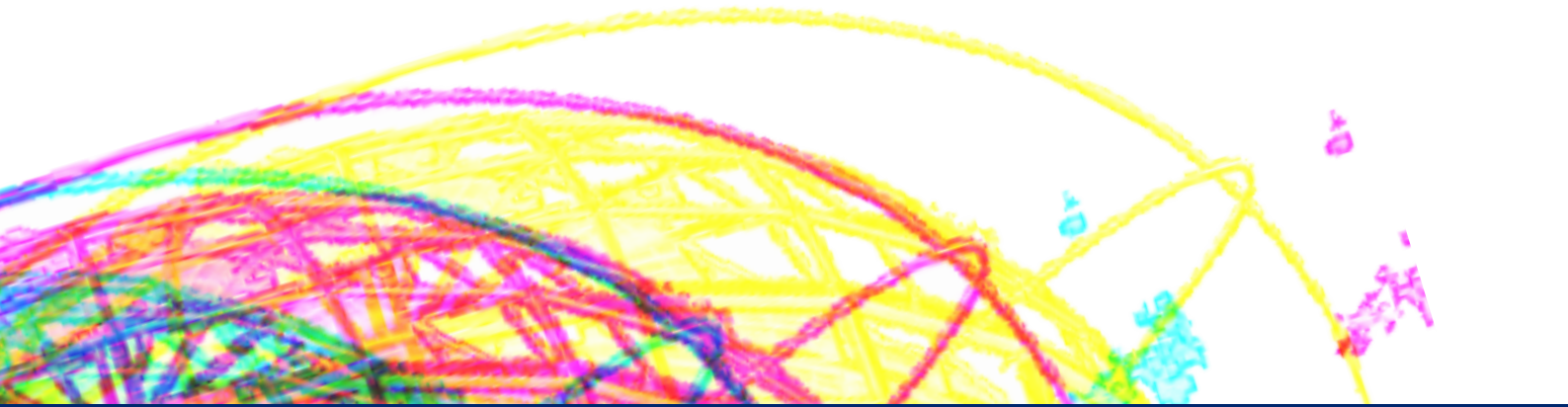


# Supporting **Teens In Queens!**

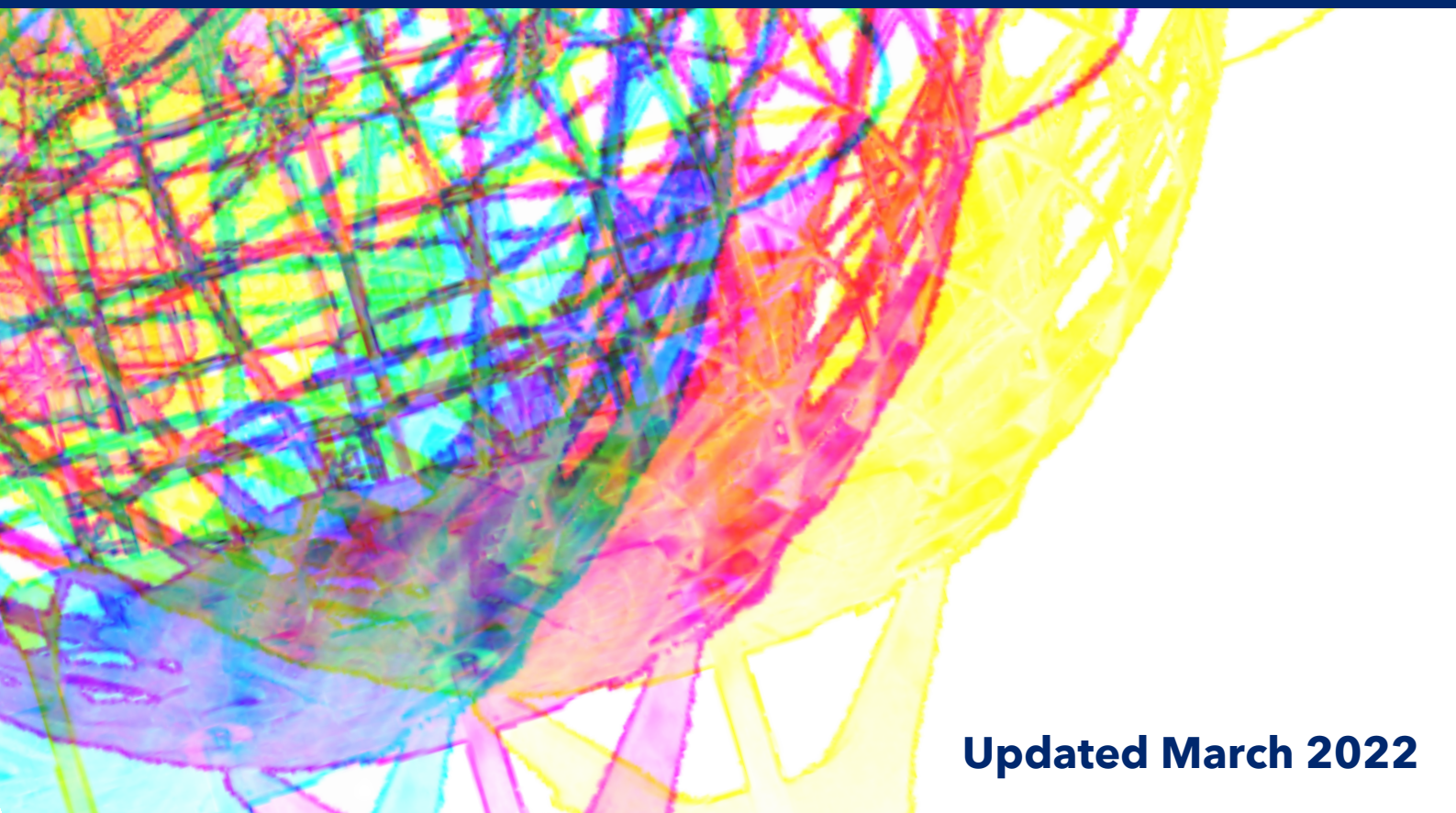


**Project STIQ**

Planned Parenthood of Greater New York



## **East Elmhurst | Jackson Heights | North Corona Queens Community Health Resource List / Recursos Comunitario**



**Updated March 2022**

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All LGBTQ-friendly/affirming organizations have the pride flag on the upper-right corner of the page.

Todas las organizaciones LGBTQ-amistosas tienen la bandera de orgullo en la esquina superior izquierda de la página.

# About Project STIQ

## Sobre Project STIQ



Project STIQ (Supporting Teens in Queens). Our goal is to work in partnership with schools and community-based organizations in Community District 3 of Queens (East Elmhurst, Jackson Heights, and Corona) to implement sexual reproductive health programming for youth, families, and professionals within the community.

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Proyecto STIQ (Apoyando a Adolescentes en Queens). Nuestra meta es trabajar con escuelas y organizaciones comunitarias en el Distrito Comunitario 3 de Queens (East Elmhurst, Jackson Heights y Corona) para implementar programas de salud sexual reproductiva para jóvenes, familias y profesionales dentro de la comunidad.

# Minor Rights

## Derecho de Menores



Planned Parenthood of Greater New York (PPGNY) supports youth and minors rights. All young people deserve access to safe and confidential health care, including sexual and reproductive health care services at school-based health centers (SBHCs) and in foster care and shelters.

In NYC, young people under 18 have the right to receive sexual and reproductive healthcare without parents/caregivers' permission, including partners, and other adults.

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Planned Parenthood of Greater New York (PPGNY) apoya los derechos de los jóvenes y los menores. Todos los jóvenes merecen acceso a servicios de salud seguros y confidenciales, incluidos los servicios de atención de la salud sexual y reproductiva en centros de salud escolares y en hogares de guarda y albergues.

En Nueva York, los jóvenes menores de 18 años tienen derecho a recibir atención médica sexual y reproductiva sin el permiso de los padres/cuidadores, sus parejas o otros adultos.

# The Guide

## El Guía



We hope this guide can provide the resources you need for you, your family, and your community. We have included resources for sexual and reproductive health, mental health, pantries, and other support services.

