**Youth and Young Adult Resource Guide**

**Assembled by:**

**Dana Saltarella, Case Manager- Long Island Coalition for the Homeless**

**(631) 464-4314 Ext: 142**

**Thanh Pham, Community Outreach and Support Specialist- Long Island Coalition for the Homeless**

**MENTAL HEALTH SERVICES**

**Youth and Family Counseling Agency of Oyster Bay**

**Description/Services:**

Supportive counseling for individuals, children, and families.

Services are offered in both English and Spanish

**Location:**

193A South Street Oyster Bay, New York (Nassau County)

**Eligibility/Cost:**

Medicaid and private insurance are accepted in many cases. Fees are based on a sliding scale.

**Contact Information:**

brakusin@yfcaoysterbay.org

**Mercy Medical Center**

**Description/Services:**

Young Adult Support Group - provides a support group for individuals age 18-40 years coping with cancer as well as therapeutic support and professional counseling. Call for an appointment

**Location:**

1000 North Village Avenue Rockville Centre, NY 11570 (Serves both Nassau and Suffolk)

**Eligibility/Cost:**

 Call for an appointment. Referral required.

**Contact Information:**

(516)705-1394

**Family and Children Association**

**Description/Services:**

 Pregnancy and Parenting Teen Support - The PACT program provides teens with opportunities for cultural and educational enrichment activities that can support the development of personal goals. Services: Prevention workshops, Assessments, Individual short-term counseling, Advocacy, Referral to other services

**Location:**

31 Main St. Hempstead, NY 11550 (Nassau County)

**Eligibility/Cost:**

Currently live in Nassau County, between the ages of 10 and 21, at risk of pregnancy, currently pregnant or parenting

**Contact Information:**

(516) 486-7690

Email: info@FCALI.org

**GUN VIOLENCE SERVICES**

**Family and Children Association**

**Description/Services:**

Services: Conflict mediation, Crisis intervention, Educational & Employment Assessment, Linkage to available resources

**Location:**

 31 Main St. Hempstead, NY 11550 (Nassau County)

**Eligibility/Cost:**

Individuals, ages 14-25, who are involved in high-risk activities, residents of the Village of Hempstead, individuals with current or former gang involvement or with a gun-related criminal history

**Contact Information:**

 (516) 486-7690

info@FCALI.org

**PHYSICAL/SEXUAL ABUSE SERVICES**

**EAC Network**

**Description/Services:**

The Suffolk County Child Advocacy Center at the Pat & Mary Bagnato Place for Kids - Provides a safe, child-focused setting for interviewing and examining child victims, improves investigations and prosecutions of child physical and sexual abuse cases, enhances interagency communication and cooperation, Provides the family with services and assists them throughout the investigative and legal processes

Services - Conflict mediation, Crisis intervention, Educational & Employment Assessment, Linkage to available resources

**Location:**

84-Wheeler Road Central Islip, NY 11722 (Suffolk County)

**Eligibility/Cost:**

 The Child Advocacy Center predominantly serves children from Suffolk County, N.Y.

Children who are identified as potential victims of physical or sexual abuse are directed to the Center by investigating officials.

**Contact Information:**

 (631) 439-0480

andrea.ramos-topper@eac-network.org

The Child Advocacy Center is open daily from 9 a.m. - 5 p.m. with evening and weekend hours as needed. Child Advocacy Center staff is on call 24 hours a day, seven days a week.

**REPRODUCTIVE AND SEXUAL HEALTH**

**Stony Brook University Hospital: Stony Brook Children’s Hospital Division of**

**Adolescent Medicine**

**Description/Services:**

Comprehensive Adolescent Pregnancy Prevention Program (CAPP) - A free and confidential program that offers a range of services to address the issues surrounding the reproductive and sexual health of young teens and young adults up to age 21 (including those with developmental disabilities).

