

## Social Services Resource Guide

Meals Programs  
Food Pantries



### Meals Program - Breakfast

Cathedral Community Cares  
1047 Amsterdam Avenue New York, NY 10025  
212-316-7581  
Sundays 10 A.M.

Central Harlem Alcohol Crisis Center  
419 W. 126th St New York, NY 10027  
212-865-6133  
Mondays - Fridays 8:00 - 8:45 A.M.

Mother's Kitchen at Ascension Church  
221 W. 107th St. New York, NY 10025  
917-547-8054  
1st Saturdays 8:00 A.M. - 5:00 P.M.

Saint Paul's House  
335 W. 51st St New York, NY 10027  
212-265-5433  
Mondays, Wednesdays, Fridays 8:00 - 9:00 A.M.

Emmas House  
160 W. 120th St.  
New York, NY 10027  
212-749-9404  
Wednesdays 9:00 A.M. - 12:00 P.M.

### Meals Program - Lunch

Broadway Community Inc.  
601 W. 114th St. New York, NY  
212-864-6100 EXT 120  
Mondays, Wednesdays  
12:30 - 2:30 P.M.

Broadway United Church of Christ  
2504 Broadway  
New York, NY 10025  
212-316-5700  
Tuesdays, Thursdays 3:30 P.M.

Cathedral Community Cares  
1047 Amsterdam Ave. New York, NY 10025  
212-316-7581  
Sundays 12:30 + Take-away bagged meal

Central Harlem Alcohol Crisis Center  
419 W. 126th St New York, NY 10027  
212-865-6133  
Mondays - Fridays 12:30 - 1:00 P.M.

Harlem Community Nutritional Services  
132 W. 125th St. New York, NY, 10027  
212-666-7538  
Mondays - Fridays 10:00 - 2:00 P.M.

Metropolitan Baptist Church  
151 W. 128th St.  
New York, NY 10027  
212-663-8990  
Mondays - Saturdays 12:00 P.M.

### Meals Program - Lunch

Momentum Project- St.  
Joseph of the Holy Family  
405 W. 125th St, New York, NY  
718-295-5605  
Fridays 3:00 - 5:30 P.M.

Relief Bus Mobile Resource Center  
W. 145th  
(between Broadway & Amsterdam Ave)  
New York, NY 10031  
Wednesdays 10:00 A.M.- 2:00 P.M.

Saint Mary's Episcopal Church  
521 W. 126th St. New York, NY 10027  
212-864-4013  
Saturdays 12:00 P.M. - 4:00 P.M.

Saint Michaels Church  
225 W. 99th St New York, NY 10025  
212-222-2700  
Saturdays 10:00 - 11:30 A.M.

Food Bank NYC  
252 W. 116th St New York, NY 10026  
212-662-1283  
Mondays - Fridays 4:00 - 6:00 P.M.

### Meals Program - Dinner

Central Harlem Alcohol Crisis Center  
419 W. 126th St. New York, NY 10027  
212-865-6133  
Mondays - Fridays 6:00 - 6:30 P.M.



Bank Street College of Education · Barnard College  
 Cathedral of St. John the Divine · Columbia University  
 Corpus Christi · Interchurch Center · International House  
 Jewish Theological Seminary · Manhattan School of Music  
 Riverside Church · St. Hilda's & St. Hugh's · Mt. Sinai St. Luke's Hospital  
 Teachers College · Ulysses S. Grant Houses · Union Theological Seminary

**Food Pantries**

African Services Committee  
 429 W. 127th St.  
 New York, NY 10027  
 212-222-3882  
 Mondays- Fridays 9:00 - 5:00 P.M.

Bethel A.M. E. Church  
 54-60 W. 132nd St. New York, NY 10027  
 212-862-0100  
 Tuesdays, Thursdays 9:00 - 11:30 A.M.

Broadway Community Inc.  
 601 W. 114th St.  
 New York, NY 10025  
 212-864-6100 EXT 120  
 Fridays 3:00 - 6:00 P.M.

Church of the Annunciation  
 88 Convent Ave.  
 New York, NY 10027  
 212-234-1919  
 Fridays 10:00 - 2:00 P.M.

Community Impact at Columbia University  
 614 W. 114th St.  
 New York, NY 10027  
 212-854-6310  
 Mondays, Thursdays

Emma L. Bowen  
 Community Service Center  
 1727 Amsterdam Avenue  
 New York, NY 10031  
 212-694-9200

**Food Pantries cont'd**

First Corinthian Baptist Church  
 1912 Adam Clayton Powell Jr. Blvd,  
 New York, NY 10026  
 212-864-5976  
 Fridays 1:00 - 3:00 P.M.

