,518	8.0
Haiti	1,010	5.3
Honduras	885	4.6
Trinidad and Tobago	866	4.5
Mexico	544	2.9
China*	321	1.7
Ghana	318	1.7
Ecuador	305	1.6
Nigeria	282	1.5
All Others	8,816	46.2

\*China includes the Mainland, Hong Kong and Taiwan

Source: (New York City Department of City Planning, 2006a)

The majority of residents are Black, though other races and ethnicities are also represented in this neighborhood (New York City Department of Health and Mental Hygiene, 2006b). Please see Figure 2 for more details.

**Figure 2: Race/Ethnicity in Central Harlem**



The 2000 census for Community District 10 lists 88.6% of residents of Central Harlem as being “Proficient in English” while 11.4% of respondents are not proficient (for respondents age 5 and older) (New York City Department of City Planning, 2006a). Table 5 lists the numbers and percentages of resident of Central Harlem in order of language spoken in the home.

**Table 5: Language Proficiency, 2000 Census, Manhattan Community District 10**

Language Proficiency Census 2000 Manhattan Community District 10		
	Number	Percent
Total Population 5 Years and Over	99,924	100.0
Proficient in English	88,508	88.6
Not Proficient in English	11,418	11.4
<b>Not Proficient in English</b>	<b>11,418</b>	<b>100.0</b>
<b>Language Spoken at Home:</b>		
Spanish or Spanish Creole	7,337	64.3
French (incl Patois, Cajun, French Creole)	2,133	18.7
African Languages	1,017	8.9
Chinese	347	3.0
Arabic	193	1.7
All Others	391	3.4

Source: (New York City Department of City Planning, 2006a)

In Central Harlem, 35% of residents are below the poverty level, while the rate in New York City as a whole is 21%. Twenty-two percent of residents consider their health to be fair or poor – about the same as the proportion for New York City in general. About 12% of residents of Central Harlem are uninsured at a given time (compared to 18% for NYC altogether), though an additional 10% were uninsured at some time during the past year (New York City Department of Health and Mental Hygiene, 2006b).

Almost 3 out of every 10 adults in Central Harlem is obese, and over 1 in 10 have diabetes. This is probably related to the finding that almost half of residents do not get any physical activity on a normal day. About 24% of residents do not have a primary doctor, but this rate is consistent with the average for the rest of New Yorkers (New York City Department of Health and Mental Hygiene, 2006b).

Residents of Central Harlem, in some cases, showed greater symptoms of psychological distress and mental illness in the 2006 Community Health Survey than residents of other New York City neighborhoods. See Table 6 for specific information.

**Table 6: 2006 Community Health Survey results**

	<b>NEW YORK CITY</b>	<b>CENTRAL HARLEM</b>
	<b>Age-adjusted percentage (95% confidence interval)</b>	<b>Age-adjusted percentage (95% confidence interval)</b>
<b>Non-specific psychological distress</b>	Yes: 6.4% (5.8 - 7.0%)	Yes: 10% (6 – 15%)
<b>Frequent mental distress</b>	0 days: 53.3% (52.0 – 54.6%) 1-13 days: 33.1% (31.9 – 34.3%) 14+ days: 13.6% (12.8 – 14.4%)	0 days: 40% (34 – 47%) 1-13 days: 40% (33-47%) 14+ days: 20% (14-26%)
<b>History of depression</b>	Yes: 14.5% (13.6 – 15.4%)	Yes: 17% (13 – 23%)
<b>New diagnosis of depression</b>	Yes: 3.9% (3.5 – 4.4%)	Yes: 3% (1 – 7%) *Relative Standard Error > 30%. Interpret estimate with caution.

Source: (New York City Department of Health and Mental Hygiene, 2006a)

**REFERENCES:**

- New York City Department of City Planning. (2006a). *Manhattan Community District 10*. New York: New York City Department of City Planning.
- New York City Department of City Planning. (2006b). *Manhattan Community District 12*. New York: New York City Department of City Planning.
- New York City Department of Health and Mental Hygiene. (2003). *NYC Vital Signs: There Is No Health without Mental Health*. New York.
- New York City Department of Health and Mental Hygiene. (2006a). 2006 Community Health Survey (Publication. Retrieved 5/15/2008: <http://www.nyc.gov/html/doh/html/survey/survey.shtml>)
- New York City Department of Health and Mental Hygiene. (2006b). *Community Health Profile: Central Harlem*. New York: New York City Department of Health and Mental Hygiene.
- New York City Department of Health and Mental Hygiene. (2006c). *Community Health Profile: Inwood and Washington Heights*. New York: New York City Department of Health and Mental Hygiene.