**Location:**

 Stony Brook University Putnam Hall - Stony Brook Children's Hospital

Division of Adolescent Medicine, The Cody Center Room 177 (Suffolk County

**Eligibility/Cost:**

 Free of Charge

Young adults and teens up to age 21

**Contact Information:**

 (631)-632-3062

Maria.McCue@stonybrookmedicine.edu

**Stony Brook Children’s Hospital**

**Description/Services:**

Adolescent HIV program - A comprehensive program designed to meet the medical and mental health needs of teens and young adults ages 13-24 that are HIV positive

**Location:**

 Stony Brook Children's Hospital, HSC Level 2 Room 142C

Stony Brook, NY 11794-8224 (Suffolk County)

**Eligibility/Cost:**

Teen and young adults up to age 25, Insurance accepted (Medicaid, Medicare, Private Insurance)

**Contact Information:**

 (631)444-2501

daniel.matos@stonybrookmedicine.edu

**Circulo De La Hispanidad**

**Description/Services:**

We provide prevention services, counseling, linkage and retention to care, support groups, outreach, HIV testing, peers training, and transportation. The program provides services in a non-judgmental, culturally and linguistically appropriate methodology. Bilingual staff provide a range of supportive programming and ancillary services helping individuals to access needed support and resources.

**Location:**

605 Peninsula Boulevard, Hempstead, NY 11550

91 North Franklin Street, Suite 200 Hempstead, NY 11550

26 W Park Ave Ste. B Long Beach, NY 11561

(Nassau County)

**Eligibility/Cost:**

 Please call 516-292-2433 for more information

**Contact Information:**

 (516) 292-2433

Cesar Nuesi

**EOC of Suffolk**

**Description/Services:**

Transportation services for people living with HIV, community outreach services, individual/group level interventions, linkage to mental health services, linkage to substance abuse services, health and wellness education, referral for testing, navigate housing application and services

**Location:**

 31 West Main Street, Suite 300 Patchogue, NY 11772

48 Cedar Rd # D, Amityville, NY 11701

(Suffolk County)

**Eligibility/Cost:**

 People living with HIV

**Contact Information:**

 631-968-8000

Kristina Kross

**Planned Parenthood**

**Description/Services:**

Abortion services, birth control, HIV testing, men’s health care, morning-after pill, pregnancy testing and services, std testing/treatment/vaccines, women’s health care

**Location:**

 Various locations in Nassau and Suffolk County -

Hempstead, Glen Cove, Patchogue, Huntington, Smithtown, Massapequa, West Islip

**Eligibility/Cost:**

Teen Clinic Fridays – come for free or low-cost services. Walk in’s and appointments welcome. Every Friday 4-6pm (Hempstead; check other locations for hours)

Book online for select services (see planned parenthood website for various locations) or call for full set of services. Translation services are available.

**Contact Information:**

 516-750-2500 (call to book for full set of services)

**GENERAL HEALTH**

**American Cancer Society – Eastern Division**

**Description/Services:**

Provides free education programs for adults and youth in the areas of breast cancer, skin cancer, testicular cancer, prostate cancer, colorectal cancer, lung cancer, and nutrition.

**Location:**

 75 Davids Drive, Hauppauge, NY 11788 (Suffolk County)

**Eligibility/Cost:**

 Ages 6-18, application and physician approval required.

**Contact Information:**

SylviaA.Diaz@cancer.com

**Zucker School of Medicine**

**Description/Services:**

Run by students of the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, with the support of onsite faculty-physicians, the Zucker School of Medicine Free Clinic offers annual physicals, sick visits, blood work, electrocardiograms and additional primary care services for patients in need, including referrals to other low or no-cost specialists. The clinic is located close to Long Island Jewish Forest Hills (part of management and emergency care.

**Location:**

 95-25 Queens Blvd, Rego Park, NY 11374

(located in Queens County) 30 minutes from Hofstra University

**Eligibility/Cost:**

 You must be 18 or older to qualify for services.

All services provided are free of charge. The only fee you may incur is for prescription medication, but we are mindful of cost when choosing which medications to prescribe.

**Contact Information:**

 (631) 393-5650

Call during 9am-5pm business hours to schedule an appointment

Clinic Hours: Monday evenings from 6pm-9pm

**HRHCare**

**Description/Services:**

HRHCare Services provides a myriad of health services. Services included at HRHCare include medical, dental, women’s health and behavioral health. There are additional services that HRH provides but are limited to the location of the facility. This service will not turn anyone away who is seeking medical attention. They accept health insurance, but you also do not need to have insurance to seek treatment.

