

IMMIGRANT RESOURCES DIRECTORY

DIRECTORIO PARA INMIGRANTES 移民資源手冊

2020



Academy of Medical & Public Health Services
La Academia de Servicios Médicos y Salud Pública
安服心公共健康服務中心

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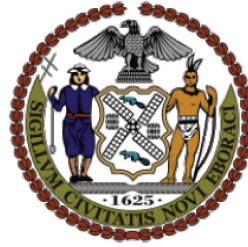
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Letter from AMPHS

To our community,

As we see and feel the increasingly deepening impact of how social factors influence the health and wellbeing of our community, we feel more strongly than ever the need to tightly integrate direct service delivery with advocating for healthcare access as a basic human right. At Academy of Medical & Public Health Services, we give voice to those whose stories would otherwise never be heard by caring for them, learning their challenges, and embracing the diversity of their cultures and values.

Through integrating our clinical services, social services, and education and literacy programs, we continue to serve as the hub of care for our immigrant communities. From providing clinical screenings and mental health therapy to building stable social support to facilitating English literacy, we work alongside our community partners to build a network of resources and integrated care options addressing social determinants of health. This Immigrant Resource Directory captures these resources in one comprehensive compendium and exemplifies the strength of our community. We hope this will contribute to the empowerment of families to create their own local health and wellness paradigms.



Carta de AMPHS

Querida comunidad,

A medida que vemos y sentimos el impacto, cada vez más profundo, de cómo los factores sociales influyen en la salud y el bienestar de nuestra comunidad, sentimos ahora más que nunca la necesidad de cercanamente integrar servicios con la defensa a acceso de atención médica como un derecho humano básico. En la Academia de Servicios Médicos y de Salud Pública (AMPHS), damos voz a aquellos cuyas historias que nunca se han escuchado, cuidándolos, educándonos sobre sus desafíos, y celebrando la diversidad de sus culturas y valores.

Integrando nuestros servicios clínicos, sociales, y programas de educación lingüísticos, continuamos a servir como un centro atento a las necesidades de nuestra comunidades de inmigrantes. Proporcionamos servicios clínicos y de salud mental que fortalece y promueve relaciones estables, facilitamos clases de inglés, y trabajamos junto a nuestros compañeros en la comunidad para crear una red de recursos que integran opciones para cuidarse contra los determinantes sociales de salud. Este Directorio de Recursos de Inmigrantes reúne estos recursos en un compendio integral que ejemplifica la fortaleza de nuestra comunidad. Esperamos que esto contribuya al empoderamiento de las familias para crear sus propios paradigmas locales de salud y bienestar.

安服心公共健康服務中心的信

敬愛的社區：

隨著我們感受到社會的因素對我們社區健康和利益的影響逐漸擴大，我們感受到前所未有的需要帶給人們最基本的醫療和人權知識。在安服心，我們關心和了解您的困難，同時尊重社區多樣的文化以及價值觀。

通過我們的健康、社工和教育服務，我們是一家照顧移民的社區中心。由提供身體檢查和心裡健康治療到建立成人英語學習計劃，我們和我們的社區合作夥伴機構一起搭建了一個整體的服務資源網絡來解決社會的健康因素。而這本移民資源手冊直接將所有的資料概括其中，並舉例強調了我們社區的優點。我們希望這本手冊能給予您的家庭有信心地去創造屬於自己的個人健康計劃。

In service and support,

Hewett Chiu
President & CEO of AMPHS



NEW YORK
**MEMORY
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*Meeting the needs of people
living with Alzheimer's and
dementia-related disorders*

For more than 35 years we've helped families cope when the memories fade, giving those with dementia and their loved ones a safe, secure place to spend their day with experienced and caring staff.



New York Memory Center provides comprehensive dementia care, including:

Lotus Club Early Memory Loss Program

Tailored for adults recently diagnosed with early stage Alzheimer's disease and related dementias. Day and evening sessions. Peer support, computer-based cognitive training, yoga, and more.

Memory Life Services Program

Multi-faceted program designed to coincide with the progression of the disease in middle and later stages. Day and evening sessions. Daily exercise, music and dance, poetry and more.

Professional and Pioneering Staff and Programs

Trained staff and consultants lead all programming. Day and evening programs with Mediterranean diet meals and snacks. Round-trip escorted, accessible transportation available.

Family Resource Program

Educational and wellness programs for caregivers of people with Alzheimer's and related dementia disorders, plus personal care coaching, support groups, and benefits referral.

Memory Arts Cafe

Free cultural events for people living with Alzheimer's disease or dementia, their caregivers, family members, friends, and the general public. Join us for music, poetry, song and field trips.

Se habla español. Nou pale Kreyòl.

Partially funded through grants from the New York State Office for the Aging and the New York City Department for the Aging



SEE **nymemorycenter.org** FOR MORE DETAILS

or contact us to arrange a visit.

New York Memory Center
199 14th Street • Brooklyn 11215 • 718-499-7701



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THE CITY OF NEW YORK
OFFICE OF THE MAYOR
NEW YORK, NY 10007

August 24, 2019

Dear Friends:

It is a great pleasure to join the Academy of Medical and Public Health Services in launching this annual publication of the Immigrant Resource Directory.

Providing all New Yorkers with the tools, resources, and care they need to lead healthy lives is an important part of my administration's mission to make New York the fairest big city in America, and we are grateful for community organizations throughout the five boroughs that are helping to further this goal. The Academy of Medical and Public Health Services is one of these outstanding organizations, and since its founding in 2010, it has provided vital health screenings, workshops, and medical counseling to immigrant communities throughout our city.

Through their Annual Health Empowerment Celebration in Sunset Park, AMPHS also promotes health awareness by connecting attendees with AMPHS' services and by offering a range of exciting activities including dance, self-defense, cooking classes, cultural performances, and more. I am proud to applaud AMPHS for their commitment to empowering immigrant New Yorkers and building a brighter, healthier future for all.

On behalf of the City of New York, I offer my best wishes for a wonderful celebration and continued success.

Sincerely,

A handwritten signature in black ink, appearing to read "Bill de Blasio".

Bill de Blasio
Mayor



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Our Mission

Academy of Medical & Public Health Services is a not-for-profit health service organization with a triple aim to identify barriers to health and wellness in underserved immigrant communities; coordinate truly needed primary care with social assistance; and deliver care with dignity and empathy to marginalized New Yorkers. Through its community public health interventions, AMPHS lends to the empowerment of individuals and communities to create their own local and culturally-sensitive health and wellness paradigms.

安服心目的

安服心公共健康服務中心是家非營利性的健康機構。機構的健康服務有三個目標：確認移民群體獲得健康服務的障礙；協調真正需要的基礎醫療與社會協助；給予沒有獲得健康醫療服務的紐約人高度的關懷和體諒。安服心在個人和社區許可的條件下建立屬於自己的文化敏感型衛生健康典範機構。

Nuestra Misión

La Academia de Servicios Médicos y Salud Pública es una organización sin fines de lucro con tres metas: Identificar barreras a la salud y bienestar de comunidades inmigrantes con falta de servicios; coordinar cuidados primarios con asistencia social que realmente se necesitan, y proveer cuidado con dignidad y empatía a Neoyorkinos marginalizados. A través de sus intervenciones a la salud pública en nuestra comunidad, AMPHS contribuye al fortalecimiento de individuos y comunidades para crear sus propias paradigmas de salud y bienestar sensible a su localidad y cul.

Our Vision

AMPHS strives to be a premiere interdisciplinary health service organization, building faith and transparency within our communities. From strengthening our foundation through the public trust, we work to integrate healthcare systems, education, awareness, and disease prevention such that all people can appreciate healthcare not as a privilege, but as a basic human right.

安服心目標

致力於成為一個綜合性的健康服務機構，並為社區提供可信，透明的服務。為加強公眾的信任，我們綜合健康體系，教育，健康保障和疾病預防，並讓人們認識到健康服務是一項人權，而不是一個特權。

Nuestra Visión

AMPHS se esfuerza a ser una organización que es un líder de servicios médicos interdisciplinarios, creando confianza y transparencia entre nuestras comunidades. Fortaleciendo nuestra fundación a través de la confianza del público, nosotros integramos asistencia médica, educación, atención y prevención a enfermedades para que toda gente pueda beneficiarse de asistencia médica, no como un privilegio pero como un derecho humano básico.

COMMUNITY HEALTH PROJECT

The Community Health Project at AMPHS is the interdisciplinary, overarching, public health program providing clinical services; research analyses and reports; and follow-up care and workshops for the immigrant populations AMPHS serves. Integrating our clinical and social services with research and education, the Community Health Project aims to provide a long-term solution to sustainable healthcare access for underprivileged and underserved communities.

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Screenings are offered every 1st and 3rd
Saturday of the month, 11 AM - 5 PM.

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desde las 11 AM - 5 PM.

Location | 地點 | Dirección
5306 3rd Avenue, 2nd Floor
Brooklyn, NY 11220

For appointments | 預約 | Para citas
(212) 256-9036

Free Medical Screenings

AMPHS offers free comprehensive medical screenings for adults and children. Screenings are performed by licensed physicians, nurses, EMTs and other health professionals; medical students, nursing students, and trained and certified AMPHS personnel. No diagnoses or treatments are rendered during screenings; they serve as a vehicle for individuals to understand their current health condition, learn more about what they can and need to do, and begin their journey towards a healthier lifestyle.

Screenings we provide include:

- Blood Pressure
- Body Mass Index (Height and Weight)
- Heart & Lung Health (Heart & Breathing Rate, EKG)
- Blood Oxygen Levels
- Eye Health & Visual Acuity
- Memory & Dementia
- Depression & Anxiety
- Dental*
- Tuberculosis*
- Mammograms*
- Flu Shots*
- Diabetes**
- Cholesterol**

* Offered seasonally in collaboration with AMPHS
community partners.

** To be offered in 2020.

Wellness Consultations

AMPHS provides free and confidential wellness consultations to anyone and everyone. These private one-on-one sessions are designed to engage a community member to understand more about their own personal health and wellbeing. Consultation are held in the areas of:

- General Medicine
- Nutrition
- Physical Therapy

EL PROGRAMA DE SALUD COMUNITARIO

El Programa de Salud Comunitario de AMPHS es un proyecto de salud pública presentando los datos, análisis e sumarios sobre la población de inmigrantes servidos. El Programa de Salud Comunitario aspira a ofrecer una solución a largo plazo para el acceso a la salud en una manera sostenible para las comunidades con recursos escasos a través de la integración de nuestros servicios clínicos y sociales con la investigación y la educación.

Los Servicios Médicos Gratuitos

AMPHS ofrece exámenes de salud gratuitos para los adultos y niños. Los servicios son ofrecidos por médicos con licencia, enfermeras, técnicos de emergencias médicas y otros profesionales de la salud; estudiantes de medicina o enfermería, y miembros capacitados y certificados de AMPHS. No ofrecemos diagnósticos o tratamientos; los chequeos solamente sirven como una puerta de entrada para entender su estado de salud actual, aprender más sobre lo que pueden y deben hacer, y comenzar su camino hacia un estilo de vida saludable.

Nuestros servicios de salud incluyen exámenes de:

- Presión Arterial
- Índice de Masa Corporal (Peso y Altura)
- Salud de Corazón y Pulmones (Ritmos, EKG)
- Saturación de Oxígeno en Sangre
- Salud de los Ojos y la Vista
- Memoria y Demencia
- Depresión y Ansiedad
- Dental*
- Tuberculosis*
- Mamografías*
- Vacunas Contra la Gripe*
- Diabetes**
- Colesterol**

* Se ofrece en colaboración con otras organizaciones

** Se ofrecerá en 2020.

Consultas de Bienestar

AMPHS ofrece consultas de bienestar gratuitas y confidenciales a todos. Estas sesiones privadas están diseñadas para ayudar al miembro de la comunidad entender y manejar su propia salud y bienestar. Tenemos consultas en las siguientes áreas de salud:

- Medicina General
- Nutrición
- Terapia Física



社區健康計劃

安服心的社區健康計劃是一個全面概括性的公共健康項目。除了資料收集和研究的，我們更為新移民提供免費健康檢查，跟進服務和健康知識講座。社區健康計劃的目的是透過融合醫學研究和教育於醫療和社區服務，務求能夠為弱勢社群帶來持續發展的保健服務。

免費健康檢查

安服心為成年人及小孩提供免費的全面性健康檢查。提供檢查的醫生，護士，救護人員，醫科生等等都接受過安服心工作人員的培訓及認可。檢查期間並沒有診斷或治療。檢查的目的是令您了解您的健康狀況，以及如何改善或重新建立健康的人生。

我們的醫療檢查服務包括：

- 量血壓
- 身體質量指數 (身高和體重)
- 心肺檢查
- 檢測血氧
- 視力檢查
- 阿爾茨海默氏症測試
- 抑鬱焦慮症篩查
- 口腔癌 *
- 結核病 *
- 乳房X光 *
- 流感疫苗 *
- 糖尿病 **
- 膽固醇 **

* 與社區中心季節性合作提供。

** 將在2020年後期提供。

健康諮詢

安服心對所有人提供免費和保密的健康諮詢。這些私人一對一諮詢會議讓社區成員了解自己的個人健康。我們提供以下方面的諮詢服務：

- 內科
- 營養
- 物理療法

AMPHS PROGRAMS & SERVICES

安服心的服務 | Los Programas y Servicios de AMPHS



Social Services

AMPHS provides free consultations with a licensed social worker, who can explore any challenges that you may be facing and help connect you with resources and assistance. Our social worker and community health workers provide counseling on health insurance eligibility and referrals for health insurance enrollment, educate you about available benefits and services, assist with referrals for legal services and free or low-cost medical care, and educate you about immigrant rights. Additionally, our social worker can connect you to the Vision Assistance Program which helps low-income individuals without health insurance obtain free professional eye examinations and free prescription glasses.



Mental Health Counseling

Everyone needs someone to talk to from time to time. AMPHS now offers free mental health counseling in English, Spanish, and Chinese to individuals without health insurance or those who are under-insured. Immigrant youth between 14-24 can also participate in a peer support group with activities including drumming, art and yoga.



Health Education & Training

AMPHS strongly believes that a better functioning healthcare system stems from an understanding of the different aspects that make up the system, as well as patients having the knowledge to take care of themselves.

Therefore, we dedicate our programs to increasing health literacy and education among our immigrant neighbors. We will provide you resources ranging from health insurance to legal assistance and information on shelter and food assistance to empower you to live a healthier life.

