

Resource Guide

Each category is tailored to provide essential information and support, making it easier for individuals and families to connect with the necessary resources and professionals in their community.

MENTAL HEALTH RESOURCES

Provides a comprehensive list of services for individuals seeking counseling, therapy, and support for mental health conditions like anxiety, depression, and stress management. Includes contact information for local therapists, community support groups, and wellness programs.

PSYCHIATRIC RESOURCES

Focuses on medical treatment for psychiatric conditions. This section lists psychiatrists and psychiatric clinics offering diagnostic evaluations, medication management, and specialized treatments for complex mental health issues.

SUBSTANCE ABUSE RESOURCES

Offers a directory of addiction treatment facilities, detox programs, and support groups that assist individuals struggling with substance abuse. This section aims to provide resources for recovery and rehabilitation.

PEDIATRICIAN RESOURCES

Dedicated to child healthcare, featuring a list of pediatricians and pediatric services. It includes specialists in general child health, developmental issues, and immunizations, ensuring parents can find trusted care for their children.

GYNECOLOGIST RESOURCES

Covers women's health services, listing gynecologists who specialize in reproductive health, prenatal care, and other female-specific health issues. This section aims to connect women with professionals for both routine and specialized care.

AFTERSCHOOL PROGRAMMING RESOURCES

A guide to local afterschool programs that offer educational and recreational activities for children. This includes tutoring, sports programs, arts and crafts, and other enriching activities designed to engage and support children after school hours.



Resource Guide

Each category is tailored to provide essential information and support, making it easier for individuals and families to connect with the necessary resources and professionals in their community.

GENDER-BASED VIOLENCE (GBV) RESOURCES

Gender-Based Violence (GBV) refers to harmful acts directed at an individual based on their gender. It encompasses a wide range of abuses, including physical, sexual, psychological, and economic violence, disproportionately affecting women and girls. However, men, boys, and individuals identifying outside the gender binary can also be victims of GBV. The root causes of GBV are deeply embedded in unequal power relations, patriarchal norms, and gender stereotypes that perpetuate discrimination and subjugation.

VITA TAX SITES RESOURCES

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who need assistance in preparing their tax returns. VITA tax sites are community-based centers that provide this service, typically aimed at individuals with low to moderate incomes, persons with disabilities, the elderly, and limited English speakers. The program is staffed by IRS-certified volunteers who help taxpayers file their federal and state tax returns, ensuring accuracy and helping clients receive all eligible credits, such as the Earned Income Tax Credit (EITC).

HOUSING RESOURCES

Housing services in New York City (NYC) provide critical support for individuals and families seeking affordable, stable, and safe housing. These services range from emergency shelter assistance to long-term affordable housing programs, and they are designed to address the diverse needs of New Yorkers, including those facing homelessness, eviction, or housing instability.

HEALTH CARE INSURANCE APPLICATIONS RESOURCES

Health care insurance provides individuals and families with financial protection against high medical costs by covering services like doctor visits, hospital stays, medications, and preventive care. Applying for health insurance is a crucial step toward accessing necessary healthcare services without the burden of excessive out-of-pocket expenses.

FOOD PANTRIES RESOURCES

Food pantries are community-based organizations that provide free groceries and food supplies to individuals and families in need. They play a critical role in addressing food insecurity by offering access to nutritious food, often serving those experiencing financial hardship, homelessness, or other crises. Food pantries typically rely on donations from local communities, food banks, and government programs to stock their shelves with non-perishable items, fresh produce, dairy, and other essentials.

LEGAL IMMIGRATION RESOURCES

Legal services provide essential support to individuals and families in need of legal advice or representation. These services often address issues such as housing disputes, family law, immigration, employment rights, and criminal justice matters. Legal service providers can range from private law firms to non-profit organizations, legal aid societies, and government agencies, often offering free or low-cost assistance to individuals who may not have the resources to afford a private attorney.



Be Agape

Therapy, Coaching & Wellness

MENTAL HEALTH Resources



Provides a comprehensive list of services for individuals seeking counseling, therapy, and support for mental health conditions like anxiety, depression, and stress management. Includes contact information for local therapists, community support groups, and wellness programs.



