



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

Community Resource Guide 社區資源目錄 2014



The Health Center has been awarded recognition by the National Committee for Quality Assurance as a Level 3 Patient-Centered Medical Home (PCMH)—the highest level of recognition—since 2010.

王嘉廉社區醫療中心自2010年起榮獲全國優質認可委員會 (NCQA) 授予第三級以病人為本的醫療之家 (PCMH) 的最高榮譽。

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Child Development and Special Needs 兒童發展/特殊需要

Center for the Independence of the Disabled, New York

Services and advocacy for adults and youth with disabilities; vocational and educational training; assistance with applying for government and health benefits, housing, and transportation.

紐約殘障兒童中心維護成年和年青殘疾人士權益、提供職業和提供教育培訓、幫助申請政府福利、住房及交通等。

841 Broadway, Suite 301, New York, NY 10013

212-674-2300

80-02 Kew Gardens Rd, Suite 107,

Kew Gardens, NY 11415

646-442-1520

www.cidny.org

Language: Chinese, English

語言：華語，英語

Charles B. Wang Community Health Center 王嘉廉社區醫療中心

Primary healthcare and specialties for adults and children, women's OB/GYN services, preventive health education, social services, counseling and care coordination.

為成年人及兒童提供基本醫療和專科醫療服務、婦產科、健康教育、社工服務、輔導以及護理協調。

125 Walker Street, New York, NY 10013

212-226-3888

136-26 37th Ave, Flushing, NY 11354

718-886-1222

www.cbwchc.org

Languages: Chinese, English, Korean

語言：華語，英語，韓語

Chinese-American Planning Council, Inc.

華人策劃協會

Comprehensive services for children and families including child abuse/neglect and foster care prevention, early intervention for infants and toddlers with developmental delays, child care and referrals, and Family Resource Center for immigrant families.

提供全面的服務給兒童及家庭：包括預防虐待兒童/忽視和寄養、嬰兒及幼童發展遲緩的早期干預、兒童護理和轉介及為新移民家庭而設的家庭資源中心。

165 Eldridge Street, New York, NY 10002

212-941-0030

www.cpc-nyc.org

Languages: Chinese, English

語言：華語，英語

Chinese Christian Herald Crusades

基督教角聲佈道團

Supports families with autistic children, afterschool programs, counseling, spiritual support, social services.

幫助有自閉兒童的家庭，提供課後補習、輔導、心靈支持及社工服務。

48 Allen Street, New York, NY 10002

212-334-2033

www.cchc.org

Languages: Chinese, English

語言：華語，英語

The Epilepsy Foundation of Metropolitan New York

Counseling, vocational services and job placements, pre-vocational and respite services, service coordination, information and referral services, socialization programs, educational presentations.

提供諮詢、職業和就業安排的服務、職業選修學校及暫托服務、協調服務、信息和轉介服務、社交項目及教育性的演講。

65 Broadway, Suite 505, New York, NY 10006

212-677-8550

www.efmny.org

Languages: Chinese, English, Spanish, French, Russian

語言：華語，英語，西班牙語，法語，俄語

General Human Outreach in the Community, Inc. (GHO)

Services for individuals with developmental disabilities, including Medicaid service coordination and case management, community rehabilitation to develop daily living skills, residential alternative housing, and family support.

為有發展障礙的人士提供醫療補助的協調服務及個案管理，社區復健來發展日常生活技能，個人化的居住房屋和家庭的支持。

503 Fifth Avenue, 5th Fl., Brooklyn, NY 11215

718-261-6552 x4002

125-10 Queens Boulevard, Suite 2705,

Kew Gardens, NY 11415

718-261-6552

35-02 Northern Blvd, 2nd Fl.,

Long Island City, NY 11101

718-261-6552 x4001

www.ghoinc.org

Language: Chinese, English

語言：華語，英語

Resource for Children with Special Needs

Supports and advocates for families with special needs children, connects families to educational and community resources, provides training and information for parents.

為特殊需要兒童家庭提供支持及維護權益，提供家長培訓課程及資訊中心，幫助這些家庭聯繫社區資源。

116 East 16th Street, 5th Fl., New York, NY 10003

212-677-4650

www.resourcesnyc.org

Language: English, Spanish

語言：英語，西班牙語

University Settlement

大學睦鄰之家

Parent training and information center, parent-child interactive groups, home visiting services to support healthy family development, health and developmental assessments for children.

提供家長培訓和資訊中心、舉辦家長與子女之間的交流小組、家訪服務來支持健康家庭的發展、兒童健康和發育的評估等。

184 Eldridge St, New York, NY 10002

212-453-4522

www.universitysettlement.org/us/programs/early_childhood

Language: Chinese, English, Spanish

語言：華語，英語，西班牙語

Elder Services 長者服務

Alzheimer's Association - New York City Chapter **阿滋海默症協會 - 紐約市分會**

Supportive programs and services for people with Alzheimer's and their caregivers. Training for families and professionals, outreach and education about the disease, and care coordination.
為阿滋海默症患者與他們的照顧者提供支援項目及服務; 提供關於疾病的外展與教育、培訓專業人員及家人, 並具有護理協調服務。

360 Lexington Ave, 4th Fl., New York NY 10017
646-744-2900

www.alz.org/nyc

Language: Chinese, English, Spanish, Russian
語言: 華語, 英語, 西班牙語, 俄語

American Cancer Society - Asian Initiative **美華防癌協會**

Cancer prevention education, screening, and referral; navigation and support services; smoking cessation counseling.

