



YOUTH  POWER

**RESOURCE GUIDE**

SUMMER 2024

## Introduction

Welcome to the 2024 update of the [YouthNPower](#): Transforming Care Resource Guide!

**Hey You! Yes You!** Transitioning out of foster care can be difficult, and we know it's not always easy to figure out what resources are available to you. That's why we put together this guide - to help you navigate this next stage of your life with confidence. This guide is **by us and for us**, meaning that members of the YouthNPower collective who have experienced foster care in New York City have selected these resources for you.

We wanted to provide information and resources that you can use. YNP compiled this guide for young people between the ages of 18-24 who have experienced foster care in New York City. **We want you to be able to live a great and self-sustaining life.** Whether you're looking for housing options, job training, or just need someone to talk to, we've got you covered.

YNP created the resource guide with organizations and programs that are available to help young people beyond survival services. Our vision is to connect young people to accessible resources to help them thrive, such as Medical/Health, Mental Health, Immigrant Support, Legal Support, Housing, Education, Parenting and Caring for Your Child, LGBTQIA+ Community Supports, Financial Literacy, and other Community Services to **live your best life.**

There are a lot of resources in New York City for young people. We used our collective knowledge and lived experiences to create this guide, including our best efforts to provide complete and up-to-date information. If you have any recommendations to share or feedback that you think we can use, please reach out to Jose Perez, YouthNPower Project Manager at: [jperez@childrensdefense.org](mailto:jperez@childrensdefense.org).

Now, grab a cup of coffee, smoothie (or your favorite energy drink), get comfy, and dive in!

**About YouthNPower: Transforming Care.** We are an intergenerational collective of researchers, organizers, advocates, and artists with both professional and lived expertise in the child welfare system. Our team is documenting, uplifting, and advocating for the power, needs and visions of young adults transitioning out of foster care in New York City. We are a partnership of the [Children's Defense Fund-New York](#), the [CUNY Graduate Center's Public Science Project](#), and [New Yorkers For Children](#). Learn more about us and our work at: <https://youthnpower.org>.

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## Education & Employment

### ***Programs for High School, High School Equivalency, College & Job Training***

#### **Fair Futures**

All young people with foster care experience in NYC up through age 26 are entitled to free support and coaching for school and employment through Fair Futures, which includes personal coaching and housing assistance provided through foster care agencies across the city. You don't need to still be in foster care to get these services. To get connected with a personal coach, complete an [online form here](#). Learn more about Fair Futures at [www.fairfuturesny.org](http://www.fairfuturesny.org).

#### **One Degree**

One Degree, a project run by Fair Futures, is a central listing for high school, post-secondary, and workforce programs for young people, where you can search for all these opportunities in one place. One Degree contains 1,500+ high school, post-secondary (college, professional training), and workforce development opportunities for young people in New York City. Learn more about One Degree at [www.fairfuturesny.org/1degree](http://www.fairfuturesny.org/1degree). For help navigating the resources available on the site, you can email [help@1degree.org](mailto:help@1degree.org). For additional questions, you can email [info@1degree.org](mailto:info@1degree.org). You can also text them with key words related to your needs at 844-833-1334 or download their app which is available for both iPhones and androids.

You can find [educational opportunities here](#)

You can find [employment opportunities here](#)

#### **ACS Youth Employment Program**

The NYC Administration for Children's Services (ACS) has a web-based job and internship finder for young people through 24. **You don't have to be in ACS or have ACS history.** You can use the website to connect with job training, placement, and paid positions for young people in different organizations across the city. Learn more [here](#) or call: **(212)-341-0900**.

#### **Advocates for Children**

Advocates for Children (AFC) provides resources for middle school and high school students looking for school alternatives and equivalency programs in NYC. You can learn more about AFC's support [here](#) or call AFC's Education Helpline which can be reached at **1-(866) 427-6033** Monday through Thursday each week from 10am to 4pm.

#### **BronxWorks**

The BronxWorks Workforce Development Department prepares people that are unemployed, looking for their first job, or need help improving their careers. They have targeted programs for young adults, NYCHA residents, non-custodial fathers, and HPD

Section 8 voucher holders. They provide comprehensive job-readiness instruction, sector-based training, job referrals with trusted employment partners, one-on-one financial counseling, financial workshops, and wraparound services, which include access to benefits and educational opportunities for young people living in the Bronx. Learn more about BronxWorks [here](#). To contact BronxWorks, you can call (646)-393-4000 or fill out their contact form [here](#).

### **[Children's Aid Next Generation Center](#)**

The Children's Aid Next Generation Center offers ways to connect youth aged 14-24 with high school equivalency degree programs as well as internships, art programs, legal counseling, housing support and job readiness programs. Learn more [here](#) or by calling (718) 589-4441.

### **[City Living NY in NYC](#)**

City Living offers ongoing support and connections for youth aging out of foster care to ensure their successful transition into adulthood. City Living NY supports transitioning youth by helping youth set up their first homes and offering counseling, education, and job training programs. They also assist with resume writing and job searches, career counseling, interview readiness, financial literacy training, internship guidance, and navigating enrollment challenges. City Living NY can be reached by calling (347) 588-5080 or emailing [team@citylivingny.org](mailto:team@citylivingny.org). Additional contact information can be found [here](#). Additional information about their programs can be found below.

