

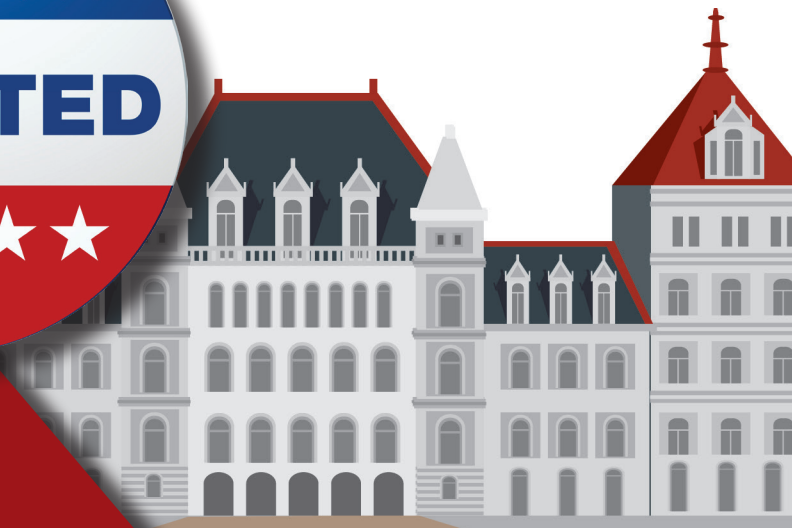


Senator Liz Krueger with Summer 2019 student interns.

State Senator Liz Krueger's **CIVICS, ADVOCACY, AND COMMUNITY RESOURCE GUIDE**

for Teens and Young Adults

2019-2020 EDITION



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CHAIR, MAJORITY MEMBER
FINANCE

COMMITTEES:
HOUSING, CONSTRUCTION
& COMMUNITY DEVELOPMENT
RULES
BUDGET & REVENUE

Dear Community Member,

As your elected representative, I take my responsibility toward you seriously, which is why I welcome the opportunity to engage with and learn from YOU. It is important to our democracy that each one of us is participating and active in all levels of government.

Working with an enthusiastic group of student interns in my office, we have compiled this Civics, Advocacy, and Community Resource Guide for Teens and Young Adults to provide you with a resource for engagement. Included is information on a range of activities including registering to vote, participating in the election process, and finding out more about your elected representatives, as well as opportunities for advocacy work on local and national issues and organizations that can provide you with tools and assistance on an assortment of quality of life concerns.

One of my most critical resources is YOU. The input I received from many of you, particularly my Summer and Fall 2019 student interns – Jason Bohner, Kyle Fallon, Diana Kennedy, Rebecca Renner, Harry Schlenger and my 2019 Public Service Scholar, Jonathan Martinez – who created this guide, was essential. It is a great privilege to represent your interests and concerns in Albany, and I am always eager to hear from you. I encourage you to contact my office at (212) 490-9535 or at lkrueger@nysenate.gov with any questions or comments. You can find me on Facebook, Twitter and Instagram to stay up to date with news and reports from Albany and New York City. Please feel free to share our resource guide. This guide is available on my website at krueger.nysenate.gov, where you can also find other resources and sign up for *LizList* to receive regular email updates from me.

We have done our best to make this guide as comprehensive and accurate as possible. Over time, organizations move, phone numbers change, and programs close or change, while new programs become available. In a city with as many dynamic organizations as ours, we know we have missed important resources, so please feel free to contact my office if there are additional resources that should be included in the next edition, or if the information you find in this guide has changed. If there are resources that you are looking for and cannot find in this guide, please reach out to my office and my staff will be happy to help find you the information you need.

VOTE, PARTICIPATE and STAY ENGAGED!

Sincerely,

A handwritten signature in black ink that reads "Liz Krueger".

Liz Krueger
State Senator

The information in this publication is provided as a resource for teens and young adults in New York City, but is not intended as an endorsement of any organization or service.

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Climate and Environmental Advocacy

350NYC

<https://350nyc.org>

A community movement of activists working to find climate solutions and build a pollution-free world of renewable energy for all. Check out their site for their meeting calendar and other opportunities.

Citizens' Climate Lobby NYU

newyork.u@citizensclimatelobby.org

<https://www.citizensclimatelobby.org>

Citizens' Climate Lobby is creating the political will for a livable world by empowering individuals to experience breakthroughs in exercising their personal and political power.

Environmental Advocates of New York

<https://www.eany.org/about-us/mission-history>

Environmental Advocates of New York's mission is to protect our air, land, water and wildlife, as well as the health of all New Yorkers. They monitor the state government, evaluate proposed laws and champion policies and practices that will ensure stewardship, strengthen the efforts of environmentalists and make our state a national leader in the climate movement.

Food and Water Watch

info@fwwatch.org

855-340-8083; 347-778-2743

<https://www.foodandwaterwatch.org/>

Promotes healthy food and clean water for all by standing up to corporations that "put profits before people" and advocating for a democracy that improves people's lives and protects our environment.

GrowNYC

info@grownyc.org

212-341-2258

<https://www.grownyc.org>

Dedicated to preserving the environment, from building gardens across NYC, to educating New York's youth on sustainable living, to implementing farmers markets and recycling events.

Sierra Club

information@sierraclub.org

415-977-5500; 212-791-3600

<https://www.sierraclub.org>

Aims to protect Earth's natural resources, as well as to fight against climate change and pollution. They advocate for many environmental issues by holding rallies and petitioning officials.

Sunrise Movement

team@sunrisemovement.org

<https://www.sunrisemovement.org>

A nonpartisan environmental advocacy organization comprised of young people who are dedicated to preventing climate change and creating jobs in the process.

Andrew Goodman Foundation

201-995-1808

www.andrewgoodman.org

Empowers young voters and strengthens their voice as a powerful force of democracy.