提供防癌教育、篩檢及轉介、病患導航及支援、戒煙輔導等服務。

41-60 Main Street, Suite 307, Flushing, NY 11355
718-886-8890

www.cancer.org/asianlanguagematerials

Language: Chinese, English, Filipino, Korean, Vietnamese

語言: 華語, 英語, 菲律賓語, 韓語, 越南語

Americare Certified Special Services, Inc. **嘉康家訪護士家庭護理公司**

Short-term skilled nursing care, home health aide, therapy services, social work services, medical equipment and supplies.

提供短期專業護士護理、家庭護理服務、復健服務、社工服務、醫療設備及用品。

88 Forsyth Street, New York, NY 10002
646-476-8300

5901 8th Ave, Brooklyn, 11220

347-578-6600

132-49 41st Rd, Flushing, NY 11355

718-475-2255

www.americareny.com

Language: English & interpretation service in other languages

語言: 英語以及各種翻譯服務

CenterLight Healthcare

Primary and specialty care, medical daycare, rehabilitation therapy, medical transportation, care coordination, social work services, and medical equipment & supplies for eligible seniors.
為合資格長者提供普通科和專科的醫療服務、日間醫療護理、復健治療、醫療護送、護理協調、社工服務、醫療設備及用品。

375 Grand Street, New York, NY 10002

212-260-3640

www.centerlighthealthcare.org

Language: Chinese, English, Spanish, Korean
語言: 華語, 英語, 西班牙語, 韓語

Department for the Aging (DFTA), New York City **紐約市老人局**

Promotes and coordinates the delivery of services to help older adults maintain independence and to support their families. Supports senior centers by providing hot meals and activities, home-delivered meals, case management, home care, transportation and legal services. Provides resources on jobs, rent assistance and rent increase exemptions, senior housing, elder abuse prevention, Alzheimer's patients and their caregivers, foster grandparents, and grandparents raising young relatives.

促進及籌劃服務幫助長者保持獨立生活能力及支援其家人; 資助老人中心包括提供膳食、康樂活動、送餐到府、個案管理、家居照顧、交通及法律服務等。提供多方面的資源, 包括就業、房租援助、老人免加租、老人屋、防止老人虐待、阿滋海默症與照顧者資訊、寄養及祖父母需要照顧年幼家人的資訊。

2 Lafayette Street, New York, NY 10013

212-442-1100

www.nyc.gov/html/dfta/html/home/home.shtml

Language: English

語言: 英語

Elder Services 長者服務

HomeFirst

Skilled nursing care, adult day health care, home health aide, social services, medical transportation, rehabilitation therapies, medical equipment and supplies for eligible seniors.

為合資格長者提供專業護士護理、日間成人護理、家庭護理服務、社工服務、醫療預約的交通接送、復健治療以及醫療設備及用品。

718-759-4510

chinese.homefirst.org

Languages: English and interpretation in other languages

語言：英語以及各種翻譯服務

Human Resources Administration (HRA)

人力資源管理局

Public health insurance including Medicaid and Medicare Savings Program, Supplemental Nutrition Assistance Program (Food Stamps), Utility Assistance Program, Temporary Aid to Needy Families cash assistance, emergency cash assistance, and adult protective services.

申請政府資助的醫療保險(Medicaid 及 Medicare)、糧食券、能源補助計劃、給有需要家庭的臨時現金援助、緊急現金援助及成年人保護服務等。

718-557-1399

www.nyc.gov/html/hra/html/contact/contact.shtml

Language: English

語言：英語

Social Security Administration

社會安全局

Social Security benefits include Supplemental Security Income (SSI), retirement, disability, and survivors benefits; and Medicare.

提供社會安全福利，包括生活補助金、退休福利、傷殘補助金、幸存者補助金、及長者醫療保險等。

800-772-1213

www.ssa.gov

Language: English & interpretation service in all other languages

語言：英語以及各種翻譯服務

Visiting Nurse Service of New York (VNS) – Chinatown Neighborhood Naturally Occurring Retirement Community (N-NORC)

紐約探訪護士 – 華埠退休居民社區服務

Promotes health awareness for disease prevention. 提倡預防疾病方面的健康意識及資訊。

7 Mott Street Room 200, New York, NY 10013

212-619-3073

www.vnsny.org

Language: Chinese, English

語言：華語，英語

Visiting Nurse Service of New York (VNS)

紐約探訪護士服務

Medical nursing services, visiting nurses, home care, rehabilitation therapists, personal care, social work, long-term care planning, behavioral health, hospice and palliative care.

提供醫療護理、護士探訪服務、家居照顧、復健治療、個人護理、社工服務、長期護理計劃、精神心理健康、紓緩護理和善終關懷。

7 Mott Street, Room 200, New York, NY 10013

212-619-3072

1630 East 15th Street, Brooklyn, NY 11219

718-787-3000

75-20 Astoria Boulevard, Suite 220,

Jackson Heights, NY 11370

718-888-6600

zh.vnsny.org

Language: Chinese, English, Spanish, Russian, Korean

語言：華語，英語，西班牙語，俄語，韓語

Chinese American Planning Council, Inc.

Home Attending Program

華人策劃協會護理計劃

Home attendant training and services; personal services in the homes of clients who are disabled, aged or physically handicapped.

