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# ***Washington Heights Community Resource Directory***

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***New York State  
Psychiatric Institute***

***Center of Excellence  
for Cultural  
Competence***

May 2008

## Community Profile: Washington Heights and Inwood

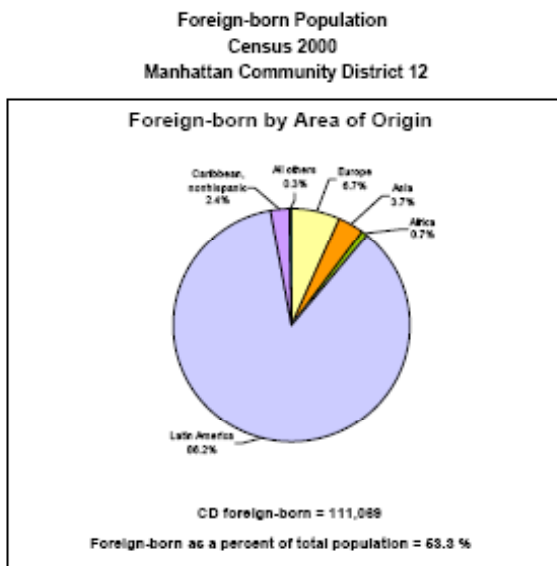
A survey of New York City residents found that people who report having significant emotional distress are more likely to engage in unhealthy behaviors, such as getting no exercise, binge drinking, smoking, and eating a poor diet. Similarly, New Yorkers with significant emotional distress experience 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.

### Washington Heights and Inwood:

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:**

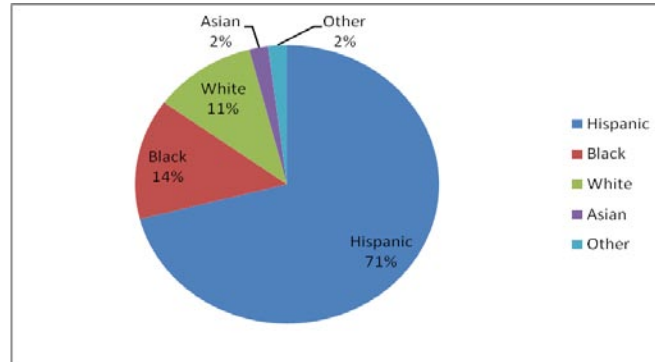
	NUMBER	PERCENT
<b>TOTAL, Foreign-born</b>	<b>111,069</b>	<b>100.0</b>
Dominican Republic	78,818	71.0
Ecuador	4,253	3.8
Cuba	3,511	3.2
Mexico	3,314	3.0
Russia	1,487	1.3
Colombia	1,389	1.3
Germany	1,248	1.1
China*	1,116	1.0
Honduras	870	0.8
El Salvador	845	0.8
All Others	14,218	12.8

\*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
<b>Total Population 5 Years and Over</b>	194,050	100.0
Proficient in English	105,330	54.3
Not Proficient in English	88,720	45.7
<b>Not Proficient in English</b>	88,720	100.0
<b>Language Spoken at Home:</b>		
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**

	<b>NEW YORK CITY</b>  Age-adjusted percentage (95% confidence interval)	<b>WASHINGTON HEIGHTS / INWOOD</b>  Age-adjusted percentage (95% confidence interval)
<b>Non-specific psychological distress</b>	Yes: 6.4% (5.8 - 7.0%)	Yes: 10% (7 - 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: 51% (45 - 57%) 1-13 days: 32% (26-38%) 14+ days: 17% (13-23%)
<b>History of depression</b>	Yes: 14.5% (13.6 - 15.4%)	Yes: 17% (12 - 22%)
<b>New diagnosis of depression</b>	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. 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:** Washington Heights

**Zip codes/Area:** 10031, 10032, 10033, 10040

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>	David Paterson (No. 30)	163 W 125 <sup>th</sup> St. Rm 932, NY 10027 212.222.7315
<b>State Senator</b>	Eric Schneiderman (No. 31)	80 Bennett Ave, NY 10033 212.928.5578
<b>Assemblyman</b>	Adriano Spaiilat (No.72)	210 Sherman Ave, Suite A, NY 10034 212.544.2278
<b>Assemblyman</b>	Herman Ferrell (No. 71)	2571-55 Seventh Ave, NY 10039 212.234.1430
<b>Councilman</b>	Miguel Martinez (No. 10)	601 W 174 St. Suite 1A, NY 10033 212.788.7053
<b>Councilman</b>	Robert Jackson	751 West 183 <sup>rd</sup> St., NY 10033 212.928.1322
<b>Community Board 12M Chairman</b>	Martin Collins	711 W 168 <sup>th</sup> St., NY 10032 212.568.8500
FIRE STATIONS HOUSES		
<b>Engine 84 &amp; Ladder 34</b>		513 W 170 <sup>th</sup> St., NY 10032 212.570.4284
<b>Engine 67</b>		518 W 170 St., NY 10032 212.570.4267
<b>Engine 93 &amp; Ladder 45</b>		515 W 181 St., NY 10033 212.570.4293
<b>Battalion 13</b>		515 W 181 <sup>st</sup> St., NY 10033 212.570.4313/4293

LOCAL PRECINCTS		
<b>33<sup>rd</sup> Police Precinct</b>	Community Affairs:212.927.3891	2207 Amsterdam Ave, NY 10032 212.927.3200
<b>34<sup>th</sup> Police Precinct</b>	Community Affairs:212.927.3891 Serves north of 179 <sup>th</sup> Street	4265 Amsterdam Ave, NY 10033 212.927.9711
<b>US Coast Guard Auxiliary , WH/I Detachment</b>	volunteer component of Team Coast Guard	452 Fort Washington Ave, #63, NY 10033. Tel: 212-923-6530

