

Connections 2012

A guide for formerly incarcerated people to information sources in

New York City

and

The Job Search

edited by Nick Higgins



New York
Public
Library

About This Directory

The purpose of Connections is to help match pre-release and recently released prisoners with helpful resources available to them in New York City.

Every agency listed in Connections has been personally contacted in order to provide you with current and relevant information. Please be advised that this information may change, so please ask questions to the agency you contact in order to get the most up to date information on services. We have tried to standardize all the addresses so it will be easier for you to know where to write for more information. All agencies in Manhattan are written as "New York, NY," Bronx as "Bronx, NY" and so on. In Queens, the US Post Office recognizes neighborhood names as proper addresses on any mail, so we include names of Queens neighborhoods in our listings in Connections.

Connections contains only a selective listing of resources in New York City. By reading this guide, we hope you are encouraged to explore further and to become aware of possibilities you might otherwise have overlooked. We have added agencies and services in Connections that we found relatively easy to contact, hoping that you will not be discouraged by wrong numbers or excessive phone transfers. As always, if you feel we have missed including a particularly valuable resource in Connections, let us know. If you represent an agency that would like to be included in Connections, please contact us.

Due to annual budget reductions, our print run is expected to shrink significantly. Therefore, if you are an agency working with formerly incarcerated people we ask you use the online pdf version of Connections (see below) with clients when possible rather than requesting bulk shipments of the book. If you have the means to do your own print run of Connections, we would be glad to provide you with the printable file. Additionally, if you have the means to translate Connections into another language, we would be happy to work with you.

If you are interested in donating any creative writing or art to Correctional Services, please send it our way. When possible we will post your work on our website. We will always get your permission before posting.

Connections can be found online at www.nypl.org/help/community-outreach/correctional-services-program

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Single copies of Connections are available free of charge to incarcerated and formerly incarcerated people throughout New York State, as well as to staff members of agencies and others who provide services to them. To defray mailing costs, however, non-New York State residents are asked to send \$15 per copy with their orders. Checks should be made out to The New York Public Library, and all requests sent to: Correctional Library Services, The New York Public Library, 455 Fifth Avenue, New York, NY 10016.

Many people have written asking for publications similar to Connections that cover areas of New York State outside of the City. We know of eight such guides:

Making Moves: Handbook for Ex-Offenders Returning to the Rochester and Monroe County Area 2009. Extension Outreach Department, Monroe County Library System, 115 South Avenue, Rochester, NY 14604. Online at: www3.libraryweb.org/central.aspx?id=78&terms=making+moves

Connections: A Guide to Transitional Services in Erie County 2011 (English and Spanish). Buffalo & Erie County Public Library, Institutional Services, 1 Lafayette Square, Buffalo, NY 14203. Online at: www.buffalolib.org/libraries/Institutional/index.asp

The Pioneer Library System publishes two Community Connections directories: Ontario/Wayne Counties and Livingston/Wyoming Counties. Contact Outreach Services, Pioneer Library System, 2557 State Route 21, Canandaigua, NY 14424, specifying which county you are returning to. Online at: www.pls-net.org/outreach/community

Finding Your Way Reentry Guide, Cayuga, Cortland, Seneca, Tioga and Tompkins counties. Online at: www.flis.org/outreach/exoffenders.htm#reentryguide

Hudson Valley Connections 2010 for Columbia, Dutchess, Greene, Putnam & Ulster Counties. Contact the Outreach Services Department, Mid-Hudson Library System, 103 Market Street, Poughkeepsie, NY 12601. Online at: www.midhudson.org/hvconnections

Coming Back to Ulster County 2007-2008. Restorative Justice Group of the Unitarian Universalist Congregation of the Catskills, 320 Sawkill Road, Kintson, NY 12401. Online at: www.uucckington.org/coming-back.html

On Your Own 2010-2011, Capital District. Center for Law and Justice, Pine West Plaza, Building 2, Washington Avenue Extension, Albany, NY 12205. Online at: www.cflj.org/resources-and-publications/resources/

Westchester Connections. Westchester Council on Crime and Delinquency, P.O. Box 3300, Mount Vernon, New York 10553
Online at: www.wccdnys.us/publications.htm

Acknowledgments

Connections and The Job Search was written by Stephan Likosky, former Correctional Services Librarian (Retired) for The New York Public Library. It was updated by Nick Higgins, current Correctional Services Librarian, Katie Banks, Laurie Drago, Emily Jacobson, Keisha Miller, Mariela Quintana, Madeleine Schwartz, Erica Scott, and Caitlin Wilson. The design and typography was created by Kara Van Woerden. Special thanks also to Cindy Martinez and the Library's Office of Publications and Graphic Design for their fine work in producing the booklet. A huge thanks to Jerry Bennet and his staff who are responsible for its distribution.

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The cover art of Connections is by Sarah Ball. Ms. Ball was born and raised in Los Angeles and now lives and works as a librarian in New York City. She is dedicated to supporting the literacy of people in prison and those returning home. Ms. Ball worked as a volunteer at the NY Public Library Correctional Services Program before landing a full time library job in Brooklyn. She enjoys drawing and is excited to progress from paper to skin by learning tattoo art.

The illustration work in The Job Search was drawn by Drew Hodges, a graduate of the School of Visual Arts.

We would like to thank all of the many individuals who have written to us in response to Connections 2011. We would also be interested in hearing your reactions to Connections 2012 and The Job Search. Write to: Correctional Library Services, The New York Public Library, 455 Fifth Avenue, New York, NY 10016. If you would like additional copies of the booklet, please write to this address.

We would like to continue changing the cover art of Connections each year. If you would like to donate your artwork for consideration for the cover, please send it our way. We will contact you if your artwork is chosen. Thank you.

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A journey is a person in

itself; no two are alike.

And all plans, safeguards,

policing, and coercion are

fruitless. We find that after

years of struggle that we

do not take a trip; a trip

takes us.

— John Steinbeck

Introduction

From a world where all decisions big and small are made for you, to a world where every day offers you hundreds of different choices ...

From the constant clanging of metal doors opening and shutting, keys in locks, and bells, to the sudden quiet of your own private space ...

From institutional drab to a world of Technicolor ...

From incarceration to freedom.

The first few weeks are the hardest — on this all formerly incarcerated people agree. The dreams and plans you’ve nourished inside don’t quite match the realities with which you are confronted. There are questions, anxieties: Where can I get a decent job? What’ll it be like living with my spouse again after so long an absence? Will my kids accept me? How easily will I be able to meet new people? Where can I go just to be left alone and sort things out? Am I strong enough to avoid being tempted by old destructive patterns?

Answers aren’t easy ...

One piece of advice, however, suggested by many formerly incarcerated people, never fails: proceed slowly. Take things step by step. First plan your priorities, devise a strategy, and then proceed. Don’t try to accomplish everything at once.

Take trying to find a place to stay, for example, or getting a job. These are top priorities for most formerly incarcerated people. Yet, given today’s rental and job markets, finding your own place, or a challenging and well-paying job, may not be easy. Maybe the first job you’re offered won’t be the one you’ve had in mind, but you’ll decide to take it anyway. It will help pay the rent and give you time to get established and readjust on a personal level. Later, when you’re “settled in” with family and friends and have made some good contacts, that will be the time to concentrate on hunting for a better position.

The return back to society is not easy for most formerly incarcerated people, and it may require lots of patience, endurance, and self-discipline. It may take having to make numerous phone calls, for example, and spending an entire day at various agencies just to get to the person you need. But don’t be discouraged. There are short-cuts.

Most important, try to get the name of a person you can

contact at the agency from a group that can refer you. Referral is a service that many groups offer. You should take advantage of it, because with the enormous amount of information and the great number of groups out there, it takes real skill for someone to match your needs with the appropriate service. And when a referral person calls an agency in advance to arrange an interview for you with a contact person, lots of time and unnecessary frustration are spared.

There will be difficulties, but remember, you are far more in control of your life now than you were before. So, take advantage. New York offers you a vast multitude of possibilities — if you take the challenge and plan carefully. There are lots of good people out there, people who can help you. We hope that this directory provides an important step toward reaching them.

Best of luck to you.

Between the wish and the thing the
world lies waiting.

— Cormac McCarthy



Organizations for Formerly Incarcerated People

Adjustment back to the community is a difficult process. Fortunately, various groups exist to make that transition a little bit easier. Some of the organizations, such as The Fortune Society, are operated largely by formerly incarcerated people and provide a wide range of important services. Other groups focus on one area: job assistance, counseling, helping people living with HIV/AIDS. In any case, DON'T DO IT ALONE. find a person you can connect with, a person who's been through it all, and who can lend a sympathetic ear as well as give meaningful advice on problems specific to someone coming back to the City from prison or jail.

THE FORTUNE SOCIETY

29–76 Northern Blvd., Long Island City (Queens), NY 11101

Telephone: 212.691.7554

www.fortunesociety.org

Fortune works to create a world where all who are incarcerated or formerly incarcerated can become positive, contributing members of society. We do this through a holistic, one-stop model of service provision that includes: Alternatives to Incarceration (ATI), drop-in services, employment services, education, family services, health services, housing services, substance abuse treatment, transitional services such as the Rikers Island Discharge Enhancement (R.I.D.E.) program, recreation, and lifetime aftercare.

Our service model is based on more than forty years of experience working with people with criminal records. We've found that without a solid foundation in core skill areas, too many of these individuals resort to the self-destructive choices that result in crime and incarceration. Our continuum of care, informed and implemented by professionals with cultural backgrounds and life experiences similar to those of our clients, helps ensure their success.

Fortune serves approximately 3,000 men and women annually via three primary New York City-area locations: our service center in Long Island City, and both the Fortune Academy (a.k.a. "the Castle") and Castle Gardens in West Harlem. Our program models are frequently recognized, both nationally and internationally, for their quality and innovation.

We invite you to contact us by phone or email, or to simply drop by our Long Island City Headquarters. Walk-in hours for potential or returning clients are Monday through Friday 8:00am-4:00pm. release planning that connects them to Fortune's services and others in the community.

Letters of Reasonable Assurance guarantee that The Fortune Society will be able to provide you with reentry services upon your release from jail or prison. You can request one by sending a letter to the following address:

Edward Hosek

c/o The Fortune Society

29-76 Northern Boulevard

Long Island City, NY 11101

RE: Letter of Reasonable Assurance

Fortune publishes a journal called the Fortune News (free to incarcerated people upon request). No legal services are offered at Fortune. Fortune serves people 16 and over. Spanish also spoken.

he Fortune Society's Housing Program provides stable and affordable housing for homeless, formerly incarcerated individuals.

The heart of Fortune's housing program is our residential facilities in West Harlem: the Fortune Academy and Castle Gardens. The Academy, which is fondly referred to as "the Castle" because of its appearance and scenic location overlooking the Hudson River, provides emergency and longer-term housing for 62 formerly incarcerated individuals. Castle Gardens – our new mixed-use, green, supportive and affordable residential community and service center – provides supportive and affordable housing and essential services at the same site, creating long-term housing solutions for homeless people with histories of incarceration and their families, as well as low-income individuals and families from West Harlem and the greater New York area. Fortune also operates several scattered site programs, an initiative through which we have developed relationships with NYC landlords and management companies in order to identify safe, affordable apartments for clients who are ready to live on their own.

THE OSBORNE ASSOCIATION

809 Westchester Avenue, Bronx, NY 10455

Telephone: 718.707.2600

175 Remsen Street, Suite 800, Brooklyn, NY 11201

Telephone: 718.637.6560

www.osborneny.org

The Osborne Association assists defendants, formerly incarcerated people on probation and parole, prisoners, and their families. It offers a wide range of educational, vocational, support and health services

inside and outside New York courts, prisons and jails, including court advocacy, intensive outpatient substance abuse services, walk-in harm reduction services, intensive HIV/AIDS case management and support for families.

Osborne's Prevention and Treatment Services provides support groups and low-threshold treatment, in English and Spanish, for those at risk for or coping with substance abuse, HIV/AIDS, hepatitis, tuberculosis, quitting smoking, and other health concerns. Acupuncture and medical testing are available on-site, and help accessing health insurance is provided. Assistance in accessing benefits, housing, and health care is provided. Individuals wishing to access any of these services will be matched with a caseworker. Osborne's El Rio program is a community-based addiction recovery and relapse prevention program for individuals mandated to treatment by the courts or community corrections agencies.

Osborne's Workforce Development programs offer comprehensive employment and training services to people with criminal records, including vocational and educational assessments, career counseling, job readiness workshops, resume preparation, skills enhancement (including GED prep and hard skills training), job search and placement assistance in the Green and Food Services sectors, with follow-up support to assist participants to adjust to workplace demands. Ask about the CHEF program for formerly incarcerated people wishing to enter the food services industry.

Parenting education classes, children's visiting centers, women's empowerment program and other family based programs are offered to help couples and families maintain relationships when a partner or parent is incarcerated. Check with the Transitional Services Center to determine if Osborne programs are available in your facility. For information on Osborne's Family Resource Center in Brooklyn, see the Counseling and Family Services chapter of this directory.

Upon written request, Osborne provides prisoners with letters of reasonable assurance. Spanish also spoken. Osborne's buildings are accessible to people with disabilities. Call ahead to determine what ID and documents to bring to your first visit. Call Mon.–Fri. 9–5.

EXODUS TRANSITIONAL COMMUNITY

2271 Third Avenue, 2nd Floor, New York, NY 10035

Telephone: 917.492.0990

www.etcny.org

Exodus began as a grassroots organization built on the notion that individuals released from prison cannot be released into mainstream society without any resources to support their transition. Participants set goals and develop plans to achieve those goals in employment, education, family/relationships, spirituality, health/physical fitness, and community involvement. Staffed mostly by formerly incarcerated people, Exodus provides intensive career training and placement services as well as life management training and support.

Support groups include the Addictive Personality Group and The Alternatives to Domestic Violence Program. The Exodus Fatherhood Initiative assists men who wish to strengthen family bonds over the course of a 12 week program cycle. Community mentors provide guidance with job hunting, transitional housing, community resources and general support.

Exodus will provide letters of reasonable assurance. You are also encouraged to come to a weekly orientation which starts on Mondays at 9 a.m. You will be able to learn about services and begin the re-entry program, where Exodus will begin addressing your needs and goals toward a path of success. Call ahead Mon.–Fri. 9–5 for more info.

GETTING OUT AND STAYING OUT (GOSO)

91 East 116th Street, New York, NY 10029

Telephone: 212.831.5020

www.gosonyc.org

Getting Out and Staying Out is dedicated to drastically reducing the recidivism rate for 18–24 year old men through purposeful education and directed employment. 80% of GOSO participants stay out of prison.

GOSO participants interact with the staff and volunteers of GOSO at three locations: Rikers Island, Upstate, and at GOSO Office.

During the young man's first visit to our office, we determine his immediate housing, counseling, and treatment needs. As appropriate, we refer the young man to agencies that can provide him with the comprehensive services he may need to establish stability in his life. These services might include mental health, drug treatment, anger management, and emergency housing.

NETWORK SUPPORT SERVICES

240 East 123rd Street, New York, NY 10035

Telephone: 646.335.0881

Network Support Services is a support program for individuals returning from New York State correctional facilities. The program focuses on re-entry services in the following areas: mentoring, job training/placement referrals, job readiness skills, educational assistance and health services referrals, including substance abuse treatment. Network Support Services offer group and/or individual therapy to people dealing with re-entry stress, alcohol or substance abuse issues and anger management problems. Weekly support meetings at five sites are led by formerly incarcerated men and women, all of whom are trained in the Network format. Call Mon.–Fri. 9–5 or write for more information.

LANDING STRIP SUPPORT MEETINGS (ALTERNATIVES TO VIOLENCE PROJECT, NY STATE)

AVP/NY MAIN OFFICE

27 William St.

Auburn, NY 13021

Telephone: 800.909.8920

www.avpny.org

The Alternatives to Violence Project is a grassroots, volunteer program dedicated to reducing violence in our lives, in our homes, in our schools, in our prisons, in our streets and in our society. The Alternatives to Violence Project provides a space for us to practice transforming conflict into win-win outcomes. No one loses. Conflict becomes an opportunity for greater understanding, an opportunity to deepen relationship.

AVP offers experiential workshops that take place in prisons, schools and communities. Workshops are typically 23 hours over three days.

Community workshops typically begin on a Friday afternoon or evening and run through the weekend. Call or write to find a workshop in your area. AVP offers three levels of workshops: Beginner, Advanced, and a special training for facilitators.

CENTER FOR ALTERNATIVE SENTENCING AND EMPLOYMENT SERVICES (CASES)

346 Broadway, 3rd Floor, New York, NY 10013

Telephone: 212.732.0076

www.cases.org

CASES is an alternative-to-incarceration (ATI) organization providing security and supervision to over 10,000 people each year. Their focus is on re-integration into society, addressing the economic, educational, health and other social factors that underlie repeated criminal behavior. The Day Custody Program is a sentencing alternative for people with multiple misdemeanor convictions. It involves three days of jail in Manhattan, performing community service and receiving services and referrals, with follow-up. The Nathaniel Project is a two-year ATI program for people diagnosed with mental illness who have been sentenced for a felony. Many more programs are offered including services for court involved youth. In the case of technical parole violators who have been re-incarcerated, CASES works to restore parole status and connect individuals to services. Participation in CASES programs is court-mandated: individuals are encouraged to inform their counsel about the alternative sanctions CASES provides. For more information call or visit their website. Accessible to people with disabilities. Call Mon.–Fri. 9–5.

exalt youth

175 Remsen Street, Suite 1000, Brooklyn, NY 11201

Telephone: 347.381.8100

www.exaltyouth.org

Exalt Youth is an internship program for court-involved youth aged 15-19. The five month involvement includes internship training followed by an internship, for which the youth receives a stipend. After completion of the program, the young man or woman remains involved with Exalt, which can provide services for court and for school. Can be referred by a judge, parole officer, or self-referred. Must have Social Security. Call 9-7, Spanish also spoken.

EXPONENTS, INC.

151 West 26th Street, 3rs Floor, New York, NY 10001

Telephone: 212.243.3434 or 800.673.7370

www.exponents.org

Exponents is a non-profit dedicated to improving the lives of individuals affected by drug addiction, HIV/AIDS, and other illnesses, as well as incarceration. ARRIVE is their two-month recovery program offering life skills building, training and support services. The The Second Chance Initiative is a mentoring program designed to assist with the transition from incarceration to the community. Exponents offers many more programs aimed at getting you back on your feet with such things as housing, medical care, addiction treatment, etc. Reach out to this wonderful organization with any questions. Can provide letters of reasonable assurance. Spanish also spoken. Hours are Mon. - Fri., 9-7

CENTER FOR COMMUNITY ALTERNATIVES

39 West 19th Street, 10th Floor, New York, NY 10011

Telephone: 212.691.1911

25 Chapel Street, 7th Floor, Brooklyn, NY 11201

Telephone: 718.858.9658

www.communityalternatives.org

For adults and adolescents, The Center for Community Alternatives serves people who are involved in the criminal and juvenile justice systems. It provides ATI programs, referral, education, and support services for HIV positive people, as well as an HIV/AIDS harm-reduction program specifically for women. CCA provides client-specific planning and defender-based advocacy. The many services CCA offers also includes a threrapy program for children of incarcerated parents. Can also provide referrals and assistance accessing housing entitlements. An employment service for women includes employment readiness training and placement. Call Mon.-Fri. 9-5; Manhattan office open Mon.-Thu. 9-7. Spanish spoken.

COMALERT

KINGS COUNTY DISTRICT ATTORNEY'S OFFICE

210 Joralemon Street, 3rd Floor, Brooklyn, NY 11201

Telephone: 718.250.3281

www.brooklynnda.org/barrier_free_justice/ca/comalert.htm

Part of the Brooklyn DA's office, COMALERT is a re-entry program for Brooklyn residents on parole or probation, offering a wide variety of services under one roof: drug and alcohol counseling, job training, literacy instruction, GED and college preparation, and more. Referrals to assistance with transitional housing and job placement are available, plus help accessing medical care and health insurance. Must be referred by your parole officer. Ask about Girls Re-entry Assistance Support Project (GRASP). GRASP is a faith based mentoring and services initiative for young women aged 13-18 returning to Brooklyn or Staten Island. Call Mon.-Thu. 9-8; Fri. 9-5. Spanish also spoken For GRASP, contact Debroah Lashley at 718.250.3804.

TRINITY COMMUNITY DEVELOPMENT AND EMPOWERMENT GROUP

Prison Re-Entry Program

119 Schaefer Street, Brooklyn, NY 11207

Telephone: 347.529.1875

www.trinitycdeg.org

This re-entry program focuses on employment, creating businesses to help employ formerly incarcerated individuals, setting up trainings for certifications, helping get people medical insurance, food and clothing help, MetroCard assistance, driver's license help, GED prep and more. Contact Minister Christopher Lundy.

COMING HOME PROGRAM

Center for Comprehensive Care, Morningside Clinic St. Luke's

390 West 114th Street, 3rd Floor New York, NY 10025

Telephone: 212.523.6500 or 212.523.6941

For individuals coming home from prison/jail, or for people who are already home who have any chronic illness. The Center provides Primary Health/Med Care, OB/Gyn, Mental Health Treatment, Dental Care, Case Management and Social Services, Legal Services, Support Groups, Yoga/Massage/Acupuncture and much more. Call for an appointment. No medical insurance required.

BOWERY RESIDENTS' COMMITTEE INC. SPAN PROGRAM (BRC)

500 Bergen Avenue, Bronx, NY 10455

Telephone: 718.590.1235

www.brc.org/programs_discharge_planning.php

Provides outreach, referrals and discharge planning to people recently discharged from New York State or New York City correctional facilities, specializing in services to people who received mental health care treatment while incarcerated. The Discharge Planning team connects individuals with medical and support services and helps them access entitlements. Medication Grant Program Cards, which can be used at many pharmacies in New York City, are dispensed to individuals in need of medication who qualify. To access the Medication Grant Program you must report to SPAN within seven days of release; for SPAN's comprehensive discharge planning services you must report within thirty days. For New York City residents 18 and over only. Drop in or call for more information; SPAN cannot answer personal letters.

For services in other boroughs, call:

MANHATTAN SPAN at 212.732.7906

BROOKLYN SPAN at 718.625.9736

QUEENS SPAN at 718.786.7573

HOWIE THE HARP ADVOCACY CENTER

THE S.T.A.R. PROJECT

2090 Adam Clayton Powell Jr. Boulevard, 12th Floor,

New York, NY 10027

Telephone: 212.865.0775

The S.T.A.R. Project offers two programs for people with mental illness who have a history of incarceration. The Forensic Peer Specialist Program trains participants to be peer counselors, while the Assisted Competitive Employment Program targets those with work experience and offers eight weeks of job-readiness training for work in the human services field. Call or walk in Mon.–Fri. 9–5, or write for pamphlet.

BLACK VETERANS FOR SOCIAL JUSTICE, INC.

665 Willoughby Avenue, Brooklyn, NY 11206

Telephone: 718.852.6004

www.bvsj.org

Assists veterans and their families in areas such as housing, employment, VA benefits, and upgrading discharges. Makes referrals to shelters. Must have DD214 military discharge papers (can assist veterans in acquiring this documentation). Call Mon.–Fri. 9–5 or write for more information. Spanish also spoken.

FIFTH AVENUE COMMITTEE

DEVELOPING JUSTICE IN SOUTH BROOKLYN PROJECT

621 DeGraw Street, Brooklyn, NY 11217

Telephone: 718.237.2017

www.fifthave.org

A program designed to help formerly incarcerated people who live in or are returning to South Brooklyn: Park Slope, Gowanus, Prospect Heights, Carroll Gardens, Red Hook or Sunset Park. Provides walk-in support to individuals on parole or probation or who have a pending criminal case, utilizing the job development, vocational training, housing assistance, peer counseling and community organizing resources of the Fifth Avenue Committee. Organizes regular Community Justice Workshops on a range of topics aimed at people with friends and family in prison. Also does advocacy work in the community on criminal justice and drug law reform issues. Call Mon.–Fri. 9–5. Spanish also spoken.

FRIENDS OF ISLAND ACADEMY

255 West 36th Street, 6th Floor, Manhattan 10018

Telephone: 212.760.0755

www.foiany.org

A community-based organization that serves young people ages 16–24 who have been involved with the criminal justice system and are returning to New York City. Among its many services are counseling, leadership training, alternative education (including GED preparation,) a pre-employment workshop, and job placement. FOIA offers fatherhood programs for both young men (16–24) and adults (25 and older). Must be referred. Call for more information, Mon.–Fri. 9–5. Spanish also spoken.

CMO NETWORK

1040 First Avenue, Suite 276, New York NY 10022

Telephone: 646.597.8411

wwwcmo-network.org

At CMO Network, we focus not on prisoner re-entry, but on reintegration: that is, reintegration with family, the workforce, and the community. We empower our participants to overcome the many barriers in the road to successful reintegration by teaching them how to obtain employment, to become financially stable, to protect themselves legally, and to avoid the thinking and behavior that got them into trouble in the first place.

CMO Network utilizes a holistic reintegration approach, providing group support meetings in anger management and substance abuse prevention; employment readiness; legal empowerment; money management and other services such as assistance with housing, education, benefits, and parole mediation. Contact: Damon Moore, Director of Programs & Community Outreach.

THE RIVERSIDE CHURCH - PRISON MINISTRY

490 Riverside Drive, New York NY 10027

Telephone: 212.870.6854

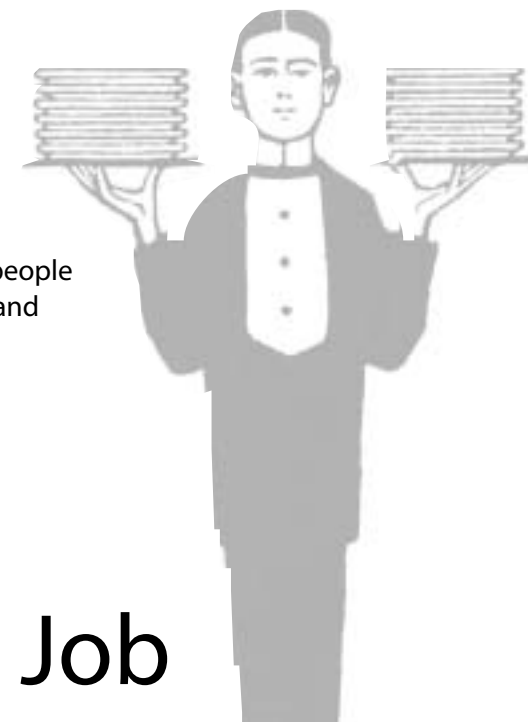
www.theriversidechurchny.org/getinvolved/?prison

Volunteers of the Riverside Church advocate for prison reform and run outreach programs for people in prison and their families. Services provided by the Riverside Church include leading worship services in state prisons in New York, supplying inmates with educational materials, leading bible study groups for former inmates and collecting Christmas presents for the children of the incarcerated among others. The Riverside Church also runs the Family Advocacy for People in Prison program. Family advocacy is a support group in which for relatives and loved ones of the incarcerated can talk about the difficulties they face in an open and safe environment.

Family Advocacy for People in Prison meets at The Riverside Church on the first Friday of every month at 6:30pm.

Opportunity is missed by most people because it is dressed in overalls and looks like work.

— Thomas A. Edison



Finding a Job

Finding a job can be a big challenge. It often requires lots of hard work, time, and patience. Many people find employment or job counseling to be an important first step. An employment counselor can be expected to help you evaluate your skills and past job experience, fill out sample job application forms, and suggest places where you can look for jobs. An employment counselor will also look over your resume and give you helpful hints on how to handle yourself in job interviews.

There are many sources for job information. The city's three public library systems feature job centers where current job listings, civil service information, books on how to write resumes and much more can be found. Employment agencies, which may or may not charge fees, offer job placement, as do placement services, which do not charge fees and are usually attached to a city, state, or federal agency, or to a school, college, or job-training program. Union offices are another important source of information, as are community bulletin boards — the one at your local supermarket, for example. Of course, there are the classified ads (help wanted ads) that appear in the daily and Sunday papers and in certain trade periodicals. On the Internet are job search websites both general and very specific, where you can search for jobs by trade and location and submit an application or your resume online. Lastly, don't underestimate the importance of notifying your friends, neighbors, and relatives that you are in the market for a job. A personal connection is often very helpful when an opening occurs.

NOTE: When you leave prison you will, in most cases, be "income eligible" for registration into any number of special programs to help you in job preparation, training, or placement. Take advantage whenever you can.

To obtain or replace a Social Security card, call the Social Security Administration at 800.772.1213 Mon.–Fri. 7am–7pm. TDD/TTY number for the deaf: 800.325.0778. Spanish also spoken. Find a Social Security office by going to their website, www.socialsecurity.gov and entering your ZIP code in the Office Locator. Spanish available online as well. It is important to note that if you re-qualify for Social Security and/or Supplemental Security Income cash benefits, the agency has work supports in place to help you return to work, including the Ticket To Work program, the Employer Assistance & Recruiting Network, Work Incentives Seminar (WISE) Events designed to help you manage and enroll in services, and many other programs. Call for information on how SSA can assist you.

All NYC public school students between the ages of 14 and 17 must have working papers in order to apply for a job. For

information, call the New York City Department of Education at 212.374.6095. Contact your local district or high school superintendent's office for information on where to obtain your working papers during the summer.

THE NEW YORK PUBLIC LIBRARY, JOB SEARCH CENTRAL (JSC)

Science, Industry & Business Library, 188 Madison Avenue at 34th Street, New York, NY 10016

Telephone: 212.592.7000

www.nypl.org/locations/tid/65/node/40820

Provides information to all populations on all aspects of career development. The collection includes civil service exam study guides, resume and cover letter handbooks, vocational encyclopedias, directories of potential employers, guidebooks and DVDs for people re-entering the workforce and much more. Computers in JSC can be used for exploring job search websites. Services and programs include career development workshops, lectures and training in online job searching. Please call 212.592.7044 to make an appointment with a Career Coaching volunteer. You will be able to receive one-on-one support to address whatever job search issue you would like to discuss. Service is free. Start planning your job search strategy with a JSC librarian, or begin with the organized and updated list of job-search and job information websites prepared by our staff. Mon., Fri., Sat. 11–6. Tue., Wed., Thu. 10–8.

BROOKLYN PUBLIC LIBRARY, EDUCATION AND JOB INFORMATION CENTER (EJIC)

Business Library, 280 Cadman Plaza West, Brooklyn, NY 11201

Telephone: 718.623.7000 ext. 3

www.brooklynpubliclibrary.org/ejic.jsp

Provides information on careers, vocational training, and federal and state civil service jobs. Materials available include classified job listings and books on career planning, job preparation (resumes, interviewing, career change, etc.) and certification. Typewriter and proctoring service available. Classes are offered on job-searching using the Internet. BPL also participates in the federally-funded Skills, Training and Employment Project (STEP) which provides one-on-one job readiness help. Please visit the BPL website for a list of participating Brooklyn

branches. Mon., Fri., 10–6. Tue., Wed., Thu. 10–8. Sat. 10–5.

QUEENS LIBRARY,
JOB INFORMATION CENTERS

Central Branch: 89-11 Merrick Boulevard, Jamaica, NY 11432
Telephone: 718.990.0746
TDD: 718.990.0809
Open Mon., Wed., Thu. 10–9, Tue. 1–9, Fri. 10–6, Sat. 10–5:30, Sun. 12–5

Flushing Branch: 41-17 Main Street, Flushing, NY 11355
Telephone: 718.661.1218
Open Mon., Wed., Thu. 10–9, Tue. 1–9, Fri. 10–6, Sat. 10–5:30
www.queenslibrary.org

The Job Information Centers located in the Central Library and Flushing Library of the Queens Library system offers a variety of services for people who are unemployed, underemployed or searching for a direction. There are books, periodicals, and newspapers arranged for easy selection. Some items may be used only in the library, others are available for borrowing. All of these resources are available whenever the Central Library or Flushing Library are open.

Resources for your resume, job search, or continuing education needs can be found at the Job Information Center (JIC) at the Central Library. To make an appointment for a resume review, please call the Central Library JIC at (718) 990-0746

The Centers produce the Job Search Resources Series, on-line guides to selected resources in popular careers. These are intended as introductions for job seekers and will help you get started now with on-line resources and also guide you to the library's holdings.

A self-scored career interest evaluation for adults, the Career Exploration Inventory (CEI), can help you select from a variety of careers. It is administered to groups on a regular basis. You must call to register.

The Centers also sponsor workshops by career guidance professionals

throughout the Queens Library system on resumé writing, job interview skills, and job search techniques, in English and Spanish.

NEW YORK DIVISION OF WORKFORCE DEVELOPMENT
WORKFORCE 1

www.nyc.gov/html/sbs/wf1

Workforce 1 Career Centers offer help in determining your skills and connecting to employers who have job openings. They offer career counseling, resume and cover letter assistance and job placement services. Each week WF1 hosts “Recruitment Events” where you can meet employers who are looking to fill positions. There is nothing quite like it in the City. Referrals to GED, adult basic education, and ESOL classes are provided. Job training vouchers are also available. For more information, call 311 and ask for “Workforce 1,” or contact the Center in your borough listed below:

Bronx
358 East 149th Street, Bronx, NY 10455
(Between Third and Courtlandt Avenues)
Telephone: 718.960.2458

Bronx — Hunts Point
1029 East 163rd Street, 3rd Floor, Bronx, NY 10459
Telephone: 718.542.6777

Brooklyn
9 Bond Street, 5th Floor, Brooklyn, NY 11201
(Between Livingston and Fulton Streets)
Telephone: 718.246.5219

Brooklyn — Central Library Career Center
10 Grand Army Plaza, 2nd Floor, Brooklyn, NY 11238

Brooklyn Sunset Park Center
5108 4th Avenue, Lower Level, Brooklyn, NY 11220
(between 51st and 52nd streets)

Manhattan
215 West 125th Street, 6th Floor, New York, NY 10027
(Between 7th and 8th Avenues — also known as Adam Clayton Powell

Jr. Boulevard & Frederick Douglass Boulevard)
Telephone: 917.493.7054

Manhattan John Street Workforce1 Career Center
79 John Street, 2nd Floor, New York, NY 10038
(between William and Gold streets)
Telephone: 212.618.8871

Manhattan Madison Avenue Workforce1 Career Center
60 Madison Avenue, Suite 704, New York, NY 10010
(between East 26th and East 27th streets)
Telephone: 646.358.4747

Queens
168–25 Jamaica Avenue, 2nd Floor, Jamaica 11432
(Between 168th and 169th Streets)
Telephone: 718.557.6755

Healthcare Center
30–20 Thomson Avenue, Room B-A22, Long Island City, NY 11101
Telephone: 718.730.7500

Queens Industrial & Transportation Center
168–46 91st Avenue, 2nd Floor, Jamaica, NY 11432
Telephone: 718.577.2194

Staten Island
120 Stuyvesant Place, 3rd Floor, Staten Island 10301
(Between Wall and Hyatt Streets)
Telephone: 718.285.8388

NEW YORK CITY DEPARTMENT OF YOUTH AND COMMUNITY DEVELOPMENT, YOUTH EMPLOYMENT PROGRAM (DYCD)

156 William Street, 6th Floor New York, NY 10038
Telephone (YouthConnect): 800.246.4646
www.nyc.gov/dycd
This City department offers youth programs in vocational training, GED preparation, assistance finding jobs and shelter. DYCD's Out-of-School Youth (OSY) program is for 16-21 year-old young adults who are not

connected to school or work, or who need assistance upgrading their job skills. The Summer Youth Employment Program (SYEP) is a seven- or eight-week program offering part-time work experience at various locations including hospitals, libraries, and senior centers for 14-24 year olds. The application period extends from late March into April. Call YouthConnect to learn exact application dates and where to pick up applications. Mon.–Fri. 9–7.

CENTER FOR URBAN COMMUNITY SERVICES, SINGLE STOPS

(East Harlem) 198 East 121st Street, 5th Floor, New York, NY 10035
Telephone: 212.927.0962. Hours: Thu. 9–6pm
(Bronx) 1510 Southern Blvd. Bronx, NY 10460
Telephone: 347.833.4914. Hours: Mon.–Thu., 10–5pm
(Central Harlem) 521 West 126th Street, Basement fo St. Mary's Church, New York, NY 10027
Telephone: 212.749.8900. Hours: Mon. 1–6pm
Offers FREE, friendly and confidential services to low income New Yorkers in the following areas: benefits screening, food stamp and medicaid enrollment, financial counseling, legal counseling, social services, free diapers for families in need, and much more. Call or drop by. Also located at RMSC and EMTC Rikers Island.

WILDCAT SERVICE CORPORATION

2 Washington Street, 3rd Floor, New York, NY 10004
Telephone: 212.209.6000
www.wildcatnyc.org
Wildcat's mission is to provide comprehensive creative workforce development services to undereducated, unemployed, underemployed, low income residents of New York City to assure their self-sufficiency. Founded in 1972, Wildcat was the first workforce development program to provide formerly incarcerated individuals training and aid in finding and keeping employment. Twelve innovative youth and adult programs train people for opportunities ranging from maintenance work to entry level "career ladder" positions with Wall Street firms and retail businesses. Wildcat makes a long-term commitment to its customers by providing ongoing retention services to help them keep their jobs. Spanish also spoken.

STRIVE INTERNATIONAL

240 East 123rd Street, 3rd Floor, New York, NY 10035

Telephone: 212.360.1100

www.strivenewyork.org

A four-week work-readiness program with a no-nonsense approach, helping participants empower themselves and providing them with marketable skills to enter the workplace. The attitudinal training component aims to create a simulated work environment where excuses are unacceptable and participants are encouraged to view themselves as marketable adults and not as victims. STRIVE has placed graduates in entry-level and growth-opportunity positions in the manufacturing, construction, retail, non-profit, office administrative, custodial, food service and other industries. Work program participants can also take part in other STRIVE initiatives, such as the fatherhood support program. Must be 18 or older. Call Mon.–Fri. 9–5. Walk in Mon.–Fri. 9–2. Spanish also spoken.

KARMA BUILDERS

22 West 85th Street New York, NY 10024

Telephone: 347.267.2522

www.karmabuilders.org

Social enterprise designed to break the cycle of unemployment and reincarceration. During our 6 month program we hire, pay and train men and women to provide woodworking and assembly services for furniture makers and other local sustainable companies. Holistic approach that cultivates a positive longterm shift in mental attitude, building confidence, dignity and the important skill set needed to get and retain gainful employment.

CENTER FOR EMPLOYMENT OPPORTUNITIES (CEO)

32 Broadway, 15th Floor, New York, NY 10004

Telephone: 212.422.4430

www.ceoworks.org

CEO provides transitional minimum-wage jobs to meet the immediate

needs of formerly incarcerated individuals, plus pre-employment training and placement in more permanent, unsubsidized jobs. Life skills classes prepare students for job interviews and teach how to fill out applications, prepare resumes and answer the conviction question. Participants are placed in work crews providing light maintenance, grounds-keeping and demolition for the physical plants of state and city agencies. Agencies include: City University of New York, the City's Department of Citywide Administrative Services and the New York State Department of Transportation. Referral from a parole officer is required. Bring the referral plus release papers, birth certificate and Social Security card to the 6th floor Fridays at 7:45am for orientation. Participants coming from Rikers Island should come to the 15th floor Monday or Tuesday 8:45–11:45am. If you do not have the necessary documents, CEO can help you get them. Call for more information. Spanish also spoken. Mon.–Fri. 9–5.

