



HEALTH

New York State  
**PROMISE**

FINANCE

EDUCATION

ALBANY

EMPLOYMENT

COMMUNITY PARTICIPATION

COMMUNITY LIVING

This worksheet belongs to:

# Charting Your **PATH** TO Success

**NEW YORK CITY**

Learn more about services and supports available to help you on your path to living, learning and earning as an adult at:

[paths.nyspromise.org/locator](https://paths.nyspromise.org/locator)

SELF-  
DETERMINATION

NYC



# Resources

## Agencies and organizations that will support you on your PROMISE path

### NYS Career Centers

NYS Career Centers (also known as One Stop Centers) are designed to provide a full range of assistance to job seekers. These locally-based Centers offer training referrals, career counseling, job listings, and other similar employment-related services. Career Centers in New York State are coordinated by the NYS Department of Labor. You can locate the Career Center nearest you at <https://labor.ny.gov/career-center-locator>.

### Work Incentives Planning and Assistance (WIPA)

WIPA projects are funded by the Social Security Administration to assist youth and adults who receive disability benefits in making informed choices about preparing for, getting, keeping, and advancing in a job. Community Work Incentives Coordinators at the WIPA project provide free, in-depth counseling services about benefits and the effect of work on those benefits to individuals who receive Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI)—helping to develop a path to work and greater economic independence. Find your WIPA at [www.chooseworkttw.net/findhelp](http://www.chooseworkttw.net/findhelp).

### State Vocational Rehabilitation Agencies

These agencies can assist youth and adults with disabilities who want to work but need more significant services. These services and supports can include, but not be limited to, tuition for school, extensive job training, rehabilitation services, vehicle modifications, job search and placement, ongoing employment support, assistance with job modifications, and others. Individuals who are blind or visually-impaired can access vocational rehabilitation through the Office of Children and Family Services, NYS Commission for the Blind at <http://ocfs.ny.gov/main/cb>. All other individuals can access vocational rehabilitation through the New York State Education Department Adult Career & Continuing Ed Services at [www.acces.nysed.gov/vr](http://www.acces.nysed.gov/vr).

### Protection and Advocacy for Beneficiaries of Social Security (PABSS)

PABSS projects are funded by the Social Security Administration to help beneficiaries of Social Security Disability Insurance and Supplemental Security Income who have disability-related employment issues. Advocates at PABSS projects provide legal support, advocacy and information to assist beneficiaries to resolve employment-related concerns. Find your PABSS at [www.chooseworkttw.net/findhelp](http://www.chooseworkttw.net/findhelp).

### Independent Living Centers (ILC)

ILC are funded by both the federal government and New York State. ILC are community-based organizations whose main focus is to teach youth and adult with disabilities the skills required for independent living. Other services include advocacy, counseling, support groups, assistance with housing, information and referral, and other services based on the unique demographics of your community. Find the ILC nearest you at [www.nysilc.org/index.php/ilc-directory](http://www.nysilc.org/index.php/ilc-directory).

### Parent Centers

Parent Centers provide parents of children with disabilities with information, resources, and strategies to: promote the meaningful involvement in their children's education programs, including information regarding the special education process; assist in understanding their children's disabilities; promote early resolution of disputes between parents and school districts, including use of resolution and mediation; assist in understanding due process rights; and, enhance parent's skills and levels of confidence to communicate effectively and work collaboratively with other schools and stakeholders to advocate and actively participate in their children's education programs. Locate the Parent Center serving your community at [www.p12.nysed.gov/specialed/techassist/parentcenters.htm](http://www.p12.nysed.gov/specialed/techassist/parentcenters.htm).