提供家庭護理服務及培訓計劃，為傷殘、耆老或行動不便的人士提供上門個人護理服務。

1 York Street, 2nd Fl., New York, NY 10013

212-219-8100

www.cpc-nyc.org

Language: Chinese, English, Spanish, Korean

語言：華語，英語，西班牙語，韓語

First Chinese Presbyterian Community Affairs -

Home Attendant Corporation

中華基督教長老會 - 家庭護理中心

Personal care, cooking, cleaning, shopping, and assistance with other daily living activities to allow disabled and elderly individuals to reside safely at home.

為傷殘人士和老人家提供安全的家居生活，包括個人護理、煮食、清潔、購物及輔助日常的生活。

30 Broad Street, 6th Fl., New York, NY 10004

212-226-2765

www.fcpc.org/caffairs.php

Language: Chinese, English

語言：華語，英語

United Jewish Council of the East Side

下東城猶太人聯合協會

Social services, benefits counseling, housing advocacy, home care, home-delivered meals, recreational activities, transportation to medical appointments.

提供社工服務、福利諮詢、住屋權益、家居照顧、送餐到府、康樂活動、以及為醫療預約安排交通接送。

235 East Broadway, New York, NY 10002

212-233-6037

www.ujces.org

Language: Chinese, English, Spanish

語言：華語，英語，西班牙語

Hospice & Palliative Care 紓緩護理及善終關懷

Atlantis Rehabilitation & Residential Healthcare Facility

Short-term rehabilitation, in-house clinical care, hospice and palliative care.

提供短期復健治療、臨床護理、紓緩護理及善終關懷服務。

140 Saint Edwards Street, Brooklyn, NY 11201

718-858-6400

www.atlantisrehab.net

Language: Chinese, English, Spanish

語言：華語，英語，西班牙語

Beth Israel Medical Center

以色列醫院

Primary medical care and specialties, emergency services, inpatient and outpatient care, heart institute, behavioral health, cancer care, OB/GYN, pain medicine, Asian hospice and palliative care.

提供主診及專科醫療保健、緊急醫療服務、住院及門診服務、心臟手術科、精神心理健康、癌症護理、婦產科、疼痛治療、亞裔紓緩護理及善終關懷服務。

1st Ave & E 16th Street, New York, NY 10003

212-844-6888

3201 Kings Highway, Brooklyn, NY 11234

718-252-3000

www.mountsinaihealth.org

Language: English & interpretation service in other languages

語言：英語以及各種翻譯服務

Long Island Care Center

長島復健護理中心

Long-term skilled care, short-term rehabilitation, subacute care, therapeutic recreational activities, hospice and palliative care, Asian unit.

提供長期專業護理、短期復健、短期護理、治療性的康樂活動、紓緩護理及善終關懷服務。設有亞裔部門。

144-61 38th Ave, Flushing, NY 11354

718.813.0249

www.longislandcarecenter.com

Language: Chinese, English, Spanish, German, Russian

語言：華語，英語，西班牙語，德語，俄語

Margaret Tietz Nursing & Rehabilitation Center

Long-term residential and short-term rehabilitation care, hospice and palliative care, alternative holistic health services.

提供長期療養、短期復健、紓緩護理和善終關懷服務、中西綜合療法。

164-11 Chapin Parkway, Jamaica, NY 11432

718-298-7839

www.margarettietz.org

Language: Chinese, English

語言：華語，英語

Metropolitan Jewish Health System

Long-term care, home care, skilled nursing care, adult day health care and Asian Hospice Program.

提供長期療養、家居照顧、專業護理、成人日間保健中心及亞裔善終關懷服務。

6323 7th Ave, Brooklyn, NY 11220

718-921-7900

www.mjhs.org

Language: English & interpretation service in other languages

語言：英語以及各種翻譯服務

Visiting Nurse Services (VNS)

紐約探訪護士服務

Medical nursing services, visiting nurses, home care, rehabilitation therapists, personal care, social work, long-term care planning, behavioral health, hospice and palliative care.

提供醫療護理、護士探訪服務、家居照顧、復健治療、個人護理、社工服務、長期護理計劃、精神心理健康、紓緩護理和善終關懷。

7 Mott Street, Room 200, New York, NY 10013

212-619-3072

1630 East 15th Street, Brooklyn, NY 11219

718-787-3000

75-20 Astoria Boulevard, Suite 220,

Jackson Heights, NY 11370

718-888-6600

zh.vnsny.org

Language: Chinese, English, Spanish, Russian, Korean

語言：華語，英語，西班牙語，俄語，韓語

Housing 房屋

Asian Americans for Equality

亞洲人平等會

Counseling and advocacy for low-income community members with housing issues, including wrongful evictions, rent overcharges, demolitions and apartment overcrowding; applications for Senior Citizen Rent Increase Exemption (SCRIE), Home Energy Assistance Program (HEAP), and other government benefits; comprehensive education and counseling for first-time home buyers.

為低收入社區人士提供與房屋有關的輔導及維權服務包括錯誤驅逐、濫收租金、清拆、公寓過度擠逼、申請長者加租豁免及家庭能源補助計劃、其他政府福利、並為首次買房者提供教育及輔導。

111 Division Street, Ground Fl.,
New York, NY 10002

212-979-8988

807 48th Street, Brooklyn, NY 11220

718-686-8223

133-04 39th Avenue, Flushing, NY 11354

718-961-0888

www.aafe.org

Language: Chinese, English

語言：華語，英語

Chinese-American Planning Council, Inc.