STREETWISE PARTNERS

594 Broadway, Suite 510, New York, NY10012

Telephone: 646.705.0029

www.streetwisepartners.org

Connects underemployed/unemployed New Yorkers who are looking for work with mentors who are achieving success in professional fields. Helps job-seekers develop office and computer skills, be prepared for the interview, learn how to network, and much more. Must commit to thirty consecutive weekly sessions: for other eligibility requirements check the website or call Mon.–Fri. 9–5.

GOODWILL INDUSTRIES

Goodwill Industries of Greater New York & Northern New Jersey

4-21 27th Avenue, Astoria, NY 11102

Telephone: 718.728.5400, Mon.–Fri. 8:30–4:30

www.goodwillny.org/programs_employment.aspx

Goodwill's extensive Employment Services department includes general programs to help people find jobs and specialized vocational programs for people with disabilities and disadvantages, people moving from welfare to work, new immigrants, formerly incarcerated people, and youth. Two especially valuable Goodwill services are the following:

Project TEAM

Telephone: (973) 481-2300 ext. 268

Project TEAM assists nonviolent ex-offenders from Northern New Jersey who are returning to their local communities. Funded through the U.S. Department of Labor Employment and Training Administration, the Harrison-based program offers participants support and resources to find employment and stable housing and provides them with counseling, mentoring, vocational or educational training, and other support services. To participate, individuals must be nonviolent offenders who are at least 18 years old and were released from a correctional facility within the past 180 days.

GoodTemps

Telephone: 212.986.9566, 973.481.2300, ext. 251 or 866.363.6237

Based in midtown Manhattan, GoodTemps is a contractual temporary staffing service, specializing in short- and long-term employment and temp-to-hire opportunities. Our reach includes all five boroughs of New York City, Westchester, Nassau and Suffolk Counties, and Northern New Jersey. GoodTemps is a significant source of jobs for a diverse population, including persons with disabilities, seniors and those with barriers to employment. Positions vary from office/clerical to professional, from labor to retail, technical and more.

NEW YORK STATE DIVISION OF VETERANS' AFFAIRS

Main Office:

5 Empire State Plaza, 28th Floor

Albany, NY 12223

www.veterans.ny.gov

State Veteran Counselors assist veterans and their families with any matter related to veteran benefits. Bring DD214, a copy of your birth certificate, Social Security card, proof of address, and proof of income, if any. Assistance is also available in obtaining a copy of your DD214. Call 1.888.VETS.NYS (838.7697) Mon.–Fri. 9–5. There are many offices located in each borough — an office finder is also available on their website.

AMERICA WORKS, INC.

CRIMINAL JUSTICE PROGRAM

228 East 45th Street, 16th Floor, New York, NY 10017

Telephone: 212.599.5627

Brooklyn Office:

6810 3rd Avenue, Ground Floor, Brooklyn, NY 11220

Telephone: 718.833.5042

1600 Central Avenue, 5th Floor, Far Rockaway, NY 11691

Telephone: 718.337.6365

www.americaworks.com

A non-profit organization providing companies with candidates for entry-level positions. They target people receiving public assistance, including food stamps, helping them obtain employment in the private sector by providing services such as job training, work readiness, skills building, job placement and other support. Call for orientation dates and times, and other information. Spanish also spoken.

HOPE PROGRAM

1 Smith Street, 4th Floor, Brooklyn, NY 11201

Telephone: 718.852.9307

www.thehopeprogram.org

“The best kept secret in Brooklyn.” At HOPE, students are trained to compete in today’s tough job market. Additionally, an array of on-site support services is provided including: mental health therapy, legal counseling, food and clothing, and assistance in obtaining housing, childcare, medical and transitional work benefits. Students must attend an information session before being invited into the intensive training program. Must be drug and alcohol free and age 18 or over. Call to register for an information session. Mon.–Thu. 9–7:30. Fri. 9–5.

BROOKLYN WORKFORCE INNOVATIONS

621 Degraw Street, Brooklyn, NY 11217

Telephone: 718.237.2017

www.twww.bwiny.org

Brooklyn Workforce Innovations helps jobless and working poor

New Yorkers establish careers in sectors that offer good wages and opportunities for advancement. BWI offers four sector-based training programs and one general job readiness certification program: Brooklyn Networks for careers in voice and data telecommunications cable installation; Brooklyn Woods for careers in skilled woodworking and green cabinetmaking; The "Made in NY" PA Training Program for careers in TV and film production; New York Drives for entry on a career path while earning a NYS driver's license; and Red Hook on the Road for careers in commercial driving. An affiliate of the Fifth Avenue Committee, BWI is positioned to offer a wide range of referrals for your needs. Call for more information on orientation dates and qualification details about these unique and valuable job training programs.

EMPLOYMENT PROGRAM FOR RECOVERED ALCOHOLICS/EPRA

261 West 35th Street, 9th Floor, New York, NY 10001
Telephone: 212.947.1471

2488 Grand Concourse, Room 320, Bronx, NY 10458
Telephone: 718.364.6360
www.eprany.org

Provides vocational training and career counseling. Services include job placement, readiness training, evaluation and assessment of work experience. Evening and weekend programs provide follow-up to help clients deal with workplace issues. Must be 18 years old or over, unemployed, and have stable housing. Must be in treatment or recovery. Hours are Mon.–Thu. 9–5. Open Fri. 9–5, except in the summer (Memorial Day – Labor Day) when they are open 9–1. Participants must arrive before 9am to be admitted to program (please arrive by 8:45). Call or write for more info. Spanish also spoken.

THE DOE FUND

Ready, Willing & Able — Harlem
2960 Frederick Douglass Boulevard, New York, NY 10039
Telephone: 212.690.6480

Ready, Willing & Able — Porter Avenue
89–111 Porter Avenue, Brooklyn, NY 11237
Telephone: 718.417.2500 or 718.417.2504 or 718.417.2544

DAY Program for formerly incarcerated individuals:

Ready, Willing & Able — Gates
520 Gates Avenue, Brooklyn, NY 11216
Telephone: 718.622.0634 or 718.622.0647
www.doe.org

The Doe Fund offers two employment programs. Ready, Willing and Able is a drug and alcohol free residential job training program aimed at homeless people. It includes job training skills, housing, food, clothing, substance abuse counseling, educational opportunities, job preparation classes, and job placement services. Must be ready, willing, and physically and mentally able to work and maintain a drug-free lifestyle. Homeless assessment number is required. Random drug testing takes place. The Brooklyn program, Ready, Willing and Able — DAY, is specifically for formerly incarcerated people. Offers paid transitional work, case management, education, vocational training, substance abuse services, mentoring and job placement. Must be referred by probation or parole officer. Call for more information on either program.

OPPORTUNITIES FOR A BETTER TOMORROW (OBT)

OBT Brooklyn Workforce Resource Center
280 Wyckoff Avenue, Brooklyn, NY 11237
(entrance on Gates Avenue)
Telephone: 718.381.3222
TDD/TTY: 1.800.662.1220

Adult Employment Services
Sunset Park
783 Fourth Avenue, Brooklyn, NY 11232
Telephone: 718.369.0303
TDD/TTY: 1.800.662.1220

Bushwick/Bed-Stuy
25 Thornton Street, Brooklyn, NY 11206
Telephone: 718.387.1600
TDD/TTY: 1.800.662.1220
www.obtjobs.org

An employment training center for adults and youth with sites in

Sunset Park and Williamsburg, providing basic education, GED preparation, job training, placement, and follow-up services. Specialized classes vary: a pharmacy tech program is currently being offered. Call the Thornton Street site for further information.

CAMBA

Offices throughout Brooklyn

Main Office:

1720 Church Avenue, 2nd Floor, Brooklyn, NY 11226

Telephone: 718.287.2600

TDD/TTY: 800.662.1220

www.camba.org

Serves low-income populations, people without homes or at risk of homelessness, immigrants, people living with HIV or AIDS and other groups. They help people and families become self-sufficient, stabilize and expand the Brooklyn economy by working with local merchants and entrepreneurs, and encourage the economic development of Brooklyn. Offers employment, education, health-related, housing, legal, social services, business development, and youth services in various languages. Call or walk in Mon.–Fri. 9–5.

PARTNERSHIP FOR THE HOMELESS

305 Seventh Avenue, 13th Floor, New York, NY 10001

Telephone: 212.645.3444

Family Resource Center

100 Pennsylvania Avenue, 2nd Floor, Brooklyn, NY 11207

Telephone: 718.875.0027

www.partnershipforthehomeless.org

Assists formerly homeless men and women achieve self-sufficiency through employment training, education, and placement in jobs. The Workforce Development Project at the Family Resource Center assists parents (re-entering the workforce with counseling, referral to education and job training programs, independent living skills training, soft skills training and job search help. Older clients participate in the Senior AIDES Program, working at subsidized jobs in non-profit and public sector workplaces to gain the experience needed to move into permanent positions. For more information, call Mon.–Fri. 9–5.

PUERTO RICO FEDERAL AFFAIRS ADMINISTRATION

135 West 50th Street, 22nd Floor, New York, NY 10020

Telephone: 212.252.7300

www.prfaa.com

Provides information to Puerto Ricans on how to obtain birth certificates, identification papers and other important documents. Their website includes a “FAQ & Services” section answering many questions Puerto Ricans may have about how to obtain documents. Services and website are in English and Spanish. Mon.–Fri. 9–5.

CIVIC ASSOCIATION SERVING HARLEM, INC. (CASH)

356 West 123rd Street, New York, NY 10027

Telephone: 212.864.5850

www.cash123.org

Provides diagnostic vocational evaluations for ex-substance abusers and formerly incarcerated people. Issues addressed include job placement, career development, staying employed, and legal rights. Serves residents of Manhattan, the Bronx, Brooklyn, and Queens. Must be referred by a counselor, a parole or probation officer, or a NYS Office of Alcoholism and Substance Abuse Services-funded treatment program or agency. Mon.–Fri. 8–6 or write for more information. Spanish also spoken.

Dress For Success (212.532.1922, www.dressforsuccess.org)

for women and Career Gear (212.577.6190, www.careergear.org) for men are two programs that help low-income job-seekers by providing suitable clothing for job interviews. Must be referred by a participating agency. (Member agencies include a number of homeless shelters and job-training programs.)

For a listing of employment agencies in New York City, check the phone book’s Yellow Pages under the heading “Employment Agencies.” If you are interested in temping, look under “Temporary Help Services.”

For certain jobs employers require that their employees be “bonded.” This is a type of insurance that protects the employer against any

type of dishonest act (larceny, embezzlement, forgery, etc.) that might occur. Because private insurance companies often cannot bond people who have drug or criminal records, the federal government has initiated a Federal Bonding Program that can bond a person for up to \$25,000. An employer's commitment to hire the applicant is required in advance. For information on this government-sponsored program, contact the New York State Department of Labor, Division of Employment Services, at 212.775.3771 Mon.–Fri. 9–5, or visit their website at www.labor.ny.gov

Computer Literacy

Learning to use the Internet is becoming a necessary step today in coping with the world around us. It helps us to search for a job, find information on just about any topic imaginable, meet new people based on common interests, correspond with family and friends, educate ourselves, become better informed about health issues, find out where and when a movie is playing, reserve a library book, look up business information or government forms, make travel plans and so much more.

For many of us, the idea of learning to use the computer can be intimidating, especially if we have had little or no exposure, have never learned to type, or see ourselves as mechanically inept. What if something goes wrong? What if I erase something important by mistake? And if I don't know how to use the Internet in 2012, isn't it too late for me? But as anyone who has attended an Internet instruction class in a public library in New York City can tell you, there are many people from all walks of life who are learning to use the Internet today as adults. People who were once determined never to use a computer are taking classes because they find they cannot avoid using the Internet to get routine tasks done, and also because they can't resist what they have heard and read about the Internet: informational web pages, blogs, video and music sharing systems, social networking, and news and radio from around the world. People coming home from prison can be both curious and nervous when it comes to the Internet, wondering about what they have missed while they were away and worrying about what it will be like catching up.

The best way to get used to the Internet if you are a beginner is by

practicing and exploring fun, less urgent topics at first, such as music and sports — then it doesn't matter if something goes wrong and you have to start over. In the beginning you can always ask for help at the reference desk of your local library, just as you might ask for help finding a book. In the meantime, build up your skills surfing the web, and enjoy as you learn.

All three public library systems (The New York Public Library, serving Manhattan, the Bronx, and Staten Island; Brooklyn Public Library; Queens Library) offer free courses. Below you will find a description of the computer training programs offered by the three public library systems. Take advantage. It's never too late to begin!

THE NEW YORK PUBLIC LIBRARY

The New York Public Library offers a series of free computer training workshops in different branch libraries. Skill levels vary from beginner to advanced and classes are geared to all age groups, with some courses conducted in Spanish or offering a Spanish translator. Sample classes include: Basic Internet, Introduction to E-mail, Computer Basics, Introduction to Word, Microsoft Office, Health Information, Job and Career Information, Viruses & Spam, Buying a Computer, and genealogy research. For beginners, Mouse Basics and Introduction to Computers are a good way to start. Walk into any branch library for information on schedules, locations, and how to register for the classes, or visit their website for a schedule:
www.nypl.org/events/classes/computer-classes

BROOKLYN PUBLIC LIBRARY

Visit any branch of the Brooklyn Public Library (BPL) and ask to see their calendar of upcoming free workshops, which include Computer Basics, Internet Searching and Introduction to Microsoft Word. Every branch of the Brooklyn Public Library has personal computers for public use.

BPL's computer classes are listed on their online calendar:
www.brooklynpubliclibrary.org/calendar

They also offer an Internet Tutorial for beginners at www.brooklynpubliclibrary.org/feature/internet_tutorial

QUEENS LIBRARY

The Queens Library has ongoing free instruction in computer skills at its Central Library Cyber Center, 89-11 Merrick Boulevard, Jamaica. Call the Center at 718.990.0700 for a current schedule and registration information. Courses include: Introduction to Excel, Introduction to the Internet, Jobs Online, and Introduction to Word Processing.

Internet Resources

A wealth of useful information for formerly incarcerated job-seekers can be found on the web pages of the National H.I.R.E. Network, established by the Legal Action Center. Though not a job placement service, the goal of this organization is to increase the number and quality of job opportunities available to people with criminal records by changing public policies, employment practices, and public opinion. Visit www.hirenetwork.org and then click on "Resources & Assistance" for information on rap sheets, one's rights as a formerly incarcerated person when applying for jobs, and a list of helpful agencies by state. Click on "Publications," scroll down and click on "Working Ahead," and then on "Chapter Two (Know the Score)" and "Chapter Three (Career Planning)" for access to information on how to restore one's rights and the Federal Bonding Program, helpful ideas on filling out job applications, creating resumes, conducting effective interviews, and much more. In the "Publications" section of the website you can also find the New York State Occupational Licensing Survey, which provides information about trade licenses and the statutory restrictions people with criminal records can face when applying for them.

www.labor.ny.gov/home/

Search for job openings in private companies as well as publicly-funded organizations. You can also search by Job Code and Military Occupational Code. Information is provided on apprenticeship training and much more.

www.nycareerzone.org

The New York State Department of Labor's CareerZone. Click on "Assess Yourself" and answer some questions, and you will be taken to a list of occupations that seem most fitting for you. Included are job descriptions, with the skills and education needed, typical wages, and job outlook. Click on "Resources" and you will find help in writing resumes and cover letters and a valuable guide to employment opportunities and job resources on the Internet.

www.bls.gov/oco

The Occupational Outlook Handbook is an authoritative resource for career information. Here you will find descriptions for specific occupations: what workers do on the job, working conditions, the training and education needed, expected earnings, and expected job prospects. This resource is also available as a reference book in most New York City public libraries.

www.emurse.com

One of the best free online resume writers out there. All you need to access the website is an email account. Emurse lets you fill in blank fields with your job information and history. When you're done, choose a resume design and click on "download" for a beautifully formatted resume.

www.indeed.com

Collects job postings from all the other job search websites and puts them all into one spot. Use this job search site first to save some time.

www.nyc.gov

This is the official website for the City of New York. Use the drop-down menu on the left to choose "Citywide Administrative Services"; then click on "Exams & Jobs." This is the place to find information on getting a job working for the City. You will find the schedules for the civil service exams for professional, clerical, skilled trade, health, transportation, and public safety positions.

www.linkedin.com

Networking site where you can post a professional resume and connect with colleagues, coworkers, friends and business contacts. This is one of the most-used job search social networking sites.

www.snagajob.com

Search part-time and full-time hourly jobs, mostly entry-level, in retail, food service, marketing and customer service.

www.idealist.org

Search job listings in the nonprofit sector, covering virtually all careers. Also includes volunteer opportunities.

Starting Your Own Business

The Department of Consumer Affairs (DCA) licenses more than 70 different categories of businesses — including home improvement contractors, dry cleaners and laundries, tow truck operators, employment agencies, and electronics stores. For information on licenses and permits, filing a complaint, ordering a publication, and much more, visit their website at: www.nyc.gov/dca

The Division of Minority & Women Business Development was designed to promote the participation of minority and women-owned businesses in the NYC procurement process. Call 212.803.2414 or visit www.esd.ny.gov/MWBE.html

See also National Hispanic Business Information Clearinghouse: www.hispanicbic.org

The New York City Department of Small Business Services
www.nyc.gov/sbs

NYC Business Solutions
www.nyc.gov/smallbiz

NYC Business Solutions Centers offer a suite of services to help you start, operate, and expand your business in New York City. Regardless of the size or stage of your business, NYC Business Solutions can help you access resources that meet your needs as your business continues to grow and expand. NYC Business Solutions can help you develop a business plan, access business courses, find financing, hire workers, train employees, navigate government regulations, access government incentives programs, and obtain Minority Women-owned Business Enterprise certification. FOR FREE!

For more information about starting a business, please visit the NYC Business Solutions website at www.nyc.gov/smallbiz to download

helpful guides and checklists or speak with your Transitional Services Coordinator to obtain copies of these resources.

Please call 311 and ask for “NYC Business Solutions” upon your return to New York City to access NYC Business Solutions’ services or call the NYC Business Solutions Center in your borough:

Bronx Center — 718.732.7590

Brooklyn Center — 718.875.3400

Queens Center — 718.577.2148

Lower Manhattan Center — 212.618.8914

Upper Manhattan Center — 917.493.7243

Staten Island Center — 718.285.8400

Washington Heights Center — 212.928.3400

SCORE SMALL BUSINESS COUNSELING

SCORE is a non-profit national network of 10,500 retired and working volunteers who provide free business counseling and advice as a public service to all types of businesses, in all stages of development, from idea to start-up to success. It offers e-mail advice online, face-to-face small business counseling, and low-cost workshops. SCORE is a resource partner with the U.S. Small Business Administration. Visit www.scorenyc.org and search for a counselor by topic or by state. A list of counselors you can contact will appear with a short biography of their qualifications. In New York City there are several SCORE offices: We have listed many of them below.

SCORE Services at NYPL’s SIBL Library

188 Madison Avenue (at 34th Street), New York, NY 10016

Telephone: 212.592.7033

Hours: Mon. 11–5, Tue.–Thu. 10–7, Fri. and Sat. 11–3

NYC SCORE Chapter 1000

Headquarters offering seminars and resources (books and videos):

26 Federal Plaza, Room 3100, (Use Duane Street entrance),

New York, NY 10278

Telephone: 212.264.4507

Mon.–Fri. 10–2

SCORE Services at Brooklyn Public Library
280 Cadman Plaza, Brooklyn, NY 11201
Telephone: 718.623.7010
Mon. and Fri. 10–2, Tue.–Thu. 1–4

SCORE/Lower Manhattan Business Solutions Center
110 William Street (2nd Floor) New York 10038
Telephone: 212.618.8757
Tue. and Thu 10–2

SCORE Staten Island
c/o Independence Community Bank
1550 Richmond Road, Staten Island, NY 10304
Telephone: 718.727.1221
Tue. and Thu. 9–Noon

SCORE Bronx BOEDC Branch
198 East 161st Street, Bronx, NY 10451
Telephone: 718.590.3948
Tue. and Thu. 10–2

SCORE Harlem — BRISC
290 Lenox Avenue (at 125th Street), New York, NY 10027
Telephone: 212.876.2246
Thu. 10–2

SCORE Bronx: Lehman SBDC
250 Bedford Park Boulevard West, Bronx, NY 10468
Telephone: 718.960.8806
Wed. 10–2

Call branch for an appointment.

BUSINESS OUTREACH CENTER NETWORK

Central Office
85 South Oxford Street, 2nd Floor, Brooklyn, NY 11217
Telephone: 718.624.9115
www.bocnet.org

Offers comprehensive small business counseling and services ranging from business plan development to licensing and permit information. Several offices throughout the metropolitan area. Call or write for more information.

PROJECT ENTERPRISE

144 West 125th Street, 4th Floor, New York, NY 10027
Telephone: 212.678.6734
www.projectenterprise.org

The mission of Project Enterprise is to support and develop entrepreneurs and small businesses in under-resourced communities in New York City. By providing access to business loans, business development services, and networking opportunities, these entrepreneurs are able to increase their standard of living, create jobs for their communities, and build financial assets. They offer micro loans, counseling, networking and much more. You must attend a free information session in Harlem, Brooklyn, The Bronx, or Queens.

Resting on your laurels is as dangerous
as resting when you are walking in the
snow. You doze off and die in your sleep.

— Ludwig Wittgenstein

Education



A wide variety of opportunities exist for continuing education in New York City. A range of literacy programs help adults learn to read and improve their reading, usually on a one-to-one basis. Vocational Training programs are designed to prepare students for entry-level positions in a number of different industries. Alternative Degree programs allow a person to work toward a degree without necessarily having to attend classes. There are innumerable college-level programs in which you can enroll, either as a part- or full-time student, and there are organizations that can help you explore what college options are available and the right choice for you.

As with exploring employment opportunities, good counseling can be of great help. Counselors can help you choose an educational program and help make you aware of possible funding sources such as scholarships, grants, and special loans.

Literacy, GED & ESOL

In the case of Adult Literacy classes, there are three levels: Beginning programs help adults learn to read and write. Intermediate programs help those who read below a sixth-grade level improve their reading and writing skills. Advanced programs assist people who read at a sixth- through eighth-grade level. Sometimes literacy programs are called Adult Basic Education (ABE) programs. Advanced adult literacy programs can be called pre-General Educational Development (pre-GED) programs and include reading, writing, math, social science and other subjects.

THE NEW YORK PUBLIC LIBRARY CAREER AND EDUCATIONAL INFORMATION SERVICE

Bronx Library Center

310 East Kingsbridge Road, 5th Floor, Bronx, NY 10458

Telephone: 718.579.4256

www.nypl.org

Offers one-on-one assistance in resume and cover letter writing and critiquing, advisement in job search skills and strategies, online job applications, career interest testing. Information on educational and vocational training as well as financial aid opportunities is provided. Referrals to other agencies are provided as necessary. Appointments are recommended but walk-ins are also welcome. Please call for available hours.

BROOKLYN PUBLIC LIBRARY, EDUCATION AND JOB INFORMATION CENTER (EJIC)

See page 22

QUEENS LIBRARY, ADULT LEARNER PROGRAM AND NEW AMERICANS PROGRAM

Telephone: 718.480.4222 / 718.990.0894

www.queenslibrary.org

The Adult Learner Program provides services, referrals, resources, and life-long learning opportunities to the changing communities of Queens. ESOL, Pre-GED, GED, Adult Literacy, Youth Literacy, Family Literacy, Health Literacy classes, and more. Call Mon., Wed., and Thu. 10-8:30, Tue. 1-8:30, Fri. 1-5:30, Sat. 10-1 and 2-5; or visit any branch of the library for locations, schedules and registration information.

The Queens Library New Americans Program offers free lectures and workshops in the most widely spoken immigrant languages of Queens. Topics include: new immigrants' acculturation, such as citizenship and job training info, advice on helping children learn, and info on available social services. Also provides free readings, concerts and workshops celebrating the literary, performing and folk arts of immigrants from Asia, Africa, Europe, Latin America, and the Caribbean. The Program provides books by mail in seven languages to Queens residents and a Directory of Immigrant Serving Agencies. Call 718.990.0894 Mon.–Fri. 9–5.

OPTIONS COLLEGE COUNSELING - GODDARD RIVERSIDE COMMUNITY CENTER

593 Columbus Avenue, New York, NY 10024
Telephone: 212.873.6600
www.goddard.org/our-programs/education-college-access/options/
Offers one-to-one assistance with SAT preparation, choosing and applying to college, financial aid, scholarships and internships, essay-writing and portfolios. Also offers a resource center with up-to-date materials and internet access. Call Mon.–Fri. 9–5 to schedule an appointment.

THE HARLEM CENTER FOR EDUCATION EDUCATIONAL OPPORTUNITY CENTER

2161 Second Avenue, New York, NY 10029
Telephone: 212.348.2762
www.harlemctred.com/eoc
Offers free tutoring sessions in math, essay-writing, GED, financial aid, college and job application assistance, career counseling to adults over age 19. Call Fri. 9:30–5:30 or write for more information.

THE NEW YORK PUBLIC LIBRARY, CENTERS FOR READING AND WRITING

Teaching & Learning, Literacy and Outreach
Main Office at 455 Fifth Avenue (Mid-Manhattan Branch), 6th Floor,
New York, NY 10016
Telephone: 212.340.0918
www.nypl.org/events/classes/crw
www.nypl.org/events/classes/esol

The Centers for Reading and Writing (CRW) help adults who have difficulties reading and writing improve their communication skills. The Centers are welcoming neighborhood settings that help new readers and writers become comfortable with library services. All services are free for students registered in the program.

CRWs provide instruction in small groups, facilitated by volunteer tutors who are recruited, trained, and guided by professional staff members. The Centers have books, newspapers, magazines, and computer programs designed for new readers.

In addition to the CRWs, the Library offers free classes in English for speakers of other languages (ESOL) at many branches of The New York Public Library. Registration and classes are available three times a year during the Fall, Winter, and Spring.

BROOKLYN PUBLIC LIBRARY LITERACY, PRE-GED AND ESOL

10 Grand Army Plaza (Central Learning Center), Brooklyn, NY 11238
Telephone: 718.622.4460
www.brooklynpubliclibrary.org/literacy
Offers Pre-GED classes, ESOL classes, Foundation in Basic Skills, Writing Development Program, Technology-Assisted Learning, New Reader Collection, Professional Development Resource Collection, Computer Basics Workshops, Book and Materials Collection and Pre-GED for Young Adults. Sessions are held at several learning centers across Brooklyn.
Visit the website, email, phone Mon.–Fri 9–5, or go to any branch of the library for locations, schedules and registration information.

CITY UNIVERSITY OF NEW YORK (CUNY) ADULT LITERACY AND GED PROGRAM

Telephone: 212.794.5302

www.literacy.cuny.edu

Provides services in Adult Literacy, GED preparation and English for Speakers of Other Languages. Basic education classes provide instruction in reading and writing. Classes are held at 14 CUNY campuses throughout the five boroughs. Some sites also offer mathematics instruction, basic education programs in the native language, and special courses in health, family literacy and work preparation. Visit the website or call Mon.–Fri. 9–5 for more information.

LITERACY PARTNERS

30 East 33rd Street, 6th Floor, New York, NY 10016

Telephone: 212.725.9200

www.literacypartners.org/programs

Provides GED, ABE, pre-GED, and ESOL classes for adults ages 16 and over. Also offers financial literacy and health literacy sessions. Classes are held in the Bronx and Manhattan. Visit the website or call Mon.–Fri. 9–5 for locations, schedules, and registration information.

NEW YORK CITY DEPARTMENT OF EDUCATION, OFFICE OF ADULT AND CONTINUING EDUCATION

www.adultednyc.org

The Office of Adult and Continuing Education offers free day, evening, and Saturday Adult Literacy and GED test preparation classes for adults 21 or older. All classes are taught by certified teachers. Classes are held at schools and community institutions throughout the five boroughs. Students can take classes at any site regardless of which borough they live in. Also offers Career and Technical Classes (CTE) to adults 21 and over with or without a high school diploma. If you do not have a high school diploma or GED you may enroll in both a CTE and Literacy (ABE, ESOL, or GED) class to work towards obtaining your GED. Courses include basic Computer Literacy, Microsoft Certification, Carpentry, Barbering, and many more. Call 718-638-2635 (central office) or visit website for locations and class info.

Use the list below to find your nearest office and call Mon.–Fri 9–5, or call 311 for general information.

Bronx Adult Learning Center

3450 East Tremont Avenue, Room 323, Bronx, NY 10465

Telephone: 718.863.4057

Brooklyn Adult Learning Center

475 Nostrand Avenue, Brooklyn, NY 11216

Telephone: 718.638.2635 / 718.622.3000

P.S. 157

850 Kent Avenue, 5th Fl

Brooklyn, NY 11205

Telephone: 212.868.1650

Mid-Manhattan Adult Learning Center

212 West 120th Street, New York, NY 10027

Telephone: 212.666.1919 or 212.666.1920

Alternative Education Complex

269 West 35th St, 7th Floor, New York, NY 10018

Telephone: 212.868.1650

Queens Adult Learning Center

42-15 Crescent Street, 7th Floor, Long Island City, NY 11101

Telephone: 718.361.9480

Educational Services

90-01 Sutphin Boulevard, Jamaica, NY 11435

Entrance is on 90th Avenue - Rufus King Avenue

Telephone: 718.557.2567

NEW YORK STATE DEPARTMENT OF EDUCATION GED TESTING OFFICE

PO Box 7348, Albany, NY 12224-0348

www.access.nysed.gov/ged/test_info.html

Telephone: (518) 475-5906

Provides information about the GED test, including the application process, eligibility criteria, documentation requirements, test sites and test schedule. The test application can be downloaded and printed from the website. The office, in Albany, can be reached Mon.–Fri. 8–4:30.

To locate a GED Testing Center in your area, call 800.626.9433.

DIANE ARMSTRONG FAMILY LEARNING CENTER

Goodwill Industries of Greater New York & Northern New Jersey
4-21 27th Avenue, Astoria, NY 11102

Telephone: 718.777.6440

Provides free Adult Basic Education classes, GED preparation, and English as a Second Language. Toddlers can learn and play in an enriched Discovery Room while their parents are in class. Goodwill also offers adult education classes at local schools in the after-school hours and on weekends in Jackson Heights, Long Island City and Astoria. Also offers Beacon after-school programs for children ages 5–12 and mentoring program for children ages 13–18. Contact Anthony Whittaker, Director of Mentoring and Family Literacy Center. Call 718.361.9480 to register for classes.

CHINESE-AMERICAN PLANNING COUNCIL (CPC) WORK FORCE DEVELOPMENT DIVISION

165 Eldridge Street, 2nd Floor, New York, NY 10012

Telephone: 212.941.0041

www.cpc-nyc.org

Offers job training classes for hospitality careers, and offers Literacy classes. Free classes conveniently held in mornings, afternoons and evenings in Manhattan and Brooklyn. Provides 7 levels of classes to ensure level appropriate instruction from beginners to more advanced students. Small class sizes (under 25 students) for personalized attention and individual help. Job development, workshops and support also available. Call Mon.–Fri. 9–5 for more information.

PER SCHOLAS INSTITUTE FOR TECHNOLOGY

1231 Lafayette Avenue, Bronx, NY 10474

Telephone: 718.991.8400, 800.877.4068

www.perscholas.org

Free competitive 15 week IT training program. Graduates receive ongoing professional and job development services, and can convert their training into 10 college credits. Graduates have a 90% job placement rate. This program is designed for unemployed or underemployed people ages 18-55. Must possess high school diploma or GED and basic reading and math skills. Orientations 9am Mon.–Thu. No appointment necessary, but BE ON TIME. Call for further eligibility information Mon.–Fri. 9–5.

The New York City Yellow Pages is also useful for its listings of vocational schools, both alphabetically and by subject. Be sure when investigating private vocational schools to ask such questions as: What are the total tuition charges and the terms of payment? Is the school accredited? What governmental financial aid programs am I eligible for if enrolled in this particular program? Is there a job-placement service? Always read a contract carefully before signing.

Other training programs are offered by organizations listed in the Finding a Job chapter. Vocational training programs for women can also be found in the chapter Women.

BROOKLYN PUBLIC LIBRARY ESOL

10 Grand Army Plaza, Brooklyn, NY 11238

Telephone: 718.230.2417

www.brooklynpubliclibrary.org/esol.jsp

Offers English classes and conversation groups for adults ages 17 and over. Classes take place at selected branches throughout Brooklyn. Classes are FREE for new Americans and others whose first language is not English. Registration in person is required, at which time you will take a test to determine placement. Come early as space is limited and classes close fast. Meets twice a week. Day and evening classes are available. Visit the website, phone Mon.–Fri 9–5, or go to any branch of the library for locations, schedules and registration information.

Continuing Education

CITY UNIVERSITY OF NEW YORK (CUNY)

1114 Avenue of the Americas, 15th Floor, New York, NY 10036

Telephone: 212.997.2869 or 800.286.9937

www.cuny.edu

City University of New York (CUNY) is the nation's leading urban public university serving more than 480,000 students at 23 colleges and institutions in NYC. CUNY's open admissions policy ensures that any person who has a high school diploma or equivalency from a NY State School is eligible for admission into any of its community colleges. Specific eligibility requirements exist for admission into its senior colleges. Contact CUNY at the above address or telephone number to request the CUNY Guidebook (it can also be downloaded from the website). CUNY also offers Adult Education: ESL and Pre-GED, GED and College Transition Prep. Visit CUNY's Welcome Center at the address listed above, Mon.–Thu 9–6, Fri. noon–5, and ask to speak with a College Admissions Counselor. Various languages spoken. Accessible to people with disabilities. Due to high call volume, they recommend you contact the Help Desk for Students via email for quickest response: aonline@mail.cuny.edu

THE COLLEGE INITIATIVE

The College Initiative (CI)

29-76 Northern BLVD

Long Island City, NY 11101

Or write: College Initiative, PO Box 966, New York, NY 10116 Lehman:

Telephone: 212.691.7554

www.collegeinitiative.org

CI is a reentry education program helping people coming home from prison to begin or continue their college education at CUNY, SUNY and private colleges. CI offices are at The Fortune Society in Queens. Services include: bi-weekly orientation sessions; one-on-one academic counseling; assistance completing college applications and financial aid forms; free college preparation course to prepare for college placement exams; access to undergraduate and graduate programs for non-traditional students. Serves all formerly incarcerated men

and women in the NYC metropolitan area. Website has additional information including orientation schedule and contacts to other re-entry organizations.

THE CUNY CATCH PROGRAM

Division of Adult & Continuing Education

LaGuardia Community College

31–10 Thompson Avenue C-232, Long Island City, NY 11101

Telephone: 718.482.5128

www.ace.laguardia.edu/catch

Designed to help people ages 16–22 incarcerated in the NYC jail system in their transition back to the community as well as adolescents on probation or at risk of incarceration. The program operates within both detention and sentencing jails in New York City and at the following college campuses: Offers GED Prep, College Enrollment, Employment Assistance, Support Services (Metro Cards, Counseling, College Photo IDs), and Evaluation.

In the Bronx (Called FUTURE NOW)

Bronx Community College

718.289.5184

In Queens

LaGuardia Community College

718.482.5391

In Brooklyn

Medgar Evans College

718.270.6466

COLLEGE & COMMUNITY FELLOWSHIP

475 Riverside Drive, Suite 1626, New York, NY 10115–0038

Telephone: 646.380.7777

www.collegeandcommunity.org

This outstanding organization provides assistance to formerly incarcerated women earning undergraduate and graduate degrees. Their services include academic tutoring, mentoring, help choosing courses, and help with entrance/financial aid applications. Works to provide a supportive community of staff and students who are familiar with the challenges of attaining educational goals after incarceration. Financial assistance available to those who maintain a 2.5 GPA after 12 college credits. As of June, 2011 CCF participants have been awarded 157 col-

lege degrees over the last 10 years! Call Mon.–Fri. 9–5, visit the website, or email Brenda Jeffers (Executive Assistant and Office Manager) at bjeffers@collegeandcommunity.org for more info.

STATE UNIVERSITY OF NEW YORK (SUNY)

Center for Student Recruitment

33 West 42nd Street, Lower Level, New York, NY 10036

Telephone: 212.938.1209

www.suny.edu

Consists of 64 academic institutions throughout New York State including universities, undergraduate colleges, technology colleges and community colleges. Also offers online degree and certificate programs. The SUNY Application Viewbook describes the 64 campuses and the programs they offer and can be downloaded or ordered from the Web site. The Recruitment Center provides one-on-one and group counseling on college selection and financial aid, assists with the admissions application and maintains a computer lab for completing and submitting your online application. Call or visit the Center Mon.–Fri. 9–4:30.

Financial Aid

U.S. DEPARTMENT OF EDUCATION FEDERAL STUDENT AID

Telephone: 800.433.3243

TTY: 800.730.8913

www.fafsa.gov

FAFSA is the Free Application for Federal Student Aid, the application required for most federal, state and college financial aid programs. Website describes eligibility requirements and gives step-by-step instructions for completing FAFSA. Funding Education Beyond High School: The Guide to Federal Student Aid, is available in English or Spanish from the website or can be requested from the Federal Student Aid Information Center, P.O. Box 84, Washington, DC 20044.

NEW YORK STATE HIGHER EDUCATION SERVICES CORPORATION

99 Washington Avenue, Albany, NY 12255

Telephone: 888.697.4372 or 518.473.1574

www.hesc.org

Administers TAP and other NYS grants and scholarships. Provides loan management services, guarantees federal loans. Website provides links to a variety of financial aid resources and additional planning information.

HISPANIC SCHOLARSHIP FUND

Northeast Office

299 Broadway, Suite 1310, New York, NY 10007

Telephone: 212.608.8884

www.hsf.net

Provides scholarships to Hispanic U.S. citizens and permanent residents enrolled full time in a degree-granting college. Destination University: A Guide to College for Students and Their Families is available in English and Spanish by request. You can access scholarship information, applications, and a downloadable copy of the guide Online.

AMERICAN INDIAN COLLEGE FUND

8333 Greenwood Boulevard, Denver, CO 80221

Telephone: 800.776.3863 or 303.426.8900

www.collegefund.org

Awards approximately 5,000 scholarships annually to students at tribal colleges and universities. Website provides handbooks on financial management. Also has links to Tribal Scholarship Program and other scholarship opportunities.

ASIAN & PACIFIC ISLANDER AMERICAN SCHOLARSHIP FUND (APIASF)

1900 L Street NW, Suite 210, Washington, DC 20036

Telephone: 877.808.7032 or 202.986.6892

www.apiasf.org

APIASF has awarded more than \$2.4 million to 1,075 students since 2005. Website includes links to 27 other Asian community organizations that offer scholarships.

UNITED NEGRO COLLEGE FUND

8260 Willow Oaks Corporate Drive
PO Box 10444, Fairfax, VA 22031
Telephone: 800.331.2244

www.uncf.org

Awards 10,000 students from low and moderate income families each year with scholarship and internship programs so they can afford college tuition, books, and room & board. Their website describes scholarships, fellowships and internships and includes applications.