Annenberg Public Policy Center

215-898-9400

www.annenbergpublicpolicycenter.org

Offers resources, such as research and statistics, to inform voters on various policies and issues.

Citizens Union

info@citizensunion.org

212-227-0342

<https://www.citizensunion.org/>

A nonpartisan organization committed to reforming New York City and State governments by fostering accountability, accessibility, transparency, honesty and the highest ethical standards.

Common Cause New York

CauseNet@commoncause.org

212-691-6421

www.commoncause.org/new-york/

A nonpartisan organization that aims to reform New York's political system and to hold elected officials accountable. They operate many campaigns including ethics reform, public financing, gerrymandering, and judicial integrity.

Community Affairs Program, New York Police Department

communityaffairs@nypd.org

646-610-5323

www1.nyc.gov/site/nypd/bureaus/administrative/programs.page

Sponsors programs that strengthen ties between the police and the community. They offer programs such as block watchers, community partnerships and ride-along programs.

Dare to Run

info@daretorun.org

917-923-4657

www.daretorun.org/about

Provides women of all ages with the opportunity to pursue a career path in public service, as well as to voice their opinions and lead by running campaigns for elected office.

Eleanor's Legacy

212-228-7746

<https://www.eleanorslegacy.com>

Eleanor's Legacy is committed to training and funding Democratic women candidates at both the state and local levels. Through civic engagement, they work to promote pro-choice legislation in New York State, as well as to make politics a more gender-inclusive world.

Generation Citizen

<https://generationcitizen.org/>

Works to make sure that every student in the United States has a proper civic education, needed to become an informed voter and participant in American democracy.

Girls Inc.

212-509-2000

<https://www.girlsinc.org/what-we-do/>

Empowers young females to value their whole selves, to discover and to develop their inherent strengths and to receive the support they need to navigate the challenges they face.

iCivics

617-356-8311

<https://www.icivics.org/>

An interactive website that aims to teach about civic responsibility and the function and history of the government in the United States. It is a great resource if you want to learn more about the government in a fun way.

New York Civic Engagement Table

<https://www.nycet.org/>

212-523-0180

Collaborates with various community organizations to develop long-term leadership opportunities and empower underrepresented communities.

New York Public Interest Research Group Fund (NYPIRG)

<https://www.nypirg.org/about/>

212-349-6460

A nonpartisan, nonprofit organization focused on public outreach, education and research.

Project On Government Oversight (POGO)

info@pogo.org

202-347-1122

<https://www.pogo.org/about/>

A nonpartisan independent watchdog that investigates and exposes waste, corruption, and abuse of power as well as reports on when the government fails to serve the public or silences those who report wrongdoing.

Public Agenda

info@publicagenda.org

212-686-6610

<https://www.publicagenda.org/>

An organization focused on informing elected officials on issues affecting the public. They bridge the gap between government officials and the public.

Strength in Sisters (through Girls for Gender Equity)

718-857-1393

<https://www.ggenyc.org/programs/sisters-in-strength/>

A 2-year program in organizing for young women of color entering 10th or 11th grade. This group focuses on gender-based violence and confronts the multiple layers of individual and institutional discrimination that threaten the safety of girls and women.

United States Census 2020

<https://www.census.gov/en.html>

The United States Census data determines how over \$675 billion in federal funding is distributed to states and communities. The results of the Census will also help to determine the number of representatives a region will have in the House of Representatives. The Census Bureau is hiring for a variety of temporary jobs, including census takers, recruiting assistants, office staff, and supervisory staff. To be eligible, you must be at least 18 years old, have a valid Social Security number, and be a U.S. citizen. Participating in the Census is the most basic form of civic engagement; it is imperative that you or your family complete the form or speak with the door-to-door census taker.

Youth Progressive Policy Group (YPPG)

yppg.ny@gmail.com

<https://yppg.org/>

An organization for young people created by young people. They work with State Congress and Council members to advocate for various issues, focusing heavily on lowering the voting age and making civic education more accessible.

State Senator Liz Krueger's office produces a comprehensive guide on "Paying for College." The guides are available online at <https://www.nysenate.gov/senators/liz-krueger> or by calling 212-490-9535.

Federal Pell Grant Program

<https://www2.ed.gov/programs/fpg/index.html>

Pell Grants are the largest student aid program. They are the foundation of federal student aid. Unlike student loans, grants do not have to be repaid and are awarded by the federal government to students for undergraduate study at all participating colleges and universities.

Federal Supplemental Educational Opportunity Grants (FSEOG)

<https://studentaid.ed.gov/sa/types/grants-scholarships/fseog>

SEOG grants do not have to be repaid and are awarded to those Pell Grant recipients who are most in need at participating institutions. Colleges match federal funding to help students borrow less and work towards graduation.

Federal Work Study Program

<https://www2.ed.gov/programs/fws/index.html>

Provides part-time jobs to help students work their way through college while building professional skills. Colleges and other employers match federal funding for jobs at participating institutions, local businesses or in community service. Work-study recipients are connected to the campus community, which helps them graduate on time.

Free Application for Federal Student Aid (FAFSA)

<https://studentaid.ed.gov/sa/>

FAFSA is the main Federal Student Aid application form and its website includes a free calculator to calculate the amount of aid you most likely will be offered. Many high schools require all college-bound students to fill out the FAFSA Form.

New York State Dream Act

1-888-NYSHESC (1-888-697-4372) (From 8am-4:30pm Monday-Friday)

<https://www.hesc.ny.gov/dream/>

Enacted by New York State in 2019, the Dream Act made undocumented students who graduate from New York high schools to be eligible for different types of state college financial aid, including the Tuition Assistance Program (TAP). If you apply, your immigration status will not be shared. Eligibility and application details are available on the website.