華人策劃協會

Assistance on affordable housing applications and subsidies, tenant-landlord complaints, and housing discrimination.

協助申請可負擔的房屋及補助、各種租客與房東的糾紛和其它房屋歧視問題。

165 Eldridge Street, New York, NY 10002

212-941-0030

4101 8th Avenue, 4th Fl., Brooklyn, NY 11232

718-492-0409

136-18 39th Avenue, 8th Fl., Flushing, NY 11354

718-358-8899

www.cpc-nyc.org

Language: Chinese, English

語言：華語，英語

University Settlement – Project Home

大學睦鄰之家

Advocacy and assistance for all housing issues, including eviction prevention, appearances in housing court, landlord disagreements, housing repairs, government benefits applications, and applications and/or re-certifications for affordable housing and subsidies.

任何關於房屋問題的協助與維權，包括防止驅逐，出席房屋法庭，業主糾紛，房屋維修，政府福利申請和可負擔的房屋申請及可負擔的房屋補助的續期。

184 Eldridge Street, New York, NY 10002

212-505-1995

www.universitysettlement.org

Language: Chinese, English, Spanish

語言：華語，英語，西班牙語

Legal Services 法律服務

Manhattan Legal Services

Free civil legal assistance for low-income residents in the areas of housing, social security, government benefits, family matters, consumer protection, and education laws.

為低收入居民提供關於房屋、社會安全福利、政府的福利、家庭事宜、顧客保障、教育條例的免費民事法律諮詢。

90 John Street, Suite 301, New York, NY 10038

646-442-3100

www.legalservicesnyc.org

Language: English

語言：英語

MFY Legal Services Inc.

Free civil legal assistance for low-income residents in the areas of housing, social security, government benefits, consumer protection, family matters, civil rights, and disability laws.

為低收入居民提供關於房屋、社會安全福利、政府的福利、顧客保障、家庭事宜、民事權利、保障傷殘法律等免費民事法律諮詢。

299 Broadway, 4th Fl., New York, NY 10007

212-417-3700

www.mfy.org

Language: English

語言：英語

New York Legal Assistance Group

Free civil legal assistance for low-income and vulnerable residents in the areas of housing, foreclosure protection, government benefits, consumer protection, civil rights, family matters, immigration, and elder law (particularly Advanced Directives preparation).

為低收入及弱勢居民提供關於房屋、法拍保障、政府福利、顧客保障、民事權利、家庭事宜、移民、保障長者法律（尤其是預留醫療指示方面）等免費民事法律諮詢。

7 Hanover Square, 18th Fl., New York, NY 10004

212-613-5000

nylag.org

Language: English

語言：英語

Asian American Suicide Prevention & Education

美國亞裔預防自殺及教育

Education and advocacy to prevent suicide.

熱線電話提供教育來預防自殺。

877-990-8585

www.aaspe.net

Language: Chinese, English, Japanese, Korean

語言：華語，英語，日語，韓語

Charles B. Wang Community Health Center

王嘉廉社區醫療中心

Provides primary care and specialties for adults and children, women's OB/GYN services, preventive health education, social services, care coordination. Mental Health services are offered by the "Bridge" team through an innovative national model program that integrates mental health services with primary care. The Bridge team collaborates with providers and provides assessment, medication, and individual and group counseling to adults, adolescents, and children who face multiple stress factors in their adjustments to life in the United States.

為成年人及兒童提供基本醫療和專科醫療服務、婦產科、健康教育、社工服務、輔導以及護理協調。精神健康科通過「橋樑服務」的心理及精神健康服務，把心理及精神健康和基本醫療保健服務結合起來。向醫生提供諮詢，並向在美生活不適應，面臨各種緊張因素的成年人，青少年和兒童提供心理及精神健康評估，藥物治療，個人或小組輔導等。

268 Canal Street, New York, NY 10013

212-379-6996

www.cbwchc.org

Language: Chinese, English

語言：華語，英語

The Child Center of New York – The Jamaica Family Center Substance Abuse Treatment Program

紐約兒童中心 – 藥物濫用治療中心

Early childhood education; individual and family counseling for domestic violence, substance abuse, mental health issues, child abuse prevention, and youth development; Asian Outreach Program.

提供早期兒童教育、與家庭暴力有關的個人和家庭輔導、藥物濫用或精神健康事宜、防止兒童虐待、青少年發展及亞裔外展工作。

89-56 162nd Street, 3rd Fl., Jamaica, NY 11432

718-297-8000 x256

www.childcenterny.org/counseling-substance.htm

Language: English, Spanish

語言：英語，西班牙語

Elmhurst Hospital Center –

Asian American Mental Health Program

艾姆赫斯特醫院中心

Psychiatric evaluation, treatment and therapy with a focus on acute symptoms and community reintegration.

提供心理健康的評估和治療。著重於急性症狀治療及社會融入。

79-01 Broadway, Room H3-111, Elmhurst, NY 11373

718-334-3902

www.nyc.gov/html/hhc/ehc/html/home/home.shtml

Language: Chinese, English, Korean

語言：華語，英語，韓語

Mental Health 心理健康

Flushing Hospital Medical Center – Department of Psychiatry and Addiction Treatment Division

法拉盛醫院精神科及戒毒科

Outpatient and inpatient mental health services including individual, family, couples and group therapy; psychotherapy; and medication management. Comprehensive assessments and treatment of alcohol and chemical dependency for both outpatients and inpatients. Support groups focusing on relapse prevention, stress management, motivation, and fun in recovery.