### **[Comprehensive Services Program](#)**

City Living's Comprehensive Services Program (CSP) works with young people through age 26 to support their longer term educational, employment, and socio-emotional goals. City Living provides a licensed social worker to design a plan based on each young person's unique needs and aspirations.

### **[Home Good Advocacy](#)**

City Living's Home Goods advocacy program offers a list of common home goods (like shower curtains, bedding, duvet cover/comforter, and window coverings) as young people move into new homes. There are also invitations to monthly workshops and training in a community of peers. Some of these workshops include financial budgeting, nutrition, stress management, and self-care.

## **DYCD Workforce Connect**

The New York City Department of Youth and Community Development (DYCD) is the City's lead agency for youth employment programs for youth aged 14-24. These programs include the following:

### **Summer Youth Employment Program (SYEP)**

The Summer Youth Employment Program (SYEP) provides NYC youth between the ages of 14 and 24 paid work experience for up to six weeks in the summer. You can learn more [here](#).

### **Train & Earn**

Train & Earn provides comprehensive job training and employment services, along with support services to find a permanent job, obtain their high school equivalency if applicable, and access postsecondary education and training. Train & Earn is for young people aged 16–24, who are not working and not in school. The goal of the program is to help participants find permanent jobs. Additional program requirements and eligibility information can be found [here](#).

Other supportive programs include their [NYC Ladders for Leaders](#) internship program, their [Learn & Earn](#) program for high school juniors and seniors in danger of dropping out, their [Advance & Earn](#) program which offers High School Equivalency (HSE) test preparation, employment trainings, paid internships and opportunities to gain credentials and certifications.

## **The Door**

The Door offers a variety of free programs aimed towards helping young people aged 12-24 get their high school equivalency certificate and move on to a career, college, or a vocational training program. The first step to getting enrolled is to become a Door member. There is no cost or documentation necessary to become a member. You simply have to fill out the Membership Interest Form on this page. If you are eligible, someone from the Door will reach out and help you assess which programs are the best fit for you. You can contact The Door with any questions by emailing [membership@door.org](mailto:membership@door.org). No appointment or paperwork is necessary. You can learn more at: [www.door.org](http://www.door.org).

### **[LEAP at The Ali Forney Center](#)**

The Learning, Employment, Advancement, and Placement (LEAP) program is a partnership between the Ali Forney Center and the Center Youth Program at The LGBTQ+ Center. It is a six-month vocational and educational class for LGBTQ+ people ages 16-24 years old who are homeless or facing housing instability. LEAP offers job training and placement support, including support obtaining paid internships to get job experience. Youth graduate from the program once they obtain a full time job. For more information and information about other programs and services offered by the Ali Forney Center, you can follow the links [here](#) and [here](#). To contact the Ali Forney Center, you can give them a call at 212-222-3427 ext. 300 or visit their Drop-In Center at [307 W 38th St, New York, NY 10018](#) on the 3<sup>rd</sup> floor.

### **[Pathways to Graduation \(P2G\)](#)**

Pathways to Graduation is a program at the New York City Department of Education that helps students earn their High School Equivalency (HSE) Diploma. They have locations citywide and are open to students ages 17-21. They have several college and career resource centers which you can find [here](#). You can find the answers to frequently asked questions [here](#). If you want to reach out to the program, you can access their contact form [here](#).

## ***Money for School or Professional Training***

### **[New Yorkers for Children](#)**

New Yorkers for Children (NYFC) works with child welfare involved youth who are older or who have aged out of care. NYFC provides direct educational, financial, and emotional support in partnership with foster care agencies, community organizations, and the NYC Administration for Children's Services. To learn more about these programs which offer emergency funds, peer mentorship networks and more, click [here](#). For more information, email [program@newyorkersforchildren.org](mailto:program@newyorkersforchildren.org) or call (646) 257-2930.

### **[Education and Training Voucher \(ETV\) Program](#)**

Education and Training Vouchers provide funding and support for post-secondary education (after high school, like college or vocational training) to help youth who have aged-out of foster care. The program is for youth who are 23-26 years of age. ETV grants are up to \$5,000 per school year to cover certain school-based expenses. If you are interested, you must complete the ETV application. Applications for the 2024-25 school year are open July 1, 2024 on [this page](#). Applicant instructions should be reviewed carefully before applying and can be found [here](#).

### **Federal Student Aid**

The Free Application for Federal Student Aid (FAFSA) is run by the U.S. Department of Education and is used by most colleges and universities to determine how much federal, state and college-specific financial aid applicants qualify for. FAFSA must be completed yearly for applicants to continue to be eligible for most kinds of financial aid. For the answers to commonly asked questions, check out [this page](#). For the application itself, click [here](#).

### **The New York State Tuition Assistance Program (TAP)**

The New York State Tuition Assistance Program (TAP) helps pay tuition at approved schools in New York State. An annual TAP award can be granted up to \$5,665 for eligible tuition payments. Students must have legally lived in New York State for at least one full year in order to be eligible. Because TAP is a grant, it does not have to be paid back. TAP is also available for students attending SUNY, CUNY, and not-for-profit independent degree-granting college on a full or part-time basis. The deadline for the 2023-2024 school year is June 30, 2024. The deadline to apply for the 2024-2025 school year is June 30, 2025. You can learn more about TAP [here](#) and apply [here](#).

