

Resource and Referral list
(Updated August 2017)

Mental health services

Mental Health Association 516- 489-2322
Information and referral service

NAMI National Association on Mental Health 516-326-0797

Nassau County Office for the Aging Mon-Fri 9am-5pm 516-227-8900

New Horizon Counseling Center 516-569-6600
Provides a wide array of mental health services for all ages

Family and Children's Association 516- 292-1300
Financial, health insurance & mental health counseling services

Catholic Charities – Central Information and Referral 516-733-7045
Provides a wide array of services for all ages

Nassau County Coalition Against Domestic Violence 516-572-0700
Coalition Against Domestic Violence 24-Hour Hotline 516-545-0404

Child Abuse and Prevention Services

PO Box 176
Roslyn, NY 11576
516.621.0552
www.capsli.org

Works to prevent child abuse and neglect. Offers programs on bullying, date rape, teen dating violence, and prevention programs for at-risk audiences; workshops and seminars for parents, professionals and community groups; and mandated training/New York State certification classes for professionals.

Coalition Against Child Abuse 24-Hour Hotline 800-342-3720

Adult Protective Services

516 - 227- 8087

Accepts all referrals of adults over the age of 18 years, who are alleged to be incapable of caring for themselves because of a physical or mental incapacity and/or are abused, neglected or financially exploited by others, and have no one willing or able to assist them responsibly.

Medicare www.medicare.gov

A health insurance program for people over 65 and older who qualify for Social Security benefits, and for some people under 65 who are disabled. 1-800-633-4227

Medicare Savings Program 1-800-633-4227

Available to Medicare beneficiaries who have limited income and assets and do not qualify for Medicaid. There are different levels of financial eligibility.

Medicare Rights Center www.medicarerightscenter.org 1-800-333-4114

Social Security www.ssa.gov 1-800-772-1213

HICAP (Health Insurance Counseling and Advocacy Program) www.hicap.state.ny.us
Counseling for older persons regarding their health insurance options
516- 485-3754 Monday & Thursday 9-2

EPIC (Elderly Pharmaceutical Insurance Coverage) 1-800-332-3742
A New York State program that can provide assistance with monthly Part D drug premiums and/or co-pays at the pharmacy. Increased income levels provide benefits for NYS residents, 65 or older, with an annual income of less than \$75,000 for single and \$100,000 for married.

Senior Citizen Law Project www.nslawservices.org 516-292-8088
Free legal services for civil matters only. Nassau County residents, 60 and over unable to pay for a private attorney.

Nassau County Office for the Aging
Help Line 516-227-8900

Case management services 516-227-8900
Case manager can assist frail elderly by assessing needs. Help coordinate supportive services and assist with Medicaid application.

Home energy assistance program (HEAP) 516-227-7386
Once a year benefit to low income homeowners and renters to help pay for fuel or utility costs. Persons over 60 years, or disabled and SSI recipients of all ages.

For those under 60 years of age 516-292-8900

Nassau County Dept. of Social Services
Medicaid-medical assistance 516- 227-8000

Public assistance 516-227-8472
Financial assistance for persons under the age of 65 who qualify by need and resources and are not eligible for SSI.

Food Stamps 516-227-8523
For families with low assets and income levels.

U.S.Veterans Affairs www.va.gov
Nassau County Veterans Service Agency 516-572-6565

Food Pantries

Please call the following locations before visiting to check when open:

Jewish Service Coalition/Far Rockaway
1525 Central Ave.
Far Rockaway Queens
718-327-6060

Kosher Food Pantry

Congregation Shaare Zedek
315 Beach 30th Street, Far Rockaway, NY 11692
(718) 327-0830

Kosher Food pantry

Marion and Aaron Gural JCC
207 Grove Ave., Cedarhurst
516-569-6733
M-Th 8am-5pm, F 9am-3pm

Kosher Food pantry

Barry and Florence Friedberg JCC
15 Neil Court
Oceanside
516-766-4341 call first before going

Kosher Food Pantry

Young Israel of Woodmere
859 Peninsula Blvd., Woodmere
516-295-0150
Thurs 5pm-8pm
Call first

Kosher food pantry ONLY

Other KOSHER MEAL PROGRAMS

South Shore: In Long Beach, the Jewish Association for Services for the Aged sponsors a program at the Long Beach Senior Community Service Center. For further information, call: (516) 432-5555