為門診和住院病人提供心理健康服務，包括個人、家庭、伴侶和小組治療、心理治療及藥物管理。為門診和住院病人提供對酒精和藥物依賴的綜合評估和治療。預防復發、處理壓力、促進意志的有趣康復互助小組。

4500 Parsons Boulevard, Flushing, NY 11355

718-670-5540 | 718-670-5078

www.flushinghospital.org

Language: Chinese, English, Korean

語言：華語，英語，韓語

Hamilton Madison House – Behavioral Health Services

麥迪臣社區中心 – 心理精神健康服務

Comprehensive outpatient mental health services delivered by language-specific clinics. Services include assessment and evaluation, treatment, and case management for individuals, couples, and families working through emotional and behavioral issues, including alcohol and substance abuse and gambling problems.

設有各項語言的診所以提供全面心理健康門診服務。服務包括為個人、伴侶及家庭提供評估、輔導和檔案管理去克服情緒及行為事宜包括與酗酒、濫用藥物及賭博問題。

253 South Street, New York, NY 10002

212-720-4520

www.hmhonline.org/BehavioralHealthLandingPg.htm

Language: Chinese, English, Spanish, Japanese, Korean, Vietnamese, Khmer/Cambodian

語言：華語，英語，西班牙語，日語，韓語，越南語，柬埔寨語

Henry Street Settlement – Community Consultation Center

顯利街社區服務中心

Primary healthcare, outpatient mental health services, psychiatric day treatment, crisis services, HIV family mental health services, vocational rehabilitation, Asian bi-cultural services.

提供普通科醫療護理、心理健康門診服務、日間精神心理治療、危機處理服務、有愛滋病病毒家庭的心理健康服務、職業復健、亞裔文化服務。

40 Montgomery Street, New York, NY 10002

212-233-5032

www.henrystreet.org/programs/primary-behavioral-health

Language: Chinese, English, Spanish

語言：華語，英語，西班牙語

Lower Eastside Service Center – Chinese Continuing Day Treatment Program

下東區服務中心 – 華人日間康復會

Support, education, and training for patients who are seriously depressed, schizophrenic and/or bi-polar.

給有嚴重憂鬱、精神分裂和雙重性格的人士提供支持、教育和培訓。

46 E Broadway, New York, NY 10002

212-343-3563

Language: Chinese, English

語言：華語，英語

Mental Health 心理健康

Lutheran HealthCare –

Sunset Terrace Family Health Center

日落家庭健康中心

Treatment for mental health disorders and chemical dependence problems; coping with health issues associated with HIV/AIDS.

提供心理健康障礙的治療、藥物依賴的問題、應對愛滋病毒及與愛滋病有關的健康問題。

514 49th Street, Brooklyn, NY 11220

718-431-2600

www.lutheranmedicalcenter.com/OurFacilities/

LutheranFamilyHealthCenters/SunsetTerrace

Language: Chinese, English, Spanish, Arabic, Russian

語言：華語，英語，西班牙語，阿拉伯語，俄語

Mental Health Association of New York City –

Asian LifeNet

紐約市心理健康協會 – 心理安康熱線

Toll-free and confidential telephone hotline that provides crisis intervention, consultation, information and referrals in Chinese for mental health and substance abuse problems.

為有心理健康和藥物濫用問題人士提供免費和保密的華語熱線作危機干預、輔導、資訊和轉介服務。

50 Broadway, 19th Fl., New York, NY 10004

877-990-8585

www.mhaofnyc.org

Language: Chinese

語言：華語

National Suicide Prevention Lifeline

全國防止自殺熱線

Toll-free and confidential telephone hotline that provides emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

熱線電話全天候為有自殺傾向或有精神困擾的人士提供免費和保密的情緒支援。

800-273-8255

www.suicidepreventionlifeline.org

Language: English

語言：英語

Optimum Psychological Services

Individual, family, and group psychotherapy; psychological testing; parent training; training for managing depression, anxiety, stress, hypertension, dialysis, and other medical treatments.

為個人、家庭和小組的心理健康治療、心理測試、家長培訓。培訓包括管理抑鬱症、焦慮、壓力、高血壓、透析及其他的醫療認知等。

833 58th Street, Suite 3R, Brooklyn, NY 11220

718-437-3558

www.optimumpsych.com

Language: English

語言：英語

Queens Consultation Center, LLC

皇后區諮詢中心

Individual, group, marital and family therapy, psychiatric diagnostics, and medication. Specialized services for children, including play therapy and behavior modification.

提供個人或集體的諮詢服務，包括婚姻和家庭的治療、心理健康的診斷、心理健康藥物、專門為兒童提供服務，包括遊戲治療和行為矯正。

95-20 63rd Road, Suite J, Rego Park, NY 11374

718-459-1225

www.queensconsultationcenter.com

Language: Chinese, English, Spanish, Russian

語言：華語，英語，西班牙語，俄語

Mental Health 心理健康

South Beach Psychiatric Center

南灣精神醫療中心

Intermediate-level inpatient care with specialized unit for Chinese patients, wellness and recovery services, substance abuse services, individual and group therapy, and community mental health centers.