**New York State Psychiatric Institute  
Center of Excellence for Cultural Competence**

**Resource Directory**

**Community:** Central Harlem

**Zip codes/Area:** 10026, 10027, 10030, 10037 and 10039

**PUBLIC OFFICIALS**

<b>Governor</b>	Hon. David Patterson	The Executive Chamber, Albany, NY 1224 518.474.8390
<b>Mayor</b>	Hon. Michael Bloomberg	City Hall, NY 10007 212.788.3000
<b>Public Advocate</b>	Hon. Betsy Gotbaum	Municipal Building-15 <sup>th</sup> fl, NY 10017 212.669.7200
<b>Senator</b>	Hon. Charles Schumer	757 3 <sup>rd</sup> Ave, Rm 17-02, 10007 212.486.4430
<b>Senator</b>	Hon. Hillary Rodham Clinton	780 3 <sup>rd</sup> Ave, Rm 17-02, 10017 212.688.6262
<b>Manhattan Borough President</b>	Hon. Scott Stringer	Municipal Building-19 <sup>th</sup> fl, NY 10017 212.669.8300
<b>Congressman</b>	Charles Rangel (No. 15)	163 W 125 <sup>th</sup> St. Rm 737, NY 10027 212.663.3900
<b>State Senator</b>	Bill Perkins	163 W 125 <sup>th</sup> St. Rm. 912, NY 10027 212-222-7315
<b>State Senator</b>	Eric Schneiderman	80 Bennett Ave, NY 10033 212.928.5578
<b>Council Person</b>	Inez Dickens	163 W. 125 Street New York, NY 10027 212-678-4505
<b>Councilman</b>	Robert Jackson	751 West 183 <sup>rd</sup> St., NY 10033 212.928.1322
<b>Assembly person:</b>	Keith Wright	163 W. 125th St., Suite 911 New York, NY 10027 212-866-5809
<b>Assembly person:</b>	Herman Ferrell (No. 71)	2541-55 Adam Clayton Powell Jr. Blvd. New York, NY 10039 212-234-1430
<b>Community Board # 9</b>	Lawrence McLean, District Manager	16-18 Old Broadway, New York 10027 212-864-6200
<b>Community Board # 10</b>	Geneva Bain, District Manager	215 West 125 Street, New York 10027 212-749-3105

**FIRE STATIONS HOUSES**

<b>Engine House #30</b>	127 Street @ 8 <sup>th</sup> Ave., NYC
<b>Engine House #40</b>	Broadway @ 135 St., NYC
<b>Engine Company 59</b>	111 W. 133 St., NYC

<b>Engine Company 69</b>	248 W. 143 St., NYC	
<b>LOCAL PRECINCTS</b>		
<b>26<sup>th</sup> Police Precinct</b>	Community Affairs 212-678-1311	520 West 126 Street , NY 10027 212-678-1311
<b>28<sup>th</sup> Police Precinct</b>	Community Affairs 212-678-1611	2271 8 <sup>th</sup> Avenue, NYC 10027 212-678-1611
<b>32<sup>nd</sup> Police Precinct</b>	Community Affairs: 212-690-6311	250 West 135 Street NY 10031 212-690-6311

## I. HEALTH CARE SERVICES

### a. Primary Care Centers and Clinics

#### Hospitals

<b>Harlem Hospital Center</b>	506 Lenox Avenue , NYC 10037 212-939-4000
<b>North General Hospital</b>	1879 Madison Avenue , NYC 10035 212-423-4000
<b>Saint Luke's—Roosevelt Hospital</b>	1111 Amsterdam Avenue, NYC 10025
<b>Metropolitan Hospital</b>	1901 First Avenue, NYC 10029 212-423-6262

#### Ambulatory Clinics NYPH

<b>Harlem Hospital Primary Care</b>	163 West 125 Street New York, NYC 10037	
<b>Boriken Neighborhood Health Center</b>	2253 Third Avenue - 3rd Floor NY, NY 10035 212-289-6650	Services: Pediatric Clinic, Adolescent Clinic, Adult Medicine & Geriatrics, Women's Health Clinic, Dental, Podiatry, Nutrition, HIV/AIDS Program, WIC Program, School Health Program, Ophthalmology, Senior Nutrition Program, Family Day Care Network, Bilingual Head Start Program
<b>William F. Ryan Community Health Center</b>	Address: 110 West 97th Street New York, NY 10025 Alternate Address: 160 West 100th Street NY, NY 10025 Telephone: 212 769 7200	Services: Pediatrics, Women, Adult Medicine, Nutrition, HIV Services, Specialty Services, Mental Health, Dental, Geriatric, Outreach
<b>Charles B. Rangel Community Health Center</b>	534 West 135th Street, 10031 (212) 491.2300	Internal Medicine, Pediatrics Social Services, Nutrition, Psychology, Psychiatry services, Women & Health Services.
<b>Helen B. Atkinson Health Center</b>	81 West 115 Street New York, NYC 10026 212-426-0088	Services: Primary care, Mental health & women health Diverse social services