The information listed is current with the date of publishing. However, it is encouraged that those seeking services confirm the service details directly with the listed organizations.

Thank you!

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Esperamos que esta guía pueda proveer los recursos que necesita para usted, su familia y su comunidad. Hemos incluido recursos para la salud sexual y reproductiva, la salud mental, los despensas de alimentos y otros servicios de apoyo.

La información listada está actualizada con la fecha de publicación. Sin embargo, se recomienda que aquellos que buscan servicios confirmen los detalles del servicio directamente con las organizaciones en la lista

¡Gracias!



# Sexual & Reproductive Health Care

## Atención de salud sexual y reproductiva



### Planned Parenthood of Greater New York

**DLM Health Center: 21-41 45th Road, LIC, NY 11101**

#### **Services/Servicios**

- Abortion
- Birth control
- HIV services
- LGBTQ services Wellness exams
- Emergency contraception
- Transgender/Nonbinary Hormone Therapy
- Pregnancy testing & services
- Primary care STI testing, treatment & vaccines

#### **To make an appointment/Para hacer una cita**

- Call/Llame: 212-965-7000 or 1.800.230.PLAN
- Visit <https://www.plannedparenthood.org/> to book an online appointment at one of our NYC health centers or with [Project Street Beat](#)

#### **Additional Information/ Información Adicional**

- Documentation needed at least a school Id or schedule
- Call to make an appointment. Schedules may vary depending on location and service.
- Translation services available
- No childcare available
- Financial counselor available
- TeleHealth is available
- Closed Saturdays and Sundays, see website for additional centers and availability
- For more information visit:  
<https://www.plannedparenthood.org/planned-parenthood-greater-new-york>

# Sexual & Reproductive Health Care

## Atención de salud sexual y reproductiva



### Elmhurst Hospital Youth Clinic

79-01 Broadway Fl 4, Elmhurst, NY 11373

#### Services/Servicios

- Primary care
- Diet and nutrition
- HIV/STI testing and treatment
- Chronic disease management
- Open 24 hours

#### To make an appointment/Para hacer una cita

- Call/Llame: 718-334-3025 | (718) 334-3834
- Schedule:
  - M-F: 8:30am-4:30pm | Saturdays: 8:30am-1pm
  - Sundays: Closed

#### Additional Information/ Información Adicional

- No childcare available
- Walk-ins available
- Accepts insurance and financial assistance
- All languages are interpreted
- Additional community clinics;
  - NYC Health + Hospitals/Gotham Health: 34-33 Junction Boulevard, Jackson Heights, NY 11372  
TEL: 718-334-6150
  - NYC Health + Hospitals/Gotham Health | Women's Health Center: 59-17 Junction Blvd. Corona, NY 11368 | TEL: 718-334-6300
- For more information visit:  
<https://www.nycyouthhealth.org/>

# Sexual & Reproductive Health Care

## Atención de salud sexual y reproductiva



### Urban Health Plan - Plaza del Sol Family Health Center

37-16 108th Street, Corona, NY 11368

#### Services/Servicios

- Primary care
- Health Education
- Pediatrics
- Family Planning
- Gynecology
- Social Services

#### To make an appointment/Para hacer una cita

- Call/Llame: 718-651-4000 ext 5562
- Schedule:
  - M-F: 7:30am - 5:00pm | Saturdays: 7:30am - 1pm
  - Sundays: Closed

#### Additional Information/ Información Adicional

- Walk-ins available
- Insurance and financial assistance are available
- Interpretation is available for all languages.
- Additional community clinics;
  - NYC Health + Hospitals/Gotham Health | Women's Health Center: 59-17 Junction Blvd. Corona, NY 11368 | TEL: 718-334-6300
- For more information visit:  
<https://www.urbanhealthplan.org/plaza-del-sol-family-health-center/>



# Sexual & Reproductive Health Care

## Atención de salud sexual y reproductiva



**NY-Presbyterian Jackson Heights Family Health Center**  
**73-15 Northern Boulevard, NY 11372**

### Services/Servicios

- Preventative Care
- Obstetrics and Gynecological Services
- Nutritional and Social Services
- Referral to Mental Health Specialists