特別為華人而設的中等程度住院護理服務、健康和復健服務、藥物濫用治療、個人及小組治療、社區心理健康醫療中心。

777 Seaview Avenue, Staten Island, NY 10305

718-667-2300

www.omh.ny.gov/omhweb/facilities/sbpc/facility.htm

Language: Chinese, English

語言：華語，英語

University Settlement - Consultation Center

大學睦鄰之家諮詢中心

Outpatient mental health services for specific populations, including emotionally disturbed adolescents, families suffering from domestic violence and sexual abuse, and young children facing trauma at home and at school. Services include supportive therapy for individuals, families, groups, and couples.

為個別的群體提供心理健康門診服務，包括受情緒困擾的青少年、受家暴及性虐待的家庭、於家中或學校遭受創傷的兒童。服務包括個人、家庭、小組和伴侶的支援治療。

184 Eldridge Street, New York, NY 10002

212-453-4522

www.universitysettlement.org/us/programs/mental_health_services/consultation_center

Language: English

語言：英語

Nursing Homes and Assisted Living 療養院和輔助式的住所

Anna Erika Assisted Living

Residential living for seniors, wellness and recreational programs, personal care services, care management.

為長者提供住家式的生活、保健計劃和康樂活動、個人護理以及管理。

110 Henderson Avenue, Staten Island, NY 10301
718-727-8100

Language: Chinese, English, Spanish, Korean
語言: 華語, 英語, 西班牙語, 韓語

Atlantis Rehabilitation & Residential Healthcare Facility

Short-term rehabilitation, in-house clinical care, hospice and palliative care.

提供短期復健治療、臨床護理、紓緩護理和善終關懷服務。

140 Saint Edwards Street, Brooklyn, NY 11201
718-858-6400

www.atlantisrehab.net

Language: Chinese, English, Spanish
語言: 華語, 英語, 西班牙語

Cliffside, Forest View, Woodcrest Healthcare Group (CFW Group)

Long-term residential and short-term rehabilitation care, skilled nursing and subacute care, therapeutic recreational activities, Alzheimer's and Dementia program.

提供長期療養、短期復健、專業護士及短期護理、治療性的康樂活動、阿滋海默症及老年痴呆症計劃。

- **Cliffside Rehabilitation & Residential Health Care Center**

119-19 Graham Court, Flushing, NY 11354
718-886-0700 x109

www.cliffsiderehab.com

Languages: Chinese, English
語言: 華語, 英語

- **Forest View Center for Rehabilitation and Nursing**

71-20 110th Street, Forest Hills, NY 11375
718-793-3200

www.fvrehab.com

Language: Chinese, English
語言: 華語, 英語

- **Woodcrest Rehabilitation & Residential Health Care Center**

119-09 26th Avenue, Flushing, NY 11354
718-762-6100

www.woodcrestrehab.com

Languages: Chinese, English, Spanish, Korean, Russian, French
語言: 華語, 英語, 西班牙語, 韓語, 俄語, 法語

Gouverneur Healthcare Services

高雲尼醫院

Primary medical care, skilled nursing and rehabilitation, behavioral health.

提供門診服務、專業護理和復健護理、精神心理健康。

227 Madison Street, New York, NY 10002
212-238-7000

www.nyc.gov/html/hhc/html/facilities/gouverneur-directions.shtml

Language: Chinese, English, Spanish
語言: 華語, 英語, 西班牙語

Margaret Tietz Nursing & Rehabilitation Center

Long-term residential and short-term rehabilitation care, hospice and palliative care, alternative holistic health services.

提供長期療養、短期復健、紓緩護理和善終關懷服務、中西綜合療法。

164-11 Chapin Parkway, Jamaica, NY 11432
718-298-7839

www.margarettietz.org

Language: Chinese, English
語言: 華語, 英語

Parker Jewish Institute for Health Care and Rehabilitation

Long-term residential care, short-term rehabilitation, subacute care, Asian adult day health care, Alzheimer's day care, home health care, hospice and palliative care.

提供長期療養、短期復健、短期護理、亞裔成人日間護理、日間護理、家庭護理及紓緩護理及善終關懷服務。

271-11 76th Avenue, New Hyde Park, NY 11040

718-289-2100

www.parkerinstitute.org

Language: Chinese, English, Spanish, Korean, Russian, Hebrew, Sign language

語言：華語，英語，西班牙語，韓語，俄語，希伯來語，手語

Parenting/Grandparenting 親子活動

Charles B. Wang Community Health Center - Teen Resource Center (TRC)

王嘉廉社區醫療中心 - 青少年資源中心
Primary healthcare and specialties for adults and children, women's OB/GYN services, preventive health education, social services, counseling and care coordination. The TRC provides information and support to Asian American youth through education, programs and activities, and referrals. 為成年人及兒童提供基本醫療和專科醫療服務、婦產科、健康教育、社工服務、輔導以及護理協調。青少年資源中心透過教育、項目、活動、轉介等為亞裔青少年提供資料和支持。

125 Walker Street, New York, NY 10013

212-226-2044

www.cbwchc.org

Language: Chinese, English

語言：華語，英語

The Child Center of New York - Asian Outreach Program

紐約兒童中心亞裔外展活動

Early childhood education, individual and family counseling, child abuse prevention, youth development. Promotes emotional wellness and secure attachments of the children to their parents and other adult caregivers.

早期兒童教育、個人和家庭輔導、防止兒童虐待及青少年發展。促進兒童心理健康，讓他們對家長及其他成人照顧者有安全感。

81-14 Queens Boulevard, Elmhurst, NY 11373

718-899-9699

140-15B Sanford Avenue, Flushing, NY 11355

718-358-8288

www.childcenterny.org/asianoutreachprogram.html

www.childcenterny.org

Language: Chinese, English

語言：華語，英語

Chinese American Planning Council, Inc.