Food Bank NYC  
 252 W. 116th St. New York, NY 10026  
 212-662-1283  
 Tuesdays, Thursdays 10:00 - 3:00 P.M.

Franciscan Community Center  
 214 W. 97th St.  
 New York, NY 10025  
 212-932-8040 EXT 11  
 Mondays 1:00 - 4:00 P.M.

Harlem Dowling West Side Center  
 2090 Adam Clayton Powell Jr. Blvd.  
 New York, NY 10027  
 212-749-3656  
 Tuesdays 12:00 - 2:00 P.M.

Mount Olivet Baptist Church  
 201 Lenox Ave.  
 New York, NY 10027  
 212-864-1155  
 Tuesdays, Wednesdays 10:30 - 11:30 A.M.

Project Create  
 73-75 Lenox Ave,  
 New York, NY 10026  
 212-663-1975  
 Wednesdays 2:00 - 4:00 P.M.

**Food Pantries cont'd**

Saint Mary's Episcopal Church  
 521 W. 126th St.  
 New York, NY 10027  
 212-864-4013  
 Mondays 4:30 - 6:00 P.M.

Saint Michaels Church  
 225 W. 99th St New York, NY 10025  
 212-222-2700  
 Saturdays 10:00 - 11:30 A.M.

Saint Pauls House  
 335 W. 51st St  
 New York, NY 10027  
 212-265-5433  
 Tuesdays 10:00 - 11:00 A.M.

The Riverside Church  
 490 Riverside Drive  
 New York, NY 10027  
 212-870-6700  
 Tuesdays - Fridays 10:00 - 1:30 P.M.

West End Presbyterian Church  
 165 W. 105th St.  
 New York, NY 10025  
 212-663-2900  
 Tuesdays, Thursdays 11:30 - 12:30 P.M.

**Emergency Food Telephone Numbers**

Hunger Hotline 866 888 8777  
 Food Stamp Call Center 212 894 8060  
 NYC Coalition Against Hunger 212 825 0028  
 NY Human Resources Administration 877 472 8411

**Social Services  
Resource Guide**

Clothing Distribution  
Shower Programs  
Housing/Health



**Clothing Distribution**

Broadway Community Inc.  
601 W. 114th St. New York, NY 10025  
212-864-6100 EXT 120  
Wednesdays 1:30 -2:30 P.M.

Cathedral Community Cares  
1047 Amsterdam Avenue New York, NY 10025  
212-316-7581  
Tuesdays, Thursdays 10:00 - 1:00 P.M

Mount Olivet Baptist Church  
201 Lenox Ave.  
New York, NY 10027  
212-864-1155  
Tuesdays, Wednesday 10:30 - 11:30 A.M.  
Mondays 12:00 - 1:30 P.M

Saint Michaels Church  
225 W. 99th St New York, NY 10025  
212-222-2700  
Saturdays 10:00 - 11:30 A.M.

The Riverside Church  
490 Riverside Drive New York, NY 10027  
212-870-6700  
Tuesdays, Wednesdays 10:00 - 1:00 P.M.

**Shower Programs**

Broadway Community Inc.  
601 W. 114th St.  
New York, NY 10025  
212-864-6100 EXT 120  
Mondays, Fridays 10:15- 1:15 P.M.

The Riverside Church  
490 Riverside Drive  
New York, NY 10027  
212-870-6700  
Wednesdays 9:30 - 3:00 P.M.

Center for Urban Community Services  
198 E. 121st St New York, NY 10035  
212-801-330  
Daily 10:00 - 1:00 P.M.

**Housing/Shelter Services**

African Services Committee  
429 W. 127th St New York, NY 10027  
212-222-3882  
Emergency permanent and transitional housing  
placement for HIV-positive clients

Broadway Community Inc.  
601 W. 114th St. New York, NY 10025  
212-864-6100 EXT 120  
Men's Shelter Daily 8:45 - 6:45 P.M.

Community Impact at Columbia University  
212-854-6310  
Mens Shelter: Stephen Wise Free Synagogue  
Womens Shelter: New York Society for Ethical Culture

**Housing/Shelter Services cont'd**

Emma L. Bowen Community Service Center  
1727 Amsterdam Avenue  
New York, NY 10031  
(212) 694-9200  
Adult Men & Women Halfway House

Harlem Congregation for Community  
Improvement  
2854 Frederick Douglass Blvd New York, NY 10039  
(212) 281-4887  
Scattered site housing email: [lmcewen@hcci.org](mailto:lmcewen@hcci.org)

Harlem United  
123-125 W. 124th St New York, NY 10026  
212-531-1300  
Housing referrals email: [intake@harlemunited.org](mailto:intake@harlemunited.org)

Project Create  
133 West 128th Street, New York City, NY 10026  
212 662-2000  
Transitional Home for Men ages 18-25  
Permanent Housing for Single Mothers  
For housing referrals email: [info@createinc.org](mailto:info@createinc.org)

Saint Mary's Episcopal Church  
521 W. 126th St. New York, NY 10027  
212-864-4013  
Housing Counseling: Mondays 2:00 - 5:30 P.M.

