

# BACK TO SCHOOL

STUDENT AND PARENT RESOURCES

**Revised**  
for 2025-2026  
School Year



**MARK LEVINE**  
MANHATTAN BOROUGH PRESIDENT

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## Back to School Guide

# Letter from Manhattan Borough President Mark Levine

**Students, Parents & Teachers,**

August is drawing to a close, and with it the end of Summer is in sight. Back-to-school energy is in the air! The first day of NYC public school is Thursday September 4th, and it's time to get ready.

The start of a new school year is more than just a date on the calendar. It's a chance for a clean slate—new classes, new friends, and new opportunities for our kids to grow and thrive. As a parent of two people who went through our public school system, I know this time is filled with excitement, anxiety, and nerves for students and their families, we want to help ensure you have everything you need to navigate it smoothly.

That's why our office put together the Manhattan Borough President's Back to School Resource Guide. Think of it as your no-nonsense cheat sheet, packed with tips, enrichment opportunities, and local resources to make this transition as seamless as possible for both kids and parents. It's a great tool to help get everyone in the right mindset for a successful year ahead.

Our goal is to give every family the tools they need to succeed. If you need a hand with something not in the guide, my office is here to help. Please contact us by phone at 212-669-8300 or by email at [info@manhattanbp.nyc.gov](mailto:info@manhattanbp.nyc.gov).

Here's to a great school year. Let's do this.

**Mark Levine**  
**Manhattan Borough President**

## Back to School Guide

# Back to School Checklist

### Are you ready for the new school year?; ¿Estás preparado para el nuevo año escolar?

Get the whole family ready for the upcoming school year using this handy checklist. Check off each of these boxes to make sure you know your school's vaccination/health requirements, parent coordinator contact information, and required supply sheet. Not sure where to get school supplies or further information? Stay on the lookout for events around the city that offer free school supply distributions. Visit the links in the checklist to see the NYC school year calendar and to learn about NYC Schools' free meals programs.

Prepara a toda la familia para el próximo año escolar con esta práctica lista de planificación. Asegúrate de conocer los requisitos de vacunación/salud y la información de contacto del coordinador de padres en tu escuela. Mantente al día con eventos en Manhattan que distribuyen materiales escolares gratuitos. Visita los enlaces en la lista de verificación para ver el calendario del año escolar y para informarte sobre los programas de comida gratuita en escuelas.

### Parent's Checklist; Lista para padres

- |  |  |
|--|--|
| <input type="checkbox"/> <b>Get a physical exam &amp; required immunizations; Programa un examen físico y vacunas</b><br>Find related forms here: <a href="https://schools.nyc.gov/schoolhealth">schools.nyc.gov/schoolhealth</a>  | <input type="checkbox"/> <b>Meet your school's parent coordinator; Conoce al coordinador de padres en tu escuela</b><br>Parent coordinators can provide answers to school-related questions. Call/visit your school to get your coordinator's contact info.  |
| <input type="checkbox"/> <b>Update your contact info; Actualice su información de contacto</b><br>Make updates online in your NYC Schools Account. Visit <a href="https://schools.nyc.gov/NYCSA">schools.nyc.gov/NYCSA</a>   | <input type="checkbox"/> <b>Review the 2025-2026 NYC school calendar; Revisa el calendario escolar</b><br>You can find the updated calendar here: <a href="https://schools.nyc.gov/calendar/2025-2026-school-year-calendar">schools.nyc.gov/calendar/2025-2026-school-year-calendar</a>  |
| <input type="checkbox"/> <b>Learn about school meals; Informate sobre los almuerzos escolares</b><br>NYC public schools provide free breakfast and lunch to all students. Visit: <a href="https://schools.nyc.gov/school-life/food/school-meals">schools.nyc.gov/school-life/food/school-meals</a> | <input type="checkbox"/> <b>Learn about Individualized Education Programs (IEPs); Informate sobre los Programas de Educación Individualizados</b><br>Review information about where to go and who to talk to if your child needs services for disabilities in the classroom. See our "Students with Disabilities" section below. |
| <input type="checkbox"/> <b>Get supplies; Prepara tus útiles escolares</b><br>Your school should send you a list of required school supplies.  |  |



# I'M READY FOR SCHOOL!

## My Back to School Checklist

☐

**I know my school bedtime routine and how to get myself ready for bed.**

☐

**I practiced my morning routine 3 times and practiced putting on my backpack.**

☐

**I know how I am getting to school and back home each day.**

☐

**I have a special place at home to keep my backpack and supplies.**

☐

**I know my teachers' names.**

☐

**I know how to be a germ-buster! I wash my hands with soap and water, and stay home when I'm feeling sick.**



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# ¡ESTOY LISTO PARA LA ESCUELA!

mi lista para el año escolar



Conozco mi rutina para irme a dormir y sé cómo prepararme para irme a la cama.



He practicado mi rutina de la mañana tres veces y he practicado cómo ponerme la mochila.