## ***College Success Guide***

### **Fostering Youth Success Alliance**

The Fostering Youth Success Alliance is a statewide advocacy group working with and on behalf of young people with a foster care background. They created a resource guide about navigating college. You can access the guide by entering your information [here](#).



## Housing

### The Door

For youth experiencing unstable housing, The Door offers support [finding and applying for housing](#). The Door also runs [a drop in center](#) at their Manhattan Youth Center located at 555 Broome Street, New York, NY 10013 Monday through Friday from 11 am to 5 pm. At the drop in center, they offer food pantry items, to-go meals, on site-meals, clothing and hygiene products. They also offer showers and laundry. These offerings are available Monday through Friday from 9 am to 6 pm and Saturdays from 10 am to 6 pm. Youth can also request referrals to shelters, transitional living programs, supportive housing and help finding supportive housing. The Door also helps with:

*Benefits support* by connecting youth with programs like SNAP, Medicaid, Women, Infants, Children (WIC), One Shot Deals, HSASA, Child Health Plus, Social Security, Disability, Unemployment, Workers' Compensation, among others.

*Crisis management* – facilitating access to basic needs like food and clothing, securing immediate shelter placement.

*Documents* – assisting youth with getting copies of official documents such as State ID, Social, and Birth Certificate.

For general questions, you can email them at [dropinservices@door.org](mailto:dropinservices@door.org). For housing crises, you can email them at [shelterinfo@door.org](mailto:shelterinfo@door.org). You can also call them at 212-941-9090.

### Fair Futures

All young people with foster care experience in NYC from sixth grade up through age 26 are entitled to free support for housing through Fair Futures, which includes personal coaching provided through foster care agencies across the city. You don't need to still be in foster care to get a coach or access these services. To find additional information about housing resources that may be available to you, scroll to the bottom of [this page](#). To sign up for 1 on 1 coaching, fill out the [online form here](#).

### **Breaking Ground**

Breaking Ground offers affordable housing for low-income working professionals and people exiting homelessness. In addition, most of their buildings offer a wide array of on-site support services, recreational activities, and amenities. For a list of frequently asked questions and their answers, click [here](#). To access the housing application, click [here](#). All completed applications will need to be filled out and mailed to:

### **Breaking Ground**

Central Intake Unit  
520 Eighth Avenue, Suite 2100  
New York, NY 10018

Learn more [here](#).

### **City Living NY in NYC**

City Living offers ongoing support and connections for youth aging out of foster care to ensure their successful transition into adulthood. City Living NY supports transitioning youth by helping youth set up their first homes and offering counseling, education, and job training programs. They also assist with resume writing and job searches, career counseling, interview readiness, financial literacy training, internship guidance, and navigating enrollment challenges. City Living NY can be reached by calling (347) 588-5080 or emailing [team@citylivingny.org](mailto:team@citylivingny.org). Additional contact information can be found [here](#). Additional information about their programs can be found below.

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#### **Home Good Advocacy**

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### **Housing Connect**

The New York City Department of Housing Preservation and Development (HPD) and Housing Development Corporation (HDC) create affordable housing opportunities for eligible household income levels and sizes. Through the City's Housing Connect website, you can apply for affordable rental and homeownership opportunities, including housing lotteries in buildings across the city. Learn more [here](#).

# Parenting and Caring for Children

## *Support for Parents*

### [The Door](#)

The Door offers [support for young people who have been involved with the foster care system and are parenting](#), including Parenting Journey – a small, closed parenting group that meets for 2 hours a week for 12 weeks. The program includes activities, discussions, and a family-style meal. The Door also has Parenting Support, which includes bi-monthly workshops led by pregnancy, birthing, and childcare professionals. The Door can also make referrals to partner organizations, and keeps a stockpile of pampers, wipes and other baby/child essentials available. You can request additional information by calling 212-941-9090 or emailing [info@door.org](mailto:info@door.org).

### [Resource Guide for Expectant Parenting Youth](#)

The Hunter College School of Social Work compiled this [resource guide](#) for youth and young adults in foster care who are currently parents or who will soon be parents.

### [Know Your Rights, Know Your Power: A Guide for Young Parents](#)

This website was created by the Brighter Futures Workgroup, which is a collaboration between current and former youth with lived experience in foster care, legal agencies representing children, legal agencies representing parents, community-based organizations, the Administration for Children's Services, and representatives from other NYC agencies including the Department of Youth and Community Development. The guide includes information about your rights as a parent in foster care, as a parent leaving foster care and as a parent who has left the foster care system. It also offers helpful information about [how to keep CPS out of your life](#) and [your rights in case you are subjected to a CPS investigation](#).