We also offer workshops in immigrant rights (Know Your Rights), health access and disease prevention. Moreover, our Emergency Preparedness Programs offers Mental Health First Aid, First Aid, and CPR training to help you save a life.

Community Events

AMPHS hosts a number of community events throughout the year. We partner with local organizations to bring you Pop-Up Health Screenings and health fairs. Each summer, we also host our annual Health Empowerment Celebration, a free health and immigrant resources fair with over 60 participating organizations tabling to provide you with health screenings, human rights information, legal assistance, housing information, and various other resources.

English (ESOL) Classes

AMPHS offers free English classes at the Beginner, High Beginner, Intermediate and Advanced levels to individuals 16 years or older. Our English classes incorporate health workshops, immigrant rights workshops and vocabulary that better equip you to speak with your doctor and communicate on an everyday basis. Classes take place over 10 months between September and June.

安服心的服務 | Los Programas y Servicios de AMPHS

Servicios Sociales

AMPHS ofrece consultas gratis con una trabajadora social, con quien puede explorar cualquier problema que usted enfrente y ayudarlo a conectarse con recursos. Nuestra trabajadora social y nuestros Trabajadores Comunitarios de Salud pueden verificar su elegibilidad de seguro médico y dar referencias para inscribirse, educándole sobre los beneficios y servicios disponibles, asistiéndole con referencias para servicios legales y atención médica gratis o de bajo costo, y darle información sobre sus derechos como inmigrante y residente de Nueva York. Además, el Programa de Asistencia de la Vista ayuda a los miembros con bajos recursos y sin seguro médico en nuestra comunidad a obtener exámenes de visión y un par de anteojos gratis.

Terapeuta de la Salud Mental

Todos necesitan hablar con una persona neutral de vez en cuando. AMPHS ahora ofrece consejería gratuita de salud mental en inglés, español y en chino a personas sin seguro de salud o a quienes tienen un seguro insuficiente. Los jóvenes inmigrantes entre 14 y 24 años también pueden participar en un grupo de apoyo entre pares con actividades que incluyen tambores, arte y yoga.

Programa de Educación y Entrenamiento

AMPHS cree que el empoderamiento de la gente sobre su conocimiento a los diferentes aspectos de cuidado a su salud es importante para mantenerse saludable.

Por eso, nuestros programas están diseñados para aumentar el conocimiento y educación de la salud entre inmigrantes. Le damos recursos que abarcan seguros médicos, asistencia jurídica e información sobre refugio y alimento para que viva más sanamente.

También ofrecemos talleres sobre sus derechos como inmigrante, el acceso de salud y la prevención de enfermedades a través de la nutrición. La programa de emergencia le ofrece entrenamiento en primeros auxilios, RCP, y Salud Mental que le da el poder de salvar una vida.

Clases de Inglés (ESOL)

AMPHS ofrece clases de inglés gratuitas en los niveles Principiante, Elemental, Intermedio y Avanzado para personas mayores de 16 años. Nuestras clases incorporan talleres de salud y vocabulario que mejor le preparan para hablar con su médico y comunicarse diario. Las clases tienen lugar durante 10 meses entre septiembre y junio.

社工服务

AMPHS安服心向大眾提供免費的社工諮詢服務，以解決您面臨的健康方面的困難和問題。我們的社工和社區健康工作人員可以為您提供健康保險諮詢和申請方面的援助，幫助了解您可獲得的健康福利，協助您獲得您所需的法律援助和低價的醫療服務，並幫助您了解移民權益。另外，安服心亦為沒有醫療保險的低收入人士提供免費的視力檢查及申請免費的眼鏡。

精神心里健康治療

每個人都想有一個可以隨時傾訴的對象。安服心提供免費的精神健康治療（西班牙語，中文和英文）。這服務是提供給沒有健康保險或者不屬於保險範圍的人氏。14至24歲的移民青年也可以參加同伴支持小組，其中活動包括打鼓，藝術和瑜伽。

健康教育

安服心坚信一個更好的衛生系統是從了解到醫療各方面而構成的，以及根據各人的醫療常識來自我照顧。

因此，我們的項目主要是專門為增加移民和普羅大眾的健康教育而設。我們會為您提供資源；包括醫療保險、住房、營養和法律輔導服務等信息，使您的生活更健康更美好。

我們也提供各樣講座關於怎樣了解您的移民權益 (Know Your Rights)，獲取健康資源，和預防老年人群疾病。我們的緊急預備項目 (Emergency Preparedness Program) 提供急救，心理健康急救和心扉復甦的培訓，幫助您加強救助生命的能力。

成人英語課程 (ESOL)

安服心為16歲以上的成人提供免費的英文學習班，包括初級，初中級，中級和高級班課程。我們的英文班合併了健康講座和單詞學習，更能讓我們的社區成員在日常生活中交流。課程將在九月至六月期間這十個月內舉行。

社區活動

安服心全年舉辦一系列社區活動，為您帶來臨時社區健康檢查站和健康博覽會安服心跟當地的一些機構合作，每一個夏天，我們都會舉辦家庭健康同樂日；在這一天裏，人們可以了解到來自超過60家組織提供的資源，為您提供健康檢查，人權信息，法律援助，住房信息和各種其他資源。

MEET THE TEAM: AMPHS BOARD OF DIRECTORS

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President
主席 | Presidente

Executive Director,
NYC Department of
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Executive Vice President &
Chief of Staff, AMPHS

MEET THE AMPHS TEAM: STAFF & VOLUNTEERS

我們的團隊 | El Equipo de AMPHS

Leadership Team

領導團隊 | Equipo de Liderazgo

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Sandra George, Senior VP & Chief Compliance Officer
Amparo Peterkin-White, VP & Chief People Officer

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顧問委員會 | Junta de Asesores

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Bonnie Blaha
Tanya Chambers
Somia Elrowmeim
Craig Huang

Kathleen Iverson
Philip Lindsay
Carlos Martinez
Matilde Pedrero
Margaret Pemberton
Joseph Zimmerman

Volunteers

志願者 | Voluntarios

Htun Min Aung	Aimee Kim	Margarita Reyes
Kevin Barros	Htet Htet Kyaw	Mark Rogers
Ahmed Bedawy	Winnie Lam	Zoila Rojas
Amalia Duncan	Joseph Lara	Mary Sillman
Michael Forson	Yu-Chen Lin	David Snead
Grace Heymsfield	Hanbin Lin	Qianhui Shao
Jialiang Huang	Renny Ma	Michelle Singh
Sarah Jaffe	Megan McDonald	Karla Talisayan
William Janes	Carlos Montivero	Andreas Tedjasukmana
Fatema Kabir	Caitlin Mroz	
Jessica Kan	Ashley Portillo	



Contact us for more information
about volunteering

(212) 256-9036
personnel.resources@amphsonline.org
www.amphsonline.org

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Cookie Heaven

www.levainbakery.com



f POP GYM @POPGYMBK POPGYMBK 573-767-0143

**BRINGING FREE/LOW COST SELF-DEFENSE AND MARTIAL ARTS
PROGRAMMING ALL AROUND NYC!**

*For any questions, comments, or inquiries for future workshops
for you or your organization, email us at info@popgym.org
Plus, check out our community calendar and resource page
at popgym.org*

INFORMATION ON YOUR LEGAL RIGHTS AS IMMIGRANTS

關於移民合法權益的信息 | Información Sobre Sus Derechos Como Inmigrante

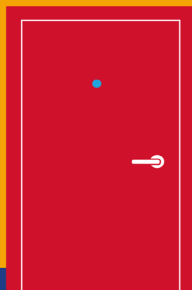
IF IMMIGRATION (ICE) COMES TO YOUR DOOR OR STOPS YOU ON THE STREET, **YOU HAVE RIGHTS!** PROTECT YOURSELF AND YOUR FAMILY.

YOU HAVE THE RIGHT TO:

1

REFUSE ENTRY TO YOUR HOME

Do not open the door unless they provide a judicial warrant with your name on it, signed by a judge!



I do not consent to this search!

2

REMAIN SILENT

Repeat this sentence:

I wish to remain silent and speak with an attorney.

3

REFUSE SEARCH OF YOUR PERSON AND PROPERTY

Do not consent to a search unless they provide a judicial warrant.



4

REFUSE TO SIGN ANY DOCUMENT

Do not sign anything without first speaking to an attorney.



5

DOCUMENT YOUR INTERACTION

You can document your or someone else's interaction with ICE with photographs or video recording.



IMPORTANT REMINDERS:

ALWAYS REPORT ARRESTS OR RAIDS

If you live in NYC, call the Immigrant Defense Project: **212-725-6422**

If you live outside of NYC, call United We Dream: **1-844-363-1423**

Make sure to report: # of officers, their badge #s, what their uniforms or vests said, and what type of car they drove (with license plate).

BE PREPARED

If you are worried about immigration, talk to a trusted lawyer to understand your unique situation and risk. Keep the lawyer's information in case of an arrest. Make a safety plan with your family, and practice what you'll say if Immigration stops you.

LEARN MORE

Make sure that you know as much as possible to ensure you can best protect you and your family.

Learn more here: bit.ly/knowyourrights-nyic



如果ICE移民官接近你，給他這張紅卡。



你有憲法權利：

- 如果移民官在敲門不要開門。
- 如果移民官試圖跟你說話，你不要回答任何問題。你有權保持沉默。
- 簽署任何東西前，必須先諮詢律師，你有權諮詢律師。
- 如果你在家外遇到移民官，問他或她是否可以離開。如果是，有信心地離開。
- 把這張卡片給移民官。如果你在家裡面，從窗口顯示卡或從門下將卡傳送給他。

I do not wish to speak with you, answer your questions, or sign or hand you any documents based on my 5th Amendment rights under the United States Constitution.

I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution unless you have a warrant signed by a judge or magistrate with my name on it that you slide under the door.

I do not give you permission to search any of my belongings based on my 4th Amendment rights.

I choose to exercise my constitutional rights.

These cards are available to citizens and noncitizens alike.

知道您的權利!

如果移民和海关执法局 (ICE) 来到您门前，或者在街上停留您，您有保护您自己和家人的权利。

您不应该:

- 说谎或者给任何错误的资料
- 示出国外身份证 (除非他们有您姓名的司法手令)
- 逃离或用身体抵抗有司法手令的逮捕

1 您有权利去:

拒绝他们进入您的住宅。不要开门除非他们有一个由法官亲自签下有您名字的司法令状

2 您有权利去: 保持安静说:

我想保持安静和 要求和我律师见面

如果他们无视您，就一直重复的说。

我不同意 这个搜索!

3 您有权利去:

拒绝任何对您的人身和财产搜索。说“我不同意这个搜索!” 如果他们仍然搜索，就一直重复的说。

4 您有权利去:

拒签任何的文件。如果先前没有和律师谈话，请不要签任何文件

5 您有权利去:

通过照片和录影记录您或他人和ICE的互动。

重要提醒!

做好准备:

如果您担心移民海关执法局，与律师谈谈有关您现在的状况和危险。保留律师的联络方式以防您被逮捕。和您的家人一起制定一个安全计划，和练习当移民海关执法局人员逮捕您 您该说些什么。

报告任何逮捕和袭击:

如果您住在纽约市，请打 Immigrant Defense Project (移民保护计划): 212-725-6422

如果您住在纽约市外，请打United We Dream (梦想联盟): 1-844-363-1423

了解更多:

确保您了解更多的资料去更好的保护您和您的家人。请浏览: bit.ly/knowyourrights-nyic

汇报: 人数，他们的徽章编号，他们的制服和背心，开什么类型的车 (包含车牌)。

nyic
NEW YORK IMMIGRATION COALITION

INFORMATION ON YOUR LEGAL RIGHTS AS IMMIGRANTS

關於移民合法權益的信息 | Información Sobre Sus Derechos Como Inmigrante

Si un oficial de ICE se acerca, déles esta tarjeta roja.



Usted tiene derechos constitucionales:

- **NO ABRA LA PUERTA** si un agente de inmigración está tocando la puerta.
- **NO CONTESTE NINGUNA PREGUNTA** de un agente de inmigración si el trata de hablar con usted. Usted tiene el derecho de mantenerse callado.
- **NO FIRME NADA** sin antes hablar con un abogado. Usted tiene el derecho de hablar con un abogado.
- Si usted está afuera de su casa, pregunte al agente si es libre para irse y si dice que sí, váyase con tranquilidad.
- **ENTREGUE ESTA TARJETA AL AGENTE.** Si usted está dentro de su casa, muestre la tarjeta por la ventana o pásela debajo de la puerta.

I do not wish to speak with you, answer your questions, or sign or hand you any documents based on my 5th Amendment rights under the United States Constitution.

I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution unless you have a warrant to enter, signed by a judge or magistrate with my name on it that you slide under the door.

I do not give you permission to search any of my belongings based on my 4th Amendment rights.

I choose to exercise my constitutional rights.

These cards are available to citizens and noncitizens alike.

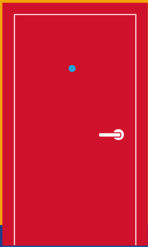
SÍ INMIGRACIÓN (ICE) LLEGA A TU PUERTA, O TE DETIENEN EN LA CALLE, ¡TÚ TIENES DERECHOS! PROTÉGETE Y PROTEGE A TU FAMILIA.

TU TIENES EL DERECHO A

1

NEGAR ENTRADA A TU HOGAR

No abras la puerta a menos que tengan una orden judicial—firmada por un juez y que tenga tu nombre!



2

PERMANECER EN SILENCIO

Repite:

Quiero permanecer en silencio y hablar con un abogado

¡Yo no consiento este registro!

3

NEGAR EL REGISTRO DE TU PERSONA Y TU PROPIEDAD

No consientas al menos que tengan una orden judicial.



4

NEGARTE A FIRMAR CUALQUIER DOCUMENTO

No firmes nada sin haber hablado con un abogado primero.



5

DOCUMENTAR TU CONTACTO

Tu puedes documentar tu contacto, o el de alguien más con ICE usando fotos o vídeos.



¡RECORDATORIOS IMPORTANTES!

SIEMPRE REPORTA REDADAS O ARRESTOS

Si vives en NYC, llama a Immigrant Defense Project: 212-725-6422

Si vives fuera de NYC, llama a United We Dream: 1-844-363-1423

Para reportar: # de oficiales, sus #s de medalla, que insignias tenían en sus uniformes o chalecos, y qué tipo de carro manejaban (con su placa).

