
Inwood Community Resource Directory



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

May 2008

Community Profile: Inwood

A survey of New York City residents found that people who report having significant emotional distress are more likely to engage in unhealthy behaviors, such as getting no exercise, binge drinking, smoking, and eating a poor diet. Similarly, New Yorkers with significant emotional distress experience high rates of chronic illness, such as high cholesterol, high blood pressure, obesity, asthma, and diabetes. An added difficulty is that neighborhoods in New York with the lowest incomes often have the highest rates of significant emotional distress, often adding to the burden on these already underserved communities (New York City Department of Health and Mental Hygiene, 2003).

The New York City Department of Health and Mental Hygiene (DOHMH) has conducted a number of community health surveys to assess the health and well-being of New Yorkers. Here, we present some of the factors important to the physical and mental health of the communities of Washington Heights and Inwood, to serve as background for the services listed in this directory.

Inwood and Washington Heights:

The population of Inwood and Washington Heights (I/WH) at the 2000 census was 270,700. More than half of the residents of these communities (51%) were born outside the United States, compared to 36% for New York City as a whole. Figure 1 shows the countries of origin for foreign-born members of Community District 12 (which is made up of Inwood and Washington Heights), while Table 1 lists foreign-born residents by country of origin.

Figure 1:

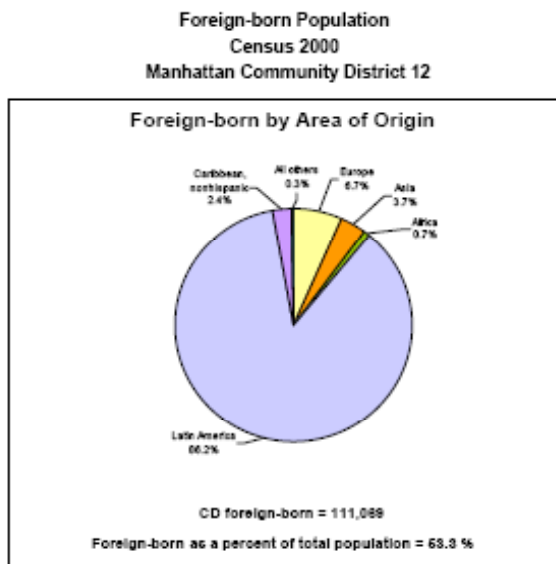


Table 1:

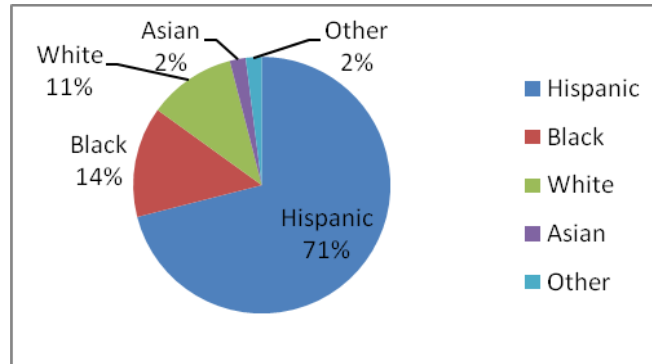
Foreign-born Rank Ordered by Country of Birth		
	NUMBER	PERCENT
TOTAL, Foreign-born	111,069	100.0
Dominican Republic	78,818	71.0
Ecuador	4,253	3.8
Cuba	3,511	3.2
Mexico	3,314	3.0
Russia	1,487	1.3
Colombia	1,389	1.3
Germany	1,248	1.1
China*	1,116	1.0
Honduras	870	0.8
El Salvador	845	0.8
All Others	14,218	12.8

*China includes the Mainland, Hong Kong and Taiwan

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

The vast majority of residents are ethnically Hispanic, though a diverse mix of races and ethnicities exists in these neighborhoods (New York City Department of Health and Mental Hygiene, 2006c). Please see Figure 2 for more details.

Figure 2: Race/Ethnicity in Inwood and Washington Heights



The 2000 census for Community District 12 lists 54.3% of residents of I/WH as being “Proficient in English” while 45.7% of respondents are not proficient (for respondents age 5 and older) (New York City Department of City Planning, 2006b). Table 2 lists the numbers and percentages of resident of I/WH in order of language spoken in the home.