Sé cómo ir a la escuela y volver a casa cada día.



Tengo un lugar especial en casa para guardar mi mochila y mis cosas.



Conozco los nombres de mis maestros.



¡Sé cómo combatir los germenés! Me lavo las manos con agua y jabón, y me quedo en casa cuando me siento enfermo.



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## Back to School Guide

# Athletics

Engaging kids in fun, active programs and activities focused on sports and fitness.

### IChallengeMyself ●

Free school-based afterschool cycling program in Manhattan, Brooklyn, and the Bronx. Serves various ages depending on program.

646.453.7700  
info@ichallengemyself.org  
1216 Broadway, 2nd Fl, New York, NY 10001

### Yorkville Athletic Association

Organized sports and recreational activities for youth, promoting physical fitness, teamwork, and skill development. Serves Pre-K-12 depending on program.

212.360.0022  
info@yyaa.org  
415 E 90th Street, New York, NY 10128  
*Pricing may apply.*

### Hit the Books

Harlem-based mixed martial arts classes as well as educational services such as tutoring and mentorship. Serves Harlem students grades 2-8.

646.540.7988  
admin@hitthebooksnyc.org

### YMCA

The YMCA is a community institution in many NYC neighborhoods. Although Y's offerings may vary by location, these are typically afterschool programs, athletics, swimming, and teen programs. Serves various age groups depending on program.

*Pricing may apply.*

### Police Athletic League ●

Offers afterschool programs for arts, academics, homework help and athletics. Manhattan locations: Armory, Harlem, William Duncan Centers, Polo Grounds Cornerstone. Serves K-8.

800.725.4543  
34 1/2 E 12th St, New York, NY 10003

### Rising NY Road Runners ●

Running programs for Pre-K-12, as well as a Wheelchair Training Program for ages 6-21.

855.569.6977  
320 W 57th St, New York, NY 10019

### **Riverside Hawks**

Empowers students and families in Harlem and nearby communities to use basketball as a way to pursue academic opportunities and promote character development. Serves various ages depending on program.

212.870.6811

[csnell@riversidehawks.org](mailto:csnell@riversidehawks.org)

490 Riverside Dr, New York, NY 10027

## Back to School Guide

# Arts

Programs to unleash creativity and ignite passion in the arts.

### Apollo Theater

Works with youth at schools and through workshops. Also offers high school and college students the opportunity to engage in the performing arts industry through internships and events. Serves K-12.

212.531.5300  
253 W 125th St, New York, NY 10027

### Dance Theatre of Harlem

Offers classical ballet and dance training for ages 3-18, as well as all-ages arts education.

212.690.2800  
info@dancetheatreofharlem.org  
466 W 152nd St, New York, NY 10031

### Impact Repertory Theater

Offers the Community Boot Camp as an intergenerational group workshop leadership program to learn the fundamentals of leadership, service, and public speaking.

212.926.4516  
impactdietrice@gmail.com  
229 W 135th St, Front 1, New York, NY 10030

### Mama Foundation for the Arts

Uplifts Black arts and gospel music to heal and inspire through collective music making. Offers workshops, classes, programs, and performances. Serves all ages.

212.280.1045  
info@mamafoundation.org  
149 W 126th St, New York, NY 10027

### Whitney Museum of American Art

Offers youth and teen programming for discussing, connecting with and making art. Serves K-12.

212.570.3600  
info@whitney.org  
99 Gansevoort St, New York, NY 10014

### Art in the Park

Activates open spaces in Harlem to expose youth to a variety of S.T.E.A.M., health, and community initiatives. Events for ages 2-24.

917.456.4062  
info@artinthepark128.org  
8 W 126th St, New York, NY 10027

### **Harlem School of the Arts**



Arts center offering music, dance, theater, and design classes for youth. Serves ages 2–20.

212.926.4100

[info@hsanyc.org](mailto:info@hsanyc.org)

645 St Nicholas Ave, New York, NY 10030

### **Jazzmobile**

Offers a weekly Saturday jazz workshop for all ages.

212.866.4900

163 W 125th St, New York, NY 10027

### **Studio Museum of Harlem**



Runs activities for kids and families to creatively engage with the museum's exhibitions. Serves all ages.

212.864.4500

[youth@studiomuseum.org](mailto:youth@studiomuseum.org)

144 W 125th St, New York, NY 10027



## Back to School Guide

# Afterschool Programs

These organizations provide engaging programming for youth outside of school hours, including academic assistance and hands-on learning, arts and sports, and socialization that will help a child build confidence.

### NYC Department of Youth and Community Development (DYCD) ●

Offers over 890 afterschool programs for grades K-12, including jobs and internships, the Summer Youth Employment Program, family support, reading and writing help, and assistance for runaway youth. Serves various ages depending on program.