PREPÁRATE

Si estás preocupado acerca de inmigración, habla con un abogado de confianza para discutir tu situación y riesgos. Mantén la información del abogado en caso de arrestos. Haz un plan de emergencia con tu familia, y práctica que decir si inmigración te detiene.

APRENDE MÁS

Asegúrate de estar informado lo más posible para asegurar tu protección y la de tu familia.

Aprende más aquí: bit.ly/knowyourrights-nyic

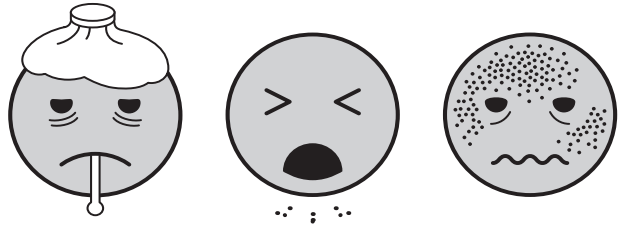


ATTENTION MEASLES OUTBREAK

GET VACCINATED!

IF YOU HAVE

fever, cough, red eyes,
runny nose and body rash,



PLEASE CONTACT YOUR DOCTOR IMMEDIATELY!

NYC
Health

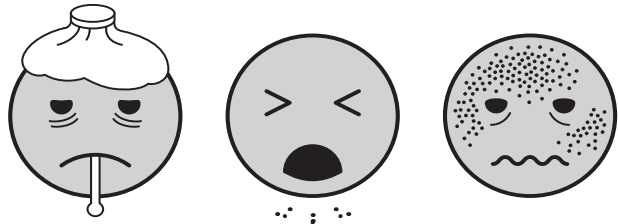
Bill de Blasio
Mayor
Oxiris Barbot, MD
Comissioner

ATENCIÓN BROTE DE SARAMPIÓN

¡VACÚNESE!

SI TIENE

fiebre, tos, ojos rojos,
secreción nasal y sarpullido,



¡PÓNGASE EN CONTACTO CON SU MÉDICO DE INMEDIATO!

NYC
Health

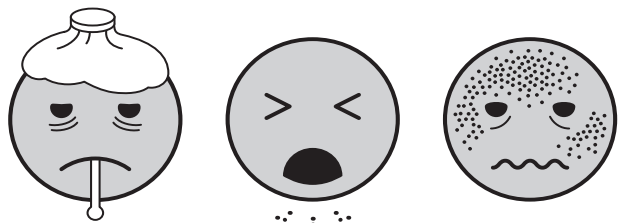
Bill de Blasio
Alcalde
Oxiris Barbot, MD
Comisionada

注意 麻疹爆发

接种疫苗!

如有

发烧、咳嗽、红眼、
流鼻涕和皮疹等症状，



请立即联系您的医生！

NYC
Health

Bill de Blasio
市長
Oxiris Barbot, MD
局長

PROTECTING YOURSELF AGAINST THE MEASLES OUTBREAK

保護自己免受麻疹爆發的影響 | Brote de Sarampión en la Ciudad de Nueva York

FACT: There is currently a large outbreak of measles — a highly contagious virus — in parts of New York City (NYC), primarily in Williamsburg and Borough Park, Brooklyn.

FACT: On April 9, 2019, the New York City Health Commissioner declared a Public Health Emergency and ordered that every adult and child who lives, works or spends time in ZIP codes 11205, 11206, 11211 and 11249 be vaccinated.

FACT: If the Health Department identifies an unvaccinated person exposed to measles in ZIP codes 11205, 11206, 11211 and 11249, that individual or their parent or guardian could be fined \$1,000.

FACT: Measles can be prevented easily with a safe vaccine called the measles, mumps and rubella vaccine, or MMR.

- **If you have not been vaccinated, get the MMR vaccine immediately. If you do not know your vaccination history, check with your doctor.**
- If you would like to find a clinic to get a measles vaccination, call **311** or visit nyc.gov/health and search for **measles**.
- The MMR vaccine is available at the Health Department's Immunization Clinic in Fort Greene, Brooklyn, and NYC Health + Hospitals, regardless of your immigration status or ability to pay.

事实：目前麻疹在纽约市 (NYC) 大面积爆发，这种传染性极强的病毒主要出现在威廉斯堡 (Williamsburg)、布鲁克林 (Brooklyn) 茱罗公园 (Borough Park)。

事实：2019年4月9日，纽约市卫生局局长宣布公共卫生紧急状况 (Public Health Emergency)，并令居住、工作或停留在 11205、11206、11211 和 11249 邮编区域内的所有成人和儿童接种疫苗。

事实：若卫生局 (Health Department) 查明在 11205、11206、11211 和 11249 邮编区域内有人未接种疫苗，则此人、其家长或监护人可能受到 1,000 美元罚款。

事实：麻疹可在接种麻疹腮腺炎风疹疫苗 (MMR) 后轻易预防。

- 若您还未接种疫苗，请立即接种麻疹腮腺炎风疹疫苗。若您不知道自己接种疫苗的情况，请与您的医生核实。
- 若您需要找一家可以接种麻疹疫苗的诊所，请拨打 **311** 或访问 nyc.gov/health 并搜索麻疹 (**measles**)。
- 无论您移民状况为何，是否有支付能力，您都可在卫生局在布鲁克林格林堡 (Fort Greene) 的免疫诊所 (Immunization Clinic) 和纽约市卫生医院 (NYC Health + Hospitals) 接种麻疹腮腺炎风疹疫苗。

PROTECTING YOURSELF AGAINST THE MEASLES OUTBREAK

保護自己免受麻疹爆發的影響 | Protegiéndose Contra el Brote de Sarampión

Children:	Young adults without evidence of immunity:	Adults without evidence of immunity:
<p>First dose: 12 - 15 months of age Second dose: 4 - 6 years of age</p> <p>兒童： 第一劑：12-15个月大 第二劑：4-6岁</p> <p>Niños: Primera dosis: 12-15 meses de edad Segunda dosis: 4-6 años de edad</p>	<p>Get doses of MMR vaccine, separated by at least 28 days.</p> <p>没有免疫證明的年轻人： 获得剂量的MMR疫苗，间隔至少28天</p> <p>Adultos jóvenes sin evidencia de inmunidad: Obtenga dosis de la vacuna MMR, separadas por al menos 28 días</p>	<p>Get at least one dose of MMR vaccine.</p> <p>没有免疫證明的成年人： 至少接种一剂MMR疫苗</p> <p>Adultos sin evidencia de inmunidad: Obtenga al menos una dosis de la vacuna MMR</p>

- HECHO:** Actualmente hay un gran brote de sarampión, un virus altamente contagioso, en áreas de la ciudad de Nueva York, principalmente en Williamsburg y Borough Park (Brooklyn).
- HECHO:** El 9 de abril de 2019, la comisionada de Salud de la ciudad de Nueva York declaró una emergencia de salud pública y ordenó que se vacunen a todos los niños y adultos que vivan, trabajen o pasen tiempo en los códigos postales 11205, 11206, 11211 y 11249.
- HECHO:** Si el Departamento de Salud identifica a una persona no vacunada expuesta al sarampión en los códigos postales 11205, 11206, 11211 y 11249, esa persona, o bien sus padres o tutores, podrían recibir una multa de \$1000.
- HECHO:** El sarampión se puede prevenir fácilmente con una vacuna segura llamada vacuna contra el sarampión, la rubéola y las paperas (SRP).
- Si no se vacunó, obtenga la vacuna SRP de inmediato. Si no conoce sus antecedentes de vacunación, consulte con su médico.
 - Si desea localizar una clínica para vacunarse contra el sarampión, llame al 311 o visite nyc.gov/health y busque "measles" (sarampión).
 - La vacuna SRP está disponible en las clínicas de vacunación del Departamento de Salud en Fort Greene (Brooklyn) y en el sistema de atención médica NYC Health + Hospitals, independientemente de su estado migratorio o capacidad de pago.

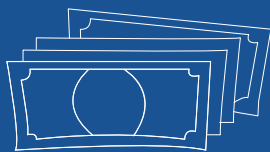
CENSUS 101: WHAT YOU NEED TO KNOW

The 2020 Census is closer than you think!

Here's a quick refresher of what it is and why it's essential that everyone is counted.

Everyone Counts

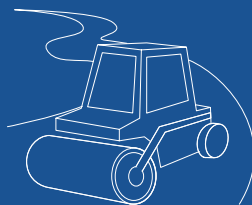
The census counts every person living in the U.S. once, only once, and in the right place.



The distribution of more than \$675 billion in federal funds, grants and support to states, counties and communities are based on census data.

That money is spent on schools, hospitals, roads, public works and other vital programs.

It's about \$675 billion.



Your privacy is protected.

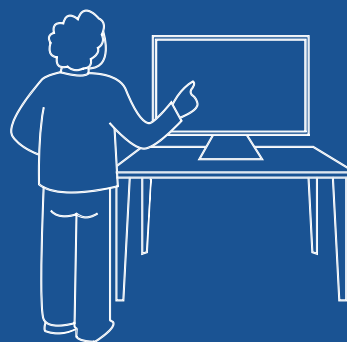
It's against the law for the Census Bureau to publicly release your responses in any way that could identify you or your household.

By law, your responses cannot be used against you and can only be used to produce statistics.



2020 will be easier than ever.

In 2020, you will be able to respond to the census Online.



JOIN THE 2020 CENSUS TEAM

BE A CENSUS TAKER

APPLY ONLINE!

2020census.gov/jobs

For more information or help applying, please call

1-855-JOB-2020

Federal Relay Service:
1-800-877-8339 TTY/ASCII

www.gsa.gov/fedrelay

The U.S. Census Bureau is an Equal Opportunity Employer

**Shape
your future
START HERE >**

**United States[®]
Census
2020**

UNDERSTANDING THE PUBLIC CHARGE RULE

了解公共負擔規則 | Entiendeno la Regla de Carga Pública

As you may have heard, the U.S. Department of Homeland Security published its final “public charge” rule change on August 14, 2019. The Trump Administration is making it harder for some immigrants to get green cards or certain types of visas if they use, or may be likely to use, certain public benefits and programs.

ⓘ As of August 14, 2019:

- These changes will not come into effect until October 15, 2019. However, a court might stop these changes before then.
- These changes will not affect your eligibility for public benefits and programs.
- These changes do not apply to all immigrants. Many people are exempt from the “public charge” rule. If you have any questions, you should seek legal assistance from an immigration attorney.

If you are sponsoring a family member abroad, or will be traveling abroad to apply for a green card or visa, call ActionNYC for City-funded, free, trusted immigration legal services.

There is no “public charge” test for green card holders applying for citizenship.

Stay up to date on important information about public charge at [NYC.gov/PublicCharge](https://www.nyc.gov/publiccharge).

Don't disenroll from public benefits without reason.
Get free legal help.
不要隨意停止使用公共福利。有免費的法律援助。
No deje usar la ayudas sociales sin razon alguna.
Obtiene ayuda legal gratis.

Call ActionNYC at 800-354-0365 OR
Office of New Americans at 800-566-7636
and say "public charge."

DaNutri
Medical Nutrition Consulting Center

纖營醫學營養顧問中心

Registered Dietitian, Fluent in Chinese and English,
Accept Major Health Insurance, appointment required
註冊營養師, 精通國粵英, 接受各大醫療保險, 敬請預約

www.DaNutri.org

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Fax: (718) 961-1494

775 57th Street
Brooklyn, NY 11220
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Fax: (718) 961-1494



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- 歡迎護理員參加推薦計畫(長者或護理朋友)
- 另有个人亲属护理计划 (CDPAP)
- 五區、長島、史丹頓島招募護理員
- 零活充足的工作机会

電話: 646-265-0378 劉小姐

646-957-6293 譚小姐

布碌崙: 6402 8th Ave, Suite 101, Brooklyn NY 11220

8 大道64街 錦龍大廈 1樓轉角處

史丹島: 105 Stuyvesant Place, 2nd fl, Staten Island NY 10301

UNDERSTANDING THE PUBLIC CHARGE RULE

了解公共負擔規則 | Entiendeno la Regla de Carga Pública

您可能已经听说，美国国土安全部 (U.S. Department of Homeland Security) 于 2019 年 8 月 14 日发布了最终版的“公共负担”规则变更。根据特朗普政府的政策，如果部分移民享受或有可能享受某些公共福利和计划，他们获得绿卡或特定类型签证的门槛将更高。

! 截至 2019 年 8 月 14 日:

- 这些变更将于 2019 年 10 月 15 日起才生效。但是，法院可能会在该日期之前阻止这些变更生效。
- 这些变更不会影响到您享受公共福利和计划的资格。
- 这些变更并非适用于所有移民。许多人都会获得“公共负担”规则的豁免。如果您有任何疑问，请向移民律师寻求法律援助。

若您正在资助某位国外的家庭成员，或将出国申请绿卡或签证，请致电 ActionNYC，获取由市政府资助的值得信赖的免费移民法律服务。

申请公民身份的绿卡持有人无需参加“公共负担”测试。

请关注以下网站，及时了解有关公共负担的重要信息：[NYC.gov/PublicCharge](https://www.nyc.gov/publiccharge)。

Quizá se haya enterado de que el Departamento de Seguridad Nacional de los Estados Unidos (U.S. Department of Homeland Security) publicó el cambio final a la regla de “carga pública” el 14 de agosto de 2019. El gobierno del presidente Trump le ha hecho más difícil a algunos inmigrantes la obtención de la tarjeta verde y ciertas clases de visados si participan —o estén por participar— en algunos programas y ayudas sociales.

! Al 14 de agosto de 2019, dicho cambio:

- no entrará en vigor hasta el 15 de octubre de 2019. Sin embargo, algún tribunal podría detenerlos antes de esa fecha.
- no afectará el acceso a programas y ayudas sociales.
- no se extiende a todo inmigrante. Son muchos los exentos de la regla de “carga pública”. De tener alguna pregunta, asesórese ante algún abogado en materia migratoria.

Si patrocina a algún familiar en el exterior, o bien viajará al exterior para solicitar la tarjeta verde o algún visado, comuníquese con ActionNYC y pida consulta gratis con provisosores de servicios migratorios confiables y subsidiados por la ciudad.

No existe evaluación de “carga pública” para portadores de la tarjeta verde que soliciten la ciudadanía.

