

HELP LIST NYC

Food / Clothing / Medical / Shelter / Showers / Etc.

Downtown Manhattan

October 6, 2021

www.helpnyc.org

email: helpnyc@gmail.com

... **FOOD** ...

* *DATES & TIMES OFTEN CHANGE, PLEASE CALL LOCATION FIRST* *

Bowery Mission 227 Bowery NY NY / Between Prince St. & Rivington St. 212-674-3456 www.bowery.org
BREAKFAST TO GO w Coffee: 8-9 am / LUNCH TO GO: 1-2 pm / RELIEF BUS LUNCH Thursday 11am-1pm
FOOD PANTRY - Monday - Friday, 9 am - 11 am canned goods & pantry staples, when available (Once a week per person).

Catholic Worker / St. Joseph House 36 East 1st ST NY NY 10003 Phone: 212-254-1640
SOUP, BUTTERED BREAD, FRUIT, COFFEE, TEA (to go) / Monday - Friday 9:30 AM – 10:30 AM

Catholic Worker / Maryhouse 55 East 3rd ST New York NY 10003 Phone: 212-777-9617
LUNCH FOR WOMEN (to go) & FOOD PANTRY (when available) Tuesday - Friday, Noon – 1:30 PM.

Trinity Church SAFH - 602 East 9th Street at Ave B. 212-228-5254 www.safhny.org/how-to-get-food/food
LUNCH TO GO Mon - Fri 11AM - 12PM / FOOD PANTRY 12:30PM - 1:30PM Appointments preferred, go to web site.

Interfaith Tompkins Square Park - Ave A & E 7th Street 212-473-3558 Email: adi108ny@yahoo.com
VEGIN FOOD Mon, Wed, Fri around 9:15 am rain or shine. www.untotheleastrofhybrethren.org www.instagram.com/Interfaith_nyc

St. Francis Xavier Church 55 West 15th Street. 212-627-2100 www.xaviermission.org/programs
EMERGENCY FOOD PANTRY Monday-Friday 10am - 2pm LUNCH TO GO Sundays 1pm - 3:30pm. No ID needed.
FOOD PANTRY CUSTOMER-CHOICE: 2nd Saturday of each month / Registration Required

Trinity Church at St. Paul's Chapel Broadway & Wall Street 212-602-0800?
BROWN BAG LUNCH / 7 Days a week 9 am - 5 pm

Mainchance Drop-In Center 120 East 32nd Street, New York, NY 10016 / 212-883-0680 Ext. 108
DAILY BREAKFAST 6:30 - 8 am, LUNCH 12 - 1:30pm DINNER 4 - 6 (Walk in, No I.D. required)

St. Francis Assisi 135 West 31st Street (between 6th and 7th Avenues). 212-736-8500 / 212-564-8799
BREADLINE 7 -7:30 am, 7 days a week, outside of St. Francis Church. Distributing sandwiches, fruit, coffee, juice boxes.

Hebrew Union 1 West 4th Street (& Broadway) 212-674-5300 www.huc.edu/soupkitchen
DINNER Monday 5 - 6 p.m. Greeted with smiles, offered food, clothing, toiletries, and more (to go).

Street Life Ministries Mobile Van - Tompkins Square Park Ave A & E 7th Street 718-539-2324 www.streetlife.org
FOOD & DRINK, Tuesday 8:30 AM- 10:30 AM. Also Clothing, Hygiene Kits, Detox, Rehab, 12 Step. Churches, Legal Aid, Etc.

Cabrini Immigrant Services 139 Henry ST, NY, NY 10002 212-791-4590 x102 www.cis-nyc.org/food-pantry-2 -NOT UPDATED
FOOD PANTRY Tuesday from 8:30 am - 11:30 pm Register first with Jo Lee at 212-791-4590 x102 (mailbox full)

Church of the Village 201 West 13th Street and 7th AVE, 212-243-5470 www.churchofthevillage.org/hunger-relief
BAGS OF FOOD Tuesday 3:30 PM - 5:30 PM / HOT MEAL BAG TO GO - Saturday around 11 AM (please mask, we can provide).