### To make an appointment/Para hacer una cita

- Call/Llame: 718-424-2788
- Schedule:
  - M-F: 9:00am - 5:00pm
  - Saturdays and Sundays: Closed

### Additional Information/ Información Adicional

- Walk-ins available
- Parking is available
- Translation services in every language
- Financial assistance available
- Additional community clinics;
  - NYC Health + Hospitals/Gotham Health: 34-33 Junction Boulevard, Jackson Heights, NY 11372  
TEL: 718-334-6150
  - NYC Health + Hospitals/Gotham Health | Women's Health Center: 59-17 Junction Blvd. Corona, NY 11368 | TEL: 718-334-6300
- For more information visit:  
[www.nyp.org/queens/centers-in-the-community/jackson-heights-family-health-center](http://www.nyp.org/queens/centers-in-the-community/jackson-heights-family-health-center)

# Mental Care Cuidado Mental



## Sheltering Arms NYC

### Multiple Locations: Far Rockaway & South Jamaica

#### Services/Servicios

- Drop-in Centers: no age requirement, insurance is required and telehealth options are available.
  - Far Rockaway: 1624 Central Ave, Far Rockaway, NY 11691
  - South Jamaica: 89-74 162nd Street 3rd Floor Jamaica, New York 11432

#### To make an appointment/Para hacer una cita

- Call/Llame: 212-675-1000
- Schedule:
  - Far Rockaway: Mon-Sat - 9-5 | ages 13-24
  - South Jamaica: 24/7 services available | ages 13-24

#### Additional Information/ Información Adicional

- Uninsured people can arrange for sliding scale payment or can be referred to insurance by Sheltering Arms
- Parental access not needed to access services
- ID not needed to access services
- Far Rockaway and South Jamaica locations not wheelchair accessible
- (Elevators are available in the building, but restrooms are not accessible)
- For more information visit: <https://shelteringarmsny.org>.

# Mental Care Cuidado Mental



**Child Center of NY, Elmhurst: Hank Auffarth Family Center**  
**81-14 Queens Boulevard, Elmhurst, NY 11373**

## Services/Servicios

Culturally competent and multi-lingual outpatient counseling for mental health and substance abuse issues for youth and adults. Programs include:

- Asian Outreach Program
- Benefits Access
- Early Childhood Mental Health Initiative

## To make an appointment/Para hacer una cita

- Call/Llame: 718-899-9810
- Schedule:
  - Mon-Tues - 9-5
  - Wed-Fri - 9-9
  - Sat - 9-3 | Sun: Closed

## Additional Information/ Información Adicional

- One member of the family must have a mental health or substance abuse diagnosis.
- Individuals with intellectual disabilities or autism diagnoses are not eligible for this program.
- For more information visit: <https://childcenterny.org>.

# Mental Care

## Cuidado Mental



### Queens Pride House

76-11 37th Avenue, Suit 206, Jackson Heights, NY 11372

### Services/Servicios

- Counseling for youth (13-17) on identity
- Family counseling
- LGBTQ identity support groups
- Referrals to therapy and psychiatric care

### To make an appointment/Para hacer una cita

- Call/Llame: 718-899-9810
- Schedule:
  - Mon-Thurs - 10-6
  - Fri - 9-5

### Additional Information/ Información Adicional

- Services at Queens Pride House are free.
- No ID is required to access these services, though you must be within the age requirement of 13-17.
- For more information visit:  
<https://www.facebook.com/queenspridehouse/>

# Food Banks/Pantries

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## Bancos de Alimentos



### ELMCOR

33-16 108th St, Queens, NY 11368

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### Services/Servicios

- Food Pantry - 3rd floor, Gym Building

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### To make an appointment/Para hacer una cita

- Call/Llame: 718-651-0096
- Schedule:
  - Wednesdays from 11am-2pm

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### Additional Information/ Información Adicional

- New clients must register with the Plentiful App.
- Bring your own bag
- For more information visit <https://www.elmcor.org/event/elmcors-food-pantry/>

## Food Banks/Pantries

## Bancos de Alimentos



### The Northeastern Conference Adventist

### Community Services Center

99-13 Northern Boulevard, Corona, New York 11368

### Services/Servicios

- Food Pantry

### To make an appointment/Para hacer una cita

- Call/Llame: 347-527-2444
- Schedule:
  - Food Pantry hours ages 63 and younger  
Wednesdays: 4:00 p.m. - 6:00 p.m.
  - Seniors (ages 64 and older) are served on  
Tuesdays: 11:00 a.m. - 1:00 p.m.