<b>Citicare, Inc.</b>	159 West 127th Street New York, NY, 10027 Telephone: 212-749-3507	Primary care and mental health services.
<b>Renaissance Health Care Network Clinic</b>	215 West 125 Street New York, NYC 10027 Telephone	Primary Care Services, Specialty Services
<b>Terence Cardinal Cooke Health Care Center</b>	1249 Fifth Avenue NY, NY 10029 212-360-398	Services: Skilled Nursing care facility, specialty hospital, & AIDS program.
<b>Heritage Health Care</b>	1727 Amsterdam Ave, 10031 212-862-0054	Offers adult and pediatric medicine, women's health, podiatry, ophthalmology, HIV care, social work and referrals, case management, and substance abuse counseling.
<b>Sydenham Health Center</b>	215 West 125 Street, NYC 212-932-6500	Delivers comprehensive primary, preventive and acute care. Staffed with nurse practitioners, nurses, mental health providers and aides Part-time physicians
<b>Alexander Hamilton Child Health Clinic</b>	2690 Frederick Douglas Blvd. Telephone:	Delivers comprehensive primary, preventive and acute care. Staffed with nurse practitioners, nurses, mental health providers and aides Part-time physicians
<b>Child Health Center @ St. Nicholas/Manhattanville</b>	281 West 127 Street, NYC 212-865-1300	Delivers comprehensive primary, preventive and acute care. Staffed with nurse practitioners, nurses, mental health providers and aides Part-time physicians
<b>Milbank Mt. Sinai</b>	14-32 W. 118 St., NYC 10026 Telephone:	
<b>Manhattanville Health Center</b>	21 Old Broadway, NYC 10027 Telephone:	Delivers comprehensive primary, preventive and acute care. Staffed with nurse practitioners, nurses, mental health providers and aides Part-time physicians

## b. Mental Health Services

### Mental Health Services

<b>Harlem Hospital Adult Psychiatric Out-Patient Services</b>	506 Lenox Avenue New York, NYC 10037 Telephone:	
<b>Graham-Windham Mental Health Clinic</b>	274 West 145 Street New York, NYC Telephone:	
<b>Upper Manhattan Mental Health Center, Inc.</b>	1727 Amsterdam Avenue New York, NY 10031 Telephone: 212- 694-9200	Services: Emergency Services, Adult Services, Children's Services, Community Resources
<b>Harlem House</b>	264 West 118th Street, Level B New York, NY 10026. Telephone: 212-932-8122	*Specialty: Psychiatric rehabilitation
<b>Manhattan Psychiatric Center</b>	163 West 125 Street New York, NYC 10027 212-	General Clinic Treatment, Cognitive/Behavioral Education, Case Management/Bridger Services, Transitional Residence
<b>North General Hospital /Mental Health Department</b>	1879 Madison Avenue New York, NYC 10035 (212) 423-4408	23-bed inpatient psychiatric unit serves patients 18 years and older who have a DSM IV diagnosable mental disorder.
<b>Weston United</b>	321 W. 125 Street New York, NYC 10027 212-866-6040	Housing Programs, Rehabilitation and Treatment Programs
<b>Charles Rangel Community Health Center (Ambulatory Clinic)</b>	534 W 135 St New York, NYC 10031 212.491.2300	Mental health - outpatient Counseling/support groups Health center/clinic Mental health - general General social services Social worker on-site
<b>Family PEACE Program</b>	534 W 135 St, New York, NYC 10031 212.491.2325	Mental health - outpatient Counseling/support groups Mental health - general Domestic abuse/victims' services Mental health services for victims of domestic violence
<b>Heritage Health &amp; Housing, Inc</b>	416 W. 127 Street New York, NYC 10027 212-866-2600	Housing for Severely Mentally Ill (SMI), Transitional housing for mentally ill individuals, Transitional Housing for Mentally Ill Chemical Abusers, Supportive and supported housing with supervisory visits for clients capable of independent living.
<b>St. Luke's—Roosevelt Dept. of Psychiatry</b>	411 W. 114 St. New York, NYC 10025 212-523-4100	Mental health - outpatient Substance abuse - alcohol Counseling/support groups Mental health - general Substance abuse - general Emergency services



<b>Pathways to Housing</b>	55 W. 125 Street / 10 <sup>th</sup> floor New York, NYC 10027 212-289-0000	Housing Programs, Psychiatric Treatment, Substance Abuse Treatment, Employment Services, Living Skills Training
<b>The Bridge—Mental Health Clinic</b>	248 West 108 Street New York, NYC 10025 Telephone: 212-663-3000 ext. 377	Outreach and Drop-in Center, MICA Treatment Services, HIV/AIDS Services, ACT Team for Seriously Mentally Ill Patients
<b>Harlem Rehabilitation</b>	127 West 127 St., NYC 212-939-1000	
<b>Babspharmacy</b>	101 West 147 St., NYC 212-862-3497	
<b>Center for Urban Community Services</b>	312 W. 127 St., NYC 212-665-1678	Supportive & Transitional Housing, Street to Home, Housing Placement Center, Assertive Community Treatment, Employment Services
<b>Central Harlem Enabling</b>	2196 Fifth Ave., NYC 212-368-8000	
<b>Bishop House</b>	39 W. 128 St., NYC 10027 Telephone	
<b>Harlem Agencies for Neighborhoods</b>	273 West 125 St. NYC Telephone:	
<b>Mental Health Services—Individual Practice</b>		
<b>Tracy M. Norris, MSW</b>	Northern Manhattan Perinatal Partnership 127 West 127th Street New York, NY 10027 Telephone: 212-665-2500	Specialty: Clinical casework (primarily screening for depression)
<b>Joycelyn Daly, MPH, MSW</b>	Harlem Hospital, Brown Pavilion Room 2083 Community Health Worker Program 530 Lenox Ave New York, NY 10037 Telephone: 212-939-8294	Specialty: Case management, Home-Visiting Services for pregnant and postpartum women
<b>Lena L. Green, LCSW, TADAC</b>	14 Morningside Avenue New York, NY 10026 Telephone: 347-524-5010	Specialty: Trauma, Domestic Violence, Sexual Assault, Depression, Anxiety Maternal Health
<b>Edwin Burwell, MD</b>	George & Eva Nell Barbee Family Health Center 266 West 145 Street New York, NYC 10039 Telephone: 212-690-4002	Specialty: family Medicine New York, NY 10039