For your first appointment: Bring photo ID, medications and dietary supplements, and any medical history.

**Eligibility/Cost:**

If you have health insurance bring your health insurance card and copay. If you do not have health insurance, bring proof of income such as a W2 or pay stub. For individuals without insurance, proof of income allows them to charge you based on a sliding scale.

**Scheduling Appointments**

- You can schedule an appointment online! Just check out this website: <https://www.hrhcare.org/appointments/>

- You can call the number 1-844-HRH-Care

**LEGAL/IMMIGRATION SERVICES**

**Hofstra University, Maurice A. Deane School of Law**

**Description/Services**

Pro Se Legal Assistance Program - The Hofstra Program provides free information, advice, and limited scope legal assistance to non-incarcerated pro se litigants who have filed, or intend to file, a civil case in the Central Islip Eastern District of New York federal court.

**Services provided:**

Explaining federal court rules and procedures, providing brief legal counseling, advising you about potential federal claims prior to filing suit, reviewing and editing draft pleadings and correspondence with the Court.

**Location:**
 U.S. District Court, Eastern District of New York

Long Island Courthouse, Room 124B

100 Federal Plaza, Central Islip, NY 11722

(Nassau County)

**Eligibility/Cost:**

If you want to meet with a lawyer from the Pro Se Legal Assistance Program, you can stop by the office during office hours to fill out an intake form or email us at PSLAP@hofstra.edu or call us at 631-297-2575 and provide us with your contact information. We make every effort to contact you back within three (3) business days in order to schedule an appointment.

**Contact Information:**

 631-297-2575

PSLAP@hofstra.edu

Hours - Mondays, Tuesdays, and Wednesdays

10:00 a.m. – 12:30 p.m.

2:00 p.m. – 4:30 p.m.

Closed on federal and court holidays

**Hofstra University, Maurice A. Deane School of Law – The Gitenstein Institute**

**for Health Law and Policy**

**Description/Services:**

Medical-Legal Partnership between Hofstra Law School - Hofstra Law School and Northwell Health have teamed up to deliver legal services to patients in our community. Working together, we can give you the legal care you need. That legal help can even improve your health.

Here are just some ways our lawyers may be able to help you:

Housing (eviction, foreclosure, repairs to unsafe or unhealthy housing conditions), Benefits (health insurance, food stamps, social security/SSI, unemployment, veterans’ benefits), Immigration (deportation, green cards, citizenship, asylum/refugee status, work authorizations) Employment (discrimination, accommodations), School (special education services, school discipline – for students with disabilities only)

**Location:**

 121 Hofstra University, Hempstead, NY 11549 (Nassau County)

**Eligibility/Cost:**

Free of charge. Our lawyers work for you and they will not tell others what you tell them unless you consent

**Contact Information:**

 516.463.6103

gitenstein@hofstra.edu

**Catholic Charities**

**Description/Services:**

New York Services to At-Risk-Youth (NYSARY) - This program provides comprehensive support and case management services for at-risk youth, with a focus on unaccompanied children entering the United States and living in Nassau and Suffolk counties.

Our services include: medical and mental health support, addiction treatment, trauma and family counseling, English language instruction, and other community-based support services.

**Location:**

90 Cherry Lane, Hicksville, NY 11801

**Eligibility/Cost:**

Any immigrant is eligible to receive services, regardless of status, documentation, or national origin. Fees are based on ability to pay for some essential services.

FOR NYSARY: Young people, ages 13 through 18 years of age who reside in Nassau and Suffolk Counties and who are recent arrivals to the United States are eligible

**Contact Information:**

 516-733-7000

**SEPA Mujer**

**Description/Services:**

Equipped with a legal assistance program and provides services to the Latino population. The main focuses of this organization are to address gun violence, domestic abuse, human trafficking, sexual assault, stalking, labor exploitation and more. This organization also works with individuals to get their U-Visa or T-Visa. Both visas provide immigration relief to victims of crimes. This organization also has the program GIRLS A.C.T., in combination with the Suffolk County Department of Labor. This program allows female youth to work alongside SEPA Mujer Staff during the summer.