New York State Tuition Assistance Program (TAP)

<https://www.hesc.ny.gov/pay-for-college/apply-for-financial-aid/nys-tap.html>

Helps eligible New York residents pay tuition at approved schools in New York State. Depending on the academic year in which you begin study, an annual TAP award can be up to \$5,165 that does not have to be paid back.

Scholarships.com

<http://scholarships.com>

Scholarships.com offers free college scholarship searches and financial aid information.

TRIO Programs

<https://www2.ed.gov/about/offices/list/ope/trio/index.html>

Trio Programs help low-income, first-generation to college Americans enter college, graduate, and launch a career. The programs provide educational outreach and student support services from middle school through postgraduate study. The institution-based programs provide tutoring, personal, financial and career counseling, and special instruction in reading, writing, mathematics and study skills.

Community Boards are New York City's most local level of government. There are 59 in NYC, including 12 in Manhattan. Each Board consists of up to 50 unsalaried members appointed by the Borough President, with half nominated by the City Council Members who represent the community district. Each board has a paid District Manager and other staff who coordinate the work of each board, and help to resolve problems with city services. Board members are selected from active, involved people in each community, with an effort made to assure that every neighborhood is represented. Board members must reside, work, or have some other significant interest in the community. Anyone age 16 and older can apply to serve.

Boards meet once each month and have committees that meet more frequently. At these meetings, members address items of concern to the community. Board meetings are open to the public, and a portion of each meeting is reserved for the Community Board to hear from the public. In addition, Boards regularly conduct public hearings - on the City's budget, land use matters, and other major issues - to give the people of the community the opportunity to express their opinions.

Below is a list of community boards in Senate District 28 (Senator Krueger's district). See websites or call for meeting times, agendas and locations. A full list of Manhattan Boards, as well as more details on the application process, is available on the Manhattan Borough President's website at <https://www.manhattanbp.nyc.gov/communityboards/>.

Manhattan Community Board #5

212-465-0907

www.cb5.org

Meets the second Thursday of most months at 6pm. The community board tries to meet at Xavier High School, 30 West 16th Street.

Manhattan Community Board #6

212-319-3750

www.cbsix.org

Meets on the second Wednesday of each month at 7pm at varying locations but the community board tries to meet at the NYU Medical Center, 550 First Avenue at 32nd Street.

Manhattan Community Board #8

212-758-4340

www.cb8m.com

Generally meets the 3rd Wednesday of each month at 6:30 pm, often at NYC Blood Center at 310 East 67th Street.

Crime Victims Treatment Center (CVTC)

212-523-4728

<http://www.cvtcnyc.org/>

Provides medical treatment, forensic documentation, counseling, support groups and advocacy for victims of sexual assault and domestic violence. The center also provides counseling for friends and family of victims of violent crimes.

Manhattan District Attorney's Victim Resources

212-335-4308 (Domestic Violence & Child Abuse)

www.manhattanda.org/victim-resources/child-abuse/

www.manhattanda.org/victim-resources/domestic-violence/

This is a list of resources for victims of domestic violence, child abuse and other forms of crime.

Manhattan District Attorney's Witness Aid Services Unit

212-335-9040

<https://www.manhattanda.org/wasu-test/>

Provides social services and counseling services to crime victims, witnesses and their families.

New York State Office of Children and Family Services

Child Abuse & Neglect Hotline: 1-800-342-3720

<https://ocfs.ny.gov/main/>

The NYS Office of Children and Family Services offers this hotline for people to report cases of child abuse or child neglect.

New York State Office of Victim Services

718-923-4325 or 1-800-247-8035

<https://ovs.ny.gov/>

Provides reimbursement for crime-related expenses to crime victims, administers the federal Victims of Crime Act across the state and advocates for victims' rights legislation.

Safe Horizon

Headquarters: 212-577-7700

www.safehorizon.org

Safe Horizon's mission is to provide support, to prevent violence and to promote justice for victims of crime and abuse, their families and the community. Their programs are located throughout the five boroughs in courthouses, police precincts, schools, shelters and community offices.

HOTLINES:	Domestic Violence & Child Abuse	800-621-4673
	Crime Victims	866-689-4357
	Rape, Sexual Assault & Incest	212-227-3000
	TTY number for all hotlines	866-604-5350

Advocates for Children

<https://www.advocatesforchildren.org>

866-427-6077 (Education Helpline)

Provides information, advice, and legal representation to low income New York City students and their families who are struggling in school or experiencing school discrimination of any kind, including suspensions, inappropriate class placement, or denial of necessary services.

Alliance for Quality Education New York (AQENY)

<https://www.aqeny.org/about-us/>

212-992-9751

This coalition mobilizes communities across the state to advocate for a continuing high quality education for all students, regardless of zip code. AQE's work has resulted in student success and the creation of a powerful public demand for high quality education.

Community Education Councils

<https://www.schools.nyc.gov/school-life/get-involved/education-councils>

Every Community School District in New York City has a Community Education Council (CEC) responsible for holding monthly meetings with the District Superintendent, reviewing and evaluating the district's education programs, approving changes in school district lines, holding public hearings, and liaising with schools and the NYC Department of Education. All CECs have 12 members, including one high school student. All CEC meetings are open to the public. To voice your opinions, you can go to monthly CEC meetings or contact them by phone or email. Senate District 28 (Senator Krueger's District) falls within CEC District 2 the website of which is <https://www.cecd2.net/>.

Organizing for Equity New York (OFENY)

www.ofeny.org

Demands equity for all children in New York by organizing social and political action. Currently, they are fighting to stop the school to prison pipeline, as well as to integrate schools.