Manténgase al día con información importante sobre la regla de “carga pública” en [NYC.gov/PublicCharge](https://www.nyc.gov/publiccharge).



An Anthem Company

New York State-Sponsored Free or Low-Cost Health Insurance

1-888-809-8009 (TTY 711)
www.empireblue.com/ny



To learn more about applying for health insurance including Child Health Plus and Medicaid through NY State of Health, The Official Health Plan Marketplace, visit nystateofhealth.ny.gov or call 1-855-355-5777.

Empire BlueCross BlueShield HealthPlus is the trade name of HealthPlus HP, LLC, an independent licensee of the Blue Cross and Blue Shield Association.

IMMIGRANT RESOURCES DIRECTORY

移民資源 目錄 | La Guía de Recursos para Inmigrantes

The AMPHS Immigrant Resources Directory aims to help connect you and your family with the necessary resources to maintain a healthy life both in Sunset Park, Brooklyn and citywide. Resources are organized based on categories, with sub-category icons highlighting services provided at each institution.

該安服心移民資源手冊旨在幫助你和你的家人在布祿崙日落公園和紐約市提供必要維持健康的資源。該資源是由各種不同種類的圖標代表各機構提供的服務。

El objetivo del Directorio de Recursos para Inmigrantes de AMPHS es para conectarle con los recursos necesarios para que usted y su familia puedan mantener una vida saludable tanto en Sunset Park, Brooklyn y por toda la ciudad. Los recursos están organizados según las categorías, y los símbolos de sub-categorías indican los servicios disponibles en cada institución.

Look for these icons! | 圖標顯示 | Busque estos símbolos!



Advocacy Services
維權倡導
Servicios de Abogacía



Medical Services
醫療服務
Servicios Médicos



Counseling & Support
輔導和支援服務
Asesoramiento y Apoyo



Senior Services
長者服務
Servicios para los de Mayor Edad



Educational Resources
教育資源
Recursos Educativos



Social Services
社區服務
Servicios Sociales



Fitness & Recreation
健身娛樂
Ejercicio y Recreación



Training and Education
培訓和教育
Entrenamiento y Educación



Health Insurance Navigation
健康保險申請
Navegación de Seguro de Salud



Youth and Children's Services
青年和兒童服務
Servicios para Niños y Jóvenes



Housing and Shelter Services
房屋服務
Servicios de Vivienda y Refugio



Food and Nutrition
食物和營養
Comida y Nutrición

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

ADVOCACY AND LEGAL ASSISTANCE 宣傳和法律援助 | Abogacía y Asistencia Legal

A Better Balance

40 Worth Street, 10th Floor, New York, NY 10013

Tel: (212) 430-5982, Hotline: 1-(833)-633-3222 | www.abetterbalance.org

Hours: Monday to Friday, 9:30 AM – 5:30 PM

Languages: English, Spanish

Service Fee: None

Services



Legal advice and services on workplace sick time, paid leave, pregnant workers, fair pay, fair work, LGBTQ+ and related issues

關於工作場所病假，帶薪休假，懷孕女工，公平薪酬，公平工作，LGBTQ+及相關問題的法律諮詢和服務

Asesoramiento legal y servicios sobre beneficios cuando está enfermo en el trabajo, licencia remunerada, trabajadoras embarazadas, salario justo, trabajo justo, poblaciones LGBTQ y temas relacionados

Action NYC, Mayor's Office of Immigrant Affairs

1-800-354-0365 | www1.nyc.gov/site/actionnyc/index.page

Hours: Monday to Friday, 9:00 AM - 6:00 P

Languages: English, Spanish, and more

Service Fee: None

Services



Safe immigration legal consultations for cases including: Citizenship, Green Cards, DACA, and TPS

移民法相關的法律諮詢：公民身份，綠卡，DACA，TPS

Consultas legales de inmigración segura para casos que incluyen: ciudadanía, tarjetas verdes, DACA y TPS

Asian American Bar Association of New York - Pro Bono Clinic

33 Bowery New York, NY 10002

6802 8th Ave, Brooklyn, NY 11220

main@aabany.org

(718) 228-7206 | www.aabany.org

Hours: Every Second Wednesday of Each Month, 6:30 PM - 8:30 PM

Hours: Every Fourth Thursday of Each Month, 6:00 PM - 8:30 PM

Service Fee: None

Services



Monthly Pro Bono Advice and Referral Clinic

每月慣例的法律諮詢

Consultaciones de abogado gratuitas cada mes

Atlas: DIY (Developing Immigrant Youth)

462 36 Street, Brooklyn, NY 11232

info@atlasdiy.org

(347) 599-1641 | www.atlasdiy.org

Hours: Monday - Thursday, 10 AM - 7 PM; Friday, 10:00 AM - 10:00 PM

Languages: English, Spanish, Mandarin, Cantonese

Service Fee: None

Services



Legal & Social Services and Education for Immigrants

輔導移民法律服務

Servicios legales para los jóvenes inmigrantes



Mental Health Counseling

心理健康諮詢

Consejería de salud mental



Immigrant Youth (ages 14-24) Education & Support

新移民青少年教育 (14至24歲)

Programa para la educación de los inmigrantes jóvenes



College & Job Training Services

大學與工作培訓服務

Servicios de apoyo para la educación superior y el trabajo

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Brooklyn Defenders

177 Livingston Street, 7th Floor, Brooklyn, NY 11201
info@bds.org
(718) 254-0700 | www.bds.org

Hours: Monday to Friday, 9:00 AM – 5:00 PM
Languages: English, Spanish, Creole
Service Fee: None

Services



Immigration Practice
移民法
Servicios de Inmigración



Family Defense
家庭法
Defensa de la ley familiar



Criminal Defense Practice
刑事法
Defensa de la ley criminal



Attorney Training Program for New Employees
律師培訓計劃
Programa de capacitación de nuevos abogados



Civil Justice Practice
民事司法
Práctica de justicia civil



Internships
實習機會
Pasantías

CAMBA Legal Services

1720 Church Ave & 885 Flatbush Ave, Brooklyn, NY 11226
info@camba.org
(718) 287-2600 | www.camba.org

Hours: Depends on site
Languages: English, French, Haitian Creole, and more
Service Fee: None

Services



Economic Development
經濟發展
Desarrollo economico



Health
健康
Salud



Education and Youth Development
教育與青年發展
Educación y desarrollo de la juventud



Housing
住房
Alojamiento



Family Support
家庭支持
Apoyo familiar



Legal Services
法律服務
Servicios jurídicos

Catholic Migration Services

190 Joralemon St, 4th Floor, Brooklyn, NY 11201
47-01 Queens Boulevard, Suite 203, Sunnyside, NY 11104
Brooklyn: (718) 236-3000, Queens: (347) 472-3500 | www.catholicmigration.org

Hours: Monday to Friday, 9:00 AM - 5:00 PM
Languages: English, Spanish, Haitian Creole, Arabic
Service Fee: None

Services



Immigration and Housing Legal Services
移民與住房法律相關服務
Servicios legales sobre inmigración y vivienda



Immigrant Workers' Rights Legal Services
移民工人權益服務
Servicios legales sobre los derechos de trabajadores inmigrantes

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Central American Legal Assistance (CALA)

240 Hooper Street, Brooklyn, NY 11211

cala@igc.org

(718) 486-6800 | www.centralamericanlegal.info

Hours: Monday to Friday, 9:00 AM - 5:00 PM (walk-ins until 3PM)

Languages: English, Spanish

Service Fee: None

Services



Legal consultations for asylum seekers from Central and South America, walk-ins accepted

提供法律諮詢給中美洲和南美洲的庇護尋求者，不需要預約

Consultas legales para solicitantes de asilo de América Central y del Sur, se aceptan sin cita previa

Her Justice

她的正義 | Su Justicia

100 Broadway, 10th Floor, New York, NY 10005

Tel: (212) 695-3800, Hotline: (718) 562-8181 | www.herjustice.org

Hotline Hours: Thursdays, 10:00 AM - 1:00 PM

Languages: English, Spanish, Korean, French, Romanian, Urdu

Service Fee: None

Services*



Family Law (Custody, Visitation, Child & Spousal Support, Orders of Protection)

家庭法支助（監護權/探視權，子女和配偶贍養費，保護令）

Ley Familiar (custodia / visitación, manutención de menores y cónyuge, órdenes de protección)

Matrimonial Law (Uncontested divorces)

離婚援助（沒有法律糾紛的離婚）

Ley Matrimonial (divorcios incontestados)

Immigration Law** (U-Visa & VAWA self-petitions)

移民法援助（U簽證和與家庭暴力相關的移民請求）

Ley de Inmigración (U-Visa y VAWA auto-peticiones)

* Only assists NYC-based, low-income, self-identified women.

* 只幫助紐約市低收入的婦女

* Sólo asiste a las personas que se identifican como mujeres, de la Ciudad de Nueva York, y con bajos ingresos.

** Immigration issues handled through Family Justice Centers (information on pg 44 of this Directory)

**移民問題通過家庭司法中心處理的（該目錄第44頁）

** Asuntos de inmigración manejados a través de los Centros de Justicia Familiar (información en la página 44 de este Directorio)

Legal Aid Society

法律援助服務中心 | Sociedad de Ayuda Legal

111 Livingston Street, 7th Floor, Brooklyn, NY

199 Water Street, New York (Main)

(718) 645-3111 (Brooklyn); (212) 577-3300 (Manhattan) | www.legalaidnyc.org

Hours: Monday to Friday, 9:00 AM - 5:00 PM

Languages: English, Spanish

Service Fee: None

Services



Immigration Law Unit

移民法律單位

Servicios legales de inmigración



Employment Law Project

就業法權益計劃

Servicio de Derecho Laboral



Low-Income Taxpayer Clinic

低收入納稅人援助

Programa de asistencia al contribuyente de bajos ingresos



Juvenile Rights & Homeless Family Rights

青少年法律援助與流浪家庭權利

Servicios de Derechos para la Juventud y Asistencia legal para las personas sin hogar

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

LIFT

330 Jay Street, 6th & 7th Floors, Brooklyn, NY 11201
info@LIFTonline.org
(212) 343-1122 | www.liftonline.org

Hours: Monday to Friday, 9:00 AM – 5:00 PM
Languages: English, Spanish
Service Fee: None

Services



Education and Consultations on Child Support, Custody, Visitation, Welfare, and Domestic Violence
子女撫養費，子女監護權，探監，福利，和家暴的教育和諮詢
Educación y consultas sobre manutención infantil, custodia, visitas, bienestar y violencia doméstica



Hotline on Child Support Custody, Visitation, Welfare, and Domestic Violence
子女撫養費，子女監護權，探監，福利，和家暴的的热线电话
Línea directa sobre custodia de manutención infantil, visitas, para y violencia doméstica

New York Civil Liberties Union 紐約公民自由聯盟 | Unión Civil de Libertad NY

125 Broad Street, New York, NY 10004
(212) 607-3300 | www.nyclu.org

Hours: Monday to Friday, 9:30 AM – 5:30 PM
Languages: English, Spanish, French
Service Fee: None

Services



Immigration Practice, Due Process & Racial Justice
移民法律，正當程序與種族正義
Servicios de Inmigración, Debido al proceso y Servicios Legales contra el Racismo



Women's Rights, Reproductive Rights
女性權益和生育權
Derechos de la mujer, derechos reproductivos



Rights of People with Disabilities
傷殘司法服務
Servicios Legales para Personas con Discapacidades



LGBTQ+ Rights
同性戀，雙性戀和變性人的權益
Derechos para Lesbianas, Gais, Bisexuales y Transexuales

New York Lawyers for the Public Interest 紐約公益律師 | Los Abogados de NY para el Interés Publico

151 West 30th Street, 11th Floor, New York, NY 10001
(212) 244-4664 (Office) | www.nylpi.org/get-help

Hours:
Legal assistance intake Monday to Friday 10AM - 3PM
Languages: English, Spanish, Chinese, Creole, Russian
Service Fee: None

Services



Health, Disability, Environmental, Immigrant, Legal, and Community Justice
醫療法律服務 / 傷殘司法服務 / 環境正義服務
Justicia para el Acceso a Servicios de Salud / El Centro Legal par Personas con Discapacidades/Justicia Ambiental

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

NYC Commission on Human Rights

城市人權中心 | La Comisión de Derechos Humanos de la Ciudad de Nueva York

22 Reade Street, New York, NY 10007

25 Chapel Street, Suite 1001, Brooklyn, NY 11201

Manhattan: (212) 306-7450, Brooklyn: (718) 722-3131

www.nyc.gov/humanrights

Hours: Monday to Friday, 9:00 AM – 5:00 PM

Languages: English, Chinese, Spanish, Haitian-Creole, Russian, French, Bengali

Services



Investigating and Prosecuting Claims of Discrimination
調查和起訴歧視索賠
Investigar y enjuiciar las alegaciones de discriminación



Training and Public Education
培訓和公共教育
Entrenamientos y Educación Pública

"All New Yorkers deserve fairness and respect in the workplace and when looking for or renting an apartment. If you are treated differently by an employer or landlord because of what country you come from, your immigration status, religious beliefs, or accent, call 311 and say HUMAN RIGHTS."

Urban Justice Center

城市司法中心 | Centro de Justicia Urbana

Office: 40 Rector St. 9th Floor, New York, NY 10006

Community Development: 123 William Street, 16th Floor, New York, NY 10038

(646) 602-5600 | www.urbanjustice.org

Hours: Monday to Friday: 9:00 AM – 5:00 PM

Languages: English, Spanish

Service Fee: None

Services



Human Rights Project/ Domestic Violence Project/
Asylum & Refugee Assistance Project
人權法律援助/ 家庭暴力服務中心/
難民和庇護者援助中心
Proyecto de Derechos Humanos/ Violencia Doméstica/ &
Asistencia de Asilos & Refugiados



Sex Workers Project
性工作者援助
Proyecto de Trabajadores Sexuales



Veteran Advocacy Project
退伍軍人援助
Proyecto de Abogacía para Veteranos



Street Vendor Project
流動攤位援助
Proyecto de Ayuda Para Negocios en la Calle



Peter Cicchino Youth Project
青少年服務
Proyecto de Jóvenes de Peter Cicchino

BEHAVIORAL & REHABILITATIVE HEALTH 心理與健康康復 | Salud Mental y de Rehabilitación

Alcoholics Anonymous / Intergroup Association of NY Jovenes AA

6019 4th Ave, Brooklyn, NY 11220

info@nyintergroup.org

(718) 439-3367 | www.nyintergroup.org

Hours: Monday - Saturday, 8:00 AM - 10:00 PM; Sunday 10:00 AM - 10:00 PM

Service Fee: None

Services



Twelve Steps framework for self-examination and a road to recovery, free of alcohol
12步的自我檢查，然後一條通往康復和戒酒的康庄大道
Programa de Doce Pasos para auto-examinarse y encontrar un camino de
recuperación, libre de alcohol

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Chinese-American Sunshine House

陽光心理安康中心 | Casa de Sol China-Americana

837 58th Street, 3rd Floor, Brooklyn, NY 11220

6304 5th Avenue, 1st Floor, Brooklyn, NY 11220

(917) 969-7018 | www.chinesesunshinehouse.org

Hours: Monday to Saturday, 10:00 AM - 5:00 PM

Languages: Chinese, English

Service Fee: None

Services



Psychosocial Club

心理會所

Club Psicosocial

Requires psychiatric referral & assessment.