800.246.4646  
2 Lafayette St, 19th Floor New York, NY 10007

### American Museum of Natural History ● ●

Offers kids science classes and afterschool programs. Programs priced using NYC affordable housing eligibility guidelines or offer tuition assistance. Offers free, hands-on programming, and paid internships for teens. Serves Pre-K through college.

212.769.5100  
200 Central Park West, New York, NY 10024

### Manhattan Youth

Works closely with parents, teachers and school administrators to provide the sports, arts and enrichment activities necessary to a well-rounded education. Serves K-8.

212.766.1104  
moises@manhattanyouth.org  
120 Warren St, New York, NY 10007

### Children's Museum of Manhattan

In addition to their exhibitions and events, CMOM also offers early childhood classes encouraging kids to engage in art, science, and language. Serves ages 2-6.

212.721.1223  
info@cmom.org  
212 W 83rd St, New York, NY 10024

### Childrens' Art and Science Workshops, Inc.

Offers afterschool programming and youth employment services. Created to engage at-risk kids and boost their confidence and self-esteem.

212.923.7766  
info@caswkids.org  
4320 Broadway, 2nd Fl, New York, NY 10033

**Community Association of Progressive Dominicans (ACDP)** ●

Serve Northern Manhattan and the Bronx, with a focus on the needs of Dominican immigrants. Offers afterschool and youth success programs. Serves various ages depending on program.

212.781.5500  
shiciano@acdpc.org  
3940 Broadway, New York, NY 10032

**COMPASS NYC** ●

Free afterschool programs offering homework help, sports, art, and more. Serves K-12.

1.800.246.4646  
646.343.6800

**The Lesbian, Gay, Bisexual & Transgender Community Center** ●

Afterschool programming for LGBTQ+ youth, ranging from making art, playing games, meditating, singing and getting involved in activism. Also provides resources for college searching and career services. Serves ages 13-22.

212.620.7310  
208 W 13th St, New York, NY 10011

**Hudson Guild** ●

A holistic nonprofit offering academic support, enrichment activities, physical activity, and healthy living through early childhood and youth programs. Also offers mental health services. Serves ages 5-24.

212.760.9800  
info@hudsonguild.org  
441 W 26th St, New York, NY 10001

**Henry Street Settlement** ● ●

Early childhood education, afterschool programs, and college access program, focused on the Lower East Side. Also offers free afterschool and summer sports and recreation programs. Serves various ages depending on program.

212.254.3100 ext. 3263  
info@henrystreet.org  
265 Henry St, New York, NY 10002

**Children's Aid Society** ●

Afterschool programs for youth leadership, mentorship, academic/career readiness, arts and technology, and other extracurriculars. Several Harlem locations and one Lower Manhattan site. Afterschool programs serve ages 6-18.

212.949.4800  
117 W 124th St, 3rd Fl, New York, NY, 10027

**L.O.V.E (Latinas on the Verge of Excellence)**

Mentoring program for Latina students with a focus on college and career success as well as reproductive, mental, and physical health.

info@lovementoring.org  
1460 Broadway, New York, NY 10036

**SCAN-Harbor**

Afterschool program for students in Harlem, East Harlem, the South Bronx. They empower high-risk youth and their families by focusing on strengths, skills, and self-esteem. Serves various ages depending on program.

212.289.8030  
info@scan-harbor.org  
345 E 102nd St, 3rd Fl, New York, NY 10029

### **Lower East Side Girls Club**



Supports young women and gender expansive youth of color through free programming that enables curiosity, creativity, and passion while building an equitable future. Serves middle and high school students.

212.982.1633  
402 E 8th St, New York, NY10009

### **NYP - The Uptown Hub**

Helping young people with employment and educational opportunities, as well as participation in wellness, creative youth development, and recreational programming and activities. Serves ages 14–24.

uptownhub@nyp.org  
917.740.7496  
600 W 168th St, 1st Fl, New York, NY 10032

### **Harlem Children's Zone**



Harlem Children's Zone believes getting scholars to and through college is the primary means of breaking the cycle of intergenerational poverty. They offer comprehensive programs serving youth and their families from “cradle-to-career.”

212-360-3255  
info@hcz.org  
35 E 125th St, New York, NY10035

### **IChallengeMyself**



Free school-based afterschool cycling program in Manhattan, Brooklyn, and the Bronx. Serves various ages depending on program.

646.453.7700  
info@ichallengemyself.org  
1216 Broadway, 2nd Fl, New York, NY 10001

### **Global Kids**



Offers college exploration and support services, attendance outreach, parent engagement activities, service-learning programs, and more. Offers youth development, leadership development, global awareness, and civic engagement programming during non-school hours. Predominantly serves middle and high schoolers.

212.226.0130  
info@globalkids.org  
102 Madison Ave, 2nd Fl, New York, NY 10016

### **Madison Square Boys & Girls Club**

Offers a range of programs and activities aimed at promoting character development, academic success, and healthy lifestyles. Serves ages 6–18.