<b>Luonne A. Rouse, Family Therapist, FAAPC</b>	1975 Madison Avenue New York, NY 10036 Telephone: 212-289-6157	Specialty: Cognitive Therapy
<b>Kittie M. McGee, RN- BSN MA</b>	506 Lenox Avenue New York, NY 10037 Telephone: 212-939-8121	Specialty: Psychiatry-Adult Continuing Day Treatment
<b>Harland Kessarlis, Psy D.</b>	159 West 127 Street New York, NY 10027 Telephone: 212-749-3507	Specialty: Psychiatry, Psychological Services
<b>Lanetta Moore, LCSW-R</b>	266 West 145 Street New York, NY 10039 Telephone: 212-690-4002	Specialty: Primary Care

### School-Based Mental Clinics (DOHMH)

<b>IS 10 (Frederick Douglas Academy)</b>	2581 Adam Clayton Powell Blvd. NYC
<b>PS 194 (Countee Cullen School)</b>	242 West 144 Street, NYC 10030

### Domestic Violence Services

<b>Safe Horizon</b>	<b>Crime:</b> 212-577-7777 <b>Domestic Violence:</b> 1 (800) 621-HOPE (4673) <b>Sexual Assault &amp; Incest:</b> 212 227-3000 <b>September 11th Support:</b> 1 (866) 689-HELP (4357)	Counseling for crime victims, domestic violence and elder abuse.
<b>St. Luke's Hospital (Women Health Project)</b>	411 West 114th Street, Suite 3B New York, NY 10025 Telephone: 212-523-7693	<i>Eligibility criteria:</i> History of trauma or abuse and/or substance use. Specialty: Trauma or abuse; substance use.
<b>Saint Luke's—Roosevelt Hospital Center</b>	1111 Amsterdam Avenue New York, NYC 10025 212-523-6313	Provides domestic violence and crime victims treatment
<b>Women In Crisis @ Palladia</b>	460 West 125 Street, NYC 10027 212-665-2018	Prevention Case Management, Advocacy, Information & Referral, AIDS 101, Harm Reduction

### Substance Abuse and Addiction Programs

<b>Harlem Hospital Methadone Maintenance Program</b>	506 Lenox Avenue New York, NYC 10037	Substance Abuse Treatment
<b>Harlem Hospital Methadone Maintenance Program</b>	264 West 118 Street New York, NYC 10026	Substance Abuse Treatment
<b>Phase Piggy Back-Resocialization Unit</b>	507 West 145 Street New York, NYC 10027	Substance abuse - alcohol Substance abuse - rehab Substance abuse – general
<b>ARTC Methadone</b>	132-140 West 125 Street	Substance Abuse Treatment &

<b>Maintenance Clinic</b>	New York, NYC 10027	Counseling
<b>BMIC Methadone Maintenance Clinic</b>	140 West 125 Street New York, NYC 10027	Substance Abuse Treatment & Counseling
<b>Create, Inc.</b>	73-75 Lenox Avenue New York, NYC 10026	Alcohol/Substance Abuse Services
<b>Community-Based Substance Abuse/Addiction Programs</b>		
<b>Project Create Residence</b>	121-123 West 111th Street New York City, NY 10026 (212) 678-4990	At this location we provide chemical dependence treatment with intensive residential rehabilitation and vocational services in a 24-hour setting for 48 men
<b>Create House</b>	128 West 111th Street New York City, NY 10026 212- 666-7707	An innovative transitional home for homeless adult males aged 18 years and above. Beyond food and shelter they receive counseling and vocational development
<b>Saint Christopher's</b>	154 West 127 Street New York, NYC 10027 Telephone:	Alcohol/Substance Abuse Services
<b>Addicts Rehab Center (ARC)</b>	201 West 122 Street New York, NYC 10027 Telephone:	
<b>Gabriel House</b>	2044 Adam Clayton Powell Blvd. 212-665-6610	Alcoholism/Substance Abuse Treatment
<b>Odyssey House</b>	219 East 121st Street New York, NY 10035 212-487-5104	Eligibility criteria: Serving the mental health needs of women with histories of substance abuse problems Specialty: Substance Abuse
<b>Harlem Hospital Alcohol Treatment Center</b>	22-44 West 137 Street, NYC 212-939-1000	Substance Abuse Treatment, Detoxification, Outpatient/Inpatient Care
<b>Upper Manhattan Alcohol Out-Patient Treatment Center</b>	1727 Amsterdam Avenue, NYC 212-690-9200	Substance abuse treatment, Persons with co-occurring mental and substance abuse disorders, Persons with HIV/AIDS, Seniors/older adults, Pregnant/Postpartum women, DUI/DWI offenders
<b>Fedcap Rehabilitation</b>	163 West 125 Street, NYC 212-531-0795	

### c. Special-Emphasis Health Care Centers/Programs

#### Special-Emphasis Health Care Centers/Programs

<b>Women In Crisis @ Palladia</b>	460 West 125 Street, NYC	Women in Crisis (WIC), part of
-----------------------------------	--------------------------	--------------------------------