Table 2: Language Proficiency, 2000 Census, Manhattan Community District 12

	Number	Percent
Total Population 5 Years and Over	194,050	100.0
Proficient in English	105,330	54.3
Not Proficient in English	88,720	45.7
Not Proficient in English	88,720	100.0
Language Spoken at Home:		
Spanish or Spanish Creole	82,835	93.4
Russian	1,721	1.9
French (incl Patois, Cajun, French Creole)	703	0.8
Chinese	664	0.7
Korean	383	0.4
Greek	321	0.4
German	269	0.3
Polish	223	0.3
Tagalog	152	0.2
African Languages	129	0.1
Arabic	111	0.1
All Others	1,209	1.4

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

In Inwood and Washington Heights, 31% of residents live below the poverty level, compared to an average of 21% for New York City as a whole. Further, 32% of residents consider their health to be fair or poor, compared to 21% of all New Yorkers (New York City Department of Health and Mental Hygiene, 2006c). In general, residents of I/WH show average rates of the health indicators surveyed by the New York City Department of Health and Mental Hygiene (New York City Department of Health and Mental Hygiene, 2006c). However, residents of these neighborhoods are more likely to be uninsured than those in Manhattan overall (20% vs. 13%). Another 13% of residents were uninsured at some time during the past year (New York City Department of Health and Mental Hygiene, 2006c).

Some of the major health problems in these neighborhoods are related to obesity, diabetes, and heart disease. More than 1 out of 5 adults in I/WH are obese and more than 1 in 10 have diabetes. About half of residents report not exercising at all on a regular basis (New York City Department of Health and Mental Hygiene, 2006c). Perhaps an over-arching factor in these health problems is the fact that about one third of adults in these neighborhoods do not have a regular doctor (New York City Department of Health and Mental Hygiene, 2006c). Residents born outside of the United States are even less likely to have a regular health care provider, as they may experience greater barriers in access to health services.

Residents of Inwood and Washington Heights also 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 3 for specific information.

Table 3: 2006 Community Health Survey results

	NEW YORK CITY	WASHINGTON HEIGHTS / INWOOD
	Age-adjusted percentage (95% confidence interval)	Age-adjusted percentage (95% confidence interval)
Non-specific psychological distress	Yes: 6.4% (5.8 - 7.0%)	Yes: 10% (7 – 15%)
Frequent mental distress	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: 51% (45 – 57%) 1-13 days: 32% (26-38%) 14+ days: 17% (13-23%)
History of depression	Yes: 14.5% (13.6 – 15.4%)	Yes: 17% (12 – 22%)
New diagnosis of depression	Yes: 3.9% (3.5 – 4.4%)	Yes: 8% (5 – 12%)

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. Document Number)

New York City Department of City Planning. (2006b). *Manhattan Community District 12*. New York: New York City Department of City Planning. Document Number)

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. Document Number)

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. Document Number)

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. Document Number)

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

Resource Directory

Community: Inwood

Zip codes/Area: 10034 & 10040

Elected Officials

Governor	Hon. David Patterson	The Executive Chamber, Albany, NY 1224 518.474.8390
Mayor	Hon. Michael Bloomberg	City Hall, NY 10007 212.788.3000
Public Advocate	Hon. Betsy Gotbaum	Municipal Building-15 th fl, NY 10017 212.669.7200
Senator	Hon. Charles Schumer	757 3 rd Ave, Rm 17-02, 10007 212.486.4430
Senator	Hon. Hillary Rodham Clinton	780 3 rd Ave, Rm 17-02, 10017 212.688.6262
Manhattan Borough President	Hon. Scott Stringer	Municipal Building-19 th fl, NY 10017 212.669.8300
Congressman	Charles Rangel (No. 15)	163 W 125 th St. Rm 737, NY 10027 212.663.3900
State Senator	Eric Schneiderman (No. 31)	80 Bennett Ave, NY 10033 212.928.5578
Assemblyman	Adriano Espaillat (No.72)	210 Sherman Ave, Suite A, NY 10034 212.544.2278
Assemblyman	Herman Ferrell (No. 71)	2571-55 Seventh Ave, NY 10039 212.234.1430
Councilman	Miguel Martinez (No. 10)	601 W 174 St. Suite 1A, NY 10033 212.788.7053
Councilman	Robert Jackson	751 West 183 rd St., NY 10033 212.928.1322
Community Board 12M Chairman	Martin Collins	711 W 168 th St., NY 10032 212.568.8500

Fire Station

Engine 95 & Ladder 36	212-570-4295	29 Vermilyea Avenue 10034
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Local Precinct

