Child Care Resource Directory
Providing a sensitive, caring environment for working parents
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Mount Sinai’s Benefits Center
www.mtsinaibenefits.com / (866) 700-6762

Dependent Care Assistance
The Dependent Care Reimbursement Account lets you use up to $5,000 pre-tax annually deducted from your paycheck to pay for the care of children, a disabled spouse or child, or an aging parent. Eligible expenses include: nursery school; day care; day camp; household care for a dependent child, parent, or disabled spouse. For more information call the Benefits Office at extension 48835.

Breastfeeding Lounge and Warmline
The Breastfeeding Lounge (1184 Fifth Avenue, Room 404) is available to all employees needing to pump breastmilk, in a discrete space, while at work. The Warmline is staffed by professional lactation consultants who assist with breastfeeding issues. Call extension 46578 for information.

CPR: Tot Saver
The Maternal Child Health Department offers a CPR class for those interested in learning techniques of infant and toddler CPR. For more information call (212) 241-5118. To register call (212) 241-7491.

The Louis Green and Evelyn Green Davis Child Care Center/ Imagine Early Learning Center
This Child Care Center, conveniently located at 60-62 East 97th Street, offers child care on a fee-for-service basis. For children two months to five years. The program is fully licensed by the New York City Department of Health, Bureau of Day Care. For more information, contact the Center director at extension 41707.

The Employee Assistance Program (EAP)
Caring for children encompasses many challenges and families can face issues that are too difficult to tackle alone. Poor communication, marital problems, the stress of raising children, illness or other pressures may cause tension at home. An EAP counselor can help you and your family address concerns, such as balancing work and family responsibilities, and assist you in finding solutions. For more information, call the EAP at extension 48937.

Family Resource Center
Located in Maternal Child/Health (1184 Fifth Avenue). FRC is staffed by medical librarian who help families find information about help and parenting. Call ext. 47636 for hours.
These city/wide agencies provide information and referral services on a variety of day care needs, including family and group day care centers. Some have large child care databases which cover services in the five boroughs.

**Bureau of Early Childhood Services, Child Day Care Services for Parents & Providers**
www.ocfs.state.ny.us/main/becs
Provides child care resources, referrals and information for all of New York State.

**Child Care Services**
(718) 367-5437
Information on how to obtain financial assistance for child care through the Administration for Children’s Services.

**Child Care, Inc.**
(212) 929-4999
Community referral service for all boroughs.

**Government-Sponsored Child Care Centers**
A list of government-sponsored child care centers is available at Mount Sinai’s Employee Assistance Program, 19 East 98th Street, Suite 3A, extension 48937.

**Local 1199**
Child Care Fund
(212) 564-2220
www.1199ccf.org

**NYC Department of Health, Bureau of Day Care**
Manhattan & Bronx  (718)-579-4100
Brooklyn & Staten Island  (718)-398-5010
Queens  (718)-520-8548
Central Office  (212)-676-2444

**The Louis Green and Evelyn Green Davis Child Care Center/ Imagine Learning Center**
(See Resources at Mount Sinai on page 2)
Live-In Child Care

Au Pair in America
(800) 928-7247
(203) 399-5000
American Institute of Foreign Study
9 West Broad Street
Stamford, CT 06902
www.aupairinamerica.com

A Choice Nanny
(212) 246-5437
850 7th Avenue
Suite 706
New York, NY 10019
www.achoicenanny.com/nyc

The Fox Agency
(212) 753-2686
30 East 60th Street, #905
New York, New York 10222

The New York Nanny Center, Inc.
(212) 786-6090
787 Seventh Avenue, 9th floor
New York, New York 10019
www.nynanny.com

• Be sure that the agency thoroughly checks and reviews all references of potential live-in child care candidates. You may also want to check the references yourself and use your own individual standards for live-in child care.
After-School and Holiday Coverage

92nd Street Y—Holiday Camp/ after-school
1395 Lexington Avenue
New York, NY 10128
(212) 415-5600
• Noar— after-school program for youth
• Nesher— after-school program for children with special needs

Asphalt Green—Holiday Camp/ After-School
555 East 90th Street
New York, New York 10128
(212) 369-8890
A variety of programs/classes available for youth throughout the year

Child Care, Inc.
322 8th Avenue
New York, New York 10001
(212) 929-4999
Community referral service

Jewish Community Center (JCC) in Manhattan
334 Amsterdam Avenue (West 76th Street)
New York, NY 10023
(646) 505-5708
A variety of after-school activities for youth and children with special needs