## I. HEALTH CARE SERVICES

### a. Primary Care Centers and Clinics

Hospitals		
<b>NY Presbyterian Hospital</b>	622 West 168 Street 212.305.6694	
<b>Milstein Hospital (CPMC)</b>	177 Ft. Washington Ave, NY 10032 212.305.6905	
<b>Morgan Stanley Children's Hospital of NYP- CUMC</b>	3959 Broadway, 10032 212.305.5437	
<b>Special Needs Clinic – NYP</b>	622 West 168th Street Vanderbilt Clinic Building 4th fl, 10032 (212) 305 - 9099	Mental health – outpatient, HIV/AIDS services Counseling/support groups, Health center/clinic, Mental health – general
<b>NY Presbyterian Medical Center Physician Referral Service</b>	525 East 68th Street, Box 204, 10021 877-NYP-WELL (877-697-9355)	The service provides referrals to practitioners and programs at NYP Hospital. Services are provided in English and Spanish, 24 hours a day, 7 days a week, by a group of highly trained customer service representatives. Fee(s): No fees
Ambulatory Clinics NYPH		
<b>Associates in Internal Medicine Practice (AIM East)</b>	1150 Saint Nicholas Ave. 10032 (212)851.5350/ (866)463.2778	Internal Medicine (Adults)
<b>Associates in Internal Medicine Practice (AIM West)</b>	622 West 168th Street Vanderbilt Clinic Bldg., 2 Fl 10032 (212) 305 - 6262	Anticoagulation, arthritis, Asthma/COPD, Cardiology, Diabetes, Endocrinology, Gastroenterology, Geriatrics Hypertension, Internal Medicine

		Liver Disease, MemoryDisorder Nephrology, Podiatry for Diabetics, Social Worker, Thyroid Disease
<b>Audubon Primary Care Practice</b>	21 Audubon Ave 10032 t. 212. 342.3200	Offers adolescent medicine, nutritional, ob/gyn, pediatrics and pediatric allergy services. All ages.
<b>Audubon Urgicare Center*</b>	t.212.342.4700*	*Minor emergencies.
<b>Audubon Family Planning &amp; Young Men’s Clinic**</b>	t. 212.342.3232**	**Primary health care and reproductive health services, HIV, STDs testing and treatment (12 to 29 years old).
<b>Broadway Practice</b>	4781-83 Broadway 10034 t. 212. 304.6928	General Dentistry, Internal Medicine Midwifery, Nutrition Services, OB/GYN, Pediatrics, Pharmacy Assistance Program, Podiatry, Social Worker, Special Counseling
<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>Herman "Denny" Farrell, Jr. Community Health Center</b>	610 West 158th Street, 10032 (212)939-6001	OB/GYN, internal medicine Psychiatry, mental health services, podiatry, pediatric.
<b>Washington Heights Family Health Center</b>	575 West 181st Street, 10033 (212) 342 - 3060	Pediatrics, Podiatry, Prenatal care Women's health, Nutrition Family/Primary Care/Internal Medicine OB/GYN, Social Worker, Special Counseling
<b>Pediatrics 2000</b>	135 Haven Avenue T. 212-923-5500  600 West 150 <sup>th</sup> Street, 10031 (212) 694-2000	Four walk-in clinics (two in WH) that provide comprehensive pediatric care, including physical exams, developmental screenings, immunizations, and management of common illnesses and episodic chronic disease. Ages birth to 19 years
<b>Fort Washington Geriatric Practice</b>	99 Fort Washington Ave 10032 212.342.2290	Offers geriatric dental services, gastroenterology, geriatric medicine, gynecology, podiatry and psychiatric, Social Worker services and nutritional services.
<b>Community Health Centers – Medical Groups</b>		
<b>Community League Health Center</b>	1996 Amsterdam Avenue 212.781.7979	Adult & adolescent medicine, HIV services- counseling and testing,



		pediatric care, reproductive health care, prenatal and postpartum care, immunizations, school checkups and social services.
<b>Manhattan's Physician Group of Washington Heights</b>	4337 Broadway, 10033 t. 212. 568-6300	Family practice and all major specialties. Urology, Pediatrics, Internal Medicine immunization/vaccines, Renal (kidney) Reproductive issues, STDs, family planning, Women's health
<b>Manhattan's Physician Group of Upper Manhattan</b>	1865 Amsterdam Ave, 10031 (Amsterdam at 152nd Street) Tel: 212-491-2400	Family practice and all major specialties
<b>Morgan Place Practice</b>	610 West 158 Street, 10032 t. 212. 939-6009	Offers internal medicine, ob/gyn, pediatric, podiatry, and nutritional services
<b>West 180<sup>th</sup> Street Practice</b>	549 West 180 Street 10033 t. 212.342.3062	Offers internal medicine, ob/gyn, pediatrics, podiatry, and nutritional services.
<b>Renaissance Health Care Network WH Child Health Clinic (DOHMH)</b>	600 West 168 Street T. 212.795.0880	Provides immunizations, physicals and vision screenings to children in the community.
<b>Chest Clinic (NYC-DOH)</b>	<i>600 West 168th Street, 10032. T.212.304.5427</i>	Skin tests to detect exposure to tuberculosis, chest x-rays, TB treatment.
<b>STD Control Clinic (NYC-DOH)</b>	<i>600 West 168th Street, 10032 T.212.865.7751, 212.304.5427</i>	Clinical examination and treatment of sexually transmitted diseases, HIV testing, counseling, patient referrals.
<b>Heritage Health Care</b>	1727 Amsterdam Ave, 10031 t.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>Breast Cancer Screening Partnership</b>	1130 St. Nicholas Ave, 10032 (212) 851 - 4516	Health center/clinic Mammograms Breast/cervical cancer screenings
<b>Naomi Berrie Diabetes Center</b>	1150 Saint Nicholas Avenue Columbia University Medical Center, Russ Berrie Medical Science Pavilion, NY 10032 (212) 851 - 5494	Health center/clinic Eye care Optical care for diabetics Counseling for diabetics
<b>Pain Management Center of Columbia University - Inpatient Acute Pain/Outpatient</b>	622 West 168th Street NYP Hospital, 10032 (212) 305 - 7114 Press 1	Health center/clinic Pain management center Pediatric pain management