### Additional Information/ Información Adicional

- ID required: Yes
- Food Pantry hours ages 63 and younger Wednesdays:  
4:00 p.m. - 6:00 p.m.
- Seniors (ages 64 and older) are served on Tuesdays:  
11:00 a.m. - 1:00 p.m.
- First come, first served!
- For more information visit: [acscenter@northeastern.org](mailto:acscenter@northeastern.org)  
or email [kgosling@northeastern.org](mailto:kgosling@northeastern.org)



## Food Banks/Pantries

## Bancos de Alimentos



### Atonement Lutheran Church

30-61 87th St, East Elmhurst, NY 11369

### Services/Servicios

- Food Pantry

### To make an appointment/Para hacer una cita

- Call/Llame: 718 - 639-6074
- Schedule:
  - Open the first Thursday of every month, 8AM-9AM

### Additional Information/ Información Adicional

- ID required: No
- Recommended to arrive one hour before opening, the line starts on 31st Avenue

## Food Banks/Pantries

## Bancos de Alimentos



### First Baptists Church - Food Pantry

100-10 Astoria Blvd Queens, NY 11369

### Services/Servicios

- Food Pantry

### To make an appointment/Para hacer una cita

- Call/Llame: 718 - 507-5457
- Schedule:
  - Wednesdays 12:00pm - 1:45pm

### Additional Information/ Información Adicional

- ID required: No
- The food pantry recommends calling before going to the site.
- For more information visit:  
[https://www.foodpantries.org/li/first\\_baptist\\_church\\_11369](https://www.foodpantries.org/li/first_baptist_church_11369)

## Food Banks/Pantries

## Bancos de Alimentos



### La Jornada @ Queens Museum

Flushing Meadows Corona Park, Building, Queens, NY 11368

### Services/Servicios

- Food Pantry

### To make an appointment/Para hacer una cita

- Call/Llame: (718) 592-9700 | (917) 880-5693 | (929) 300-7068 | (917) 943-1886
- Schedule:
  - Wednesdays 12:00pm - 1:45pm

### Additional Information/ Información Adicional

- ID Required: No
- Participants must register and make appointments via Plentiful, text FOOD to PANTRY (726-879).
- Check the Plentiful app for additional information on dates and time
- Visitors must live in the zip code 11368
- for more information:  
<https://queensmuseum.org/2020/06/la-jornada-and-together-we-can-food-pantry-at-queens-museum>

**Food Banks/Pantries**

**Bancos de Alimentos**



## **Additional Information/ Información Adicional**

<https://www.foodpantries.org/ci/ny-corona>

[https://www.foodpantries.org/ci/ny-east\\_elmhurst](https://www.foodpantries.org/ci/ny-east_elmhurst)

[https://www.foodpantries.org/ci/ny-jackson\\_heights](https://www.foodpantries.org/ci/ny-jackson_heights)



**COMADRES**

**103-24 Roosevelt Avenue, Corona NY 11368**

**Services/Servicios**

- Serves pregnant and parenting families, and teens
- Programs are no cost to families
- Services available in Spanish, soon accommodating Hindi, Urdu and Bengali speakers

**To make an appointment/Para hacer una cita**

- Call/Llame: 347-571-2792
- Schedule:
  - Open Monday to Friday: 9AM-5PM

**Additional Information/ Información Adicional**

- ID may be needed depending on the service provided
- Parental consent also needed for minors under 18, depending on the service
  - Ex. teen focus groups require parental consent
- All services currently provided virtually due to COVID-19
- For more information:  
<https://www.healthsolutions.org/community-work/family-support/home-visiting-programs/comadres/>