# New York City Agency List

## PARENT CENTER

### INCLUDEnyc

116 East 16th Street, 5th floor  
New York, NY 10013  
212-677-4660 (English)  
212-677-4668 (Spanish)  
[www.includenyc.org](http://www.includenyc.org)  
[info@includenyc.org](mailto:info@includenyc.org)

## NYS Office of Mental Health

44 Holland Avenue  
Albany, NY 12229  
1-800-597-0481 (Toll-Free)  
[www.omh.ny.gov/omhweb/childservice](http://www.omh.ny.gov/omhweb/childservice)

## Adult Career and Continuing Education Services- Vocational Rehabilitation (ACCES-VR)

### Bronx

1215 Zerega Avenue, Bronx, NY 10462  
718-931-3500  
[www.acces.nysed.gov/vr/bronx-district-office](http://www.acces.nysed.gov/vr/bronx-district-office)

### Brooklyn

55 Hanson Place, 2nd floor  
Brooklyn, NY 11217  
718-722-6700  
[www.acces.nysed.gov/vr/brooklyn-district-office](http://www.acces.nysed.gov/vr/brooklyn-district-office)

### Garden City

711 Stewart Avenue, Suite 4  
Garden City, NY 11530  
516-227-6800  
Toll-free: 1-888-263-2564  
[www.acces.nysed.gov/vr/garden-city-district-office](http://www.acces.nysed.gov/vr/garden-city-district-office)

### Hauppauge

250 Veterans Highway  
NYS Office Building – Room 3 A-12  
Hauppauge, NY 11788  
631-952-6357  
[www.acces.nysed.gov/vr/hauppauge-district-office](http://www.acces.nysed.gov/vr/hauppauge-district-office)

### Manhattan District Office

116 West 32nd Street, 5th floor

New York, NY 10001

212-630-2300, 212-630-2302

[www.acces.nysed.gov/vr/manhattan-district-office](http://www.acces.nysed.gov/vr/manhattan-district-office)

### Queens District Office

11-15 47th Avenue  
Long Island City, NY 11101  
347-510-3100  
[www.acces.nysed.gov/vr/queens-district-office](http://www.acces.nysed.gov/vr/queens-district-office)

## Office for Persons with Developmental Disabilities (OPWDD)

### Region 4: NYC & Metropolitan Area

Queens: 718-217-5890  
Brooklyn: 718-642-6000  
Manhattan: 646-766-3222  
Bronx: 718-430-0885  
Staten Island: 718-983-5233

### Region 5

Nassau and Suffolk Counties - Long Island: 631-434-6100  
[www.opwdd.ny.gov/opwdd\\_contacts/ddro/5](http://www.opwdd.ny.gov/opwdd_contacts/ddro/5)

### For Youth with Intellectual Disabilities

[www.opwdd.ny.gov/opwdd\\_services\\_supports/children/transition-students-developmental-disabilities](http://www.opwdd.ny.gov/opwdd_services_supports/children/transition-students-developmental-disabilities)

### Family Support Guides

Queens  
[www.qcddny.org/wp-content/uploads/2015/12/Queens-FSS-Guide.pdf](http://www.qcddny.org/wp-content/uploads/2015/12/Queens-FSS-Guide.pdf)

Brooklyn  
[yai.org/sites/default/files/documents/family-support-guide-2015-1.pdf](http://yai.org/sites/default/files/documents/family-support-guide-2015-1.pdf)

Staten Island  
[yai.org/sites/default/files/documents/staten-island-family-support\\_0.pdf](http://yai.org/sites/default/files/documents/staten-island-family-support_0.pdf)

Bronx  
[yai.org/sites/default/files/documents/bronx\\_family\\_support\\_guide.pdf](http://yai.org/sites/default/files/documents/bronx_family_support_guide.pdf)

Manhattan  
[yai.org/sites/default/files/documents/copy-of-manhattan-family-support-services-directory-2015-final.pdf](http://yai.org/sites/default/files/documents/copy-of-manhattan-family-support-services-directory-2015-final.pdf)

## **NYS Department of Health REGIONAL OFFICE**

### **New York City Office**

90 Church Street – 14th Floor  
Between Barclay and Vesey Streets  
New York, NY 10007-2912  
212-417-5550

*Counties served: Bronx, Kings, New York, Queens, and Richmond*

### **Central Islip Office**

Court House Corporate Center  
320 Carlton Ave, Suite 500, 5th Floor  
Central Islip, NY 11722  
631-851-4300