GATES MILLENNIUM SCHOLARS

PO Box 1434, Alexandria, VA 22313

Telephone: 877.690.4677

www.gmsp.org

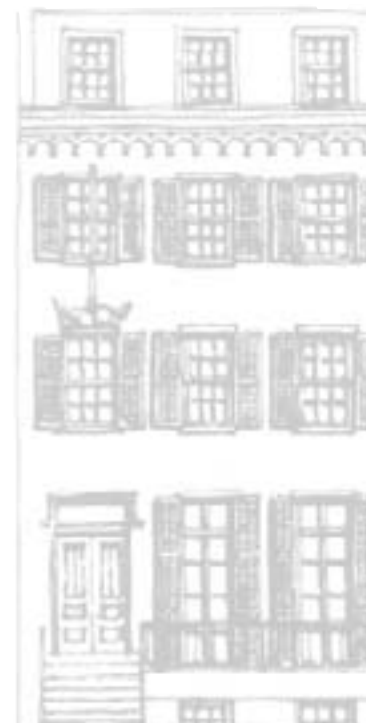
Provides scholarships to African-American, American Indian/Alaskan-Native, Asia Pacific Islander-American, and Hispanic-American U.S. citizens and permanent residents enrolled full-time in a degree-granting college. Visit the website, call or write for more information on the nomination process/eligibility requirements.

www.finaid.org

This site provides a comprehensive summary of financial aid information, advice, and tools. Describes scholarships, fellowships, grants, loans and other aid available to all students and specialized aid available to disabled students, minority students, older students, athletes and veterans. Includes glossary of financial aid terms and online calculators for estimating college costs and financial aid needs.

Shelter in decent, affordable housing is not a luxury. It is a necessity upon which access to other necessities and the development of healthy productive families and communities most often depend.

— Massachusetts Episcopal
Diocese's Episcopal City Mission



Housing

Emergency Shelters

New York City's public shelters provide three hot meals a day, beds, showers, delousing and clothing for men (ages 21 and over) and women (ages 18 and over) in need of emergency shelter. Included are social services, health care assistance, and referral to mental health services.

For general information, call the Department of Homeless Services Emergency Information Line at 311, 7 days a week, 24 hours a day. Spanish also spoken. The department is online at www.nyc.gov/dhs

For intake into the shelter system:

Single men can come 24 hours a day, 7 days a week, to the 30th Street shelter at 400–430 East 30th Street (near First Avenue), Manhattan.

Telephone: 212.481.0771

Subway: 6 to 28th Street

Women can come 24 hours a day, 7 days a week, to one of three intake centers:

Franklin Women's Shelter

1122 Franklin Avenue (at East 166th Street) Bronx, NY 10457

718.842.9510

Subway: Directions: 2 or 5 train to 3 Ave -149th street station. Transfer to BX15 or BX55 bus (on 3rd Avenue) to East 166th Street.

Walk up the hill on East 166th Street to Franklin Avenue.

HELP Women's Shelter

116 Williams Avenue (at Liberty Avenue) Brooklyn, NY 11207

718.495.7874

Subway: C Train to Liberty Avenue, walk 4 short blocks to school building.

Jamaica Armory

93-05 168th Street, Jamaica, New York 11434

718.262.1780

Subway: E, J or Z train to Jamaica Center-Parsons/Archer station. Walk on Archer Avenue to 93rd avenue OR take the F train to 169th street station. Walk to 168th street and Hillside Avenue; proceed along 168th

street to 93rd avenue.

Homeless individuals who have been in a shelter within the past 12 months should go to the shelter they've already been to.

Families with children under 21, single pregnant women, pregnant couples, or parent/grandparent(s) with a pregnant child 21 years of age or over can come 24 hours a day, 7 days a week, to PATH Office, 151 East 151st Street, Bronx, NY 10451.

Subway: Take the 2, 4, or 5 uptown train to the GRAND CONCOURSE STATION. Walk north on Grand Concourse two blocks to East 151st Street and turn LEFT. Walk two blocks to WALTON AVENUE. The PATH Office is located at the corner on your right. Call 311 if you need additional info.

Adult families with no minor children can come 24 hours a day, 7 days a week, to the Adult Family Intake Center (AFIC), 29th Street and First Avenue, New York, NY 10016.

Subway: Take the 6 subway to the 28th Street station. Walk east to 1st Avenue and turn left heading north to 29th street. Walk up the ramp to the AFIC entrance. By bus, you can take the M15 to 29th Street.

If you need to locate someone in a family shelter, call the shelter inquiry unit Mon.–Fri. 9–5 at 212.361.6395; if you need to locate someone at a shelter for single adults, call the shelter inquiry unit Mon.–Fri. 9–5 at 212.361.0964.

People with verified AIDS who are in need of emergency housing or other services can call 212 971.0626.

Homeless veterans can call 718.784.5690, 24 hours a day, 7 days a week. Spanish also spoken.

Families at risk of becoming homeless can call the HRA Hotline at 877.472.8411. Spanish, Russian, and Chinese also spoken.

If you are under age 21 and homeless, contact Covenant House at 460 West 41st Street, New York, NY 10016. Telephone: 800.999.9999, 24 hours a day, 7 days a week.

DROP-IN CENTERS

In partnership with non-profit organizations, the NYC Department of Homeless Services sponsors five drop-in centers located throughout the city. Drop-ins provide hot meals, showers, laundry facilities, clothing, medical care, recreational space, employment referrals, and other social services. Staff can also help you find a safe and secure place to sleep. Dial 311 to contact any drop-in center, receive directions, or other information.

Two 24-hour drop-in centers are located at:

The Living Room	Mainchance
800 Barretto Street	120 East 32nd Street
(at Lafayette Avenue)	New York, NY 10017
Bronx, NY 10011	212.883.0680 ext. 301
718.893.3606	Subway: 6 to 33rd Street
Subway: 6 to Hunt's Point Ave.	

The following three drop-in centers are open from 7:30am–8:30pm:

The Gathering Place	Olivieri Center
2402 Atlantic Avenue	257 West 30th Street
Brooklyn, NY 11233	New York, NY 10001
718-385-8726	212.947.3211
Subway: A to Broadway Junction	Subway: 1/2/3/A/C/E to 34th St.–Penn Station

Project Hospitality
25 Central Avenue
Staten Island, NY 10301
718.720.0079
No subway service

COALITION FOR THE HOMELESS

129 Fulton Street, 4th Floor (at Nassau Street), New York, NY 10038
Telephone: 212.776.2000
www.coalitionforthehomeless.org
Assists the homeless, the formerly homeless, and those at risk of

becoming homeless. Offers housing services including rental assistance and permanent housing for single men, single women, women and children, and individuals and families living with HIV/AIDS. Also offers crisis services including grants for rent arrears, groceries, and medicine; referrals to social service agencies; and assistance securing benefits. Also offers a job-training program. Provides mail services. Coalition for the Homeless Resource Guide, a directory of information on food, shelter, and services for homeless and low-income New Yorkers, is available on the website and in the Reference Section of all New York Public Library branches. Walk-in Mon., Tue., Thu. 9–2 (first 50 clients), Wed., Fri. 9am–11am (first 30 clients), or call Mon.–Fri., 9–5.

PARTNERSHIP FOR THE HOMELESS

305 7th Avenue, 13th Floor, New York, NY 10001
Telephone: 212.645.3444
www.partnershipforthehomeless.org
Helps individuals and families maintain independent housing through supportive case management, entitlement education and advocacy, legal assistance, furniture, support groups and other assistance. A workforce development program helps parents looking for work, and the Education Rights Project can help with some of the school-related issues homeless children face. Call Mon.–Fri. 9–5 or walk in Mon.–Thu. 9–5.

BRONX WORKS

60 East Tremont Avenue, Bronx, NY 10453
Telephone: 646.393.4000
www.bronxworks.org
The Homeless Outreach Team can help homeless people get their entitlements, food stamps, and detox placement. Also provides counseling, referrals, job skills and assistance for homeless people in finding shelter. Four offices in the Bronx.
Call Mon.–Fri. 9–5.

COVENANT HOUSE/UNDER 21 NEW YORK

460 West 41st Street, New York, NY 10036
Telephone: 212.613.0300

www.covenanthouse.org

A 24-hour multiservice walk-in center for adolescents located in the Times Square area. Offers crisis intervention and short-term counseling. Provides medical, social, educational/vocational, psychological, legal, and family services. There is a short-term residential program with capacity for emergency care. Services disenfranchised, exploited, nomadic, sexually abused, and runaway youth. Must be under 21. Spanish also spoken.

HOUSING WORKS

Intake: 611 Broadway, Suite 613, 6th Floor, New York, NY 10012

Telephone: 877.296.9264

TDD/TTY: 212.925.9560

www.housingworks.org

Provides services for people living with HIV/AIDS or at risk for HIV/AIDS who are also homeless or at risk for homelessness. Among their client services are: housing, COBRA case management, adult day health care, job training, dental care, substance abuse services, and a harm-reduction/needle-exchange program, and care coordination program. Walk-in Mon.–Fri. 8–5. Spanish, French Creole, and Sign Language also spoken.

BAILEY HOUSE

EAST HARLEM CASE MANAGEMENT OFFICE DROP-IN CENTER

1751 Park Avenue, 3rd Floor, New York, NY 10035

Telephone: 212.289.6008 or 212.633.2500

www.baileyhouse.org

Provides housing and support services to men, women, and children with HIV/AIDS. Services include housing placement, health monitoring, case management, counseling, vocational education, job training and placement, food pantry, clothing closet, lending library, and support groups. Staff fluent in English and Spanish. Walk-in or call Mon.–Fri. 9–6. Also operates group residences with supportive services. Ask about Project FIRST (Formerly Incarcerated Rental Support and Training). The program helps HIV/AIDS-infected men and women recently released from prison return to their communities, find permanent housing, and obtain the care they need to remain healthy. Residential clients must be referred through the New York City HIV/

AIDS Service Administration (HASA). Call HASA at 212.971.0626 Mon.–Fri. 9–5.

PROJECT RENEWAL

200 Varick Street, 9th Floor, New York, NY 10014

Telephone: 212.620.0340

www.projectrenewal.org

Offers a wealth of services to homeless people with disabilities (including substance abuse, mental illness, or chronic illness). Project Renewal tries to provide everything homeless people need to move from the streets to independent living. Areas of service include housing, outreach, health care, addiction recovery, mental health, and employment. Must be referred (referrals are usually through the shelter system, social service programs, prisons); however, assistance will be given in obtaining a referral if necessary. Call Mon.–Fri. 9–5.

CENTER FOR URBAN COMMUNITY SERVICES

198 East 121st Street, New York, NY 10035

Telephone: 212.801.3300

www.cucs.org

Provides comprehensive services to homeless, formerly homeless, low-income, mentally ill, and special needs individuals and families. Services include outreach, medical and psychiatric assistance, housing referral, transitional housing, supportive housing, educational programs, and job training and placement. Drop-in Center in Harlem offers food, showers, laundry facilities, counseling, and other services. Single Stop Centers in Harlem, Washington Heights and Rikers Island provide public benefits assistance, legal assistance, financial counseling, tax preparation assistance and referral services. Must be 18 or older. Staff fluent in English and Spanish. Call Mon.–Fri. 9–5.

COMMON GROUND

505 Eighth Avenue, 15th Floor, New York, NY 10018

Central Intake: 255 West 43rd Street, New York, NY 10036

Telephone: 212.389.9300
www.commonground.org
 Provides supportive housing to the homeless, low-income workers, the elderly, and people with medical and/or mental disabilities. Operates programs targeted at veterans and formerly incarcerated individuals. Must be 18 or older. For applications, call the hotline at 800.324.7055.

The Housing Seminar offered by Exodus Transitional Community (www.etcny.org) provides an overview for formerly incarcerated people about housing authority laws that affect them, and provides information about the shelter system. Call 917.492.0990 for more information.

METROPOLITAN COUNCIL ON HOUSING

339 Lafayette Street, #301, New York, NY 10012
 Telephone: 212.979.6238; Tenant Hotline: 212.979.0611
www.metcouncil.net
 Hotline offers information, advice and assistance. Call Mon., Wed., Fri. 1:30–5. Website includes Fact Sheets on tenant rights, rent guidelines, rent control/stabilization, subletting/roommates, heat, hot water, pests, and housing court. Website also includes links to online resources for New York City tenants.

Additional shelter and housing info for women is included in the chapter Women.

Public Housing

NEW YORK CITY HOUSING AUTHORITY BOROUGH APPLICATIONS OFFICES

www.nyc.gov/nycha

Provides affordable housing to low- and moderate-income residents in publicly owned buildings throughout the five boroughs. Pick up an application for public housing at your Customer Contact Center or call your Customer Contact Center to have an application mailed to you. Walk-in Mon., Tue., Thu., Fri. 8–5. Call Mon.–Fri. 8–5. You will receive an acknowledgement letter within 60 days of receipt of your application. The waiting lists for public housing are long, particularly in Manhattan and Queens. Must be 18 or older.

Bronx/Manhattan Customer Contact Center
 478 East Fordham Road (1 Fordham Plaza), 2nd Floor,
 Bronx, NY 10458
 Telephone: 718.707.7771 Mon.–Fri. 8–5

Brooklyn/Staten Island Customer Contact Center
 787 Atlantic Avenue, 2nd Floor, Brooklyn, NY 11238
 Telephone: 718.707.7771 Mon.–Fri. 8–5

Queens Customer Contact Center
 90-27 Sutphin Boulevard, 4th Floor, Jamaica, NY 11435
 Telephone: 718.707.7771 Mon.–Fri. 8–5

Housing Assistance

The Section 8 Housing Assistance Program helps lower-income families obtain a decent place to live. Under this program, the New York City Housing Authority may make monthly payments to a landlord on behalf of an eligible tenant that will constitute the difference between the rent that the tenant can afford to pay for the apartment and the full rent.

Please note that the New York City Housing Authority is no longer accepting Section 8 applications EXCEPT for those in the categories listed below, until further notice:

1. Victims of Domestic Violence
2. Intimidated Witness
3. Administration for Children's Services (ACS) Family Unification and Independent Living Programs

You may pick up a Section 8 application from any of the borough offices listed above under “Public Housing.”

The Legal Action Center has published a document, “How to Get Section 8 or Public Housing even with a criminal record: a guide for New York City Housing Authority applicants and their advocates”. Access it online at www.hirenetwork.org/publications.html or call 212.243.1313 or 800.223.4044.

The Department of Housing Preservation and Development (HPD) provides information on available affordable apartments, both rental and sales, through its hotline at 212.863.5610, Spanish 212.863.5620. A taped message lists available apartments by borough, income requirements, where to write for an application, and deadlines for applications. Preference is given to local area residents.

You can also visit the HPD website at www.nyc.gov/html/hpd/home.html and click on “apartment seekers” for a list of frequently asked questions and the HPD’s affordable apartment listing.

Rentals

It is extremely difficult in most areas of New York City today to find decent housing at an affordable rent. It may require a lot of patience and ingenuity to find what you are looking for. Some suggestions include checking the local newspapers and church and community center bulletin boards, monitoring online bulletin boards such as Craigslist (www.newyork.craigslist.org) and notifying friends and people at work that you’re looking for an apartment. If you contract for the help of a real estate agent, be prepared to pay a finder’s fee of up to 12 to 18% of a year’s rent.

Finding a Roommate

Another option in finding living accommodations is sharing an apartment with a roommate. People with apartments wishing to share, as well as people needing apartment space, often advertise in the classified section of the daily papers or on online bulletin boards

such as www.craigslist.org. There are also commercial agencies that specialize in matching people with roommates. These agencies charge fees, though many charge only the individuals who own the apartments. For a listing of commercial roommate services, check the Village Voice. Be sure never to sign a contract until you are certain exactly what services you will be given.

Housing Complaints

For complaints about lack of heat and hot water, or a landlord’s refusal to make emergency repairs in an apartment or building, call 311 and you will be transferred to the New York City Department of Housing Preservation and Development. Spanish also spoken.

For cases of housing discrimination, see the chapter on Legal Services.



The only reason a great many American families don't own an elephant is that they have never been offered an elephant for a dollar down and easy weekly payments.

— Mad Magazine

Financial Assistance

Dealing with government agencies is often a very frustrating experience, requiring both patience and endurance. There is the inevitable waiting line, service is usually impersonal, and it is not uncommon to be shifted from one office or agency to the next in search of simple answers. In recent years many government departments have posted their application forms, eligibility requirements and procedures on the Internet for downloading. If you do not have access to a computer and printer, remember that your neighborhood public library (or organization supporting formerly incarcerated people) may be able to print needed forms and web pages for you or show you how to do so using their computers.

NEW YORK CITY HUMAN RESOURCES ADMINISTRATION

180 Water Street, New York, NY 10038

Telephone: 877.472.8411

www.nyc.gov/html/hra

The New York City Human Resources Administration (HRA) administers programs in a number of areas, including:

- Food stamps and food pantry programs
- Child care
- Support for domestic violence survivors
- Home Energy Assistance Program (help with high heating bills)
- Job search and placement services
- Services for people living with HIV and AIDS
- Child support services
- Home care
- Medicaid

Information on applying for benefits is available through the automated telephone line and website. The website includes applications for download and printing, eligibility requirements and FAQs (lists of frequently asked questions about benefits). Spanish, Chinese and Russian are options on the telephone line. No operator is available. Mon.–Fri. 8–5, except holidays.

Temporary Cash Assistance

Recipients of this benefit fall into four general categories:

1. Families with children under 18 years of age (or 21 if they attend school) without sufficient means of support due to absence or incapacity of one or both parents (ADC, or Aid to Dependent Children);
2. Families with dependent children without sufficient means of support because of unemployed parent (ADC-U, or Aid to Dependent Children with Unemployed Parent);
3. Certain persons in need of financial assistance for such reasons as

temporary illness, layoff, or injury (HR, or Home Relief);
4. Persons in need of special services.

Eligible clients receiving temporary cash assistance must engage in work activities. HRA refers clients to programs designed to provide assistance with job training and placement, education, resume services, workshops and other support services. Those participating in an approved program will receive car fare and child care expenses so that they can meet their requirements. You must apply for this in person at a "Job Center." For a list of Job Centers in your area, visit www.nyc.gov/html/hra/html/directory/job_centers.shtml or call 311 or 877.472.8411

Food Stamps (SNAP)

The Food Stamp Program (also known as SNAP) is a federally funded program designed to enable people with limited income to increase their ability to purchase food. The program provides food stamp benefits through the use of a debit card that can be used in the place of cash. People receiving public assistance can sign up for Food Stamps at the Job Centers described above. Other offices provide just Food Stamp benefits: Addresses for the sixteen NYC Food Stamp offices are found online at:
www.nyc.gov/html/hra/html/directory/food.shtml

An application package can also be mailed to you: call 877.472.8411 to request. The application can also be printed from the HRA website: www.nyc.gov/html/hra/downloads/pdf/foodstamp_app.pdf (Available also in Spanish, Chinese, Arabic, Russian, Korean, and Haitian/Creole.)

If you are uncertain whether or not you are entitled to SNAP, you can call the Food Stamp Assistance Center at: 212.894.8060. Mon.–Fri. 9–5. Spanish, Russian and Chinese spoken also.

For a referral to food pantries all over the city call the NYC Hunger Hotline at 866.888.8777

Medical Assistance

Medicaid is the federal program working in cooperation with state governments to partly finance medical assistance to low-income people. The Department of Health and Human Services lists eligibility guidelines on its website, www.cms.hhs.gov/MedicaidGenInfo. For telephone information on Medicaid or to order an application kit, call 888.692.6116. You can speak to a Medicaid Counselor Mon.–Fri. 9–5 (Spanish, Chinese, Russian, and Haitian/Creole also spoken).

Medicare is the federal government's health insurance program for people over age 65. The federal Medicare office can be reached at 800.633.4227 or online at www.medicare.gov Spanish also spoken.

Elder Pharmaceutical Insurance Coverage (EPIC) helps seniors pay for prescription drugs. Call 800.332.3742 (TDD/TTY 800.290.9138) for information on eligibility, or visit www.health.state.ny.us/health_care/epic

URBAN JUSTICE CENTER

123 William Street, 16th Floor, New York, NY 10038

Telephone: 646.602.5600

www.urbanjustice.org

If you are homeless, you are still entitled to receive Public Assistance. Urban Justice Center operates outreach clinics at various locations around the city where they can help you get access to Public Assistance and other forms of aid. Call Mon.–Fri. 9–6 for times and locations. Spanish, Chinese, Korean, Portuguese, Arabic, French, and Russian also spoken.

GAY MEN'S HEALTH CRISIS (GMHC), CLIENT ADVOCACY

Telephone: 212.367.1125, Wed. 2–5:30pm

www.gmhc.org

Assists people living with HIV and AIDS with understanding and accessing the government programs they are entitled to. Offers monthly public forums and personal assessments. This service is for all people living with HIV. Call for more information.

Veterans

DEPARTMENT OF VETERANS' AFFAIRS

245 West Houston Street (at Varick Street), New York, NY 10014

Telephone: 800.827.1000, TDD/TTY: 800.829.4833

www.va.gov

Walk in or call Mon.–Fri. 8–4 for information on veterans' benefits.

Areas covered include education, disabilities, and housing loans.

Forms can be downloaded from the department's website. Spanish and French also spoken.

NEW YORK STATE DIVISION OF VETERANS' AFFAIRS

State Veteran Counselors assist veterans and their families with any matters related to veterans' benefits. Bring DD214, copy of birth certificate, Social Security card, proof of address, and proof of income, if any. Assistance is also given in obtaining a copy of your DD214.

For the location of your nearest Veterans Affairs office, anywhere in New York State, call 888.838.7697, Mon.–Fri. 9–4.

Crime Victims

NEW YORK STATE CRIME VICTIMS' BOARD

55 Hanson Place, 10th Floor, Brooklyn, NY 11217

Telephone: 718.923.4325 or 800.247.8035

www.cvb.state.ny.us

Provides reimbursement under certain conditions for medical expenses, loss of earnings, funeral expenses, and lost or destroyed essential personal property. Call Mon.–Fri. 9–5. Spanish, Russian, and Cantonese also spoken.

Emergency Assistance

See the chapter on Housing for information on New York City shelters.

NEW YORK CITY HUNGER HOTLINE

Telephone: 866.888.8777

Provides referrals to more than 600 soup kitchens and food pantries across the city. Multilingual service available Mon.–Fri. 8–5, automated assistance available in Spanish and English all other times.

NEW YORK CITY HUMAN RESOURCES ADMINISTRATION, EMERGENCY SERVICES

Telephone: 877.472.8411 or 311, 8–5

Provides emergency, short-term assistance in areas of eviction or dispossession, electricity, gas or heating turn-offs, housing, child abuse, medical problems, and the needs of the elderly. Call the HRA INFOLINE listed above for instructions on how to receive emergency help or for the location of the nearest service center.

CATHEDRAL COMMUNITY CARES

Cathedral Church of St. John the Divine

1047 Amsterdam Avenue, New York, NY 10025

Telephone: 212.316.7581

www.stjohndivine.org/social_ccc.html

Provides referrals to all types of services, including legal, housing, detox, clothing, and food pantry. Operates a men's transitional shelter every evening and a soup kitchen on Sundays. Two pieces of I.D. (with a photo and address) if possible. Must be referred. This is not a walk-in shelter. Mon.–Fri. 10–1. Spanish also spoken.

Go to your library to check out latest copy of the 2005 Coalition for the Homeless Resource Guide. This invaluable resource lists food, shelter, and other services for the homeless, including information on rights and benefits, drop-in centers, legal services, medical and mental health services, services for youth and immigrants, GED programs, and housing. The Guide is available online at

www.coalitionforthehomeless.org
Click on "Get Help" then "Resource Guide."

The organization Information for Families keeps a list of resources and links on its website:

www.informationforfamilies.org

Find lists of food pantries, places to access the Internet for free, free events and programs for children, and more.

Your health comes first —
you can always hang yourself later.

— Yiddish Proverb



Health

In case of Medical Emergency, call 911, or go to the emergency room of your local municipal hospital.

All branches of The New York Public Library have collections of books on general health topics, and some have videos and DVDs as well.

Finding Health Care

For referrals to private doctors, call the medical society in your borough. Medical societies are voluntary membership organizations for doctors that keep track of specializations and certifications. They can also provide information on obtaining medical records and patients' rights. To determine what insurance the doctors accept, call their offices directly.

NEW YORK CITY MEDICAL SOCIETIES

Bronx

Bronx County Medical Society

Telephone: 718.548.4401

www.bronxdocs.org

Call Mon.–Fri. 9–4:30

Brooklyn

Medical Society of the County of Kings

Telephone: 718.745.5800

www.msck.org

Call Mon.–Fri. 8:30–4:30

Manhattan

New York County Medical Society

Telephone: 212.684.4670

www.nycms.org

Call Mon.–Fri. 9:30–noon

Queens

Medical Society of the County of Queens

Telephone: 718.268.7300

www.queensmd.org

Call Mon.–Fri. 9–4

Staten Island

Richmond County Medical Society

Telephone: 718.442.7267

www.rcms.org

Call Mon.–Fri. 8:30–4:30

The American Medical Association (AMA) DoctorFinder is an online tool to help check a doctor's background, or find a doctor by specialty: <https://extapps.ama-assn.org/doctorfinder/recaptcha.jsp>

COMMUNITY HEALTHCARE NETWORK

Telephone: 866.246.8259

www.chnnyc.org

A non-profit network of New York health centers with locations in Crown Heights, East New York, Harlem, Jamaica, the Lower East Side, Red Hook, South Bronx, Washington Heights, and Williamsburg. Primary care, reproductive health, family planning, STD testing, and comprehensive HIV services provided. Dental, mental health, foot care, prenatal care, mammogram referral and cancer screening also offered. Offers sliding scale fees for people without insurance and provides services regardless of ability to pay. Call for more information, the site nearest you and languages spoken. Centers accessible to people with disabilities.

To make a complaint about a doctor, write or call the New York State Office of Professional Medical Conduct, 433 River St., Suite 303, Troy, NY 12180, Telephone: 800.663.6114.
www.health.ny.gov/professionals/doctors/conduct

General Information

MedlinePlus

www.medlineplus.gov

This site will help answer health questions, referring to authoritative information and tutorials from government agencies, medical schools and organizations. It also includes a medical dictionary, information about drugs and supplements, health news, and directories for hospitals, doctors and dentists. In English and Spanish. Information in other languages also available on many topics.

Healthfinder

www.healthfinder.gov

A government sponsored site with links to more than 1,400 health-related organizations. Topics include: AIDS, alternative medicine, Medicare, choosing quality care, mental health, children's health, and disease prevention.

NYC Department of Health and Mental Hygiene

www.nyc.gov/html/doh

A variety of information from the New York City Department of Health and Mental Hygiene on common health concerns. Each health article is written in an easy-to-understand style.

New York Online Access to Health (NOAH)

www.noah-health.org

Includes information on health topics such as cancer, AIDS, tuberculosis, mental health, diabetes, asthma, and alternative medicine. Also has information about hospitals in New York. In English and Spanish.

Center for Disease Control and Prevention (CDC)

132 West 32nd Street, Manhattan 10001

www.cdc.gov

On the CDC website diseases and other health topics are listed under the A-Z Index, or can be found through the search function. You can also call the CDC Info number 24 hours a day at 800.232.4636 to request free publications or information on HIV/AIDS, cancer, diabetes, tobacco-related illness, nutrition, and other frequently requested topics.

Hotlines

The Poison Control Center Hotline at 212.764.7667 or 800.222.1222 (TDD/TTY: 212.689.9014) will advise you in an emergency caused by any kind of poisoning. Nurses and pharmacists are available 24 hours a day, and all calls are confidential. Translators are available for 150 different languages.

For tuberculosis testing and treatment, call the New York City Bureau of Tuberculosis Education & Training at 212.442.9968, Mon.–Fri. 9–5. Provides referrals to free TB clinics, testing, exams, and treatment.

Call 311 to find a free Sexually Transmitted Disease Control (STDC) Clinic in any of the five boroughs. Services at each clinic may include Rapid HIV testing, HIV counseling, Hepatitis services, and emergency contraception services. Minors do not need parental permission. Medical records are kept confidential.

For free information about cancer, call the American Cancer Society at 800.227.2345, or contact them by mail: ACS Manhattan Region, Cancer Information Department, 132 West 32nd Street, New York, NY 10001. Specify which type of cancer you are seeking information on.

There are more health organizations and sources of information in the chapter Women.

Health Insurance

For information on Medicaid, see the chapter on Financial Assistance.

If your child is uninsured, you may be able to get help paying for treatment by requesting public health insurance. Call the New York City Human Resources Administration, Department of Social Services at 877.472.8411, Mon.–Fri. 8–5.

There are several kinds of public health insurance in New York City, including -
Medicaid: a program for New Yorkers who cannot afford to pay for

medical care.

Child Health Plus: for New Yorkers under 19 years of age when family income is too high to qualify for Medicaid.

Family Planning Benefit Program: provides family planning services to any woman of child-bearing age and men who meet certain income and residency requirements.

Medicaid Buy-In Program for Working People with Disabilities: a program for people with disabilities who are working and earning more than the income limit for regular Medicaid, allowing people to keep their health care coverage through Medicaid.

There are also specific plans for pregnant women (the Prenatal Care Assistance Program), adults over age 65 (Medicare), and people living with HIV/AIDS (the HIV Special Needs Plan). For a list of all health insurance plans provided by New York State, see www.health.state.ny.us/health_care or call 877.472.8411.

If you don't have health insurance but are working and making too much money to qualify for the programs above, another option is Healthy New York. For uninsured working individuals and small business owners. For more information, call: 866.432.5849.

Some community health centers include in their mission offering more affordable care (sliding-scale or income-based rates) to low-income people who don't have insurance. Two examples in New York City are the Ryan Health Center, with sites in the Upper West Side, Lower East Side and Chelsea (212.749.1820); and the Charles B. Wang Community Health Center, with locations in Flushing and Manhattan's Chinatown (212.226.6682). Before visiting a provider with a sliding-scale policy, call to ask what documents you will need to bring to prove income eligibility.

Mental Health

Any person in need of psychiatric help can report to the emergency room of any municipal hospital, even if she/he has no insurance. Hospitals make referrals, link people to outpatient programs, and can help with medication if necessary.

Call 800.LIFENET (800.543.3638, Spanish 877.298.3373; Mandarin/Cantonese/Korean 877.990.8585) anytime for referrals to affordable mental health and/or substance abuse services in your community. The service is confidential and provided by experienced specialists. Possible referrals include inpatient and outpatient facilities, neighborhood clinics, hospitals, and therapists. Also provides crisis-intervention assistance.

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE NYC-LINK SYSTEM OF SERVICES

Provides services for people diagnosed with Severe Persistent Mental Illness (SPMI) who are confined in NYC jails, involved in court adjudication, or returning to the community after leaving confinement or court. The program assists in linking clients to treatment, residential treatment programs, housing, medication, and the acquisition of Medicaid and other benefits. Also serves the juvenile population. Referrals not necessary. Contact the program in your borough:

Manhattan
FEES
New York City Link Program
315 Hudson Street, 4th Floor, New York, NY 10013
Telephone: 917.606.6560 or 212.366.8400

Queens
Volunteers of America
Queens Forensic Link Program
163-18 Jamaica Avenue, 5th Floor, Jamaica, NY 11432
Telephone: 718.725.1560 ext. 202 or 212.369.8900

Brooklyn and Staten Island
Education & Assistance Corporation
Brooklyn Forensic Linkage-Transition Program
175 Remsen Street, 6th Floor, Brooklyn, NY 11201
Telephone: 718.975.0180
(includes an Adolescent Link Program)

Bronx
Fordham Tremont Treatment Community

Mental Health Center
Bronx Link Program
2250 Ryer Avenue, 3rd Floor, Bronx, NY 10457
Telephone: 718.960.0661

NATIONAL INSTITUTE OF MENTAL HEALTH / INFORMATION CENTER

6001 Executive Boulevard, Room 8184 MSC 9663,
Bethesda, MD 20892-9663
Telephone: 866.615.6464
www.nimh.nih.gov
The National Institute of Mental Health makes available a variety of brochures on mental disorders free of charge by writing, calling or downloading from the above address. These pamphlets offer the latest information about the symptoms, diagnoses, and treatment of various mental illnesses. Easy-to-read materials are available. Some of the topics are: bipolar disorder, depression, post-traumatic stress disorder, schizophrenia and psychiatric medications.

FOUNTAIN HOUSE, INC.

425 West 47th Street, New York, NY 10036
Telephone: 212.582.0340
www.fountainhouse.org
Dedicated to providing a community-based restorative environment throughout the five boroughs for people who are experiencing the disabling effects of psychiatric illness. Rehab centers facilitate adjustment of mentally ill people. Provides pre-vocational day programs, transitional employment opportunities, a full-time employment program, subsidized food, recreation, and housing alternatives. There is a waiting list for membership; call for details. Spanish and Sign Language also spoken. Mon. and Fri. 9-5; Wed. and Thu. 9-9; Sat. 5-10; Sun. 12-4:30.

NEW YORK STATE OFFICE OF MENTAL HEALTH BRONX PSYCHIATRIC CENTER

Ginsburg Outpatient Clinic
1500 Waters Place, Bronx, NY 10461

Telephone: 718.931.0600
www.omh.state.ny.us/omhweb/facilities/brpc/facility.htm
Provides psychiatric intervention and supportive counseling to individuals with serious mental illness. No referral necessary. Call 718.931.0600. Spanish also spoken.

YOUTH COUNSELING LEAGUE

386 Park Avenue South, Suite 401, New York, NY 10016
Telephone: 212.481.2500
An outpatient psychiatric clinic designed to serve younger people and families who cannot afford clinics charging higher fees. Includes individual and group therapy. Ages served: 5-21. Payment by sliding scale. Medicaid and other insurance accepted. Call Mon.-Thu. 9-7, Fri. 9-5. Spanish also spoken.

HIV and AIDS

New York State AIDS Hotline
Taped information in both English and Spanish on prevention, diagnosis and treatment of AIDS. Also provides referrals to HIV testing sites and counseling services. Call 800.541.2437. Mon.-Fri. 8-8; Sat. 10-6.

New York City Department of Health and Mental Hygiene
AIDS Hotline
Call 800.825.5448, Mon.-Fri. 9-5, for confidential information on AIDS and HIV testing. Spanish also spoken.

GMHC (Gay Men's Health Crisis) Hotline
Call 212.367.1000

FORTUNE SOCIETY DROP-IN CENTER

29-76 Northern Boulevard, Long Island City (Queens), NY 11101
Telephone: 212.691.7554
www.fortunesociety.org
For HIV-positive people returning from incarceration at Rikers Island,

special services are available at the Fortune Society Drop-In Center. Call Mon.–Fri. 6–6, walk-in hours Mon.–Fri. 8–4.

PROJECT STREET BEAT
PLANNED PARENTHOOD OF NYC, INC.

www.plannedparenthood.org/nyc/15223.htm

Project Street Beat is an HIV prevention and treatment program serving people who live and work on New York City's streets. Services offered include counseling, STD testing, food, clean clothes, condoms, support groups, harm reduction counseling, Hepatitis C testing and referrals, pregnancy testing, and more. Street Beat operates mini-vans that cruise neighborhoods in the Bronx, Brooklyn, Queens and Manhattan both day and night. Services are also available by visiting their offices Mon.–Fri. 9–5 and some evenings. Office locations are:

349 East 149th Street, 3rd Floor, Bronx, NY 10451
Telephone: 212.965.4850 or 212.965.7000

1368 Fulton Street, Lower Level, Brooklyn, NY 11216
Telephone: 718.783.7100

180 West 135th Street, Room 417, New York, NY 10030
Telephone: 212.926.2707

GAY MEN'S HEALTH CRISIS (GMHC)

119 West 24th Street, New York, NY 10011
Telephone: 212.367.1000/212.807.6655
www.gmhc.org

GMHC provides direct services and support for people living with HIV and AIDS and those affected by the AIDS crisis. GMHC also educates the public about HIV prevention and treatment education and advocates for fair and effective AIDS policy at all levels of government. One-to-one counseling is available as well as numerous support groups for those living with HIV and AIDS and their loved ones. Financial and legal counseling also available. In addition to these services, there are many educational workshops and training opportunities for people living with HIV/AIDS, and the general public. You do not have to be a gay man: many heterosexual and bisexual men, women, and children

avail themselves of GMHC services. Call Mon.–Fri. 10–6.

FORGING AHEAD FOR COMMUNITY EMPOWERMENT AND
SUPPORT (FACES)

317 Lenox Avenue, 10th Floor, New York, NY 10027

Telephone: 212.283.9180

Provides information, counseling, and referrals on issues related to HIV and AIDS. Applicant must be a New York City resident, be HIV positive, and have an M11Q form. A pre-release discharge planning program exists for incarcerated people soon to be released who are HIV-positive. Write to the Client Services department for more information. Call Mon.–Fri. 9–5. Spanish also spoken.

THE HISPANIC AIDS FORUM INC.

213 West 35th Street, 12th Floor, New York, NY 10001
Telephone: 212.868.6230

967 Kelly Street, 4th Floor, Bronx, NY 10459
Telephone: 718.328.4188

62–07 Woodside Avenue, 3rd Floor, Woodside (Queens), NY 11377
Telephone: 718.803.2766

www.hafnyc.org

Provides information, counseling, and support groups for anyone with questions about HIV or AIDS. Referrals given. Free HIV testing provided. Write for brochures, or call Mon.–Fri. 9–5. Spanish also spoken.

HOPE SERVICES PROGRAM

Alianza Dominicana

2410 Amsterdam Avenue, 4th Floor, New York, NY 10033

Telephone: 212.740.1960

www.alianzaonline.org

The HOPE Program (Holistic Orientation & Preventive Education) provides services to people at risk for, affected by, or infected by HIV and

AIDS. Support groups, information and referral. Serves people from all five boroughs at multiple sites. Call Mon., Wed., and Fri. 9–5, Tue. and Thu. 9–8 for information. Spanish also spoken.

HAITIAN CENTERS COUNCIL

123 Linden Boulevard, 3rd Floor, Brooklyn, NY 11226

Telephone: 718.940.2200

www.hccinc.org

Offers a variety of services that help individuals and families in New York's Haitian and Caribbean communities lead healthy, productive lives. Specializes in services to people and families affected by the AIDS pandemic. Their website features a directory of health care providers, identifying those who speak Haitian Creole. Call Mon.–Fri. 9–5. French and Creole also spoken.

ACCESS PROGRAM/ARGUS COMMUNITY, INC.

760 East 160th Street, Bronx, NY 10456

Telephone: 718.401.5734

www.arguscommunity.org/access

Provides intensive case management for HIV positive people or those at risk, including formerly incarcerated people and their families with or without Medicaid. Assistance obtaining quality medical care, housing, accessing benefits, legal help and other needs. Call or walk in Mon.–Fri. 8:30–4:30. Spanish also spoken.

BRONX DEFENDERS

502 Bergen Street, Brooklyn, NY 11217

Telephone: 718.622.2910

www.batf.net

A community service program for people in Brooklyn infected or affected by HIV or AIDS. They provide culturally-sensitive HIV/AIDS prevention education, testing, counseling and support groups, comprehensive social services and referrals, a community food pantry and more. The Five Steps and Renaissance programs help HIV-positive people who have substance abuse histories. There are offices in Prospect

Heights, Flatbush, Williamsburg, and Fort Greene; call for more information. Mon.–Fri 9–5.

BRONX AIDS SERVICES

540 East Fordham Road, Bronx, NY 10458

Telephone: 718.295.5605

www.basnyc.org

Provides supportive counseling, food, legal advocacy, domestic violence education, peer mentoring, case management services, prevention education and HIV testing in four facilities in the Bronx and two mobile vans. Mon.–Fri. 9–5. Spanish also spoken.

AIDS CENTER OF QUEENS COUNTY

161–21 Jamaica Avenue, 6th Floor, Jamaica (Queens), NY 11432

Telephone: 718.896.2500

www.acqc.org

Provides social, medical, educational and health services in four sites in Queens. Case management, primary medical care, a licensed mental health clinic, legal services, housing services, harm reduction and syringe exchange programs. Also operates a post-incarceration housing program in Long Island City for people living with HIV and AIDS; call or write for more information. Mon., Tue., Thu. 9–9; Wed. 9–8; Fri. 9–6. Spanish also spoken.