## *Childcare and Pre-School*

### [Early Head Start](#)

This is New York City's free or low cost childcare and early education program. The program serves eligible families with children between six weeks and three years old. Families are eligible if they meet one or more of the listed criteria, including living in temporary housing, receiving welfare assistance in the form of HRA cash assistance, SNAP or SSI, falling within the federal poverty level for the family size or enrolling a child in foster care. To determine your eligibility, visit [MySchools.nyc](http://MySchools.nyc), create an account and search for Head Start programs in your area. Additional information can be found [here](#).

### [Childcare Vouchers](#)

Your family may qualify for childcare assistance if your family's income falls below the Federal Poverty Level and you have an approved reason for seeking childcare ("reason for care"). This reason must be at least one of the following:

- You work 10+ hours per week
- You are in an educational or vocational training program
- You have been looking for work
- You live in temporary housing (priority access)
- You are attending services for domestic violence
- You are receiving treatment for substance abuse

Eligibility is based on your family size, residency, income, and reason for care. It is verified using the documentation you submit with your application. To take a short survey to determine your eligibility, click [here](#). To learn more, click [here](#) or call the ACS Call Center at 212-835-7610, Mon-Fri 8:30am-5:30pm.

### [The Jeremiah Program](#)

The Jeremiah Program is a 12 week empowerment and leadership course for single mothers aged 18 and older. For eligible participants, the program offers one on one coaching, assistance with college enrollment and academic success, educational and summer programming for the children of participants and a childcare stipend to help participants study and attend evening classes. The requirements for eligibility and application can be found [here](#). You can request help with the application by texting 1-833-JPMOM21 or contact them by emailing [info@jeremiahprogram.org](mailto:info@jeremiahprogram.org).

## ***Arts and Culture with Your Kids***

### **[Children Museum of Manhattan](#)**

The Children's Museum of Manhattan offers [early childhood art classes](#) with small group activities, hands-on artmaking, science explorations, storytelling, and more. Children's Museum of Manhattan - The Tisch Building is located at 212 West 83rd Street, New York, NY 10024. You can call the museum at (212) 721-1223.

### **[The Brooklyn Children's Museum](#)**

Founded in 1899 as the world's first children's museum, Brooklyn Children's Museum (BCM) is New York City's largest cultural institution designed especially for families. Proudly based in Crown Heights, Brooklyn, BCM offers exhibits and programs grounded in visual arts, music and performance, natural science, and world cultures. The Brooklyn Children's Museum is located at 145 Brooklyn Avenue, Brooklyn, NY 11213. Their hours are somewhat unusual, so check their [calendar](#) before visiting!

### **[Cool Culture](#)**

A Cool Culture [Family Pass](#) is available through your child's school or childcare center and offers discounts on museums and events across the city. For more information, visit their website, call at **718.230.4186** or email [info@coolculture.org](mailto:info@coolculture.org).

## Food and Community Gardens

### [GrowNYC Green Space](#)

GrowNYC has built more than 150 new gardens in New York City, including community gardens. These gardens teach community members how to grow food through workshops, classes and summer camps. Find your nearest community garden [here](#). GrowNYC also has a database for fresh food markets around the city, including information on how to use SNAP and other nutrition benefits at these markets. Learn more [here](#). Their contact information can also be found [here](#).

### [Farmers Markets](#)

There are farmers markets across NYC offering locally grown vegetables and fruits, along with fresh juices and flowers, and many take EBT. You can find a Farmers Market near you [here](#).

### [Met Council-Food Pantry Network](#)

Met Council's Market by Met Council program offers a discreet and easy way for folks to access a food pantry by placing orders online and selecting a time to pick up those orders. This way, people using the pantry can quickly and easily select what they need and pick up their goods at a convenient time. Learn more [here](#).

### [Nutrition Kitchen - NeON](#)

The NYC Department of Probation has five NeON Nutrition Kitchens throughout the city offering free groceries. NeON Nutrition Kitchens are neighborhood food pantries, but you don't have to be on probation to come to a NeON Nutrition Kitchen. Everyone in the community is welcome. You can find a Kitchen near you and its hours of operation [here](#).

### [Food Bank NYC](#)

Food Bank For New York City includes over 800 food pantries, soup kitchens, and campus partners across the five boroughs. Services include tax assistance, SNAP enrollment assistance and mobile and "pop up" pantries. Find the nearest pantry [here](#). Sign up for mobile pantry updates [here](#).

Visit [www.foodbanknyc.org](http://www.foodbanknyc.org) to find resources near you.

### [SNAP \(Food Stamps\)](#)

The Supplemental Nutrition Assistance Program (SNAP) (formerly known as "food stamps") helps families and individuals supplement the cost of their diet with nutritious foods. You can also earn money with Health Bucks For every \$2 you spend at farmers markets using SNAP on an EBT card, you can get \$2 in health bucks, up to \$10 per day. You can apply online on [ACCESS HRA](#) or call 718-557-1399 to have an application mailed to you. Applications can also be printed and submitted at [your local SNAP center](#). **Once you submit your application, you must call 7180762-7669 between 8:30 am and 5 pm Monday through Friday to complete your interview.** To see if your application is eligible for faster processing, click call the Department of Social Services (DSS) One number at 718-557-1399.

Learn more [here](#), including how you can receive emergency food assistance, how you can use your SNAP benefits to order groceries online and how your SNAP eligibility can get you discounts on your internet and Wi-Fi bills.

