

**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](http://manncantor.org/resources).  
Contact: 646-395-4280 | [info@mannycantor.org](mailto:info@mannycantor.org)**