34th Police Precinct	Community Affairs: (212) 927- 3891	4265 Amsterdam Ave NY, NY 10033
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Health Care Facilities

Hospitals

The Allen Pavilion	5141 Broadway at 220th	212 bed inpatient facility
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①	Street New York, NY 100341 1(866) NYP-ALLEN	Anesthesiology , Cardiology Emergency Medicine , Family Medicine , Gastroenterology , General Surgery , Geriatric Medicine , Internal Medicine Neonatology , Neurology , Obstetrics and Gynecology Orthopedics , Psychiatry , Pulmonary , Urology Vascular Surgery
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Ambulatory Clinics- New York Presbyterian Hospital

New York Neuro and Rehab Center ①	4468 Broadway New York, NY 10034 (212) 942-3077	Serves patients suffering from: stroke, neuromuscular disease, certain types of head trauma and spinal cord injury, and, brain tumors.
Broadway Practice ①	4781/83 Broadway New York, NY 10034 1(866)463-2778	General Dentistry, Internal Medicine, Midwifery, Nutrition Services OB/GYN, Pediatrics, Pharmacy Assistance Program, Podiatry, Social Worker, Special Counseling
Allen Pavilion Practice ①	5141 Broadway New York, NY 10034	Cardiology, Geriatrics, Internal Medicine, Neurology, Ophthalmology Orthopedics, Pharmacy Assistance Program, Surgical Follow-up, Urology, Vascular, Wound Healing

Community Health Centers- Medical Groups

Clinica de Las Americas (HHC) ①	175 Nagle Avenue (between Academy St. & Dyckman St.) (212) 544-2001	Pediatrics, prenatal care, Women's health, Family/Primary Care/ Internal Medicine
Spa and Medical Center Dra. Patria Gonzalez ①	Amberspamedical.com	Internal Medicine/Alternative medicine and spa
Associate Medical Group ①	2 Sickles #12 (212)304-6928	Outpatient health center providing primary and specialty medical care and mental health services for patients of all ages. Services also include mental health. There is an outpatient mental health center/mental health clinic - general Social worker available Pediatrics Podiatry, Prenatal care, Women's health, Nutrition, Family/Primary Care, Internal Medicine, Genetics. Affiliated with NY Presbyterian Hospital Network.

Dyckman Pediatric Treatment Center ①	175 Nagle ave 10034 (212) 569-1800	Pediatrics, Prenatal care, Women's health, Family/Primary Care/Internal Medicine. A member of the New York City Health and Hospitals Corporation
Trinity Medical Group ①	104 VERMILYEA AVE FRNT (212)544-8854	Pediatrician Adolescent Medicine
Doctors' Medical Group ①	26 Nagle New York, NY 10040 (212) 942-0808	Allergist, Pain Management, Audiologist, Pediatrician Cardiology, Physical Therapy, Chiropractor, Psychiatrist, Family Practice, Podiatrist, Internal Medicine, Sleep Apnea Lab, OB/GYN
Pediatrics 2000-207th St. site ①	515 w 207 th st (212) 544-777 Fax: (212) 544-09660	Pediatrics

b. Mental Health Services




Mental Health Services		
Allen Pavilion Psychiatry ①	5141 Broadway 10034 (212) 932-4000	Adult inpatients can be admitted voluntarily or referred by physicians or family. Services for patients who are being treated for any medical, surgical, or obstetric conditions, but who may also have psychiatric needs.
Get Centered Mental Health Clinic (part of Inwood Community Service) ①	651 Academy St 212-924-0043	Out Patient Mental Health Clinic
New York Psychiatric Institute Washington Heights Community Service <u>Inwood Mental Health Clinic</u> ①	26 Sherman Ave. (212) 942-8500	Individual, group, and family treatment, Medication management, Day programming (including lunch and transportation reimbursement) Licensed client work-for-pay programs , Help with entitlements, consultation with other agencies, residential facilities, and other care providers

YM/YWHA of Wash Heights/Inwood ①	54 Nagle 10040 212-569-6200,	Licensed clinic on the third floor of the Y. Counselors meet with children, adults, and families
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Substance Abuse and Chemical Dependency Programs		
Grupo Nuevo Amenercer ①	200 Sherman Ave	Alcoholics Anonymous
Una Mano Amiga ①	Sherman Ave&207 th st. 1 st fl	
Inwood community Services Comprehensive Outpatient Addiction Program (COAP) ①	651 Academy St (212) 942-0043	Outpatient Addiction Program