<b>Chronic/Cancer Pain</b>		
<b>Herbert Irving Child &amp; Adolescent Oncology Center</b>	161 Ft Washington Ave, 10032 (212) 305 - 5808	Cancer (oncology) Pediatrics Hematology (blood)
<b>Herbert Irving Comprehensive Cancer center-the recruitment core</b>	630 West 168 St, PH18-201A, 10032 212.342.5162	Education, screenings
<b>American Cancer society</b>	1854 Amsterdam Ave,10031 212.283.4124x3954	Community Health Initiatives: events, programs
<b>Center for Community Health &amp; Education-NYP &amp; Columbia</b>	60 Haven Ave, B3, 10032 212.795.7724	Health education, workshops
<b>Doctor's Medical Group</b>	354 Ft. Washington Ave,10033 212.781.0100	Multi-specialty practice, internal medicine.
<b>Franz Goyzueta Medical Practice</b>	581 W 161 St, 10032 212.928.8888	Internal medicine
<b>Centro Medico Dominicano</b>	629 W 185th St, 10033 212.928.3900	Internal Medicine, x-rays, multi-specialties
<b>NY Hispanic Medical Center</b>	620 W 190Th St, 10040 212-928-2100	Multi-specialty practice, internal medicine.
<b>Corinthian Medical IPA Inc</b>	481 Fort Wash Ave # 8,10033 212-740-8294	Multi-specialty practice, internal medicine.
<b>Washington Heights Medical Association</b>	130 Wadsworth Ave # 4 10033 212-928-5959	Multi-specialty practice, internal medicine.
<b>Heights Medical Care</b>	4120 Broadway, 10033 212-568-7403	Multi-specialty practice, internal medicine.
<b>NY Neuro and Rehabilitation Center</b>	4470 Broadway,10040 212-544-9544/942.3077	Orthopedic, Internal Medicine, Ophthalmology
<b>United Professional Management</b>	160 Wadsworth Ave # 15 10033 212-568-1632	Multi-specialty practice, internal medicine.
<b>Washington Heights Uptown Medical</b>	4470 Broadway # 4,10040 212-569-7144	Multi-specialty practice, internal medicine.
<b>Ergent Medical Care</b>	4120 Broadway, 10033 917-521-2385	Multi-specialty practice, internal medicine.
<b>B 152Nd Medical Walk In</b>	3682 Broadway, 10031 212-862-8615	Multi-specialty practice, internal medicine.
<b>Washington Heights Pediatrics</b>	4260 Broadway, 10033 212.923.8451	Pediatric Services
<b>Modern Pediatrics of Upper Manhattan</b>	4260 Broadway, 10033 212.923.2173	Pediatric Services
<b>Amerigroup Community Care</b>	4260 Broadway, 10033 212. 923.2547	Multi-specialty practice, internal medicine.
<b>Washington Heights Medical Plaza</b>	4290 Broadway 2 <sup>nd</sup> Fl, 10033 212.781.5075	Internal, Family medicine, Surgery, Cardiology, Ophthalmology

<b>Pinnacle Medical Service</b>	615 West 173 <sup>rd</sup> Street, Suite 1C, 10032 t.212.740.5555	Multi-specialty practice, internal medicine, workers comp, physical therapy, occupational medicine, weight adjustment program
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## b.Mental Health Services

Mental Health Services		
<b>NYS Psychiatric Institute</b>	1051 Riverside Dr, 10032 Tel: 212.543.5000	-inpatient - outpatient Substance abuse Mental health - general involving Cocaine, Marijuana, and/or Heroin
<b>The Washington Heights Community Service at NYS Psychiatric Institute</b>	1051 Riverside Drive, Unit 112 10032 Tel: 212-543-5412/5413  Audubon Clinic 513 West 166th Street 10032 Tel: 212.960.2200	22-bed inpatient unit and four certified outpatient programs.
<b>NY Presbyterian Hospital Columbia Presbyterian Center Inpatient Psychiatric Unit</b>	177 Fort Washington Avenue Milstein Hospital Building 9 GN 10032 Tel: 212.305.3090	Adults, Inpatient Inpatient Psychiatric Unit of a General Hospital
<b>NY Presbyterian Hospital NYP Child and Adolescent CPEP Morgan Stanley Children's Hospital</b>	3959 Broadway, 8 North 10032 Tel: 212.305.3093	Child, Adolescents.Outpatient CPEP Crisis Intervention
<b>NY Presbyterian Hospital Columbia Presbyterian Center CPEP</b>	622 West 168Th Street(1st floor) Emergency Services VC1 10032 Tel: 212.305.8930	Adults, Outpatient Comprehensive Psychiatric Emergency Program (CPEP)
<b>NY Presbyterian Hospital Columbia Presbyterian Ctr Adult Psychiatric Outpatient Svc</b>	Eye Institute 635 W. 165th Street 6th fl, 10032, Tel: 212.305.6440	Two clinics (Eye 6 Adults & Children) Eye 4 Adults. Outpatient Clinic Treatment
<b>Washington Heights Family Health Center (Ambulatory Clinic)</b>	575 West 181st Street, 10033 Tel: 212.342.3060	Counseling and social work services

<b>Charles Rangel Community Health Center (Ambulatory Clinic)</b>	534 W 135 St, 10031 Tel: 212.491.2300	Mental health - outpatient Counseling/support groups Health center/clinic Mental health - general General social services Social worker on-site
<b>Audubon Practice (Ambulatory Clinic)</b>	21 Audubon Ave 10032 Tel: 212. 342.3200	Counseling and social work services
<b>Broadway Practice (Ambulatory Clinic)</b>	4781-83 Broadway 10034 Tel: 212. 304.6928	Counseling and social work services
<b>Upper Manhattan Mental Health Center</b>	1727 Amsterdam Ave Tel: 212.694.9200	Mental health - outpatient Substance abuse - alcohol Counseling/support groups Food pantry/meals Mental health - general Substance abuse - general Emergency services
<b>Family PEACE Program</b>	534 W 135 St, 10031 Tel: 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>Jewish Community Council of Washington Heights and Inwood</b>	121 Bennett Ave, Rm 11A,10033 Tel: 212.568.5450	Transportation for seniors Food pantry/meals Mental health - general Senior services Immigrant education programs (e.g., ESL, GED) Recreational activities Telephone reassurance Mental health assessment
<b>Eating Disorders Clinic NYSPI</b>	1051 Riverside Drive, 10032 Tel: 212.543.5739	Inpatient -outpatient Counseling/support groups Eating disorder treatment Cognitive-behavioral therapy Medication management
<b>Metropolitan Center for Mental Health</b>	1090 St. Nicholas Ave, 10032 Tel: 212.543.0777	Individual/group psychotherapy Mental health - outpatient Substance abuse - alcohol Mental health - general
<b>NYSPI-Sexual Behavior Clinic</b>	513 W 166 St, 10032 Tel: 212.740.7330	Outpatient
<b>Associated Medical Group</b>	140 Wadsworth Ave Tel: 212.543.9700	Psychiatry services
<b>Farrell Community Health Center (Ambulatory Clinic)</b>	610 W 158 St., 10031 Tel: 212.544.1860	Mental health - outpatient Counseling/support groups Health center/clinic Mental health - general
<b>Rape Crisis Intervention/Crime Victim: Program</b>	622 West 168th Street, 10032. Tel: 212-305-9060	Crisis intervention in the emergency room, follow-up counseling and advocacy for