North Shore: In Great Neck, the Great Neck Senior Center, Inc., in cooperation with the Senior Mitzva Group, sponsors a program at Temple Israel of Great Neck. For further information, call: (516) 482-7800

United Methodist Church in Far Rockaway
1032 Beach 19th St. between Mott and Cornaga, Far Rockaway, NY 11691
(718) 327-5070
M-F 9am-2pm

Food pantry/eat-in and clothing

St. Joachim Church Outreach
614 Central Ave., Cedarhurst
516-569-1845
1st and 3rd Wed. Of each month 9:30 am-11:30am

Food pantry

LI Council of Churches, EMERGENCY FOOD CENTER
230 Hanse Ave.
Freeport, NY 11520
For information: (516) 868-4989
M-F 9:30am-12n 1-3:30pm

Food pantry

Christ Lutheran Church
61 N. Grove St.
Freeport
378-1258
Meals: M-F 12 noon-1pm

Lunch-Randall St. side

St. Joseph's Church
1346 Broadway, Hewlett
516-569-0834
Wed. 9am-11am; 7pm-8:30 pm

Food pantry

Mary Brennan INN
100 Madison Ave. , Hempstead
Meals:Lunch Mon through Fri
11:30am-1:30pm

Food pantry, eat-in and clothing

Our Lady of Good Counsel
68 Wanser Ave., Inwood
516-239-7025
Call first for emergencies
2nd and 4th Wed of the month, 8:30am-10:30pm

Food pantry

Outreach Church of God In Christ
226 Lawrence Ave., Lawrence
516-239-7662
Call first

Food pantry

Our Lady of Peace
25 Fowler Ave., Lynbrook
516-599-7448
M-F 8:30 am-3pm

Food pantry

MLK Center
615 Riverside Blvd., Long Beach, NY
516-889-6300 Call first

Food pantry

Long Beach Food & Friendship INN
140 West Pine Street, Long Beach
Meals:Lunch Mon through Fri 11:30 am-1pm

Food pantry and eat-in

St. Anthony's
110 Anchor Ave., Oceanside
516-764-0048 ext.2530
M-11am-2pm, T-10am-1pm, W-2pm-5pm, F-9am-3pm
CLOSED on Thursday

Food pantry

MLK Center
150 N Centre Ave, Rockville Centre, NY 11570
(516) 678-9236
M-F 9am-8pm, Sat. 10am-4pm

Food pantry

Harvest of the World
90 Pleasant Ave.
Roosevelt
516-623-4498
Tues-10-noon, W&Th 10-4pm, F 10am-1pm, and 2nd 3rd 4th Sat. each month

Food Pantry

Holy Trinity Baptist Church
604 Union Ave.
Westbury
516-369-9371
2nd & 4th Sat. Each month 11am-12:30pm

Food Pantry

Helping Hands Ministry
946 Church St.
Baldwin
516-378-2989
Sat. 10am-12noon

Food Pantry

Oceanside Community Service
145 Merle Ave.
Oceanside
516-678-6152
CALL for times

Food Pantry

Notre Dame Parish
1 Aberdeen Rd.
New Hyde Park
516-326-3403
M-Th. 9am-4pm

Food Pantry

New Life Bread of Life
124 W. Chester St.
Long Beach
516-889-2357
1st & 3rd Sat. 9am-12:30

Food Pantry

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

Low income senior citizens age 60 and over who meet income guidelines are eligible for supplementary food each month. Once certified, seniors may select food from the Catholic Charities' Mobile VAN. For required documentation, call or visit the CSFP Food Center site.

38 St. John's Place

Freeport, NY 11520
(516) 623-4568 (516) or 623-4387

Site Hours:
Monday-Friday 8:00 a.m. to 4:00 p.m.

Saturday 8:00 a.m. to 4:00 p.m.

For information on the CSFP mobile locations, call: 1-631-491-4166

Homeless Shelters

Bethany House Shelter for homeless women and children

516-868-6866

For someone needing a homeless shelter, one must go to the Department of Social Services Monday thru Friday 8am-4pm, located at 60 Charles Lindbergh Blvd., Uniondale.

After 6pm or on weekends or holidays the emergency phone number is (516) 573-8626

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