II COMMUNITY-BASED SERVICES

Multi –Service Organizations		
Dyckman Community Center ①	3782 Tenth Avenue (212) 567-8782	Summer day camp, an after-school program with homework help, and arts and crafts activities, and an evening program for young adults.
Inwood Community Service ①	651 Academy St. (212) 942-0043	Offers programming in chemical dependency, mental health, adult literacy, and youth services
Dyckman Job Center ①	4660 Broadway (between Sherman Avenue and 198th Street) (212) 569-9626	Provides application assistance for public health programs/entitlements, job placement assistance, and vocational counseling services
YM/YWHA of Wash Heights/Inwood ①	54 Nagle Ave (212) 569-6200	Provides Cultural programming for adults, educational programming for children, Mental Health Services, Literacy Programs, Programming for the aged. JBFCs recently opened a licensed clinic this year on the third floor of the Y. Counselors meet with children, adults and families

New York Presbyterian Medical Center (Nagle) 	68 Nagle Ave (212) 304 - 4723	Public local enrollment and services site for WIC, a government-sponsored food program providing nutrition services, breastfeeding counseling, and food coupons for low-income pregnant & breast-feeding women and women with children under age 5
NYC Human Resources Administration-Dyckman Income Support Center (IMC 35) 	4460 Broadway (212) 579-7338	
Washington Heights Inwood Preservation And Restoration Corp 	SUITE 11A 121 BENNETT AVE (212)795-7522 DEBORAH HES	Helps clients to secure and keep housing and entitlements,(such as Section 8, SCRIE, DRIE, HEAP, HEAT, etc.); negotiates with tenants and landlords ,and prevent homelessness through eviction prevention. case assistance and advocacy, information and referral, friendly visiting, telephone reassurance, food pantry, and food vouchers

Services for the Aged

Dyckman Senior Center (DFTA) 	3754 10th Ave (212) 569-7790	Senior services, Recreational activities, Congregate lunch. Free or low-cost, suggested \$1 for lunch.
Institute for Puerto Rican/Hispanic Elderly- Institute Homecare: 	23 Nagle 10040 (212) 942-6780	Provides home health care services to community elderly.
Inwood Senior Center 	84 Vermilyea (212) 567-3200	Offers arts and crafts, bingo, dominoes, pool, ESL classes, yoga, and field trips to parks.
Project Homebound Outreach Program for the Elderly 	54 Nagle ave (212) 569-2004	Outreach for the homebound elderly

Services for the Formerly Incarcerated

<p>Manhattan SPAN office ①</p>	<p>80 Centre St. Room 200B New York, NY 10013</p> <p>(212) 732- 7906</p>	<p>SPAN is a bridge between discharge planning services in jail, mental health, and other community services. If you need help obtaining services that was provided for in a discharge plan that was completed in jail can the discharge plan completed or help in obtaining services if he or she visits a SPAN office within 30 days of release.</p>
<p>LIFENET ①</p>	<p>1-800- LIFENET ❖ 1-800-543-3638</p> <p>En espanol: ① 1-877- AYUDASE 1-877- 298-3373</p>	<p>24 hr hotline that provides information and referral services for mental health and substance abuse treatment</p>

Housing Services/Shelters

<p>Dyckman Houses ①</p>	<p>215 Nagle Avenue New York, NY 10034 (212) 569-7300</p>	<p>Dyckman Houses consists of seven 14-story buildings with 1,167 apartments housing an estimated 2,580 residents. The 14.09-acre Manhattan complex was completed April 25, 1951 and is bordered by Dyckman and West 204th Streets, Nagle and 10th Avenues.</p>
<p>Audubon Partnership for Economic Development LDC ①</p>	<p>513 W207th St. (212) 544-2400</p>	<p>Housing/homeless services/shelter, general social services, tenant rights workshops and advocacy assistance with filing housing complaints, small business workshops and consultations.</p>
<p>Northern Manhattan Improvement Corp ①</p>	<p>NORTHERN MANHATTAN IMPROVEMENT CORP. 76 WADSWORTH AVE 4th Floor (212) 822-8300</p>	<p>Anti-eviction services, community /tenant/block organizing, housing development, social services (including domestic) and workforce development.</p>