Check out this website to learn more about GIRLS A.C.T.: <https://www.sepamujer.org/girls-act-latina-youth-program.html>

**Location:**

45 Oak Street, Patchogue, NY, 11772

**Contact:**

 (631) 980-2555 or email sepamujer.org

Suffolk County Housing Resources

* **Hope for Youth**- Homeless Youth and Young Adult Shelter

Youth and young adults can stay for up to 60 days and work with counselors to figure out next steps. Check out the website! <https://hfyny.org/youth-shelter-program/>

Ages 12 to 20

(516) 659-0923

 - **Mercy Center-** Homeless shelter for single, pregnant or parenting female youth

This program helps by giving young women the ability to go to school, find a job, have counseling and learn independent living skills.

Ages 16 to 21

Call directly for more information and to set up an interview!

 (631) 758-7616

 Check out the website! <https://www.mercycenterministries.org/mercy-center.html>

 - **Mercy House-** Residence for single, pregnant or parenting female youth.

 Ages 18 to 23

 Call directly for more information and to set up an interview!

 (631) 563-0454

 Check them out on the web! <https://www.mercycenterministries.org/mercy-house.html>

- **Timothy Hill-** This is a faith-based residential program for youth to focus on vocational

training, education and independent living skills. This residential program provides services for youth and young adults ages 11 to 24. Head over to your local Department of Social Services to see if you can get placed there! If you want more information, email the program director Laura Murdocco: lmurdocco@timothyhill.org and check out their website! <http://www.timothyhill.org/ranch-at-riverhead>

* **Department of Social Services**

Open 8am to 3pm

Locations:

1. 2 S. 2nd Street, Deer Park, NY: (631) 854-6600
2. 200 Wireless Boulevard, Hauppauge, NY: (631) 853-8714
3. 3085 E. Veterans Memorial Highway, Ronkonkoma, NY: (631) 854-9700
4. 893 E. Main Street, Riverhead, NY: (631) 852-3500
5. 80 Middle Country Road, Coram, NY: (631) 854-2300
* **Department of Social Services Emergency Services (Nights, Weekends and Holidays)**

Any time after 4:30pm

(631) 854-9100

Resources for Pregnant or Parenting Youth

* **Mercy Residence**- Shelter for single, pregnant or parenting female youth. Female youth will receive case management, counseling services and the ability to continue furthering their education.

Ages 16 to 21

Call (631) 363-6009 to set up an interview!

Check out the website! <https://www.mercycenterministries.org/mercy-residence.html>

* If you or someone you know is feeling alone or overwhelmed after your pregnancy, give this organization a call and they will provide counseling services.

**AMT Children of Hope Foundation Safe Haven**

**1-877-796-4673**

* **WIC**- Stands for Women, Infant, Children and is a special Supplemental Nutrition Program. Participants in WIC have access to several resources, including health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more.

**Follow this website to see if you are eligible**!

<https://www.suffolkcountyny.gov/Departments/Health-Services/Patient-Care/WIC-Program>

\*If you meet eligibility criteria

**Suffolk County Department of Health Services**

Patient Care Services

3500 Sunrise Highway, Suite 124

P.O. Box 9006

Great River, NY, 11739

Resources for a Place to Live

* If you are employed and want to explore living on your own here are some websites to check out! Your local library should allow you to access a computer.
* <https://www.roomster.com/>
* <https://www.spareroom.com/roommates>
* <https://www.zillow.com/>
* <https://longisland.craigslist.org/>
* **Things to think about:**
* **Safety is the Number One Important Factor**
* Can I stay with any friends until I figure out next steps?
* Can I move to a different state where I have family?

Know your Educational Rights

- **The McKinney-Vento Act** was established for children and youth in temporary housing. The McKinney-Vento Act allows youth to stay in the same school, including pre-k, and get free transportation even if it across district lines.

\* Immediately enroll in school without records (school records, medical records, vaccination records, proof of residency.