Teens Take Charge

<https://www.teenstakecharge.com/>

Teens Take Charge is a platform for New York City high school students to share their experiences in the school system at official hearings, in meetings with policymakers, on television broadcasts and in the pages of major news outlets. Members study present-day educational inequity and its historical roots, develop policy proposals and lead advocacy campaigns targeting city and school officials to enact their solutions.

Cents Ability

212.278.7646

<https://cents-ability.org/contact-us/>

This is a 501(c)(3) nonprofit dedicated to educating and empowering high school students to achieve their goals through the prudent and informed management of their financial resources.

High Water Women

(504) 321-4203

[highwaterwomen.org/our-programs/financial-literacy-education/
contactus@highwaterwomen.org](http://highwaterwomen.org/our-programs/financial-literacy-education/contactus@highwaterwomen.org)

In today's complex financial world, it is increasingly important for low-income youth and adults to develop successful financial skills. Learning the fundamentals of earning an income, budgeting and saving and understanding the implications of debt and avoiding the pitfalls of unscrupulous lenders and other scams will help students gain a solid financial footing. To address this issue, High Water Women joined forces with financial industry legend Muriel Siebert in 2009 to launch the Muriel Siebert High Water Women Campaign for Financial Literacy. Since 2009, more than 9,000 low-income New Yorkers and 400 volunteers have participated in the program.

Single Stop

<https://singlestopusa.org/>

Single Stop's vision is for every individual to have access to opportunities for achieving the American Dream. We are working to connect the 46 million individuals living in poverty to untapped local, state, and federal dollars and benefits to put them on the road to economic stability and prosperity.

NYPL: Financial Literacy Now: New York

<https://www.nypl.org/help/getting-oriented/financial-literacy/web-resources>

The New York Public Library provides access to different financial literacy resources through the Financial Literacy Now initiative. This web link has information on several different topics such as tax information and college financing help.

BeFitNYC

<https://www.nycgovparks.org/befitnyc>

A website run by the NYC Parks Service, which shows all the fitness opportunities in your neighborhood. Although membership (paid) might be required for some programs, the site also shows no fee parks, programs and services.

Bike New York

(212) 870-2080

<http://www.bike.nyc>

Offers free bike education programs throughout NYC. Not only will they teach beginners how to ride a bike, but they also have programs to instruct how to ride safely and confidently in the city. They also plan bike-riding tours through city neighborhoods.

NYC Road Runners

help@nyrr.org

<https://www.nyrr.org>

The NYC Roadrunners are a running group in New York City that holds many free events. They are a great group to join for exercise. They also have a youth chapter at many schools in the city.

City Harvest

646-412-0600

students@cityharvest.org

<https://www.cityharvest.org>

City Harvest is a food rescue movement that delivers food, free of charge, to community partners across New York City. With a mission to end hunger locally and educate NYC, City Harvest provides food for those in need and volunteer opportunities for people looking to service their city.

Food Bank For New York City

212-566-7855

<https://www.foodbanknyc.org>

This organization is committed to ending hunger across NYC through food distribution, education, income support and legal advocacy in all 5 boroughs. They offer many opportunities for engagement as a volunteer or an advocate.

Stop 'N' Swap

info@grownyc.org

212-788-7900

<https://www.grownyc.org/swap>

Stop 'N' Swap, a part of GrowNYC, holds free community events to donate both clothing and household items as well as to acquire new ones from the donations of others. Swaps are free of charge and to be eligible to take items, you are not required to donate any. Items not selected during the Swap will be recycled by GrowNYC. There is more information on GrowNYC in the Climate section of this guide.

Hunger Free NYC

info@hungerfreeamerica.org

212-825-0028

<https://www.Hungerfreeamerica.org>

Hunger Free NYC is a local affiliate of Hunger Free America, which helps families access the Supplemental Nutrition Access Program (SNAP) or Food Stamps benefits. They have a variety of volunteer and advocacy opportunities as well as free events that provide food to New Yorkers.

West Side Campaign Against Hunger (WSCAH)

info@wscah.org

212-362-3662

<https://wscah.org>

Operates food pantries for New Yorkers, modeled after supermarkets. WSCAH also provides access to clothing and social services. You can donate and volunteer as an individual or with your school group.

EVERYTOWN for Gun Safety

646-324-8250

<https://everytown.org/>

Fights against gun lobbyists to pass sensible gun control legislation. They operate all across the United States trying to decrease the growing intensity of gun violence.

March for Our Lives

<https://marchforourlives.com/>

Aims to engage young people to fight for gun legislation with the aim of reducing gun deaths in the United States. They have held numerous marches across the country in the wake of mass shootings and have been one of the most vocal advocates for gun control.

New Yorkers Against Gun Violence

nyagv@nyagv.org

212-679-2345

<https://nyagv.org/>

New Yorkers Against Gun Violence's mission is to pass legislation that restricts gun ownership and protects New Yorkers against gun deaths. They have many youth groups associated with them, such as Youth Over Guns.

Youth Over Guns

Info@YouthOverGunsNY.org

212-679-2345

<https://www.youthovergunsny.org/>

Youth Over Guns is a gun control advocacy group founded and led by students in New York. Its mission is to promote legislation that protects marginalized urban communities from gun violence as well as provide a platform for politically active young people to get involved.

SPECIAL NOTE: As per the Affordable Care Act, individuals have the ability to remain on their parents' health insurance plans through the age of 26.

Community Health Advocates (CHA)

<http://www.communityhealthadvocates.org/who-we-are>

cha@cssny.org

Helps New Yorkers navigate the complex health care system by providing individual assistance, outreach and education to communities throughout New York State. CHA is an "all-payer" program, providing one-stop services to consumers with public or private coverage or no coverage at all. CHA is a statewide network of organizations that assists individuals, families and small businesses in using their health insurance and accessing the health care they need.