需要轉介精神科評估。

Requiere de referencia y evaluación psiquiátrica.

Support Groups

支援小組

Grupos de Apoyo



Mental Health & Parenting Workshops

心理健康和養育講座

Talleres de Salud Mental y de Crianza de Hijos



Batterer's Intervention and Anger Management Program

法庭指定的家庭暴力情緒管理課程

Programa Corte-Mandato de Intervención de Golpeadores y Control de la Ira

Hamilton-Madison House

漢密爾頓麥迪遜之家 | Casa de Hamilton-Madison

253 South Street, 2nd Floor, New York, NY 10002

info@hmhonline.org

(212) 349-3724 | www.hamiltonmadisonhouse.org

Hours: Monday to Friday, 9:00 AM - 5:00 PM

Languages: Chinese, Japanese, Korean, English

Service Fee: None

Services



Early Childhood Education & Youth Development

幼兒教育和青少年成長

Educación De La Primera Infancia



Addiction Services

戒毒服務

Servicios de Adicción



Senior Services

老人服務

Servicios para Ancianos



Immigrant Services

移民服務

Servicios para Inmigrantes

NYC Well

Hotline: 1-888-692-9355 | nycwell.cityofnewyork.us

Hours: 24/7

Languages: 200+ Languages

Service Fee: SMS (Texting) Fees if applicable

Services



Mental Health & Substance Misuse Peer Support; Calling, Texting, and Chatting available.

心理健康和毒品濫用的治療（同齡人的相互鼓勵—互相打電話，發信息，聊天）

Asistencia comunitaria de salud mental y abuso de sustancias; disponibles por teléfono, mensajes de texto o por chat

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

DISEASE-SPECIFIC ORGANIZATIONS 特異性疾病機構 | Organizaciones para enfermedades específicas

American Cancer Society

美國癌症協會 | Sociedad Americana del Cáncer

503 5th Ave Ste 2A Brooklyn, NY 11215

132 West 32nd Street, New York, NY 10001

131-07 40th Rd, Suite E.28 Flushing, NY 11354

Brooklyn: (718) 237-7850, Manhattan: (212) 586-8700, Flushing: (718) 263-2224

Hotline: (800) 227-2345 | www.cancer.org

Hours: Monday to Friday, 9:00 AM - 5:00 PM, 24/7 Hotline

Languages: Chinese, Spanish, Korean, Vietnamese, Engl

Service Fee: None

Services



Care Consultation, Support Groups
保育護理教育, 支援小組
Consulta Sobre el Cuidado de Salud,
Grupos de Apoyo



Education and Training
教育和培訓
Educación y Formación



Hairloss & Mastectomy Products
护发和乳房切除手术产品
Productos para la caída del cabello y la mastectomía



Lodging, Rides to Treatments Alojamiento,
提供住宿, 救护车服务
Alojamiento, Transporte a tratamientos

American Diabetes Association

880 Third Avenue 12th Floor New York, New York, 10022

(212) 725-4925 | <http://www.diabetes.org/>

Hours: Monday to Friday: 9:00 AM – 7:00 PM

Languages: English, Spanish

Services



Diabetes Awareness Program
糖尿病防治教育
Programas de información sobre la diabetes



Diabetes Camp for Youth
青少年糖尿病知識普及訓練營
Campamento de diabetes para
los jóvenes

American-Italian Cancer Foundation

美國意大利癌症基金會 | Fundación de Cáncer Americano-Italiano

112 E 71st Street #2B, New York, NY 10021

(212) 628-9090 | www.americanitaliancancer.org

Hours: Monday to Friday, 9:00 AM - 4:30 PM

Languages: English, Spanish

Service Fee: None

Services



Mobile Care Clinic for Mammograms and Clinical Breast Exams
乳房X光檢查和臨床乳房檢查
Clínica móvil para mamografías y exámenes de los senos
cerca de usted

***Call to schedule a no-cost mammogram near you

***联系我们获取一个就近的, 免费的乳房X光检查

***Llame para programar una mamografía sin costo

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Caringkind

360 Lexington Avenue, 3rd Fl, New York, NY 10017
(646) 744-2900 | www.caringkindnyc.org

Hours: Monday to Friday, 9:00 AM - 5:00 PM
Languages: Translation available in 200 languages

Services



24-hour Helpline & MedicAlert
24小時服務熱線 & 醫療手鐲
Línea de ayuda las 24 horas & MedicAlert



Education and Training
教育和培訓
Educación y Formación



Care Consultation & Support Groups
保育護理教育 & 支援小組
Consulta Sobre Atención & Grupos de Apoyo
Etapa



Alzheimer's Association Safe Return; Early Stage Services
平安歸來計劃; 早期服務
Programa de Regreso Seguro & Servicios para Temprana

Mount Sinai Mobile Mammography Program

(844) 396-2666 | MountSinai.org/MobileMammography

Hours: Monday to Friday, 9:00 AM - 5:00 PM
Languages: English, Spanish, Chinese, and more

Services



Mobile Clinic for Mamograms
乳房X光檢查
Clínica móvil para mamografías
del seno

***Call to schedule a no-cost mammogram near you



Breast Cancer Education Workshops
乳腺癌教
Talleres sobre la educación de cancer

EXERCISE & WELLNESS PROGRAMS 運動與健康項目 | Programas de Ejercicio y Bienestar

PopGym Brooklyn

Brooklyn, NY
(573) 767-0143 | info@popgym.org | www.popgym.org

Hours: 24/7

Services



A self-defense non profit that offers free self-defense and martial arts workshops all around NYC
一個開放式健身房，每週7天提供免費的自衛，健身和技能分享課程
Un gimnasio abierto a todos; ofrecen clases gratuitas de autodefensa, fitness y de habilidades los 7 días

Street Soccer USA

美國街區足球 | Fútbol en la Calle Estados Unidos

115 East 13th Street, New York, NY 10003
(212) 400-7044 | www.streetssoccerusa.org

Hours: Monday to Friday, 6 AM - 9 PM; Sat 8 AM - 4 PM

Languages: English, Spanish

Service Fee: None

Services



Soccer classes and games for all ages
足球班和各種年齡的足球遊戲比賽
Clases y competiciones de fútbol para todas las edades

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Sunset Park Recreation Center

日落公園娛樂中心 | Centro Recreativo de Sunset Park

4200 7th Ave, Brooklyn NY 11232

(718) 972-2135 | nycgovparks.org

Hours: Monday to Friday, 6:00 AM - 9:00 PM

Saturday, 8:00 AM - 4:00 PM

Services



ShapeUp NYC Free Fitness Classes
ShapeUp NYC免費運動班
ShapeUp NYC Clases Gratuitas de Gimnasio



Computer Resource Center
電腦室
Centro de Recursos Informáticos



Gym with table tennis, basketball courts, fitness machines. (Membership fee: Free - \$100/yr)
健身房, 乒乓球, 籃球場, 健身器材。入會費: 免費-100元/年)
Gimnasio con tenis de mesa, canchas de baloncesto, máquinas de fitness.
(Membresías: Gratis - \$100 /año)

United Chinese Association of Brooklyn

布碌崙華人聯合會 | Asociación China Unida de Brooklyn

1787 Stillwell Avenue, Brooklyn, NY 11223

(718) 232-0055; (718) 256-0404 | <http://www.ucaob.org>

Hours: Monday to Friday, 9:00 AM - 5:00 PM

Languages: English, Chinese

Service Fee: None

Services



Tai Chi and Martial Arts Classes
太極拳和武術班
Clases de Tai Chi y Artes Marciales



Art, English, and Cell Phone Classes
艺术, 英文, 以及手机班
Clases de Arte y Idioma Chino

Young Dancers in Repertory

年輕舞者劇目中心 | Jóvenes Bailarines en el Repertorio

5602 5th Avenue, 2nd Floor, Brooklyn, NY 11220

(347) 702-7155 | www.youngdancersinrep.org

Hours: Monday to Friday, 9:00 AM - 3:00 PM

Languages: English

Services



Center for Dance Studies
Dance Classes for Children & Adults
舞蹈學中心
兒童及成人舞蹈班
Centro de Estudios de Baile
Instrucción de Baile para Niños y Adultos



Free Dance Workshops & Performances
免費舞蹈小課程及表演
Talleres y Espectáculos de Baile Gratis



In-School & After-school Dance Programs
在校和課後歌舞班
Programas de Bailes para Niños en la Escuela

HOSPITALS, CLINICS & HEALTH SERVICES ORGANIZATIONS 醫療中心 | Hospitales, Clínicas, y Organizaciones de Servicios de Salud

Academy of Medical & Public Health Services

安服心公共健康服務中心 | La Academia de Servicios Médicos y de Salud Pública

5306 Third Avenue, 2nd Floor, Brooklyn, NY 11220

(212) 256-9036 | www.amphsonline.org

Hours : Tuesday to Saturday, 10:00 AM - 6:00 PM

Languages: English, Spanish, Chinese, Arabic

Service Fee: None

Services



Health screenings (heart, lungs, vision, dental, dementia), consultations, and nutrition counseling
健康檢查 (心肺, 視力, 牙科, 癡呆症), 諮詢和營養諮詢

Exámenes de salud (corazón, pulmones, visión, odontología, demencia), consultas y asesoramientos



Health Literacy Workshops, Mental Health First Aid Trainings, Know Your Rights Trainings, CPR/First Aid Trainings

健康素養講習班, 心理健康急救培訓, 知道您的權利研討會, 心血管復甦/急救培訓

Talleres de: Salud, Primeros Auxilios (incluyendo de Salud Mental), Conozca Sus Derechos, Resucitación Cardiovascular



Adult English (ESOL) Classes

成人英語班

Clases de ingles



Mental Health Therapy

精神健康治療

Consejería de salud mental

Archcare / ArchCare Time Bank

1249 5th Ave, New York, NY 10003

(855) 951-2773 | www.archcare.org

Hours: Everyday, 8:00 AM - 8:00 PM

Languages: English, Spanish, Chinese

Service Fee: Insurance

Services



Traditional long-term residential care, short-term rehabilitation, nursing home alternatives, home health services, Medicare and Medicaid health plans, end of life and palliative care, specialized care, community services

傳統的長期住宿照顧, 短期康復, 護理之家的選擇, 家庭保健服務, 醫療保險和醫療保健計劃, 姑息治療, 專科醫療服務, 社會服務

Cuidados a largo plazo, rehabilitación a corto plazo, las alternativas de hogares de ancianos, servicios de salud en el hogar, los planes de salud de Medicare y Medicaid, final de la vida y el cuidado paliativo, cuidados especializados, servicios comunitarios

Brooklyn Hospital Center/ 61st Street Family Health Center

六十一街家庭健康中心 | Centro de Salud Familiar de Calle 61

771 61st Street, Brooklyn, NY 11220 | (718) 851-2323

www.tbh.org

Hours: Monday to Friday, 9:00 AM - 5:00 PM, Sat. 10-5

Languages: English, Spanish, Mandarin

Service Fee: Insurance, Sliding Scale

Services



Internal medicine, nutritional counseling, OB/GYN, pediatrics/adolescent health, prenatal Medicaid registration, smoking cessation counseling, social services, surgery, ultrasound exam, WIC program, financial assistance counseling

內科, 營養諮詢, 婦產科, 兒科, 產前醫療登記, 戒菸諮詢, 社會服務, 手術, 超聲檢查, 糧食券計劃, 財政援助諮詢

Medicina interna, asesoría nutricional, obstetricia y ginecología, pediatría / salud de los adolescentes, el registro para Medicaid prenatal, asesoramiento y apoyo para dejar de fumar, servicios sociales, cirugías, ecografías, el programa WIC, asesoramiento para asistencia financiera

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Institute for Family Health

230 West 17th Street, New York, NY 10011
300 Cadman Plaza West, 17th Floor, Brooklyn, NY 11201
Manhattan: (212) 206-5200, Brooklyn: (844) 434-2778 or (718) 822-1818
www.institute.org

Hours: Multiple Hours
Languages: English, Spanish, and more
Service Fee: Insurance, Sliding Scale

Services



Primary Care, Women's Health, Behavioral Health
內科, 婦科, 和精神科醫療服務
Cuidado primaria, salud para mujeres, salud conductual



Health Insurance Enrollment Services
健康保險註冊服務

Maimonides Medical Center

邁蒙尼德醫療中心 | Centro Médico Maimonides

Medical Center	4802 10th Avenue, Brooklyn, NY 11219 (718) 283-6000
Breast Center	745 64th Street, 1st Floor, Brooklyn, NY 11220 (718) 765-2520
Primary Care Women's Services	4422 9th Avenue, Brooklyn, NY 11219 (718) 283-8930
Primary Care Health Services	6323 7th Avenue, Brooklyn, NY 11220 (718) 283-6980
Adult Primary Care Center	1250 57th Street, Brooklyn, NY 11234 (718) 283-5700

Hours: 24 hours | www.maimonidesmed.org
Languages: English, Spanish, Mandarin Chinese, Hindu/Urdu
Service Fee: Insurance, Charity Care, Sliding Scale

Services



Primary Care, Pediatrics, Podiatry, Reproductive Health, Women's Health, Geriatrics, Cancer Services, Free PAP smears and mammograms (varies by facility)
內科, 兒科, 足療, 婦產科, 老年科, 癌症服務, 免費乳房X光檢查和臨床乳房檢查 (各中心服務有分別)
Atención Primaria, Pediatría, Podología, Salud Reproductiva, Salud de La Mujer, Geriatria, Servicios de Cáncer, Papanicolaou y Mamografías gratuitos (varía según el centro)