COMMUNITY HEALTH ACTION OF STATEN ISLAND

56 Bay Street, 6th Floor, Staten Island, NY 10301

Telephone: 718.808.1300

www.chasiny.org

Case management for HIV-positive clients, support groups, job search and housing assistance, counseling, food bank, and a medically supervised outpatient program for clients dealing with active drug or alcohol use. Call Mon.–Fri. 9–5.

THE AIDS DRUG ASSISTANCE PROGRAM (ADAP)

Telephone: 800.542.2437

Assists uninsured or underinsured HIV-positive New York State residents access HIV and AIDS medications. Application can be downloaded from the New York State Department of Health website at www.health.state.ny.us/diseases/aids/resources
Call Mon.–Fri. 8–5 for more information. Spanish also spoken.

FRIENDS IN DEED

594 Broadway, Suite 706, New York, NY 10012
Telephone: 212.925.2009
www.friendsindeed.org
Provides support groups for people affected by life-threatening illnesses, including HIV. Call Mon. 10–6, Tue. and Thu. 10–9, Wed. 10–8:30, Fri. 10–2 or come to the main meeting on Monday at noon or Tuesday at 7pm.

www.cdc.gov/hiv/pubs/brochure/livingwithhiv.htm
Download the booklet Living With HIV/AIDS, an easy-to-read overview for newly diagnosed people from the CDC. Also available in Spanish.

www.projinf.org
Project Inform offers up-to-date, reliable information on AIDS research and treatment. Their publications, including “Day One: After You’ve Tested Positive” can be downloaded from their website or requested in writing at Project Inform, 1375 Mission Street, San Francisco, CA 94103.
www.projectinform.org/info/dayone/dayone.pdf

Free brochures on AIDS in English or Spanish can be obtained by writing either GMHC, 119 West 24th Street, New York, NY 10011, or the New York City Department of Health, 125 Worth Street, New York, NY 10013.

AIDS Discrimination

If you have complaints about discrimination leading to inadequate

medical attention or treatment while in a New York State institution, contact Prisoners’ Legal Services at 41 State Street, Suite M112 Albany, NY 12207

THE NEW YORK CITY COMMISSION ON HUMAN RIGHTS

40 Rector Street, New York, NY 10006
Telephone: 212.306.7500
www.ci.nyc.ny.us/html/cchr/home.html
Takes complaints regarding AIDS and AIDS-related discrimination, including those related to employment, housing, and public accommodation. Call 212.306.7450 for an appointment. Spanish also spoken.

Hepatitis C

For frequently asked questions about Hepatitis C (also called HCV, or Viral Hepatitis C) visit the Center for Disease Control’s Hepatitis C section at www.cdc.gov/hepatitis or call CDC Info at 800.232.4636. You can also find information about HCV co-infection with HIV.

For printed information on liver disease, including Hepatitis C and HIV/HCV co-infection, write to the American Liver Foundation at 39 Broadway, Suite 2700, New York, NY 10006 or call them at 212.943.1059. Spanish is also available on the above websites and hotlines.

The National HCV Prison Coalition (www.hcvinprison.org) aims to raise awareness and support for prisoners suffering from Hepatitis C. Contact them at P.O. Box 41803, Eugene, OR 97404. Telephone: 541.607.5725.

To be referred to a support group for people with HCV in the New York area, contact the American Liver Foundation at 212.943.1059. There are groups in all five boroughs.

The greatest problem in communication is the illusion that it has been accomplished.

— George Bernard Shaw

Counseling and Family Services

For information and/or referral to a wide range of social service agencies and counseling centers, call the Federation of Protestant Welfare Agencies, Inc. at 212.777.4800 Mon.–Fri. 9–5 or check online at www.fpwa.org
The Jewish Board of Family and Children's Services can also provide many referrals: 888.523.2769, Mon.–Fri. 9–5, or check online at www.jbfcs.org

A large number of services are available at The Children's Aid Society including adoption and foster care, education, health care, and counseling, to specialized eye and dental clinics, Head Start classes, after-school/weekend/summer programs, drug abuse and teen pregnancy prevention, parenting programs, and emergency assistance. They also provide re-entry programs serving youth who are returning to communities in the Bronx and Manhattan from juvenile justice facilities. Youth receive customized re-entry plans specified to meet their needs and interests. In collaboration with OCFS after-care counselors, Re-entry staff also ensure that all returning youth have the basic documentation (including a photo ID, birth certificate, social security card and working papers) needed to register in school, obtain a job and/or take part in community service.
Contact Eddie Britt at (212) 996-1716 or visit the Dunlevy Milbank Center at 14-32 West 118th St., New York, NY 10026.

Call 212.949.4800 Mon.–Fri. 9–5 for general info or write The Children's Aid Society, 105 East 22nd Street, New York, NY 10010
www.childrensaidsociety.org

FAMILY RESOURCE CENTER

(Please refer to the Osborne Association in the Organizations for Formerly Incarcerated People chapter at the beginning of this book.)

MANHATTAN VETERANS' CENTER

32 Broadway, Suite 200, Manhattan 10004
Telephone: 212.742.9591
Provides counseling for combat-related trauma, counseling for men and women who have been sexually traumatized in the military, and

bereavement counseling. Formerly incarcerated people welcome. Eligibility determined upon intake by your DD214. Call or walk in Mon.–Fri. 8am–4pm. Spanish also spoken; additional languages available through a translation service.

NEW YORK FOUNDLING PARENT HELPLINE

590 Avenue of the Americas, Manhattan 10011

Telephone: 212.472.8555 or 888.435.7553

www.nyfoundling.org

The New York Foundling offers hotline crisis counseling for distressed parents 24 hours a day, 7 days a week. Has a crisis nursery at which children under 10 years of age can stay for up to 21 days in order to provide a “cooling-off” period for parents. Children up to 12 years old can also stay at the nursery if accompanied by younger siblings). (Child’s documents required and restrictions apply: must call first.)

Parents receive counseling, case planning, referrals, diapers, formula, and emergency support for food and aftercare. Also offers telephone counseling. Free. Spanish also spoken.

THE DOOR — A CENTER OF ALTERNATIVES

555 Broome Street, New York, NY 10013

(Between Varick Street and Avenue of the Americas)

Mailing Address: The Door — A Center of Alternatives, Inc.

121 Avenue of the Americas

New York, NY 10013

Telephone: 212.941.9090

www.door.org

Each year The Door serves more than 11,000 young people from all over NYC, aged 12–21, with a wide range of services including health care, GED and English language classes, tutoring and homework help, college preparation and computer classes, career development and training, job placement, legal services, arts, daily meals, sports and recreational activities all under one roof. General hours are Mon.–Fri. 12–9pm. Sunday 12–6pm for homeless and runaway youth needing

drop in service. ID not required.

Spanish also spoken.

BERKSHIRE FARM — POWER PROJECT

3464 Webster Avenue, - ground floor, Bronx, NY 10467

Telephone: 718.515.7972

www.berkshirefarm.org

The Power Project is an after-school program for adolescents, ages 12–18 residing in the Bronx who have a DSM IV diagnosis and co-occurring substance abuse diagnosis. The goal of the Berkshire model is the identification and building of the inner resources necessary for each child and their caretaker to live a safe, independent and productive life. This is achieved by engaging children in helpful conversations around their resiliency and the personal challenges they face, while building survivor's pride in the solutions they generate. Intake is scheduled Mon. - Fri. 10–2pm and 5–7pm. Children must be accompanied by consumer/legal guardians at intake.

SAFE HORIZON

2 Lafayette Street, 3rd Floor, New York, NY 10007

Domestic Violence Hotline: 800.621.4673

Crime Victims Hotline: 866.689.4357

Rape, Sexual Assault & Incest Hotline: 212.227.3000 OR 866.689.4357

TDD phone number for all hotlines: 866.604.5350

www.safehorizon.org

Safe Horizon is the largest provider of domestic violence services in the country. Collaborating with the criminal justice system, Safe Horizon offers innovative programs that provide affected individuals and families with support throughout the complex process of leaving violent relationships and building safe futures. Safe Horizon operates Court Programs in all five of New York City’s boroughs (Bronx, Brooklyn, Manhattan, Queens, and Staten Island). Our services include victim/witness reception centers, supervised child visitation centers, mediation services, advocacy, crisis intervention, help with court-ordered restitution, and other legal issues.

Since 1979, Safe Horizon has also operated Community Programs in New York City to support, educate, and advocate for victims of crime and abuse. Currently Safe Horizon has six Community Programs throughout the five boroughs serving more than 4,000 individuals each year. Safe Horizon's Community Programs offer the following services: Crisis Intervention, Case Management, Practical/Emergency Assistance (including emergency shelter when possible), Information and Referrals, Individual Counseling, Support Groups, Advocacy, and Community/Public Education Presentations.

BROOKLYN AIDS TASK FORCE ALTERNATIVE TO VIOLENCE PROGRAM

502 Bergen Street, Brooklyn 11217
25 Chapel Street, Room 605, Brooklyn 11201
Telephone: 718.596.3635
contact person: Erica Houston
www.batf.net

The aim of this program is to assist people with a history of violence and uncontrolled anger who are looking for a chance to start over again, but don't know where to begin. In individual and group sessions, the program explores addiction issues, self-esteem, empowerment, communication skills and stress reduction. Participants must have referral or insurance, but co-pays are waived. Call for program details and registration information, Mon.–Fri 9–5.

Exodus Transitional Community (listed in the Organizations for Formerly Incarcerated People chapter) also offers an Alternatives to Domestic Violence Program. Registration 2-4 M-F. No cost. Contact: Rafael at 917-492-0990

Anger Management Trainings take place semi-regularly at the FEGS Manhattan Counseling Center in the West Village. Participants learn how to identify events and cues that trigger anger, outbursts, and self-defeating behavior. Medicaid accepted; sliding-scale fees for people without insurance. Contact: Paulette Grant, 212-366-8211 for further information.

The New York State Domestic and Sexual Violence Hotline makes referrals to local services. Call 800.942.6906 (English)

or 800.942.6908 (Spanish) 24 hours.

To report child abuse to the New York State Child Protective Services Abuse Hotline call 800.342.3720, TDD/TTY 800.638.5163 24 hours a day, 7 days a week.

The Elder Crime Victims' Resource Center assists senior citizens who are victims of crimes and elder abuse. Call 212.442.3103 Mon.–Fri. 9–5 or leave a message other times. Spanish, Chinese, and Russian also spoken.

Women who have been the victim of sexual assault or other violence can find additional resources in the chapter "Women."

SAFER SOCIETY PRESS

P.O. Box 340, Brandon, VT 05733
Telephone: 802.247.3132
www.safercommunity.org
Safer Society Press offers formerly incarcerated individuals free referrals to programs and professionals who offer specialized sexual offender treatment. You may request referrals by calling Safer Society or by submitting an online request. Phone requests may be made by calling number above Mon.–Fri. 9–4:30pm

JUST DETENTION INTERNATIONAL (JDI)

3325 Wilshire Boulevard, Suite 340
Los Angeles, CA 90010
Telephone: 213.384.1400
www.justdetention.org

Note: If you are incarcerated, please feel free to communicate with JDI using legal mail, addressing your correspondence to:

Ms. Cynthia Totten, Esq.
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010
Since 1980, JDI has worked to end the sexual abuse of detainees, in the U.S. and around the world. At the heart of JDI's mission lies a conviction

that when the government removes someone's freedom, it takes on the absolute responsibility to protect that person's safety. JDI works with policymakers, corrections leaders, advocates, and prisoner rape survivors to end this form of violence, once and for all. No matter what crime someone might have committed, rape is not part of the penalty.

On its website, JDI offers The Resource Guide for Survivors of Sexual Abuse Behind Bars. It provides a state-by-state guide to legal and psychological counseling resources for survivors who are still incarcerated, those who have been released and their loved ones. The information in the Guide is listed by state, and includes both mental health resources and legal service providers. The aim of this Guide is to help the vastly under-served population of prisoner rape survivors connect with legal and mental health resources.

NYC GAY AND LESBIAN ANTI-VIOLENCE PROJECT

240 West 35th Street, #200, New York, NY 10001
Telephone: 212.714.1141 / TDD/TTY: 212.714.1134
www.avp.org

An answering service for all five boroughs of the city. Call anytime day or night. Leave name and phone number, and a member of the Anti-Violence Project will return your call as soon as possible. Members will accompany you while reporting an incident to the police and will monitor your case through the courts. Call to document incidents, apply for State Crime Victims Compensation, find out about counseling, or get legal referrals and court procedure information. Services are free and confidential. You do not need to be gay to use services. Spanish also spoken.

ST. LUKE'S-ROOSEVELT CRIME VICTIM TREATMENT CENTER

411 West 114th Street, Suite 2C, New York, NY 10025
Hotline: 212-604-6068
Telephone: 212.523.8200
Medical, legal, and psychological help for rape victims of either gender. Counselors available who are sensitive to the special needs of gay male and heterosexual male rape victims and of people who have been victims of sexual abuse in prison. Also support groups for survivors of sexual assault and abuse, including child abuse. Call 24 hours.

MUSTARD SEED COUNSELING SERVICES

2625 Atlantic Avenue
Brooklyn, NY 11207
Telephone: 718.875.7411
Individual and group counseling with an emphasis on sexually abusive behavior. Serves people ages 12 and up. Adolescents age 12–17 cannot receive counseling without parental consent. Initial intake is \$50 and fees for services are based on a sliding scale. Mustard Seed counseling and treatment programs are two and a half year programs. Primarily in group counseling. Open every weekday 10am - 9pm, except Thursday they are closed. Call for appointment.

Children with Incarcerated Parents

There are more than 2 million children in the United States with an incarcerated parent. Another 8 million children are estimated to have experienced parental incarceration at some time. An excellent resource addressing children of incarcerated parents is the Family and Corrections Network at www.fcnetwork.org. Click "Resources" then "Directory of Programs" to access a large listing of organizations nationwide that provide services to families and children of prisoners. There is also a "Children of Prisoners Library" with free brochures on topics such as "Conversations — Questions Children Ask," "Visiting Mom or Dad," "Communication Tips for Families," "Tips from Caregivers for Caregivers," and "What Do Children of Prisoners Need?" There are also materials for health care providers, and an "Incarcerated Fathers Library." If you do not have access to the Internet, contact FCNETWORK at:

The National Resource Center on Children & Families of the Incarcerated (NRCCFI) at Family and Corrections Network (FCN)
93 Old York Road
Suite 1 #510
Jenkintown, PA 19046
Telephone: 215.576.1110

Also see the Osborne Association's Family Resource Center listing at the beginning of the first chapter of CONNECTIONS for services to

children with incarcerated parents.

CHILDREN OF PROMISE, NYC

600 Lafayette Ave, 6th Floor, Brooklyn, NY 11216

Telephone: 718.483.9290

www.childrenofpromisenyc.org

Children of Promise, NYC (CPNYC) is an organization located in Bedford-Stuyvesant Brooklyn. The organization's mission is to "provide children of prisoners with the guidance, support and the opportunities necessary to effectively develop leadership skills, form positive social relationships and enhance academic performance." Please call for more information.

CENTER FOR FAMILY LIFE - SUNSET PARK

345 43rd Street, Brooklyn, NY 11232

Telephone: 718.788.3500

www.cflsp.org/index.html

The Center for Family Life provides individual, group and family counseling for local children, youth and families. Families are encouraged to participate in a variety of community activities with other families both at and outside the Center. Counseling also includes advocacy and referrals for benefits and services that can aid in the family and household stabilization process.

ABRAHAM HOUSE

340 Willis Avenue, Bronx, NY 10454

Telephone: 718.292.9321

www.abrahamhouse.org

The Abraham House works with offenders, ex-offenders and their relatives to break the cycle of crime within families. Abraham House's services include an alternative to incarceration residential program, a Family Center offering social services and literacy classes, a religious community of offenders with two weekend masses and an after-school/summer program for the children of offenders.

IN ARMS REACH, INC.

For parents writing from prison, please contact:

Parents Behind Bars: Children in Crisis

Box 559, Triboro Station, New York, NY 10035

For families and children of incarcerated parents contact: Larry Coldwell

160 Convent Avenue, New York, NY 10031

Telephone: 212.650.5894

A non-profit organization providing services for NYC children of incarcerated or formerly incarcerated parents ages 7-18. Programs include letter writing, leadership development, music and arts enrichment programs, free prison visitations, peer counseling, and field trips. One-to-one mentoring program in cooperation with the Big Brothers/Big Sisters program. A social worker and social work interns monitor the social, emotional and academic needs of the children. The goal is preparation for admission to college. Serves ages 7 through 18. Call Mon.–Fri. 9–5. Spanish also spoken.

SINGLE PARENT RESOURCE CENTER

228 East 45th Street, 2nd Floor, New York, NY 10017

Telephone: 212.951.7030 ext. 231

www.singleparentusa.com

Refers single parents to helpful programs in New York City and nationwide, and assists new single-parent organizations in forming. The Center offers skills-building workshops, a relapse-prevention program for single parents in recovery from substance abuse, and a support and discussion group for single fathers. Inquire about Access For Children, a family reunification program for children and parents in the first year after incarceration.

Single Parents in Recovery is a relapse prevention and parenting program for custodial and non-custodial parents who are attempting to maintain sobriety and to raise children alone. There is a strong emphasis on the development of effective communication skills, and on establishing healthy relationships with children, co-parent(s) and extended family members.

Parentline is a telephone resource service for single parents and providers seeking information about parenting, and referrals to community resources. Call ahead, Mon.–Fri. 9–5.

NEW YORK CITY DEPARTMENT FOR THE AGING
GRANDPARENT RESOURCE CENTER

2 Lafayette Street, 4th Floor, New York, NY 10007

Telephone: 212.442.1094

Provides information and assistance to people who are raising grand-children and other young relatives and need services to help them.

Call to find out about financial and health benefits you and your family are entitled to, information on adoption and child custody options, and negotiating the city's aging and child welfare systems. Support groups in all five boroughs. Walk-ins welcome. Call Mon.–Fri. 9–5. Spanish also spoken.

For information and an application for Family Day Care services for children ages 2 months to 12 years, or Group Day Care services for children from 3 to 12 years of age, call 311. Must be income and family-size eligible. Sliding fee scale. Spanish also spoken.

The Head Start Program provides preschool development services to age- and income-eligible children and their families. Includes education, health, nutrition, and social services. Call 212.232.0966 for more information.

Child Custody

A parent who has had to place a child in foster care while incarcerated can get information about obtaining visiting rights for that child by contacting Prisoners Legal Services of New York, 41 State Street, Suite M112, Albany, NY 12207

Incarcerated and formerly incarcerated mothers can find further resources in the chapter Women.

Just 'cause you got the monkey off
your back doesn't mean the circus
has left town.

— George Carlin

Addictions

Substance Abuse (Drug Abuse)

Substance abuse treatment programs are either drug-free programs (ambulatory or residential), or chemotherapy programs, of which methadone treatment clinics are an example. The New York State Office of Alcoholism & Substance Abuse Services can provide information and referrals to state certified substance abuse treatment programs in your neighborhood. Call the Addictions Helpline at 877.846.7369 24 hours a day, 7 days a week. Spanish also spoken. Their website, www.oasas.state.ny.us includes a Treatment Provider Search function: search by county and type of program to get a list of local programs and their contact information.

The United States Department of Health and Human Services also operates a website at www.findtreatment.samhsa.gov that will locate over 10,000 addiction-treatment programs, including residential and outpatient, around the country.

For information on the Osborne Association's Prevention and Treatment Services department, offering outpatient substance abuse treatment, see their entry in the Organizations for Formerly Incarcerated People chapter.

DAYTOP VILLAGE, INC.

54 West 40th Street, New York, NY 10018
Telephone: 212.354.6000 or 800.2DAYTOP (800.232.9867)

Brooklyn Outreach Center
401 State Street, Brooklyn, NY 11201
Tel: 718.625.1388/1457

www.daytop.org

A drug-free residential program. Also offers outpatient services in the various boroughs. Special programs for adolescents, older clients, men, and women. Ages served: 12 and over. For Adolescent Treatment Center in New Jersey call: 973.543.5656. Call Mon.–Fri. 9–5 for location of nearest center. Spanish, French, and Italian also spoken.

J-CAP

116–30 Sutphin Boulevard, Jamaica (Queens), NY 11434

Telephone: 718.322.2500

A drug-free residential program offering educational & vocational guidance along with medical services. Must be 17 or older. Telephone day or night. Walk-ins welcome. Spanish also spoken.

PALLADIA, INC.

2006 Madison Avenue, New York, NY 10035

Telephone: 212.979.8800

www.palladiainc.org

Palladia has helped thousands of men and women stay off the streets and out of jail. Palladia is a residential drug-free program with stays averaging 6–12 months. In addition to individual and group counseling, Palladia offers other forms of therapy and education, such as support groups, health education, and family therapy. Once accepted, applicants are also eligible for legal assistance, housing and entitlement services, job training, and employment referral. Continued Care Treatment is offered as a follow-up to the residential program. Serves ages 18 and over. Applicants must be referred by a lawyer or parole officer with documentation of current legal status and a record of all arrests leading to conviction. Also required are complete medical, mental, and psychosocial histories. Call Mon.–Fri. 9–5. Spanish also spoken.

ARMS ACRES

75 Seminary Hill Road, Carmel, NY 10512

Telephone: 888.227.4641 (Intake/Admissions) or 845.225.3400 (General Info)

www.armsacres.com

Outpatient clinics in the Bronx, Queens, Hastings on Hudson, Pleasantville and Carmel for adults and teens. No referral needed; most insurance accepted. Call 7 days a week, 24 hours.

VIP COMMUNITY SERVICES

1910 Arthur Avenue, 4th Floor, Bronx, NY 10457

Telephone: 718.583.5150

www.vipservices.org

VIP provides a continuum of services to people with histories of chemical dependency, offering outpatient and residential treatment, health services, HIV/AIDS prevention and education, and transitional, supportive and permanent housing. No referral needed. Walk in hours vary, so please call ahead before your visit. Mon.-Fri. 8-5. Spanish also spoken.

ODYSSEY HOUSE

219 East 121st Street, New York, NY 10035

Telephone: 212.987.5100

www.odysseyhouseinc.org

Odyssey House offers a residential drug-free community for people 18 and older. Programs available for the mentally ill, addicted pregnant women, senior citizens, and adult parents of young children. Walk-ins are welcome but referrals are preferred. Call or walk in Mon.-Fri. 9-5.

LOWER EASTSIDE SERVICE CENTER, INC.

80 Maiden Lane, Suite #204, New York, NY 10038

Telephone: 212.566.5372 (main) or 212.566.6820 (for Residential

Treatment info - available 24 hours a day, 7 days a week)

www.lesc.org

Offers help for addictions including heroin, alcohol, and pain pills, and for methadone medication assisted treatment. Inpatient and Outpatient services are available at various locations throughout NYC. Treatment may include individual therapy, vocational services, medical care, case management, legal help and group treatment. Ages 18 and over. Call Mon.-Fri. 9-5 for admission information.

PHOENIX HOUSE

INPATIENT

2191 Third Avenue, #A, New York, NY 10035

Telephone: 212.831.1555 or 800.378.4435

OUTPATIENT

Jack Aron Center

164 West 74th Street, New York, NY, 10023

Telephone: 646.505.2000

www.phoenixhouse.org/locations/new-york

Phoenix House has ambulatory drug-free programs, as well as one of the nation's largest residential programs for the treatment of drug dependency. There are programs for teens (IMPACT) and evening programs for adults. Centers are located in Manhattan, the Bronx, Queens, Brooklyn, and Long Island. Mon.-Fri. 9-6. Call for Westchester and upstate locations. Spanish also spoken.

EXPONENTS, INC. / TREATMENT EXCHANGE

151 West 26th Street, 3rd Floor, New York, NY 10001

Telephone: 212.243.3434

www.exponents.org

Offers outpatient drug-treatment services in a supportive, peer-oriented setting. Specialty programs within the Treatment Exchange address the challenges of people with HIV/AIDS, formerly incarcerated people, and issues specific to men or women. Licensed medically supervised drug treatment outpatient program operates Mon.-Fri. 10am-1pm. Fees are on a sliding scale, and Medicaid is accepted. No referral needed. Spanish also spoken.

ALBERT EINSTEIN COLLEGE OF MEDICINE

Division of Substance Abuse

260 East 161st Street, T-Level, Bronx, NY 10451

Telephone: 718.993.3397

www.aecom.yu.edu/psychiatry/dosa.html

Operates Medication Assisted Opioid Treatment Program sites, and outpatient Next Steps centers for drug-free living. Both offer treatment, group and individual counseling, primary care and medically supervised withdrawal services. Can treat crack cocaine addiction. Medicaid accepted. Sliding scale. Call Mon.-Fri. 9-5 for an appointment. Spanish also spoken.

GREENWICH HOUSE, COUNSELING CENTER

122 West 27th Street, 6th Floor, New York, NY 10001

Telephone: 212.691.2900
www.greenwichhouse.org
Greenwich House is a drug-free outpatient center providing psychological counseling as its main form of therapy. Fees are on a sliding scale, and Medicaid and HIP are accepted. Call Mon.–Thu. 9–8, Fri. 9–5. Spanish also spoken.

VIDA FAMILY SERVICES INC.

127 East 105th Street, New York, NY 10029
Telephone: 212.289.1004 or 877.843.2127
www.vidafamilyservices.com
A drug-free outpatient program offering therapeutic services in Spanish and English to all ex-substance abusers, or those at risk of being substance abusers. Adult Basic Education (ABE), vocational testing, and counseling available for all participants. Serves ages 18 and over. Call for an appointment Mon.–Fri. 9–7. Spanish also spoken.

ELMCOR YOUTH AND ADULT ACTIVITIES, INC.

107–20 Northern Boulevard, Queens, NY 11368
Telephone: 718.651.0096
www.eec.sunyeoc.org
Operates a 24-hour drug rehabilitation program, including an afterschool program, outpatient service and residential program. Individual and group counseling, GED preparation, and referrals are provided. Serves ages 15 to 50. Call for appointment. Spanish also spoken.

CREATE, INC.

OUTPATIENT: 73–75 Lenox Avenue (W. 114th Street), New York, NY 10026
Telephone: 212.663.1975 or 212.663.1596

RESIDENTIAL: 121–123 West 111th Street, New York, NY 10026
Telephone: 212.678.4990
www.createinc.org
Provides both residential (men only) and outpatient (men and women) programs for people ages 18 and over who have an

alcohol, drug, or dual addiction problem. Can be referred by a detox unit. Mon.–Thu. 9–7, Fri. 9–5. Open every third Saturday, 9am–noon. Spanish also spoken.

PHASE: PIGGY BACK, INC.

507 West 145th Street, New York, NY 10031
Telephone: 212.234.1660
www.phasepiggyback.org
Operates drug-free resocialization facilities for adults and youth with alcohol and substance abuse problems. There is also a youth intervention and development program. Operates a male-only residential facility, Striver House, at 202 Edgecombe Avenue, Manhattan 10030; call 212.690.1900 Mon.–Fri. 8–5. Applicants must have written results from recent PPD skin test, chest X ray, and tests for Hepatitis A and B. Mon.–Fri. 9–5.

SAMARITAN VILLAGE, INC.

138-02 Queens Boulevard, Briarwood (Queens), NY 11435
Telephone: 800.532.4357
Methadone to Abstinence: 718.441.8913
Outpatient: 718.206.1990
www.samvill.org
Intensive inpatient programs (average stay 12–18 months) in the Bronx, Queens and upstate New York, and ambulatory methadone-to-abstinence programs and an aftercare program in Queens. Other programs include medical care and health education, HIV testing, counseling and support groups. You must be 21 or older. Call Mon–Fri. 8–5 for an appointment. Spanish also spoken.

ADDICTS REHABILITATION CENTER (ARC)

2015 Madison Avenue, New York, NY 10035
Telephone: 212.427.6960
A drug-free residential program for people 18 years and older. Services include case management, HIV counseling, vocational counseling, legal assistance and drug abuse therapy and treatment. Average stay is 6–9 months. Call for an appointment Mon.–Fri. 9–5. Spanish also spoken.

VERITAS

912 Amsterdam Avenue, New York, NY 10025
 Telephone: 212.865.9182/212.663.1356 (intake office)
www.veritas-inc.org
 Long-term residential program for drug abusers age 16 and up. Includes family therapy, individual and group counseling, and vocational counseling as well as a parenting skills program. Excludes people convicted of arson, rape, or homicide. Also offers outpatient services. Call first for appointment, Mon.–Fri. 9–5.

ADDICTION RESEARCH AND TREATMENT CORPORATION
 (A.R.T.C.)

22 Chapel Street, Brooklyn, NY 11201
 Telephone: 718.260.2900
www.artcny.org
 A medically supervised outpatient treatment program offering comprehensive drug-free treatment. Includes acupuncture, mental health assessment and psychiatric referrals, relapse prevention, polydrug group, vocational and educational workshops, HIV testing and counseling, and individual and group counseling. Can treat crack addiction. Some locations can provide childcare. Four clinics in Manhattan and three in Brooklyn. Locations available on the website or call for directions Mon.–Fri. 9–5, Sat. 9–3. Walk-ins welcome.

REALIZATION CENTER

25 East 15th Street at Union Square, 7th Floor, New York, NY 10003
 Telephone: 212.627.9600
 175 Remsen Street, 2nd Floor, Brooklyn, NY 11201
 Telephone: 718.342.6700
www.realizationcenternyc.com
 An outpatient substance abuse and mental health program based on the belief that addiction as well as mental health issues affect the whole person — physically, emotionally, and spiritually. Provides clinical services six days a week. Specialized areas of service include: chemical dependency; dual diagnosis; chronic relapse; food addiction; sex addiction; gambling addiction; parenting skills; codependency; depression and anxiety; gay, lesbian, and bisexual issues; and anger

management. Also operates programs for families and adolescents. Young Adult program (ages 19–25) available in Brooklyn. Sliding fee scale and most major insurance plans accepted, as well as Medicaid. Mon.–Fri. 8:30am–9pm. Spanish group meets Mon., Wed., and Fri. mornings. Bi-lingual Spanish counselors available.

LINCOLN RECOVERY CENTER

349 East 140th Street, Bronx, NY 10454
 Telephone: 718.993.3100
www.sad-lincoln.org
 An outpatient alcohol and chemical dependency program. Among its many services are individual and group counseling, acupuncture, crisis intervention, and help with parenting, vocational, and domestic violence issues. Call Mon.–Fri 8–4 for more information. Spanish also spoken.

ELMHURST HOSPITAL CENTER
 METHADONE TREATMENT PROGRAM

79-01 Broadway, Annex “O”, 2nd Floor, Elmhurst (Queens), NY 11373
 Telephone: 718.334.3190 or 718.334.3186
 Offers individual and family counselling; medical and psychiatric services; a non-mandatory methadone-to-abstinence track; auricular acupuncture; support and relapse prevention groups; vocational services including job search assistance, a halfway house, a computer club; and more. Accepts Medicaid or a sliding scale fee. Walk in Mon.–Fri. 9 to 10am and 11am to 12pm. Call Mon.–Fri. 8–3. Spanish, Chinese and Greek also spoken.

NARCO FREEDOM, INC.

401 East 147th Street, Bronx, NY 10455
 Telephone: 718.402.5250 (intake)
www.narcofreedom.com
 Provides quality substance abuse treatment outpatient services. Also offers residential chemical dependency services, full primary medical

care, mental health care, family health services, intensive management for people living with HIV and their families, and vocational assistance. Referrals not needed. Call the main number for all sites and services. Sliding scale fee. Spanish also spoken.

NEW DIRECTIONS

202–206 Flatbush Avenue, Brooklyn, NY 11217
Telephone: 718.398.0800
www.newdirectionsbrooklyn.com

An outpatient alcoholism and substance abuse program targeting the dually diagnosed, those clients who carry concurrent diagnoses of a substance abuse problem and a psychiatric disorder, and the co-addicted. Services include acupuncture, individual and group counseling, family and couple counseling, criminal justice services, anger management, art therapy, vocational/educational evaluation and consultation. Accepts most insurance and Medicaid. Sliding fee scale. Call Mon.–Fri. 7am–9pm; Sat. 9–5. Spanish also spoken.

ALPHA SCHOOL CENTER FOR PROGRESSIVE LIVING, INC.

2400 Linden Boulevard (Btwn. Montauk Ave. and Atkins Ave), 2nd Floor, Brooklyn, NY 11208
Telephone: 718.257.5800
Offers an outpatient drug-treatment program as well as an adolescent drug prevention program. GED classes are offered for those 16 years of age and older; adolescents in the drug prevention program can receive referrals to GED and computer literacy programs. Must call and make an appointment. Medicaid accepted. Mon.–Thu. 8–8; Fri. 8:30–4:30. Spanish also spoken.

ALTERNATIVES TO INCARCERATION REFERRAL SERVICE

Sister Leo's Place, Sacred Heart Family Programs
253 East 110th Street, Apt #2, Manhattan 10029
Telephone: 212.410.4315 or 518.640.2187
A volunteer referral service to alternative to incarceration (ATI) programs. Provides jail inmates who are addicts with information about residential treatment facilities, and provides letters to judges recommending treatment. Referrals are made to suit your needs.

NEW YORK HARM REDUCTION EDUCATORS, INC.

953 Southern Boulevard, Suite 302, Bronx, NY 10459
Telephone: 718.842.6050

1991A Lexington Avenue, New York, NY 10035
Telephone: 212.828.8464

www.nyhre.org

Offers a harm-reduction program for injection drug users, providing needle exchange as well as a variety of supportive services: holistic health services including acupuncture and reiki, counseling, legal assistance, case management and referrals to HIV testing, drug treatment, medical care, and food pantries. Call or walk in 9–5. Spanish also spoken. Lexington Avenue location accessible to people with disabilities.

FROST'D

290 Lenox Avenue, Lower Level, New York, NY 10027
Telephone: 212.924.3733
www.frostd.org

A needle-exchange program in locations throughout Harlem, Brooklyn, and the Bronx. Frost'd can also provide access to medical care, drug-treatment programs, and counseling services as well as a wide variety of services for people living with HIV. There are no eligibility requirements or referrals necessary. Call Mon.–Fri. 9–5 for locations and times.

CITIWIDE HARM REDUCTION

226 East 144th Street, Bronx, NY 10451
Telephone: 718.292.7718 or 877.513.5258
www.citiwidehr.org

Operates a drop-in center for homeless and low income people living with HIV and AIDS. At the drop-in, people can access meals, showers, health services, clothing, support groups and case management. Syringe exchange available. Call for hours. Spanish also spoken.

For comprehensive information on methamphetamine (also known

as meth, crystal, tina, crank, crissy, speed, and tweek), as well as a listing of treatment programs, visit the Gay Men's Health Crisis website at www.mymethlife.org or call their hotline at 800.243.7692 Mon., Wed. and Fri. 10–6.

The New York Crystal Meth Anonymous Intergroup is a fellowship of men and women who share their experiences, strength, and hope with each other so that they may solve their common problem and help others to recover from addiction to crystal meth and all other mind-altering substances. For a list of meetings (including Spanish-language and sign interpretation meetings), visit their website at www.nycma.org or call their hotline at 212.642.5029.

The National Clearing House for Alcohol and Drug Information provides nationwide treatment options, support group information and a referral service operating 24 hours a day. Call 800.729.6686 or visit their website at www.samhsa.gov/treatment For Spanish call 877.767.8432.

Call Pills Anonymous Hotline at 212.874.0700 for a taped message listing upcoming meetings.

Narcotics Anonymous is a non-profit, self-help fellowship for recovering addicts. Call 212.929.6262 for location of meetings closest to you, or go to www.newyorkna.org

ALCOHOLICS ANONYMOUS (AA)

307 Seventh Avenue, Room 201, New York, NY 10001-6007
 Telephone: 212.647.1680 or 914.949.1200 / 516.223.9590 (Nasssau), 631.665.2192 (Suffolk)
 Spanish spoken at 212.348.2644 or 718.348.0387
 TDD: 212.647.1649
www.nyintergroup.org
 Alcoholics Anonymous is a group of people who share their experiences, strengths, and hopes with each other so that they may solve their common problem and help others recover from alcoholism. Spanish-speaking groups are available, as are groups for lesbian, gay, bisexual and transgender people. Serves all ages. Meetings are held in all boroughs. Call the intergroup number for meeting information 9am–10pm, or write to the address above. Inmate can ask about AA

outreach to their facility or can write to the above address for more information.

ALCOHOLISM COUNCIL OF NY

2 Washington Street, 7th Floor, New York, NY 10004
 Telephone: 212.252.7001/800.56.SOBER
www.alcoholism.org
 Offers information and referrals to a broad range of alcohol treatment programs as well as crisis prevention and intervention, DWI and DDP classes, CASAC training, and assessments and motivational training. Their Individual & Family Clinical Services assists families where members are struggling with alcoholism, anger management, and other difficulties. Call Mon.–Fri. 9–5, Sat. 9–2.

AL-ANON NEW YORK CITY

4 West 43rd Street (btwn 5th and 6th Ave), Suite #617, New York NY, 10036
 Telephone: 212.941.0094
www.nycalanon.org
 For information on 12-step programs for family or friends of alcoholics, adult children of alcoholics, and younger family members aged 12–19. Mon., Tue. Noon–4:45pm, Thu., Fri. –5:45. Closed on Wednesdays. Spanish speakers can call 800.939.2770. Information on meetings in the five boroughs can also be found at the website

THE BOWERY MISSION

227 Bowery, New York, NY 10002
 Telephone: 212.674.3456
 The Bowery Mission Transitional Center
 45-51 Avenue D, New York, NY 10009
 Telephone: 212.777.3424
 Open 7 days a week - www.bowery.org

A 6- to 9-month residential program for alcohol and drug abusers and others, offering rehabilitative and Christian religious counseling. Attendance at Christian religious services is compulsory, as is work

detail in maintaining the residence. Males only. Identification required, preferably a Social Security card or birth certificate.
Call Paster Julian at ext. 100, Mon.–Fri. 9–5.

The New York State Smokers' Quitline at 866.697.8487 provides prerecorded tapes on how to quit smoking, access to counselors, and free materials upon request, including a nicotine replacement therapy patch starter kit. Call Mon.–Thu. 9–9, Fri.–Sun. 9–5. Spanish also spoken. www.nysmokefree.com

The New York City Department of Health and Mental Hygiene is offering nicotine replacement therapy patches, along with instructions and tips on quitting smoking, at no cost to smokers citywide who want to quit. Must be 18 or over and live in New York City. Call 311.

The American Heart Association at 800.242.8721 offers a free informational packet on the dangers of smoking and how to quit. Call anytime. Spanish and other languages also spoken.

The Osborne Association also offers assistance to people who want to quit smoking. Call their Prevention and Treatment Services division in the Bronx at 718.707.2600.

SEXUAL COMPULSIVE ANONYMOUS

SCA Intergroup of New York
P.O. Box 1753, Old Chelsea Station, New York, NY 10113
Telephone: 212.439.1123 or 800.977.4325
www.scany.org
A 12-step fellowship, inclusive of all sexual orientations, open to anyone with a desire to recover from sexual compulsion. There are no requirements for admission to the meetings. For a list of meetings, call or visit their website. Meetings in Spanish held as well.

LESBIAN, GAY, BISEXUAL AND TRANSGENDER COMMUNITY CENTER

208 West 13th Street, New York, NY 10011
Telephone: 212.620.7310

www.gaycenter.org
12-step group meetings of Sexual Compulsive Anonymous address issues of romantic obsession, porn/Internet/phone sex, and healthy sexuality. Call Mon.–Fri. 10–6 for more information.