Families USA

<https://familiesusa.org/>

A nonprofit, nonpartisan consumer health advocacy organization and a leading national voice for health care consumers. This organization is dedicated to the achievement of high quality, affordable health care for all.

Health Advocates

<http://www.healthadvocate.com/site/>

Offers a full range of clinical and administrative services as well as behavioral health and wellness programs. The information and assessments provided are supported by medical claims data science and a technology platform that uses machine learning to drive people to engage in their health and well-being.

Health Care for America Now (HCAN)

<http://healthcareforamericanow.org/>

A progressive political coalition of more than 1,000 organizations that promote legislation to reform the United States healthcare system and to extend medical benefits to the population that is currently uninsured.

Healthcare-Now!

info@healthcare-now.org

<https://www.healthcare-now.org/>

A nonprofit grassroots coalition in support of the single-payer health care movement in the United States. Healthcare-NOW!'s stated goal is to implement the United States National Health Care Act (HR 676, aka Expanded and Improved Medicare for All).

Medicaid Helpline, NYS Department of Health

800-541-2831

https://www.health.ny.gov/health_care/medicaid/

Adults aged 64 and under and families with children should apply for Medicaid through the NY State of Health's Marketplace (see <https://nystateofhealth.ny.gov/> or call 855-355-5777 for additional information).

Mount Sinai Adolescent Health Center

312-320 East 94th Street

New York, NY 10128

212-423-3000

<https://www.mountsinai.org/locations/adolescent-health-center>

Offers complimentary and reduced cost medical care for teenagers. They offer both physical and mental health services.

New York State Essential Plan

855-355-5777

<https://info.nystateofhealth.ny.gov/2019essentialplanmap>

The Essential Plan is a program for eligible New Yorkers enrolling in coverage through the NY State of Health. The Essential Plan covers all the essential health benefits covered under the Qualified Health Plans offered on the Marketplace, including inpatient and outpatient care, physician services, diagnostic services and prescription drugs among others, with no annual deductible and low out-of-pocket costs. Preventive care such as routine office visits and recommended screenings, are at no cost. Eligible consumers will pay either \$20 monthly premium or nothing, depending on income. Some plans include additional benefits such as adult dental and vision coverage for an additional premium.

New York State of Health

855-355-5777

<https://nystateofhealth.ny.gov>

New York State residents who are 19 years of age or older can qualify for individual medical plans, many at no or low cost. These plans include a number offered through the Affordable Care Act.

School-Based Health Alliance

info@sbh4all.org

202-638-5872

<https://www.sbh4all.org/school-health-care/aboutsbhcs>

Promotes the intersection of health care and education to ensure that all young people have proper access to medical services.



Help and Support

Conflict Resolution Network

<https://www.crnhg.org/>

Researches and disseminates conflict resolution techniques. They aim to promote universally applicable theories on conflict resolution.

Connect Safely

<https://www.connectsafely.org/>

A nonprofit organization dedicated to helping people with internet safety, privacy and security. They provide guidebooks, tips and advice for online safety.

The Door

555 Broome Street
New York, NY 10013
212-941-9090

<https://door.org/>

Offers services for disconnected youth and tries to give them tools to become successful in school, work and life. They offer free food, job training and counseling among other services to the city's youth. General programming runs from 2pm to 8pm with hours extended to 10pm on Wednesdays.

GEMS

917-837-0357

<https://www.gems-girls.org/>

Lobbies for laws to prevent sex trafficking and provides services to its victims through employment, economic independence and education, along with other resources.

INCLUDEnyc

(212) 677-4650

<http://www.includenyc.org>

New York City's only independent nonprofit organization that provides support, workshops, trainings and programs for teens with all disabilities, including outdoor activities and Project Possibility for transitioning to adult life.

Lawyers for Children

(212) 966-6420

info@lawyersforchildren.org

www.lawyersforchildren.org

Advises and represents individuals who are 18 and under including children and parents of foster care, LGBT and homeless youth. Specialties include: domestic violence, education, housing, drug counseling, foster care, pregnancy, immigrations and arrests.

The National Domestic Violence Hotline

1-800-799-7233

www.thehotline.org/

The Hotline is dedicated to supporting and empowering people who are affected by relationship abuse. This organization does not engage in email correspondence, as it is not a safe way to provide advocacy services.

New York Peace Institute

212-577-1740

info@peaceinstitute.org

nypeace.org

New York Peace Institute is committed to promoting peace in our communities. Whether a dispute involves two people, dozens of people or several groups, we can help.

Safe Horizon

1-800-621-HOPE (4673)

<https://www.safehorizon.org/>

Fights for justice for victims of crime and abuse and works to prevent violence. Their services include general support, legal consultations and temporary shelter for victims of domestic violence.

Substance Abuse and Mental Health Services Administration (SAMHSA)

800-622-4357 (24 Hour Hotline)

<https://www.samhsa.gov/find-help/national-helpline>

Helps people find recovery programs for addiction to tobacco, alcohol and other drugs. They also have a 24/7 hotline for people suffering from and/or being affected by substance abuse.

Youth Represent

646-759-8080 (to schedule an appointment)

<http://youthrepresent.org/>

Provides free legal services and helps with housing and employment for kids who have been “caught-up” in the justice system. It recognizes that even if charges are dropped, an arrest can have a devastating effect on a child’s life and aims to help with the legal process.

Coalition for the Homeless

212-776-2000

<https://www.coalitionforthehomeless.org/our-programs/crisis-services/client-advocacy-program-2/>

Provides advocacy and direct services for New York City adults and youth struggling with homelessness or in danger of losing their homes. The Coalition also advocates for policy changes on all levels of government to reduce and prevent homelessness.