(212) 760-9600  
250 Bradhurst Ave, New York, NY 10039

### **Brotherhood Sisterhood Sol**



Promotes unity and understanding among diverse communities. Afterschool program serves youth ages 8–18.

(212) 283-7044  
info@brotherhood-sistersol.org  
512 W 143rd St New York, NY 10031

### **NYC Parks Teen Programs**

Programs focused on engaging teens' interests and enhancing their healthy and productive development. Types of activities offered include the Garden Kitchen Lab and a media education program. Serves various ages depending on program.

212.360.2702  
media.ed@parks.nyc.gov  
351 Fort Washington Ave, New York, NY 10033

### **University Settlement**



Offers the Lower East Side early childhood and youth services that integrate sports, arts, cultural activities, mentorships, internships, and college access programs. Housing, mental health, and wellness services are also available. Serves various ages depending on program.

212.453.4500

[info@universitysettlement.org](mailto:info@universitysettlement.org)

184 Eldridge St, New York, NY 10002

### **A Place For Kids**



Operates an afterschool and summer school program serving immigrants and low-income children, providing quality cultural enrichment, recreation, homework assistance, test prep, workshops, and a nutritious hot meal. Program locations are at Henry St and Pike St, and 327 Cherry Street @ Clinton St.

917.509.1861

[info@aplaceforkidsny.org](mailto:info@aplaceforkidsny.org)

111 Division St, New York, NY 10002



## Back to School Guide

# Education & Job Preparation

Need help with test preparation? College applications and scholarship essays? Resume writing and career building? These are the programs to build the concrete skills sought for higher education and employment.

### Khan Academy



Online free and low-cost college admissions assistance and test prep materials for Advanced Placement courses and the SAT. Serves all ages.

### I Have a Dream Foundation



Provides academic support and guaranteed tuition support to youth from low-income communities. Serves K-12.

917.423.6690

info@ihaveadreamfoundation.org

322 8th Ave, Suite 202 New York, NY 10001

### Questbridge



The College-Prep Scholars Program equips high-achieving high school juniors from low-income backgrounds with the knowledge, confidence, and resources to apply to top colleges.

650.331.3280

questions@questbridge.org

### Liberty LEADS



High school completion and college access program serving students grades 5-12.

212.875.4511

libertyleads@bankstreet.edu

610 W 112th St, New York, NY 10025

### ARISE



Provides rigorous lab experience under the mentorship of some of NYU's most cutting-edge research faculty. Serves grades 10 and 11.

646.997.3524

k12.stem@nyu.edu

NYU Tandon School of Engineering, 2 MetroTech Center, 10th floor, Brooklyn, NY 11201

### Girls Inc.



Equips girls to achieve academically, lead healthy, physically active lives, manage money, navigate media messages, and discover an interest in science, technology, engineering, and math. Serves various ages depending on program.

212.531.7620

communications@girlsincnyc.org

25 Broadway 12th Fl, New York, NY 10004

### Democracy Scholars



Offers rising high school seniors two-week discussion-based seminars in July, taught by NYU faculty to build essential skills in critical thinking and college-level reading and writing.

212.998.7400

democracyscholars@nyu.edu

50 W 4th St New York, NY, 10012

### The Door ●

Empowers young people to reach their potential through comprehensive youth development services, including health care, education, counseling, crisis intervention, legal assistance, high school and college preparation services, career development, housing support, arts, sports and recreation, and nutritious meals. Serves ages 12–24.

212.941.9090  
info@door.org  
555 Broome St, New York, NY 10013

### BEAM ●

Students get access to academic summer programs, robotics clubs, math teams, math circles, internships, and more. Serves students after completion of 6th grade and through college.

888.264.2793  
NYCinfo@beammath.org  
55 Exchange Place, Suite 503,  
New York, NY 10005

### Harlem Children's Zone ●

Offers employment and technology center to prepare high schoolers for careers in STEM, the arts, and media. HCZ's College Success Office offers coaching as well as academic, emotional, and financial support.

212-360-3255  
info@hcz.org  
35 E 125th St, New York, NY 10035

### Ace Mentor Program

Prepares high school students for careers in design and construction through mentoring and support.

646.757.5829  
GreaterNY@acementor.org  
1325 Ave of the Americas, Suite 2738, New York, NY 10019

### New York Stem Cell Foundation Summer Internship Program (NYSCF) ● ●

A 10 week unique summer internship program that provides students a rare glimpse into the fast-paced world of stem cell research. Serves high school, undergraduate, and graduate students.

212.787.4111  
619 W 54th St, New York, NY 10019

### Baruch College STEP Academy ●

Baruch's Science and Technology Entry Program is for middle and high schoolers interested in pursuing STEM careers. Serves grades 7–12.

646.312.4298  
baruchstep@gmail.com  
17 Lexington Ave, Room 1108, New York, NY 10010

### Harlem Empowerment Project ●

Offers classes and career support including GED classes, computer literacy, ESL, and job preparation.

