GRAND CENTRAL FOOD PROGRAM
The Grand Central Food Program distributes meals and other items 7 days a week at the following times and places:
• 5:30-7:00pm St. Bartholomew's Church • 108 E 51st St

CRISS INTERVENTION HOTLINE
If you have a question about accessing shelter or other services, including if you have been denied access to shelter, please call 212-776-2177, the Crisis Intervention emergency hotline, and leave a detailed message, including your phone number. We will do our best to respond to you as soon as possible.

SOUP KITCHENS
• Masbia of Queens • 98-08 Queens Blvd • Sun-Thurs: 2-6pm • R to 63 Dr-Rego Pk • No referral needed
• Salvation Army-Jamaica Citadel • 90-26 161st St • M-W: 12pm-1pm • 7 to Flushing-Main St & Q27 to 46th Ave & 162nd St • No referral needed
• Corona SDA Church • 35-30 103rd St • Sun: 12-2pm • 7 to 103 St-Corona Plaza • No referral needed

FREE MEALS & MENSTRUAL PRODUCTS AT PUBLIC SCHOOLS: MON– FRI 11:30am – 1:00pm

• Martin Van Buren H.S.: 230-17 Hillside Ave, 11427
• P.S. 002 Alfred Zimberg: 75-10 21 Ave, 11370
• P.S. 012 James B. Colgate: 42-00 72 St, 11377
• P.S. 013 Clement C. Moore: 55-01 94 St, 11373
• P.S. 021 Edward Hart: 147-36 26 Ave, 11354
• P.S. 046 Alley Pond: 64-45 218 St, 11364
• P.S. 048 William Wordsworth: 108-29 155 St, 11433
• P.S. 060 Woodhaven: 91-02 88 Ave, 11421
• P.S. 062 Chester Park: 97-25 108 St, 11419
• P.S. 069 Jackson Heights: 77-02 37 Ave, 11372
• P.S. 085 Judge Charles Vallone: 23-70 31 St, 11105
• P.S. 100 Glen Morris: 111-11 118 St, 11420
• P.S. 104 The Bays Water: 26-01 Mott Ave, 11691
• P.S. 107 Thomas A Dooley: 167-02 45 Ave, 11358
• P.S. 149 Christa McAuliffe: 93-11 34 Ave, 11372
• P.S. 150 Queens: 40-01 43 Ave, 11104
• P.S. 165 Edith K. Bergtraum: 70-35 150 St, 11367
• P.S. 166 Henry Gradstein: 33-09 35 Ave, 11106
• P.S. 169 Bay Terrace: 18-25 212 St, 11360
• P.S. 173 Fresh Meadows: 174-10 67 Ave, 11365
• P.S. 175 Lynn Gross Discovery: 64-35 102 St, 11374
• P.S. 176 Cambria Heights: 120-45 235 St, 11411
• P.S. 183 Dr. Richard R. Green: 2-45 Beach 79 St, 11693
• P.S. 232 Lindenwood: 153-23 83 St, 11414
• P.S. 234: 30-15 29 St, 11102
• P.S. 242 Leonard P. Stavisky: 29-66 137 St, 11354
• P.S. 254 - The Rosa Parks School: 84-40 101 St, 11418
• P.S. 28 - Thomas Emanuel ECC: 109-10 47 Ave, 11368

For a full list, call 311 or visit: https://www.schools.nyc.gov/freemeals

FOOD PANTRIES
• Calvary Mission Food Pantry • 102-16 89th Ave • Sat: 7-10am • J to 104 St/Jamaica Av • No referral needed
• Evangel Food Pantry • 39-21 Crescent St. • M-F 9-4pm • N to Queensboro Plaza • No referral needed
• Masbia of Queens • 98-08 Queens Blvd • Sun-Thurs: 2-6pm • R to 63 Dr-Rego Pk • No referral needed
• Muslim Center NY • 14032 Cherry Ave • Thursdays, 11-2pm • 7 to Flushing/Main St • No referral needed
### Public Toilets/Showers

<table>
<thead>
<tr>
<th>Toilets</th>
<th>Showers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whitney &amp; 83rd</td>
<td>All Angels Church 80th/Broadway</td>
</tr>
<tr>
<td>Kissena Blvd. &amp; Cherry Avenue</td>
<td>Tuesday &amp; Thursday 8am-2pm</td>
</tr>
<tr>
<td></td>
<td>227 Bowery Tuesday and Wednesday</td>
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<tr>
<td></td>
<td>Salvation Army Harlem Temple 62 W. 138th Street Mon, Wed, Sat 1-5pm</td>
</tr>
<tr>
<td></td>
<td>Salvation Army Midtown 542 W. 46th St Mon-Sat 12:00pm-4pm</td>
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</tbody>
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### Legal Services

- **POTS - Part of the Solution Legal Clinic**: 2759 Webster Ave, Bronx • Clients seeking assistance may contact the legal clinic directly to schedule a phone meeting at (718) 220-4892 ext: x111 or x117
- **Legal Aid's Access to Benefits (A2B) Helpline**: 888-663-6880 • Mon-Fri • 10:00 a.m. to 3:00 p.m.