National Coalition for the Homeless

<https://nationalhomeless.org/>

A national network of people who are experiencing or who have experienced homelessness, as well as activists, advocates, community-based and faith-based service providers. They are committed to ending and preventing homelessness while ensuring the immediate needs of those experiencing homelessness are met and their civil rights are respected and protected.

The National Law Center on Homelessness & Poverty

<https://nlchp.org/history-mission/>

A nonprofit organization based in Washington, D.C., it is the only national legal group dedicated to ending and preventing homelessness. They offer programs across the United States that serve homeless families, children and individuals.

Families for Freedom

info@familiesforfreedom.org

646-290-8720

<http://familiesforfreedom.org/about>

A New York-based multi-ethnic human rights organization by and for families facing and fighting deportation.

Make the Road New York

718-418-7690

<https://maketheroadny.org/issue/immigration/>

The largest participatory immigrant organization in New York with 17,000+ members. They strengthen the power of Latinx and working class communities to achieve dignity and justice through organizing, policy innovation, transformative education and the provision of survival services.

New York Immigration Coalition

<https://www.nyic.org>

An advocacy group that brings together nearly 200 diverse member organizations to advance justice and opportunity for all.

New Sanctuary Coalition of NYC

<http://www.newsanctuarynyc.org/>

An interfaith network of congregations, organizations and individuals, standing publicly in solidarity with families and communities resisting detention and deportation.

Sanctuary Advocacy For Everyone (SAFE NYC)

<https://safenyc.wordpress.com/>

Aims to help immigrants live safely in our NYC communities by connecting with our neighbors across interpersonal and international borders.

**Callen-Lorde**

356 West 18th St.
New York, NY 10011
212-271-7200

<https://callen-lorde.org/>

An LGBTQ+ health center that offers health services (medical and mental) such as PreP and HIV testing at no or reduced cost. They also have Health Outreach to Teens (HOTT), a confidential program to address the health concerns of LGBTQ+ teens. HOTT provides free or reduced cost services for people aged 13-24.

The Center

208 West 13 St
New York, NY 10011
212-620-7310

<https://gaycenter.org/>

A community center in NYC that offers resources and support to LGBTQ+ individuals. Their goal is to foster a welcoming environment where everyone is accepted. The Center is open from 9am to 10pm on weekdays and 9am to 9pm on Saturdays. It is closed on Sundays.

GLAAD

<https://www.glaad.org/about>

GLAAD attempts to spark a dialogue about sexuality with the goal of making sure that people are accepted for who they are.

GLSEN

110 William Street, 30th Floor
New York, NY 10038
212-727-0135

<https://www.glsen.org/>

An organization committed to ensuring that LGBTQ+ children are provided with a safe and accepting community in school. They collaborate with student groups and nonprofits to lobby for legislation protecting LGBTQ+ youth and advise schools on how to be a welcoming community.

Human Rights Campaign

800-777-4723
<https://www.hrc.org/hrc-story/contact-us>

The largest LGBTQ+ advocacy organization in the United States, fighting and working to assure non-discrimination.

PFLAG

202-467-8180
<https://pflag.org/>

PFLAG works to make sure that all people who are part of the LGBTQ+ community are valued not only by society but also take pride in and value themselves. They do this through providing peer-to-peer support, educating people on the issues that are important to the community and advocating for inclusive policies and laws.

The Trevor Project

24/7 Hotline: 1-866-488-7386 or text "START" to 678678

<https://www.thetrevorproject.org/>

The Trevor Project aims to prevent mental illnesses and suicide in LGBTQ+ individuals. They provide crisis intervention and suicide prevention services to individuals ages 13-24. They also run TrevorSpace, a social networking community for LGBTQ+ individuals.



Mental Health Resources

JED Campus

<https://www.jedcampus.org/>

JED is an organization designed for colleges to ensure they provide their students with proper mental health treatment options. They also dispatch trained personnel to campuses to check that adequate mental health services are established.

Mount Sinai Adolescent Health Center

312-320 East 94th Street

New York, NY 10128

212-423-3000

<https://www.mountsinai.org/locations/adolescent-health-center>

Offers complimentary mental health services to teens, in addition to a wide range of health and wellness services not related to mental health.

National Alliance of Mental Illness NYC (NAMI)

Helpline: 212-684-3264

<https://www.naminycmetro.org/>

Provides support to people dealing with mental health conditions, as well as their friends and family members. NAMI offers multiple support groups and classes (including one specifically for young adults) as well as a hotline. See their website for details.

National Association For Self Esteem

Info@HealthySelfEsteem.org

<http://healthyselfesteem.org/>

The goal of this organization is to help those with self esteem issues. They provide strategies to help with self esteem and a lesson plan, which lays out how to improve self esteem.

NYC Well

Call the 24/7 hotline: 1-888-692-9355

Text "WELL" to 65173

<https://nycwell.cityofnewyork.us/en/>

Provides a 24-hour hotline for mental health problems and suicide prevention.

On Track NY

ontrack@nyspi.columbia.edu

<https://www.ontrackny.org/>

Has programs across New York State to create an atmosphere of support for kids who have been struggling with their mental health. With innovative support groups, On Track NY aims to combat the mental health crisis among youth. Locations for their groups can be found on their website.

The Samaritans

inquiries@samaritansnyc.org

24 Hour Helpline: 212-673-3000

<https://samaritansnyc.org/about-us/>

A New York-based group that aims to prevent suicide and to help those in crisis. They support those who struggle with mental health and educate others about mental health.

ThriveNYC

<https://thrivenyc.cityofnewyork.us/>

An initiative by the City of New York to change the conversation around mental health and to make it easier to seek help. They collaborate with communities to help with mental health issues. In addition, they offer training to be a mental health aid.