*Counties served: Nassau and Suffolk*

### **New Rochelle Office**

145 Huguenot St – 6th Floor  
New Rochelle, NY 10801-5291  
914-654-7000

*Counties served: Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester*

## **NYS Office of Children and Family Services Commission for the Blind (OCFS-CB)**

<http://ocfs.ny.gov/main>

80 Maiden Lane 23rd Floor  
New York, NY 10038  
212-825-5710

*VR only: Bronx, Brooklyn, Manhattan, Staten Island*

50 Clinton Street, Suite 208  
Hempstead, NY 11550  
516-564-4311

*Counties served: Nassau, Suffolk, Queens (VR & Independent Living Only)*

163 West 125th Street, Room 209  
New York, NY 10027  
212-961-4440

*Counties served: Manhattan, Bronx*

The New York State Commission for the Blind (NYSCB) provides vocational rehabilitation and other direct services to legally blind New York State residents, including children, adults, and elderly persons.

## **Regional Special Education-Technical Assistance Support Centers (RSE-TASC)**

### **Region 2: Lower Hudson**

Putnam-Northern Westchester BOCES  
200 BOCES Drive  
Yorktown Heights, New York 10598  
918-248-2290

### **Region 10: New York City**

Queens Plaza North  
Long Island City, New York 11101  
718-391-6648

## **LOCAL TRANSITION Service AGENCIES**

### **AHRC-NYC**

57 Willoughby St., 4th Fl.  
Brooklyn, NY 11201  
914-715-4432

### **Bronx Independent Living Services**

4419 Third Ave., Suite 2C  
Bronx, NY 10457  
718-515-2800

### **Goodwill Industries**

4-21 27th Avenue  
Astoria, NY 11102  
917-251-6056

### **Mental Health Association of NYC**

975 Kelly Street, Suite 302  
Bronx, NY 10459  
718-292-7880

### **United Cerebral Palsey of NYC**

281 Port Richmond Avenue  
Staten Island, NY 10302  
718-442-6006

## **INDEPENDENT LIVING CENTERS (ILC)**

### **Center of Independence of the Disabled in New York (CIDNY)**

841 Broadway, Suite 205  
New York, NY 10003  
Voice/TTY: 212-674-2300  
Fax: 212-254-5953

### **Brooklyn Center for Independence of the Disabled (BCID)**

27 Smith Street, Suite 200  
Brooklyn, NY 11201  
Voice: 718-998-3000  
TTY: 718-998-7406

**Bronx Independent Living Services**

4419 3rd Ave, Suite 2C  
Bronx, NY 10457  
Voice: 718-515-2800  
TTY: 718-515-2803  
Fax: 718-515-2844

**Harlem Independent Living Center**

289 Saint Nicholas Avenue Suite 21  
New York, NY 10027  
Voice: 212-222-7122  
TTY: 212-222-7198  
Toll-free: 800-673-2371

**CIDNY-Queens**

137-02A Northern Boulevard  
Flushing, NY 11354  
Voice: 646-442-1520  
TTY: 718-886-0427

**Staten Island Center for Independent Living**

470 Castleton Avenue  
Staten Island, NY 10301  
Voice: 718-720-9016  
TTY: 718-720-9870  
Fax: 718-720-9664  
No RSE-TASC in District 75  
Sasha Inglis

**Director of Transition Services**

400 First Ave. Rm. 440  
New York, NY 10010  
212-802-1568  
singlish@schools.nyc.gov

## ONE-STOP CENTERS

**New York State Department of Labor**

Lower Manhattan Workforce1 Career Center  
75 Varick Street  
New York, NY 10013  
212-775-3771  
*Zip codes served: 10002, 10009, 10011, 10016, 10023, 10025, 10026, 10029, 10035, 10038, 10044, 10003, 10018*