Meatloaf / Cardinal Spellman Center 137 East 2nd St. / Between 1st Ave and Ave A / 347-850-2230
BREAKFAST Saturday 9am - 10am / LUNCH Saturday 1pm - 2pm. Meals are "Grab and Go". Vegetarians welcome.
Outreach & social workers often there to help with: welfare, substance abuse rehab, finding shelter, healthcare, or employment.

St. Joe's Soup Kitchen First Presbyterian Church 12 W12th Street NY www.sjsk.nyc/services
SOUP KITCHEN Saturdays 1:30 PM - 3 PM (Free, Walk in, No I.D. required) Sometimes Used Clothing.

~~Village Temple 33 E 12th St, New York, NY 10003 212-674-2340. -THIS MAY BE CLOSED~~
~~SOUP KITCHEN Saturdays 2:30 PM - 4 PM Walk In, no referral needed.~~

Food Not Bombs Tompkins Square Park, Ave A & East 7th Street - Inside Park, Just Beyond Chess Tables (Rain Near Bathrooms).
VEGAN ORGANIC GROCERY BAGS Sundays at 4:30 - 6 PM www.facebook.com/lowermanhattanfoodnotbombs

NYC Pandemic Food Reserve Emergency Distribution Program (P-FRED) Call 311 for info. email: foodreserve@hra.nyc.gov
NYC Food Assistance: www.tinyurl.com/2vuuw9k3 Master PFRED Directory By Borough: www.tinyurl.com/cfxfyhmv

NYC Emergency Food Assistance Program (EPAP) Call 311 for info. NYC Food Assistance: www.tinyurl.com/2vuuw9k3
EPAP Locations: www.tinyurl.com/2xnn63d6

... CLOTHING ...

Catholic Worker / St Joseph House 36 East 1st ST New York NY 10003 Phone: 212-254-1640
CLOTHING FOR MEN: Wednesdays 11 AM. Handed out the window.

Catholic Worker / Maryhouse 55 East 3rd ST New York NY 10003 Phone: 212-777-9617
LIMITED CLOTHING FOR WOMEN (no children's clothing) / Tuesday - Friday, Noon – 1:30 PM. Please call first.

Bowery Mission LES 227 Bowery NY NY / Between Prince St. & Rivington St. 212-674-3456
CLOTHING FOR MEN & WOMEN Monday - Friday. Arrive before 7 AM for a ticket. First come first served (est. 50).

Bowery Mission in Tribeca 90 Lafayette Street New York, NY 10013 Phone: 212-226-6214
HYGENE PACKETS & SOCKS - Anytime 7 Days a week.

Street Life Ministries Mobile Van - Tompkins Square Park Ave A & E 7th Street 718-539-2324 www.streetlife.org
CLOTHING Tuesday 8:30 AM- 10:30 AM. Also Food & Drink, Hygiene Kits, Detox, Rehab, 12 Step. Churches, Legal Aid, Etc.

St. Joe's Soup Kitchen First Presbyterian Church 12 W12th Street NY www.sjsk.nyc/services
USED CLOTHING (when available) Saturdays 1:30 PM - 3 PM (Free, Walk in, No I.D. required) Food To Go As Well.

St. Francis Xavier Church 46 West 16th Street. (East Gate) 212-627-2100 xaviermission.org/program/clothing-room/
CLOTHING 2nd & 4th Sundays of each month 12:30 - 2:30 PM (all guests on line by 2:30 PM will be admitted)

... MEDICAL ...

BRC / Bowery Safe Haven / NYU Lutheran Community Clinic 317 Bowery NY 10003 / 718-210-5293
FULL MEDICAL AND PSYCHIATRIC SERVICES. No referral needed.
Mon - Fri 8:30 am - Noon / 1- 3:30 pm. Appointments only (Walk-ins for medical early in the morning only).