Vibrant Adolescent Skills Center

50 Broadway, 8th Floor

New York, NY 10004

212-254-0333, Ext: 861

<https://www.vibrant.org/what-we-do/community-programs/youth-young-adult-services/adolescent-skills-centers/>

Aims to bring awareness to mental health issues and to help those who are struggling. They have programs to help teens, including adolescent skill centers, where teens can learn how to manage their mental health and be successful.

Center for Reproductive Rights

917-637-3000

<https://reproductiverights.org/>

Pushes lawmakers to protect reproductive rights through legislation. They work not only in the United States but also with the United Nations to expand on individual rights globally.

NARAL Pro-Choice America

212-973-3000

<https://www.prochoiceamerica.org/>

Fights for access to abortion care, birth control and parental leave, as well as against pregnancy discrimination. They organize events throughout the year to advocate for candidates and legislation that fight to protect women's rights.

National Institute for Reproductive Health (NIRH)

info@nirhealth.org

212-343-0114

<https://www.nirhealth.org/>

Works at the state and local levels to promote reproductive rights and to expand health care access through advocacy, creative education campaigns and high-impact partnerships.

New York Abortion Access Fund

info@nyaaf.org

212-252-4757

<https://www.nyaaf.org>

Provides financial assistance to anyone unable to pay fully for an abortion. They believe everyone should have the right to a safe and affordable abortion.

NOW-NYC

contact@nownyc.org

212-627-9895

<https://www.nownyc.org>

Provides a platform for New Yorkers to fight for reproductive rights and legislation that amplifies the voices of women and girls. They offer many ways to get involved as an intern or volunteer.

Planned Parenthood

212-965-7000

<https://www.plannedparenthood.org/planned-parenthood-new-york-city>

An organization that offers many reproductive health services including birth control, PEP and STD testing. Many of their services are free and they are an educational and useful resource for issues of reproductive health.

Rally+Rise

rallyandrise@gmail.com

<https://www.rallyandrise.org>

A grassroots organization that works to make New York a haven for reproductive rights. They focus on local, progressive and legislative activism in the state.

WHARR

<https://www.wharr.com>

A Brooklyn-based grassroots organization dedicated to fostering gender equity through legislative action and support for pro-choice candidates. They host monthly events that are civically engaging and local.

American Student Loan Advocates

<https://www.americanstudentloanadvocates.org/>

Offers advisers that can help students apply and qualify for government-approved programs designed to ease the financial stress of student loan payments.

Save Student Aid!

<https://studentaidalliance.org/what-is-saa/>

A coalition of 85 higher education organizations united in support of increased federal student aid and raising awareness about the importance of this issue.

Student Debt Advocates

<https://studentdebtadvocates.org/>

Helps student borrowers reduce payments and save time by preparing their paperwork and submitting it to beneficial forgiveness programs available through the Department of Education.

Student Debt Crisis (SDC)

<https://studentdebtcrisis.org/about/>

A nonprofit organization dedicated to reforming student debt and higher education loan policies. SDC works directly with borrowers to understand their challenges, repayment difficulties and frustrations. SDC also tackles loan refinancing and consumer protection policies with media and legislators, as well as educating borrowers and higher education experts with lectures, webinars and other events.

Housing Justice for All

<https://www.housingjusticeforall.org>

A diverse statewide coalition of tenants and advocates fighting for stronger tenant protections, increased affordable housing, and ending homelessness.

Metropolitan Council on Housing

212-979-0611

<https://www.metcouncilonhousing.org>

A citywide membership-based tenants' advocacy organization that works to preserve and expand affordable housing and rent regulation through grassroots organizing, lobbying, direct action and public education. Met Council organizes tenant associations to help tenants get better services and repairs, educates tenants through its monthly newspaper, and operates a volunteer-staffed tenant information hotline. See website for fact sheets and resources on housing laws, tenants' rights, and other information.

Tenants and Neighbors

212-608-4320

<https://tandn.org/>

A statewide organization of tenants, tenant associations, and other community groups that fight for tenants' rights and affordable housing through organizing, education, leadership development and grassroots mobilization. Works to strengthen tenant protections while empowering and educating tenants. See website for fact sheets and resources on housing laws, tenants' rights and organizing.

Fair Fares NYC

311

<https://www1.nyc.gov/office-of-the-mayor/fair-fares-nyc.page>

A program offered by New York City that provides a 50% discount on subway and bus fares to residents between the ages of 18 and 64 who meet income eligibility criteria. CUNY students are eligible if they live in one of the five boroughs and have less than a pre-tax household income below the eligibility limit. For the specific eligibility requirements and program features, visit their website.

Riders Alliance

info@ridersny.org

347-603-1413

<http://www.ridersny.org>

Fights for reliable, quality and affordable public transit in order to build a more just and sustainable New York. They strive to hold elected officials accountable, engage the public and take direct action to guarantee that riders have a powerful voice in the decisions that affect them.

Transportation Alternatives

info@transalt.org

212-629-8080

<https://www.transalt.org/>

Transportation Alternatives' mission is to reclaim New York City's streets from the automobile and advocate for better bicycling, walking and public transit for all New Yorkers.

Tri-State Transportation Campaign

tstc@tstc.org

212-268-7474

<http://www.tstc.org/our-work/>

Tri-State Transportation Campaign has four main priorities: fixing commutes, meeting set climate goals, stopping traffic deaths and making transportation options fair.



Volunteer Opportunities

NYC Service

212-788-7550

<https://www.nycservice.org>

Offers volunteer work and civic engagement opportunities accessible to New Yorkers. Using their website, you can filter through service opportunities by interest, skill set, audience and location.