	10027 212-665-2018	Palladia's HIV Services Unit, provides HIV/AIDS services as well as substance abuse prevention and outreach services.
<b>Harlem Dialysis Center</b>	2615-21 Frederick Douglas Blvd., NYC 212-281-8200	In-center Hemodialysis Center, Home Hemodialysis Training Service, In-Center Peritoneal Service, Late Shift Service
<b>Department of Nutrition @ Iris House</b>	2348 Adam Clayton Powell Blvd. NYC 212-548-0100	Services for women and their families who are infected and affected by HIV/AIDS in a supportive and respectful environment. Personal nutritional counseling with a registered dietician.
<b>Breast Examination Center</b>	163 West 125 Street, NYC 212-531-8000	Breast-Cancer screening, Mammograms, Pap-smears, Counseling, Patient Follow-up, Education
<b>The Diabetes Center</b>	154 West 127 Street, NYC 212/ 212-851-5494 212-5494212-851-5494	

## d. Geriatric Centers and Services

### Geriatric Services - Nursing Homes - Seniors Centers

<b>Greater Harlem Nursing Home</b>	30 West 138th Street New York, NY 10037 (212) 690-7400	Services: our services to include Assisted Living, Adult Day Care, Child Day Care, Outpatient rehab and Diagnostic and Treatment Center.
<b>Amsterdam Nursing Home</b>	1060 Amsterdam Avenue New York, NY 10025 212-316-7700	Clinical Services, Short-term & Long-term Rehabilitation, Physical & Occupational Therapy, Resident Social Life & Personal care, Social Work & Advocacy
<b>Northern Manhattan Rehab And Nursing Center</b>	116 East 125th St New York, NY 10035 (212) 426-1284	Pharmacy services: diagnostic services 24-hour-per-day nursing care Adult Day Health Care - AIDS Behavioral Intervention Services
<b>Morningside Retirement Health Service</b>	100 LaSalle Street New York, NY 10027 212-666-4000	Case Management, Nursing care, Psychiatric consultations, Educational, Recreational & Social Activities
<b>Central Harlem Senior Center</b>	34 West 134th Street New York, NY 10037 (212) 926-4871	Hot Lunches, case assistance, Education & Nutrition Services, Recreational Activities

<b>Hamilton Grange Senior Center @ Convent Ave. Baptist Church</b>	420 West 145 Street New York, NY 10031 212-862-4181	Recreational Activities, Visiting, Transportation Throughout Manhattan for elderly residents of Comm. Board Districts 9 & 10
<b>Jackie Robinson Senior Center</b>	1301 Amsterdam Avenue New York, NY 10027 212-666-4910	Educational/Recreational programs, Congregate Meals and other Activities
<b>A. Phillip Randolph Senior Center</b>	108 West 146 Street New York, NY 10039	Congregate meals, Health education, Blood Pressure & Diabetes Screening, Daily Activities, Education Classes
<b>Harlem Teams Senior Center</b>	175 West 127 Street New York, NY 10030 212-926-1100	
<b>Harriet Tubman Senior Program</b>	250 West 127th Street New York, NY 10027 (212) 894-3394	
<b>Kennedy Senior Center</b>	34 West 134th Street New York, NY 10037 (212) 926-4871	
<b>Lincoln Senior Center</b>	60 East 135th Street New York, NY 10037 (212) 234-0005	
<b>McLeod Bethune Senior Center</b>	1970 Amsterdam Avenue New York, NY 10032 (212) 928-6086	
<b>Pelham Fitz Senior Center</b>	18 Mt. Morris Park West New York, NY 10027 (212) 860-1380	
<b>Presbyterian Senior Center</b>	151 West 128th Street New York, NY 10027 (212) 222-3132	Social Services, Nutrition, Arts & Crafts, Exercise classes, Meals
<b>Saint Nicholas Senior Center</b>	146 Saint Nicholas Avenue New York, NY 10026 Telephone: 212	
<b>Charles A. Walburg Multi-Service Organization</b>	163 West 125 Street New York, NY 10027 212-222-2552	Provides diverse services for homebound seniors
<b>Morningside Retirement Health Service/Housing Development</b>	100 LaSalle Street New York, NY 10027 212-666-4000	Provides diverse housing services for seniors

## II. Community Services

### Multi-service Organizations

<b>Northern Manhattan Perinatal Partnership</b>	127 West 127 <sup>th</sup> Street New York, NY 10027 212-665-2600	Offers peer-led training & support services for teens, including "Holla Back," a pregnancy prevention program, and "Club Mom," which offers teen mothers an opportunity to receive health services
<b>Harlem Children's Zone</b>	35 East 125th Street New York, NY 10035 212- 360-3255	A community-based organization that works to enhance the quality of life for children and families in some of New York City's most devastated neighborhoods. It has 15 centers serving 13,000 children and adults, including over 10,000 at-risk children. The emphasis of The Children's Zone work is not just on education, social service and recreation, but on rebuilding the very fabric of community life.