<b>NYPH Dept. of Social Work Service,</b>	victims of sexual assault, domestic violence and other violent crimes 24 hours through the use of volunteers. Provides support groups and community education on sexual assault and domestic violence.
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### Community-Based Mental Health Services

<b>Alianza Dominicana, Inc Children, Adolescent and Family (CAF) Support Clinic</b>	175 West 176 Street Tel: 212.795.4226	Assessment and treatment planning, health screening and referral, discharge planning, verbal therapy, medication therapy, medication education, symptom management, clinical support, case management, and crisis intervention.
<b>Alianza Dominicana, Inc Family Center</b>	175 West 176 Street Tel: 212.795.4226	Mental illness, alcohol abuse, and mental retardation prevention service for new Latino immigrants
<b>Community Association of Progressive Dominicans</b>	3940 Broadway, 2fl,10032 Tel: 212.781.5500	Mental health - outpatient Health care (rights/resources/ insurance) Mental health - general Mental health services focusing on Dominican community
<b>Jewish board of Family and Children's Services -JBFCs Manhattan North Clinic</b>	549 W 180 St, 10032 Tel: 212.795.9888	Mental health - outpatient Counseling/support groups Mental health - general Psychiatrist available
<b>Catholic Charities</b>	652 West 187 St, 2 <sup>nd</sup> Fl 10033 Tel: 212.795.6860	Counseling, advocacy, case management & social services
<b>Dominican Women's Development Center</b>	519 West 189 Street Tel: 212.994.6060	Family program. Counseling (indv-group)
<b>Children's Aids Society</b>	465 W 167th St # 215 Tel: 212.740.8655	
<b>Nuevo Amanecer Group Family Center</b>	260 Ft. Wash , 10032 Tel: 212.568.5309	

### School-Based Mental Clinics (DOHMH)

<b>NY Presbyterian Hospital</b>	3953 Broadway, 10032	Public Schools
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	Tel: 212.305.7563	4, 28, 115, 128, 132, 173, 189,
<b>Children's Aid Society CAS School Based Clinic - IS 218</b>	4600 Broadway, 10040 Tel: 212)569.2880	IS 218

### Domestic Violence Services

<b>Alianza Dominicana, Inc Program FAITH</b>	2410 Amsterdam Ave, 4 Fl 10033 Tel: 212-740-1960	Outreach, early intervention, and prevention strategies
<b>Dominican Women's Development Center Nuevo Amanecer Program</b>	Confidential location Tel: 212.568.6616	<b>Individual and group counseling, crisis intervention, referral to shelter and legal consultation</b>
<b>Asociacion de Mujeres Progresistas</b>	260 Audubon Ave, 10033	DV counseling, housing, education
<b>Northern Manhattan Improvement Corp</b>	76 Wadsworth Ave Tel: 212.822.8300	DV individual and group counseling services, Legal assistance, advocacy
<b>Safe Horizon</b>	<b>Crime:</b> 212-577-7777 <b>Domestic Violence:</b> Tel: 1 (800) 621-HOPE (4673) <b>Sexual Assault &amp; Incest:</b> Tel: 212. 227.3000 <b>September 11th Support:</b> Tel: 1 (866) 689-HELP (4357)	Counseling for crime victims, domestic violence and elder abuse.

## c. Substance Abuse and Addiction Programs

### Substance Abuse and Addiction Programs

<b>New York-Presbyterian Medical Center Outpatient MICA Program</b>	710 West 168th Street, 12th fl 10032. Tel: 212-305-9835.	Serves adults who suffer from co- occurring mental illness and substance abuse. Provides evaluations and ongoing psychotherapy and psychopharm treatment.
<b>Metropolitan Center for Mental Health- Families and Individuals in Recovery (FAIR) Program</b>	1090 St. Nicholas Ave, 10032 Tel: 212.543.0777	Outpatient Substance abuse – alcohol, Individual/group psychotherapy
<b>Phase Piggy Back-Adult Resocialization Unit</b>	1780 Amsterdam Ave, 10031 Tel: 212.281.5695	Substance abuse - alcohol Substance abuse - rehab Substance abuse – general
<b>Substance Treatment and Research Services</b>	513 W 166 St, 3fl, 10032 Tel: 212.923.3031	Substance abuse - alcohol Substance abuse - general

<b>(STARS)</b>		Referrals for inpatient treatment Heroin/cocaine/marijuana/alcohol groups
<b>Highbridge Addiction Research and Treatment Corp.</b>	500 W 180 St, 10033 Tel: 212.543.2782	Substance abuse - general Substance abuse - methadone treatment Primary care services HIV testing
<b>Tabacco Cessation Clinic-Columbia University</b>	630 W 168 St., 7fl,10032 Tel: 212.851.5599	Counseling/support groups Substance abuse - other Smoking cessation
<b>Community-Based Substance Abuse and Addiction Programs</b>		
<b>Alianza Dominicana, Inc Hope "Creo" Program &amp; Family Assistance (FAC) Program</b>	2410 Amsterdam Ave Tel: 212.740.1960	Parenting skills training, home visits and support to extended families. FAP is a general preventive program services include casework counseling, entitlement assistance, advocacy, nutrition, and parenting skills training.
<b>The Washington Heights CORNER Project</b>	Tel: 917.504.9931 Cornerproject.com jamie@cornerproject.org	Needle exchange and harm reduction program
<b>Cornerstone Center</b>	178 Bennett Ave, 10040 Tel: 212.923.5757	Substance abuse - alcohol Counseling/support groups Immigrant education programs
<b>Project Renewal-Fort Washington's Men Shelter</b>	651 W 168 St, 10032 Tel: 212.740.1780	Housing/homeless services/shelter Substance abuse - other Case management Psychiatry
<b>Church of the Intercession</b>	550 West 155th Street, 10032. Tel: 212-283-6200.	Offers senior and young adult recreation groups, girl scout and boy scout clubs, and an Alcoholics Anonymous program
<b>Fort Washignton Collegiate Church</b>	729 West 181st Street,10033. Tel: 212-568-4014	Aafter-school program, girl scouts, cub scouts, aerobics classes, and Alcoholics,Narcotics, Debtors Anonymous programs.
<b>Holyrood Episcopal Church</b>	715 West 179th Street, 10033. Tel: 212-923-3770.	Offers a summer day camp for children ages 6-12 and Alcoholics Anonymous meetings in English and Spanish.
<b>Our Saviour's Atonement Lutheran Church</b>	178 Bennett Avenue (at 189th Street), 10040. Tel: 212-923-5757.	Offers English as a Second Language classes, a food pantry, sports and activities for kids,

pottery classes, ballroom dance classes, 12-step recovery programs, and much more through the Cornerstone Center.