華人策劃協會

Family Resource Center for immigrant families that includes parenting workshops, lending library, recreational activities, and respite for children. 為新移民家庭而設的家庭資源中心，服務包括親子講座、借閱圖書、康樂活動及兒童暫托服務。

165 Eldridge Street, New York, NY 10002

212-941-0030

www.cpc-nyc.org

Language: Chinese, English

語言：華語，英語

Department for the Aging (DFTA), New York City

紐約市老人局

Support groups and resources for grandparents who are raising young family members.

給照護家中年幼成員的祖父母提供資源及支援小組。

2 Lafayette Street, New York, NY 10013

212-442-1100

www.nyc.gov/html/dfta/html/home/home.shtml

Language: English

語言：英語

Henry Street Settlement - Parent Center

顯利街社區服務中心 - 家長中心

Parent education and support; Asian bi-cultural services; information and referral; legal, financial and social services.

提供家長教育及支援服務、亞裔文化服務、諮詢和轉介服務，包括法律、財政和社工服務等。

281 E Broadway, New York, NY 10002

212-471-2400

www.henrystreet.org/programs/primary-behavioral-health/parent-center.html

Language: Chinese, English, Spanish

語言：華語，英語，西班牙語

Lower East Side Family Union

下東城家庭群益會

Advocacy, case management, family counseling,
and parental training.

維護權益、個案管理、家庭輔導和家長培訓。

227 E 3rd Street, New York, NY 10009

212-260-0040

107-30 71st Road, Suite 204, Forest Hills, NY 11375

718-575-5520

lesfu.org

Languages: Chinese, English, Spanish

語言：華語，英語，西班牙語

Physical Activities 健身活動

YMCA 青年會

Wide variety of health, education, fitness, and sports programs and activities for people of all ages. Membership required.

提供多元化的健康、教育、健體、和體育活動項目，適合不同年齡的人士。需要收會員費。

Chinatown YMCA 華埠青年會

273 Bowery, New York, NY 10002

212.912.2460

www.ymcanyc.org/chinatown

Languages: Chinese, English, Spanish

語言：華語，英語，西班牙語

Coney Island YMCA 康尼島青年會

Surf Ave and 29th St, Brooklyn, NY 11224

Flushing YMCA 法拉盛青年會

138-46 Northern Boulevard, Flushing, NY 11354

718-961-6880

Marks Jewish Community House of Bensonhurst – Goldberg Senior Adult Center

Wide variety of programs and activities for people of all ages, including Mah Jong, Tai Chi, exercise classes, chorus, and support groups. Membership required.

社區中心提供麻將、太極、運動班、歌唱、支援小組等多元化的活動項目，適合不同年齡的人士。需要收會員費。

7802 Bay Parkway, Brooklyn, NY 11214

718-331-6800

www.jchb.org/senior-adults/goldberg-senior-adult-center

Language: Chinese, English, Spanish

語言：華語，英語，西班牙語

New York City Parks and Recreation

紐約市公園及康體中心

New York City offers many parks, playgrounds, athletic fields, basketball courts, beaches, nature centers, and miles of bike lanes. Go online at www.nycparksgov.org to learn about the many facilities and programs that are available to help you and your family stay active and fit.

New York City also has a network of recreational centers that offer facilities such as indoor pools, fitness rooms, basketball courts, dance studios, art studios, game rooms, computer centers, and libraries. All recreation centers offer a range of health, education and fitness programs for people of all ages. Go online for locations: www.nycgovparks.org/facilities/recreationcenters

Membership is required. Annual memberships for young adults age 18 to 24 and for seniors age 62 and older are \$25. Free membership for youth under 18 years old.

紐約市提供很多公園、操場、田徑場地、籃球場、沙灘、自然中心及單車徑等設施。可瀏覽網站：www.nycparksgov.org 瞭解關於這些設施或活動來幫助你及家人保持活躍和健康。

紐約市也有連鎖式的康體中心，提供的設施通常有室內游泳池、健身室、籃球場、舞蹈室、美術室、遊戲室、電腦室及圖書館等。全部的康體中心都有多元化的健康教育及健身活動，適合不同年齡的人士。上網查詢地點，網站：www.nycgovparks.org/facilities/recreationcenters

需要收會員費。18-24歲人士和62歲或以上長者的年費是25元。18歲以下人士免費。

Languages: Chinese, English, Spanish

語言：華語，英語，西班牙語

Physical Activities 健身活動

New York City Parks and Recreation

紐約市公園及康體中心

- **Alfred E. Smith Recreation Center**
Fitness rooms, indoor and outdoor basketball courts, dance studios, artificial turf, picnic area, table tennis, volleyball courts, handball courts, computer resource room, kitchen.
設施有健身室、室內和室外籃球場、舞蹈室、人造草坪、野餐區、乒乓球、排球場、手球場、電腦資源室及廚房等。
80 Catherine Street, New York, NY 10038
212-285-0300
Language: Chinese, English, Spanish
語言：華語，英語，西班牙語
- **Asser Levy Recreation Center**
Indoor and outdoor pools, playground, fitness room, basketball court, game room, table tennis, handball, exercise equipment room.
設施有室內、室外游泳池、操場、健身室、籃球場、遊戲室、乒乓球、手球及運動器材室等。
392 Asser Levy Place, New York, NY 10010
212-447-2020
Language: Chinese, English, Spanish
語言：華語，英語，西班牙語
- **Chelsea Recreation Center**
Indoor pool, fitness room, indoor basketball courts, dance studio, art studio, computer resource room, game room, table tennis, volleyball courts.
設施有室內游泳池、健身室、室內籃球場、舞蹈室、美術室、電腦資源室、遊戲室、乒乓球及排球場等。
430 West 25th Street, New York, NY 10001
212-255-3705
Languages: Chinese, English, Spanish
語言：華語，英語，西班牙語
- **Flushing Meadows—Corona Park Pool and Rink**
Indoor pool, hockey rink.
法拉盛草原 - 可樂娜公園
設施提供室內的游泳池及曲棍球場。
125-40 Roosevelt Avenue, Flushing, NY 11355
718-271-7572
Language: English
語言：英語