New York Cares

info@newyorkcares.org

212-228-5000

<https://www.newyorkcares.org>

Matches people of all ages with volunteer opportunities across the city. Opportunities are available for those who want to help out for as little as one day or on a long-term basis.

Volunteer Referral Center

<http://volunteer-referral.com/>

Connects skilled and willing volunteers with the needs of nonprofit organizations. Interviews are required with all volunteers to match with positions.



Voter Participation Organizations

≈ Advocacy ≈

Eighteen x 18

<https://www.eighteenx18.com/>

A creative platform to engage younger generations to speak their truth, to get active and to vote! It is designed to uplift the younger generation of voters to take civic action into their own hands and to discover the issues that impact them through their own stories and experiences.

FairVote

301-270-4616

info@fairvote.org

<https://www.fairvote.org/>

A nonpartisan champion of electoral reforms that give voters a greater choice, a stronger voice and a representative democracy that works for all Americans.

League of Women Voters of the City of New York

office@lwvnyc.org

212-725-3541

<https://my.lwv.org/new-york/city-new-york>

A nonpartisan organization whose purpose is to promote informed and active citizen participation in government. They are committed to empowering citizens with the meaningful information needed to make sound decisions for our democracy.

Let NY Vote

LetNYvote@gmail.com

<https://letnyvote.org/>

A nonpartisan organization with the goal of updating New York's voting laws. It aims to increase voter participation and to maximize democracy by having the greatest voter turnout possible.

Voter Participation Center

info@voterparticipation.org

202-659-9570

<https://www.voterparticipation.org/our-mission/>

Aims to ensure that the Rising American Electorate (RAE) is no longer underrepresented in our political conversation and that the voices of the RAE are heard in numbers proportionate to their strength in the population.

YVote

<https://yvotenyc.org/>

A nonpartisan organization for students passionate about politics. They hold meetings about various topics including teen voting registration. Their goal is to increase teen participation in our political process. Among other projects, they are active in trying to register young voters.

≈ Resources ≈

NYC Board of Elections

866-868-3692

<https://www.vote.nyc.ny.us/html/home/home.shtml>

Comprised of 10 commissioners tasked with overseeing New York City's elections. Their responsibilities include voter registration and voter outreach. Check their website for voting information, as well as for meeting schedules and agendas.

NYC Votes

<http://voting.nyc/>

A project of the NYC Board of Elections that aims to educate voters about candidates, to inform them of elections and to allow them to donate small amounts to campaigns through an electronic database.

Rock The Vote

202-719-9910

<https://www.rockthevote.org/voting-information/new-york/>

A national organization committed to expanding voting rights and participation. It is the largest organization committed to voting rights and participation within the United States. On their website, you can register to vote in New York State in only a few minutes.

Student Voting Project

www.studentvoterproject.com

Educates youth on when and how to vote, who is running and more election information. They also provide resources to find out who your elected officials are. New York has one of the lowest voter turnout rates in the country and Student Voting Project focuses on the importance of young people voting in today's democracy.

Vote.gov

<https://vote.gov/>

Find out how and where to register to vote in the United States as well as state specific voting requirements.

Who Represents Me: NYC

<http://www.mygovnyc.org/>

Who Represents Me: NYC is an easy tool to figure out who represents you at the city, state, and federal levels.

New York State Assembly

<https://nyassembly.gov/>

Learn about the issues that your state Assembly members are discussing.

<https://nyassembly.gov/av/>

Watch the previous recordings or live feed from the floor of the New York State Assembly.

New York State Senate

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

Learn about the issues that your state Senators are discussing.

<https://www.nysenate.gov/senate-live-channel-2>

Watch the previous recordings or live feed from the floor of the New York State Senate.

New York City Council

<https://council.nyc.gov/live/>

Watch the previous recordings or live feed from the floor of the New York City Council chambers.

U.S. Congress

Information: <http://visitthecapitol.gov/about-congress>

Visit: <http://visitthecapitol.gov/plan-visit>

Be informed about what your federal elected officials are actually doing on a daily basis, as well as plan an in-person visit.

U.S. Senate Live

<https://www.senate.gov/floor/>

Watch the previous recordings or live feed from the floor of the United States Senate.

U.S. House of Representatives Live

<https://www.houselive.gov>

Watch the previous recordings or live feed from the floor of the United States House of Representatives.



Youth Advocate Organizations

NYC Youth Advocate Center

https://www.nycservice.org/organizations/index.php?org_id=1211

Helps teens and young adults involved with the foster care and juvenile justice systems learn to advocate for themselves and take control of their lives.

The Children's Village

Drew Hamilton Community Center
220 West 143rd Street
New York, NY 10030
212-368-0759

Harlem Office
2139 Adam Clayton Powell, Jr. Blvd.
New York, NY 10027
212-932-9009

<https://childrensvillage.org/about-us/advocacy/>

Advocates for children and families on issues including LGBTQ youth, homeless teens and teens who have been sexually exploited or trafficked, foster children and more.

YouthAction NYC

212-673-1800

<https://www.cccnewyork.org/get-involved/advocacy-courses/youth-action/>

YouthAction NYC is an after-school program for high school students interested in learning to advocate for themselves, their schools and their communities. Students research and discuss the issues that matter to them, leaving with the skills they need to make positive changes for young people.

Youth Advocate Programs

<http://www.yapinc.org/who>

A nationally recognized, nonprofit organization exclusively committed to community-based alternatives to out-of-home care through direct service, advocacy and policy change.

Youth Power!

<https://youthinprogress.org/index.cfm/featured-youth-in-progress-content/what-is-youth-progress-ny/>

Enhances and advances the current foster care system by giving foster children a sense of self-responsibility. To do this, YIP pledges to educate everyone involved in the foster care system and other youth systems to the realities of this experience.

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