\* Participate fully in school activities, including before- or after-school activities

\*\*For more information, check out the website: <https://nysteachs.org/> or call the Toll-free number (800) 388-2014

Resources for Education and Employment

* Understand your rights as a youth or young adult! Learn how many hours a week you can work, types of places that will employ a youth or young adult and how much you should be earning! You can begin working before you’re 14 years old delivering papers and babysitting. By age 14 and 15 you can begin working in a variety of different places! Check out this website:

<https://www.youthrules.gov/>

* **Job Corps**- Campus style education and employment training

<https://www.jobcorps.gov/recruiting/enrollment-interest>

(800) 733-JOBS

(800) 733-5627

Resources for Birth Certificate and Social Security Card

* Birth Certificates cost approximately $53 to replace and can be done online through:

<https://www.ny.gov/services/get-copy-birth-certificate#how-to->

Toll Free Number: 1-877-854-4481

* **Social Security Administration- Drop by one of these offices to obtain your Social Security -Card free of charge**

General Number: 1-800-772-1213

* Melville: 1121 Walt Whitman Road, Suite 201, Melville, NY
* Patchogue: 75 Oak Street, Patchogue, NY
* Riverhead: 526 East Main Street, Riverhead, NY
* West Babylon: 510 Park Avenue, West Babylon, NY

Resources for Individuals with a Learning Disability

* **Suffolk County Office for People with Disabilities**

(631) 853-8333

* **Office for People with Developmental Disabilities-** The Front Door. Learn about services that you can be eligible for.

1-866-946-9733

Resources for Food Pantries and Soup Kitchens

* **Long Island Cares, Inc**- Check out this website for a full list of food pantries and soup kitchens in your area.

<https://www.licares.org/find-help/food-locator/>

* **Long Island Harvest**- Check out this website for a list of food pantries

<https://www.islandharvest.org/find-help/find-a-food-pantry>

Resources for Places to Shower

* Keep an eye out for local gyms and free trial memberships
* Emergency shelters can provide you with a place to shower
* In warmer weather, beaches and campgrounds can provide outdoor showers

Resources for Obtaining and ID Card

* To obtain an ID Card, you will have to go to the Department of Motor Vehicles. They have all the necessary forms that need to be filled out before obtaining your ID Card.
* **To obtain an ID card, your first step is making sure you have all the documentation you will need.**
1. Items you will need:
* Proof of Social Security- Social Security Card
* Proof of Date of Birth, U.S. Citizenship or Lawful Status- Birth Certificate
* Proof of Date of Birth, U.S. Citizenship or Lawful Status- U.S. Passport or Passport Card
* Proof of Date of Birth, U.S. Citizenship or Lawful Status- Unexpired Permanent Resident Card I-551 (If you have immigrated to this Country)
* Proof of Date of Birth, U.S. Citizenship or Lawful Status- Foreign Driver’s License with Photo- Must be current or expired no more than 2 years (If you have immigrated to this County)
* 2 Proofs of Residency: Bank Statement, Cancelled Check, Utility Bill
1. ID Cards are issued through the Department of Motor Vehicles, an application will need to be filled out for the ID Card and forms are available when you get to the DMV
2. The cost of a Non- Driver’s License ID Card is $13

Resources If You or Someone You Know is Experiencing or Fleeing Domestic Violence or Abuse

\*\*Domestic Violence doesn’t always look how society thinks it looks. If believe you or someone you know is experiencing some form of domestic/dating violence (partner, family members, caretakers), call the numbers listed below\*\*

* **Brighter Tomorrows, Inc**.- This is a 24-Hour Hotline. This organization is for both Nassau County and Suffolk County.

(631) 395-1800

Resources for the LGBTQ+ Community

* **Pride for Youth**- They have a great community of Individuals

(631) 940-1964

628 Long Island Avenue, Deer Park, NY, 11729

1. **MpowermentLI**- Open to all gay, bisexual, queer men, as well as transgender individuals ages 17 to 30. Music, food and meet new people! Happening every Tuesday and Thursday from 4pm to 8pm.

2) **HIV Testing**- Monday through Friday from 11am to 8pm. Walk-in or schedule an

 Appointment.