### Immigration/Advocacy Services/Case Management

<b>African Hope Committee</b>	441 Convent Avenue, New York, NY 10031 212-862-9010	Provides diverse services for African immigrants residing in Harlem.
<b>African Services Committee</b>	429 West 127 Street New York, NY 10027 212-222-3882	Provides immigration and other legal services , HIV, STD, Hepatitis, TB, diabetes, and pregnancy testing services, AIDS housing, legal services, food pantry, English classes, medical escort and interpretation, case management to African immigrants
<b>Center-Immigration Families</b>	20 W. 104 Street New York, NY 10025 212- 531-3011	Immigration Services

### Administration for Children's Service (ACS) Programs

<b>Children's Aid Society Preventive Services Program</b>	69 West 118th Street / Suite 2e New York, NY 10026 (212) 987-4873	Provides adoption, foster care, health and education services to underserve children and families in New York City
---	---	--

<b>Family Support Center</b>	207-211 Lenox Avenue New York, NY 10027 212 -666-7390	The mission is to advance the best interests of children and families and to assist the court in the implementation of orders regarding financial support and parenting time.
<b>Harlem Children's Zone, Inc. Family Development Program</b>	689 Lenox Avenue New York, NY 10037 212- 234-6714	HCZ's preventive foster care programs are comprehensive, neighborhood-based, and intensive providing support and services to families to help them transform their lives and communities into safe and healthy places where children can learn and grow.
<b>Harlem Children's Zone Truancy Prevention Program</b>	309 West 134th Street New York, NY 10030 212 281-7000	
<b>Harlem Dowling - Westside Center</b>  <b>Central Harlem Preventive Services</b>	2090 Adam Clayton Powell Blvd/3 <sup>rd</sup> Fl New York, NY 10027 212-749-3656	Our guiding principle is to offer families a range of comprehensive, accessible, innovative and culturally sensitive services. We listen to the needs of the people. Committed to address the issues faced by our communities
<b>New York Urban League Family Redirection</b>	204 West 136th Street New York, NY 10030 212 368-0455	Provides foster care preventive services to families living in Central Harlem who experience child abuse/neglect and family domestic violence problems. Individual and group counseling, parenting skills training, home visits, academic enrichment activities for children, and specialized counseling groups for adolescents are provided to ensure families remain intact and functional.
<b>Police Athletic League (Pal) Is 88 Family Service Program</b>	215 West 114th Street New York, NY 10026 Tel: 212-222-6576	
<b>HOUSING SERVICES/SHELTERS</b>		
<b>West Harlem Coalition</b>	P.O. Box 660 New York, NY 10027	
<b>Concerned Tenants Union &amp; Association, Inc.</b>	3333 Broadway, D #16C New York, NY 10031	
<b>Create, Young Adults</b>	133 West 128 Street New York, NY 10027	Housing for young adults
<b>Parkview Shelter</b>	55 West 110 Street	Commercial Hotel and commercial

	New York, NYC 10026	SRO for the Homeless
<b>Cambridge Hotel</b>	141 West 110 Street New York, NY 10026	
<b>Milbank/Pelhem Apartments</b>	17-21 West 128 Street New York, NY 10027	
<b>Abyssinian House</b>	139-43 West 138 Street New York, NY 10030	
<b>Riverton Hotel</b>	441 Lenox Avenue New York, NY 10026	
<b>Harriet Tubman Family Living Center</b>	134-42 West 143 Street New York, NY 10030	A 100-unit transitional facility providing temporary housing for homeless families displaced by fires, building condemnations, disasters or evictions.
<b>Lenox Family Residence</b>	141 West 144 Street New York, NY 10030	
<b>Harlem Shelter</b>	2960 Frederick Douglas Blvd. New York, NY 10032	
<b>Create, Inc. Transitional Housing</b>	121-123 West 111 Street New York, NY 10026 212-666-7707	
<b>Harlem Tenants Council</b>	1 West 125 St. New York, NY 10027 Room 206 212-315-2240	
<b>Hamilton Heights Homeowners Association</b>	37 Hamilton Ter New York, NY 212- 281-4442	A non-profit organization seeking to bring together the varied community organizations--tenant, block, homeowners associations, local businesses and institutions to resolve issues, advocate for services from public agencies and celebrate our and diverse community.
<b>Food Pantries</b>		
<b>Canaan Senior Service Center</b>	10 Lenox Avenue (212) 876-2638	Opens most week days @ 10:00 am. Call ahead & bring written referral, photo ID.
<b>Emmaus House</b>	160 W. 120 Street (212) 749-9404	Open Tuesdays, 12 noon to 1pm. Call ahead to confirm availability.
<b>Salvation Army</b>	175 E. 125th Street (212) 860-3200	Open Monday thru Friday, 9:30 am to 4pm. Serves only some zip codes



<b>St. Joseph of the Holy Family</b>	405 W. 125th Street (212) 662-9125	Open Saturdays 10am to 12 noon. Serves neighborhood residents only.
<b>Riverside Church</b>	91 Claremont Avenue, @ 121 Street (212) 870-6700	Open Tuesday thru Friday, 10 am to 1:30pm Serves only the first 60 arrivals. Need written referral, photo ID, budget letter.