Food Pantries

Worldwide Missionary Movement- Food Pantry ①	501 West 207th Street (212) 567 - 5620	food pantry providing the public with free bags of canned goods every Friday morning and meals for free or low cost
Love Kitchen ①	3816 Ninth Avenue (212) 942 - 4204	Soup kitchen, food pantry, and second-hand clothing.
WASHINGTON HEIGHTS INWOOD PRESERVATION AND RESTORATION CORP ①	SUITE 11A 121 BENNETT AVE (212)795-7522	Food pantry and food vouchers. Offers services in Russian, Hebrew, Yiddish, Spanish, German, and English.
Church of the Good Sheppard (est 1912) ①	608 Isham st (212) 567-1300 www.goodshepardchurchnyc.com	pastor Marcos Zamora (food pantry, boy/girlscout)

Faith Based Organizations

Church of the Good Sheppard ①	608 Isham st (212) 567-1300 www.goodshepardchurchnyc.com	pastor Marcos Zamora (food pantry, boy/girlscout)
Our Lady Queen of Martyrs Church ①	91 Arden st	Pastor Daniel Kearney
St. Jude's Church ①	531 W204th st (212) 569-3000	Father Elias Isla
Mormon Church of Jesus Christ of Latter Day Saints	1815 Riverside Dr (212) 567-3321	
St. Mathew's Lutheran Church	200 Sherman Ave (212) 567-5948	Vicar Peter Debra
Episcopalian Holy Trinity Church	20 Cumming St (212) 567-1177	Rev. Johanna-Karen Johannson
Manhattan Bible Church (Born Again Christian)	401 w 205th 212-567-5221	
Spanish Dyckman Seventh Day Adventist Church ①	84 Vermilyea ave (212) 567-6576	

Mission Cristiana Galad	241 Sherman Ave 212-304-4323	
Mount Washington Presbyterian Church	84 Vermilyea Ave (212) 567-0442	*a very historic church
INWOOD HEBREW CONGREGATION	111 VERMILYEA (212) 569-4010	

PARKS AND RECREATIONAL Programs SERVICES

Dyckman Houses Playground	W 204 St Bet 10 & Nagle Aves	1 acre
High Bridge Park	W 155 & Dyckman Sts, Edgecombe & Amsterdam	118.753 Acres)
Inwood Hill Park	Dyckman St, Hudson River, Harlem River Shore	196.4 acres
Isham Park	Broadway, Isham St, Inwood Park	28 acres
Lt William Tighe Triangle/ Riverside Inwood Neighborhood Garden (RING)	Riverside Dr, Dyckman St & Broadway *works with students from Our Lady Queen of Martyrs	>1 acre
Bruce's Garden	Community Garden (north west part of Isham park)	
Sherman Creek Wetlands	Sherman Creek H20ft, Harlem River Driveway	15.06 acres
Inwood Hill Park Ecology Center	West 218 St. + Indian Rd.	Nature programming for children
The Cloisters	Fort Tryon Park	212 923-3700
Green Market (Council on the Environment of NYC)	On Isham between Seaman and Broadway, Saturday from 8am-3pm year round	
Highbridge Coalition	Mission is to restore and reopen the High Bridge, re-establishing it as a great public space and the Manhattan-Bronx link in the Old Croton Aqueduct Greenway; to raise public awareness of its historical and cultural significance; and to restore the adjacent Bronx and Manhattan parks that serve as neighborhood gateways.	

ART AND CULTURAL PROGRAMS

Dyckman Farm House Museum	4881 Broadway (at 204th Street) 212.304.9422	Public programs, tours, educational crafts for children, and concerts
Association For Puerto Rican/ Hispanic Culture ①	83 Park Terrace West 10034 (212) 942-2338	Familiarizes the public with Latino culture via readings, and cultural performances. Visual arts exhibitions
New York Public Library- Inwood Branch ①	4790 Broadway (212) 942-2445	Education and Immigrant education programs (e.g., ESL, GED)
The Pied Pipers Children's Theater	Holy Trinity Episcopal Church (212) 567-2329	Children's theatrical Productions