 Takes 30 minutes or less!

 3) **Individual and Family Therapy**- Available to gay, bisexual, queer men, as well as

 transgender individuals up to age 30. These services are free and confidential.

 \*\*Provides case management services to individuals up to 30 years old! Call for more details\*\*

 - **LGBT Network-** Very helpful and easy to talk to!

 Multiple Locations:

 **Hauppauge Center:** 125 Kennedy Dr, Ste 100, Hauppauge, NY, 11788

 (631) 665-2300

 **Hamptons Center:** 44 Union Street, Sag Harbor, NY, 11963

 (631) 899-4950

 **Queens LGBT Center:** 37-18 Northern Blvd, Ste 107, Long Island City, NY, 11101

 (718) 514-2155

 They offer so many services to the LGBT Community!

1. Free/confidential Rapid HIV Testing. There are weekly drop-in hours and appointments can be made.
2. Free STD Screenings. There are weekly drop-in hours and appointments can be made.
3. Mental Health Counseling, Individual, Couple and Family. Youth get counseling for Free!
4. Youth Drop-In Hours to have a safe space to hang out with friends and do homework
5. LGBT Youth Social “OUTlet.” This is a fun night out for ages 13-24 with FREE TRANSPORTATION.

\*\*For additional information about the services the LGBT Network provides, check out their website! <https://www.lgbtnetwork.org/>

Cell Phones!

- **Assurance Wireless**, a federal Lifeline Assistance program brought to you by Virgin Mobile. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria and is non-transferable. You may qualify based on household income or if you or a member of your household participates in certain public assistance programs like Medicaid, Food Stamps/SNAP or SSI. You may need to provide proof of income or proof of program participation. The Lifeline Assistance program is available for only one wireless or wireline account per household. Separate households that live at the same address are eligible, including residents of homeless shelters and nursing homes. Residents with temporary addresses are also eligible.

 Check out their website! <https://www.assurancewireless.com/lifeline-services/what-lifeline>

Nassau County Housing Resources

* **Nassau Haven- Runaway and Homeless Youth and Young Adult Shelter and Safe Haven**

Call directly and a staff member will do a brief intake

Check out the website! <https://fcali.org/programs-services/residential-care/emergency-youth-shelter>

Ages 10-20

(516) 221-1310

 - **Walkabout for Men and Women- Transitional Living Program**

Call directly and a staff member will do a brief intake

 Ages 16-23

 (516) 379-8251

* **Department of Social Services**

60 Charles Lindbergh Boulevard, Uniondale, NY

Open 8am-4pm

(516) 227-7525

* **Department of Social Services Emergency Services (Nights, Weekends, and Holidays)**

Any time after 4pm

(516) 573-8626

Resources for Pregnant or Parenting Youth and Young Adults

* **Momma’s House**- This is an emergency shelter for women who are pregnant or parenting.

Ages 18 to 24- For this housing option, the **Department of Social Services will place you there.**

Check out their website! <http://mommashouse.org/>

**- Catholic Charities- Regina Residence**- provides a safe space for 10 pregnant or parenting

mothers. It provides structure to allow women to continue their education and learn independent living skills. This opportunity is for youth aged 18+.

For more information call Regina Residence directly at (516) 223-7888

Check out their website! <http://www.catholiccharities.cc/our-services/regina-maternity-services>

* **WIC**- Stands for Women, Infant, Children and is a special Supplemental Nutrition Program. Participants in WIC have access to several resources, including health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more.

**Follow this website to see if you are eligible**!

<https://www.nassaucountyny.gov/3565/WIC>

\*If you meet eligibility criteria

**Nassau County Department of Health
WIC Administrative Office**

200 County Seat Drive, Mineola, NY 11501
Phone: 516-227-9453

Andrea Gatewood, R.N. WIC Director
Varona McCall, R.N. Breastfeeding Coordinator
Rosemary Flynn, R.D. Nutritionist Coordinator

**GLEN COVE WIC**

Planned Parenthood Nassau County
Glen Cove Center at 110 School Street
Glen Cove, New York 11542

Phone 516-571-1942 Fax: 516-571-8027

Open Every Tuesday 11:00 AM-6:45PM
Open Every Thursday 8:30 AM-4:15PM
Closed Monday, Wednesday and Friday

**HEMPSTEAD WIC**

160 North Franklin Street., Hempstead, NY 11550
Phone: 516-571-1942 Fax: 516-572-0942
Monday, Wednesday, Thursday and Friday
8:00 AM - 4:15 PM
Tuesday 11:00 AM - 6:45 PM

* If you or someone you know is feeling alone or overwhelmed after your pregnancy, give this organization a call and they will provide counseling services.