United East Athletic Association

美東體育會

Wide variety of physical and cultural activities, including ping pong, basketball, badminton, lion dance, Chinese chess, soccer, and dragon boat racing.

提供帶有文化色彩、多元化的健身活動，包括乒乓球、籃球、羽毛球、舞獅、象棋、足球及划龍舟等。

70 Mulberry Street, New York, NY 10013

212-227-9452

www.ueaa.org

Languages: Chinese, English

語言：華語，英語

University Settlement at the Houston Street Center

大學睦鄰之家

In collaboration with the Chinatown YMCA, offers a wide variety of programs and activities for people of all ages, including swimming programs for children, recreational programs for children and young adults with special needs, and senior heart health programs. Membership required. 與華埠青年會協力提供多元化的活動，適合不同年齡的人士。例如適合兒童的游泳活動、特殊兒童及特殊青少年的康樂活動和長者的健心計劃等。需要收會員費。

273 Bowery, New York, NY 10002

212-475-5008

hsc.universitysettlement.org/hsc

Languages: Chinese, English

語言：華語，英語

Senior Centers 老人中心

Many senior centers provide recreational programs, hot meals, programs, and activities to promote healthy living for senior citizens.

許多老人中心提供康樂活動、熱餐、安排節目和活動幫助長者過著健康的生活。

Language: Chinese, English

語言：華語、英語



Brooklyn Chinese-American Association

布碌崙華人協會

www.bca.net

- **Avenue U Senior Citizens Center**
U大道老人中心
2072 E 15th Street, Brooklyn, NY 11229
718-339-9588
- **Bensonhurst Senior Center**
賓臣墟老人中心
6809 20th Avenue, Brooklyn, NY 11204
718-331-3088
- **Sixth Avenue Senior Center**
六大道老人中心
545 60th Street, Brooklyn, NY 11220
718-567-9311
- **Sunset Park Senior Citizens Center**
八大道老人中心
5007 7th Avenue, Brooklyn, NY 11220
718-438-6702

Chinese-American Planning Council, Inc.

華人策劃協會

cpc-nyc.org

- **Chinatown Senior Citizens Center**
紐約華埠聯合老人中心
70 Mulberry Street, New York, NY 10013
212-233-8930
- **Nan Shan Senior Citizens Center**
福壽老人中心
136-18 39th Avenue, 6th Fl., Flushing, NY 11354
718-358-3030
- **Project Open Door Senior Citizens Center**
人瑞中心
168 Grand Street, New York, NY 10013
212-431-9026

Homecrest Community Services, Inc.

松柏之家

- **Sheepshead Bay Senior and Community Center**
羊頭灣松柏之家
1413 Avenue T, Brooklyn, NY 11229
718-376-4036
- **Bensonhurst Senior Center**
賓臣墟松柏之家
7907 New Utrecht Avenue, Brooklyn, NY 11214
718-621-7960

The Korean Community Services of Metropolitan New York, Inc.

Senior Center of Flushing

法拉盛韓裔老人中心

13770 Northern Boulevard, Flushing, NY 11354

718-961-2849

New York Foundation for Senior Citizen

紐約長者基金會

www.nyfsc.org

- **LaGuardia Good Health and Happiness Senior Center**
拉瓜迪亞老人中心
280 Cherry Street, New York, NY 10002
212-732-3656
- **Mott Street Senior Center**
勿街老人中心
180 Mott Street, New York, NY 10012
212-966-5460

The Salvation Army Community Service Center

救世軍社區服務中心

7307 18th Avenue, Brooklyn, NY 11204

718-975-4653

www.salvationarmyusa.org

United Chinese Association of Brooklyn Senior Center

布碌崙華人聯合會

223 Kings Highway, Brooklyn, NY 11223

718-256-0404

www.ucaob.org



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

General Info Line / 諮詢熱線
(212) 226-8339

Website / 網址
www.cbwchc.org

268 Canal Street, New York, NY 10013

Internal Medicine / 內科部

(212) 379-6998

Women's Health / 婦女健康部

(212) 966-0228

125 Walker Street, 2/F, New York, NY 10013

Pediatrics & Adolescent Health / 兒科及青少年部

(212) 226-3888

Teen Resource Center (TRC) / 青少年資源中心

(212) 226-2044

Dental / 牙科部

(212) 226-9339

136-26 37th Avenue, Flushing, NY 11354

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(718) 886-1200

OB/GYN / 婦產科部

(718) 886-1287

Pediatrics / 兒科部

(718) 886-1222

Health Education Department / 健康教育部

(212) 966-0461

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Manhattan / 曼哈頓 (212) 226-1661

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