**NYC Workforce1 Career Center**

215 West 125th Street 6th Floor  
Between 7th & 8th Avenues  
New York, NY 10027  
917-493-7054  
*Zip codes served: 10030, 10031, 10034, 10039, 10040, 10116, 10463, 10027, 10033, 10037, 10453, 10468*

**Staten Island Workforce1 Career Center**

120 Stuyvesant Place, 3rd Floor  
Between Wall and Hyatt Streets

Staten Island, NY 10301

718-285-8388

*Zip codes served: 10301, 10303, 10304, 10305, 10309, 10310, 10312, 10302, 10307*

**Bronx Workforce1 Career Center**

400 East Fordham Road

Bronx, NY 10458

718-960-2458

*Zip codes served: 10456, 10457, 10458, 10460, 10461, 10462, 10465, 10467, 10472, 10475, 10451, 10452, 10454, 10455, 10459, 10466, 10469, 10470, 10473, 10474*

**Flushing Workforce1 Career Center**

138-60 Barclay Avenue, 2nd Floor

Flushing, NY 11355

718-321-6307

*Zip codes served: 11101, 11103, 11105, 11354, 11355, 11356, 11365, 11367, 11372, 11373, 11374, 11378, 11379, 11385, 11415, 11416, 11417, 11418, 11428, 11432, 11435, 11102, 11106, 11368, 11369, 11370, 11375, 11377, 11412, 11423, 11433*

**New York State Department of Labor – Workforce1 Career Center**

250 Schermerhorn Street

Brooklyn, NY 11201

718-780-9200

*Zip codes served: 11201, 11203, 11204, 11208, 11210, 11211, 11212, 11214, 11216, 11219, 11220, 11221, 11222, 11223, 11225, 11228, 11229, 11230, 11231, 11232, 11234, 11235, 11236, 11237, 11239, 11205, 11206, 11213, 11217, 11218, 11226, 11233, 11238, 11249:*

**Sandy Recovery Workforce1**

1906 Mermaid Ave., 2nd Floor

Brooklyn, NY 11224

646-927-6093

*Zip code served: 11224*

**Queens Career Center**

168-25 Jamaica Avenue, 2nd Floor

Between 168th and 169th Streets

Jamaica, NY 11432

718-557-6755

*Zip codes served: 11411, 11413, 11414, 11419, 11421, 11422, 11434, 11436, 11690, 11431, 11691, 11694:*

**Rockaway Workforce1 Career Center**

57-17 Shore Front Parkway

Arverne, NY 11692

347-926-4376

*Zip code served: 11692*

**Midtown Workforce1 Career Center**

1250 Broadway, Suite 810

At 32nd Street between 5th and 6th Ave.

New York, NY 10001

646-358-4747

*Zip coded served: 10001*

**For youth who are blind or visually  
impaired**

**Visions: Services for the Blind and Visually Impaired:**

500 Greenwich Street, 3rd Floor

New York, NY 10010

[www.visionsvcb.org](http://www.visionsvcb.org)



# Charting Your PROMISE Progress

Chart the progress of your skills as you journey along the PROMISE path!

**Directions:** Enter milestones and goals into the boxes and cross them off when you're done!

	Milestone 1	Milestone 2	Milestone 3	GOAL:
EMPLOYMENT				
EDUCATION				
COMMUNITY LIVING				
SELF-DETERMINATION				
HEALTH				
FINANCE				
COMMUNITY PARTICIPATION				



Case Manager:

Contact Info:

A colorful illustration of a city and rural landscape. In the foreground, two women stand on a city street; one is waving and holding a coffee cup, the other is wearing headphones. A banner below them says 'BUFFALO'. In the background, a man in a suit waves while holding a clipboard, and a woman with glasses stands next to a dog. The scene includes buildings, a river, a sailboat, and a forest.

[www.NYSPROMISE.org](http://www.NYSPROMISE.org)

**New York State PROMISE**

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Email: [NYSPROMISE@cornell.edu](mailto:NYSPROMISE@cornell.edu)

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