### III. Alternative Medicine and Natural Product Shops

#### Alternative Medicine shops/Botanicas/Vitamins/Farmer's Market

<b>Strictly Roots</b>	2058 Adam Clayton Blvd., NYC 212-864-8699	
Raw Food	348 W. 145 St., NYC 212-491-5859	Organic food for healthy living!
Uptown Juice Bar	54 W. 125 St., NYC 10027 212-987-2600	

### V. Educational Services

#### Educational Services - Community Agencies

<b>Harlem Economic Literacy Program</b>	2245 Adam Clayton Powell Boulevard New York, NY, 10027 212-283-0055	
<b>Global Business Institute</b>	209 West 125 Street New York, NY 212-663-1500	<b>Provides computer training</b>
<b>Career Readiness &amp; Education @New York Mission Society</b>	646 Malcolm X Boulevard New York, NY 212-368-8400	Job readiness & education workshops
Riverside Language Program, Inc	490 Riverside Drive New York, NY (212) 662-3200	490 Riverside Dr

#### Schools and Universities

<b>Thurgood Marshall Academy for Learning</b>	200 West 135 Street New York, NY 10030 212-2833-8055
<b>Wadleigh Secondary School for Performance Arts</b>	215 West 114 Street New York, NY 10026 212-749-5800
<b>Central Harlem Montessori School</b>	147 Saint Nicholas Ave New York, NY 10026 (212) 222-6295
<b>Frederick Douglass Academy</b>	2581 Adam Clayton Powell Boulevard New York, NY 10039

	(212) 491-4107
<b>The Harlem School of the Arts</b>	645 St. Nicholas Avenue New York, NY 10030
<b>I.S. 286 Renaissance Military &amp; Leader</b>	509 W 129th St New York, NY 10027 (212) 690-5972
<b>James Weldon Johnson School</b>	176 E 115th St New York, NY 10029 (212) 860-5812
<b>St. Aloysius School</b>	223 W 132nd St New York, NY 10027 (212) 283-0921
<b>Harlem School of Technology</b>	215 W 125th St New York, NY 10027 (212) 932-2849
<b>King's Academy</b>	2341 3rd Ave New York, NY 10035
<b>All Saints School</b>	52 E 130th St New York, NY 10037 (212) 534-0558
<b>Rice High School</b>	74 W 124th St New York, NY 10027 (212) 369-4100
<b>Cristo Rey High School</b>	112 E 106th St New York, NY 10029 (212) 996-7000
<b>Park East High School</b>	230 E 105th St New York, NY 10029 (212) 831-1517
<b>Isaac Newton Junior High School- Science &amp; Math</b>	280 Pleasant Ave New York, NY 10029 (212) 860-6006
<b>Powell Middle School for Law &amp; Social</b>	509 W 129th St New York, NY 10027 (212) 690-5977
<b>Corpus Christi School</b>	535 W 121st St New York, NY 10027 (212) 662-9344
<b>The Bilingual/Bicultural School</b>	219 E 109th St New York, NY 10029 (212) 860-6031
<b>Harlem Renaissance High School</b>	22 E 128th St # 2 New York, NY 10035
<b>St. Mark the Evangelist School</b>	55 W 138th St New York, NY 10037 (212) 283-4848
<b>Bread &amp; Roses Integrated Arts High School</b>	6 Edgecombe Ave New York, NY 10030 (212) 926-4152

<b>Harlem Success</b>	34 West 118th Street/3rd Floor New York, NY 10026 (646) 747-6190	
<b>Annunciation School</b>	461 W 131st St New York, NY 10027 (212) 281-7174	
<b>Village Academy Charter School</b>	244 W 144th St New York, NY 10030 (646) 548-9570	
<b>Future Leaders Institute</b>	134 W 122nd St New York, NY 10027 (212) 678-2798	
<b>Harlem Academy</b>	1330 5th Ave New York, NY 10026 (212) 348-2600	
<b>Universities</b>		
<b>The City College of New York</b>	138th Street & Convent Avenue New York, NY 10031 212- 650 7000	City College’s mission emphasizes access and excellence in undergraduate and graduate education and research.
<b>College of New Rochelle (Rosa Parks Campus—Harlem)</b>	144 W. 125 St., NYC 10027	<b>The College of New Rochelle’s</b> primary purpose is the intellectual development of persons through the maintenance of the highest standards of academic excellence and educational growth.

## V. Religious and Faith-Based Services

Religious and Faith-Based Services		
<b>Malcolm Shabazz Mosque</b>	West 116 Street & Malcolm X Boulevard New York, NY 10026	Islam
<b>Muhammad Mosque No.7</b>	106 West 127th Street New York, NY 10027 212-865-1200	Islam
<b>Abyssinian Baptist Church</b>	132 West 138 Street New York, NY 10030 Telephone	Baptist
<b>Salem United Methodist Church</b>	211 West 129 Street New York, NY 10027 212-678-2709	Methodist
<b>Convent Ave Baptist Church</b>	420 W 145th St New York, NY 10031	Baptist
<b>Presbyterian Church of Ghana</b>	259 W 123rd St New York, NY 10027	Presbyterian