646.450.9218  
info@hep.nyc  
2214 Frederick Douglass Blvd, New York, NY

### **NYU Dentistry Saturday Academy** ● ●

Introduces under-represented high school students to the profession of dentistry, while simultaneously preparing them for the college application process. Serves grades 9–12.

212.998.9800  
saturday.academy@nyu.edu  
NYU College of Dentistry  
345 E 24th Street, New York, NY, 10010

### **College Now** ● ●

Helps high schoolers complete their graduation requirements. Offers College Focus, a program targeting students who need to finish English and math requirements for CUNY. Serves grades 9–12.

212.650.6316  
ancollins@ccny.cuny.edu  
160 Convent Ave, New York, NY 10031

### **Columbia University's Double Discovery Center** ● ●

Works with first-generation youth preparing for college from Harlem and Washington Heights. Programs include: Academic Enrichment, College and Career Success, and Healthy Minds and Bodies. Serves grades 9–12.

212.854.3897  
ddc@columbia.edu  
2920 Broadway, MC 2604, New York, NY 10027

### **University Settlement**

Offers the College Passport Program to help youth navigate college applications, testing, enrollment, and financial aid. Also offer sports, arts, cultural activities, mentorship, internships, mental health care, housing services, and early childhood programming.

212.453.4500  
info@universitysettlement.org  
184 Eldridge St, New York, NY 10002

### **Chinese-American Planning Council**

CPC's College Gateway Counseling Center offers individualized college application and financial aid assistance, SAT prep classes, college visitations, and a vocational exploration program. Serves grades 9–12.

212.941.0920  
info@cpc-nyc.org  
45 Suffolk Street, New York, NY 10002

### **Oliver Scholars** ● ●

Helps prepare high-achieving Black and Latinx students from underserved communities to succeed at top independent schools and colleges, with a commitment to supporting families through transition, developing students' social-emotional skills, and creating an environment of giving back. Serves middle and high schoolers.

212.430.5980  
info@OliverScholars.org  
14 Wall St, Suite 1720, New York, NY 10005

### **Job Corps**

Provides online classes, career training, and graduate support. Serves ages 16–24.

800.733.5627

## Back to School Guide

# Empowerment & Mentorship

These programs offer youth opportunities for role models and insight, allowing them to expand their horizons for what their futures might hold.

### Governor's Committee on Scholastic Achievement ●

Connects NYC public schools to professional mentors and supports underserved communities by assisting with post-secondary applications and scholarships. Serves grades 9–12.

212.760.2403  
casey.depasquale@gcsa.nyc  
1460 Broadway, #7054, New York, NY 10036

### Hit the Books

Provides Harlemites with additional resources, such as tutoring, mentorship, and mixed martial arts classes. Serves Harlem students grades 2–8.

646.540.7988  
admin@hitthebooksnyc.org  
340 Saint Nicholas Ave, New York, NY 10027

### L.O.V.E (Latinas on the Verge of Excellence)

Mentorship program for Latina students with a focus on college and career success as well as reproductive, mental, and physical health.

info@lovementoring.org  
1460 Broadway, New York, NY 10036

### Ace Mentor Program ● ●

Prepares high school students for careers in design and construction through mentoring and support. Serves grades 9–12.

646.757.5829  
greaterNY@acementor.org  
1325 Ave of the Americas, Suite 2738, New York, NY 10019

### Student Sponsor Partners

SSP utilizes quality education and mentorship to help underserved youth break the cycle of poverty. Serves grades 9–12.

212.986.9575  
info@sspny.org  
90 Broad St, Suite 400, New York, NY 10004

### NYCSRM (NYC Science Research and Mentoring Consortium)

Connects students from historically underrepresented background with STEM research internships. Serves grades 9–12.

afiel@amnh.org



### **Street Corner Resources**

SCR seeks to disrupt violence and create a more peaceful community by providing Harlem teenagers and young adults better access to real employment, education, training, and more.

212.694.8759  
info@scrnyc.org  
151 W 145th St, New York, NY 10039

### **Apex for Youth**

Empowers low-income Asian and immigrant youth by focusing on health and wellbeing, education, and community engagement to pursue a more equitable future. Serves students of all ages.

212.385.3574  
info@apexforyouth.org  
195 Chrystie St, #200, New York, NY 10002

### **Friends of the Children**

Services for families and children that have been impacted by the foster care and criminal justice systems. Provides mentorship and resources for kids in K-12.

646.516.6587  
info@friendsnewyork.org  
1325 5th Ave, New York, NY 10029

### **Global Potential**

Through education, service learning, and cultural exchange transforms youth from underserved communities into globally competitive leaders of positive change.

info@global-potential.org  
2548 Frederick Douglass Blvd, Ground Fl, New York, NY 10030

### **Harlem Grown**

Inspires youth and young adults to live a healthy lifestyle through hands-on education and mentorship. Programs include farm tours, mobile teaching kitchen, summer camp, and afterschool programs. Serves grades 1-8.