GAMBLERS ANONYMOUS AND GAMANON FOR NEW YORK

Gam-Anon International Services Office, Inc.
P.O. Box 7, New York, NY 10116
Telephone: 888.424.3577
www.gamblersanonymous.org

Gamanon
P.O. Box 157, Whitestone, NY 11357
Telephone: 718.352.1671
www.gam-anon.org

Call for a list of meetings or to speak with a volunteer. Gamblers Anonymous is a fellowship of men and women who have gambling problems and can't stop on their own. Gamanon is a fellowship for partners, family members, and close friends whose lives have been affected by gambling problems. For both groups, therapy-type sessions are held every night of the week in all five boroughs. Prisoners can request an information package from the GA International Service Office at P.O. Box 17173, Los Angeles, CA 90017.

NATIONAL ASSOCIATION FOR SHOPLIFTING PREVENTION

225 Broadhollow Road, Suite #400E, Melville, NY 11747
Telephone: 631.923.2737 or 800.848.9595
www.shopliftingprevention.org
The National Association for Shoplifting Prevention (NASP) is the nationwide leader in shoplifting prevention efforts. NASP's unparalleled shoplifter research and ongoing collaboration with community stakeholders - from crime prevention, to law enforcement, to retailers, to criminal & juvenile justice - has been the basis for all its organizational activities and the foundation for its programs and services.

Laws control the lesser man.
Right conduct controls the greater one.

— Chinese Proverb

Legal Services

It is often advisable for formerly incarcerated people to obtain some legal counseling soon after their release. Many areas of employment or types of licenses, for example, are prohibited to former prisoners unless they first secure a Certificate of Relief from Disabilities. Also, “cleaning up” or making accurate one’s rap sheet should be a top priority. Often there are errors listed on it that can prove detrimental, such as a felony reduced to a misdemeanor still listed as a felony, or a record of an arrest that did not lead to conviction. Good counseling, furthermore, will advise you of your rights when filling out job applications. It is not legal, for example, for an employer to ask you about any arrest that did not lead to conviction. Nor can an employer legally ask you anything about an alcohol or drug addiction you might have had or still have, unless it could interfere with your performing the job.

LEGAL ACTION CENTER

225 Varick Street, New York, NY 10014
Telephone: 212.243.1313; 800.223.4044
www.lac.org

The Legal Action Center is a non-profit organization providing free legal services to formerly incarcerated people, recovering alcoholics, and substance abusers. It will help you obtain your rap sheet (arrest and conviction record) and provide information on how to “clean up” your rap sheet (seal records, correct inaccuracies, and obtain Certificates of Relief from Disabilities and Certificates of Good Conduct from the courts). It will also counsel you on your rights when seeking employment. If you feel you have been unfairly discriminated against as a formerly incarcerated person, or if you want information on how to obtain bonding for a particular job, Legal Action Center can be of help. It also offers advice and representation on a range of legal problems for people with HIV infection and their families, past and current substance abusers, women and children. Call Mon.–Fri. 9–5. Spanish also spoken.

The Legal Action Center’s website includes valuable resources for people facing the difficulties of reentry. Go to their website at www.lac.org and click on “Free Publications” to download articles such as “How to Get and Clean Up Your State Rap Sheet”, “Are You Somebody...With a Criminal Record?” and the 2004 Roadblocks to Reentry study and 2009 update.

For detailed information on how to clean up your rap sheet, restore your rights, and avoid discrimination as a person who has been incarcerated, see also the section of this booklet entitled The Job Search.

Be sure to keep a copy of your prison release papers as they might prove useful in your becoming eligible for certain benefits or programs. If they are lost, former inmates of state facilities can write for copies to the facilities in which they were incarcerated; former inmates of New York City institutions need to contact the facility in which they served.

LEGAL REFERRAL SERVICE
NEW YORK CITY AND COUNTY BAR ASSOCIATIONS

Telephone (English): 212.626.7373

Telephone (Spanish): 212.626.7374

www.nycbar.org/index.php/get-legal-help/legal-referral-service

A free legal services clinic is held weekly (5:30-7:30). Please call to sign up. Topics covered are family law, landlord/tenant issues, bankruptcy and others. Counselors are available to help you find affordable representation. There is no fee for referrals to an attorney, however a private attorney will charge for services. Mon.–Fri. 8:30–5:30.

LEGAL AID SOCIETY

199 Water Street, Suite #400, New York, NY 10038

Telephone: 212.577.3300

www.legal-aid.org

The Legal Aid Society offers free legal counsel and advice to New York City residents who cannot afford a private lawyer. It is divided into a Civil Practice, a Criminal Defense Practice, and a Juvenile Rights Practice. Call Mon.–Fri. 9–5 for more information.

If you are re-arrested while on parole, and are income-eligible, you can write to the Legal Aid Society's Parole Revocation Defense Unit, same address as above; telephone: 212.577.3500. For a parole revocation hearing, you have the right to court-appointed counsel. If you do not have a lawyer by the date of the hearing, you may request an adjournment to get a lawyer. If you are not eligible for a Legal Aid lawyer, you can write the Supreme Court of the County you are in to request court-appointed counsel. If you have a parole problem anywhere outside the five boroughs of New York City, you must write to the local court of that area.

BRONX DEFENDERS

860 Courtlandt Avenue, Bronx, NY 10451

Telephone: 718.838.7878

www.bronxdefenders.org

A public defender organization representing indigent clients in the Bronx who have been charged with crimes. Clients of The Bronx Defenders have one place where they can go for any issue, whether it

is a case in a courtroom, a problem with a landlord, or a long-standing mental illness. Under one roof, The Bronx Defenders' holistic advocacy brings together experts from a variety of disciplines— criminal and civil attorneys, social workers, investigators, parent advocates, and community organizers — to tackle all of these needs head on. For more information call Mon.–Fri. 9–6.

NEW YORK LEGAL ASSISTANCE GROUP

450 West 33rd Street, 11th Floor, New York, NY 10001

Telephone: 212.613.5000

www.nylag.org

Provides free civil legal services to low-income individuals and families who would otherwise be unable to access legal assistance. Immigration, family law, employment, welfare and benefits issues are covered, including discrimination against formerly incarcerated people. Call Tue. or Fri. 9–3 for family law issues, Mon., Wed., or Thu. 9–3 for all other legal issues.

LEGAL SERVICES FOR NEW YORK CITY

40 Worth Street, Suite #606, New York, NY 10013

Telephone: 212.431.7200

www.lsnyc.org

A citywide program which provides free legal services to those who are income eligible. Attorneys represent clients in all legal matters except criminal cases beyond the arraignment stage and fee-generating cases. For location of the local office for which you are eligible, call the above number Mon.–Fri. 9–5. Spanish also spoken..

Legal Information

The New York Public Library's Science, Industry and Business Library — SIBL (188 Madison Avenue between 34th and 35th Streets, Manhattan 10016) has a collection of legal reference works, including federal, New York State, and New York City laws and regulations. The Mid-Manhattan Library (455 Fifth Avenue at 40th Street, Manhattan 10016) has a circulating collection of legal handbooks for the non-lawyer on topics like employment law, family law, tenant's rights, copyright and

patent law, small business incorporation and more.

NEIGHBORHOOD DEFENDER SERVICE OF HARLEM

317 Lenox Avenue, 10th Floor, New York, NY 10027

Telephone: 212.876.5500

www.ndsny.org

A non-profit community-based law office that provides both civil and criminal legal representation to residents of Upper Manhattan (north of 96th Street). Also operates an educational program for young people and community groups, which addresses such issues as how to deal more effectively with the police, helping children who get into trouble, and navigating the criminal justice system. Call or walk in Mon.–Fri. 8:30–5:45. Spanish also spoken.

www.pubadvocate.nyc.gov

The New York City Public Advocate's website offers a wealth of useful information, including a list of elected officials, information on housing, health, fire, police, and legal services, business assistance, services for people with disabilities and for seniors, as well as consumer advice.

Call the Internal Revenue Service at 800.829.1040 for prerecorded information on various tax topics such as: alternative filing methods, exemptions, itemized deductions, child and dependent care credit, and whether or not you should itemize. Information in Spanish also available. Online at: www.irs.gov

If you have questions that relate to the federal government, such as about immigration, Medicare or obtaining a Social Security card, you can call the Federal Citizens Information Center at 800.333.4636 Mon.–Fri. 8–8. Tell them your problem and they can direct you to the right agency. Spanish also spoken. Online at: www.usa.gov

Name Changes

If you wish to legalize a name change, call Legal Services for New York at 212.431.7200 for the location of the neighborhood legal office for which you are eligible, or write them at 40 Worth Street, Suite #606, New York, NY 10013.

Transgender people seeking information on name changes can also contact the Lesbian, Gay, Bisexual and Transgender Law Association of Greater New York (LeGaL) at 212.353.9118 or write to 799 Broadway, #340, New York, NY 10003. Offers weekly walk-in clinics 6–8pm every Tuesday at 208 West 13th Street (between 7th and 8th Avenues), Manhattan. Telephone: 212-620-7310

Registering to Vote

In New York State, you may vote while you are incarcerated unless:

- You are now serving time for a felony conviction
- You are now on parole for a felony conviction, or
- You are now under 18 years old or not a U.S. citizen.

Your right to vote will be returned automatically when you finish your maximum prison sentence or are discharged from parole. You do not have to provide any documentation about your criminal record in order to register and vote. Voter registration forms are available in English, Chinese, Spanish and Korean. Registration offices are located in all five boroughs. Many public library branches also carry voter registration forms before election time.

In New York State you may vote if you are:

- Awaiting trial and not yet convicted and do not fall into the above categories
- Serving time for a misdemeanor
- On probation

Call 866.868.3692 or TTY 212.487.5496 to request a voter registration form or an absentee ballot, or check www.vote.nyc.ny.us on information about registering to vote in New York City.

Documents

To obtain a birth certificate, if you were born in the five boroughs of New York City, call the NYC Department of Health, Office of Vital Records, at 212.788.4520 or visit www.nyc.gov/vitalrecords

Walk in from 9–3:30 Mon.–Fri. to 125 Worth Street, New York, NY

10013. You can only order a birth certificate online or in person.

Those born outside New York City must contact the department of health or vital records in their home county. A list of vital records contact information is maintained by the National Center for Health Statistics. Go to www.cdc.gov/nchs/births.htm and click on "Where to Write for Birth Certificates."

The Puerto Rico Federal Affairs Administration will help you obtain birth, marriage, divorce, and baptism certificates, if you are from Puerto Rico. It will also aid in natural child legitimization and name corrections. Information regarding how to obtain legal representation in Puerto Rico or certify imprisonment in Puerto Rico is offered. Employment programs are also available, and referrals are made to other government agencies and organizations. Call 212.252.7300 Mon.–Fri. 8:30–5:30. Information is also available at www.prfaa.com

NEW YORK STATE DEPARTMENT OF MOTOR VEHICLES

6 Empire State Plaza, Albany, 12228
11 Greenwich Street, New York, NY 10004
Telephone: 212.645.5550
www.nydmv.state.ny.us

For information on how to obtain a New York State Driver's License, call Mon.–Fri. 8:30–4. Spanish also spoken. The New York State Department of Motor Vehicles also has a website with various services, such as renewing your registration online, downloading forms, and finding the location of your local center. A person of any age who does not have a driver's license can apply to the Department of Motor Vehicles for a non-driver's ID card. This card contains the same personal information, photo, signature, and special protection against alteration and fraud as a photo driver's license.

Call 212.669.2400 for taped information on securing a Marriage License, or visit the website www.cityclerk.nyc.gov/html/marriage/marriage_bureau.shtml Mon.–Fri. 8:30–3:45. Offices in all five boroughs.

If you need information about a friend or relative who has been arrested, call Central Booking in your borough:

Bronx	212.681.0406	Brooklyn	718.834.5318
Manhattan	212.374.3838	Queens	718.286.6874

Staten Island 718.876.8493 (court information)

For information about jail inmates held by the New York City Department of Corrections, visit their website at www.nyc.gov/doc or call the automated information line at 718.546.0700. Provides a list of the city's jails, information on how and when an inmate can be visited, how and where to pay bail, and how to place money in an inmate's account. Also in Spanish.

For a list of New York State Correctional Facilities, their addresses and phone numbers, visit the New York State Department of Correctional Services website at: www.docs.state.ny.us/faclist.html

For a comprehensive listing of Federal Detention Centers throughout the United States, visit the Federal Bureau of Prisons website at www.bop.gov/locations

Discrimination and Complaints

NEW YORK CITY COMMISSION ON HUMAN RIGHTS

40 Rector Street, 10th Floor, New York, NY 10006
Telephone: 212.306.7450
www.nyc.gov/html/cchr/home.html

If you feel that you, as an individual, have been discriminated against in employment or housing (in rental or purchasing) based on your race, age, gender, gender identity, sexual orientation, ancestry, national origin, citizenship status or disability, file a complaint here. Call to make an appointment Mon.–Fri. 9–5; complaints can be filed Mon.–Thu. 10–4 and Fri. 10–3. Spanish also spoken.

CIVILIAN COMPLAINT REVIEW BOARD

40 Rector Street, 2nd Floor, New York, NY 10006
Telephone: 212.442.8815 or call 311
www.nyc.gov/html/ccrb

For complaints against New York City police officers (in cases of brutality, threats, stolen property, etc.), contact the Civilian Complaint Review Board any time day or night. Many languages spoken. Walk in

Mon.–Fri. 8–5:30. 137-139 West 25th Street, 12th Floor, New York, NY 10001-7277
Telephone: 212.627.2227 or 800.566.7636
www.thenyic.org

Immigrants' Rights

THE NEW YORK IMMIGRATION COALITION

Telephone: 800.566.7636

www.thenyic.org

Provides information and referrals over the phone. Offers information on how to obtain a green card, citizenship, the grounds for deportation, labor rights, and political asylum. Call Mon.–Fri. 9–6. Many languages spoken. All calls are confidential.

ARCHDIOCESE OF NEW YORK

1011 First Avenue, 12th Floor, New York, NY 10022

Telephone: 212.419.3700

www.ny-archdiocese.org

Immigration and Refugee Services Offers information and referrals as well as direct service for immigration-related problems. Also provides services of accredited representatives who can appear before an Immigration Court on behalf of clients. Minimal fees are charged, but services are not withheld due to inability to pay. Call Mon.–Fri. 9–5 for appointment. Spanish, French and other languages also spoken.

To find legal counsel in your area qualified on immigration issues, visit the Legal Referral Service of the New York City Bar Association on the

web at www.nycbar.org/index.php/get-legal-help/legal-referral-service or call 212.626.7373 Mon.–Fri. 8:30–6. For Spanish, call 212.626.7374 or visit www.ilawyer.com

The Legal Aid Society also offers legal help on immigration matters. Clients must be income eligible. Call 212.577.3300 for more information.

Public Access Law Libraries

Manhattan

City Hall Library

NYC Department of Records and Information Services

31 Chambers Street--Room 112, New York, NY 10007

Telephone: 212.788.8590

Mon., Wed., Thur 10–4pm.; Tue., Fri., 10am–12 noon

NY County Courts Public Access Law Library

80 Centre Street, Room 468, New York, NY

Telephone: 646.386.3715

Mon.–Fri. 9:30–4:30pm. Call ahead.

Bronx

Bronx Supreme Court Law Library

851 Grand Concourse, Room 817, Bronx, NY 10451

Telephone: 718.638.3710

Open to public Mon.–Fri. 9:30–1pm.

Brooklyn

Kings County Supreme Court Law Library

360 Adams Street, Room 349, Brooklyn, NY 11201

Telephone: 347.296-1144

Mon.–Fri. 9–5pm.

No wheelchair access. Call ahead to arrange accommodations.

Queens

CUNY School of Law Library

65-21 Main Street, Flushing (QUEENS), NY 11367

Telephone: 718.340-4240

Generally Mon.-Thu. 9–9pm., Fri., 9–5pm.

Law Library of Queens County
Queens County General Courthouse
88-11 Sutphin Blvd., Jamaica (QUEENS), NY 11435
Telephone: 718.298.1206
Mon.–Fri. 9–4:30pm.

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Staten Island
Richmond County Supreme Court Law Library
130 Stuyvesant Place, Room 300, Staten Island, NY 10301
Telephone: 718.390.5291
Mon.–Fri. 9–4:30pm.

Whatever women do they must do twice
as well as men to be thought half as good.
Luckily this is not difficult.

— Charlotte Whitton, former mayor,
Ottawa, Canada

Women

WOMEN'S PRISON ASSOCIATION

175 Remsen Street, 9th Floor, Brooklyn, NY 11201

Telephone: 646.336.6100, ext. 1

www.wpaonline.org

Offers a range of services and referrals to women who have been involved in the criminal justice system, with a special focus on the needs of HIV-positive women. Outreach staff provide pre-release planning and counseling at five city and state correctional facilities. The Sarah Powell Huntington House is a WPA residence serving women who are homeless, involved with the criminal justice system, and trying to reunite with their children. An independent skills building program, Neighborhood Based Services, is located in East New York. Re-Entry Services assists women with pre-release planning, assistance accessing health care and benefits, employment readiness, mentoring, assistance with legal issues, and more. One of the first organizations to call when you get out of prison. Call or write for more information. Orientations held every Wednesday at 11am.

CENTER FOR COMMUNITY ALTERNATIVES

39 West 19th Street, 10th Floor, New York, NY 10011

Telephone: 212.691.1911

25 Chapel Street, 7th Floor, Room 701, Brooklyn, NY 11201

Telephone: 718.858.9658

www.communityalternatives.org

Operates Crossroads, a substance-abuse treatment program offered as an alternative to incarceration, and Women's Choices, an HIV/AIDS harm reduction program. Services to formerly incarcerated women include job readiness and retention assistance, help applying to supportive/transitional housing, yoga, and acupuncture. Call Mon.–Fri. 9–5 for more information. Spanish, French and Haitian Creole also spoken.

WOMEN IN PRISON PROJECT

The Correctional Association of New York

2090 Seventh Avenue, Suite 200, New York, NY 10027

Telephone: 212.254.5700

www.correctionalassociation.org

The Women in Prison Project is the arm of the Correctional Association of New York dedicated to addressing the effects of the state's criminal justice policies on women and their families. It oversees ReConnect, a leadership training program for women who have recently returned home from prison or jail. ReConnect participants develop leadership and problem-solving skills, identify issues that affect their lives and communities, and build their own support networks while involved in various community initiatives. Their Coalition for Women Prisoners also hosts monthly meetings that provide networking opportunities for formerly incarcerated women. Call or write the Women in Prison Project for more information.

GREENHOPE SERVICES FOR WOMEN

435 East 119th Street, New York, NY 10035

Telephone: 212.996.8633

www.greenhope.org

An alternative-to-incarceration residential or day treatment for women offering personal counseling, family reunification services, individual and group therapy, vocational workshops, assistance in vocational placement, substance abuse support groups, parenting information, domestic violence prevention, and advocacy in areas such as foster care. Outpatient services also available. Ages served: 18 and over. Call Mon.–Fri. 9–5. Spanish also spoken.

STEPS TO END VIOLENCE PROGRAM

Edwin Gould Services for Children and Families

1968 Second Avenue, 2nd Floor, New York, NY 10029

Telephone: 646.315.7600 or 877.STEPS94

www.egscf.org

For women who have been abused as children or adults and arrested on charges relating to this abuse, the STEPS Program helps provide alternatives to incarceration. For those women already incarcerated and ready for release, the program provides educational workshops on family violence (both in prison and post-release) at the agency's office. Also offers weekly support groups and a parenting group for women who are survivors of abuse and have young children. The program works with children of all ages, providing therapeutic play groups and individual counseling. Call Mon.–Fri. 8:30–5. Spanish also spoken

PROVIDENCE HOUSE

Transitional Housing Inc.
703 Lexington Avenue, Brooklyn, NY 11221
Telephone: 718.455.0197
www.providencehouse.org

A community-based transitional shelter program for women who are on New York State parole. Each of the three houses, two in Brooklyn and one in Queens, has a core community of volunteers who live permanently in the house and who participate in the communal life of the residents. Staff assist with referral services and housing. Length of stay: from four months to a year. Write to Providence House before you go up before the parole board or ask your parole officer for a referral. Spanish also spoken.

WOMEN IN NEED, INC. (WIN)

115 West 31st Street, 7th Floor, New York, NY 10001
Telephone: 212.695.4758
www.women-in-need.org

Provides shelter for women with children in the Bronx, Manhattan and Brooklyn. Also provides day care and summer camp for their clients' children. Their goal is to help clients overcome the major obstacles — lack of affordable housing, domestic violence, family problems, eviction, mental illness, drug and alcohol abuse, low self-esteem — that threaten to destroy their lives and the lives of their children. Provides job-readiness, survival skills, GED and ESOL classes, as well as computer training. Must be referred by the City's Emergency Assistance Unit at 718.402.6474 or the Department of Homeless Services Emergency Information Line at 800.994.6494. Spanish also spoken.

HOUSING + SOLUTIONS

3 West 29th Street, Suite 805, New York, NY 10001
Telephone: 212.213.0221
www.housingplussolutions.org

Housing Plus Solutions is a community-based non-profit organization providing housing and referrals to other needed services to homeless women with or without children. Must be at least six months sober and working part or full time or in a program leading to work. Rent is

the responsibility of the participant. Call Mon.–Fri. 10–5.

For info about NYC shelter system intake, see HOUSING chapter.

WOMEN AND WORK PROGRAM

Queens College, Mid Manhattan Extension Center
25 West 43rd Street, Suite 1005, New York, NY 10036
Telephone: 212.642.2070
www.qc.cuny.edu/community/womenwork

15 week program helping women enter or reenter the workplace with the technological and social skills needed to remain employed. Microsoft Office instruction, plus math, workplace reading and writing, resumes, dressing for success, and interview skills are covered. Includes post-program support. Must be legally able to work in US and have a high school diploma or GED. Computer experience is not required. Call for next orientation date.

DRESS FOR SUCCESS WORLDWIDE

32 East 31st Street, Suite 602, New York, NY 10016
Telephone: 212.532.1922

114–14 Jamaica Avenue, Richmond Hill (Queens), NY 11418
Telephone: 718.805.2488

2038 Davidson Avenue, Bronx, NY 10453
Telephone: 718.886.0672

www.dressforsuccess.org
Dress for Success provides professional apparel, career development services, and ongoing employment retention programs for clients in NYC. Women must be referred by one of the organization's approved partner agencies. These 200 partner agencies in NY include reentry programs, educational institutions, homeless/domestic violence shelters, rehabilitation programs, job training programs and more. Headquartered in Manhattan, Dress for Success is an international organization with over 90 locations worldwide. Please call Mon.–Fri. 9–5 for more information.

ACCESS FOR WOMEN: A CENTER TO PROMOTE WOMEN IN NON-TRADITIONAL TECHNICAL EDUCATION AND EMPLOYMENT

New York City College of Technology
300 Jay Street, H-407, Brooklyn, NY 11201
Telephone: 718.552.1131

Provides women with courses and workshops to introduce them to nontraditional technical fields/trades. Training vouchers accepted. Call first, Mon.–Fri. 10–4.

NON-TRADITIONAL EMPLOYMENT FOR WOMEN (NEW)

Judith P. Vladeck Center for Women
243 West 20th Street, New York, NY 10011
Telephone: 212.627.6252
www.new-nyc.org

An employment and training program for women interested in nontraditional blue collar and construction jobs, training, and apprenticeships. Must be between the ages of 18 and 50, have a high school diploma or GED, be interested in a blue-collar career, able to attend day or evening programs, and must be able to lift 50 pounds. Sign up to attend an information session online or call Mon.–Sat. 8–4, Tue., Wed., and Thu. evenings 6–8:30.

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE-WOMENS HEALTH

Telephone: 311
Call Mon.–Fri. 9–9 and Sat. 9–5 for information and referrals addressing women's health care concerns, including breast care, pap smears, prenatal care, fertility counseling, pregnancy testing, abortion or family planning, and HIV/STD testing. Referrals can be made to clinics that offer free or low-cost services. Working families may be eligible for free or very low cost prenatal care under the Prenatal Care Assistance Program. Information is available in English, Spanish, French, and Creole, with interpretation service for all other languages.

BREAST AND CERVICAL CANCER DETECTION

Guttman Diagnostic Center
Telephone: 212.463.8733
Breast Examination Center of Harlem
163 West 125th Street, New York, NY 10027
Telephone: 212.531.8000
www.mskcc.org

Early breast and cervical cancer detection services available for all women. Breast palpation, instruction in breast self-examination, mammography, pap smears, referrals. It is recommended that all women get pap smears once per year and women over 40 (or younger if they have a family history of breast cancer) get mammograms once per year. Spanish also spoken. Mon.–Fri. 8–5.

Incarcerated women seeking information on breast health can write to the NYC American Cancer Society, 132 West 32nd Street, New York, NY 10001 or call 212.586.8700 or the hotline at 800.227.2345

HOUR CHILDREN

Administrative Office:
10-07 37th Avenue, Long Island City (Queens), NY 11101
Telephone: 718.433.4724

The Attic Thrift Store: 35-53 Crescent Street, Astoria (Queens), NY 11106
Telephone: 718.433.4724 (ask about other Hour Children Thrift Stores)

www.hourchildren.org
Provides services to mothers inside and outside correctional facilities. Offers reunification counseling to incarcerated mothers, help with job searching, housing, a food pantry, and a day care and pre-school for toddlers of working mothers. Call Mon.–Fri. 9–5, write the office address, or drop by the thrift store for more information.

STEPS TO END FAMILY VIOLENCE

Edwin Gould Services for Children / STEPS to End Family Violence
Brooklyn (Downtown Brooklyn)
151 Lawrence Street, 5th Floor, Brooklyn, NY 11201
Telephone: 212.437.3500
www.egscf.org

Program offers ATI services, counseling, parenting skills, educational support, job & housing support, legal counseling and more. The STEPS Re-Entry Project works to support the emotional and social needs of women through individual and group counseling, and planned social activities.

As part of this initiative, STEPS recently launched a Jewelry Design and Entrepreneurship Project with the generous support of local jewelry designer Jennifer Monzon of Hunter NY, jewelry supply wholesaler Metalliferous, and the White Plains Chapter of Friends Outside.

Women are referred to participate in these groups by word of mouth, via a partnership with the New York City Department of Health which identifies women who have experienced intimate partner violence at intake, other service providers at Riker's or because they are existing ATI clients. Call Mon.–Fri. 8:30–5:00. Spanish also spoken.

MATERNAL AND INFANT CARE (MIC) WOMEN'S HEALTH SERVICES

12–26 31st Avenue, Astoria (Queens), NY 11106
Telephone: 718.626.6735

335 Central Avenue, 2nd Floor, Brooklyn, NY 11221
Telephone 718.443.9300
1873 Eastern Parkway, Brooklyn, NY 11233
Telephone: 718.498.1001

295 Flatbush Avenue Extension, Brooklyn, NY 11201
Telephone: 718.522.1144

90–04, 161st Street, 5th Floor, Jamaica (Queens), NY 11432
Telephone: 718.523.2123

4215 Third Avenue, 2nd Floor, Bronx, NY 10457
Telephone: 718.294.5891
Offers low cost family planning and prenatal services, including walk-in pregnancy tests (for free), birth control, prenatal care, and GYN exams. Call for an appointment. 9–5 Mon.–Fri.

MARGARET SANGER CENTER FOR PLANNED PARENTHOOD OF

NEW YORK CITY, INC.

26 Bleecker Street, New York, NY 10012
Telephone: 212.965.7000
www.plannedparenthood.org/nyc
Offers gynecology services, screening for sexually transmitted diseases, contraceptive services including emergency contraception, and abortion. Provides free pregnancy testing. For other services, sliding-scale fees based on income are available. Call Mon.–Fri. 8–8; Sat. 8–4. Spanish also spoken.

Teenagers or low-income women who are pregnant or have children under five and who need to obtain referrals for contraceptives or a listing of services in their community for continuing a pregnancy, prenatal care, WIC, or counseling can call the Growing Up Healthy Hotline at 800.522.5006 24 hours a day, 7 days a week. Spanish also spoken.

Alternatives to abortion are offered by Catholic Charities. Manhattan: 212.371.1000, Brooklyn: 718.625.7800.

The Women, Infants and Children (WIC) Food Program provides vouchers that can be used at neighborhood stores to buy WIC foods such as milk, cheese, juice, formula, cereal, and eggs. Eligibility criteria include being a woman who is pregnant, breast-feeding, or postpartum, having children under the age of 5, at nutritional or medical risk, and being income eligible. Verified Public Assistance, Medicaid, and/or Food Stamp participants are automatically WIC income eligible. For referral to a local WIC program, call the New York State Department of Health at 800.522.5006 any time. Spanish and many other languages also spoken.

Additional resources of interest to mothers can be found in the chapter Counseling and Family Services.

SAFE HORIZON

2 Lafayette Street, 3rd Floor, New York, NY 10007
Telephone: 212.577.7777 or 800.621.4673
www.safehorizon.org
For women who are victims of domestic violence, help can be

obtained by calling Safe Horizon 24 hours a day, 7 days a week. Offers crisis counseling and information on or referral to a wide variety of resources, including the Crime Victims Compensation Board and domestic violence shelters. Can provide new locks. Spanish and other languages also spoken.

SEX CRIMES REPORT LINE

Telephone: 212.267.7273

Maintains a hotline staffed by female detectives for sex-crime victims. Takes police reports over the phone, conducts investigations, and provides information and referrals. Call 24 hours a day, 7 days a week.

RAPE CRISIS PROGRAM

Crime Victims' Treatment Center

36 7th Avenue, Suite 405, New York, NY 10011

Telephone: 212.604.8068

Rape crisis intervention counseling, information and referrals, counseling for family members and friends, and court and police advocacy. Also offers support groups, counselor training, and community education. Literature is also available in Spanish and Chinese. For men, women and transgender people ages 12 and over.

ST. LUKE'S-ROOSEVELT CRIME VICTIMS' TREATMENT CENTER

see page 96

GIRLS' EDUCATIONAL AND MENTORING SERVICES (GEMS)

Telephone: 212.926.8089

www.gems-girls.org

Works with girls and women 12-24 years old who have experienced commercial sexual exploitation and abuse. Provides counseling; therapeutic and recreational groups; referrals to legal, educational and other resources; and peer mentoring. Call Mon.-Fri. 10-6 for more information. Spanish also spoken.

THE GROWING UP HEALTHY HOTLINE

Telephone: 800.522.5006

Provides referrals to low-income women who are pregnant or have children under the age of 5. Call 24 hours a day, 7 days a week for assistance accessing affordable prenatal care or other health care, contraceptives, insurance, food pantries, and other services for families. Spanish also spoken.

WOMEN'S ADVOCATE MINISTRY

211 West 129th Street

New York, NY 10027

Telephone: 212.280.7320

www.wamusa.org

Provides active outreach, crisis intervention, referral and supportive services to incarcerated women in New York and their children. Services include residential rehabilitation for substance abusers, improvement of conditions in jail, and housing, help with child custody and other legal issues, upon re-entry.

FAMILY JUSTICE CENTER

Brooklyn

350 Jay Street, Brooklyn, NY 11201

Telephone: 718.250.5111

Queens

126-02 82nd Avenue off of Queens Boulevard, Kew Gardens, NY 11415

Telephone: 718.575.4500

Bronx

198 East 161 Street, Bronx, NY 10451

Telephone: 718.508.1222

www.nyc.gov/html/ocdv/html/fjc/fjc.shtml

The Family Justice Center is a walk-in intake center, open Mon.-Fri. 9-5. They provide immediate intake and assistance for victims of domestic violence, regardless of language, immigrant, or economic status. Services at FJC include counseling, advocacy, meeting with a prosecutor, shelter and housing help, and legal info. Child care is provided.

"I do."

— Phyllis Siegal and Connie Kopelov, NYC July 24th 2011

LGBT: Lesbian, Gay, Bisexual & Transgender People

LGBT SERVICES AND RESOURCE DIRECTORY

www.comptroller.nyc.gov/LGBT

Comprehensive directory of services available in the metropolitan New York City area to the LGBT community. Contains over 500 listings of agencies with descriptions and contact information.

LGBT NATIONAL HELP CENTER HOTLINE

Information service for the LGBT community at 888.843.4564, Mon.–Fri. 4pm–midnight, Sat. noon–5pm, or locally 212.989.0999. Referrals, peer counseling, information on HIV/AIDS groups, and a listing of bars and dance clubs is available. Their website www.glnh.org provides links to health, legal, political, professional and cultural resources as well as over 20 local newspapers and magazines. The National Youth Talkline is at 800.246.7743 Mon.–Fri. 4pm–midnight, Sat. noon–5pm

THE NEW YORK LESBIAN, GAY, BISEXUAL AND TRANSGENDER COMMUNITY CENTER

208 West 13th Street, New York, NY 10011

Telephone: 212.620.7310

www.gaycenter.org

The New York Lesbian, Gay, Bisexual and Transgender Community Center is a focal point for many of New York City's LGBT services. It serves as a meeting place for over 300 organizations concerned with the social, health, religious, political, cultural, and business concerns of the queer community, and it is also the site for many free and low-cost cultural and social activities, such as dances and plays. A daily schedule of events is posted in the building's lobby. There is also a community bulletin board in the lobby which lists want ads, apartments, jobs, and community events. The Center sponsors an orientation program for people entering the LGBT community or who are just unfamiliar with its resources, and offers referrals to health services and counseling, and the Gender Identity Project. Spanish also spoken. Hours: Mon.–Fri. 9am–1pm; Sat. 11am–11pm; Sun. 11am–9pm Some of the regularly scheduled meetings held at the Center are:

- African-Ancestral Lesbians United in Societal Change (formerly Salsa Soul Sisters)
- Las Buenas Amigas
- Men of All Colors Together/MACT
- Several 12-step programs
- ACT UP: AIDS Coalition to Unleash Power
- Book clubs
- Age-specific groups

A complete list of meetings held at the Center can be found at www.gaycenter.org and clicking on "Calendar."

NEW YORK CITY COMMISSION ON HUMAN RIGHTS

40 Rector Street, New York, NY 10006

www.nyc.gov/html/cchr

Concerns itself with advocacy and referrals in cases of discrimination based on sexual orientation, gender identity or HIV status. To file a complaint, call 212.306.7450 or 311 and ask for the Human Rights Commission to make an appointment. Spanish also spoken.

SYLVIA RIVERA LAW PROJECT

147 West 24th Street, 5th Floor, New York, NY 10011

Telephone: 212.337.8550

www.srlp.org

An organization working to fight discrimination against transgender, transsexual, intersex and other gender non-conforming people. Provides free legal services to low income people and people of color who are facing gender identity discrimination. Call ahead to see if you qualify and make an appointment, or write if you are incarcerated. They also offer "Know Your Rights" trainings and resources, assistance obtaining ID and U.S. passport showing your correct name and gender, leadership training for people in their service group, and training resources for service providers who work with transgender people. Call for intake hours and more information. Accessible to people with disabilities. Spanish and Hindi also spoken.

ALI FORNEY CENTER

224 West 35th Street, Suite 1102, New York, NY 10001

Telephone: 212.222.3427

www.aliforneycenter.org

Provides emergency housing and services to homeless LGBT youth ages 16 to 24. The Day Center in Chelsea offers case management, food, showers, job search assistance and referrals to medical care. Emergency temporary housing and transitional housing. Employment and education assistance are also available. Call for more information Mon.–Fri. 9–5. Spanish also spoken.

MICHAEL CALLEN–AUDRE LORDE HEALTH CENTER

356 West 18th Street, New York, NY 10011

Telephone: 212.271.7200

www.callen-lorde.org

A general health facility open to the public but with an emphasis on the LGBT communities. Offers general primary care and HIV primary care, gynecology, dentistry, and other services. Accepts many forms of insurance with a sliding fee scale for the uninsured. An appointment is necessary. Hours are Mon.–Fri. 8:15–8:15, Sat. 8:30–3:15. For the Health Outreach To Teens program, call 212.271.7212. Spanish also spoken.

IDENTITY HOUSE

208 West 13th Street, New York, NY 10011

Telephone: 212.243.8181

www.identityhouse.org

Identity House offers individual and couples peer counseling and counseling referrals to the LGBT communities. Sponsors open discussion groups for men and for women, as well as short-term coming-out groups. On Sat. and Sun. evenings from 6–8 there is walk-in peer counseling for lesbians, gay men, and bisexuals. Sponsors yearly conferences. There are no fixed fees, but donations are requested. Check website for upcoming events.

GAY MEN OF AFRICAN DESCENT

44 Court Street, Suite 1000, Brooklyn, NY 11201

Telephone: 718.222.6300

www.gmad.org

A group to better the health and well-being of gay African-American men in New York City. A number of groups meet regularly, including a sexuality discussion group, support groups for young men, HIV-positive young men, long-term HIV survivors, and seniors. Call for more information.

SERVICES AND ADVOCACY FOR GLBT ELDERS (SAGE)

Mailing Address: 305 Seventh Avenue, 15th Floor,
New York, NY 10001

Telephone: 212.741.2247

SAGE Harlem

2090 Adam Clayton Powell Jr. Boulevard

2nd Floor, Suite 201, New York, NY 10027

Telephone: 646.660.8953

www.sageusa.org

A social service organization dedicated to meeting the unique needs of older LGBT people. Provides crisis intervention; support groups; and individual, homebound, family and group counseling to seniors and their caregivers. Social activities include dances, dinners, and occasional writing and film workshops. Publishes a quarterly newsletter. Walk-in group meets at the New York LGBT Community Center.

NYC GAY & LESBIAN ANTI-VIOLENCE PROJECT (AVP)

240 West 35th Street, Suite 200, New York, NY 10001

Telephone: 212.714.1184

Hotline: 212.714.1141

www.avp.org

AVP offers free and confidential support to victims of bias crimes, domestic violence, pick-up crimes, police misconduct, HIV-related violence, rape, and sexual assault. Individual and group counseling

is available at AVP, while the crisis hotline offers 24-hour assistance from counselors and trained volunteers in English and Spanish. AVP can also accompany you to the police, court, medical or social service agencies. Spanish also spoken.

CENTER FOR ANTI-VIOLENCE EDUCATION (CAE) — BROOKLYN WOMEN'S MARTIAL ARTS

327 7th Street at 5th Avenue, 2nd Floor, Brooklyn, NY 11215

Telephone: 718.788.1775

www.caeny.org

Offers classes in karate, self-defense, and tai chi. All women and transgender people are welcome, regardless of age or physical ability. Free child care provided. Day, evening, and weekend classes. Also offers an afterschool program in self-defense and violence prevention for boys and girls ages 6–11. Programs for girls and trans youth ages 13–19, and women and transgender people who are survivors of sexual abuse, domestic violence, or child abuse are free. Open to men in LGBT community as well several times a year. Call for info. Sliding fee scale based on income.

I am neither an optimist nor pessimist, but a possibilist.

— Max Lerner

People with Disabilities



MAYOR'S OFFICE FOR PEOPLE WITH DISABILITIES

100 Gold Street, 2nd Floor, New York, NY 10038

Telephone: 212.788.2830

TDD/TTY: 212.788.2838

www.nyc.gov/html/mopd/home.html

Offers information and referral in the areas of housing, transportation, discrimination, education, health, Social Security, and services to the homebound. Call Mon.–Fri. 9–5. Spanish and other languages also spoken.

NEW YORK STATE DEPARTMENT OF EDUCATION, ADULT CAREER AND CONTINUING EDUCATION SERVICES - VOCATIONAL REHABILITATION (ACCES - VR) - FORMERLY VESID

www.acces.nysed.gov/vr/

Provides vocational training and job placement for mentally, physically, or emotionally disabled people. Also offers individual counseling and can help sponsor a client through college.