Project Renewal Shelter-Based Primary Care Clinic 8 E 3rd Street, NY 2nd Floor 212-533-8400 x165
CLINIC, PRIMARY CARE AND PSYCHIATRY Monday - Friday 8:45 AM - Noon / 1PM - 4PM (Appointments Required)

Project Renewal - Mobile Medical Van 646-737-2510 www.bowery.org/get-help/#shelter
Bowery Mission 227 Bowery NY NY / Between Prince St. & Rivington St. 212-674-3456
Tuesday 9am-1pm & Thursday 3pm-5pm (Just show up)

NYC Free Clinic 230 W. 17th St. (Between 7th & 8th Aves.) 212-206-5200 www.nycfreeclinic.com
Basic primary care and comprehensive care for uninsured adults. 18+ years.
Calls Mon-Fri between 8 AM and 10 PM or Sat-Sun between 8 AM and 8 PM to begin.

The Alliance Midtown 64 W. 35th St., 3rd Fl. (Bet 5th & 6th Aves.) 212-645-0875 www.alliance.nyc
Any day 10 AM - 4 PM Do you need medical and/or mental health care? The Alliance's Intake Team can put you on the path to positive change! We have free bilingual case management services. Visit www.alliance.nyc/get-medical-care

... HOUSING / SHELTER ...

Bowery Mission Tribeca (NYC Rescue Mission) 90 Lafayette Street, NY NY 10013 Phone: 212-226-6214
EMERGENCY SHELTER FOR 7 DAYS: Intake for women at 3 PM, men at 4 PM.
INTAKE FOR RESIDENTIAL PROGRAMS : Visit or call more information 212-226-6214.

St. Francis Xavier Church 4 West 16th St. NY 212-627-2100
SHELTER All guests must be referred by Olivieri Drop-In Center. No walk-ins are permitted
Go To The Olivieri Center 257 W 30th Street bet. 7th and 8th Avenues, 212- 947-3211. Mon - Fri 10 AM - 3 PM / Mostly Full

NYC Men's Shelter Intake Center 400 East 30th Street Manhattan (1st Avenue/30th Street)
Subway: #6 Train to 28th Street 718-557-1399 24 hours

NYC HELP Women's Shelter 116 Williams Ave. (between Liberty Ave & Glenmore Ave) Brooklyn, NY
Subway: C Train to Liberty Ave. 718-557-1399
Franklin Shelter 1122 Franklin Ave (near 166th Street) Bronx, NY 718-557-1399
Take the 2 Train to 149th St, followed by the #55 Bus to 166th Street and 3rd Ave

... SHOWERS ...

Bowery Mission 227 Bowery NY NY / Between Prince St. & Rivington St. 212-674-3456
Mon - Fri Get Ticket 7 AM (1st come 1st serve). Showers times for men 9:30 & 10:30 AM, Women Tuesday Only

Catholic Worker / Maryhouse 55 East 3rd ST New York NY 10003 Phone: 212-777-9617
SHOWERS FOR WOMEN / Tuesday - Friday, Noon – 1:30 PM.

Catholic Worker / St. Joseph House 36 East 1st ST NY NY 10003 Phone: 212-254-1640
MOBILE SHOWER VAN - Random Saturdays 1-3 PM. Please call or visit us for dates.

Mainchance Drop-In Center 120 East 32nd Street, New York, NY 10016 / 212-883-0680 Ext. 108 -NOT UPDATED
SHOWERS for men and women, after intake registration. ???

... DROP-IN CENTERS ...

Antonio Oliveri Center 257 W 30th Street bet. 7th and 8th Avenues, 212- 947-3211
www.urbanpathways.org/programs-services

DROP IN TO SLEEP AT CHAIR AND TABLE 9 PM - 6 AM FOR THE NIGHT 4:30 - 6 PM (If we have space / Need ID).
To sign up to be a resident of the facility. *Intake meeting: Monday - Friday 10am to enroll in the program???*
DROP-IN CENTER FOR THE POOR AND/OR HOMELESS. CASE WORKERS, SHOWERS, and other services available
to members of the program. 18+ Clients may drop in during business hours, see intake, and may join the program if they
qualify (cannot be part of another program for at least the past year). Subway: 1/2/3/A/C/E to 34th St.