SCHOOLS

Public Elementary and Secondary Schools

P.S. 5 Ellen Lurie School	3703 Tenth Ave (212) 567-5787	Elementary School - Public
P.S. 18 Park Terrace Early Child	4124 9 Ave (212) 567-4353	Elementary School - Public
P.S. 98 Shorackappock School	4360 Broadway (212)927-7870	Elementary School - Public
P.S. 152 Dyckman Valley School	93 Nagle Ave (212)567-5456	Elementary School - Public
P.S. 176	4862 Broadway (212) 740-4900	Elementary School - Public
P.S. 178 Professor Juan Vosch School	12-18 Ellwood St (212) 569-0327	Elementary School - Public
I.S. 218 Salome Ukena	4600 Broadway (212) 567-2322	Elementary School - Public
H.S. 52 Inwood Junior High School	650 Academy St (212) 567-9162	Intermediate/JHS -Public
Nicholas Cardel Day Care	84 Vermilyea Ave 212-942-6757	Group Day Care - Public

Private & Parochial Elementary and

Secondary Schools

Good Shepherd School	620 Isham St (212) 567-5800.	Elementary School - Private/Parochial
Manhattan Christian Academy	401 W 205 St (212) 567-5521	Elementary School - Private/Parochial
Our Lady Queen of Martyrs Schools	71 Arden St (212) 567-3190	Elementary School - Private/Parochial
Saint Jude School	433 W 204 St (212) 569-3400	Elementary School - Private/Parochial
Saint Matthew Lutheran School	200 Sherman Ave (212) 567-2699	Elementary School - Private/Parochial

Youth Services and Programming

<p><u>Inwood Community Services</u>- The following table provides information on the youth programming offered by Inwood Community Services</p> <p>①</p>	<p>Jennifer Jones, BSW Youth Services Program Director 1.212.942.0043 , x130</p>	<p>Inwood Community Services is a multi-services community based organization</p>
<p>THE ADVANTAGE AFTER SCHOOL PROGRAM AT IS 52</p>	<p>650 Academy St</p>	<p>Comprehensive youth program for IS 52 students provides a full array of educational, recreational, and creative arts activities.</p>
<p>THE OUT OF SCHOOL TIME PROGRAM</p>		<p>This innovative combination of youth clubs that develop personal, social, and leadership skills is offered to IS 52 students during the academic year.</p>
<p>THE 21ST CENTURY PROGRAM</p>		<p>Combination of youth clubs that develop personal, social, and leadership skills is offered to IS 52 students during the academic year.</p>
<p>I SPY DAY CAMP (Inwood Summer Program</p>		<p>An Inwood tradition that has literally served thousands of children over the decades.</p>

for Youth)		Recognized for the diversity of its cultural and recreational outings as well as the competency of its professional staff, ISPY remains a totally free community service.
THE P.A.L. PLAYSTREET – (Police Athletic League)	Academy Street between Broadway and Vermilyea (directly in front of ICS’s offices as well as IS 52)	Annually recognized as the best Playstreet in Manhattan, a place where youth can safely engage in constructive activities.
THE ISHAM PARK RESTORATION PROGRAM		Young people are offered apprenticeships in horticulture, landscaping, and park services.
Youth Services and Programming (cont)		
<u>C.A.T.S. Summer Sport Day Camp</u> Children’s Athletic Training School	Columbia U. Sports Complex, 218th Street and Broadway (212)877-3154	Children's Athletic Training School offers a coed summer camp specializing in tennis, baseball, and soccer for kids ages 5 to 10
Dyckman Community Center ①	3782 Tenth Avenue, New York, NY 10034 212-567-8782	Offers a summer day camp, an after-school program that includes homework help as well as arts and crafts activities, and an evening program for young adults.
<u>Inwood Little League</u>	25 Indian Road (between 215th and 218th streets), Suite LA, (212) 942-0834	For boys and girls. Leagues: Children 7-14, Young Adults 15-16, Big Leagues 17-18. Volunteer coaches and managers needed.
<u>Pied Piper Children's Theatre</u>	Holy Trinity Episcopal Church, 20 Cumming Street (between Broadway and Seaman Avenue, one block north of Dyckman Street)	For children ages 5 to 17 can explore their creativity and learn new theatrical and musical skills while making new friendships. Children are selected after a thorough audition that examines their attitude and interest in Music/Theatre Arts.

YM & YWHA of Washington
Heights and Inwood



54 Nagle Avenue, New York,
NY 10040.

Tel: 212-569-6200

A multiservice organization that provides all kinds of recreational and educational activities for children (playgroups, after-school program, school holiday trips, summer day camp, sports, teen social program, teen mentoring). The Y also has health and fitness facilities, including a weight room, Nautilus equipment, LifeCycles, stairmasters, treadmills, and a full-size gymnasium.