Call Mon.–Fri. 8:30–4:45. Call the office near you for orientation information. Must bring photo ID to the orientation.

Bronx residents	718.931.3500	TDD/TTY 718.828.4003
Brooklyn residents	718.722.6700	TDD/TTY 718.722.6736
Manhattan residents	212.630.2300	TDD/TTY 212.630.2314
Queens residents	347.510.3100	TDD/TTY 718.760.8835
Staten Island residents	718.816.4800	TDD/TTY 718.556.1752

NYC INDEPENDENT LIVING CENTERS (ILCs)

Non-profit, community-based organization whose goal is to help people with disabilities in New York City lead full, independent and productive lives. Offers assistance obtaining government benefits, including SSI. Other services include advocacy, counseling, housing assistance, information and referral. Spanish, Hindi, Russian, Cantonese, Mandarin, Fukinese, and Sign Language also spoken. Call the office nearest you for more information, Mon.–Fri. 9:30–5:30.

Bronx Independent Living Services
4419 Third Avenue, Suite 2–C, Bronx, NY 10457
Telephone: 718.515.2800
TDD/TTY: 718.515.2803
Videophone: 866.426.8059
www.bils.org

Brooklyn Center for Independence of the Disabled
27 Smith Street, Suite 200, Brooklyn, NY 11201
Telephone: 718.998.3000
TTY: 718.998.7406
www.bcid.org

Center for Independence of the Disabled NY — Manhattan
841 Broadway, Suite 301, New York, NY 10003
Telephone: 212.674.2300, TDD/TTY: 212.674.5619
Videophone: 646.350.2681
www.cidny.org

Center for Independence of the Disabled NY — Queens
137–02A Northern Boulevard, Flushing, NY 11354
Telephone: 646.442.1520
TDD/TTY: 718.886.0427
Videophone: 866.948.1064
www.cidny.org

Harlem Independent Living Center
289 St. Nicholas Avenue, #21, Lower Level, New York, NY 10027
Telephone: 212.222.7122
Videophone: 646.755.3092
Relay Number: 866.326.5876
www.hilc.org

Staten Island Center for Independent Living
470 Castleton Avenue, Staten Island, NY 10301
Telephone: 718.720.9016
TDD/TTY: 718.720.9870
www.siciliving.org

INTERNATIONAL CENTER FOR THE DISABLED (ICD)

340 East 24th Street, New York, NY 10010
Telephone: 212.585.6000; TDD/TTY: 212.585.6060
www.icdnyc.org

An outpatient facility for people with disabilities. Specializes in integrated rehabilitation. Audiological, psychoeducational, psychological and psychiatric evaluations; physical and occupational therapy; speech, language, and hearing therapy. Offers outpatient addiction recovery services. Call Mon.–Fri. 9–5. Spanish also spoken.

FEDCAP REHAB SERVICES

211 West 14th Street, New York, NY 10011
Telephone: 212.727.4200
TDD/TTY: 212.727.4384
www.fedcap.org

Offers comprehensive vocational rehabilitation for people with disabilities. Must be 18 or over and be referred by ACCES-VR, Commission for the Blind and Physically Handicapped or the Department of Veterans Affairs. Call Mon.–Fri. 9–5 for more information. Sign language also spoken.

GOODWILL INDUSTRIES OF GREATER NEW YORK AND NORTHERN NEW JERSEY, INC.

4–21 27th Avenue, Astoria (Queens), NY 11102
Telephone: 718.728.5400
TDD/TTY: 718.777.6306
www.goodwillny.org

Evaluates, counsels, and employs people with disabilities, as well as formerly incarcerated people. Must be referred by ACCES-VR or the Commission for the Blind and Visually Handicapped. Will help make the necessary contact with ACCES-VR. Mon.–Fri. 8:30–4:30.

COMMISSION FOR THE BLIND AND VISUALLY HANDICAPPED

New York State Office of Children & Family Services
District 6 Office, 80 Maiden Lane, 23rd Floor, New York, NY 10038
Telephone: 212.825.5710
Video Relay: 866.327.8877

District 8 Office, Harlem (also serves Bronx)
163 West 125th Street, Room 209, New York, NY 10027
Telephone: 212.961.4440

www.ocfs.state.ny.us/main/cbvh
Information on financial resources and vocational training. Helps with transportation and use of Braille. To be eligible, one must be blind from birth or have been declared legally blind. Call the intake office for an appointment, Mon.–Fri. 9–5. Spanish also spoken.

LIGHTHOUSE INTERNATIONAL

Sol and Lillian Goldman Building
111 East 59th Street, New York, NY 10022
Telephone: 212.821.9200; Toll-free: 800.829.0500;
TDD/TTY: 212.821.9713
www.lighthouse.org
Non-profit organization dedicated to helping people with vision loss develop the special skills and techniques necessary to live more independent lives. Assistance learning how to navigate your home, work, and the city; using adaptive technology; getting and keeping a job; coping emotionally with the stress of vision loss. Call Mon.–Thu. 9–5, and Fri. 9–1

CENTER FOR HEARING AND COMMUNICATION

50 Broadway, 6th Floor, New York, NY 10004
Telephone: 917.305.7700; TDD/TTY: 917.305.7999
www.chchearing.org
Offers a comprehensive program of rehabilitative and human services for those who are deaf or hard of hearing. Free hearing screening, assistive devices and listening center. Cochlear implant support group. Sliding scale fee. Call Mon.–Fri. 9–5. Spanish and Sign Language also spoken. Accessible to people with disabilities. Appointments can also be made online.

JOB PATH, INC.

22 West 38th Street, 11th Floor, New York, NY 10018
Telephone: 212.944.0564
www.jobpathnyc.org
Provides subsidized short-term employment for developmentally disabled people of working age, with a goal toward permanent employment. Referrals from ACCES-VR and other agencies accepted. Call Mon.–Fri. 9–5.

LEARNING DISABILITIES ASSOCIATION

27 West 20th Street, Room 303, New York, NY 10011
Telephone: 212.645.6730
www.ldanyc.org
Staff can answer questions about the rights of people with learning disabilities and how to secure instructional and other services. Referrals available to agencies providing tutoring, counseling, vocational training and other services. Also offers a support group for adults with learning disabilities, with guest speakers. Call Mon.–Fri. 9–5.

HOSPITAL AUDIENCES, INC.

548 Broadway, 3rd Floor, New York, NY 10012
Telephone: 212.575.7676
www.hainyc.org
Sponsors entertainment workshops and access to cultural programs in all five boroughs, as well as audio descriptions of Broadway and off-Broadway shows for the blind and visually impaired. Makes arrangements for people with disabilities to attend performances of the Metropolitan Opera and the New York Philharmonic, and other cultural events in the city parks. Reserves special seating in areas adjacent to the stage, provides restrooms accessible for wheelchairs, and offers limited round-trip transportation to agencies and individuals. A “Tickets to Go” program provides discounted tickets to Broadway and Off Broadway shows. Call Mon.–Fri. 9–5. Spanish also spoken.

THE NEW YORK PUBLIC LIBRARY, SERVICES FOR PEOPLE WITH DISABILITIES

Mid-Manhattan Library, 6th Floor

455 Fifth Avenue, New York, NY 10016

Telephone: 212-340-0951 or 212-340-0918

www.nypl.org/help/community-outreach/services-for-persons-with-disabilities

The New York Public Library complies with the Americans with Disabilities Act (ADA) and provides reasonable accommodations upon request for physical access, communications or other needs to ensure services, activities and programs are available to people with disabilities. Most of the 90 library sites are accessible to people using wheelchairs; full accessibility is indicated on the Locations and Hours webpage and each library's home page. When a site is partially-accessible the specifics are detailed on that library's home page.

Library sites have assistive technology for those with hearing and/or vision loss. People with a disability may indicate this when they apply for a library card, and they will receive a discount on any fines.

For more information about any of these services, please call Brigid Cahalan at the Office of Teaching & Learning, Literacy and Outreach at the numbers listed above, or e-mail bcahalan@nypl.org.

ANDREW HEISKELL BRAILLE & TALKING BOOK LIBRARY

40 West 20th Street, New York, NY 10011

Telephone: 212.206.5400; 24-hour answering service 212.206.5425;

TDD: 212.206.5458

www.nypl.org/locations/heiskell

The Andrew Heiskell Library provides braille and special format audio books and magazines for people who are physically unable to read standard print and live in New York City or Long Island, NY. Find braille and audio books, or join our Book Discussion Group. Fiction and nonfiction selections range from classics to bestsellers in many subject

areas. There is also a meeting room for concerts, lectures, and other special events. Public programs are barrier-free and are open to the general public, free of charge. Staff at the Andrew Heiskell Library also conduct one-on-one computer classes using assistive technology. If you are interested, contact the library to schedule an appointment.

The library is a Regional Library of the National Library Service for the Blind and Physically Handicapped of the Library of Congress, serving New York City for Braille and Talking Books and Long Island, NY for Braille Books.

Walk-in and telephone service hours are: Mon., Wed., Fri. & Sat. 10-5; Tue. and Thu. 12-7.

NEW YORK CITY DEPARTMENT OF TRANSPORTATION REDUCED-FARE METROCARD PROGRAM

Telephone: 718-330-1234

www.mta.info/nyct/fare/rfabout.htm

The MTA offers fare discounts for seniors and people with disabilities. The base subway or local bus fare is \$2.25 in 2012. Reduced fare is half the base fare, \$1.10 or less with Reduced-Fare MetroCard discounts. Call Mon.–Fri. 9–5 for an application and information.

NEW YORK CITY DEPARTMENT OF TRANSPORTATION, PARKING AND PERMITS FOR PEOPLE WITH DISABILITIES

28-11 Queens Plaza North, 8th Floor, Long Island City, NY 11101

Telephone: 718.433.3100; TTY: 212.504.4115

www.nyc.gov/html/dot/html/permits/nyc-pppd.shtml

Call Mon.–Fri. 9–5 for information on obtaining a special parking permit for physically disabled residents who require a private vehicle for transportation. Requires state ID or a driver's license. Allows driver to park in some No Parking zones and in specially designated spaces.

Questions about, or need referrals to, services for the developmentally disabled or mentally retarded? You may call the New York City Department of Health and Mental Hygiene Mental Retardation and

Disabilities Services Office at 311. For information on referral services, please call the NY State Office for People with Developmental Disabilities at one of the local offices below:

- | | |
|--|--|
| <p>NYC DDSO Regional Office
75 Morton Street, 6th Floor
New York, NY 10014
212.229.3000</p> | <p>Brooklyn DDSO
888 Fountain Avenue
Brooklyn, NY 11208
718.642.6000/6151</p> |
| <p>Metro NY DDSO (Bronx Division)
2400 Halsey Street
Bronx, NY 10461
718.430.0700</p> | <p>Staten Island DDSO
1150 Forest Hill Road
Staten Island, NY 10314
718.983.5200</p> |
| <p>Queens DDSO
80–45 Winchester Boulevard
Building 80-00
Queens Village, NY 11427
718.217.4242</p> | |

People with disabilities who want to apply for public housing should call the New York City Housing Authority and ask for a Health Priority Letter to attach to their application. In some cases, NYCHA will assign a higher priority to placing the disabled. Call 212.306.4652.

If you need to communicate with a person who is deaf, hearing impaired, or speech impaired, call the New York Relay Center at 800.421.1220, TDD/TTY: 800.662.1220. This is not a counseling service: interpreting only.

“More and more these days I find myself pondering how to reconcile my net income with my gross habits.”

— John Nelson

Consumer Affairs

Consumer Information

The website of the New York City Department of Consumer Affairs at www.nyc.gov/dca offers a number of pamphlets of interest to consumers. Click on "Publications." Topics include:

- Used Car Sales Consumer Guide
- Buying and Selling Electronics
- Shopping by Mail or Phone
- What You Need to Know About Employment Agencies
- What You Need to Know About Immigration Service Providers
- Debt Collection: Your Rights and Responsibilities
- The Problem with Pay Day Loans
- Internet Scam Guide
- NYC Consumer Law in Brief

For any publication that is not currently available online, call 311 (or 212.639.9675) to get a free printed copy.

For a guide to Business Licenses, check out the New York City Department of Consumer Affairs guide at the above address. Click on "Business Toolbox." You can download license applications and learn how to apply for a license and the time required to receive one.

Among the licenses included are:

- Catering Establishments
- Home Improvement Contractors and Salespeople
- Laundromats and Jobbers
- Locksmiths and Apprentices
- Newsstands
- Secondhand Dealers, Auto
- Street Fairs — 30 day

The Federal Citizen Information Center offers free and low-cost brochures on many health and personal finance topics, some in Spanish: www.publications.usa.gov/USAPubs.php
Allow four weeks for delivery.

The New York Public Library has conveniently compiled a collection of websites listing New York Consumer Law Resources. Go to the Library's Best of the Web page at:
www.nypl.org/collections/nypl-recommendations/best-of-web Click

on "Government & Law," then click on "New York Consumer Law Resources" for a list of such topics as Aging, Children, Consumer Protection, Courts, Credit, and Landlord-Tenant issues.

For New York City government information and services, call 311. Use this information service to:

- Report loud noise, potholes, blocked driveways, broken streetlights or other neighborhood problems
- Locate public hospitals and clinics
- Find contact information for utility companies
- Locate a towed vehicle
- Find public school information
- Learn about programs designed for small businesses
- Get subway or bus information
- And much more.

311 operates anytime of day or night and services are provided in over 170 languages. TTY number is 212.504.4115. For emergencies, call 911.

Most neighborhood branches of New York City's public libraries have magazines, including Consumer Reports, to help you evaluate consumer products. Many also have consumer brochures or buying guides that can help you, as a consumer, protect yourself against being ripped off.

Counseling

MONEY MANAGEMENT INTERNATIONAL

11 Penn Plaza, Suite 5148, New York, NY 10001

Telephone: 212.946-4926

866.889.9347 24 hours, Mon.–Sun.

www.moneymanagement.org

A non-profit organization that offers counseling for people with financial or credit problems. Also helps clients to prepare budgets and counsels them on how to establish credit. Call Mon.–Fri. 9–5. Spanish also spoken.

Consumer Complaints

The following two agencies receive calls on problems encountered in dealing with merchants, answer consumer-related inquiries, and make proper referrals when necessary:

NEW YORK CITY DEPARTMENT OF CONSUMER AFFAIRS

If you believe you have been a victim of consumer fraud in New York City, you can:

- Write the Department of Consumer Affairs, Complaints, at 42 Broadway, 9th Floor, New York, NY 10004
- Call the Department of Consumer Affairs, Complaint/License Hotline at 311. If the matter falls within the jurisdiction of DCA, you will be sent a Complaint Form to fill out.
- File a complaint online. It may take up to thirty days for processing.

For a Service Complaint Guide explaining what to do when you have a service complaint, go to the DCA website at www.nyc.gov/html/dca and click on "File a Complaint."

FEDERAL TRADE COMMISSION BUREAU, CONSUMER PROTECTION CENTER

CRC-240, Washington, DC 20580

Telephone: 877.382.4357

www.ftc.gov/bcp/index.shtml

Call 311 anytime for help with emergency needs if you are on public assistance and have had your gas or electricity turned off.

To remove your phone number from telemarketing lists and receive no further such calls, telephone 888.382.1222 or go to www.donotcall.gov
Spanish also spoken.

Food

GREENMARKET

Telephone: 212.788.7476

www.grownyc.org/greenmarket

Greenmarket coordinates and promotes 51 farmers' markets offering fresh, local, seasonal produce and other food across New York City. There are markets in all five boroughs. Call for a free map and schedule of the city's Greenmarkets, or download it from the group's website. Mon.–Fri. 9:30–5:30.

COMMUNITY SUPPORTED AGRICULTURE (CSA)

Just Food

1155 Avenue of the Americas, 3rd Floor, New York, NY 10036

Telephone: 212.645.9880

www.justfood.org

Community Supported Agriculture groups (CSAs) bring together neighborhood residents to buy organic vegetables and other local food direct from farmers, bypassing the middleman to keep prices reasonable. Some CSAs accept Food Stamps and have payment plans for low-income New Yorkers. Just Food is a non-profit organization coordinating the CSAs in New York City. Contact them to see if there is a group in your neighborhood.

FOOD CO-OPS

A co-op, or consumers cooperative, is a business that is jointly owned and run by its customers. The cooperative grocery stores in New York have variable membership rules (some require members to work shifts, while others offer discounts to members who work) but all attempt to make healthy food available and charge less than regular supermarkets would charge for the same products. Call the co-op nearest you for a description.

Flatbush Food Co-op

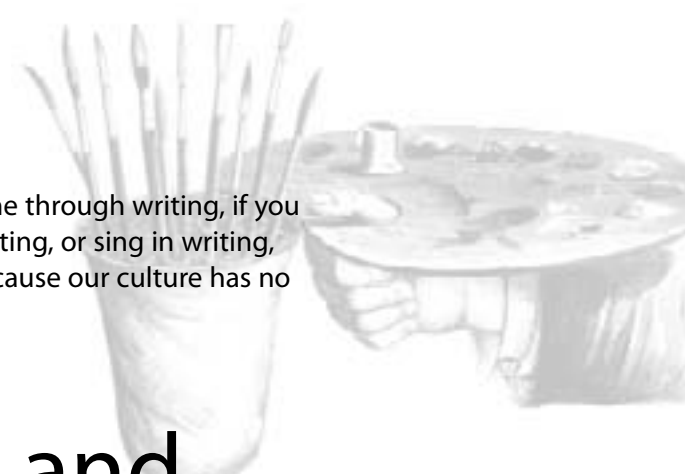
1415 Cortelyou Road, Brooklyn, NY 11226

Telephone: 718.284.9717

Park Slope Food Co-op
782 Union Street, Brooklyn, NY 11215
Telephone: 718.622.0560

4th Street Food Co-op
58 East 4th Street, New York, NY 10003
Telephone: 212.674.3623

The U.S. Department of Agriculture offers smart shopper tips on its website, www.nal.usda.gov. Pamphlets include "Fruits and Veggies — More Matters," "Practical, Healthy Weight Control" and several other general nutrition and health resources. Write them at the Food and Nutrition Information Center, National Agricultural Library, 10301 Baltimore Avenue, Room 105, Beltsville, MD 20705.



"If you do not breathe through writing, if you do not cry out in writing, or sing in writing, then don't write, because our culture has no use for it."

— Anais Nin

Social and Cultural Resources

Clothing and Housewares

There are many areas throughout the city specializing in inexpensive clothing, furniture, and household items. Fourteenth Street, Third Avenue in el Barrio, and Orchard or Canal Streets on the Lower East Side are but a few examples for Manhattan. Asking around is the best bet. The telephone book's Yellow Pages have a listing under "Second Hand Stores," and this includes some Goodwill and Salvation Army outlets. Don't be surprised to find a top-name designer jacket in next-to-new condition selling for as little as \$5 at one of them. Also for clothing, check in the Yellow Pages under "Military Goods-Retail," for a listing of Army and Navy surplus stores.

For a listing of Salvation Army Thrift Stores in the Greater New York area, visit the website: www.salvationarmy-usaeast.org and click on "Salvation Army Thrift Stores."

You can also find people selling used furniture, clothing and other items cheap on the Internet, using a free classified ad service such as Craigslist. Go to www.craigslist.org and click on "New York."

Incarcerated people can write to the PEN Prison Writing Program for a free copy of their booklet “Handbook for Writers in Prison”. Contents include chapters on Getting Started: Basic Exercises, Tips on Writing for the Stage, A Punctuation Guide, About Copyrights, Preparing a Manuscript, as well as listing of Small Magazines, Book Programs for Prisoners, and a bibliography of Books for Writers. The program also sponsors an annual writing contest, provides one-on-one mentoring to inmates whose writing shows merit or promise, conducts workshops for former inmates, and seeks to get inmates' work to the public through literary publications and readings. Write: Prison Writing Program, PEN American Center, 588 Broadway, Suite 303, New York, NY 10012. Telephone: 212.334.1660

Entertainment (Movies, Clubs, Special Events, Etc.)

The daily newspapers are an excellent source of information on events around the city. The Daily News and New York Times both have weekend entertainment sections which appear in their Friday editions. El Diario, on Friday, contains a listing of non-profit events of special interest to the Hispanic community, and the Amsterdam News, out on Thursdays, has a similar calendar of events of interest to New York's Black community. New York Magazine appears on Mondays, Time Out New York on Tuesdays, and both list restaurants, clubs, movies, theater performances, comedy clubs, and museum and gallery showings. The Village Voice, a free weekly appearing Wednesdays, has a comprehensive listing of films, plays, live music, dance, poetry, lectures, clubs, etc., along with reviews. It also contains a calendar of events that are free or inexpensive. WBAI Radio at 99.5 FM maintains a great community calendar, which is read regularly on the air and available on www.wbai.org. The station also broadcasts current events programming oriented toward many diverse New York City communities. Listen to WBAI's “On the Count” prison issues show on Saturdays from 10:30 to noon.

Sports fans can call for box office and information:
Madison Square Garden 212.465.6741
Meadowlands (Giants Stadium) 201.935.3900
Citi Field 718.507.8499
Yankee Stadium 718.293.4300

Red Bull Stadium Telephone: 877.727.6223

Museums, Zoos, and Botanical Gardens

Many museums have special rates or are free on certain days or evenings. Call for information on current exhibits, fees, and travel directions. A mere sampling of New York's museums, cultural centers and zoos are offered here:

THE AMERICAN MUSEUM OF NATURAL HISTORY AND THE HAYDEN PLANETARIUM

Central Park West and 79th Street, New York, NY 10024
www.amnh.org

Call 212.769.5100 for taped information in English and Spanish. 24 hours, Mon.–Sun.

THE BROOKLYN MUSEUM

200 Eastern Parkway, Brooklyn, NY 11238
www.brooklynmuseum.org

Call 718.638.5000 for information. Includes a world-renowned Egyptian art collection. Free live music and entertainment on the first Saturday of each month from 5–11 pm.

METROPOLITAN MUSEUM OF ART

1000 Fifth Avenue at 82nd Street, New York, NY 10028
www.metmuseum.org

Suggested admission is \$20, but any donation is appreciated. One of the world's best art museums, it includes an ancient Egyptian temple, a wing devoted to African, South Pacific, and Pre-Columbian art, artworks by the European Masters, a weapons and armor wing, and lots more. Sun. 9:30–5:30, Mon. closed, Tue., Wed., Thu. 9:30–5:30, Fri.–Sat. 9:30–9. Call 212.535.7710 for information. TDD/TTY: 212.570.3828.

MUSEUM OF MODERN ART

11 West 53rd Street between 5th and 6th Avenues,
New York, NY 10019
www.moma.org

Call 212.708.9400. Free entry Fridays 4–8pm.

STUDIO MUSEUM IN HARLEM

144 West 125th Street, between Lenox Avenue and
Adam Clayton Powell Boulevard, Manhattan 10027

Fax: 212.864.4800

www.studiomuseum.org

Presents the arts of Black America and the African Diaspora. Museum
hours: Wed.–Fri. 12–6; Sat. 10–6; Sun. 12–6. Free admission on
Sundays. Call 212.864.4500 for information on current exhibits and
admissions.

MUSEO DEL BARRIO

1230 Fifth Avenue at 104th Street, New York, NY 10029

Telephone: 212.831.7272

Fax: 212.831.7927

www.elmuseo.org

The only museum in the continental United States devoted to Puerto
Rican and Latin American art. Special events include
chamber and folk music concerts, and poetry readings. Open Tue.–
Sun. 11–6. Call 212.831.7272 for taped information. Spanish also spo-
ken. Free admission for seniors on Wednesdays, free admission to
all every third Wednesday of the month.

THE SMITHSONIAN'S NATIONAL MUSEUM OF THE AMERICAN INDIAN

1 Bowling Green, New York, NY 10004

www.americanindian.si.edu

Open every day 10–5; Thursdays 10–8. Free admission. For general
information call 212.514.3700.

PREGONES THEATRE

571-575 Walton Avenue and East 150th Street, Bronx, NY 10451

www.pregones.org

Latino theatre center, offering performances in Spanish and English.
Call 718.585.1202 for schedules and pricing.

BROOKLYN PUBLIC LIBRARY'S CARIBBEAN LITERACY & CULTURAL CENTER

Flatbush Library, 22 Linden Boulevard at Flatbush Avenue, Brooklyn,
NY 11226

www.brooklynpubliclibrary.org/clcc.jsp

A center for Caribbean arts and culture, dedicated to increasing pub-
lic awareness and promoting intercultural exchange. Author events,
musical performances, art exhibits and more. Open Mon., Wed. and Fri.
9–5, Tue. and Thu. 1–5. Free admission. Call 718.287.8597 for informa-
tion.

ART FOR CHANGE

1699 Lexington Avenue, New York, NY 10029

212.348.7044

www.artforchange.org

An East Harlem community arts group hosting low-cost or free the-
ater performances, storytelling, music, films, mural art, open mic
nights and other events. Call the above number or call the Café at
212.534.7168. Spanish also spoken.

NUYORICAN POETS CAFE

236 East 3rd Street, between Avenues B and C,
New York, NY 10009

212.505.8183

www.nuyorican.org

Spoken word, theater, slam poetry, hip hop, live music and films. A
Lower East Side institution since the heyday of Pedro Pietri
and Miguel Piñero. Events range from \$7-\$12.

THE NEW YORK BOTANICAL GARDEN

Kazimiroff Boulevard and 200th Street, Bronx, NY 10458

www.nybg.org

Call 718.817.8700 for information on what flowers are in bloom,
special exhibits, travel directions, hours and admission fees.
Free all day Wednesday and Saturday morning from 10 to noon.

THE BROOKLYN BOTANIC GARDEN

1000 Washington Avenue, Brooklyn, NY 11225

www.bbg.org

It is a short walk from Grand Army Plaza, and next to the Brooklyn Museum. Call 718.623.7200 for hours, directions, and entrance fees. Free admission on Tuesdays.

BRONX ZOO WILDLIFE CONSERVATION PARK

www.bronxzoo.com

Free on Wednesdays. Open every day 10–5. For information on special events and travel directions, call 718.367.1010

Libraries and Specialty Bookstores

Apply to the nearest branch of your public library for a library card. The New York Public Library has 87 branches throughout Manhattan, the Bronx, and Staten Island; the Brooklyn Public Library has 58 branches in addition to its main building; the Queens Library has 63 branches. Each of the Library systems sponsors a multitude of events, such as film showings, book discussions, craft workshops, and children's storytelling hours, all free to the public. Check for the monthly calendar at your local branch.

HUE-MAN BOOKSTORE & CAFE

2319 Frederick Douglass Boulevard at 125th Street New York, NY 10027

Telephone: 212.665.7400

www.huemanbookstore.com

A large collection of both adult and children's titles with emphasis on the African-American and African Diaspora experiences. Features readings and author signings. Mon.–Sat. 10–8; Sun. 11–7.

HOUSING WORKS BOOKS

126 Crosby Street, near Spring Street, New York, NY 10012

Telephone: 212.334.3324

www.housingworks.org

Tens of thousands of used and rare books can be found at this friendly cafe. 100% of its profits go to Housing Works, a non-profit organization that provides services to homeless New Yorkers living with HIV or AIDS. Mon.–Fri. 10–9, Sat. and Sun. 12–7.

BLUESTOCKINGS BOOKSTORE

172 Allen Street, near Stanton Street, New York, NY 10002

Telephone: 212.777.6028

www.bluestockings.com

A bookstore and infoshop in the Lower East Side. Books, zines, and magazines, with a focus on left-wing history, politics, queer studies, countercultures and the environment. Events include poetry performances, author talks, documentary films and presentations by activists from around the world. Open every day 11–11.

BROWNSTONE BOOKS

409 Lewis Avenue at MacDonough Street, Brooklyn, NY 11233

Telephone: 718.953.7328

www.brownstonebooks.com

African American bookstore in Bedford-Stuyvesant, featuring author visits, a book club, and children's events. Open Mon.–Sat. 10–7, Sun. 12–5.

REVOLUTION BOOKS

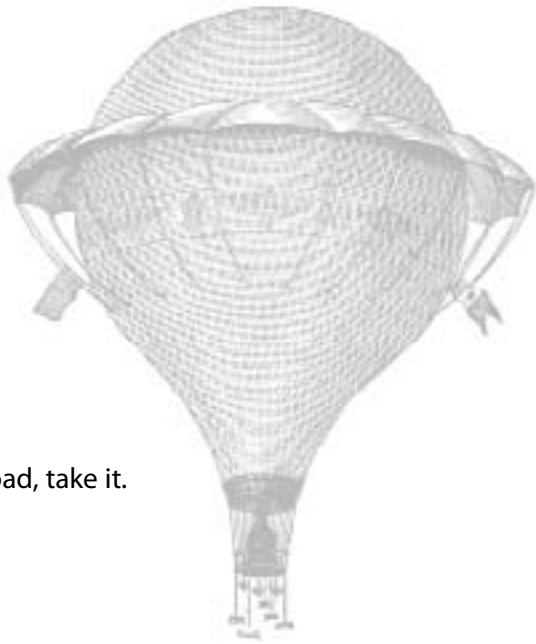
146 West 26th Street, New York, NY 10011

Telephone: 212.691.3345

www.revolutionbooksnyc.org

A large selection of ultra-leftist literature, from biographies of Che Guevara to booklets by Mao Tse Tung. Mon.–Sun. 12–7.

You can find books on almost any subject, both current and out of print, for as much as 50% off at the Strand Bookstore, one of the world's largest used bookstores, at Broadway and 12th Street, and 95 Fulton Street, New York, NY. Call 212.473.1452.



If you come to a fork in the road, take it.

— Yogi Berra

Transportation

The City of New York has an extensive system of buses and subways. The subway system alone, operating 24 hours a day, covers over 656 track miles and includes 468 stations.

Free subway and bus maps can be obtained at any subway station, many public libraries, or by calling 718.330.3322. For information on how to get from one point in the city to another, call the New York City Transit Authority's Travel Information number: 718.330.1234. From www.mta.info you can access schedules and maps, information about MetroCards, and service advisories.

Those who can access the Internet have additional choices when seeking subway directions. The transit advocacy group Straphangers includes a handy mapping feature on their website: from www.straphangers.org

Click on "Getting Around" and enter your destination. Click "Get Directions" to get a map including all streets and subways in the area. The website www.hopstop.com asks you to enter a start and destination address, then tells you which train to take, where to transfer, and how long the ride is going to take at certain times of day.

Senior citizens (city residents 65 years of age or older) and people with disabilities are eligible for reduced fare MetroCards. For more information, call the MTA at 718.243.4999 (TTY 212.541.6228.)

Access-A-Ride, administered by New York City Transit, provides transportation for people who are unable to use public bus or subway service for some or all of their trips. It offers shared ride, door-to-door paratransit service. Call 877.337.2017, 718.393.4259, 646.252.5252, TTY 646.252.5104, or TTY Relay 800.662.1220 and press "1" when you hear the recorded message to be connected to the Customer Information Line.

For a copy of the free NYC Cycling Map produced by the Department of City Planning and Transportation, call 311 or visit any bicycle shop.

the Job Search

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Hey! I Need a Job

Hey, I need a job

not no promises

no handouts

Just need a nine to fiver with decent pay.

I need a job

Not just summer tokens to

cool the heat of riot thoughts

I NEED A JOB

Not monopoly money stamps to still

the hunger of belly but not mind

HEY!! I NEED A JOB

Not no dollar finger stuck

in the dike of my needs

I need a job

to turn the night of wants

into a brighter day

Hey...

I need a job

Just a nine to fiver

with decent union pay.

— Loretta Benjamin

Reprinted from Black and in Brooklyn
by permission of Universal Black Writers Press.

Introduction

Our booklet, *The Job Search*, is designed to carry you, step by step, through the entire job-hunting process. It has been written with you in mind. Thus, such questions as “What can I do before leaving prison?” “How do I answer for my record in filling out a job application?” and “How can I restore my lost rights?” are discussed in some depth. Certain sections of the booklet may be more relevant for you than others, but we hope that every reader will derive some important insight into how to look for a job from even a casual reading.

The first question a formerly incarcerated person needs to ask him- or herself upon being released is, “Am I ready to work?” The answer to this question is not as simple as it might at first appear to be. If it were posed, instead, as “Do I need to make money?” or “Do I need a job?” a simple “yes” would quickly suffice. But being ready to work raises issues other than just a willingness to earn money. In order to succeed in the “outside” world, many of us need to do a lot of critical thinking about ourselves, and about how hard we are willing to work at staying out of prison, a place to which, according to statistics, no small number of us will be returning.

So let us begin with the most obvious question of all, and that is, “Why work?” For many, the most pressing answer to this question is: “It will keep me out of jail.” Now, I’m sure no one needs to be told, at least while incarcerated, that jail is not a very nice place to be. What happens, however, for some of us, is that once out in the streets, we choose to forget our jail experience, and before we know it, we are back to the same old patterns of destructive behavior. “I’m going to be the exception this time,” we reason, “the person who won’t get caught.” What those of us who think this way choose to ignore is that there is probably not a single person among the hundreds of thousands who have been imprisoned who hasn’t at one time or another thought the same thing. When committing an illegal act, who ever plans on getting caught and going to jail? So when we need that extra shot of incentive, it’s good to think back to our prison experience, the regimented life behind the walls, the lack of contact with family and friends, the relentless tensions and boredom to which we’ve been forcibly subjected, and to remember that a job, at the very least, will help keep us functioning on the outside — where we can proceed to get our lives together. For most of us, getting and maintaining that

first job after release will be an accomplishment of which we can be proud.

Work also, of course, means sacrifice. It requires waking up early every day, and getting to work on time. It means, for many of us, beginning at a low weekly salary, which might not seem like much. Work also means having to muster up or develop enough self-discipline to keep our tempers under control, follow orders that may make little sense to us, and concentrate carefully on a single job assignment for long stretches of time. And this is another reason why work is important: it allows us to reclaim responsibility for our lives. In prison, we had little or no control over most of the decisions which affected us — what programs to enroll in, for example, what kinds of food to eat at mealtime, or how and when we might enjoy our privacy. We were forced to become dependent on others for fulfilling even the most basic of human needs.

Once out in the streets, however, we have the freedom to decide how we would like to conduct our lives. We have within us the power to make innumerable choices: where to work, with whom to live, which television station to watch, what to eat for dinner, etc. Of course, some of our choices may be limited by such factors as our financial situation, the skills we currently have, or the opportunities that knock at our door. Still, with determination and some good planning, we can utilize our work experience to broaden our options and, as time goes on, create new possibilities for ourselves. In this way, holding a job not only proves to us and to others that, after being dependent for so long on others, we are capable of directing our own lives, but it promises, also, to reward us with growing financial returns, which can translate into the support needed for raising a family, new opportunities for returning to school, and much more we might define as desirable.

Lastly, work enables us to enrich our lives. It exposes us to a variety of new people and experiences. It teaches us skills that can prove beneficial in our career development later on, and it can give us a sense of pride and accomplishment in knowing that at the end of a day, we have done our job, and done it well.

Once we have decided we are committed to finding work, it is helpful to examine some of the negative attitudes that we may have about ourselves. Such attitudes, otherwise, will surely frustrate our efforts, and no job counselor, no matter how adept, or job-hunting guide, however well written, would then serve much use.

The negative attitudes most commonly heard are:

- I'm an ex-con; no one will hire me.
- I have no skills.
- I don't want any dead-end or low-paying job.

I'm an ex-con; no one will hire me.

This argument can be dismissed as being simply untrue. In fact, it only serves to keep us in a cycle of self-defeat, and to justify a decision to do nothing at all to better ourselves. Remember that many people with criminal records, or drug histories for that matter, are now gainfully employed at all levels of society. The key to their success is their having developed a better sense of their own self-worth. The past is gone. Let's not forget that we've done our time and paid our debt to society. We now have as much right to work as any other person. It's true that finding work is not easy, and discrimination does exist. However, there are laws to protect us, as formerly incarcerated people (or ex-addicts), from being discriminated against. Also, with a little preparation, we can learn techniques to avoid job discrimination or, if confronted with it, successfully combat it.

I have no skills.

This second statement is, like the first, categorically untrue. There is no such thing as a person with no skills. We have all acquired skills, even if they are not job related. A typical homemaker, for example, in caring for his or her family, is likely to have had experience in family budgeting, child care, and cooking, all skills which can be of use to him or her in obtaining a paying job. Many individuals, similarly, have developed skills in caring for cars, helping to raise children, or maybe painting and plastering an apartment. The trick here is to examine our past experiences, preferably with the aid of a job counselor, to determine just what skills we do possess and to what types of jobs they can be most applicable. We will then be much more able to persuade potential employers how we can be of value to them.

I don't want any dead-end or low-paying job.

We can certainly sympathize with the person who doesn't want to work at a low-paying or dead-end job. Yet, the reality is, many of us have to start our careers at entry-level positions, or at least take such jobs for a period of time.

It is important to be aware of a couple of things in this regard.

First, many employers insist that new workers begin at the bottom and work their way up. This enables the employer to better judge the work qualities of a person before granting him or her more responsibilities. Secondly, dead-end jobs, or low-paying jobs, do serve some purpose: they help us pay our bills, afford us some work experience, and may provide us with some important contacts for further employment. If we must take a low-level position, let's try always to have some long-range goals set for ourselves. Our job can then be seen as only a small step in our overall plans and need not be viewed as permanent. Above all, avoid the attitude, "I'll never take such a low-paying job." For the vast majority of us, there are no easy ways of getting rich fast; if there were, you wouldn't be reading this at the moment, and I wouldn't be here writing it!

For a lot of us, surviving in the "outside" world can be very scary — especially if we've been behind bars for much of our lives. We may find ourselves having to adjust to a whole new style in the way we interrelate with others. If we are willing to be ourselves, however, and to deal with others sincerely, we have overcome the biggest challenge. Remember, always, that there is never any reason to be defensive about who we are, or apologetic. We made mistakes, as have others, and we have paid for them. Our task now is to retake control over our lives, remembering that the decision as to whether or not we return to prison will rest, ultimately, with us as individuals — not with our parole officers, our friends and families, or outside society. Finding a job, and holding on to it, will be the first important step for most of us in readjusting. We hope The Job Search will be of help in this regard.

Author's Note

Information and advice in writing The Job Search came from many different sources. Books and brochures on job hunting were consulted, though very few, unfortunately, address themselves to the non-professional job hunter. Likewise, only a limited number of currently available written materials discuss the specific legal problems an ex-inmate

or substance abuser may confront in job hunting. What does exist can usually be found only on the desks of professionals, such as legal advisors, parole officers, or substance abuse counselors. Yet knowing one's rights as an formerly incarcerated person, and knowing how to effectively present oneself as one when job hunting, can be vital issues for ex-inmates, even interconnected with their ability to stay out of prison. I was fortunate, then, when writing *The Job Search*, in having had the opportunity to meet with a number of persons whose expertise in these matters proved invaluable. They included legal advisors in the field of ex-offenders' rights, substance abuse counselors, parole employment officers, and job developers who work closely in programs with ex-inmates.

This booklet, it should be noted, is oriented to what might be called "a middle audience." Because prisons comprise individuals who manifest a full spectrum of reading abilities and experience, writing with all segments of the population in mind is impossible. I chose, then, to focus more on those individuals with fewer job-related skills in their backgrounds, and less formal education. Generally, they are the persons who are less aware of the resources available to them on the outside and of how to gain access to them. Still, I have little doubt that all of you will find some important pieces of information or advice within these pages.

