



# Childcare & Eldercare Community Resource Guide

**NYC**  
**HEALTH+**  
**HOSPITALS**

November 2024

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This booklet was created to provide staff with a list of resources to support their childcare and eldercare needs. It highlights resources from New York City, New York State, Westchester, and Long Island. We hope you are able to find the resources you need to best support your family.

Thank you.

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## **NYC Health + Hospitals Employee Resources**

### **[Paid Family Leave](#)**

### **[Paid Parental Leave](#)**

### **[Expecting Birth Parent](#)**

### **[Child Care Leave](#)**

### **[Lactation Rooms](#)**

NYC Health + Hospitals provides 30 minutes of paid break time to express milk. This time will not be deducted from the Employee's leave balance. Each facility has a designated room to express milk. Please reach out to [local HR](#) for the location of your facility's lactation room. Please find Lactation Resources under 'FAQs and Resources'

### **[EAP](#)**

As a reminder, if you need immediate assistance, the Employee Assistance Program (EAP) is available to all NYC Health + Hospitals employees. The EAP program offers introductory counseling sessions and a comprehensive referral network. The information disclosed and discussed with EAP is confidential. Nothing said or revealed to EAP appears in your work record. You can contact EAP by either phone 212-306-7660 or email [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov)

### **[Perks at Work Discounts](#)**

Perks at Work, a partner of NYC Health + Hospitals, offers discounts for child care and babysitting services. Please use your NYC Health + Hospitals username to create an account.

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## NYC Health + Hospitals

We are an integrated network of hospitals, community-based health centers, long-term care and rehabilitation facilities, home care services, correctional health services and a health plan, MetroPlus. Our diverse team of health care professionals – 45,000 strong – provide culturally responsive care to more than one million patients every year in more than 70 patient care locations across the five boroughs of New York City.

[All Locations](#)

[Abortion Care](#)

[Asthma Care](#)

[Breast Health](#)

[Cancer Care](#)

[Cardiology](#)

[Child Health & Pediatrics](#)

[Services](#)

[Deaf & Hard of Hearing](#)

[Services](#)

[Dental Care](#)

[Depression](#)

[Diabetes Care](#)

[ER & Urgent Care](#)

[HIV/AIDS Care](#)

[Hypertension](#)

[LGBTQ+ Services](#)

[Mental Health Services](#)

[Obstetrics & Gynecology](#)

[Services](#)

[Primary & Preventive Care](#)

[Stroke Prevention & Care](#)

[Trauma Centers](#)

[Virtual Care](#)

[Vision Care](#)

[YouthHealth](#)

[MetroPlus Health](#)

[Find Resources in My Community](#)

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## » Child Care Center Resources

### Department of Health and Mental Hygiene

A resource guide with information for new parents about options in New York City.

### Office of Children and Family Services | Division of Child Care Services

### NYC Child Care Connect

Find a licensed childcare program in your neighborhood.

### Parents League of New York

Parents League of New York provides a comprehensive guide to pre-schools in NYC

### Division of Family Development - New Jersey



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## » After School Programs

### NYC After School Programs

- [Department of Youth and Community Development](#)
- [Parks Department](#)

### **Nassau County After School Programs**

- [4H](#)

### **Suffolk County After School Programs**

- [Before & After School Child Care Programs](#)

### **Westchester County After School Programs**

- [Yonkers Public Schools](#)
- [Child Day Care Assistance](#)

### Long Island After School Programs



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## » Summer Camp

### [New York Department of Health and Mental Hygiene](#)

New York City Department of Health and Mental Hygiene provides a list of summer camps within the five boroughs. For more information on Group Day Care Facilities call 311.

### [New York State Department of Health](#)

### [American Camp Association](#)

800-777-CAMP

### [YMCA](#)

### [NYC Parks Department](#)

### [Long Island Summer Camp](#)

### [Department of Parks - Westchester](#)

### [Westchester Family](#)

### [YMCA – New Jersey](#)

### [New Jersey Department of Health](#)

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## » Educational Support

### Dial-a-Teacher

Provides homework assistance. Instruction available in Armenian, Bengali, Chinese, English, French, Haitian-Creole, Korean, Russian, Spanish and Tagalog. Call 212-777-3380.