### **[WIC \(Special Supplemental Nutrition Program for Women, Infants, and Children\)](#)**

WIC provides free healthy food and services to low-income women and their children, including nutrition counseling, breastfeeding support, health education, and referrals to other programs and services. See if you are eligible for WIC benefits [here](#). Apply for WIC benefits [here](#).

### **[Too Good to Go](#)**

Save Money on food from local restaurants. Too Good to Go is a social impact company on a mission to fight food waste. Save 60-80% off hot meals, baked goods, grocery offerings and items from select stores. Meals often range from \$3.99 to \$8.99 and can be ordered for local pick up. Download the app on Apple Store and google play.

## ***Health Care, Counseling & Mental Health Supports***

### **Background on Medicaid Health Insurance**

Young people who were in foster care at age 18 or older and were enrolled in Medicaid at the point of discharge from the system should be eligible for and will be able to be enrolled in Medicaid until age 26 regardless of income or resources. Medicaid is health insurance that covers health care, including mental health services in New York City. Learn more [here](#). Enroll in Medicaid [here](#).

### **Mount Sinai Adolescent Health Center**

The Clinic offers confidential medical and mental health services and prevention education to young people ages 10 to 26, all under one roof and at no cost to patients. At the Adolescent Health Center, young people can find a wide range of services specially designed for their needs, including:

- [Primary health care](#)
- [Counseling, support, mental health, and family therapy](#)
- [Sexual and reproductive health](#)
- [Nutrition, fitness, and wellness programs](#)

The Center also offers [Health Squad](#), an innovative, free app available in both iTunes and Google Play that allows people to ask the Health Center questions, request advice, setup reminders for medications and get reminders of upcoming appointments at the Center. Mount Sinai-Adolescent Health Center is located at 312-320 East 94th Street, New York, NY 10128. They are open Monday through Wednesday from 8:30am to 5 pm, Thursdays from 12 pm to 5 pm, Fridays from 8:30 am to 5 pm and Saturdays from 8:30 am to 4 pm. You can make an appointment by calling 212-423-3000.

### **The Door**

The Door offers people aged 12 to 24 free and confidential health services. To schedule an appointment, call 212-453-0222 / use [this link](#). Learn more [here](#).

### **NYPCC**

New York Psychotherapy and Counseling Center (NYPCC) is a non-profit, community-oriented mental health organization, licensed by the New York State Office of Mental Health. Each center offers a warm, child-friendly environment, provide quality care 7 days a week with extended hours after school/work. Telehealth services are also available by telephone or video. Bilingual Staff. To learn more and find a location near you, click [here](#).

Bronx Child and Family Mental Health Center  
[579 Courtlandt Avenue](#)  
[Bronx, NY 10451](#)  
**p: (718) 485-2100**



Bushwick Child and Family Mental Health Center  
[102 Pilling Street](#)  
[Brooklyn, NY 11207](#)  
p: (718) 602-1000

East New York Child and Family Mental Health Center  
[2857 Linden Boulevard](#)  
[Brooklyn, NY 11208](#)  
p: (718) 235-3100

### **The Trevor Project**

The Trevor Project offers 24/7 suicide prevention and crisis intervention for LGBTQ+ youth. You can chat, text or call a crisis counselor at any point in the day and at any time during the year. You can text START to 678-678 or call 1-866-488-7386 to speak with a crisis counselor at any time.

Learn more [here](#).

### **988 Suicide & Crisis Lifeline**

Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. **Call or Text 988.**

Lifeline Options for Deaf + Hard of Hearing

For TTY Users: Use your preferred relay service or dial **711** then **988**.

Learn more [here](#).

**Please note: 988 is a service that sometimes collaborates with local police when they think that there is imminent risk of danger, so keep that in mind when sharing or calling.**

## Community and Peer Supports

### [The Academy Program at The Door](#)

Available in their **Bronx Youth Center** location, The Academy is a unique program designed to prepare young people to achieve their career and educational goals. It offers tailored case management, employment and internship services, life skills workshops and more. Learn more [here](#) or by emailing [academy@door.org](mailto:academy@door.org).

### [Big Brothers Big Sisters of New York City](#)

The community-based mentoring program serves youth ages 7-17 in all five boroughs. By matching a caring adult mentor to a NYC Youth, they spend eight hours a month in community and building their relationship. Through one-to-one mentoring, Workplace Mentoring Program (corporate engagement), affinity groups, College & Career Success Program, Bigs in Blue, and other community partner programs, BBBS of NYC serves over 2,500 youths annually across all five boroughs. For more information, click [here](#) or email [getinvolved@bigsnyc.org](mailto:getinvolved@bigsnyc.org).

### [Osborne | Young Adult Mentoring](#)

If you are on probation, formerly incarcerated, at high risk for criminal legal system involvement or are the child of an incarcerated parent(s), Osborne offers mentoring services, internship and employment opportunities, and supportive peer communities to eligible young people ages 16-24 in the Bronx. Learn more [here](#), by emailing [mentor@osborneny.org](mailto:mentor@osborneny.org) or by calling 347-738-3456.