New York Memory Center

199 14th Street, Brooklyn, NY 11215
mchrist@nymemorycenter.org
(718) 499-7701 | www.nymemorycenter.org

Hours: Day Program: Mon.-Fri., 9am-3pm
Night Program: 2pm-7pm
Extended Program (Special rate): 7am-7pm
Languages: English, Spanish, and more
Service Fee: None

Services



Comprehensive care for adults with dementia:
Exercise Assistance, Diet Management,
Housekeeping, Medical Liaison
癡呆症成人的綜合護理
Atención integral para adultos con demencia



Emotional Support & Individual Care
心里辅导和个人護理
Apoyo emocional y cuidado individual



Cognitive Classes: Art, Music, Games, Computers
認知教育班: 美术, 音乐, 游戏, 电脑
Clases cognitivas: arte, música, juegos, computadoras



Family Resource Programs
家庭資源項目
Programas de recursos familiares

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

New York-Presbyterian Brooklyn Methodist Hospital

紐約長老會醫院（布祿崙） | Hospital Nueva York-Presbyteriano Brooklyn Metodista

506 Sixth Street, Brooklyn, NY 11215

Medial Center: (718) 780-3000 | www.nyp.org/brooklyn

Hours: 24 hours

Languages: English, Spanish, Chinese, more

Service Fee: Insurance, Sliding Scale, Emergency Medicaid

Services



Primary Care, Pediatrics, Reproductive Health, Women's Health, Geriatrics, Cancer Services, Diabetes & Endocrinology, Orthopedics, Radiology, Cardiology, Otolaryngology, Neurology, Respiratory Disease

內科，兒科，足療，婦產科，婦女保健，老年醫學，癌症服務，糖尿病與內分泌學，骨科，心髒科，耳鼻喉科，神經科，呼吸系統疾病科

Atención Primaria, Pediatría, Salud Reproductiva, Salud de La Mujer, Geriátría, Servicios de Cáncer, Diabetes y Endocrinología, Ortopedia, Radiología, Cardiología, Otorrinolaringología, Neurología, Enfermedades Respiratorias

NYC Health + Hospitals

Multiple Locations

Brooklyn: (844) 872-6639, Manhattan: (212) 562-5555

www.nyp.org/brooklyn

Hours: 24/7

Languages: 200+ Languages

Service Fee: Insurance, Sliding Scale, Emergency Medicaid

Services



Medical Services, Behavioral Health & Rehab Services, Women's Health, Language

医疗服务，精神科，康复护理，妇科，语言翻译服务

Servicios médicos, Servicios de rehabilitación y salud conductual, Salud de la mujer, Idiomas

NYU Langone Hospital - Brooklyn

紐約大學Langone醫院（布祿崙） | Hospital NYU Langone de Brooklyn

Medical Center

Sunset Terrace Behavioral Health Center

Seventh Avenue Family Health Center

Family Physician Family Health Center

Park Ridge Family Health Center

150 55th Street, Brooklyn, NY 11220 | (718) 630-7000

514 49th Street, Brooklyn, NY 11220 | (718) 431-2600

5008 7th Avenue, Brooklyn, NY 11220 | (718) 210-1030

5616 6th Avenue, Brooklyn, NY 11220 | (718) 439-5440

6317 4th Avenue, Brooklyn, NY 11220 | (718) 907-8100

Hours: 24 hours | www.nyulangone.org

Languages: English with interpreters on site

Service Fee: Insurance, Sliding Scale, Emergency Medicaid

Services



Comprehensive health and dental care, adult and family medicine, behavioral health, chronic disease management, comprehensive HIV/AIDS services, pediatrics, specialty services

全面的健康和牙科護理，成人和家庭醫學，行為健康，慢性疾病管理，全面艾滋病服務，兒科，專科服務

La salud integral y el cuidado dental, adultos y medicina familiar, salud mental, manejo de enfermedades crónicas, servicios de SIDA, pediatría, medicina de especialidad

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Planned Parenthood

生育計劃中心 | Planificación Familiar

44 Court Street, 6th Fl, Brooklyn, NY 11201

(212) 965-7000

www.plannedparenthood.org

Hours: Mon-Thurs: 8:00 AM - 8:30 PM, Fri: 8:00 AM - 6:30 PM,

Sat: 8:00 AM - 5:30 PM

Languages: Spanish, English, Chinese (phone only)

Service Fee: Sliding Scale

Services



Abortion Services, Birth Control, HIV Testing, LGBT Services, Women's & Men's Health Care, Emergency Contraception, Pregnancy Testing & Services, STD Testing/Treatment/Vaccines

人工流產, 節育, 艾滋病檢測, 同性戀服務, 婦女與男性健康保健, 緊急避孕, 懷孕測試服務, 性傳播疾病測試/治療/疫苗
Servicios de Aborto, Anticonceptivos, Pruebas de VIH, Servicios para la comunidad LGBT, Servicios para la Salud de Mujeres y Hombres, Anticoncepción de Emergencia, Pruebas y Servicios de Embarazo, Pruebas/ Tratamiento/Vacunas de Enfermedades de Transmisión Sexual

Project Renewal

更新項目 | Proyecto de Renovación

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

(212) 620-0340 | www.projectrenewal.org

Hours: Monday to Friday, 9:00 AM – 5:00 PM

Languages : English, Spanish

Services



Crisis Service

緊急醫療

Servicios de Emergencia

Dental Clinic

牙醫/Clínicas Dental

Psychiatry

精神科/Psiquiatría

Optometry

驗光配鏡服務/Optometría

Recovery Center

恢復中心 / Centro de Recuperación

HIV Support Services

艾滋病檢測 / Servicios de Apoyo de VIH



Mobile Mammograms

移動乳房X光檢查 / Mamografías móviles

Next Step Employment Program

就業援助 / Programa de Asistencia al Empleado

Veterans Employment & Training

退伍軍人就業培訓

Entrenamiento y Asistencia para el Empleo - Veteranos

Culinary Arts Training

烹飪藝術培訓 / Entrenamiento en Artes Culinarias

Public Health Solutions: Sunset Park Neighborhood Women, Infants, and Children Center

462 36th Street 2nd Floor, Sunset Park, Brooklyn 11232

(718) 942-6240 | <https://www.healthsolutions.org/>

Hours: Monday, 11:00 AM – 6:30 PM

Tuesday to Saturday, 8:30 AM – 4:00 PM

Languages: Chinese, English, Spanish

Service Fee: None

Services



Neighborhood WIC/ SNAP/Food Stamps Enrollment Assistance

社區WIC/SNAP/糧食卷申請幫助

Asistencia de WIC, estampias de comida, ayuda para mamás y sus hijos



Facilitated Enrollment for the Aged, Blind and Disabled

高齡, 失明已經殘疾的援助服務

Inscripción facilitada para ancianos, ciegos y discapacitados



Health Insurance Enrollment Navigator

健康保險申請商討

Inscripción de seguro médico



Family Support Services

家庭服務

Servicios de apoyo familiar

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

SOCIAL SERVICES 社會服務 | Servicios Sociales

Arab American Association of New York

7111 5th Avenue, Brooklyn, NY 11209

info@ArabAmericanNY.org

(718) 745-3523 | www.arabamericanny.org

Hours: Monday to Friday: 10:00AM - 5:00PM

Languages: English, Arabic

Services



Adult Education, Advocacy & Civic Engagement, Social Services, Youth Development, Mental Health Services

成人英語課程；內政的宣傳，社工服務，青年成長服務，心理健康服務

Educación de adultos, promoción y compromiso cívico, servicios sociales, desarrollo juvenil, servicios de salud mental

Arab American Family Support Center

150 Court St, 3rd Floor, Brooklyn, NY 11201

(718) 643-8000 | www.aafscny.org

Hours: Monday to Friday: 9:00AM - 5:00PM

Languages: English, Arabic

Services



Health, Adult Education and Literacy; Legal, Youth, and Anti-Violence Program; New Immigrants and Refugee Fund

健康，成人英語課程，移民法，青少年和反暴力項目；新移民和難民基金

Programas de salud, educacion para adultos, ayuda legal, juvenil, anti-violencia, y el fondo para inmigrantes y refugiados

Asian Americans for Equality

亞洲人平等會 | Asiáticos-Americanos Por La Igualdad

2 Allen St., Suite 7A, New York, NY 10002

(212) 979-8381 | www.aafe.org

Hours: Tuesday to Saturday, 9:00AM - 5:00PM

Languages: English, Mandarin, Cantonese, Toisanese

Service Fee: None

Services



Multi-Social Services (Benefit Screenings; Credit, Budget, and Small Business Loan Consultations)
社會服務（公共福利，信貸，財務預算，財務預算和小企業貸款諮詢）

Servicios Multi-Sociales (Evaluación de beneficios públicos; Consultas de Crédito, Presupuesto y Préstamos para Pequeñas Empresas)



Housing and Tenant Services

住房和租戶服務

Servicios de Vivienda y Arrendamiento

Bay Ridge Center

海灣嶺中心 | Centro de Bay Ridge

6935 4th Avenue, Brooklyn, NY 11209

(718) 748-0650

Hours: Monday to Friday: 8:00AM - 4:00PM

Languages: Chinese, Spanish, English

Service Fee: None

Services



Multi-Social Services (Trips, Case Assistance) for Older Adults (60+)

老年（60+）的社會服務

Servicios Multi-Sociales



Food Pantry and Lunch

食物銀行

Despensa de Alimentos y Almuerzo

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Brooklyn Chinese-American Association 布祿崙華人協會 | Asociación de Brooklyn Chino-Estadounidense

5000 8th Avenue, Brooklyn, NY 11220
(718) 438-0008 | www.bca.net

Hours: Monday to Friday, 9:00 AM – 5:00PM

Languages: Chinese, Spanish, English

Service Fee: None - Nominal

Services



Multi-Social Services (Food Stamps, HEAP, Translation)
社會服務 (糧食券, 能源補貼, 翻譯)
Servicios Multi-Sociales (Cupones de alimentos, HEAP,
Traducción)



Youth Programs
青少年服務
Programas para la Juventud



Adult Education Programs & Health Literacy Workshops
成人教育課程與健康素養課程
Programas de Educación de Adultos



Senior Services
老人服務
Servicios para Ancianos

Brooklyn Public Library of Sunset Park

4201 4th Ave, Brooklyn, NY 11232
(718) 435-3648 | www.bklynlibrary.org/locations/sunset-park

Languages: Telephone interpretation services are available at every BPL branch in more than 170 languages

Hours: Tuesday to Thursday, 10:00 AM - 8:00 PM

Monday & Friday, 10:00 AM - 6:00 PM

Saturday, 10:00 AM - 5:00 PM

Service Fee: None

Services



Citizenship Classes
公民資料班
Clases de Ciudadania



Resume, Jobs and Career Help
簡歷, 工作以及職業幫助
Ayuda con empleo y Escribir un Resumen



Legal Services provided by Immigrant Justice Corps on-site
移民司法團現場提供法律服務
Servicios Legales del Cuerpo de Justicia Para Inmigrantes



Cultural Programs
文化計劃
Programas Culturales



Afterschool Homework Help, Youth Programs
課後功課補習
Ayuda con la Tarea Después de la Escuela

Catholic Charities Diocese of Brooklyn and Queens 天主教慈善社區服務中心 (布祿崙) Centro de Caridades Católicas de Brooklyn y Queens

191 Joralemon St., 1st Fl, Brooklyn, NY 11201
Tel: (718) 722-6001, Hotline: (800) 566-7636 | www.ccbq.org

Hours: Mon-Wed, Fri: 9:00 AM - 4:00 PM. Thurs: 9:00 AM - 12:00 PM.

Call Center: 9:00 AM - 6:00 PM

Languages: English, Spanish

Service Fee: None; Nominal

Services



Caritas Professional Development Center
職業發展中心
Centro de Desarrollo Profesional



Youth Programs
青少年服務
Programas para la Juventud



Refugee Resettlement Program, Disability Services,
Food Assistance
難民安置計劃, 糧食資助
Programa de Reasentamiento de Refugiados



Senior Services
老人服務
Servicios para Ancianos

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Center for Family Life in Sunset Park

日落公園家庭生活中心 | Centro de Vida Familiar en Sunset Park

443 39th Street, Brooklyn, NY 11232

Tel: (718) 438-9500, Immigrant Hotline: (718) 492-3585 | www.cflsp.org

Hours: Mon, Tues, Fri 9:00AM – 5:00 PM.