Mainchance Drop-In Center 120 East 32nd Street, New York, NY 10016 / 212-883-0680
SOCIAL SERVICES, HOUSING, MEDICAL, RESPITE BED PROGRAM, COMMUNITY GROUPS, SHOWER.
Multi-services for men & women 18+. Travel assistance available. [www.main chance 120 street.org/](http://www.mainchance120street.org/)
BREAKFAST 6:30 - 8 am, LUNCH Noon-1:30pm DINNER 4pm-6pm (Walk in, I.D. please) indoors

Streetwork Safe Horizon Lower East Side Drop-In Center 33 Essex St. NY 646-602-6404 www.safehorizon.org/streetwork
MEALS, SHOWERS, CLOTHING, WELLNESS ACTIVITIES, ACCESS TO MEDICAL CARE, LEGAL ASSISTANCE,
MENTAL HEALTH SERVICES, HIV TESTING, OBTAINING IDENTIFICATION, OBTAINING PUBLIC BENEFITS, LINKS
TO EMERGENCY SHELTER AND HOUSING ADVOCACY.
Mon. 6:30 p.m. to 8:30 p.m. (traveler youth and young injection drug users up to the age of 30 only).
General hours: Mon., Tues., Thurs. and Fri. 1 p.m. - 5 p.m.
Intake Hours: Mon., Tues., Thurs., Fri., from 10:15 a.m. – 11:30 a.m.
Syringe exchange Hours: Mon, Tues, Thurs. and Fri. 1: p.m. - 5: p.m.

CAMBA / The Gathering Place Drop-in Center 2402 Atlantic Ave, Basement, Brooklyn 718-385-8726
The Gathering Place Drop-in Center serves homeless men and women, 24 hours per day, 7 days a week.
Three meals a day. Shower/laundry facilities and access to clothing. Mail and phone services. Case management
services/entitlement(s) assistance. Comprehensive medical/mental health services and referrals to treatment resources.
The respite sites provide dinner and a temporary bed assignment. Men or women, 18 and older.

... BATHROOMS ...

Bowery Mission - 227 Bowery NY NY 10002 2 Porta-Potties Outside 24 Hours a day.
Sara D. Roosevelt Park - Houston St. Playground - Stanton St. between Chrystie St. & Forsyth St.
Sara D. Roosevelt Park Track - Hester Street between Forsyth St. & Christie St. 8 AM - 4 PM
Lions Gate Field - Broome Street between Forsyth St. & Christie St. 8 AM - 8 PM?
Tompkins Square Park - E9th St Between Ave A & Ave B (In the park) 8 AM - 4 PM
Union Square Park - Union Square East Between 16th & 17th Street 8 AM - 4 PM
Washington Square Park - Washington Square South and Sullivan Street. 8 AM - 4 PM
Whole Foods E Houston St. & Bowery (Ask at Info desk, then you are escorted to restrooms) 212-420-1320
Barnes & Noble 33 E 17th St, 3rd Floor. Mostly 10AM - 8PM but I would call to check (212) 253-0810
Chipotle 625 BWay 11AM - 10PM, (Customers Only)
McDonalds 102 1st Ave 7AM - Mid, (Customers Only)
Trader Joes 400 Grand Street and Clinton Street (Customers Only)
NYC Police Stations / 5th Pct. 19 Elizabeth St. 212-334-0711 / 9th PCT 321 East 5th St. 212-477-7811

... MULTI SERVICES ...

BRC 131 West 25th Street, 12th Floor New York, NY 10001 info@brc.org
212-803-5700 24-Hour Homeless Helpline: 212-533-5151
Provides caring & comprehensive services that guide each individual on their unique path from homelessness to home.