Be Agape

Therapy, Coaching & Wellness

PSYCHIATRIC Resources



Focuses on medical treatment for psychiatric conditions. This section lists psychiatrists and psychiatric clinics offering diagnostic evaluations, medication management, and specialized treatments for complex mental health issues.



Be Agape

Therapy, Coaching & Wellness

SUBSTANCE ABUSE Resources



Offers a directory of addiction treatment facilities, detox programs, and support groups that assist individuals struggling with substance abuse. This section aims to provide resources for recovery and rehabilitation.



Be Agape

Therapy, Coaching & Wellness

PEDIATRICIAN

Resources



Dedicated to child healthcare, featuring a list of pediatricians and pediatric services. It includes specialists in general child health, developmental issues, and immunizations, ensuring parents can find trusted care for their children.



Be Agape

Therapy, Coaching & Wellness

GYNECOLOGIST

Resources



Covers women's health services, listing gynecologists who specialize in reproductive health, prenatal care, and other female-specific health issues. This section aims to connect women with professionals for both routine and specialized care.



Be Agape

Therapy, Coaching & Wellness

AFTERSCHOOL PROGRAMMING Resources



A guide to local afterschool programs that offer educational and recreational activities for children. This includes tutoring, sports programs, arts and crafts, and other enriching activities designed to engage and support children after school hours.



Be Agape

Therapy, Coaching & Wellness

GENDER-BASED VIOLENCE Resources



Gender-Based Violence (GBV) Resources provide essential support and information for survivors, advocates, and service providers. These resources include emergency hotlines, shelters, counseling services, legal assistance, and educational materials. Designed to empower and protect, they offer practical tools for safety planning, risk assessment, and advocacy, while promoting awareness and prevention of GBV within communities. These resources are crucial for addressing the immediate and long-term needs of those affected by gender-based violence, fostering resilience, and facilitating access to justice and support systems.



Be Agape

Therapy, Coaching & Wellness

HEALTH CARE INSURANCE

Resources



Health care insurance provides individuals and families with financial protection against high medical costs by covering services like doctor visits, hospital stays, medications, and preventive care. Applying for health insurance is a crucial step toward accessing necessary healthcare services without the burden of excessive out-of-pocket expenses.



Be Agape

Therapy, Coaching & Wellness

VITA TAX SITES

Resources



The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who need assistance in preparing their tax returns. VITA tax sites are community-based centers that provide this service, typically aimed at individuals with low to moderate incomes, persons with disabilities, the elderly, and limited English speakers. The program is staffed by IRS-certified volunteers who help taxpayers file their federal and state tax returns, ensuring accuracy and helping clients receive all eligible credits, such as the Earned Income Tax Credit (EITC).



Be Agape

Therapy, Coaching & Wellness

FOOD PANTRIES

Resources



Food pantries are community-based organizations that provide free groceries and food supplies to individuals and families in need. They play a critical role in addressing food insecurity by offering access to nutritious food, often serving those experiencing financial hardship, homelessness, or other crises. Food pantries typically rely on donations from local communities, food banks, and government programs to stock their shelves with non-perishable items, fresh produce, dairy, and other essentials.



Be Agape

Therapy, Coaching & Wellness

HOUSING Resources



Housing services in New York City (NYC) provide critical support for individuals and families seeking affordable, stable, and safe housing. These services range from emergency shelter assistance to long-term affordable housing programs, and they are designed to address the diverse needs of New Yorkers, including those facing homelessness, eviction, or housing instability.



Be Agape

Therapy, Coaching & Wellness

LEGAL IMMIGRATION Resources



Legal services provide essential support to individuals and families in need of legal advice or representation. These services often address issues such as housing disputes, family law, immigration, employment rights, and criminal justice matters. Legal service providers can range from private law firms to non-profit organizations, legal aid societies, and government agencies, often offering free or low-cost assistance to individuals who may not have the resources to afford a private attorney.