### Early Steps

This organization is devoted to promoting racial diversity within New York City Independent Schools.

### ACS Educational Support Services

### New Jersey State Library

### Westchester Family



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## » Resources for Parenting Children with Special Needs

### **INCLUDEnyc**

This program promotes and provides love, equity, and access to young people with disabilities in New York City. Call 212-677-4650.

### **EIHAB**

EIHAB Human Services is a multilingual, multicultural nonprofit organization dedicated to serving children and adults with developmental disabilities and behavioral health challenges. Call 718-276-6101

### **New York State Department of Health**

### **CARE.com**

Care.com offers a variety of services to connect families to caregivers in their local community

### **Parent to Parent of New York State**

### **New Jersey - Department of Human Services**

### **New York State Office for People with Developmental Disabilities (OPWDD)**

718-276-6101

### **Young Adult Institute (YAI)**

YAI has a searchable list of more than 100 citywide services for people with developmental disabilities including, respite programs, recreational and cultural activities, mental health services, afterschool programs, camps and more.

### **New Jersey – Disability Information Hub**

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## » Elder Care Services

### [Access-A-Ride](#)

### [NYC Department for the Aging](#)

Services and Activities Finder

### [NYS Office for the Aging](#)

Advocacy and Programs for Older New Yorkers

### [New York Foundation for Senior Citizens](#)

Support Services

### [Division of Aging Services - New Jersey](#)

### [Long Island Family Care](#)

Assists elderly, disabled and handicapped people who are unable to care for themselves; remain in their homes with their families and loved ones; or find a new place to call home by assisting them in identifying and applying for resources.

### [NY Connects](#)

NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability.

### [City Funded – Adult Day Care Programs](#)

A list of adult day care programs in NYC.

### [Sage USA](#)

A national advocacy and services organization that specializes in working with LGBTQ seniors. They have centers located throughout NYC that support aging LGBTQ New Yorkers.

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## » Elder Care Services (*continued*)

### **Suffolk County Eldercare Resources**

Benefits and programs that Suffolk County offers its senior residents on Long Island.

### **Suffolk County Office for the Aging**

Services and programs to benefit persons 60 years of age and older.

### **National Institute for Aging**

The website highlights the various options to pay for Long Term care.

### **NY State Housing for Adults**

### **Nassau County Department of Human Services for the Aging**

### **Nassau County Elder Care**

### **Suffolk County Office for the Aging**

### **Westchester County Dept of Senior Programs & Services**

Cost-effective policies, programs, and services that support and empower older adults and their families.

### **Family Services of Westchester**

Find services and care that supports seniors and meets their special needs.

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## » **Union Member Resources**

Many unions offer benefits to their members that include childcare and eldercare resources. We highlighted a few unions below. Please visit your local unions website or speak to your local union representative for more information.

### **Committee Of Interns and Residents**

#### **DC 37**

#### **1199 SEIU**

#### **Teamsters Local 237**

#### **NYSNA Childcare and Eldercare Fund**

#### **Doctors Council**

#### **CWA 1180**

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## » Emergency Hotlines

### **Child Protective Services**

Available 24 hours a day, seven days a week; use this hotline to anonymously report child abuse and neglect. If a child is in immediate danger, call 911. Call 1-800-342-3720.

### **The New York City Anti-Violence Project (AVP)**

This project empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence and supports survivors through counseling and advocacy. Call 212-714-1141.

### **1-800-LIFENET**

Available 24 hours a day, seven days a week; this hotline provides prompt response to New Yorkers in urgent need of psychiatric assistance. Call 1-800-543-3638

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## » Additional Resources

### **The Center**

A community center that provides recovery and wellness programs, family and youth support and cultural programming for LGBTQ+ New Yorkers. Call 212-620-7310

### **Office of Language Access**

### **NYC Public Schools**