Has a food pantry and an Alcoholics Anonymous program.

**St. Rose of Lima Church** 510 West 165th Street, 10032. Tel: 212-568-0091.

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

### Special-Emphasis Health Care Centers/Programs

<b>Project Stay</b>	21 Audubon Ave, 10032 Tel: 646.319.4676	Offers comprehensive medical and psychosocial services to high-risk and HIV-positive youth between the ages of 12 and 24.
<b>The Delta-Center for Urban Community Services</b>	409 W 145 St, 10031 Tel: 212.862.7811	HIV/AIDS services Housing/homeless services/shelter General social services
<b>Partnership for Family Health-Columbia Univ.</b>	722 West 168th St., 10032 Tel: 212.305.1777	Network of 141 community organizations Adolescent Initiative Project AIP Minority AIDS initiative Respite Program and disclosure clinicians group
<b>Incarnation Children's Center</b>	142 Audubon Avenue, 10033 Tel: 212.928.2590	Pediatric skilled nursing facility specializing in the care of infants and children with HIV/AIDS. Psychology/Therapeutic Services
<b>Jewel Cottrol Multi-Media Scholars Program</b>	935 St. Nicholas Ave, 10032 Tel: 212.969.0586	Adults with Developmental Disabilities and mild forms of dementia learn multi-media skills: computers, photography, graphic design etc

## e. Geriatric Centers and Services

### Geriatric Services - Nursing Homes - Seniors Centers

<b>Isabella Geriatric Center</b>	515 Audubon Ave, 10040 Tel: 212.342.9575	
<b>Heart Neighborhood-Heart NORC-El corazon</b>	4026 Broadway, 10032 Tel: 212.543.4645	Senior Resource Center Services to 44 Buildings from 169 <sup>th</sup> to 173 <sup>rs</sup> Street



<b>Fort Tryon Center for Rehabilitation and Nursing</b>	801 West 190 <sup>th</sup> St, 10040 Tel: 212.543.6400	
<b>Institute for Homecare</b>	23 Nagle Avenue, 10040 Tel: 212.942.6780	Home health
<b>Wilson Major Morris Community center</b>	459 W 152 St, 10031 Tel: 212.234.0019	Senior services Assist seniors with taxes during tax season
<b>Manhattan Riverside Senior Center</b>	3333 Broadway, 10031 Tel: 212.862.5562	Senior services, Recreation, Case assistance, Blood pressure screening ESL/computer classes, Congregate lunch
<b>ARC FT fort Washington Senior Center</b>	4111 Broadway (174St), 10033 Tel: 212.781.5700	Offers breakfast, lunch, social and health services, and recreational programs.
<b>Church on the Hill Senior Program</b>	2005 Amsterdam Ave, 10032 Tel: 212.781.6580	
<b>Ft. Wash Houses Senior Center</b>	99 Ft. Washington Ave, 10032 Tel: 212.927.5600	
<b>J. Hood Wright Recreation Ctr</b>	351 Ft. Washington Ave, 10033 Tel: 212.927.1514	
<b>Mary Mcleod Bethune Senior Ctr</b>	1970 Amsterdam Ave, 10032 Tel: 212.568.6933	
<b>Moriah Older Adult Luncheon Club</b>	90 Bennett Ave, 10033 Tel: 212.923.5715	
<b>RENA-COA Senior Center</b>	1920 Amsterdam Ave, 10032 Tel: 212.368.3295/6	
<b>Selfhelp, Inc</b>	717 W 177 St, 10033 Tel: 212.781.7200	
<b>Seniors Helping Seniors NYPH</b>	600 W 168 St, 10032 Tel: 212.543.9383	Case assistance, Entitlements, Friendly Visiting, Information and Referral, Social Services, Telephone Reassurance
<b>STAR Senior Center</b>	650 W 187 Street, 10032 212.781.8331	
<b>St. Spyridon Church Seniors (HANAC)</b>	124 Wadsworth Ave, 10033 Tel: 212.795.5870	
<b>WHI/Preservation &amp; Restoration Corp. Senior Services Program</b>	121 Bennett Ave, 10033 Tel: 212.568.5450	

## II. Community Services

### Multi-service Organizations

<b>Northern Manhattan Community Voices Collaborative is</b>	100 Haven Ave, Suite 27C, 10032 Tel: 212.304.7030	This is a partnership of 35 community-based organizations and local health care providers working to improve the overall health of the Northern Manhattan community.
<b>YM &amp; YWHA of Washington Heights &amp; Inwood</b>	54 Nagle Ave, 10040 Tel: 212.569.6200	Educational programs, senior services, day and after school programs, and cultural activities and supportive services.
<b>Chamber of Commerce of Washington Heights and Inwood</b>	751 West 183rd Street, 10033. Tel: 212.928.6595.	Works to promote economic development and community growth in Northern Manhattan.

### Immigration/Advocacy Services/Case Management

<b>Catholic Charities</b>	652 West 187th Street, 10033 Tel: 212. 795-6860	Counseling, Case management services, Food pantry TUES-WED, immigration assistance.
<b>Northern Manhattan Coalition for Immigrant rights</b>	260 Audubon Ave, 10033 212.781.0355/0648	Immigration assistance, and citizenship classes.
<b>Wash. Heights - Inwood Coalition</b>	652 West 187th Street, NY 10033 Tel: 212 781-6722	Organize tenants of buildings. Assist in mediation of Disputes. Offers youth programs, parent education and parent counseling services.