### [About Mutual Aid NYC – Mutual Aid NYC](#)

Mutual Aid NYC is a multi-racial network of people and groups building support systems for people in the New York area during the COVID-19 pandemic and beyond. They maintain a [community-sourced, volunteer-curated library that includes: education, housing, money, food and legal resources](#). You can find their Resource Hub [here](#).

## **Budgeting & Financial Literacy**

### **Fair Futures**

All young people with foster care experience in NYC up through age 26 are entitled to free support and coaching for school and employment through Fair Futures, which includes personal coaching and housing assistance provided through foster care agencies across the city. You don't need to still be in foster care to get these services. To get connected with a personal coach, complete an [online form here](#). Learn more about Fair Futures at [www.fairfuturesny.org](http://www.fairfuturesny.org).

### **City Living**

**City Living NY in NYC** offers free financial literacy training and classes designed to promote positive self-care. They also help supply essentials household goods such as kitchen, bathroom, and bedroom essentials. Youth in these programs are typically between 21 and 26 years of age. Learn more [here](#). You can also call them at 347-588-5080 or email [team@citylivingny.org](mailto:team@citylivingny.org) to learn more.

### **Youth - Operation HOPE**

Operation HOPE offers a free program for youth and young adults that is a combination of group workshops, group coaching sessions, and 1:1 coaching. Topics include budgeting, savings, debt reduction, income and benefits, identity protection, student loans, and more. The [New York branches](#) offer credit and money management programs as well as homeownership and small business programs.

### **The NYC Department of Consumer and Worker Protection (DCWP) Free Financial Counseling**

NYC Financial Empowerment Centers provide free one-on-one professional financial counseling and coaching to support you in reaching your goals to reduce debt, strengthen credit score, save, balance a budget, open a bank account, and more. Learn more [here](#) and book an appointment [here](#) or by calling 311.

### **NYC Anti-Violence Project Economic Empowerment Program**

The Anti-Violence Project AVP provides direct services to survivors of all forms of violence and to those who love and support them. The Economic Empowerment Program (EEP) at the Anti-Violence Project supports clients with free and confidential financial and workforce development services, including financial counseling, which includes budgeting, resolving debt, building credit, and tax support, and job readiness services, including resume and cover letter building, mock interviewing, and career planning. Click [here](#) or **call or text (212) 714-1184** to learn more.

If you or someone you know is experiencing harassment or assault, contact them at their 24-Hour Bilingual Hotline by calling 212-714-1141 or fill out this [form](#).

## **LGBTQAI+ Centered Support & Organizing**

### **[The Ali Forney Center](#)**

The Ali Forney Center and the Center Youth Program at The LGBTQ+ Center partnered to form a six-month vocational and educational preparation course for young people who identify as LGBTQIA+ ages 16-24 and have experienced homelessness or housing instability called LEAP. The Ali Forney Center also offers health services, support for trans youth, emergency housing support and a 24 hour drop in center in midtown Manhattan for LGBTQ+ youth where youth can access medical support, psychiatric evaluations, HIV counseling and testing, Medicaid enrollment support, warm meals, hot showers, clean clothing and services available anytime day or night. The drop in center is located at 307 West 38<sup>th</sup> Street, 3<sup>rd</sup> Floor New York, NY 10018. New intakes are accepted M-F from 8 am to 8 pm with the exception of Wednesday between 2 and 4 pm. New intakes are also accepted on weekends from 10 am- 6pm. Learn more about these programs [here](#). Additional resources can be found [here](#). For assistance or to contact the Ali Forney Center, you can call 212-206-0574 ext. 100.

### **[The Lesbian, Gay, Bisexual and Transgender Community Center \(The Center\)](#)**

The Center fosters a welcoming environment where everyone is celebrated for who they are. We offer the LGBTQ communities of NYC advocacy, health, and wellness programs; arts, entertainment, and cultural events; recovery, parenthood, and family support services. Check out their directory of resources [here](#). Youth specific resources can be found [here](#) and [here](#). The Center is located at 208 W 13 Street, New York, NY 10011 and has a calendar of events you can find here and a youth specific calendar you can find [here](#). To contact them, **call (212) 620-7310 or use [this form](#)**.

### **[The Trevor Project](#)**

The Trevor Project has trained counselors who understand the challenges LGBTQIA+ young people face. They will listen without judgment. All of your conversations are confidential, and you can share as much or as little as you'd like. Visit [www.thetrevorproject.org](http://www.thetrevorproject.org) to learn more. You can also connect with a community of supportive LGBTQ+ youth ages 13-24 online in a safe and moderated space [here](#).

### **[Hetrick-Martin Institute - HMI Youth Wednesday Onsite Services](#)**

Hetrick-Martin Institute provides free year-round programs and services for LGBTQIA+ youth and allies ages 13-24 at 2 Astor Place in New York City. They also help organize and produce youth events throughout New York City. Both regular programs and special events are listed in their [Youth Calendar](#), which is updated weekly. For a complete listing visit their [youth programs](#). You can also call them at 212-674-2400 M-F from 10 am – 6 pm.