Ultimately, the true test of this booklet's effectiveness rests with you, the reader. Thus, any advice or suggestions which you might have for its improvement would be very much appreciated. They can be sent to the Correctional Services Librarian, New York Public Library, 455 Fifth Avenue, New York, NY 10016.



Preparing for the Job Search

A wealth of useful information for the ex-inmate can be found on the web pages of the National H.I.R.E. Network, established by the Legal Action Center. Though it is not a job-placement service, the goal of this organization is to increase the number and quality of job opportunities available to people with criminal records by changing public policies, employment practices, and public opinion. Visit www.hirenetwork.org and then click on "Resources & Assistance" for information on rap sheets, one's rights as an ex-inmate when applying for jobs, and a list of helpful agencies by state.

What You Can Do Before Leaving Prison

Take Advantage of Pre-Release Programs in Your Facility

Many of the pre-release units in prisons have specially trained staff to help you plan your re-entry into outside society. Most pre-release units maintain updated listings of governmental and community-based agencies which can be of help to you in finding a job, locating an appropriate drug program, or addressing any of a multitude of needs. If you plan to return to, or remain in, New York City after your release, you may want a copy of this booklet for yourself. Copies of Connections can be obtained, free of charge to New York State residents, by writing: Correctional Library Services, The New York Public Library, 455 Fifth Avenue, New York, NY 10016. You might also encourage your pre-release center to invite in, as some already do, representatives from community agencies or private companies that do a large amount of hiring, to give presentations.

Gather Together the Documents That You Will Need

In order to apply for jobs and be eligible for most private or governmental programs, it is mandatory that you have available certain types of documentation. If you begin to collect what you need now, a lot of valuable time and much frustration will be saved. At the very least, be sure to have a Social Security card (sometimes a number alone is not sufficient) and proof of identification (a birth certificate, baptismal papers, driver's license or non-driver's photo ID, for example). Each agency has its own requirements as to documentation, but the following are commonly required, or may help in increasing your chances for

eligibility:

- Military Discharge Papers
- Alien Registration Card (for non-U.S. Citizens)
- Prison Discharge Papers (given to you upon release)
- Proof of Education (college transcripts, or GED certificate, for example)
- Working Papers (required for persons under 18 years of age)
- Proof of Functional Disability
- Certificate of Relief from Disabilities
- Certificate of Good Conduct

Of course, not all of these documents can be obtained easily, if at all, while you are in prison, but collect what you can, and remember that, in some cases, a family member or friend on the outside may be of help.

Personal references are also required in applying for many jobs, or getting back into school. So start building yourself a file of recommendations from persons for whom you have worked in the past, or of people who can testify to your character. A letter from a member of the clergy in your neighborhood, a former employer, or a teacher may one day prove valuable in providing the necessary proof to a prospective employer that you have been rehabilitated and are ready to take on the responsibilities of a job.

Visit www.hirenetwork.org/publications.html for the Legal Action Center's brochure "How to Obtain Important Documents." Topics include: Social Security Cards, Birth Certificates, Naturalization Cards, Voter Registration, Driver's Licenses, Non-Driver ID, and Passports.

What You Can Do Upon Release

Restore Your Rights

As a result of a felony, or certain misdemeanor convictions, you may have lost your right to engage in certain types of employment, or apply for certain types of licenses. In some cases, you may be prohibited, legally, from applying for certain civil service positions, which are

classified as public office, such as fire fighter; also working in a liquor establishment, or being licensed as a barber or cosmetologist, real estate salesperson, pharmacist, notary public, security guard, etc.

To restore your rights, it is necessary to obtain:

- a Certificate of Relief from Disabilities, for which you are eligible if you have been convicted of only misdemeanors and not more than one felony, or one felony only.
- a Certificate of Good Conduct, for which you are eligible if you have been convicted of more than one felony.

WHAT CERTIFICATES ARE

Certificates are an assumption of rehabilitation and evidence employers and licensing agencies must consider when licensing or hiring.

WHAT CERTIFICATES CAN DO

Certificates have the power to remove any legal bar or disability imposed on you as a result of having been convicted of the crime(s) specified on the Certificate. If you have a Certificate, not only do you become eligible to apply for positions you might otherwise be barred from, but the Certificate informs the employer that the State or a court assumes you are rehabilitated, and that the employer should take this into consideration. Remember that under State law, it is illegal for an employer to deny someone a job based on his or her conviction, unless the employer can demonstrate it is job related. The law says that in deciding whether or not a conviction is job related, the employer must consider a number of factors including evidence of rehabilitation (a Certificate). With a Certificate, then, the burden of proof is on the employer to demonstrate that hiring you would be a risk to people or property, or that your conviction is directly related to the job for which you are applying. (A former bank embezzler, once released, would have difficulty getting a job handling cash at a bank, for example.) A Certificate is not a pardon and you would still be required to disclose your conviction record if you are asked about it.

Remember that some occupational licenses may be denied you for certain employment, such as with security firms, unless you have one of the Certificates.

APPLYING FOR A CERTIFICATE

You may apply for a Certificate of Relief from Disabilities, which is granted to persons without multiple felony convictions, immediately after your conviction. If no State time is served, you may apply at the court at which the conviction took place. If you have an out-of-state conviction or a federal conviction you have to apply for your certificate from the New York State Division of Parole.

To apply for a Certificate of Good Conduct, which is granted to persons who have multiple felony convictions, you may have to wait three to five years after completing your most recent sentence depending on the severity of your most serious conviction. For example: you may have two felonies, a class E felony from 1987 and a class B felony from 1997 and you were discharged from parole in 2009. Since your most serious crime was a B felony you would have to wait five years from the completion of your most recent sentence (2009). Therefore, you would not be eligible to apply for a Certificate of Good Conduct until 2014.

To request an application form for a Certificate of Relief from Disabilities if you have served State time, or for a Certificate of Good Conduct, write:

The New York State Department of Corrections and Community Supervision
Certificate Review Unit
97 Central Avenue
Albany, NY 12206
518.485.8953

Application forms are also available at the New York State Division of Parole website at www.parole.state.ny.us

For more information, contact your parole/probation officer, or The Legal Action Center, 225 Varick Street, NYC 10014, telephone: 212.243.1313. The Legal Action Center also has a brochure for formerly incarcerated people entitled "Certificates of Relief from Disabilities and Certificates of Good Conduct" available at:

www.hirenetwork.org/publications.html
Certificates generally take one year to be processed.

Remember, you are eligible to apply for the Certificates even if your convictions took place outside of New York State.

Clean Up Your Rap Sheet

All too often, arrests that should be sealed (arrests not leading to convictions, youthful offender adjudications, or convictions for non-criminal offenses) remain open (unsealed) on your record, and available for potential employers to see.

You should assume that every employer will ask you questions about your arrest and conviction record. Employers who can legally fingerprint you and get from New York State a copy of your rap sheet are: civil service employers; banks and financial institutions; bonding agencies; hospitals; museums; child care agencies; home care agencies; mental health facilities; school bus driving companies; security guard companies; and law enforcement agencies (who are entitled to see sealed information as well). It is to your advantage, then, to clean up your record, and to have sealed whatever errors or unnecessary information may appear on it.
Try to correct these mistakes before you begin to apply for jobs.

REVIEWING YOUR RAP SHEET

If you are currently serving a sentence in a New York State prison or in a county or city jail, you will be sent a copy of your rap sheet free of charge. You must include your name, any aliases, your date of birth, your DIN, and state how long you will be incarcerated. The Division of Criminal Justice Services will not send you your rap sheet if you will be incarcerated for less than 45 days. Send your request to:

NYS Division of Criminal Justice Services (DCJS)
Record Review Unit
4 Tower Place
Albany, New York 12203-3764
518.485.7675 or 518.457.9847
www.criminaljustice.state.ny.us

If you are not incarcerated, or if you will be incarcerated for less than 45 days, you can receive a copy of your rap sheet by schedul-

ing a fingerprinting appointment with L-1 Identity Solutions by telephoning their Call Center toll free at 877.472.6915 or visiting their web site at www.L1enrollment.com.

There will be a \$50 fee plus \$10.75 for fingerprinting for processing your request. Pay by using a personal or business check, certified check, bank check, money order, cash, or credit card made out to "L-1 Enrollment Services."

The \$50 fee may be waived if you can supply proof of financial hardship, such as evidence that you currently receive Public Assistance or Medicaid (be sure that the card is signed). If you are not incarcerated, your attorney may request this information for you; however, you must supply written, notarized authorization for him or her to do so.

Legal Action Center or your local office of the Legal Aid Society can also assist you in obtaining your rap sheet.

NOTE: The Legal Action Center (225 Varick Street, New York, NY, 10014) has available for ex-offenders, upon request, a booklet entitled "How to Get and Clean Up Your New York State Rap Sheet." The publication is available on the Internet by visiting www.hirenetwork.org/publications.html

To obtain a federal rap sheet, you must write the Federal Bureau of Investigation (FBI). State that your request is under the Freedom of Information Act, and send (1) a signed written request stating what you are requesting with your complete mailing address, (2) a full set of prints (available at any police precinct for a fee) with the date, your name, and your date and place of birth, (3) a money order or certified check for \$18 made payable to the Treasury of the United States. Send all of the above to:

The Federal Bureau of Investigation
Criminal Justice Information Services Division
Attn: Record Request
1000 Custer Hollow Road
Clarksburg, WV 26306

Many employers are not authorized to get a copy of your rap sheet from DCJS. So you may find that a prospective employer will conduct a criminal background check using a consumer reporting agency. Both the Federal and New York State Fair Credit Reporting laws require that an employer get your permission before they conduct a background check using a consumer reporting company. There are a great many companies that provide this service to employers. You should get a copy of your consumer (credit) report for yourself as you prepare to look for a job. These reports are often incomplete or inaccurate and may require you to spend some time correcting the information. Usually there is a fee to get your credit report. However, three major credit bureaus will supply one free credit report per year. Visit www.annualcreditreport.com, call 877.322.8228 or write Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281 for more information.

An employer or individual may also get a copy of your criminal record from the Office of Court Administration (OCA). This is the agency that keeps all court information on file. An OCA background check costs \$65. Visit www.nycourts.gov/apps/chrs for more information.

Remember that all of these procedures (obtaining and cleaning up errors on your rap sheet, sealing arrests not leading to convictions, etc.) will take time and cost you money. So start the process now, so you can be ensured that prospective employers do not see any unnecessary information or errors when obtaining access to your record.

In a like manner, upgrading a less-than-honorable military discharge can be advantageous to your future. To obtain an application, call or visit the New York State Division of Veterans' Affairs, at 245 West Houston Street, 2nd Floor, New York, NY, 10014. Telephone: 212.807.7229 ext. 4877 or 800.827.1000 for National Office.

Surviving Until the Right Job Comes Through

Assess Your Resources and Plan Realistically

The search for work may take as long as a year, especially in periods of high unemployment. Thus, it is important to plan a long-term strat-

egy. Here are some of the questions to ask yourself: Can my spouse help support me while I seek work? Am I eligible for unemployment insurance, or any other type of government assistance, such as food stamps or welfare? If I have savings, how long will they last? Do I have friends or relatives from whom I might borrow? How long will I be able to continue on a survival-type budget, given the resources available to me? Keep in mind that looking for work often turns out to be a full-time job in itself. To do it well requires a lot of concerted effort and persistence. The more time you can allocate to the task, the better your chances of landing a suitable job.

Be Willing to Take a Less Desirable Job, or Part-Time Work, to Begin

Most people need to work, at least part-time, to support themselves while job hunting. Indeed, it is rare for anyone to find the job they desire most when they first (re)enter the job market.

But this is no reason to be discouraged. Whatever the job you choose, it will help pay the bills, provide you with work experience, teach you work habits if you are inexperienced, and possibly furnish you with contacts which can lead you to a better position.

It is important to be aware, also, that entry-level positions are not all necessarily dead-end. Indeed, at many companies it is required, regardless of your background, that you begin at the bottom and work your way upward. So in considering an entry-level position, also ask what opportunities exist for training and for advancement within the company.

The advantage of part-time employment, or day labor, for which you get paid at the end of each day worked, is that it can help support you in paying for the bare necessities of life, while still allowing you free time to pursue job contacts and interviews.

Develop a Network of Personal Support

Looking for work is never easy. There will, in all probability, be many failures before the final triumph. Having one, or several other persons with whom you can share your experiences can be very important in job hunting.

If you have a family or friends who are concerned, make yourself accountable to them. Tell them how each day went, and what your next day's plans will be. Also, if you can, join a job club. In a job club, members give each other the personal support needed in looking for work. They discuss with one another what can be learned from their daily job-hunting experiences; they role-play interviews and help one another in developing effective search strategies. When one member gets hired for a job, he or she can notify the others when openings occur at his or her place of employment. Ask a job counselor for a job club contact, or for help in starting your own job club.

Explore Volunteer Work for the Advantages It Offers

Volunteer work, even on a part-time basis, has the following advantages:

- You can explore a career field in which you think you might be interested to find out whether or not it is what you'd like to pursue.
- You can gain experience and make contacts on the volunteer job which might later materialize into a paying job as openings occur.
- You will have the opportunity of gaining valuable work experience, perhaps in a field you'd like to pursue. This can go onto your resume or future job application as proof that you are a highly motivated individual, interested in advancing.

Assessing Your Skills: Job Testing and Counseling

A very important step in preparing for the job hunt involves assessing your own particular interests and skills. Sometimes a person knows exactly what field of work he or she wishes to pursue. Perhaps such

a person has had experience in this field and developed some useful skills which will make job hunting easier for him or her. Or perhaps they have been told the market for certain skills is growing rapidly, and they can be assured of finding work in that area of employment once they have been trained.

There are others, however, who are not sure what their occupational skills or interests are. Maybe they've worked for short periods of time in a variety of jobs, none of which they've enjoyed. Or perhaps they've just never had the opportunity to seriously think about what skills or interests they have developed or would like to develop if given the opportunity. Whatever the case, an occupational assessment of yourself is extremely important. It helps make you aware of what you have to offer, and helps you to establish some realistic career goals, both short- and long-range.

There are people, usually called employment or job counselors who are adept at helping you assess your skills and interests. Usually they will interview you and then ask you to take one or more tests as part of the evaluation process. The test may be geared toward measuring your abilities in a certain skill, or measuring your attitude toward the particular field of work. (Referring you to a full-time data entry job when you hate sitting at a desk all day would not be very wise.) The tests you may be asked to take are not ones you have to worry about or study for in advance. After you've taken the test(s), you will be able to discuss the results with a counselor as part of your assessment process.

If you would prefer to begin by assessing your own skills without the help of a job counselor, there are books which can help you do this. Visit the job information center of your public library (see listings in Connections under "FINDING A JOB") and ask for materials on skills assessment. Some are organized like workbooks, and take you step by step through the procedure.

Writing a Resume

What Is a Resume?

A resume is a summary of your work experience, education, and special interests. It organizes the relevant facts about you in written form and shows the prospective employer what you have done and are able to do.

Why a Resume?

- More employers are now requiring that you have a resume when applying for a job.
- A resume is a written presentation of you to the employer, and as such, can help you gain entry to a personal interview.
- A resume serves as a visual reminder for the employer, after the interview, of who you are and what you discussed.
- A resume, even if you were never to show it to anyone, helps you organize your thinking about yourself and what you have to offer.

Help in Writing a Resume

Because a well-written resume is so important in job hunting, it is often a good idea to get some expert help or criticism in writing one. Try visiting your public library's job information center, for example, or an employment counseling service, where you will find materials on how to write a resume, plus sample resumes, from which you can choose a model appropriate for you. Also, specially trained staff will be able to look over what you have written and help you strengthen those parts of your resume which are in need of improvement.

Remember that a resume should be neat in appearance and that it should always be typed. Your local public library should have public use computers with printers.

There are many job hunters who for one reason or another have little formal education or job-related experience in their backgrounds. Perhaps they've spent many years in foster homes or prisons, perhaps they've worked illegally, or maybe they've had a number of jobs but because of a personal or drug-related problem were never able to hold one for very long. If this is the case, they will need to evaluate their life experiences carefully in terms of the skills they have invariably picked up, and will need to learn techniques for presenting themselves in the most positive light to employers. There are some resume-writing books and job counselors available to help them.

Helpful Points in Resume Writing

CHOOSE THE TYPE OF RESUME BEST SUITED TO YOUR INDIVIDUAL EXPERIENCE

Because the resume is a summation for the employer of who you are, it is important to organize the information on it to your best advantage.

Though there is no set format for a resume, generally it can be said to fall into one of two categories: the Chronological Resume, or the Skills (Functional) Resume.

The chronological resume lists the jobs you've had and the schools you've attended, all in chronological order, beginning with the most recent and going back in time. It is best suited for those people who have a relatively unbroken work record since leaving school, have worked at jobs for long periods of time, and can offer good explanations for any time gaps in their work record (a return to school, service in the military, etc.).

The skills (or functional) resume stresses your particular skills and abilities, and puts less emphasis on dates and names of employers and schools. It is best suited for those who have changed jobs frequently, not worked for long periods of time, and/or acquired most of their skills while incarcerated or in non-job-related pursuits.

Be sure to include all of the skills you may have, not just the ones that you've learned on the job. Many of us have skills that we don't generally think of when applying for a job. Yet they can often be valuable in our ability to adapt to new job situations. If you can speak a second language, for example, include it on your resume. If you can type sixty words per minute, say so. Have you ever operated any special types of vehicles — forklifts, or trailer trucks? Say it. Or trained and supervised someone on the job — another inmate, for example, at the facility's library or pre-release center? Have you ever exhibited leadership skills such as working with young people in a neighborhood youth program, or coaching an award-winning basketball team at summer camp? Don't neglect to list such things. Remember also that employers are interested in your ability to get along with others on the job as much as they are in formal skill training. Show them in as many ways as possible that you possess the attributes they're looking for.

CONSOLIDATE YOUR INFORMATION

Most employers prefer one-page resumes. If you've done six carpentry jobs, each lasting eight weeks, over the last ten years, write "Carpentry Skills—1 year's experience."

LIST THE SKILLS AND RESPONSIBILITIES THAT ACCOMPANIED EACH OF YOUR JOBS AND USE ACTION VERBS WHENEVER POSSIBLE.

It is not enough to say you worked for a particular company X number of years. Compare the following two examples as to the impression they might make upon the employer.

- (a) 2002–2005 Whitney Paper Co., Bronx, N.Y.
Clerk
- (b) 2002–2005 Whitney Paper Co., Bronx, N.Y.
Storeroom Clerk.
Responsible for deliveries of all incoming and outgoing orders in the stationery and desk supplies department.
Organized and filed order records to a total of 600 invoices per month.
Trained and supervised two beginning clerks.
Operated a forklift.

Some action verbs to help with your resume:

achieved, adapted, addressed, administered, arranged, assessed, assisted, authorized, collaborated, conducted, demonstrated, designed, developed, devised, directed, edited, enforced, evaluated, filed, formulated, fostered, generated, handled, hired, implemented, improved, initiated, launched, maintained, managed, marketed, mastered, motivated, operated, organized, oversaw, planned, procured, programmed, promoted, provided, publicized, recommended, reorganized, repaired, represented, researched, scheduled, screened, set up, simplified, supervised, trained, used.

HOW TO ACCOUNT ON YOUR RESUME FOR TIME INCARCERATED

Employers don't like to see time lapses on your resume. They surmise that a person who has a strong record of employment or schooling is a more stable and dependable person, and thus less of a risk to hire. In being honest about the time you spent in prison, you will not have to worry about time lapses on your resume.

In fact, the vast majority of counselors who work with formerly incarcerated people advise that you be honest about the time you spent incarcerated. Though there is discrimination in hiring practices in the "real world," any short-term gains from not telling the truth are far outweighed by long-term consequences. Here are some issues to consider: if an employer learns that you are being dishonest, you will most certainly not be hired, and if already hired, you will probably be fired, no matter how well you are doing on the job. In hiring you, an employer puts trust in you, and it is only natural that he or she will feel hurt in learning that he or she has been deceived. For a fuller discussion of the reasons why you should choose to be honest, including the legal ramifications of choosing to be dishonest, see page 227. To learn more on how to avoid discrimination as someone who has been incarcerated, see page 228.

When composing your resume, be sure to explain how you spent the time in prison to your best advantage. If you finished your GED program, or received tutoring, or took a correspondence course, say so under "Educational Background." If you were trained and did work in the prison optics program, Corcraft, or in asbestos removal, list this under "skills," or "work experience." Did you do porter work in prison, maintenance, landscaping? Ever work in a prison office, or library, or transitional services center? List it. It is the rare formerly incarcerated individual who cannot list at least a few positive skills or programs he or she was involved in while in prison.

On the following pages are the resumes of three fictitious persons looking for work. Note especially the manner in which these formerly incarcerated people have chosen to present their time in prison on their respective resumes.

To help you in resume construction, numbered notes (8➡) have been added alongside each resume, and correspond to explanations following the resume.

Sample Resume I: Chronological Resume

DARRYL COOPER
1432 East 6th St.
New York, NY 10040
Tel: (212) 555-1141
email: d.cooper@gmail.com

Occupational Goal: Automotive Mechanic



EDUCATION:
Plattsburgh State College
Plattsburgh, NY 21430
GED (High School Equivalency), Spring 2005

Essex Correctional Facility Automotive Shop
Certificate of Excellence, upon Completion of
1500 Hours of On-The-Job Training,
January 2002

Henry Hudson High School
New York, NY 01441
Course Work:
English Electrical Shop I and II
Automotive Shop Mechanical Drawing
History Mathematics

EXTRACURRICULAR ACTIVITIES:
Intramural Football
Photography Club



ASSOCIATIONS AND AWARDS:
NAACP, Essex Correctional Facility
Treasurer, Merrick Jaycees,
Merrick Correctional Facility
Inmate Assistant, Pre-Release Center,
Little Kills Correctional Facility
2nd Prize, Merrick Valley Art Fair,



WORK EXPERIENCE:
Community Services Crew, Rehabilitation
of Essex County Fire House, Summer 2005
Responsible for electrical wiring and new
window installation.

Self-Employed Toy Vendor, New York City, 2000-01
Purchased toys in wholesale lots and sold them at
neighborhood block parties, day care and commu-
nity centers, and flea markets.

Service Station Attendant,
Joe's Service Station, Bronx, NY, 1998
Pumped gas and did light auto body repair.
Supervised a second attendant in the owner's
absence.



House Painter — 1 year's experience.

HOBBIES:
Model Car and Toy Making
Photography



REFERENCES:
Mr. John McIntyre, Parole Office Resource Unit
NY State Division of Parole
Essex, NY 21255

Ms. Jeannie Sanchez, Counselor
Department of Social Services
Merrick Correctional Facility, Merrick, NY 09966

Notes to Sample Resume I

Darryl Cooper spent three years, from 2002 to 2005, incarcerated in a New York State Correctional Facility. In his resume, he has learned to use his experience to his best advantage.

- 1 ➔ Show that while in prison you’ve done constructive things with your time, not just “done” time. Mention any educational achievements, for example, or work experience you’ve had while incarcerated.
- 2 ➔ If you’ve been involved in any organized prison activities or programs, list them. They help indicate to a prospective employer what you may have experienced while away in terms of personal growth and development.
- 3 ➔ Consolidate and make use of your short-term employment experience. Four three-month painting jobs over a four-year period can be presented as “1 year’s experience.”
- 4 ➔ In choosing references, select persons who can testify as to what you are like today, how you have changed, and your readiness to settle down and take on the responsibilities of a job.

Sample Resume II: Chronological Resume

HECTOR DIAZ
741 Arctic Terrace, Apt. 3
Brooklyn, NY 10000
Tel: (718) 002-5432
email: hec.george@yahoo.com

Occupational Goal: Asbestos Remover

1 ➔

EDUCATION:
Mid-Apple C.F., Warwick, NY
Asbestos Abatement Program
2007. Licensed as Asbestos Handler

Ulster Community College, Ulster, NY
2006. Associate Degree in Business Administration

U.S. Army, 2002–2004
2004, Certificate in Power Plant Mechanics

Walt Whitman High School, Brooklyn, NY
1994, High School Diploma
Business Course

2 ➔

WORK EXPERIENCE:

2007–2008 Asbestos Handler, Mid-Apple C.F.
3 ➔ Responsible for removing asbestos materials in steam pipes, air ducts, heating plant equipment, and tunnels at various sites throughout Orange County. Worked with team of six.

1998–2002 Manager, Puebla Market,
133 Verrazano Avenue, Brooklyn, NY.
3 ➔ Managed the fresh produce and canned foods department of a medium-size neighborhood market. Responsible for all aspects of produce and canned goods sales, from ordering to pricing, display, and retail selling. Supervised and trained two part-time clerks and cashier.

- | | |
|-----|--|
| 2 ➡ | <div style="border-left: 1px solid black; padding-left: 10px;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-right: 10px;">3 ➡</div> <div> <p>1995–1998 Salesman, Sam Stein’s Sporting Goods,
2342 Plumber Avenue, Brooklyn, NY.
Responsibilities included: organizing stock
in swimwear and tennis departments;
creating attractive displays of new, incoming
items; inventory control for entire summer
sports department; and selling of
merchandise.</p> </div> </div> </div> |
| 4 ➡ | <div style="border-left: 1px solid black; padding-left: 10px;"> <p>PERSONAL DATA:</p> <p>Speak Spanish fluently
Have New York State Driver’s License
Willing to relocate
Able to work evenings and weekends, if necessary</p> </div> |
| 5 ➡ | <div style="border-left: 1px solid black; padding-left: 10px;"> <p>SPECIAL INTERESTS:</p> <p>Painting in acrylics; basketball coaching; conga player</p> </div> |

Notes to Sample Resume II

Hector Diaz spent 2005–2008 incarcerated at an upstate correctional facility. His training as an asbestos remover at the prison has provided him with marketable skills that he can use now that he is being released. He has learned that the New York State Labor Department lists asbestos handling among the fastest-growing occupations in New York City. Although Hector realizes he must acknowledge his conviction when asked on his job application or during an interview if he has ever been convicted of a crime, he names the school upstate which granted him a degree without mentioning that he received the degree as a prisoner, and he lists the facility where he received his asbestos training only as “Mid-Apple C.F.,” not “Mid-Apple Correctional Facility.” This assures that information about his incarceration remains between him and the interviewer, not screeners or whoever else might have access to his resume. After gaining access to an interviewer, he will have the opportunity to explain his conviction and his personal growth and change while incarcerated. (For a more detailed discussion on accounting for time incarcerated, see Appendix, page 245.)

- 1 ➡ Be sure to include all of the formal training and education you may have received, including courses in the armed forces and in prison, for example. It is to your advantage to show the prospective employer that you spent your time productively while incarcerated.
- 2 ➡ When listing your work experience, always emphasize your responsibilities on the job, and the skills that you learned or needed to employ. This is as true for “low-level” jobs as it is for more professional ones. Make your jobs sound important. Hector was sent with fellow asbestos workers from his facility to work in non-profit and local government sites throughout the county. He makes reference to this as well as to the fact he worked as part of a team.
- 3 ➡ Use action verbs for more effect (managed; supervised, trained, organizing, selling, etc.).

- 4 ➡ Play up any personal data and advantages that might be useful to your job (fluent in Spanish, driver's license) or in explaining your character (basketball coach).
- 5 ➡ It is not usually necessary to list specific references on the resume.

Sample Resume III: Skills Resume

1 ➡

Jennifer B. Blake
36-04 Archibald Street
Jamaica, NY 90001
Tel.: (718) 311-1234; eves. (718) 400-1109
email: jenny.blake20@hotmail.com

Job Objective: Nurse's Aide

SKILLS:

Homemaking: Four years' experience helping to care for an elderly, diabetic, and visually impaired grandparent.

Responsibilities included:

- Preparation of special diet
- Administering of insulin injections
- Serving as visual guide
- Housekeeping tasks of a wide variety, including cooking and cleaning

Health Care: Experience in caring for up to sixteen patients in a nursing home.

Responsibilities included:

- Delivering and serving meals
- Making beds
- Bathing patients
- Taking temperatures
- Responding to patient calls
- Transporting patients

Food Preparation/Cooking: Experience includes all aspects of meal preparation for a medium-sized institution. Learned and practiced food handling and sanitation procedures. Helped prepare banquets for special occasions.

Relating to the Public: Two years' experience as a security guard at a major life insurance company. The job required disseminating information and relating well with the public, often under considerable

- 2 ➔ pressure.
- WORK EXPERIENCE:**
 February 2006–present: Volunteer Orderly
 Mt. Marcy Convalescence Home
 Jamaica, NY 67666
- March–October 2005: Cook’s Assistant
 Lily M. Crooner Center
 East Elmhurst, NY 11370
- 2002–2004: Security Guard
 Grass Knuckles Security Co.
 Hoboken, NJ 02143
- 1 ➔ 2000–2004: Homemaker
- 3 ➔ **EDUCATION:**
 Currently registered for a course in Health
 Counseling and Preventive Medicine at the Steuben
 Adult Education Center, NYC Dept. of Education,
 Jamaica, NY
- 4 ➔ Malcolm X High School, Jamaica, NY
 Concentration in Home Economics
- 5 ➔ **AWARDS:**
 Certificate of Expertise in Swimming and Life-
 saving, including Mouth-to-Mouth Resuscitation
 and First Aid. Maspeth Red Cross, Queens, NY
- Best Women’s Team Basketball Player, Malcolm X
 High School

Notes to Sample Resume III

Jennifer Blake spent most of 2005 incarcerated on Rikers Island in New York City, convicted on a misdemeanor charge. Because she has had little formal education and no long history of job experience, Jennifer has decided to construct a skills-type resume. She will focus on the many skills she learned while being a homemaker living with a disabled grandparent (Homemaking), a volunteer health worker (Health Care), a security guard (Relating to the Public), and working as an inmate in jail. While incarcerated, she learned skills as a cook’s assistant. (For a more detailed discussion on accounting for time incarcerated, see Appendix, page 245.) Many job counselors advise that it is no longer necessary to state “References available upon request,” as it is self-evident.

- 1 ➔ In choosing a skills-type resume, emphasize the skills you have learned from your non-job-related experience, including volunteer work, as well as from your paid job experience. List your responsibilities and make them sound important, especially in light of your career objective.
- 2 ➔ If you have little job experience in your past, volunteer for work in the field in which you are interested. It provides you with legitimate work experience and possible contacts for paying jobs. It also gives you the opportunity to show a prospective employer that you’re motivated to move ahead.
- 3 ➔ Why not consider furthering your education? Many free or low-cost courses exist throughout the city in a variety of fields, such as High School Equivalency and vocational skills. Listed on a resume, they will impress an employer and show that you are a person who wants to learn and has taken the initiative to do so.
- 4 ➔ If you didn’t finish high school, omit the dates. If, however, you are asked specifically about being a high school graduate, be honest. Remember that any information on the resume can always be checked for verification by the employer.

Be sure to include all information that might be relevant

- 5 ➔ to your job objective or revealing of your character. Certificates in swimming and first aid, for example, are relevant to pursuing a career in nursing. Being a basketball player at school indicates that you are skillful as a team player, competitive, and confident.

How to Use a Resume

1. Clip a copy of your resume to your job application. You can do this at a personnel office, for example, especially if the resume contains information not asked for on the application.
2. Bring copies of your resume to job interviews, and leave a copy with the interviewer.
3. Leave copies of your resume with the any job-placement agency with which you establish contact.
4. Give copies of your resume to friends, relatives, or associates, who may run across job openings from time to time and notify you of them.
5. In job hunting some people may need to construct two or more resumes to focus on different aspects of their experience. If, for example, you've had many different jobs in your work history, you may wish to emphasize some in applying for one job and others in applying for another job. You might also want to readapt your "job objective" depending on the opening for which you are applying.

Finding Out Where the Jobs Are

- Search the classified ads
- Apply directly to the employer
- Use employment agencies
- Use employment or placement services
- Visit union offices for information about union jobs and apprenticeship programs
- Notify friends, relatives, and neighbors
- Make use of bulletin boards
- Use the computer to find a job

Searching the Classified Ads

It is wise when looking for work to make a daily habit of checking the "help wanted" or classified ads in your local paper. In New York City, daily papers which include help wanted ads include the Daily News, the New York Post, the New York Times (see especially the Sunday edition), El Diario, and the Wall Street Journal. Weeklies include the Village Voice and the Amsterdam News. The local branch of your public library will carry subscriptions to some of these papers. Better yet, you may choose to visit The New York Public Library's Job Information Center, where you will find the latest help wanted ads from newspaper and job information sources in one location, already clipped and posted for your convenience.

Job ads are sometimes listed first under general categories, such as General Help, Business Help, or Professional, then alphabetically by job title. Some ads ask that you submit a letter of application, resume, and references. Otherwise you may be given a telephone number which you can call to find out more information before deciding whether or not to apply.

Three samples of classified ads follow, along with explanations and a listing of common abbreviations used.

HELP WANTED

Office Associate

Must type 45 wpm and be comp. lit. mature, responsible, expd. Midtown area. Gd. Oppty. & sal. F.T. job. Pls. FAX resume to Decklan Bianco (212) 005-7431.

To apply for this job, it is necessary that you be able to type 45 words per minute, and be experienced in basic computer skills ("computer literate"). You must be a mature and responsible person. The job is located in Midtown Manhattan, and offers good opportunities for someone in addition to a good salary. It is a full-time job (generally this implies Monday through Friday 9–5). FAX your cover letter and resume to Decklan Bianco at 212.005.7431.

Salesperson

P.T. No exp. nec. Mfct. of beauty aids requires energetic person to cover Queens. Includes car allowance and gd. bnft. pkg. Sal. negot. Send resume & refs. to Mickey Raton, P.O. Box 12, Jamaica, NY 11340.

This is a part-time sales job that requires no previous experience. The person hired would help sell beauty aids throughout Queens. You would need to have a car, but an allowance toward transportation costs would be given to you. There is a good benefits package and the salary is negotiable. You are asked to send a copy of your resume and a list of references to Mickey Raton at the address given.

Sheet Metal Mechanics

Immed. employment yr. round work. min. 1 yr. exp. in duct work. Gd. working cond., pd. hosp., room for advancement. Apply 1315 W. 10th St. bet. 9 & 5.

There is an immediate opening for a person to work as a sheet metal worker. He or she must have had at least one year's experience in duct work. The job offers good working conditions, paid hospital insurance, and chances for career advancement. Come in to apply to the address given between 9am and 5pm; we can presume Monday through Friday

Common abbreviations used in classified ads

&	and	maint.	maintenance
appt.	appointment	mfct.	manufacturer
asst.	assistant	mfg.	manufacturing
benfs.	benefits	min.	minimum
bnft. pkg.	benefit package	nec.	necessary
bus.	business	negot.	negotiable
clk.	clerk	ofc.	office
co.	company	pd.	paid
comp. lit.	computer literate	perm.	permanent
cond.	conditions	pls.	please
dept.	department	p.o. box	post office box
EOE	Equal Opportunity Employer	pref'd	preferred
		P.T.	part-time
exp.	experience	refs.	references
expd.	experienced	req.	required
ext. or x	telephone extension	sal.	salary
401K	Retirement Savings Plan	secy.	secretary
		sr.	senior
F.T.	full-time	trnee.	trainee
gd.	good		
hr.	hour	typ.	typing
hrly.	hourly	w.	with
H.S. grad.	high school graduate	wkr.	worker
immed.	immediate	wpm.	words per minute
inc.	includes	yr.	year
lt.	light		

Applying Directly to the Employer

One of the most obvious ways to learn where job openings are is to contact employers directly. You can begin with the Yellow Pages of the telephone book. There you will find businesses listed by classification. If, for example, you decide you would like to work in a hotel or department store, simply check under "Hotels," or "Department Stores," and you will find an alphabetical listing by name, accompanied by address and phone number.

If you know of no specific person to contact, go to the personnel or human resources office of the firm, and tell the receptionist you are looking for work and are interested in filling out an application. Sometimes you will be interviewed by a personnel officer as soon as you have filled out the application. Other times you will be asked to leave the completed form and told you will be notified as soon as they have an opening.

If you can make a direct contact with a person in the firm who does the hiring for his or her department, this is usually more effective than being processed through a personnel office. Common ways of learning the identity of the person who is hiring include: (1) making a personal contact with an employee at the firm, (2) telephoning the company to see if you can learn the information by phone, or (3) if the firm is large enough, obtaining a listing of its department heads through a business directory (available at the public library) or the company's website. When you have this person's name, call him or her, or write directly, including a copy of your resume. Ask if you can come in for an interview. You can do this even if you know of no immediate openings. By arranging in this way for an "informational interview," you will be able to meet the employer and find out some of the requirements needed to work in his or her area, and you will have the opportunity to make a positive impression upon the person. Then, whenever a job opening does occur, you will be viewed as more than just "one more resume" piling up on the employer's desk.

Job-Searching on the Internet

Job-hunting on the Internet has become increasingly common. Many companies and agencies use the Internet to advertise their openings, both on the company's own website and on websites created for job-seekers. Some job websites are informal bulletin boards, such as the jobs section of Craigslist (www.newyork.craigslist.org), while others such as Career Builder (www.careerbuilder.com) feature places to post your resume for prospective employers and offer a range of job search choices. When searching for a job online, you will need an e-mail address, both to e-mail your resume to employers and to sign in on the job search websites. E-mail addresses are also requested on quite a few paper job applications today. You can sign up for a one-session class on using e-mail, or ask for help setting up a free e-mail account,

at most public libraries and some formerly incarcerated people's organizations.

Employment Agencies

Another important source of finding out where jobs are is the employment agency. At an employment agency, you will be interviewed, and an attempt will be made to match your skills with those required for a specific job opening. Then you will be sent for an interview to an appropriate employer.

Employment agencies operate as businesses. You and/or the employer will have to pay for the services of having you placed. Be aware, however, that you should never pay in advance for a service that is only promised. Also, in your dealings with employment agencies, be sure to read any contract carefully before signing.

For a listing of employment agencies in New York City, check the phone book's Yellow Pages under the heading "Employment Agencies." Some, but not all, will specialize in specific job fields. If you are interested in temporary work, look in the Yellow Pages under "Employment Contractors — Temporary Help."

Employment or Placement Services

Employment services, or placement services, as they are sometimes called, are similar to employment agencies in that they both provide job placement. Employment services, however, do not charge fees. They are usually attached to a government or neighborhood agency, a school, or a job-training program (see Workforce 1 page 25-26)

Check carefully the two chapters of this booklet entitled "Organizations for Formerly Incarcerated People" and "Finding a Job." Many of the listings, such as the New York State Department of Labor, Job Services Division, are employment services; others, such as the Center for Employment Opportunities, include placement services in their descriptions. Note that some of the employment services listed specialize in job placement for specific groups, such as formerly incarcerated people, the economically disadvantaged, veterans, recovering alcoholics, or people with disabilities.

Sources of Information for Union Jobs and Apprenticeship Programs

Union offices are still another source for help in job hunting. Each trade has its own local union office, which you can call for information on available job opportunities. For a listing of union groups, look under "Labor Organizations" in the New York County Business to Business Yellow Pages (available at your public library). Be aware, however, that a difficult economic situation makes it very unlikely that a non-union person will be accepted into a union for a position. Apprenticeships are similar to on-the-job-training programs in that a person learns a job skill by doing it. The apprentice is taught by a person who is an expert at the skill, called a journeyworker, in a training program which lasts usually from two to six years. Often, a trade union controls the number of apprentices to be chosen and is responsible for selecting and training them at the work site. It is very difficult to obtain information about available apprenticeship programs. However, you can learn what groups in private industry are currently recruiting for apprentices by calling the New York State Department of Labor, New York Regional Office, at 212.775.3354 or checking www.labor.state.ny.us/apprenticeship/appindex.shtml

Notifying Friends, Relatives, and Neighbors

That You Are Looking for Work

Many times jobs are filled when employers learn about possible applicants by word of mouth. This may happen, in fact, even before new openings are scheduled to be advertised. Let all of your friends, relatives, and neighborhood contacts know that you are looking for work. They can spread the word, and as soon as they hear of an opening at work, or elsewhere, they can notify you at once.