### Drop-In Centers

**Youth**
- Sheltering Arms/Safe Space Jamaica Drop-in • 89-74 162nd Street, 3rd Floor • Open 24/7 for 14-24 year olds

### Shelters

**Single Adult Men**
- 30th Street Men’s Shelter • 400-430 E 30th St • (212) 481-0771 • Intake open 24 hours • 6 to 28th St • Men Only

**Single Adult Women**
- Brooklyn Women's Shelter • 116 Williams Ave • (718) 483-7700 • Intake open 24 hours • C to Liberty Ave

**Adult Couples / Families Without Minor Children**
- Adult Family Intake Center (AFIC) • 400-430 E 30th St (at 29th St & 1st Ave) • (212) 481-4704 • Open 24 hours • 6 to 28th St • Application office for adult couples WITHOUT minor children

**Families With Children**
- PATH • 151 E 151st (Bronx) • (917) 521-3900 • Open 24 hours • 2/4 to 149th St/Grand Concourse • Must be a family with children under 21 years old or a pregnant family

### Health Centers

- Citadel Health Center • 90-23 161st Street, Jamaica • 718-709-5054 • Open Mon-Thurs

### Emergency Numbers

- NYC Well (888) NYC-WELL
- Suicide Hotline (800) 273-8255
- SAMHSA’s Disaster Distress Helpline (800) 985-5990
- Alcoholics Anonymous (212) 647-1680
- Safe Horizon Crime Victim Hotline (212) 577-7777
- Domestic Violence Hotline (800) 621-4673

Hand sanitizer is available at these locations.
COVID-19 GUIDANCE

- If you are experiencing a cough, shortness of breath, and fever-like symptoms, you should call your healthcare provider or dial 311 to reach an outreach team. Let them know you’re experiencing symptoms of Coronavirus.
- Please practice social distancing guidelines and keep 6 feet away from others whenever possible.
- Always wear a face mask covering mouth and nose when in public.
- Wash your hands for at least 30 seconds whenever possible, and avoid touching your eyes, nose, and mouth.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol

COVID-19 Testing Centers

- **CityMD- E. 86th St**: 336 E. 86th St. • Manhattan • 212-933-1364 • Mon – Fri, 7am-10:45pm, Sat-Sun, 9am-9pm
- **CityMD- East 96th Street**: 1500 Lexington Ave. • 212-710-1065 • Mon – Fri, 8am-8pm, Sat - Sun 9am-5pm
- **CityMD- Fulton St**: 138 Fulton St. • 212-271-4896 • Mon - Fri, 8am-8pm, Sat - Sun 9am-5pm
- **CityMD- Lower East Side**: 138 Delancey St • 212-609-2541 • Mon - Fri, 8am-8pm, Sat - Sun 9am-5pm
- **CityMD- West 125th St**: 80 West 125th St. • 212-913-0820 • Mon - Fri, 8am-8pm, Sat - Sun 9am-5pm
- **NYC Health + Hospitals/Bellevue**: 462 First Ave. • 212-562-5555 • Mon – Sat, 7:30am-3:30pm (Hospital)
- **NYC Health + Hospitals/Gotham Health Dyckman-Clinica de Las Americas**: 175 Nagle Ave. • 212-544-2001 • Mon – Fri, 9am-3:30pm (Community Health Center)
- **East 111th St**: 141 East 111th St • 844-692-4695 • Mon- Sun, 9am-7pm (Community Based Setting)
- **NYC Health + Hospitals/Gotham Health, Gouverneur**: 227 Madison St • 212-238-7897 • Mon – Fri, 9am-4pm; Sabado, 9am-2pm (Hospital)
- **Housing WorksNYC Health + Hospitals/Harlem**: 506 Lenox Ave, • 212-939-1000 • Mon – Fri, 8:30am-4 pm (Hospital)
- **Highbridge Pool**: 2301 Amsterdam Ave • Mon – Sun, 9am-7pm (Community Based Setting)
- **NYC Health + Hospitals/Metropolitan**: 1901 First Ave • 212-423-6262 • Mon – Sat, 9am-3:30pm (Hospital)
- **NYC Health + Hospitals/Gotham Health, Sydenham**: 264 West 118th St. • 212-932-6500 • Mon – Fri, 9am- 3:30pm • (Hospital)
- **Saint Nicholas Houses**: 281 West 127th St. • Mon – Fri, 9 am-3:30pm (Community-Based Setting)