**AMT Children of Hope Foundation Safe Haven**

**1-877-796-4673**

Resources for a Place to Live

* If you are employed and want to explore living on your own here are some websites to check out! Your local library should allow you to access a computer.
* <https://www.roomster.com/>
* <https://www.spareroom.com/roommates>
* <https://www.zillow.com/>
* <https://longisland.craigslist.org/>
* **Nassau Haven- Runaway and Homeless Youth and Young Adult Shelter and Safe Haven**

(516) 221-1310

* **Things to think about:**
* **Safety is the Number One Important Factor**
* Can I stay with any friends until I figure out next steps?
* Can I move to a different state where I have family?

Know your Educational Rights

- **The McKinney-Vento Act** was established for children and youth in temporary housing. The McKinney-Vento Act allows youth to stay in the same school, including pre-k, and get free transportation even if it across district lines.

\* Immediately enroll in school without records (school records, medical records, vaccination records, proof of residency.

\* Participate fully in school activities, including before- or after-school activities

\*\*For more information, check out the website: <https://nysteachs.org/> or call the Toll-free number (800) 388-2014

Resources for Employment

* **HempsteadWorks Career Center** (Ages 18 to 24)- For residents of Hempstead and Long Beach. Provides education, training, internships and job placements among just a few!

Contact Myesha Arvon

(516) 485-5000 Ext: 1130

* Understand your rights as a youth or young adult! Learn how many hours a week you can work, types of places that will employ a youth or young adult and how much you should be earning! You can begin working before you’re 14 years old delivering papers and babysitting. By age 14 and 15 you can begin working in a variety of different places! Check out this website:

<https://www.youthrules.gov/>

Resources for Birth Certificate and Social Security Card

* **Social Security Administration- Drop by one of these offices to obtain your Social Security Card free of charge**

General Number: 1-800-772-1213

\*Freeport: 84 North Main Street, Freeport, NY, 11520

\*Melville: 1121 Old Walt Whitman Road, Suite 201, Melville, NY, 11747

\*Mineola: 211 Station Road, 5th Floor, Mineola, NY, 11501

 - **Birth Certificates cost approximately $53 to replace and can be done online through:**

 <https://www.ny.gov/services/get-copy-birth-certificate#how-to->

 Toll Free Number: 1-877-854-4481

Resources for Individuals with a Learning Disability

* **The Viscardi Center- Abilities Inc.-** Can provide individuals with learning disabilities case management to help each person with training and job placements.

Contact Erika Wishin

Coordinator of Vocational Services

516-465-3779

ewishin@viscardicenter.org

* **Office for People with Developmental Disabilities-** The Front Door. Learn about services that you can be eligible for.

1-866-946-9733

Resources for Food Pantries and Soup Kitchens

* **Long Island Cares, Inc**- Check out this website for a full list of food pantries and soup kitchens in your area.

<https://www.licares.org/find-help/food-locator/>

* **Long Island Harvest**- Check out this website for a list of food pantries

<https://www.islandharvest.org/find-help/find-a-food-pantry>

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* Keep an eye out for local gyms and free trial memberships
* Emergency shelters can provide you with a place to shower
* In warmer weather, beaches and campgrounds can provide outdoor showers