Making Use of Bulletin Boards

Many times neighborhood bulletin boards can play an important role in job hunting. They can be used both by people advertising job openings and by people searching for jobs. If you are looking for work, simply list on a small index card what types of jobs you are looking for, and be sure to include, along with your name, a phone number or address where you can be reached. If you have any special skills, such as playing percussion, for example,

teaching a foreign language or tutoring math, an ad on the bulletin board can also result in a way for you to earn a little extra cash. Bulletin boards can often be found in local supermarkets, laundromats, and community centers, among other places.



Applying for a Job

Writing a Cover Letter

There are certain times when it is necessary to write a cover letter when applying for a job. Many classified ads, for example, include a postal box number with a request that you reply by mail. You may also find yourself needing to write to a firm that hasn't advertised. As in responding to a classified ad, you will want here also to write a cover letter requesting an interview, and attach to it a copy of your resume.

The letter should be typed. Be neat and informative, but also to the point. The cover letter is a reflection, along with your resume, of what you are like as a person. It deserves careful consideration.

The body of the letter can be divided into three parts. In the first, you make mention of the job you are applying for, and where you became aware of the opening. In the second part of the letter, you point out those aspects of your background which relate particularly to the job in question, and indicate why you want the position. The third section of the letter should request an interview and include a phone number or e-mail address where you can be reached.

If the letter is to be addressed to a personnel director or head of a department, call and ask the receptionist for the person's full name. A personal letter usually makes a better impression. Otherwise, "To Whom It May Concern" will suffice.

Following are samples of a classified ad and letter of application:

Truck Drivers & Warehouse Help
For plumbing and heating
wholesaler. Hours 7-3, M-F
Top pay incl. company benefits.
Experience Preferred. Send
resume to Jay McDonald, P.O.
Box 356, Panson Station, NY 10011.

174-06 Parkside Avenue
Brooklyn, NY 10036
March 12, 2012

Mr. Jay McDonald
P.O. Box 356
Panson Station
New York, NY 10011

Dear Mr. McDonald:

I am replying to an ad for warehouse help that appeared in the New York Post on March 11, 2012.

Since graduating from High School in 2009, I have gained valuable experience in warehouse work. In one of my jobs, I worked as a warehouse clerk for a large import/export company. In another, I worked at a lumber warehouse in yard work.

In addition, the plumbing business is one with which I am already somewhat familiar. My uncle is an experienced plumber, and when I was in high school, I did some work with him informally as an assistant in order to earn some extra cash. I believe my experience would make me a valuable employee.

I would appreciate the opportunity to come in for an interview and to talk with you further about my qualifications. Please contact me at (718) 330-0911, or at the above address. A copy of my resume is attached.

Sincerely,



Nelson Jimenz

Filling Out a Job Application

When you apply for a job, you will be asked to fill out a job application. The job application represents you to the employer, and how you fill it out tells the employer a lot about you. It is your chance to make a good impression on paper.

To fill out a job application, you will need to know a lot of information about yourself. It is a good idea to start gathering this information well in advance, so you can have it ready by the time you start looking for a job.

You might want to fill out the fact sheet on page 263, detach it from the book, and carry it with you whenever you go for a job. This way, important names, dates, and addresses will always be at your fingertips and you will save yourself time.

Remember, it is important that your writing be clear and neat in filling out a job application. It might be wise to print, unless you are told specifically "Write; Don't Print." And, of course, your signature is always written, never printed.

Look over the entire application before you begin, and think before you write. This way you will not make mistakes and have to cross out words. How neat you are tells the employer how careful you are as a person.

Try to answer all of the questions asked on the job application. If any do not pertain to you, it's still recommended you put something in the space provided, such as "N.A." (Not Applicable) or "None." For example, if you have never served time in the Armed Forces, on the application form you would use "N.A." in the following manner:

U.S. Military Experience

N.A.

Rank

N.A.

When asked about your criminal record on job applications, remember: It is illegal for an employer to ask you if you have ever been arrested. He or she can only ask you about your convictions.

If you are asked an illegal question, see page 228 (Special Considerations: How to Avoid Being Discriminated Against When Looking for Work). If asked whether you have ever been convicted of a crime, and you have been, answer YES and add WILL EXPLAIN AT INTERVIEW. I CAN BE BONDED. (For more detailed discussion, see Appendix, page 238.)

Some employers will interview you right after you fill out a job application. In this case, they will look over the application first, or in your presence, as a basis for the interview. Other employers, if they are interested, will interview you at a later date.

Job applications are usually divided into four major categories:

- Personal Information
- Educational Background
- Work Experience
- References

Personal Information

For filling out the section on Personal Information, you will need to have available:

- a phone number or address where you can be reached
- your Social Security number
- your date of birth
- the name of someone who can be notified in case of emergency

You are also likely to be asked whether or not you've ever been convicted of a crime, if you have any disability which might interfere with your performing the job, whether or not you are a citizen, and what hobbies or pastimes you enjoy.

Educational Background

To fill out information on your Educational Background, be sure to have with you as complete a record as possible of all the schools you've attended, such as grade school, junior and senior high school, and college. You'll need to know where the schools are located, the years that you attended, and the type of degree or diploma you may have received.

If you received any on-the-job training, took classes in the military,

or went to any special type of trade or vocational school, include it. If you've taken college classes, but not received a degree, show the number of credits that you earned.

Work Experience

Under the category "Work Experience" you will probably be asked to list the jobs you have had, starting with the most recent and going back. For each, be prepared to give the name of your company or employer, its address, the dates when you were employed, the type of work you performed, your title, and, if asked, your supervisor's name, your salary, and the reasons for your leaving.

If you've never had many jobs, perhaps you have had some unpaid work experience where you picked up skills worth noting. Have you ever tutored, for example, helped someone renovate their house, done volunteer work for a community group, or babysat?

For suggestions on how to account in your work history for time incarcerated, see page 191.

References

References are people familiar with either your work or your character whom the employer may wish to contact. They can include former employers, teachers, parole officers, or the clergy, among others, and you should have a current address and phone number for each. It is a good idea to notify your references in advance that you will be listing them. This prepares them for the possibility that they will be contacted and asked to say or write a few words in your support.

Application for Employment



General Information

Name		S.S. #	
Address		Phone #	
City	State	Zip	
How long at this address?	Previous address	How long there?	
Position you are applying for		Salary/wage desired	
Date available for work?			
Referred by			

Do you have transportation to work?	Yes	No
Are you a United States Citizen or do you have a work visa?	Yes	No. If no, type of visa
Are you willing to transfer/relocate?	Yes	No
If so, geographic preference?		
Are you willing to travel?	Yes	No
Do you have a relative in the employ of Envenenado's?	Yes	No
If Yes, who?		
Have you ever been employed by Envenenado's before?	Yes	No
If so, when were you last employed?		
Position Held:	Crew	Staff Management

*During the past 7 years, have you ever been convicted of a crime, excluding misdemeanors and traffic violations? Yes No

If yes, describe in full

*A conviction will not necessarily bar you from employment.

U.S. Military

Branch of service	Date Entered
Date of Discharge	Highest Rank Held
Do you have service-related skills and experience applicable to civilian employment? Yes No	
If yes, describe:	

Are you a member of an active reserve or national guard unit? Yes No
 If yes, what?
 What are your obligations and when will they be fulfilled?

Medical History

Are you at least 18 years of age? Yes No
 Are you at least 21 years of age? Yes No
 Number of days you have been absent from work in last year due to illness _____
 When did you last see a physician? _____
 For what reason? _____
 Do you have any physical deficiencies which preclude your performing certain kinds of work? Yes No
 If yes, describe such deficiencies and specific work limitations: _____

In case of emergency, please notify:

Name _____

Phone _____

Address _____

Education

School name, City & State	Dates of attendance	Did you graduate? (if yes, Mo./Yr.)	Subjects	Average grades
High School				
College				
Graduate School				
Other				

Employment Record (Start with your last position. Show past 5 years.)

From (Mo./Yr.) To (Mo./Yr.)	Job Title	Supervisor's Name	Salary
Company Location	Reason for Leaving		
From (Mo./Yr.) To (Mo./Yr.)	Job Title	Supervisor's Name	Salary
Company Location	Reason for Leaving		
From (Mo./Yr.) To (Mo./Yr.)	Job Title	Supervisor's Name	Salary
Company Location	Reason for Leaving		

References

1. List two references other than relatives, persons employed by this company, or those for whom you have worked.

Name	Occupation	Years Known
Address		
Personal Friend Business or Professional Acquaintance		
Name	Occupation	Years Known
Address		
Personal Friend Business or Professional Acquaintance		

Employment Application



Name (First)	(Last)	Date
Address (Street and Number)		Social Security #
(City)	(State)	(Zip Code)
Type of Work Desired	When can you start?	

Employment Background

List below your three most recent employers, beginning with the current or most recent one. (If you have had fewer than three employers, use the remaining spaces for personal references.) If you were employed under a maiden or other name, please enter that name in the right hand margin.

May we contact your present employer? Yes No

(most recent first)

Name _____

Address (include zip code) _____

Phone _____

Type of work _____

Date started Date left Salary or wage

Reason for leaving _____

Name _____

Address (include zip code) _____

Phone _____

Type of work _____

Date started Date left Salary or wage

Reason for leaving _____

Name _____

Address (include zip code) _____

Phone _____

Type of work _____

Date started Date left Salary or wage

Reason for leaving _____

Foreign languages you speak fluently _____ Read _____

Licenses and Certificates Held _____

(Auto Driver, Truck Driver, Pilot, Marine, Radio, etc.)

Education

	Name and Address	Major Subject	Degree	
High School				
College				
Graduate School				
Other Education				

Military Experience

Branch of Service	From (Mo./Yr.)	To (Mo./Yr.)
Active or Reserve	Rank/Rate	Specialization
Discharge	Honorable	Other (Explain)

Citizenship

Are you a citizen? Yes No

If no, Alien Registration Card No.

Do you have the legal right to work in this country? Yes No

Physical

Any health problems or physical defects which could affect your employment?

Yes No

If any such health problems or physical defects exist, please explain

Conviction Record

Have you ever been convicted of any violation of the law?

(Exclude minor Traffic Violations) Yes No

If yes, provide details in space below.

Offense Date	City and State	Dispositions, Suspensions, Probations, Fines, etc.
--------------	----------------	--

Computer Skills

Hobbies & Interests

Character References (Not relatives)

Name

Address

Occupation

To the best of my knowledge the above information is correct. I understand that Action Leather may wish to investigate my character and qualifications for employment by questioning my references and former employers and I have no objection to this. I understand that my employment is subject to a physical examination and a 90-day probation period.

Signature

Interviewing for a Job

The Job Interview

The job interview is probably the single most important step to getting a job. If you make a good impression during the interview, you may get the job — even if you don't have all the qualifications. On the other hand, if you make a bad impression, chances are you will not be offered the position, no matter how good your qualifications.

During the interview, the employer tries to determine how well you are qualified to fulfill the requirements of the job. At the same time, the interview allows you the opportunity to assess whether or not the job is right for you, and to demonstrate how your skills or qualifications can be a positive asset to the employer.

Preparing for the Job Interview

The following pointers can be of help to you in preparing for the interview:

- Know Your Qualifications
- Learn About the Company
- Bring the Materials You'll Need
- Go Alone to the Interview. Arrive Early. Be Courteous and Patient
- Dress Right

KNOW YOUR QUALIFICATIONS

Be sure that you can explain briefly and clearly what your qualifications are for the job, and how your past experience or training is applicable to your fulfilling the requirements of the position.

Be able to talk, if asked, about what you see as your major strengths and weaknesses. Avoid personal factors that have no relevance to performing the job in question. When discussing a weakness, show not only that you are aware of the problem, but the measures you have taken to help solve it. For example, "I used to find it difficult, being a mother, to get to work on time. So now, what I've done is to arrange with my daughter's babysitter for me to drop my daughter off twenty minutes earlier on my way to work. I am also now in the habit of waking up and leaving my house earlier to make up for the frequent

delays on my subway line.”

Be prepared for any tests you might have to take, such as a typing test, for which you may wish to practice.

LEARN ABOUT THE COMPANY

It is very helpful for you to learn something about the company and the job for which you are applying — before the interview. This way you will be better able to explain why you want to work for the particular company, and what it is about the particular job that attracted you. It also shows the employer how interested you are in the position and that you have taken the initiative to do some research. Some information you may wish to learn is: what does the company manufacture, or what services does the employer offer? How long has the company been in business? How well is the company doing? How many employees work there? For help in finding this type of information, start by visiting the public library. A librarian can help you access the company’s website, if they have one, or search for newspaper articles published about the company. Also, many large companies publish annual reports, which are available online and through the mail for no charge. And of course, if you know someone working for the employer, he or she may also be a good informal source of information.

Make a list of all the important questions you would like to have answered at the job interview. They might include: What are the work hours? What are the chances for advancement? What benefits does the company offer? Don’t be afraid to ask questions, but keep them relevant. It reflects interest on your part.

It might also be helpful before the interview to know what wages you can expect to be paid for the type of job for which you are applying. You can get this information at the local office of your state employment service or trade union.

BRING THE MATERIALS YOU’LL NEED

When you go for an interview, be sure to bring a pen and pencil, extra copies of your resume, and whatever special documents you may need.

Your resume or fact sheet should include the names and addresses of

your past employers, and the dates of your employment. It should include the names of the schools and/or training programs you’ve attended, also with addresses and dates. Be sure to include a list of three references as well. References are people (preferably not related to you) who are familiar with your work or character. It is also important to bring with you to the interview any special documents you think you may need. Depending on the nature of the job, these may include a birth certificate, Social Security card, prison release papers, work permit, military records, etc. And, of course, don’t forget to bring with you the name of the person who will be interviewing you, and his or her title. If you are not sure of the pronunciation of the interviewer’s or company’s name, learn it in advance.

GO ALONE TO THE INTERVIEW. ARRIVE EARLY.
BE COURTEOUS AND PATIENT

Never bring friends or relatives with you to an interview. Employers are interested in you alone and what you have to offer.

Arrive at an interview five or ten minutes early. To avoid being late, plan out your route the night before. If you are taking public transportation, you may want to call the Transit Authority at 718.330.1234 for information on the best route to take, or for schedules.

When you arrive, tell the receptionist who you are, and whom you are waiting to see. Be polite at all times. Sit quietly and try not to get involved in any lengthy exchanges with either the receptionist or others who may be waiting.

Don’t get angry or annoyed if you are not called in for the interview at the exact time agreed upon. The interviewer might have been delayed at a meeting, or an unexpected piece of business may have come up. Use the time to review and compose your thoughts. This will be your first test of patience and good manners.

Note: It is impossible to tell how long an interview will take, so be sure not to arrange for two on the same day in such a way that you may be late for the second.

DRESS RIGHT

When you go for an interview, it is always best to dress appropriately. This is very important in helping you make a good impression. No loud makeup or flashy jewelry. No skintight jeans or slacks, or party dresses.

Make sure your hair is clean and combed, your fingernails clean, your shoes shined, and your clothes well pressed.

One helpful piece of advice is to think about what the typical way to dress would be if you were to receive the job for which you are applying. Then, appear at the interview dressed one step “higher,” or more conservatively, than that. For example, a nice pair of slacks, shirt, and sweater would be appropriate dress for a male interviewing for a service station position – where jeans and a shirt would be the typical daily attire. For men, a tie and jacket, or for women, a skirt or dress pants and blouse, are appropriate attire for most office position interviews.

The Do's & Don'ts of Job Interviewing

- Be Respectful
- Be Relaxed. Listen Attentively
- Be Clear, Complete, and Brief in What You Say
- Be Positive in Your Approach
- Avoid the Negative
- Ending the Interview and Follow-up

BE RESPECTFUL

When you meet the interviewer, smile and be pleasant. For a handshake, it makes no difference who extends his or her hand first. Show the interviewer proper respect. Call him or her by Mr., Mrs., or Ms., and don't try to make small talk. Don't chew gum or smoke cigarettes, even if they are offered. Don't stare at the clock or your watch. Let the employer control the interview and do most of the talking. Never start an argument with the interviewer, even if he or she seems excessively aggressive in his or her approach. Always remain polite and friendly, but businesslike. Don't be afraid to smile.

BE RELAXED. LISTEN ATTENTIVELY

During the interview, try to be relaxed and listen carefully to what the interviewer has to say. If you are nervous (and it's perfectly normal to be nervous during an interview!), refrain from fidgeting in your seat or playing with objects in your hands or on the desk. Body language counts. Sit straight and look the interviewer in the eyes during the conversation. Look interested and alert. And, of course, never go “high” to an interview.

BE CLEAR, COMPLETE, AND BRIEF IN WHAT YOU SAY

Speak clearly and distinctly. No street language. Don't answer with just “yes” or “no”; rather, give full information about yourself. Think before answering and be brief in your responses.

BE POSITIVE IN YOUR APPROACH

It is important that you stress your qualifications during the interview. Don't exaggerate, however, or try to bluff. Let the interviewer know why you think you would be good for the position, and how your past training and work experience will help you to get ahead on the job. Appear confident but never arrogant. If the interviewer fails to ask you something you feel is important, fill in the gap. If asked to tell about yourself generally, mention only those things which pertain to the job for which you are applying. Use what you have learned about the company to good advantage.

AVOID THE NEGATIVE

Keep all personal problems to yourself. Don't talk about your home or financial problems. The interviewer is only interested in finding a dependable and qualified person to fill the position. He or she is not concerned about your need for money. Emphasize what you can do, not what you can't. Don't dwell on your limitations. Don't apologize for lack of education or experience. There are many skills and talents you have developed which you can discuss in an appropriate way — if you learn how.

If you've been fired from a job, or stayed with jobs for only short periods of time, be prepared to explain. If you were fired, admit the mistakes you made, but show how you have learned from them. Never speak negatively about your former employers. If you stayed on jobs for only short periods of time, perhaps you quit to go back to school, or to look for a better-paying job with more responsibilities.

If you quit school, don't give as a reason, “I didn't like school.” It is much better to say, if accurate, “I quit school because I needed to get a job and earn money to support my family.” Interviewers are interested in hiring employees who are eager to upgrade themselves. Mention any classes or training programs you have attended since leaving school, or any that you may have planned for the near future.

ENDING THE INTERVIEW AND FOLLOW-UP

Ask any questions you may have about the job toward the end of the interview. Usually it is not a good idea to ask about such details as pay, lunch hours, or benefits unless the interviewer brings them up, or it is established that you are a strong contender for the job. If you are asked to discuss salary expectations, be prepared, and be realistic.

In most instances, the decision whether or not to hire you will not happen at the interview. If no indication is given when you can expect to hear from the firm, ask when you can call to learn the decision.

If it seems clear that you won't be getting the job, seek the employer's advice about other jobs with the firm which may come up.

At the end of the interview, always indicated by the interviewer, thank the employer for his or her time, give a firm handshake, and leave.

Special Considerations: Telling the Truth About Your Convictions When Applying for a Job

Counselors who work with inmates advise telling the truth about your conviction(s) when applying for a job. In this way, you will be more convincing as a person to a prospective employer, and not have to live in fear of being found out. Remember, employers have the legal right to inquire about past convictions.

In making your decision, consider the following:

If You Tell the Truth About Your Conviction(s) While Job Hunting:
You may be discriminated against in being hired, but there are advantages:

- You may be able to challenge an employer's decision by filing a discrimination claim.
- You will be more self-confident in talking about yourself, and more likely to project a positive self-image, as someone who may have had problems in the past, but has now reached self-understanding and is ready for responsibility.
- You will not have to worry about getting entangled in a net of lies.
- You will be more relaxed on the job, without having to worry about the employer learning of your record and firing you for having been dishonest.

If You Hide the Truth About Your Conviction(s) While Job Hunting:
You may, in some cases, avoid being discriminated against as an formerly incarcerated person, but there are disadvantages:

- You will constantly need to worry about being found out and, most probably, fired for being dishonest. Fingerprinting (sometimes not done until after the applicant is actually hired), a badly planned visit by a parole officer, or a call by a vengeful "friend" or family member may blow your cover at any time — as well as any long-range plans you may have requiring steady employment, such as meeting loan payments, paying off a house mortgage, etc.
- You may, where statements on applications are made under oath, or you are applying for certain government jobs, leave yourself open to the risk of criminal prosecution.
- A person who provides you with a phony reference (for example on your work record) may be legally liable and can be sued if you were to commit another crime.

If you tell the truth, the law and the State are essentially on your side. However, once you lie, you have effectively given up rights protecting you from discrimination or awarding you damages in the event of being discriminated against. Having given your employer a valid pretext for firing you (dishonesty, supplying false information,

etc.), you will no longer have the law in your favor.

For excellent advice on completing job applications as an formerly incarcerated person, see the National H.I.R.E. Network's website: www.hirenetwork.org/employment_apps.html

Special Considerations: How to Avoid Being Discriminated Against When Looking for Work

Know Your Rights as an Ex-Inmate

It is important, when looking for work, that you know your rights as a person who has been incarcerated. There are laws that are specifically designed to protect you from discrimination. For example, you cannot be discriminated against because of arrests. Employers can only ask you legally about convictions. However, if you answer, you must be honest if your arrests did lead to convictions.

"Have you ever been arrested?" is an illegal question. You might be asked, and must answer the question, "Have you ever been convicted of a crime?"

Still, convictions cannot be held against you in applying for jobs, unless:

- They are related to the job for which you are applying. You may, for example, with a record of armed robbery, not be eligible for a job as a bank teller, but you may be eligible at the same time to work for the bank as a computer operator.
- You pose a threat to people or property because of your conviction. Here, considerations may focus on how many years ago you committed the crime, how old you were, and/or what rehabilitation you have been involved in since.

Note: After revealing you are a person who has been incarcerated when applying for a job, and not being hired, you are legally entitled to a written explanation from the employer, within 30 days of your

request, as to why you are not qualified or were not hired. Formerly incarcerated people are the only group in New York State that have this right.

Restore Your Rights

Apply, as soon as you are eligible, for a Certificate of Relief from Disabilities, or a Certificate of Good Conduct, (see page 191). These documents are an presumption of rehabilitation, and when you have them, the burden of proof is now on the employer to demonstrate that you would be a risk to people or property in being hired, or that your conviction is directly related to the job for which you are applying.

Clean Up Your Rap Sheet

Review your rap sheet (official arrest record), credit report, and Office of Court Administration report and make certain that it does not list any information that is incomplete or inaccurate (see pages 182-184). Arrests that have not led to conviction, for example, or youthful offender adjudications can be officially sealed from your record. Sometimes, also, a single arrest or conviction is listed many times. Assume that every employer will have access to your rap sheet, and that many will not know how to interpret it correctly.

Get a Copy of the Job Application in Advance

When applying for a job, it may be important for you to examine a copy, in advance, of the job application. You can usually do this by sending ahead, to the employer or hiring office, a friend or relative who can pretend to be interested in the job and bring you back a copy of the application. Once the form is in your hands, you can examine it, collect the necessary information, and plan how you will respond to the various questions.

At the Job Interview, Be Prepared to "Sell" Yourself as a Person Who Has Undergone Rehabilitative Change

You may be asked by a prospective employer to talk about your past record. Be prepared. Take a positive approach. Show the ways you have changed since your last conviction. Have you participated in or helped run a prison pre-release program? Have you been involved in a prison or post-release alcohol or drug rehabilitation program, or spent

time on work release? Mention the problem you feel contributed to your being sent to prison — and ways you have since confronted the problem and overcome it. For example, “I had a serious drug problem five years ago, and found I had to commit robberies in order to support my habit. In prison, however, I joined an effective therapy group composed of former addicts and learned to understand the underlying causes of my addiction. After release, I’ve spent 18 months in a drug-free residential program and now am fully confident that drug use is no longer a problem for me.”

WARNING: Do not dwell needlessly on your past. If not asked details about your crime and conviction, don’t offer them. You are at the interview to persuade a prospective employer that you are suited for the job in question, not to apologize for past behavior or titillate his or her curiosity with stories of prison or criminal activity.

Select Carefully Those References You Wish to Use on Your Resume and Job Application

In choosing references for your resume and job application, select those individuals who can testify to your present-day character in the most positive light. Have on file letters from counselors, ministers, parole officers, or others that tell of the meaningful ways you have changed.

If you find in job hunting that you have been discriminated against because of your past record, call the Legal Action Center at 212.243.1313, and they can advise you on your rights and how to proceed accordingly.

Important information is contained in the Legal Action Center’s brochure, “Employment Discrimination and What to Do About It: A Guide for New York Counselors of Individuals in Recovery from Alcohol and Drug Dependence and Ex-Offenders,” available on the Internet at www.hirenetwork.org/publications.html

Special Considerations: Dealing with Alcoholism and Drug Abuse in Your Past

If you have a history of drug or alcohol abuse, be aware:

- It is illegal for an employer to ask you whether or not you are or have ever been an alcoholic or drug addict. An employer can only ask if you have any current alcohol or drug problems which would prevent you from doing the job.
- It is illegal for an employer to discriminate against you as an ex-addict or ex-alcoholic (or, in certain instances, as a current abuser of alcohol or drugs). If you have been refused employment and believe it was owing to your having a history of drug or alcohol addiction, and/or to your being in an alcohol- or drug-treatment program, including methadone, contact:

The New York State Division of Human Rights at 718.741.8400, or the Legal Action Center at 212.243.1313.

Do not lie about your drug- or alcohol-addiction background. To begin, there are several ways an employer can discover your addiction problem. A careful check into your background, a drug conviction, or a medical exam (often required as part of the hiring process) would easily uncover the truth, and you would then, in all probability, be fired for having been dishonest. Also, if you withhold the truth and are later found out and fired, you are left with no legal means to challenge what might have been an illegal dismissal. Misrepresentation on a job application is considered a legitimate reason for not hiring an applicant or dismissing an employee once hired. At the same time, it should be noted that federal confidentiality laws prohibit most drug- or alcohol-treatment programs from revealing any information about your treatment without your consent.

Many ex-alcoholics and ex-addicts have criminal histories and poor work records that can be directly related to their addictions. This may serve, strangely enough, to their advantage. Consider: no employer would be eager to hire a person who has three serious problems in his or her past — a spotty work record, a history of addiction, and a criminal record. Now, let us suppose that a job applicant can argue persuasively that (1) his or her poor work record and criminal activity were directly attributable to his or her addiction, and (2) he or she has, through a drug program or counseling, overcome the addiction and the psychological causes underlying it. The three problems have

now been reduced to one — addiction, and the applicant has a better chance of convincing the employer that the past is finished, and he or she is now ready to take on the responsibilities of a job.



After the Interview

Being Offered a Job

When deciding whether or not to accept a job offer, or if you need to decide between two or more jobs, you may wish to take into consideration the following factors:

Job Potential

Ask yourself whether the job will offer you some challenge. Is the job dead-end, or will you be given the opportunity to work your way up to positions of more responsibility and higher pay?

It is good, of course, if given the chance, to avoid dead-end jobs — that is, jobs that offer no opportunities for future promotion or job advancement. There are times, however, in our lives when such jobs can serve useful ends. They do help pay the bills, give us work experience, and can hold us over until a better job opportunity presents itself. The important thing in accepting such a job is to realize that it is only temporary. It is a way of surviving and keeping out of trouble, financially or otherwise, until we get that college degree, or finish that evening computer training program, or hear of a better opening. Try never to lose sight of your long-range career goals, or to stop working toward them, when you find yourself “stuck” at a boring job that seems to be leading nowhere.

Salary

Salary, of course, is a very important factor in considering a job offer. Find out, for example, whether you will be receiving a fixed salary each pay period, or whether your salary is to be dependent on commissions or tips. Also, find out if there will be opportunities for earning extra cash on the job, say, by working overtime.

In choosing between two jobs, a person will not always decide to take the one offering the higher salary. Important considerations, other than salary alone, may include better working conditions or fringe benefits, more opportunities for training or job advancement, and job challenge.

Fringe Benefits

Fringe benefits are benefits you receive from an employer in addition to your cash wages. They may include the following: medical insurance; paid sick leave; paid holidays and vacation; a profit-sharing plan; uniforms and special equipment needed on the job; or tuition assistance to continue your schooling.

Benefits are like cash in that they pay for things, such as doctors’ bills, which otherwise would have to come out of your own pocket. It is important, then, to find out what fringe benefits are offered at the job you are considering.

It may also be important for you to know whether or not the job you are considering is covered by unemployment insurance or worker’s compensation laws.

Other factors worth your consideration are:

- Transportation time and costs to and from the job
- Working conditions, such as noise levels, lighting, dust
- Safety factors, such as risks of injury
- Social environment. Does the workplace seem pleasant? How regimented is it? Are the coworkers friendly?

Helpful Hints in Adjusting to a New Job

To adjust to a new job, a worker often has to develop a new set of work habits. The most obvious are being prompt in getting to work each day, expending the necessary amount of concentration and energy to getting one’s work done satisfactorily, and learning to relate well with one’s coworkers and supervisor.

The longer you’ve been away from the outside work world, or the less experience you’ve had in “playing it straight,” the more discipline and patience all of this is going to require. Responsibility, after all, is not something you were encouraged to develop while in prison, where most decisions, both large and small, were probably made for you. So don’t expect that starting a new job after your release will necessarily

be easy. Just know that you can succeed (millions of others have), and that it will require time. The following hints may be of help to you in adjusting to a new job:

Be Both Dependable and Responsible

Don't appear late for work or be absent without having a good reason. If you are going to be late, or can't make it to work, call in. If you offer to do a task, or are asked to do one, make sure it gets done. Don't promise to do more than you can reasonably handle.

Be Patient

Don't expect too much of yourself when you first begin a new job. There is a lot to be learned — even in simple jobs, much more than meets the eye. You may be nervous or scared the first week or two. This is not unusual. Just remember, your employer is as anxious as you are for you to succeed.

Learn to Follow Directions

There are usually valid reasons why you are told to perform tasks the way that you are. Your success as a worker will be judged to a very large extent on your ability to listen and to do as you are told. If you need to understand something better, don't be afraid to ask questions.

Get Along Well with Others

Performing your job assignment is only one aspect of job adjustment. Equally important, in the eyes of the employer, is your ability to get along with your co-workers and/or the public you serve. Control your temper. If a problem occurs at work, see your supervisor or shop steward and talk it out.

Learn to Take Criticism

It is easy for anyone to become hurt or to feel defensive when his or her work is being criticized. Learn not to take criticism personally. When accepted wisely, criticism is an important step to learning.

Leave Personal Problems at Home

Work often offers you the opportunity to socialize with coworkers and, indeed, socializing is an important feature of the total work experience. Still, it is important to remember that your main reason for being

at work is to perform your job. Don't let personal problems interfere with work. We all know how hard it is to have to put up with a coworker who arrives at the job everyday frustrated and angry because of a personal situation at home. Likewise, it is unfair to take lots of time rapping with a coworker about your personal affairs when it may well end up jeopardizing both your jobs.

Leaving a Job

Three common ways of leaving a job are:

- Quitting
- Getting laid off
- Getting fired

If you decide to quit your present job, it is almost always advisable to secure another job first. Here are two good reasons:

- (a) we are living in a time of high unemployment, when job opportunities in most fields are scarce, and
- (b) employers generally prefer choosing new job applicants from the ranks of the already employed, not the unemployed.

If you quit a job, be sure to give your current employer at least two weeks' notice. He or she will be more likely to give you a good recommendation for your next job.

When you are thinking about quitting a job, or have just been laid off or fired from one, investigate the following:

- Is your job covered by unemployment insurance? If so, will you be eligible to receive unemployment insurance benefits?
- If you were laid off or fired, do you have any recourse? Can you appeal the decision to anyone in the personnel department or union?
- If you were laid off or fired, is there any severance pay that you can collect?
- What will happen when you leave the job in terms of your pension, your health insurance coverage, and your unused vacation and sick time?

Being Unemployed

If, after working at a job, you suddenly find yourself unemployed through no fault of your own, you may be eligible to receive unemployment insurance benefits. Your former job will have to have been covered by unemployment insurance (most jobs are), and, if eligible to receive benefits, you must declare yourself ready, willing, and able to work if a new, appropriate employment opportunity is found.

For recorded information on unemployment insurance, call 888.209.8124 (Spanish also spoken). You will be asked by the local office to begin by bringing in your Social Security number and one or two other pieces of identification. (A pay stub from your former job would also be helpful.) If you are eligible for benefits, there is a two- or three-week processing period, after which you will receive cash benefits (an amount proportionate to the salary you received and the amount of time you worked) for at least 26 weeks.

While unemployed, you may also be eligible to receive other types of benefits. These can include food stamps or Medicaid (see the chapter on Financial Assistance), or union benefits, if you were a dues-paying member of a union where you last worked. Being unemployed, you may also find yourself eligible for special attention in programs designed to help the unemployed find work or further their education and training.

APPENDIX

The following passages are excerpts from the Offender Re-Entry Guide,* from Offender Employment Services (formerly Corrections Clearinghouse), a project of the Washington State Employment Security Department. The suggestions from the Guide, reprinted here, may be applied to filling out application forms and writing resumes.

Disclosing a Felony Conviction

It is particularly important for offenders to be truthful in filling out applications. However, the truth must be told in a way for the offender to get screened-in and invited to a face-to-face interview.

Question

"Have you ever been convicted of a felony?" Yes No

If yes, it is recommended that the offender fill out the question as follows:

Have you ever been convicted of a felony? X Yes No

If yes, please explain: Will explain at interview. I can be bonded.

Below are some compelling reasons to answer the question in this way.

- It allows you to be honest, yet protects your privacy by controlling who knows about the specific conviction.
- Stating that the felony is not job related and that the applicant is bondable may help calm the employer's fears and perhaps even pique the employer's curiosity enough to call you in for an interview.
- Many Community Supervision Officers will tell an employer whether you have a felony or not.
- If an employer is going to find out, it is better to hear it from you.
- You control the flow of information — how it's worded, how it's presented.
- Once hired, you don't have to be constantly looking over your shoulder, afraid that someone will find out.

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- Most employers do background checks.
- In the interview, you can talk about how productive you were in prison.

Below is a list of other options for answering this question and probable consequences.

Check “YES” and write the conviction.

The candidate would likely be screened out and would lose any privacy because anyone in the office who saw the application would know about the conviction.

Leave the question blank and/or put N/A.

The application would appear incomplete and it would appear that the applicant is hiding something. When disclosing the felony at the interview, it would be awkward to explain why the questions are not filled in truthfully.

Check “NO” and lie.

This appears to be the easiest route for many offenders and may help you get a job for the short term, but the longer-term consequences include:

- Not being hired because the lie was found out.
- Being fired as soon as the background check comes back.
- Carrying around emotional baggage wondering when you will be found out.
- Reinforcing stereotypes.
- Prosecution — especially if you applied for a federal job.

Most employers do background checks before employees are promoted. So if an offender lied on the application, stayed with the company for a few years, became eligible for promotion, and the lie was exposed, the offender could:

- Lose a good job.
- Lose a good reference.
- Lose financial stability.
- Lose self-esteem.

Question:

What should I write if the question about conviction asks me to “explain”? Always write “will explain at interview.” This will keep everyone who may view your application from knowing your personal business.

Question:

How do I cover time in prison on the “Work Experience” portion of the application? List only 2 or 3 of the jobs that may be in line with your future employment goals. If you did any work during your incarceration (i.e., janitor, cook, clerk, and/or firefighter) submit the jobs in which you gained significant hands-on experience. Describe jobs that reflect skills gained, abilities developed, and accomplishments earned.

Example: If you worked both in the kitchen and as a janitor while incarcerated, you would indicate both jobs for your incarceration period and list only the year for dates of employment even though you may have moved from facility to facility and from job to job.

Question:

How do I complete the “business name”?

Use the abbreviated name of jail or correctional facility.

Example: If you worked as a janitor, cook, painter, etc., you worked for the abbreviation of the Jail or Correctional Facility. Chelan County Regional Justice Center=Chelan Co. RJC; Washington Corrections Center=Washington CC.

Question:

How about completing the “salary” portion of Job Experience?

You should complete wage or salary by stating “stipend” on your application.

Example: Salary Stipend hourly N/A. See the example that follows. At the time of your interview you will be prepared to discuss your incarceration.

Question:

What about completing the “address” portion of Job History?
Do not use P.O. Boxes. Use only the city and state as the address, or only the street address of the institution. The reason is that some people associate “P.O. Boxes” with prison in certain towns.

Question:
How to complete the “reason for leaving” portion of Work Experience?
Correct responses can be “Relocated,” “Contract ended,” “Transferred,” or “Pursued other opportunities.”

What follows is an example of a Work Experience response. Please note the reason for completing the “Work Experience” portion this way is to get your application past whoever may be screening applications for interviews. It is vital that your “Work Experience” is complete, yet, don’t advertise your incarceration. That information is only between you and the interviewer, not anyone who may see your application.

Example: WORK EXPERIENCE SECTION

Name: Twin River CC or County RJC
Address: Monroe, Washington
Supervisor: N/A
Dates: From June 1, 1988 to June 30,
2008
Position: Cook
Rate of Pay: Stipend per N/A
Reason for Leaving: Relocated



Fact Sheet

Name _____ Social Security Number _____

Schooling

	NAME & ADDRESS	YEARS	MAIN COURSE	DEGREE
EDUCATION	OF SCHOOL	ATTENDED	OF STUDY	RECEIVED

Grade School _____

Senior H.S. _____

Vocational _____

College _____

Business/Corres. _____

Other Training _____

Experience

EMPLOYER'S	NAME	FROM/TO	REASON
NAME & ADDRESS	OF SUPERVISOR		SALARY FOR LEAVING

References

NAME	ADDRESS	PHONE NUMBER

Other Information

Interviewing for a Job

To Prepare:

Know your qualifications

Learn about the company

Bring the materials you'll need

Go Alone. Arrive early. Be courteous and patient

Dress right

At the Interview:

Be respectful. Be relaxed. Listen attentively

Be clear, complete, and brief in what you say

Be positive in your approach

Avoid the negative

Good Luck!



Personal Skills Worksheet

Skills I Learned on Jobs or in Job-Training Programs:

Skills I Learned Off the Job, or in Volunteer Work
(house repair, automotive, child care, etc.)

Skills I Learned While in Prison:

Language Skills (I speak Spanish, for example):

Licenses I Hold (driver's licenses, trade licenses, etc.):

- ☐ Personal Strengths
- ☐ Am I reliable?
- ☐ Can I follow directions?
- ☐ Do I work well with others?
- ☐ Can I be depended upon to complete tasks given me?
- ☐ Am I punctual?
- Do I work well under stress?

Record of Job Contacts Made

Name of Agency

Address

Phone Number

Name of Contact Person

Date & Time of Appointment

Travel Directions

Comments

Name of Agency

Address

Phone Number

Name of Contact Person

Date & Time of Appointment

Travel Directions

Comments

Name of Agency

Address

Phone Number

Name of Contact Person

Date & Time of Appointment

Travel Directions

Comments

Name of Agency

Address

Phone Number

Name of Contact Person

Date & Time of Appointment

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Comments

Name of Agency
Address
Phone Number
Name of Contact Person
Date & Time of Appointment
Travel Directions
Comments

Name of Agency
Address
Phone Number
Name of Contact Person
Date & Time of Appointment
Travel Directions
Comments

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