## Legal Support & Youth Justice Organizing

### Youth Represent

Youth Represent offers free legal services to people 26 and younger, including help with housing, employment, education, family, rap sheets and records. Youth Represent attorneys use both legal and youth development principles to get the best possible outcomes for our clients. You can contact them at their legal hotline **646-759-8088** or using this form. Visit [www.youthrepresent.org](http://www.youthrepresent.org) to learn more or contact them using their direct contact form [here](#). Their office is located at 11 Park Place, Suite 1512, New York, NY 10007.

### Brooklyn Defenders Services

The Brooklyn Defenders Services provide a variety of legal assistance in the categories of ACS (if you are being investigated by ACS), release from jail or prison, arrest or police contact, evictions or housing legal issues, ICE or Deportation services, education, employment, and public assistance, Medicaid, or other benefit legal issues. If you need help with any of those things, you can learn how to get help [here](#). You can also connect with Brooklyn Defenders Services by emailing [info@bds.org](mailto:info@bds.org) or calling 718-254-0700. Their community office is located at 566 Livonia Avenue, Brooklyn, NY 11207, but they discourage in person visits due to pandemic concerns.

### The Bronx Defenders

The Bronx Defenders is a public defender nonprofit that serves low-income Bronx residents in criminal, civil, child welfare, and immigration cases. You can learn more, including how to get help and access their online resources [here](#). You can find their community intake brochure [here](#) or call 718-838-7878 to speak with their community intake advocates to find out if they can help you. You can also call their legal emergency hotline at 347-778-1266 which is available 24/7.

### Queens Defenders

Once assigned to a criminal case, Queens Defenders' attorneys conduct investigations, interview witnesses, and engage in settlement conferences with the Queens County District Attorney's Office and the Court. The Queens Defenders commitment extends well beyond the courtroom. They employ a team of social workers who connect clients with critical resources and alternatives to incarceration. They have a page full of resources, including youth-specific resources and relevant phone numbers and addresses [here](#). You can learn more at [www.queensdefenders.org](http://www.queensdefenders.org). You can contact Queens Defenders by filling out [this form](#) or calling 1-844-783-3673. For questions or inquiries related to an open case, call 718-261-3047.

### Neighborhood Defender Service

[NDS Harlem](#) offers a comprehensive approach to public defense that aims to address their clients' needs beyond their court case. You can learn more at <https://neighborhooddefender.org/services/> or call 212-876-5500 if you're located in Harlem. Their office is located at 317 Lenox Ave, New York, NY 10027.

### **[Center for Family Representation](#)**

CFR represents parents in child protection cases in family court. You can learn more at: <https://cfrny.org/who-we-serve/>. They have offices in Queens, Manhattan and the Bronx whose addresses can be found [here](#). They can also be contacted using [this form](#) or by calling (212)-691-0950.

### **[Legal Aid Society](#)**

Legal aid provides representation in criminal and civil cases in [all five boroughs](#) in NYC. You can learn more [here](#). To get in touch with an attorney from Legal Aid, you can call their main line at (212)-577-3300.

### **[Youth Justice Network](#)**

YJN focuses on building trusting relationships and supporting young people who have had contact with the criminal legal system. YJN offers peer support through youth advocates who offer long-term support and mentorship. They also offer career services, credible messenger programming, educational support and other programs for young people. Learn more [here](#). Find out how to contact them [here](#).

### **[New York Legal Assistance Group](#)**

New York Legal Assistance Group (NYLAG) provides comprehensive, free civil legal services, financial empowerment, impact litigation, policy advocacy, and community partnerships. Click [here](#) for a list of subjects they can help you with and how and when to contact them based on what you need.

### **[Legal Terms You Might Hear](#)**

The justice system can be overwhelming. Use [this resource](#) created by Legal Aid to become familiar with some legal terms and acronyms you might hear like appeal, adjournment, petition, jurisdiction, deposition, and affidavit.

## Immigration Supports & Organizing

### [The Door](#)

The Door's Legal Services Center provides legal advocacy to young people ages 12 to 24. To learn more, visit <https://www.door.org/legalservices/#getting-legal-help>. To contact them about an immigration issue, you can email [legalhelp@door.org](mailto:legalhelp@door.org) or call, text or leave a message at 929-237-9538.

### [Legal Aid Society](#)

Legal Aid Society provides urgent legal services to reunify families and assist low-income immigrants in obtaining lawful status, applying for citizenship, and defending against deportation. For help with an immigration matter, whether for removal defense or for help with an affirmative immigration benefit (citizenship, green cards, family-based petitions, etc.), with concerns about a [public charge](#) or for help with advance planning for non-citizen parents, please call 311 and say "Action NYC" Monday through Friday between 9 am and 6 am. If you or a loved one are detained by Immigration and Customs Enforcement (ICE), you may be eligible for representation through the New York Immigrant Family Unit Project (NYIFUP) if the case is in NYC or you are a NYC resident whose case is in New Jersey. For more information, you can email [nyifup@legal-aid.org](mailto:nyifup@legal-aid.org).