212.870.0113  
info@harlemgrown.org  
127 West 127th Street, New York, NY 10027

### **The Door**

Empowers young people to reach their potential through comprehensive youth development services including health care, education, counseling, crisis intervention, legal assistance, high school and college preparation services, career development, housing support, arts, sports and recreation, and nutritious meals. Serves ages 12-24.

212.941.9090  
info@door.org  
555 Broome St, New York, NY 10013

## Back to School Guide

# Financial Aid & College Assistance

There's no two ways about it—education is expensive. We want you to get the financial assistance you need to succeed.

### **Children's Scholarship Fund** ●

Provides scholarships to families in need to ensure access to quality education by choosing a private school that best meets their child's needs.

212.515.7100 / 212.515.7137  
info@scholarshipfund.org  
8 W 38th St, Suite 804, New York, NY 10018

### **CUNY ASAP & ACE Programs** ●

CUNY academic support groups paired with MetroCards and financial assistance for textbooks. Contact info varies by college.

### **Pell Grant** ●

This federal grant is awarded to students who display financial need and are in the process of earning their bachelor's, graduate, or professional degree. Unlike a loan, this grant does not have to be paid back. Amount of financial assistance is dependent on each individual's unique situation.

### **NY State Tuition Assistance Program (TAP)** ●

Assists New York residents with paying their tuition at approved schools in the state, including part-time students. As a grant, this financial assistance does not have to be repaid. An annual TAP award can be up to \$5,665.

### **International Education and Resource Network: iEarn-USA**

Supports an international community of K-12 educators and youth to collaborate and learn together, bridging cultural divides to make a meaningful difference in the world. Offers merit-based scholarships to learn languages and go abroad.

917.694.4563  
iearnadmin@us.iearn.org  
1460 Broadway, 11th Fl, New York, NY 10036

### **Student Sponsor Partners NYC** ●

Gives scholarships to private high schools and offers mentorship to help underserved youth break the cycle of poverty.

212.986.9575  
info@sspny.org  
90 Broad St, Suite 400, New York, NY 10004

### **Excelsior Scholarship Program** ●

Undergraduates at SUNY and CUNY schools (including community colleges and the statutory colleges at Cornell University) can apply for this scholarship of up to \$5,500.

## Back to School Guide

# Students with Disabilities

Services for neurodivergent youth and their families.

### Special Education Services at New York City Public Schools

#### Making a Referral with NYC Public Schools

If you want your child to be evaluated for special education services, you, as a parent/guardian, or a designated school official, must make a referral/request an evaluation.

#### Specialized Programs in NYC Public Schools

Find information on Specialized Programs at New York City Public Schools (NYCPS), including D75, Autism Spectrum Disorder-specific programs, and more.

### Further Resources for Students with Disabilities

#### Northside Center for Child Development

Provides a variety of mental health and care services for children, as well as afterschool programs and youth groups.

917.268.4698  
1475 Park Ave, New York, NY 10029

#### The Manhattan Children's Center

Provides treatment and education for kids and teens with autism to improve social and academic skills. Serves ages 5–21.

212.749.4604  
111 W 92nd St, New York, NY 10025

#### The Child Mind Institute of NY

Aims to transform the lives of children and families struggling with mental health and learning disorders by giving them the help they need. With three mission areas of care, education, and science, they offer comprehensive educational and therapeutic care to youth and adolescents.

212.308.3118  
info@childmind.org  
101 E 56th St, New York, NY 10022

#### Gigi's Playhouse ●

Works with individuals with Down syndrome, aiming to provide them with an educational plan and inclusive environments while building self-confidence through free therapeutic, educational activities. Serves all ages.

646.801.7529  
nyc@gigisplayhouse.org  
106 W 117th St, New York, NY 10026

### **NY Center for Infants and Toddlers, Inc.** ●

Provides early intervention services for babies with developmental delays or disabilities, autism services, and private sessions, such as educational support and family coaching for young children. Serves children from birth to age five.

212.289.6100  
51A E 117th St, New York, NY 10035

### **Advocates for Children of New York**

AFC works side by side with students and their families, providing the one-on-one guidance and advocacy they need. They also offer a hotline and other support.

- [AFC's Guide to Special Education](#)
- [Transition to Kindergarten: A Guide for Students with Disabilities](#)
- [Start of School Questions & Answers for Families of Students with Disabilities in NYC](#)

Or, try the AFC hotline available Mon-Thurs from 10am to 4pm.

866.427.6033  
info@advocatesforchildren.org  
151 West 30th Street, 5th Floor  
New York, NY 10001

### **The NY Center for Child Development**

Aims to maximize the development of children under six through educational and therapeutic services. Their inclusive program offers services for children with autism and mental health issues.