Local 1199—After-School Program Directory (for Union members only)
330 West 42nd Street, 11th Floor
New York, NY 10036
(212) 564-2220
Summer Camps

American Camp Association
New York section
1375 Broadway, 4th floor
New York, NY 10018
(212)391-5208
(800)777-CAMP
www.aca-ny.org
Available for individual referrals and counseling, concerning day camp and overnight camp options

New York City Department of Health and Mental Hygiene
website. www.nyc.gov/health
Search: “summer camps”
Provides a comprehensive list of summer camps within the five boroughs

Child Care, Inc.
322 8th Avenue, 4th floor
New York, NY 10001
(212) 929-7602
www.childcareinc.org
Available for individual referrals and counseling, concerning day camp options

Day Care Council of New York
12 West 21st Street, 3rd floor
New York, NY 10010
(212) 206-7818
www.dccnyinc.org
A Parent Counselor will provide referrals to summer camps in the five boroughs.
Educational and Homework Support for Children

**Boys and Girls Harbor**
1 East 104th Street  
New York, NY 10029  
(212) 427-2244  
www.boysandgirlsharbor.net
Services: All-around enrichment studies and activities. Areas include: homework help, tutoring, art history, philosophy, health and nutrition, dance, sports, as well as other academic enrichment areas.
Hours: Monday - Friday 3-6 pm (school year)  
9 am-4:30 pm (Board of Education school closing)  
Monday - Friday 9 am-4:30 pm (summer program)
Fees/Eligibility: Sliding scale. Children ages 6-12 are eligible for this program.

**Children's Aid Society**
130 East 101th Street  
New York, NY 10029  
(212) 348-2343  
www.childrenaidsociety.org
Services: Multi-service family center provides homework help, tutorial programs. Offers a range of other family services.
Hours: Monday - Friday 3 -6 pm
Fees/Eligibility: No fee. Children ages 5 to 14 are eligible for this program.

**East Harlem Tutorial Program**
2050 Second Avenue  
New York, NY 10029  
(212) 831-0650  
www.ehtp.org
Services: Provides after-school tutoring, homework help and enrichment activities
Hours: Monday -Friday 3-6 pm  
Saturday 10 am-2 pm
Fees/Eligibility: No fee. Serves East Harlem youth from the ages of 6 to 19.
Educational and Homework Support for Children

**Dial-a-Teacher**
United Federation of Teachers (UFT) NYC Department of Education  
(212) 777-3380  
Services: Provides children with help in reading, math, science, and writing. Instruction available in English, Spanish, Italian, Chinese, French, Russian, Hebrew, Korean, Haitian-Creole and Greek. Parents may call to get help for working with their child. Hours: Monday - Thursday 4 -7 pm.

**The Parents League of New York**
115 East 82nd Street  
New York, NY 10028  
(212) 737-7385  
www.parentsleague.org  
Services: Provides members and families with current information on education, entertainment and enrichment opportunities. Membership year follows the school year, from September to June.  
Hours: Monday, Wednesday and Thursday 9 am-4 pm  
Tuesday 9 am -6 pm  
Friday 9 am-12 pm

**Boys and Girls Club of America**
(800) 854-CLUB  
www.bgca.org  
Services: Provides children with tutoring, homework help and a variety of enrichment programs.  
Hours: Children ages 6-12 Monday - Friday 3-7 pm  
Children ages 13-18 Monday -Friday 3-8 pm  
Fees: $5.00; Membership fee valid for a year.

**Harlem Children's Zone**
35 East 125th Street, New York, NY 10035  
Phone: (212) 534-0700  
www.harle姆childrenszone.org  
Services: Provides after-school tutoring, homework help and enrichment activities.  
Hours: Monday- Friday 4-6 pm Extended Day: 6-7 pm  
Fee/Eligibility: Free. Child must reside in the Central Harlem area.
Parenting Children with Special Needs

Public Library Homework Help
www.homeworkNYC.org
Services: Provides homework help, articles and study notes. Produced by the New York Public Library with assistance from the Brooklyn and Queens Public Libraries.

Metro New York Developmental Disabilities Services Office (DDSO)
(212) 229-3000
www.omr.state.ny.us
Provides information on a variety of programs to meet the needs of people with developmental disabilities and their families.

Resources for Children with Special Needs, Inc.
116 East 16th Street, 5th floor
New York, NY 10003
(212) 677-4650
www.resourcesnyc.org
Provides referrals and information to New York City parents and caregivers of children with disabilities and special needs.