Coalition For The Homeless 129 Fulton Street New York, NY 212-776-2000 Email: info@cfthomeless.org
Our Crisis Intervention walk-in hours begin at 9 am Monday – Friday. www.coalitionforthehomeless.org/get-help
If you have been denied shelter and do not have access to any shelter placement, please call 1-888-358-2384.
Food, Crisis Services, Housing, Job Training, Youth Programs, Advocacy.
We see a limited number of people on a first come, first serve basis.
Take the 2, 3, 4, 5, A, C, J, or Z trains to the Fulton St. Station.

Next Step Employment Program / Project Renewal / EMPLOYMENT - 200 Varick St. NYC 9th FL. 212.620.0340 X 349
Walk Ins Fridays 10 AM Sharp. email nextstep@projectrenewal.org Web: https://www.projectrenewal.org/need-help
Job readiness workshop, Job placement program, HS equivalency class, Computer class, Job clothing available, etc.

City Relief Bus 800-736-2773? https://cityrelief.org/our-locations
SOUP, BREAD, BEVERAGES, SOCKS, HYGIENE KITS, Life Care Visits (ie: one on one referrals to resources.)
Wednesday 11:00am - 2:00pm / 28th Street. (Between 9th & 10th Aves.)
Thursday, 11am - 2pm / 227 Bowery NY NY
Friday, 11am - 1pm / 14TH Street Salvation Army 132 14TH ST NY, NY 10001 (Between 6th & 7th Aves.)

... ADDICTION ...

Alcoholics Anonymous Meetings In NYC / Intra-Group NY 212-647-1680
Find a Remote Meeting: www.nyintergroup.org/remote-meetings/list
Find a Physical Meeting: www.nyintergroup.org/meetings

Narcotics Anonymous Meetings In NYC / Helpline 212-929-6262
Find a Remote Meeting: www.nycna.org/_site

Alliance LES Harm Reduction Center 35 E Broadway, 2nd Floor NY NY 212-645-0875 x100 www.alliance.nyc/leshrc
Exchange syringes in complete anonymity. Get sterile injecting equipment and safer sex supplies.
Receive Narcan / Naloxone overdose prevention kits and training.
Be tested for HIV, HCV or hepatitis C (Rapid testing).
Get medical and mental health care, counseling, and referrals. Sign up for case management.
B or D Train to Grand Street / F Train to East Broadway / M15 Bus to Hester & Allen Street

Project Renewal 8 E 3rd Street NY NY, www.projectrenewal.org/need-help
• SUBSTANCE USE CRISIS SERVICE No insurance required (Medicaid accepted). 4th Floor 212.763.0596
Do you have a history of substance use disorder and need somewhere to go? Take the first step to recovery.
• RECOVERY CENTER OUTPATIENT 212.533.8400 X144 OR X157
The Recovery Center helps individuals struggling with alcohol and drug abuse to recover from their addiction, while also developing their ability to lead self-sufficient lives. Harm reduction approach.
Wednesday Morning Walk-Ins (We open at 9 am, people should sign up early, but appointments are later in afternoon).
• MEDICAL DETOX, Withdraw from opiates or alcohol with medical supervision on 2nd Fl. (Medical Supervised OWS).

Street Life Ministries Mobile Van - Tompkins Square Park Ave A & E 7th Street 718-539-2324 www.streetlife.org
DETOX, REHAB, 12 STEP Tuesday 8:30 AM - 10:30 AM. Also Food & Drink, Clothing, Hygiene Kits, Churches, Legal Aid, Etc.

... MISCELLANEOUS ...

Father's Heart Ministries 543 East 11th Street / 212-375-1765 / www.fathersheartnyc.org/copy-of-esl
ENGLISH LESSONS (ESL) Email: ESL@fathersheartnyc.org if interested in remote learning or on-site learning.
Saturday (except 1st Saturday of the month) 10:00 A.M. to 11:00 A.M. Free / All Levels.



Contact: Mick Cantarella / helplistnyc@gmail.com
Web site & printer friendly PDF version of this Help List: www.helplistnyc.org
More NYC resources: www.helpnyc.info www.ncsinc.org/street-sheets <https://tinyurl.com/s684tww9>