Saint Michaels Church  
225 W. 99th St. New York, NY 10025  
212-222-2700  
LGBTQ Transitional Home: Trinity Lutheran Church



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 Teachers College · Ulysses S. Grant Houses · Union Theological Seminary

**Health/Wellness**

**Broadway Community Inc**  
 601 W. 114th St, New York, NY 10025  
 212-864-6100 EXT 120  
 Medical Services Mondays 12:00 AM- 5:00 PM  
 Referral Services: Mondays, Wednesdays, Fridays  
 10:00 AM- 3:00 PM

**Cathedral Community Cares**  
 1047 Amsterdam Ave, New York, NY 10025  
 212-316-7581  
 Free Health Screenings & Referral Services

**Central Harlem Alcohol Crisis Center**  
 418 W. 126th St, New York, NY 10027  
 212-865-6133  
 Emergency Care 24 Hours/ 7 days

**Emma L. Bowen Community Service Center**  
 1727 Amsterdam Avenue New York, NY 10031  
 212-694-9200  
 Referral Services; Nurses on site:  
 Mondays - Fridays 9-5pm

**Harlem Congregation for Community Improvement**  
 2854 Frederick Douglass Blvd New York, NY 10039  
 (212) 281-4887  
 Free Community Health Advocate Program

**Harlem United**  
 123-125 W. 124th St New York, NY 10026  
 212-531-1300  
 Free STD testing email intake@harlemunited.org

**NYC Dept of Health- Manhattanville Renaissance**  
 21 Old Broadway  
 New York, NY 10027  
 212-531-7200  
 STD Testing/Primary Care  
 Mondays- Fridays  
 8:30 AM- 3:30 PM

**Franciscan Community Center**  
 214 W. 97th St  
 New York, NY 10025  
 212-932-8040 EXT 11  
 Free Testing & Screening

**Project Create**  
 73-75 Lenox Ave New York, NY 10026  
 212-663-1975  
 12 Step Programs/ Rehabilitation Services

**Crime Victims Treatment Center of Saint Luke's Roosevelt Hospital**  
 411 West 114 Street, Suite 2C,  
 New York, NY 10025  
 Free Support Groups/ Counseling Sessions

**Renaissance Healthcare Network**  
 264 W. 118th St New York, NY 10026  
 212-932-8122  
 Primary Care  
 Social Workers onsite

**St Mary's Episcopal Church**  
 521 W. 126th St New York, NY 10027  
 212-864-4013  
 Free Health Clinic: Tuesdays 5:00 PM

**Saint Michaels Church**  
 225 W. 99th St New York, NY 10025  
 212-222-2700 EXT 15  
 Alcoholics Anonymous (AA): Mondays 6:30 PM Alateen:  
 Saturdays 3:00 PM  
 Al-non: Saturdays 1:00 PM- 3:00 PM  
 Debtors Anonymous (DA): Tuesdays 7:00 PM Narcotics  
 Anonymous (NA): Mondays 4:00 PM

**Safe Horizon**  
 2 Lafayette St, 3rd Fl New York, NY 10007  
 Domestic Violence Hotline: 800.621.HOPE  
 Crime Victims Hotline: 866.689.HELP  
 Rape & Sexual Assault Hotline: 212.227.3000

**The Momentum Project**  
 405 W. 125th St New York, NY 10027  
 (212) 691 - 8100  
 General Care; Food Assistance: Health Education

**William F. Ryan Community Center**  
 110 W. 97th St New York, NY 10025  
 212-769-7200  
 Free STD Testing & Referral Services  
 On-site Social Workers

**Important Hotlines**

Health Insurance Health Stat 888-NYC-6116  
 Child Abuse Registry 800-342-3720  
 Planned Parenthood 212-965-7015  
 Runaway Hotline 800-621-4000  
 Homeless Hotline 800-994-6494

Battered Women 800-621-HOPE  
 Senior Services Hotline 800-342-9871  
 Veterans' Hotline 800-827-1000  
 Narcotics Anonymous 212-929-6262

Social Service Resources Guide created by Morningside Area Alliance

For additional information visit [www.morningside-alliance.org](http://www.morningside-alliance.org)



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