National Alliance for the Mentally Ill
NYC Helpline: (212) 684-FAMI (3264)
Provides information and support to family members of individuals coping with mental illness. Support groups meet throughout the five boroughs.
Additional Resources for Parents

**Single Parents**
- [www.singlemom.com](http://www.singlemom.com) Provides resources for single mothers
- [www.swantimes.org/swanmom.html](http://www.swantimes.org/swanmom.html) Single Women’s Alliance Network (SWAN) provides support for single mothers and single mothers by-choice.
- [www.singlespouse.com](http://www.singlespouse.com) Provides resources for single parents
- [www.lighthousedad.com](http://www.lighthousedad.com) Provides resources for single fathers
- [www.parentswithoutpartners.org](http://www.parentswithoutpartners.org) Provides single parents and their children with an opportunity for enhancing personal growth, self-confidence and sensitivity towards others by offering an environment for support, friendship and the exchange of parenting techniques.

**Big Brothers Big Sisters**
223 East 30th Street
New York, NY 10016
(212) 686-2042
[www.bbs.org](http://www.bbs.org)
Offers mentoring and social relationship opportunities for children growing up with one parent

**Parenting Multiples**
- [www.manhattanmothersoftwins.org](http://www.manhattanmothersoftwins.org)
  Offers information and social networking for every possible issue facing nyc parents of twins
- [www.multiples.about.com](http://www.multiples.about.com) Current updates about parenting multiples

**LGBT Parents**
Lesbian, Gay, Bisexual, Transgender Center: Centerkids
208 West 13th Street
New York, NY 10011
(212) 620-7310
terryboggis@gaycenter.org
Offers support, guidance and groups for individuals and couples considering and preparing for parenthood. Also offers monthly social networking events, age-appropriate “family playdays,” playgroups, and networking opportunities.
- [www.gayparentmag.com](http://www.gayparentmag.com) Specialized publication for information on gay parenting.

**Older Parenting**
- [www.mothersover40.com](http://www.mothersover40.com) A source for information and support
- [www.plummagazine.com](http://www.plummagazine.com) An informative magazine for older parents
General Resources

92nd Street Y: Parenting Center
1395 Lexington Avenue
New York, NY 10128
(212) 415-5611
www.92y.org
Offers groups, specialized classes, speakers, networking, and information for all families

• www.gocitykids.com Timely information on schools, activities, and current kid events in NYC
• www.cap4kids.org Extensive resource guide for all types of parenting and parenting issues

Emergency Hotlines

LIFE NET
(800) LIFENET (543-3638)
Operated 24hrs/day, 7 days/week. Assists people who are experiencing a crisis.
Provides a prompt, professional response to callers in urgent need of psychiatric assistance.

Youth Hotline (NYC)
(800) 246-4646
Operates 24hrs/day, 7 days/week. Provides information about youth programs and provides crisis intervention and other services.

National Youth Crisis Helpline
(800) 999-9999
Operates 24 hrs/day, 7 days/week. Offers crisis intervention and referrals for youth and families nationwide. Connected to Covenant House, for runaway youth.
Child Abuse and Maltreatment Hotline
(800) 342-3720
Operates 24hrs/day, 7 days/week. Anonymous reporting of child abuse and neglect. If a child is in immediate danger, call 911.

Prevention Information and Parent Helpline
(800) 342-7472
Operates 24hrs/day, 7 days/week. Provides help for parents who need guidance and support by giving information and referrals.

New York Foundling Hospital Parenting Helping
(212) 472-8555
Operates 24hrs/day, 7 days/week. Provides assistance with parenting skills.
Will provide severely over-stressed families with temporary child care.

National Center for Missing and Exploited Children
(800) 843-5678

United States Missing Children Hotline
(800) 235-3535

National Sexual Assault Hotline
(800) 656-4673

Intimate Partner Violence
National Hotline for Domestic Violence
(800) 799-SAFE (7233)

New York City Domestic Violence Hotline
(800) 621-HOPE

Safe Horizon
(212) 577-7777
Provides innovative programs that offer support to victims of intimate partner violence.

The New York City Gay and Lesbian Anti-Violence Project
(212) 714-1141
Provides support, intervention and referrals for LGBT victims of intimate partner violence.
Juggling work and family responsibilities is not an easy matter. The degree to which each of us finds a healthy balance between the two affects our sense of satisfaction and fulfillment both on and off the job, and affects our performance in our professional and personal roles alike.

This booklet will help you to strike that balance with as much confidence and as little stress as possible.