212.752.7575  
159 W 127th St, New York, NY 10027

### **Sinergia Inc.** ●

Works with people with disabilities and their families who are underserved, have limited English proficiency, or are struggling with housing and income insecurity, and more. Serves all ages.

212.643.2840  
information@sinergiany.org  
2082 Lexington Avenue, 4th Floor,  
New York, NY 10035

### **NYS Commission for the Blind** ●

Aiming to enhance employability and maximize independence, the Commission offers programs for children who are legally blind through early intervention, educational activities, and recreational programs. Serves various ages depending on program.

212.825.5710  
80 Maiden Lane, Suite 401, New York, NY 10038



## Back to School Guide

# Healthcare Resources

Health professionals and organizations specializing in youth and adolescents.

### Northside Center for Child Development

Provides a variety of mental health and care services for children, as well as afterschool programs and youth groups.

212.426.3400  
1475 Park Ave, New York, NY 10029

### Mt. Sinai Adolescent Health Center ●

Provides free comprehensive healthcare and support services specifically tailored to meet the unique needs of adolescents and young adults.

212.423.3000  
MSAHCTeenParent@mountsinai.org  
312-320 E 94th St New York, NY 10128

### The NY Center for Child Development

Aims to maximize the development of children under six through educational and therapeutic services. Their inclusive program offers services for children with autism and mental health issues.

212.752.7575  
159 W 127th St, New York, NY 10027

### NYC Teens Connection ●

Provides resources, support, and information to empower and guide teenagers in New York City, helping them make informed decisions about their sexual health and well-being.

SRJ@health.nyc.gov

### The Child Mind Institute of NY

Aims to transform the lives of children and families struggling with mental health and learning disorders by giving them the help they need. With three mission areas of care, education, and science, they offer comprehensive educational and therapeutic care to youth and adolescents.

212.308.3118  
info@childmind.org  
215 East 50th St, New York, NY 10022

### Harlem United

Provides comprehensive healthcare, housing, and supportive services to individuals and families in Harlem, with a focus on those affected by HIV/AIDS, substance use, and mental health challenges.

212.803.2850  
306 Malcolm X Blvd, 3rd Fl, New York, NY 10027

## Back to School Guide

# Hotlines & Other Resources

Additional resources for wellbeing.

### **Suicide Hotline**

Provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

988

### **Trevor Project Hotline**

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ+ young people, free and confidential.

1.866.488.7386

### **Crisis Text Line**

Crisis Text Line is here for any crisis. A live, trained crisis counselor receives the text and responds, all from a secure online platform. The volunteer crisis counselor will help you move from a hot moment to a cool moment.

Text HOME to 741741

### **RAINN National Sexual Assault Hotline**

Provides quality, anonymous, and confidential crisis intervention services in English and Spanish, via telephone and online.

800.656.HOPE (4673)

### **National Domestic Violence Hotline**

Provides essential tools and support to help survivors of domestic violence so they can live their lives free from abuse.

1.800.799.7233

### **Street Corner Resources**

SCR seeks to disrupt violence and create a more peaceful community by providing Harlem teenagers and young adults better access to real employment, education, training, and more.

212.694.8759

info@scrnyc.org

151 W 145th St, New York, NY 10039

### **The Lesbian, Gay, Bisexual & Transgender Community Center**

An LGBTQ+ safe haven offering casework services, social programming, and economic initiatives.

212.620.7310

208 W 13th St, New York, NY 10011

## Back to School Guide

# Food Assistance

No student – whether they're in Pre-K or college – should go hungry. These organizations are feeding New Yorkers.

### Food Bank for NYC ●

Website maps shows every food pantry and soup kitchen in NYC. Also helps with receiving SNAP food assistance benefits.

212.566.7855  
39 Broadway, 10th Fl, New York, NY 10006

### City College of NY Food Pantry: Benny's Pantry and Gardens ●

Resource for anyone in the City College community (student, staff, faculty) providing food assistance and access to support services. Book an appointment online to visit.

212.650.8208  
dmozeleski@ccny.cuny.edu  
North Academic C Hoffman Lounge 1/101A, 135th and Convent Ave

### The College Student Pantry ●

Volunteer-run food pantry for all college and graduate students in NYC, no questions asked.

1st and 3rd Wednesday of each month; 3pm–5pm  
212.228.5254  
collegestudentpantry@gmail.com  
Trinity College SAFH 602 E. 9th Street (at the corner of Ave. B), New York, NY 10009

### BMCC Food Pantry ●

Food pantry offering nutritionally balanced, non-perishable, and frozen food items to BMCC students facing a food emergency. Students may walk in to meet with staff and be assessed for services.

212.220.8195  
arc@bmcc.cuny.edu  
199 Chambers St, Rm S-230 New York, NY 10007

### The Food Pantry at Columbia ●

Open to Columbia University students with any level of food insecurity. Option of pre-ordering food and contactless drop-off. Locations at Lerner Hall and the Medical Center (Barnard Hall location closed until further notice).