### LGBT Organizations

<b>Gay and Lesbian Dominican Empowerment Organization</b>	24 West 25th Street, 9 Fl 10010	Seek to increase the political visibility of the Dominican LGBT community and to provide HIV/health awareness, educational and cultural activities. Although based downtown, many of GALDE's activities happen in Northern Manhattan.
<b>Alianza Dominicana, Inc Hope Program</b>	2340 Amsterdam Ave, 10032 Tel: 212-927-6810	Provides individual counseling, prevention case management and

		referral services for the LGBTQ community. workshops and forums on LGBT issues
<b>Lavender Heights</b>	c/o Cornerstone Center, 178 Bennett Avenue Tel: 212-465-3100.	LGBT community group. Make your own event: potlucks, movies, speakers, networking, community service, newsletter.
<b>Outwood</b>	<a href="http://groups.yahoo.com/group/Outwood/">http://groups.yahoo.com/group/Outwood/</a>	An online group for the gay, lesbian, bisexual and transgendered community of Inwood, Washington Heights, and surrounding neighborhoods.

## HOUSING SERVICES/SHELTERS

<b>Community League of the Heights (CLOTH)</b>	500 West 159th Street, 10032 Tel: 212.795.4779	Housing information and referral, counseling on housing and entitlement services.
<b>Mirabal Sisters Cultural and Community Center, Inc</b>	610 W 142 St, 10031 Tel: 212.234.3002	
<b>Project Renewal-Fort Washington's Men Shelter</b>	651 W 168 St, 10032 Tel: 212.740.1780	Housing/homeless services/shelter Substance abuse - other Case management Psychiatry
<b>Broadway Housing Communities, Inc. Executive Offices</b>	583 Riverside Drive, 10031 (212) 568-2030	70 units
<b>The Heights (Broadway Housing)</b>	530 West 178 <sup>th</sup> St, 10033 212.927.2143	55 single units. Collects clothes
<b>Broadway Housing "The Rio" (center for urban and community services (CUCS))</b>	10 Ft. Washington Ave, 10032 212.568.2030	75 studio units and 5 family units
<b>The Benziger-Abraham House (Broadway Housing)</b>	345 Edgecombe Avenue	21 units for singles
<b>The Stella (Broadway Housing)</b>	575 West 155th Street	28 single units
<b>Northern Manhattan Improvement Corp</b>	76 Wadsworth Ave, 10033 212.822.8300	NYCHA, Housing Services, Legal assistance
<b>Dominican Community</b>	271 Ft. Washington Ave,	

<b>Service Center</b>	10032 212	
<b>Committee For The Heights Inwood Homeless</b>	10 Ft. Washington Ave ,10032 (212) 568-2030	
<b>Washington Heights Inwood Preservation And Restoration Corp.</b>	121 Bennett Ave, 10033 (212)795-7522	Offers housing services in several languages including Russian, Hebrew, Yiddish, Spanish, German, as well as English.
<b>Riverside Edgecombe Neighborhood Association-Housing Committee of RENA</b>	544 West 157th Street (basement entrance) (212) 234-2285	Meets Thursdays At 8:00 P.M. Covers 135th to 165th Streets from Riverside Drive to St. Nicholas Avenue
<b>Washington Heights Inwood Met Council branch Broadway Methodist Temple</b>	4111 Broadway10033 212 928-1200	Meets Thursdays From 7:30 P.M. To 9:00 P.M. Serves Manhattan North Of 165th Street

## Food Pantries

<b>CLOTH's Food Pantry</b>	508 West 159th Street	
<b>St. Rose of Lima Church</b>	510 West 165 <sup>th</sup> St, 10032 212.568.0091	
<b>Community Assoc of progressive Dominicans</b>	2301 Amsterdam Ave, 10033 212.740.3866	
<b>Community league of W 159 St</b>	508 W 159 St, 10032 212.795.4779	
<b>Broadway temple</b>	4111 Broadway, 10033 212.781.8328	

## III. Alternative Medicine and Natural Product Shops

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

<b>Sano Health Food Center</b>	4065 Broadway , 10032 212-928-1250	Natural and herbal products for your health.
<b>New Life Health Food Center</b>	736 West 181 <sup>st</sup> Street , 10033 212-923-0494	Natural and herbal products for your health.
<b>GNC- General Nutrition Center</b>	705 W 181ST ST, 10033 (212) 927-9064	
<b>Vitamin Shoppe</b>	651 West 181 <sup>st</sup> Street , 10033	

	212-927-2849	
Botanica Prin	502 W 167th Street, 10032 212-568-2330	
Farmer's Market	175 <sup>th</sup> Street between Wadsworth Avenue and Broadway	April thru December All kinds of fresh produce.
Dr. Rico Perez	4097 Broadway, 10032 212.923.5320	Natural medicine products
Dr. Hong's Acupunture and Natural Health Clinic	4167 Broadway, 10333 800.462.1455	Acupuncture, chiropractice, natural suplemments, wiegth management, Chinese Herbals, massages.
Centro Botanico y Esoterico "Gran Bua"	1582 St. Nicholas Ave, 10040 212.740.0449	
Reyes Botanica	340 Audubon Ave, 10033 212.927.2133	
Botanica San Elias	503 West 181 Street, 10033 212.923.3229	

## IV. Educational Services

### Educational Services - Community Agencies

<b>Learning Adventure center</b>	413 W 154th St, 10032 212.234.2412	
<b>Asociacion Americana-Estudios</b>	605 W 158 St, 10032 212.923.3872	
<b>Alianza Dominicana</b>	2340 Amsterdam Ave, 10033 212.927.6810	ESL Classes
<b>La Plaza Community Center</b>	<i>515 West 182nd Street, 10033. Tel: 212-928-4992.</i>	Offers an after-school program , ESL and GED classes, and cultural arts program.
<b>Community Association of Progressive Dominicans (ACDP)</b>	2301 Amsterdam Ave, 10033 212.781.5500	ESL Classes
<b>Dominica n Women's Development Center</b>	251 Fort Washington Ave, 10032 212.740.1929	ESL Classes
<b>Esperanza Center</b>	502 West 165 St, 10032 212.781.9494	ESL Classes
<b>Ft. Wash Branch Library</b>	535 Wes 179 Street, 10033 212.927.3533	ESL Classes
<b>HACER Parents in Action</b>	611 West 177 Street, 10033 212.927.2800	ESL Classes
<b>Inwood Branch Library</b>	4790 Broadway, 10034 212.942.2445	ESL Classes
<b>RENA COA Multi-Service CTR</b>	1920 Amsterdam Ave, 10032 212.368.3295	ESL Classes