**ELMCOR**

**33-16 108th St, Queens, NY 11368**

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**Services/Servicios**

- Recreational programs for youth
- Vocational training for adults
- Support for those with substance use issues
- Food pantry

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**To make an appointment/Para hacer una cita**

- Call/Llame: 718-651-0096

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**Additional Information/ Información Adicional**

- Current on-site services and hours may be affected by COVID-19
- For more information visit:  
<https://www.facebook.com/Elmcor/> or  
<https://www.elmcor.org/>



# Survivor Resources

## Recursos para sobrevivientes



### Safe Horizon Queens Community Program Office

63-49 Alderton Street, 2nd Floor, Rego Park, NY 11374

### Services/Servicios

- Safety planning
- Advocacy
- Case management
- Information and referrals
- Supportive counseling
- Support groups

### To make an appointment/Para hacer una cita

- Call/Llame 718-899-1233

### Additional Information/ Información Adicional

- Currently remote due to COVID-19 pandemic
- Wheelchair accessible
- Language interpretation is available for Spanish and Haitian Kreyol; all other languages interpreted by language line
- All counseling services free
- Serves all ages
- For more information visit:  
<https://www.safehorizon.org/location/queens-community-program-office/>

# Survivor Resources

## Recursos para sobrevivientes



### Center for the Women of New York

120-55 Queens Boulevard, Rm 325, Kew Gardens, NY 11424

### Services/Servicios

- Career Skills Classes
- Support Groups
- Social Activities
- One-on-One Services

### To make an appointment/Para hacer una cita

- Call/Llame: 718-793-0672

### Additional Information/ Información Adicional

- Currently remote due to COVID-19 pandemic
- Wheelchair accessible
- Language interpretation is available for Spanish all other languages interpreted by language line
- All counseling services free
- Serves all ages
- For more information visit: <http://cwny.org>.

# Survivor Resources

## Recursos para sobrevivientes



### Sexual Assault Violence Intervention Program

#### @ Mount Sinai Hospital

One Gustave L. Levy Place, Box 1670, New York, NY 10029

### Services/Servicios

- Programs at no cost to clients
- Counseling for DV/SA victims
- Emergency Room Advocacy
- Emergency Room Advocacy
- Legal Advocacy
- Education and Training
- Serves all ages
- Groups

### To make an appointment/Para hacer una cita

- Call/Llame: 212-423-2140

### Additional Information/ Información Adicional

- Open 7 days a week from 9AM-5PM
- Wheelchair accessible
- Serves youth ages 11 and up in Queens
- Parental consent required for youth ages 13 and under
- For more information visit:

<https://www.mountsinai.org/patient-care/service-areas/community-medicine/sexual-assault-and-violence-intervention-program-savi>



**Special thanks to all of our community partners and our Project STIQ team for the development of this resource guide!**

If you provide services for youth and family in East Elmhurst, Jackson Heights, and North Corona and would like to be part of this resource guide, please click here <https://forms.office.com/r/YhE9iuD2KV> or email us at [ProjectSTIQ@ppgreaterny.org](mailto:ProjectSTIQ@ppgreaterny.org) sharing your interest.

**¡Agradecimientos especiales a todos nuestros colegas de la comunidad y a nuestro equipo de Proyecto STIQ por el desarrollo de esta guía de recursos!**

Si usted provee servicios para jóvenes y familias en East Elmhurst, Jackson Heights, y North Corona y desea ser parte de esta guía de recursos, por favor haga clic aquí: <https://forms.office.com/r/YhE9iuD2KV> or envíenos un correo electrónico a [ProjectSTIQ@ppgreaterny.org](mailto:ProjectSTIQ@ppgreaterny.org) para compartir su interés.

# THANK YOU!



**Project STIQ**

Planned Parenthood of Greater New York

## East Elmhurst | Jackson Heights | North Corona Queens Community Health Resource List / Recursos Comunitario



For more information visit or email us at:



@[nowuknowppgny](https://www.instagram.com/nowuknowppgny)



@[ProjectSTIQ@ppgreaterny.org](mailto:ProjectSTIQ@ppgreaterny.org)



@[www.ProjectSTIQ.org](http://www.ProjectSTIQ.org)

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