<b>St Philips Church</b>	220 W 133rd Adam Clayton Powell J Blvd New York, NY 10030	Episcopal
<b>Mosque of Islamic Brotherhood</b>	130 W.113 St., NYC 10026	Islam
<b>Baptist Temple Church</b>	20 W. 116TH St. New York, NY 10026	Baptist
<b>Canaan Baptist Church</b>	132 W. 116TH St. New York, NY 10026 212-866-0301	Baptist
<b>Saint James Ame Church,</b>	2010 5TH Avenue New York, NY 10035	Methodist
<b>Mother Ame Zion Church</b>	140 W. 137TH St. New York, NY 10030 212-234-1545	Methodist
<b>Friendship Baptist Church</b>	144 W. 131ST St. New York, NY 10027 212-281-0600	Baptist
<b>Greater Bethel Ame Church</b>	32-34 W. 123 St. New York, NY 10027 212-360-5080	Methodist
<b>Mount Calvary Methodist Church</b>	116 Edgecombe Ave. New York, NY 10030	Methodist
<b>Saint James Presbyterian Church</b>	409 W. 141ST ST. New York, NY 10031	Presbyterian
<b>Emanuel Ame Church</b>	37 W. 119 ST. New York, NY 10026	Methodist
<b>Beulah Baptist Church</b>	125 W. 130 ST. New York, NY 10027	Baptist
<b>Christ Temple Baptist Church</b>	161 W. 131 ST. New York, NY 10027	Baptist
<b>Saint Luke's Ame Church</b>	1872 Amsterdam Avenue, New York, NY 10031 212-283-9223	Methodist
<b>Trinity Ame Church Inc.</b>	259 W. 126 ST. New York, NYC 10027 212-866-3303	Methodist
<b>Antioch Baptist Church</b>	515 W. 125 St.	Baptist

	New York, NY 10027 212-864-9677	
<b>Bethany Baptist Church</b>	303 W. 153 St. New York, NY 10039 21-926-8330	Baptist
<b>Crossroads Baptist Church</b>	104 W. 127 St. New York, NY 10027 212-866-5655	Baptist
<b>Day Spring Baptist Church</b>	1788 Amsterdam Ave. New York, NY 10031 212-281-4606	Baptist
<b>Faith Mission Baptist Church</b>	155 W. 117 St. New York, NY 10026 212-932-1832	Baptist
<b>First Baptist Church</b>	2705 8 <sup>th</sup> Ave. New York, NY 10030 212-386-7376	Baptist
<b>First Calvary Baptist Church</b>	469 W. 148 <sup>th</sup> St. New York, NY 10039 212-281-2192	Baptist
<b>First Baptist Church of Harlem</b>	248 W. 116 <sup>th</sup> Street New York, NYC10026	Baptist

## VI. Art /Cultural Centers – Parks /Recreation Programs

### Art and Cultural Centers/Programs

<b>Mama Foundation for the Arts</b>	149 West 126th Street New York, NY 10027 Phone (212) 280-1045	Created in 1998 by Vy Higginsen, the foundation supports a mini-theater that presents live theater and music performances for Harlem residents and tourists visiting Harlem.
<b>Genesis II Museum Of International Black Culture</b>	2376 Adam Clayton Powell Blvd. New York, NY 212-690-3800	The mission of the museum is to disseminate to a wide audience the richness and contributions made by people of African Descent. This museum demonstrates the universality, continuity and strength of black culture of the African Diaspora. It houses multiple galleries and

		exhibits, including the African Sculpture Court, the Egyptian and Haitian Galleries.
<b>Children's Art Carnival</b>	63 Hamilton Terrace New York, NY 10031 Telephone	Is dedicated to providing visual and communication arts education to the youth of New York City.
<b>Harlem School of the Arts</b>	645 St. Nicholas Avenue, New York, NY 10030 Tel: (212) 926-4100	a not-for-profit arts institution that serves students in four core artistic disciplines: dance, music, theater and the visual arts.
<b>Schomburg Center for Research in Black Culture</b>	515 Malcolm X Boulevard New York, NY 10037	The Schomburg Center for Research in Black Culture is a national research library devoted to collecting, preserving and providing access to resources documenting the history and experiences of peoples of African descent throughout the world.
<b>Classical Theater of Harlem</b>	645 St. Nicholas Ave New York, NY 212-564-9983	Since its founding in 1999, CTH has presented over 30 productions that include works by Shakespeare, August Wilson, and more.
<b>Studio Museum in Harlem</b>	144 West 125th Street New York, NY 10027 (212) 864-4500	The Studio Museum is the nexus for black artists locally, nationally, and internationally, and for work that has been inspired by black culture. It is a site for the dynamic exchange of ideas about art and society.
<b>Apollo Theater</b>	253 West 125th Street New York, NY, 10027	The world famous Apollo Theater is more than a historic landmark. It is a symbol of the brilliance of American artistic accomplishment. With its rich history, the theater is considered the bastion of African-American culture and achievement.

<b>African American Wax Museum,</b>	316 W. 115th St. New York, NY 10026 212-678-7818	Twenty life-sized wax models of African American celebrities and historical figures make up the collection of the Museum. Models include Malcolm X, Martin Luther King Jr., Duke Ellington, Josephine Baker, Magic Johnson, Frederick Douglas and Harriet Tubman.
<b>The Black Fashion Museum</b>	155 West 126th St. New York, NY 10027 212-666-1320	

## Parks And Recreational Services

<b>Mount Morris Park</b>	Mt. Morris Park West & 122 Street New York, NY 10027
<b>Morningside Park</b>	90 Morningside Park New York, NY 10027
<b>Riverside Park</b>	475 Riverside Drive New York, NY 10115