### [Make The Road - New York City](#)

Make the Road New York is a second home to tens of thousands of immigrants and working-class people of color. Their programs are designed to support families over years and even decades, first tackling crises – like an impending eviction or debilitating hospital bill – and then supporting community members to get on their feet, perhaps by training for a healthcare career or stabilizing their immigration status, and finally engaging clients and students in organizing to address root causes of problems. The result is a resilient and tight-knit community that nurtures the self-sufficiency and leadership of each member. To see the legal services and education, training and college access programs Make the Road offers, click [here](#). Click [here](#) for their contact information and access to their contact form.

## **Arts Activism and Creative Culture**

### **Urban Word**

Urban Word is an organization focused on empowering youth by encouraging them to use their voices for a range of initiatives related to literacy, civic engagement, and self-expression and developing their capacity to be leaders through free workshops on topics including creative writing, college prep and by providing opportunities for youth to perform. You can learn more about their youth specific programming [here](#).

### **Willie Mae Rock Camp**

Willie Mae Rock Camp is a free music program for girls and gender expansive youth between the ages of 11 and 18 which provides a range of programs focused on music technology, including summer camp, in-school music education, after-school digital mentorship, community workshops and events, and online learning, tuition-free. For more information click [here](#). Contact: [info@williemaerockcamp.org](mailto:info@williemaerockcamp.org) / (646) 726-0247.

### **Theatre of the Oppressed NYC**

Theatre of the Oppressed NYC partners with community members at local organizations to form theatre troupes full of community members facing discrimination who then learn to inspire transformative action through theatre. These troupes devise and perform plays based on their challenges confronting economic inequality, racism, and other social, health and human rights injustices. After each performance, actors and audiences engage in theatrical brainstorming – called Forum Theatre – with the aim of catalyzing creative change on the individual, community, and political levels. Learn more at: [www.tonyc.nyc](http://www.tonyc.nyc). You can access their list of resources [here](#). Find out about their upcoming events [here](#). Apply to their 2024 program titled Level One: Introduction to Building Forum Theatre [here](#).

### **Nuyorican Poets Cafe**

Over the last 50 years, the Nuyorican Poets Cafe has served as a home for groundbreaking works of poetry, music, theater, and visual arts. A multicultural and multi-arts institution, the Cafe gives voice to a diverse group of rising poets, actors, filmmakers, and musicians. The Cafe champions the use of poetry, jazz, theater, hip-hop and spoken word as means of social empowerment for minority and underprivileged artists. The Nuyorican is currently closed for renovations, but they are still hosting programs online and all over the city. Learn more about their programs [here](#). Check out their calendar with all of their upcoming events [here](#).

### **National Museum of the American Indian**

A diverse and multifaceted cultural and educational enterprise, the National Museum of the American Indian (NMAI) cares for one of the world's most expansive collections of Native artifacts, including objects, photographs, archives, and media covering the entire Western Hemisphere, from the Arctic Circle to Tierra del Fuego. Entrance to the museum is free. The museum is in the historic Alexander Hamilton US Custom House at One Bowling Green in lower Manhattan. Learn more [here](#).



### **Schomburg Center for Research in Black Culture**

The Schomburg Center for Research in Black Culture in Harlem, one of The New York Public Library's renowned research libraries, is a world-leading cultural institution devoted to the research, preservation, and exhibition of materials focused on African American, African Diaspora, and African experiences. The Center is located at 515 Malcolm X Boulevard (135th St and Malcolm X Blvd) New York, NY 10037. You can find their contact information, upcoming events and hours of operation [here](#).

### **One Whales Tale**

One Whale's Tale is a multidisciplinary production company that creates, fosters, and generates new independent work with an appreciation for magic and the preservation of culture. They create work that accurately reflects the experiences of immigrants, first-generation Americans, and people of color by creating space for them to tell their own Stories. Learn more at: [www.onewhalestale.com](http://www.onewhalestale.com).

### **Children Museum of Manhattan**

The Children's Museum of Manhattan offers [early childhood art classes](#) with small group activities, hands-on artmaking, science explorations, storytelling, and more. Children's Museum of Manhattan - The Tisch Building is located at 212 West 83rd Street, New York, NY 10024. You can call the museum at (212) 721-1223.

### **The Brooklyn Children's Museum**

Founded in 1899 as the world's first children's museum, Brooklyn Children's Museum (BCM) is New York City's largest cultural institution designed especially for families. Proudly based in Crown Heights, Brooklyn, BCM offers exhibits and programs grounded in visual arts, music and performance, natural science, and world cultures. The Brooklyn Children's Museum is located at 145 Brooklyn Avenue, Brooklyn, NY 11213. Their hours are somewhat unusual, so check their [calendar](#) before visiting!

### **NYC For Free**

NYC for Free is your go-to source for NYC freebies, events, local giveaways, and more. Follow on Instagram [@nyc\\_forfree](#) for updates. You can find their event calendar with free events [here](#) and a list of freebies [here](#).

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## WHO IS YOUTHPower: TRANSFORMING CARE?

We are an intergenerational collective of researchers, organizers, advocates, and artists with both professional and lived expertise in the child welfare system. Our team is documenting, uplifting, and advocating for the power, needs and visions of young adults transitioning out of foster care in New York City. We are a partnership of the Children's Defense Fund-New York, the CUNY Graduate Center's Public Science Project, and New Yorkers For Children.

