

**YOU ARE
WELCOME HERE.**



Manny Cantor offers FREE family support, learning, & other community services for people of all backgrounds.

FAMILY

Parenting Support | New Parents Group, Breastfeeding Support, Newborn Care and other free classes at our Parenting Center. **Call 646.395.4251**

LEARNING

Job Support | One-on-One Counseling, Resume Help, Computer Lab and other job support services at our Educational Alliance Job Services. **Call 646.395.4260**

Teen Support | Mentoring, College Preparation, Recreational Activities and other services at our Teen Center. **Call 646.395.4295**

ESL/GED Classes | Free ESL & high school equivalency (GED) classes in English & Spanish at Manny Cantor Center's sister center, Educational Alliance's Center for Recovery & Wellness. **Call 646-395-4384**

OLDER ADULTS

Benefits Enrollment | Medicaid, Medical Services Plan, Nutrition Assistance, Housing Rent & Heating Bill Assistance at Weinberg Center. **Call 646.395.4270**

Social Services | Long-term care planning, Crisis Intervention, Supportive Counseling at Weinberg Center. **Call 646.395.4270**

Meals & Activities | Breakfast & Lunch, Stress Management Workshops, Exercise Classes and other activities. **Call 646.395.4270**

IN THE NEIGHBORHOOD

Medical Care | mental health counseling, legal and financial counseling at Henry Street Neighborhood Resource Center. **Call 212.471.2400**

**For a list of Manny Cantor Center programming and city-wide resources, please visit manncantor.org/resources.
Contact: 646-395-4280 | info@manncantor.org**