Wed 9:00 AM - 7:00 PM

Thurs, 9:00 AM -- 6:00 PM

Languages: Chinese, Spanish, English

Service Fee: None

Services



Summer Youth Employment Program & School-Based Programs

夏季青年就業計劃, 课后计划

Programa de Asistencia de Empleado para la Juventud en el Verano, Programas Basados en la Escuela



Foster Care, Family Counseling, Sanctuary Family Project

寄養服務, 家庭諮詢, 庇護所家庭項目

Servicios de Cuidado de Crianza, Consejería Familiar, Proyecto Familia Santuarios



Food Pantry

食物銀行

Despensa de Alimentos



Advocacy Clinic, Tax Filing

倡導診所, 報稅服務

Clínica para servicios sociales, Asistencia de impuestos

Children's Aid

711 Third Avenue, Suite 700 New York, NY 10017

(212) 949-4800 | <https://www.childrensaidnyc.org>

Hours: Mon, Wed, Fri: 9:00 AM - 5:00 PM

Tues, Thurs: 11:00 AM - 7:00 PM

Languages: English, Spanish

Service Fee: Free; Sliding Scale

Services



Academic and Social-Emotional Learning

學術和社交情感學習

Aprendizaje académico y socioemocional



Family and Community

家庭和社區

Familia y Comunidad



Health and Nutrition

健康與營養

Salud y nutrición

Chinese-American Planning Council (Brooklyn Community Center)

華人策劃協會 (布祿崙) | Consejo de Planificación Chino-Estadounidense

4101 8th Avenue, 4th Floor, Brooklyn, NY 11232

(718) 492-0409 | www.cpc-nyc.org

Hours: Monday to Friday, 9:00 AM - 6:00 PM

Languages: Chinese, English

Service Fee: None

Services



Multi-Social Services (Food Stamps, HEAP, Translation, Housing Services)

社會服務 (糧食券, 能源補貼, 翻譯, 住房服務)

Servicios Multi-Sociales (Cupones de alimentos, HEAP, Traducción, Asistencia de Vivienda)



Youth Programs, After-School Programs, and Summer Camps, Weekend Programs

青少年服務, 課後班, 暑假班

Programas para la Juventud, Programas Extraescolares, y Campamentos de Verano, Programa de fin de semana para los niños



Services to Asian Parents of the Developmentally Disabled

為亞洲家長提供的兒童發育障礙服務

Servicios a los Padres Asiáticos de Discapacitados



Senior Services

老人服務

Servicios para Ancianos



ACA IPA/Navigator Services

健康計劃援助

Navegación de Seguros Médicos



Literacy Program

英語課程

Programa de Educación de Adultos

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Family Justice Center | 紐約家庭公義中心 | Centro de Justicia Familiar de Brooklyn

350 Jay Street, 15th Floor, Brooklyn, NY 11201

80 Centre Street, 5th Floor, New York, NY 10013

Brooklyn: (718) 250-5111, Manhattan: (212) 602-2800

Domestic Violence Hotline: 1-800-621-HOPE (4673)

www1.nyc.gov/site/ocdv/programs/family-justice-centers.page

Hours: Monday to Friday, 9:00 AM – 5:00 PM

Languages: All

Service Fee: None

Services



Legal Assistance: Immigration, Family, Orders of Protection
法律援助: 移民, 家庭法; 保護令
Asistencia legal: inmigración, familia, Órdenes de protección



Counseling & Case Management
諮詢和案件管理
Asesoramiento y Gestión de Casos



Assistance and counseling for victims and survivors of domestic and gender-based violence
家暴和性別歧視受害者的援助和法律諮詢
Asistencia y asesoramiento para víctimas y sobrevivientes de violencia doméstica y de género

Fifth Avenue Committee

621 Degraw St Brooklyn, NY 11217

(718) 237-2017 | www.fifthave.org

Hours: Monday to Friday, 9:00 AM - 5:00 PM

Languages: English

Service Fee: None

Services



Adult education, job training, job placement, workforce development programs
成人教育, 培訓, 找工作, 工作發展的项目
Educación para adultos, capacitación laboral, colocación laboral, programas de desarrollo laboral

Galapagos Center for New Americans

702 5th Avenue, Suite 1, Brooklyn, NY 11215

galapagoscenter@gmail.com

(347) 709-4262 | www.galapagoscenternyc.com

Hours: Monday to Friday, 10:00 AM - 3:00 PM

Languages: English, Spanish

Service Fee: None

Services



Mentorship for immigrant women
移民女性導師計劃
Tutoría para mujeres inmigrantes

Get Covered NYC Public Engagement Unit | 覆盖纽约

253 Broadway 3rd floor, New York, NY 10007

(646) 574-5395

<https://www1.nyc.gov/nyc-resources/get-covered.page>

Hours: Tuesday to Saturday, 10:30 AM - 6:30 PM

Languages: English, Chinese, Arabic

Service Fee: None



Health insurance enrollment assistance
健康保險註冊的幫助
Asistencia de inscripción en seguros de salud

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

GrowNYC's 6th Ave and 4th Ave Greenmarkets

6th Ave & 44th St and 4th Ave & 60th St
(212) 788-7900 | grownyc.org

Languages: English, Mandarin, Spanish
Service Fee: Free

Services



Free Cooking and Nutrition Classes
免費烹飪和營養課程
Clases de cocina y nutrición gratuitas



Offers Locally Grow Food
提供當地種植的食物
Ofertas de alimentos cultivados localmente

Hot Bread Kitchen

1590 Park Avenue, Box #1, New York, NY 10029
(929) 226-2079 | hotbreadkitchen.org

Languages: English, Spanish
Service Fee: Free

Services



Bread Baking & Culinary Training for Women
(婦女) 麵包烘焙和烹飪培訓
Programa para mujeres gratuito de aprendizaje y entrenamiento culinario y de repostería

Housing Works

Downtown Brooklyn Health Center: 57 Willoughby St, Brooklyn NY
(347) 473-7400 | housingworks.org

Services



Advocacy and Legal Services
支持和法律服務
Abogacía y servicios legales



Housing, Job Training
房屋和工作培訓
Vivienda, Formación Profesional



Workforce Development (Job Placement, GED, Certifications, Job Placement Assistance)
工作安置, GED, 認證, 工作安置協助
Desarrollo de la fuerza de trabajo (colocación de empleo, GED, certificaciones, asistencia en la colocación de puestos de trabajo)



Healthcare, Nutritional Counseling, Mental Health, Substance Use Treatment
醫療保險, 營養諮詢, 精神健康, 藥物治療
Servicios de Salud, Consejería Nutricional, Salud Mental, Tratamiento de uso de sustancias



Immigration Services
移民服務
Servicios de Inmigración

La Casita Comunal de Sunset Park

411 46th Street, Brooklyn, NY 11220
trinitysunsetparkoffice@gmail.com
(718) 854-6040 | www.trinitybrooklyn.org/la-casita

Languages: English, Spanish

Services



After School Programs: Homework Help, Arts, Recreation, Community Engagement
课后项目: 功课帮助, 画画, 娱乐, 社区活动
Programas después de la escuela: ayuda con la tarea, artes, recreación, participación comunitaria



Immigration Clinics and Trainings
移民培訓
Clínicas de inmigración y entrenamientos



Food Pantry
食物銀行
Despensa de Alimentos



Social Services: Referrals for Immigration, Housing, and Healthcare
社区服务: 移民, 住所, 医疗的转介
Servicios sociales: referencias para inmigración, vivienda, y asistencia sanitaria

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Make the Road NY (Se Hace Camino NY)

301 Grove Street, Brooklyn, NY 11237
cassandra.cochran@maketheroadny.org
(718) 418-7690 | www.maketheroadny.org

Hours: Monday to Friday, 9:30 AM - 5:30 PM
Languages: English, Spanish
Service Fee: None

Services



Adult Literacy & Computer Classes
成英语和电脑班
Clases de inglés y computación para adultos



Health Insurance & Resources Navigation
健康保险和资源介入
Navegación de seguro de salud y recursos



College & Career Trainings, Youth Empowerment
大學和職業培訓, 青年服務
Capacitaciones universitarias y profesionales,
empoderamiento juvenil



Legal Services: Immigration, Employment, Housing
法律服務: 移民, 工作, 住所, 弱勢群眾
Servicios legales: inmigración, empleo, vivienda

Mixteca Organization, Inc.

245 23rd St, 2nd Fl, Brooklyn, NY 11215
jpvale@mixteca.org
(718) 965-4795 | www.mixteca.org

Hours: Mon-Fri, 10 AM - 6 PM, Sat, 10 AM - 3 PM
(Call for Summer Hours)
Languages: English, Spanish
Service Fee: None

Services



Adult Literacy & Computer Classes
成人教育和电脑班
Clases de inglés y computación para adultos



Health & Nutrition Workshops & Referrals
健康和营养学的培训班和转介
Talleres y referencias de salud y nutrición



Immigration Advocacy & Referrals
移民权益
Defensa de Inmigración y Referencias



Social Services: Individual & Group Counseling
社区服务: 个人和团队咨询
Servicios sociales: asesoramiento individual y grupal

Muslims Giving Back

5218 3rd Ave, Brooklyn, NY 11220
www.muslimsgivingback.nyc

Hours: Monday to Friday, 9:00 AM - 5:00 PM

Services



Food Pantry, Coats, Blankets, Socks, Hygiene Supplies
食物銀行, 外套, 毯子, 襪子, 衛生用品
Despensa de Alimentos, Abrigos, Mantas, Calcetines,
Suministros de Higiene

Opportunities for a Better Tomorrow

更好明天的機會 | Oportunidades para un mejor mañana)

882 3rd Avenue Suite 10-10NE, Unit 18, Brooklyn, NY 11232
(718) 369-0303 | www.obtjobs.org

Hours: Monday to Friday, 8:30 AM - 4:00 PM
Languages: English, Spanish
Service Fee: None

Services



Literacy Programs: English & High School Equivalency
文学教育: 英文和高中文凭
Programas de alfabetización: equivalencia de inglés y
preparatoria de escuela secundaria



Workforce Development Programs: GED, Job
Placement Assistance, Trainings
工作发展计划: 高中证书, 工作辅助, 和培训
Programas de desarrollo de la fuerza laboral: GED,
asistencia de colocación de trabajo, capacitaciones

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Project Bienestar, The Family Center

493 Nostrand Avenue, 3rd Fl, Brooklyn, NY 11216
(718) 230-1379 x176 | www.thefamilycenter.org/project-bienestar

Hours: Monday to Friday, 9:00 AM - 7:00 PM
Languages: English, Spanish
Service Fee: None

Services



Trauma-Focused Mental Health Services for Immigrant Youth, Clinical Case Management, Caregiver Support
为移民青年提供心理创伤医疗服务，临床治疗，护理帮助
Servicios de salud mental centrados en el trauma para jóvenes inmigrantes, manejo de casos clínicos, apoyo para cuidadores

Safe Horizon, Anti-Trafficking Program

“安全地平線” 反人口販賣計劃 | Horizonte Seguro, Programa Contra el Tráfico de Personas

50 Court Street, Brooklyn, NY 11201
Brooklyn: (718) 943-8631, Hotline: 1-800-621-4673 | www.safehorizon.org

Hours: Monday to Friday, 9:00AM – 5:00PM, (24/7 Hotline)
Languages: English
Service Fee: None

Services



Intensive Case Management, Benefits Assistance,
Counseling for Victims of Domestic Violence
案件管理，福利援助，諮詢服務
El manejo de casos intensivos, asesoramiento de
beneficios, consejería



Immigration Services and Criminal Justice Advocacy
移民服務和刑事司法協助
Servicios de inmigración y abogacía de justicia criminal

Sanctuary for Families (Brooklyn)

家庭保護區 | Santuario para las Familias

350 Jay Street, Brooklyn, NY 11201 | (212) 349-6009 x 221
info@sffny.org | sanctuaryforfamilies.org

Hours: Monday to Friday: 9:00 AM – 5:00 PM
Languages: English, Spanish
Service Fee: None

Services



Battered Women's Legal Services
家庭暴力法律服務
Servicios Legales para Víctimas de Violencia Doméstica



Services for Domestic Violence Victims
家庭暴力受害者服務
Apoyos Comprehensivos para Víctimas de Violencia
Doméstica



Shelter Services for Survivors of Violence
緊急避難所
Refugio de Emergencia



Economic Empowerment Programs
經濟能力計劃
Programa de Empoderamiento Económico

Single Stop

123 William Street, Suite 901, New York, NY 10038
healthcare@singlestop.org
1-800-290-7189 | singlestopusa.org

Hours: Monday to Friday, 9:00 AM - 5:00 PM
Languages: English, Spanish, Mandarin, Cantonese, Taishanese, French
Service Fee: None

Services



Health insurance enrollment services through New York State of Health (Medicaid, CHPlus Essential Plan, Qualified Health Plans) as well as application assistance for the Aged, Blind and Disabled
纽约健康保险注册服务以及为残疾人士的申请提供帮助
Servicios de inscripción en seguros de salud a través del estado de salud de Nueva York

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Spanish Speaking Elderly Council - RAICES

460 Atlantic Avenue, Brooklyn, NY 11217 | (718) 643-0232

www.raices.us

Hours: Elderly Services: Mon-Fri, 8:00 AM - 4:00 PM

Clinic: Mon-Fri & every other Sat, 9:00 AM - 5:00 PM

Languages: English, Spanish

Service Fee: None

Services



Nutrition, health, educational, social and recreational services for elderly and minority populations

老人移民營養, 保健, 教育, 社會和娛樂服務

Servicios de nutrición, salud, educación, sociales y recreativos para personas mayores y minorías



Latino geriatric outpatient mental health clinic

拉丁裔老年人門診心理健康診所

Clínica de salud mental geriátrica para pacientes ambulatorios latinos

Theatre of the Oppressed NYC

紐約市受壓迫的人民劇院 | Teatro de los Oprimidos

758 8th Ave, Suite 300, New York, NY 10036

(646) 504-4582 | www.tonyc.nyc

Languages: English

Services



Partners with communities facing social, economic, health, and human rights discrimination to inspire transformative action through theatre and dialogue.

紐約市受壓迫的人民劇院與面對社會問題, 經濟, 健康和人權歧視的社區合作, 通過戲劇和對話來激髮變革性行動。

Se asocia con comunidades que se enfrentan a la discriminación social, económica, de salud y de derechos humanos para inspirar una acción transformadora a través del teatro y el diálogo.