212.854.6872  
thefoodpantry@columbia.edu  
582 Lerner Hall  
2920 Broadway, New York, NY 10027  
Medical Center  
50 Haven Ave, New York, NY 10032

### **NYU Courtesy Meals**



Short-term emergency resource for NYU students with unexpected financial situations who are unable to afford meals/groceries. Provides students with 75 dining dollars credit to NYU ID, free of charge and without an impact on financial aid. Requests available to students enrolled in the current NYU semester who have exhausted meal and dining dollars if on a meal plan.

212.998.4406  
nyucourtesy meals@nyu.edu  
60 Washington Square, South, Suite 725,  
New York, NY 10012

### **Guttman Community College Food Pantry**



Offers Guttman students free, non-perishable food items either by walk-in or pick-up request. Visits can be as often as needed.

646.313.8857  
connectcenter@guttman.cuny.edu  
The Connect Center, LL 021

### **John Jay College Food Pantry**



Food pantry for John Jay College students. Each visit requires a check-in at the front desk and a short interview with a peer educator to determine eligibility and other necessary info.

Monday- Thursday 10am-3:30pm  
212.237.8052  
jjcfoodbank@jjay.cuny.edu  
Wellness Center, L67.00NB

### **Hunter College Food Assistance: Purple Apron Food Pantry**



Food assistance programs for Hunter students.

rt2049@hunter.cuny.edu

### **Pace University: Provisions, A Bhandari Jain Family Food Pantry**



Food pantry open to all Pace students, staff, and faculty experiencing food insecurity. Provides all visitors with a week's worth of non-perishable foods. Guests must complete a one-time intake application and swipe in with PaceID. Pace students can also participate in Fare Trade, a mutual-aid program where students can reallocate their dining dollars to the fund.

nycstudentaffairs@nyu.edu  
One Pace Plaza, First Floor

## Back to School Guide

# Early Childcare

Care and education for the youngest New Yorkers.

### Hudson Guild



Early childhood program offers multicultural and bilingual staff; expert staff in the areas of health, nutrition, mental health, and child development; free, nutritious meals that reflect diverse cultures; and an extended day that lasts until 6pm.

212.760.9300  
newsletter@hudsonguild.org  
441 W 26th St, New York, NY 10001

### Grand Street Settlement



Offers early childhood and youth services, with an emphasis on community building. Early childhood education serves age two through Pre-K.

212.674.1740  
info@grandsettlement.org  
80 Pitt St, New York, NY 10002

### 14th Street Y

Provides continuity and depth of care from pre-natal through early childhood. Offers Prelude to Preschool program for ages 12-34 months as well as a preschool program.

212.780.0800  
info@14StreetY.org  
344 E 14th St, New York, NY 10003  
*Pricing may apply. Financial aid available according to demonstrated need.*

### York Avenue Day School

Provides a warm, safe, and child-centered environment that encourages positive self-esteem, self-discovery, social interaction, and active learning for young children. Serves ages 6 months to 4 years.

212.743.1000  
info@yorkavenuedayschool.org  
1520 York Ave, New York, NY, 10028  
*Pricing may apply.*

## Back to School Guide

# Resources for Immigrant Families

Support for Manhattan's immigrant families with children.

### **Advocates for Children Immigrant Student Rights Project** ●

Provides direct, 1:1 assistance to immigrant families navigating the NYC public school system, accessing English Language Learner programs, sharing tools and resources to address problems in schools, and more.

Call AFC at 866-427-6033 Monday-Thursday from 10am-4pm to learn more about the program.

### **Promise NYC** ●

Promise NYC is an NYC-funded program that covers the cost of child care for qualifying children at a child care provider of the family's choice. This program is open to all, regardless of documentation status.

In Manhattan, PromiseNYC is administered by NMIC.

For more information call (929) 415-3999. You can also email [promisenyc@nmic.org](mailto:promisenyc@nmic.org).

### **Mayor's Office of Immigrant Affairs (MOIA)**

For help with immigration policy questions or referrals to free city-funded immigration legal services.

Call MOIA Immigration Legal Support Hotline at 800-354-0365, or call 311 and say "Immigration Legal", from 9am-6pm, Monday to Friday. You can also visit their website at [nyc.gov/immigrants](http://nyc.gov/immigrants).

### **NYC Department of Education Resources**

#### **Project Open Arms**

A multi-agency comprehensive plan to support families seeking asylum and to provide services for New York City Public Schools children.

Support includes: academic, social-emotional, and language-based supports, free school supplies, clothing, food, and hygiene products.

Additional services are available. For more information, contact your school's Parent Coordinator.

#### **Office of Language Access**

Provides translation and in-person, virtual and over-the-phone interpretation services.

#### **Immigrant Families FAQ**

Information about the NYC Department of Education's policies supporting and protecting students, regardless of immigration status, national origin, or religion.