<b>Northern Manhattan Improvement Corp</b>	76 Wadsworth Ave, 10032 212.822.8300	ESL, GED and Citizenship classes. Job Placement,
<b>State Pre-College Enrichment Program</b>	<i>Columbia University College of Physicians and Surgeons, 630 West 168th Street, Rm 3-404, 10032. Tel: 212-305-4157.</i>	9 -12 grade for students interested in medicine or related health professions.
<b>Summer High School Minority Student/Teacher Initiative Project</b>	<i>Columbia University College of Physicians and Surgeons, 630 West 168th Street, Room 3-404, 10032. Tel: 212-305-4157</i>	HS students interested in biomedical research and the health professions. Ten students are selected annually.
<b>The Ivy League: Uptown W.I.N.S.</b>	<i>57 Wadsworth Avenue, 10033. Tel: 212-502-3695.</i>	Provides academic enhancement, self-enhancement and self-improvement services to over 200 adolescent girls in WaHI.
<b>Armory Technology Learning Center</b>  <b>New Heights Neighborhood Center, Inc*</b>	<i>216 Fort Washington Ave (at 168th St), 10032. 212-923-1803. Ext 27</i>  *(212) 781-6388 or 781-6467	Provides ESL, GED and computer classes through its tech center, as well as programs for literacy, jobs training, teens at risk, immigrant services, teacher training, mentoring and senior citizens health.
<b>ADEUSA</b>	605 West 158 St, 10032 212.923.3872	Self improvement lectures, workshops & seminars, ESL classes. Homeless Mission Program: provides food and clothing.
<b>Community League of the Heights (CLOTH)</b>	<i>508 West 159 St, 10032 212.795.4779</i>	Recreation and Education, Assistance for children and basic education, block Improvement
<b>Ft. George Community Enrichment Center, Inc</b>	1525 St. Nicholas Ave, 10033 212.927.2210	Children (3-5 years) Head start, immunization and ashma education program
<b>WH/Inwood Development Corp</b>	57 Wadsworth Avenue, 10033 212 795-1600	Business loans, provides community development services in commercial/industrial revitalization, Medieval Festival at Ft. Tryon Park, special projects.
<b>Upper Manhattan Council Assisting Neighbors (UCAN)</b>	519 W. 189th Street, Suite F, 10040 (212) 568-2791	Community and Economic Development , Education, Housing, Arts and Culture
<b>Schools and Universities</b>		
<b>CLOTH's Community Health Academy of the Heights</b>	512 West 182nd Street at Audubon Avenue, 10033 T. 212.568.3401	6th-12th grade public school
<b>PS 4 (Pre K-5)</b>	500 West 160 Street, 10032 212.928.0739	

<b>PS 8 (K-5)</b>	466 W 167 St, 10032 212.928.4364	
<b>PS 28 (PreK-5)</b>	475 W 155 Street, 10032 212.927.8666	
<b>PS 48 (K-4)</b>	4360 Broadway, 10033	
<b>PS 115 (K-6)</b>	586 W 177 St, 10033	
<b>PS 128 (K-5)</b>	560 W 177 St, 10032 212.927.0607	
<b>PS 132 (K-5)</b>	185 Wadsworth Ave, 10033 212.927.7857	
<b>PS 173 (Pre K-5)</b>	306 Ft. Wash Ave, 10033	
<b>PS 178 (K-2)</b>	12-18 Ellwood St, 10040 212.569.0327	
<b>PS/IS 187 (k-8)</b>	349 Cabrini Blvd, 10040 212.927.8218	
<b>PS 189 (K-5)</b>	2580 Amsterdam Ave, 10040 212.927.8303	
<b>PS 210</b>	4111 Broadway, 10033 212.927.7856	
<b>IS 90 (6-8)</b>	21 Jumel Place, 10032 212.927.8314	
<b>IS 143 (6-8)</b>	515 w 182 ST, 10033 212.927.7739	
<b>IS 164 (7-8)</b>	401 West 164 St, 10032 212.927.8330	
<b>IS 528 (6-8)</b>	180 Wadsworth Ave, 10033 212.740.4900	
<b>GW HS</b>	549 Audubon Ave, 10040 212.927.1841	HS
<b>Gregorio Luperon</b>	516 W 181 St, 10033 212.927.2561	HS
<b>Incarnation School</b>	570 W 175 St, 10032 212.795.1030	Catholic
<b>St. Elizabeth</b>	612 W 187 St, 10000 212.568.7291	Catholic
<b>St. Rose of Lima School</b>	517 West 164 St, 10032	Catholic
<b>Mother Cabrini JHS, HS</b>	701 Ft. Washington Ave, 10033 212.923.3540	212.923.3540 Catholic
<b>St. Spyridon School</b>	124 Wadsworth Ave, 10033 212.795.5870	Greek Orthodox
<b>Yeshiva university HS for Boys</b>	2540 Amsterdam Ave,10033 212.960.5345	Orthodox

<b>Yeshiva rabbi Samson Raphael Hirsh</b>	85-95 Bennett Ave, 10033 212.568.6200	Orthodox
<b>Universities</b>		
<b>Yeshiva University</b>	500 West 185th Street, 10033 212. 960.5400	
<b>Boricua College</b>	755 Broadway, 10032 212-694-1000	
<b>Columbia University Medical Center</b>	630 West 168th Street 212 854-1754	

## V. Religious and Faith-Based Services

<b>Religious and Faith-Based Services</b>		
<b>Washington Heights Seventh Day Adventist Church</b>	511 West 166th Street 212 781-2125	Adventist
<b>Holy Cross Armenian Apostolic Church</b>	580 West 187th Street Phone: 212 927-4020	Armenian Church
<b>First Spanish Baptist Church</b>	96 Wadsworth Avenue Phone: 212 568-3868	Baptist
<b>Wadsworth Avenue Baptist Church</b>	210 Wadsworth Avenue Phone: 212 923-7660	Baptist
<b>New Convent Baptist Church</b>	512 West 157 Street, 10032 212.283.8735	Baptist
<b>Paradise Baptist Church</b>	23 Ft. Washington Ave, 10032 212.781.3310	Baptist
<b>Manhattan Bible Church</b>	401 West 205th Street 212 567-2276	Non-Denominational Christian
<b>Church of the Intercession</b>	550 West 155th Street 212 283-6200	Episcopal
<b>Holyrood Episcopal Church</b>	715 West 179th Street 212 923-3770	Episcopal