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* **To obtain an ID card, your first step is making sure you have all the documentation you will need.**
1. Items you will need:
* Proof of Social Security- Social Security Card
* Proof of Date of Birth, U.S. Citizenship or Lawful Status- Birth Certificate
* Proof of Date of Birth, U.S. Citizenship or Lawful Status- U.S. Passport or Passport Card
* Proof of Date of Birth, U.S. Citizenship or Lawful Status- Unexpired Permanent Resident Card I-551 (If you have immigrated to this Country)
* Proof of Date of Birth, U.S. Citizenship or Lawful Status- Foreign Driver’s License with Photo- Must be current or expired no more than 2 years (If you have immigrated to this County)
* 2 Proofs of Residency: Bank Statement, Cancelled Check, Utility Bill
1. ID Cards are issued through the Department of Motor Vehicles, an application will need to be filled out for the ID Card and forms are available when you get to the DMV
2. The cost of a Non- Driver’s License ID Card is $13

Resources If You or Someone You Know is Experiencing or Fleeing Domestic Violence or Abuse

\*\*Domestic Violence doesn’t always look how society thinks it looks. If believe you or someone you know is experiencing some form of domestic/dating violence (partner, family members, caretakers), call the numbers listed below\*\*

* **The Safe Center LI**- This is a 24-Hour Confidential Hotline. Provides services to victims of domestic/dating violence, rape/sexual assault, child survivors of abuse and adult incest survivors. This organization is for Nassau County Residents. They will help direct Suffolk County Residents to the appropriate resources.

(516) 542-0404

* **Brighter Tomorrows, Inc**.- This is a 24-Hour Hotline. This organization is for both Nassau County and Suffolk County.

(631) 395-1800

Resources for the LGBTQ+ Community

* **Pride for Youth**- The have a great community of individuals.

(516) 679-9000

2050 Bellmore Ave, Bellmore, NY, 11710

1. **Coffeehouse** is a place for LGBTQ youth to socialize. Events are held (guest speaks, performers, drag nights). If you would like to participate in these events, you will need to go to a “New Participants Orientation Program,” to get to know the staff and the programs. There is also a counselor on call. The New Participants Orientation Program is every Friday at 8:15pm. (Up to Ages 21)
2. **HIV Testing-** Monday through Friday from 1pm to 8pm. Walk-in or appointment.

3)  **TransAction**- Safe space for individuals who identify as transgender or non-binary.

 Individuals questioning their identity are also welcome. Every Tuesday from 4pm to 8pm.

1. **Individual and Family Therapy**- Available to gay, bisexual, queer men, as well as

transgender individuals up to age 30. These services are free and confidential.

 \*\*Provides case management services to individuals up to 30 years old! Call for more details\*\*

 - **LGBT Network-** Very helpful and easy to talk to!

 Multiple Locations:

 **Hauppauge Center:** 125 Kennedy Dr, Ste 100, Hauppauge, NY, 11788

 (631) 665-2300

 **Hamptons Center:** 44 Union Street, Sag Harbor, NY, 11963

 (631) 899-4950

 **Queens LGBT Center:** 37-18 Northern Blvd, Ste 107, Long Island City, NY, 11101

 (718) 514-2155

 They offer so many services to the LGBT Community!

1. Free/confidential Rapid HIV Testing. There are weekly drop-in hours and appointments can be made.
2. Free STD Screenings. There are weekly drop-in hours and appointments can be made.
3. Mental Health Counseling, Individual, Couple and Family. Youth get counseling for Free!
4. Youth Drop-In Hours to have a safe space to hang out with friends and do homework
5. LGBT Youth Social “OUTlet.” This is a fun night out for ages 13-24 with FREE TRANSPORTATION.

\*\*For additional information about the services the LGBT Network provides, check out their website! <https://www.lgbtnetwork.org/>

Cell Phones!

- **Assurance Wireless**, a federal Lifeline Assistance program brought to you by Virgin Mobile. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria and is non-transferable. You may qualify based on household income or if you or a member of your household participates in certain public assistance programs like Medicaid, Food Stamps/SNAP or SSI. You may need to provide proof of income or proof of program participation. The Lifeline Assistance program is available for only one wireless or wireline account per household. Separate households that live at the same address are eligible, including residents of homeless shelters and nursing homes. Residents with temporary addresses are also eligible.

 Check out their website! <https://www.assurancewireless.com/lifeline-services/what-lifeline>