Turning Point Outreach Center

轉折點推廣中心 | Centro de Extensión de Turning Point

423 39th St, Brooklyn, NY 11232

(718) 360-8186 | edcenter@tpbk.org | www.tpbk.org

Hours: Monday to Friday: 9:00 AM - 5:00 PM

Languages: English, Spanish

Service Fee: None

Services



HIV/AIDS and Hepatitis C Screening

艾滋病和丙型肝炎檢查

Exámenes de VIH / SIDA y Hepatitis C



Medical care for substance abuse patients

藥物濫用患者非緊急醫療服務

Servicios médicos para pacientes con abuso de sustancias (no emergencia)



High School Equivalency Testing

高中同等學歷班

Clases de Equivalencia de la Secundaria



Job Readiness & Food Handler Job Training

工作準備就緒

Preparación de Trabajo & Entrenamiento Laboral en la Industria de Comida



Women's Shelter | (718) 473-3900

婦女庇護所

Refugio para la Mujer



Home Health Aide Training

家庭護理班

Clases de asistentes de salud

IMMIGRANT RESOURCES DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

Tzu Chi Foundation

慈濟基金會

137-77 Northern Blvd., Flushing, NY 11354
info@tzuchi.us | (718) 888-0866 | tzuchi.us

Languages: English, Chinese

Services



Medical Outreach
医疗帮助
Alcance Médico

Union of Arab Women

somia@wecnyc.org | wecnyc.org

Languages: English, Arabic

Services



Education, Social Services, Advocacy
教育, 社會服務, 宣傳
Educación, Servicios sociales, Abogacía

Womankind, formerly New York Asian Women's Center

紐約亞裔婦女中心 | Womankind, antes conocida como Centro de Mujeres Asiáticas de NY

147 Prince St Suite 4-3, Brooklyn, NY 11201
32 Broadway, 10th Floor, New York, NY 10004
(212) 732-0054 | (888) 888-7702 (24-HourHotline) | iamwomankind.org

Hours: Monday to Friday, 9:00 AM – 5:00 PM

Languages: Chinese, Japanese, Korean, Urdu, Bengali, Punjabi,
Gukarati, Vietnamese, Cambodian, English, Spanish

Service Fee: None

Services



Legal and Domestic Violence Advocacy
協助家庭暴力受害者
Abogacía legal y de Violencia Doméstica



Emergency Shelter
緊急避難所
Refugio de Emergencia



Child Abuse Victims Therapy & Counseling
受虐兒童治療和輔導
Terapia y Consejería para Niños Quienes Son
Víctimas de Abuso



Crisis Intervention & Counseling
危機干預與諮詢
Intervención en Crisis y Consejería



Support Groups
支持團體
Grupos de apoyo



Education/Employment Assistance/
Economic Empowerment Programs
教育/就業援助/ 經濟能力計劃
Asistencia de Educación / Empleo/
Empoderamiento Económico

IMMIGRANT RESOURCE DIRECTORY

移民資源目錄 | La Guía de Recursos para Inmigrantes

MORE IMMIGRATION LEGAL RESOURCES (FREE OR LOW-COST)

NATIONAL LEVEL

National Immigration Law Center
Los Angeles, CA 90070 | (213) 639-3900 | www.nilc.org

National Network for Immigrant & Refugee Rights (NNIRR)
1-510-465-1984 | www.nnirr.org

STATEWIDE IN NEW YORK

The New York Immigration Coalition
131 W. 33rd Street, Suite 610, New York, NY 10001
(212) 627-2227 | www.thenyic.org

Northern Manhattan Coalition for Immigrant Rights
5030 Broadway, Suite 650, New York, NY 10032
(212) 781-0355 | <http://nmcir.org>

New York State Office of New Americans
1-800-566-7636 | www.newamericans.ny.gov/about/about.html

BROOKLYN

Central American Legal Assistance (CALA)
240 Hooper St., Brooklyn, NY 11211
(718) 486-6800 | www.centralamericanlegal.info

Brooklyn Defender Services
177 Livingston St., Brooklyn, NY 11201
(718) 254-0700 | www.bds.org

Make the Road
301 Grove St., Brooklyn, NY 11217
(718) 418-7690 | www.maketheroadny.org

Arab American Association
7111 5th Ave, Brooklyn, NY 11209
(718) 745-3523 | info@arabamericanNY.org

Justice for Our Neighbors (Brooklyn Office)
260 Quincy Street (John Wesley United Methodist Church)
Brooklyn, NY 11216
(718) 783-1501 | <http://nyac-jfon.org/legal-services/>

OTHER BOROUGHES

African Services Committee
429 West 127th St, NY, NY 10031
(212) 222-3882 | www.africanservices.org

City Bar Justice Center
42 West 44th Street, NY, NY
(212) 382-6710 | www.citybarjusticecenter.org

Flushing Immigration Center
39-07 Prince St., Suite 2B, Flushing, NY
(718) 640-9223 | www.cuny.edu/citizenshipnow

Human Rights First
75 Broad St., 31st Floor, NY, NY
(212) 845-5200 | www.humanrightsfirst.org

CITY-WIDE PROGRAMS

ActionNYC
(800) 354-0365, 9 AM - 6 PM | or call 311 and say "ActionNYC"
www.nyc.gov/actionNYC
Services: Free confidential immigration legal assistance

NYCitizenship
at your library in Brooklyn: Sunset Park
4201 4th Ave, Brooklyn, NY 11232
(718) 435-3648 | www.bklynlibrary.org/locations/sunset-park

Immigration Equality
40 Exchange Place #1300, NY, NY 10005
(212) 714-2904 | immigrationequality.org

The Door/Legal Services Center
555 Broome Street (between 6th Ave and Varick), NY, NY 10013
(212) 941-9090 | www.door.org
***Serves young adults up to 24 years old.

OTHER HELPFUL RESOURCES

Brooklyn Public Library
The library's Immigrant Services Program offers free programs, resources, classes, and legal help.
www.bklynlibrary.org/immigrant-services

New Americans Hotline
This is a toll-free, multi-lingual hotline that offers information and referrals, regardless of citizenship or immigration status.
(800) 566-7636 | www.newamericans.ny.gov

Legal Aid Society Immigrants Rights and Deportation Hotline
Legal Aid attorneys are available in various languages to assist families who have an immediate ICE detention case, questions about their rights, or other pressing concerns.
(844) 955-3425 | www.legal-aid.org

Immi.org
A website/app that allows individuals to self-screen for immigration benefits and receive referrals to trusted legal services in their area.
www.immi.org

Immigration Law Help
An online directory that helps low-income immigrants find legal services.
www.immigrationlawhelp.org/search?state=NY

United We Dream
Free app provides resources and tools for DACA (Deferred Action for Childhood Arrivals).
www.weownthedream.org

Council on American-Islamic Relations, New York Chapter (CAIR)
Legal services for religious bullying, FBI/Police questioning, harassment, hate crimes, housing discrimination, profiling, workplace discrimination.
(646) 665-7599 | www.cair-ny.org/incident-report

Immigration Consultant Fraud
Brooklyn District Attorney's Office of Immigrant Fraud Unit
350 Jay Street, 16th Floor, Brooklyn, NY 11201
(718) 250-3333

For information on the Governor's Pardon (regardless of status): (212) 725-6422
To report I.C.E. Raids: Migra Watch Hotline: (844) 363-1423
For a listing of Consulates: <http://www.citidex.com/252/htm>

IMMIGRANT RESOURCE GUIDE

移民資源目錄 | La Guía de Recursos para Inmigrantes

OTHER LOCAL SOUTH BROOKLYN AND CITY GOVERNMENT RESOURCES

EMERGENCY

Ambulance, Fire, Police 911

POLICE PRECINCTS

66 Precinct (5822 16th Ave.) (718) 851-5611
72 Precinct (830 4th Ave.) (718) 965-6311
76 Precinct (191 Union St.) (718) 834-3211
78 Precinct (65 6th Ave) (718) 636-6411

COMMUNITY PLANNING BOARDS

Board #6 (Park Slope) (718) 643-3027
Board #7 (Sunset Park) (718) 854-0003
Board #10 (Bay Ridge, Dyker, Fort Hamilton) (718) 745-6827
Board #12 (Borough Park) (718) 851-0800

EDUCATION

Board of Education (718) 935-2000

ENVIRONMENTAL ISSUES AND ENERGY ASSISTANCE

Con Edison (718) 802-5000
Home Energy Assistance Program (HEAP) (800) 342-3009
Environmental Protection Complaints (Sewer, Water, Air, Noise Pollution) 311
Fire Hydrant Repair 311
Heat and Hot Water Complaints 311
Street Light Repair 311
Water Leaks (Street & Hydrants) 311

GOVERNMENT SOCIAL WELFARE ASSISTANCE

Child Support Enforcement (888) 208-4485
Children's Health Insurance Program (CHIP) (877) 543-7669
Emergency Public Assistance (HRA) (718) 557-1399
SNAP Food Stamps (HRA) (718) 557-1399
* www1.nyc.gov/site/hra/help/snap-benefits-food-program.page
Lifeline Free Cell Phone (888) 321-5880
Medicaid Helpline (800) 541-2831
Medicare (800) 633-4227
Social Security Income (SSI) (800) 772-1213
*This is a cash benefit for low-income elderly (65+), blind, or disabled individuals
Worker's Compensation (877) 632-4996
Unemployment Insurance (888) 209-8124

HATE CRIMES AND DOMESTIC VIOLENCE

NYPD Hate Crimes Task Force (One Police Plaza, NY, NY 10038) (646) 610-5267
New York City Hate Crimes Hotline 311
New York State Division of Human Rights Hate Crimes Hotline (888) 392-3644
Domestic Violence Hotline (800) 621-4673
Child Abuse Hotline (800) 342-3720
Elderly Crime Victims Resource Center (212) 442-3103
Rape & Sexual Assault Hotline (212) 227-3000

HOUSING ASSISTANCE

Churches United for Fair Housing (CUFFH) at St. Michael's Church, 352 42nd Street, Brooklyn, 11232 (718) 360-2906
Tenant Protection Hotline (free legal help for tenants facing landlord harassment) (917) 661-4505
New York City Commission on Human Rights (to report landlord harassment) (718) 722-3131

***Under the NYC Human Rights Law, it is illegal for landlords to discriminate against tenants based on their actual or perceived immigration status

IMMIGRANT RESOURCE GUIDE

移民資源目錄 | La Guía de Recursos para Inmigrantes

NYC Department of Housing Preservation and Development (HPD) Brooklyn Office ***HPD is the city agency that enforces the rights of home owners and tenants	(718) 348-2550
NYS Division of Homes and Community Renewal (NYSHCR) complaint and information line	(866) 275-3427
NYC Department of Homeless Services ***Any person, regardless of immigration status, is eligible for emergency status	(800) 994-6494
To find out if your apartment has been registered as rent stabilized or rent controlled	(718) 739-6400
To file complaints regarding rental issues, contact the Brooklyn Code Enforcement Office	(212) 863-806
IDNYC	
Brooklyn Business Center 8210 Joralemon Street, 1st Floor, Brooklyn, NY 11201 Monday - Friday, 8:30 am - 4:30 pm submit an application at nyc.gov/idnyc	
Coney Island IDNYC Center 2865 W 8th Street, 1st Floor, Brooklyn, NY 11224 Monday - Friday, 9 am - 5 pm submit an application at nyc.gov/idnyc	(718) 722-8013
SENIOR RESOURCES	
Senior Citizen Hotline	(800) 342-9871
United Seniors of Sunset Park	(718) 439-8646
VETERANS	
Veterans Affairs	(800) 827-1000
VOTER RESOURCES	
Voter Registration	(718) 330-2250
Voting & New York State Government Information	(518) 474-1953
WORKER'S RIGHTS	
Workers' Compensation Board Directory (for workers injured on the job)	(800) 580-6665
*This office assists workers who were injured or made ill on their job in New York State	
Brooklyn District Office	(800) 877-1373
Advocate for Injured Workers	(800) 580-6665
Disability Benefits	(800) 353-3092
LOCAL ELECTED OFFICIALS (SUNSET PARK, BROOKLYN, CITYWIDE)	
Public Advocate Jumaane Williams 1 Centre Street, 15 Fl North, New York, NY 10007 (Walk-in Hrs: Mon-Thurs, 10am-4pm)	(212) 669-7250 GetHelp@pubadvocate.nyc.gov
Brooklyn Borough President Eric L. Adams 209 Joralemon Street, Brooklyn, NY 11201	(718) 802-3700
NYS Congresswoman Nydia Velazquez, District 7 266 Broadway, Suite 201, Brooklyn, NY 11211 500 Pearl Street, Suite 973, New York, NY 10007	(718) 599-3658 (212) 619-2606
NYS Senator Zellnor Myrie, District 20 4417 4th Avenue, Ground Floor (Sunset Park Satellite Office: Tues & Wed 10am-5pm) 400 Rockaway Avenue (Brownsville Satellite Office: Mon 10a-4p, Wed 10am-4pm) 330 Empire Blvd (Crown Height Satellite Office: Mon-Thur, 10am-6pm)	(718) 284-4700
NYS Assemblyman Felix Ortiz, District 51 4907 4th Avenue, Suite 1A	(718) 492-6334
NYS Assemblyman Peter Abbate, District 49 6605 Fort Hamilton Parkway	(718) 236-1764
NYC Councilman Carlos Menchaca, District 38 4417 4th Avenue, Ground Floor	(718) 439-9012

IMMIGRANT RESOURCE GUIDE

安服心成員權利 | La Carta Comunitaria de Derechos de AMPHS

We at AMPHS affirm that healthcare is not a privilege, but a basic human right. As such, we recognize the principles below, which allow you as a member of our community to freely access the goods and services necessary to implement and maintain a healthy lifestyle.

You have a right...

1. To be treated as an equal partner in the management of your own healthcare
2. To personalized health services
3. To culturally sensitive care & guidance
4. To be seen without regard to citizenship or financial well-being
5. To be seen without regard to age, ethnicity, gender identity, sexual orientation, or creed
6. To the continued engagement of your service providers at AMPHS
7. To education regarding personal health & wellness
8. To education on current national & local-level health policies
9. To access & pursue full understanding of your protected health information
10. To privacy with regard to your health records & visits to AMPHS
11. To participate in a broader dialogue about personal & community wellness without fear of legal ramification
12. To have your voice heard without prejudice or bias regarding the health concerns of yourself, your family and your community

我們在安服心申明，醫療保健不是一種特權，而是一種基本人權。因此，我們以下的原則是每個人作為社會的成員，均有權享受應有的保健服務，來實現和保持健康的生活方式。

你有權利:

1. 在自己的醫療管理上被視為一個平等的夥伴
2. 接受個別性的健康服務
3. 擁有數國語言的護理和指導服務
4. 不分國籍或收入均可接受我們的服務
5. 不分年齡，種族，性別，性取向或信仰均可接受服務
6. 享受安服心的續後服務
7. 享受個人健康和健康問題的教育服務
8. 了解當前國內及市內的衛生政策信息
9. 充分了解您的保健信息
10. 所有在本機構的個人資料均受嚴格保密
11. 參加個人與社會的健康對話，而不會抵觸法律
12. 表達您的意見，不會受到偏見或嘲笑

Nosotros en AMPHS afirmamos que acceso a la salud no es un privilegio, sino un derecho humano fundamental. Como tal, reconocemos los siguientes principios, que se permite usted como un miembro de nuestra comunidad.

Tiene el derecho de...

1. Ser tratado como socio igualitario para mantener su propia salud
2. Recibir los servicios de salud individualizados
3. Ser tratado y apoyado en una manera culturalmente sensible
4. Ser tratado sin compromiso de la ciudadanía o bienestar financiero
5. Ser tratado sin discriminación de la edad, etnia, genero, orientación sexual o credo
6. Los apoyos y atención de sus proveedores de servicio en AMPHS
7. La educación de salud personal y bienestar
8. La educación sobre los sistemas de salud a nivel local y nacional
9. Tener acceso y perseguir el conocimiento e información privada de salud
10. Privacidad con respecto a sus registros médicos y consultas a AMPHS
11. Participar en un diálogo más amplio sobre el bienestar personal y comunitario sin miedo de la ramificación legal
12. Ser escuchado sin discriminación en relación con su preocupación de salud para usted, su familia y su comunidad



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