<b>St. Spyridon Greek Orthodox Church</b>	124 Wadsworth Avenue 212 795-5870	Greek Orthodox
<b>St. Anargyri Church</b>	1547 St. Nicholas Ave, 10040 212.568.0367	Greek Orthodox
<b>Holy Cross Church of Armenia</b>	580 West 187 St, 10033 212.927.4020	Orthodox
<b>Assembly Hall</b>	609 West 161st Street 212 928-7406	Jehovah's Witness
<b>Our Savior's Atonement Lutheran Church</b>	178 Bennett Avenue, 10040 212 923-5757	Lutheran
<b>Broadway Temple - United Methodist Church</b>	4111 Broadway, 10033 212 928-1200	Methodist
<b>Church on the Hill</b>	975 St Nicholas Avenue 212 928-2324	Methodist
<b>The Manhattan Spanish Free Methodist Church</b>	2086 Amsterdam Ave, 10032 212.543.4887	Methodist
<b>Mount Calvary Church</b>	465 West 162 Street, 10032 212 781-7665	Pentecostal
<b>Bethel holy Church of Mt. Sinai</b>	281 Audubon Ave, 10033 212.923.8780	Pentecostal
<b>Fort George Presbyterian Church</b>	1525 Saint Nicholas Ave., 10033 212 568-7374	Presbyterian
<b>Ft. Washington heights</b>	21 Wadsworth Ave, 10032 212.923.3215	Presbyterian
<b>North presbyterian Church</b>	525 West 155 Street, 10032 212.926.5162	Presbyterian
<b>Washington Heights Spanish Church</b>	512 West 172 Street, 10032 212.568.2110	Presbyterian
<b>Fort Washington Collegiate Church</b>	729 West 181st Street, 10033 212-568-4014	Reform Church in America
<b>Congregation Beth Hamedrash Hagodol</b>	610 West 175th Street, 10033 212 .927.6000	Houses of Worship- Synagogues - Orthodox

<b>Congregation K'hal Adath Jeshurun</b>	85 Bennett Avenue, 10033 212 923-3582	Houses of Worship- Synagogues - Orthodox
<b>Congregation Shaare Hatikvah</b>	711 West 179th Street, 10033 Phone: 212 927-2720	Houses of Worship- Synagogues - Orthodox
<b>Mount Sinai Jewish Center</b>	135 Bennett Avenue, 10033 212 568-1900	Houses of Worship- Synagogues - Orthodox
<b>Washington Heights Congregation</b>	815 West 179th Street, 10033 212 923-4407	Houses of Worship- Synagogues - Orthodox
<b>Gates Israel</b>	560 West 185 Street, 10033 212.923.2900	Houses of Worship- Synagogues – Orthodox
<b>Fort Tryon Jewish Center</b>	524 Ft Washington Ave, 10034 212 795-1391	Conservative
<b>Beth Am, The People's Temple</b>	551 Ft Washington Ave, 10033 212 928-6030	Reform
<b>Hebrew Tabernacle Congregation*</b>	*212 568-8304	
<b>Christ United Church</b>	4140 Boradway, 10033212.568.6703	Unitredd Christian Evangelical
<b>Assembly Hall</b>	609 West 161 Street, 10032 212.928.7406	Jehovah's Witnesses
<b>Church of the Incarnation</b>	1290 St. Nicholas Ave, 10033 212 927-7474	Roman Catholic
<b>Our Lady of Esperanza Church</b>	624 West 156th Street, 10033 212 283-4340	Roman Catholic
<b>St. Elizabeth's Church</b>	268 Wadsworth Ave, 10033 212 568-8803	Roman Catholic
<b>St. Rose of Lima Church</b>	510 West 165th Street, 10032 212 568-0091	Roman Catholic

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

### Art and Cultural Centers/Programs

<b>Children's Museum of the Native American</b>	Church of the Intercession, Great Hall, 550 West 155th Street,10032. Tel: 212-283- 1122.	
<b>Culturarte</b>	260 Audubon Ave ( 178th St), Suite 100-S, 1st Fl,	weekly encounters with artists, poets, writers and professionals.

	10033. Tel: 212-928-8100.	Culturarte organizes periodic conventions, congresses, forums and symposia of the Hispanic cultural reality as well as monthly literary and art festivals, book fairs and art exhibits.
<b>Hispanic Society of America</b>	613 West 155th Street, 10032. Tel: 212-926-2234.	Dedicated to the art and culture of Latin America and the Iberian Peninsula. In addition to permanent collection displays that include paintings by El Greco, Velasquez, Goya and Sorilla, the museum offers many exhibitions and lectures on a variety of topics
<b>Morris-Jumel Mansion</b>	65 Jumel Terrace (Edgecombe Ave at 160th Street), 10032. Tel: 212-923-8008.	The Morris-Jumel has a colorful calendar of events throughout the year including a classical music series, a jazz festival and children's arts workshops.
<b>American Academy of Arts &amp; Letters</b>	633 West 155 <sup>th</sup> Street,10032 212-368-5900	Headquarters of 250 artists, writers, and composers elected to membership. Special art exhibitions (call for dates and times).
<b>Hintersteiner Gallery</b>	711 West 168 <sup>th</sup> Street , 10032	Art works by local artists and Medical Center staff, faculty, and students are on display.
<b>Centro Cultural Ballet Quisqueya</b>	2153 Amsterdam Avenue,10032 (212) 795-0170	
<b>Centro Social La Esperanza, Inc</b>	502 West 165th Street,10032 (212) 781-9494	
<b>Club Cultural 27 De Febrero</b>	560 West 171th Street , 10032 (212) 781-4024	
<b>Club Deportivo Dominicano</b>	556 West 168th Street, 10032 (212) 928-0606	
<b>Club Tamboril</b>	2405 Amsterdam Ave, 10032 (212) 795-0228	
<b>Russian American Cultural Heritage Center</b>	34 Hillside Ave 4C, 10040 (212) 567-5834	Strive to preserve the culture, traditions and values that Russian speaking people have brought from their countries of origin,

## Parks And Recreational Services

Fort Tryon Park	West 192 <sup>nd</sup> Street and Ft. Washington Avenue.	
J. Hood Wright Park	173 <sup>rd</sup> Street & Ft Washington Ave	Newly renovated, this park features a dog run for all pet lovers and a great children's playground.
Riverbank State Park	145 <sup>th</sup> Street & Riverside Drive	Features an ice-skating rink, a track, handball courts, a football field, basketball courts and two swimming pools.
Fort Washington Park	Riverside Drive and the Hudson River, from 155 <sup>th</sup> St. to 179 <sup>th</sup> St.	Home of the Little Red Lighthouse presentation