



# Reaching for the **FUTURE**

.....  
From School to Adult Life



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A Resource Guide for  
People with Disabilities

Twelfth Edition 2024



**Transition Planning** is an ongoing process that ensures students and youth with disabilities become equipped with the skills and knowledge for the 21st century in order to facilitate a seamless transition from school to post-school activities. This guide is an invaluable resource for individuals with disabilities, parents, school personnel, and adult service providers addressing the issues of transition. It lists providers of services in Rockland County and beyond in the areas indicated.\*

The Rockland Transition Consortium was organized at the beginning of the 1991-1992 school year to develop a reference guide to help in the transition process. This edition was prepared by members of the Rockland Transition Consortium to provide a useful tool in transition planning. For information about the Rockland Transition Consortium, contact Mary Ellen Urinyi at Rockland BOCES at (845) 627-4790.

**For a complete listing of organizations listed in this guide, please see the back pages of the guide.**

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## **ROCKLAND COUNTY SCHOOL DISTRICTS**

For information, contact the appropriate Special Education or Pupil Personnel Office at the numbers listed below and ask for the person who handles transition planning:

### **DISTRICT CONTACTS**

Clarkstown.....	(845) 639-6482.....	www.ccsd.edu
East Ramapo.....	(845) 577-6040.....	www.ercsd.org
Nanuet.....	(845) 627-9817.....	www.nanuetd.org
North Rockland.....	(845) 942-3430.....	www.northrockland.org
Nyack.....	(845) 353-7046.....	www.nyackschools.org
Pearl River.....	(845) 620-3938.....	www.pearlriver.org
Rockland BOCES.....	(845) 627-4790.....	www.rocklandboces.org
South Orangetown.....	(845) 680-1025.....	www.socsd.org
Suffern Central.....	(845) 357-7783.....	www.sufferncentral.org

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**\*NOTE:** Inclusion in this guide does not constitute an endorsement as to the quality of the services listed. Please note that there may be a charge and/or eligibility requirements for some services.

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## ROCKLAND COUNTY ACCESS & FUNCTIONAL NEEDS REGISTRY:

Registry for people with disabilities or in need of assistance in the event of an emergency:

- <https://totalvisibilitysolution.com/Rockland/Signin>
  - Rockland County Department of Fire and Emergency Services  
([www.rocklandgov.com](http://www.rocklandgov.com) or 845-364-8800)
  - Hudson Valley 211 Call Center (211)
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# ADVOCACY/LEGAL ASSISTANCE

Individuals with disabilities can obtain assistance to clarify and secure their rights through both advocacy groups and legal organizations. If an individual needs assistance with their goals or plans, they can reach out to one of these organizations to receive answers to questions or advice.

<b>Advocacy Assistance</b>	ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation).....	(845) 426-5410
	Alley Valley.....	(845) 600-0801
	American Heart Association.....	(212) 878-5900
	BRIDGES (formerly the Rockland Independent Living Center) & Association for the Visually Impaired (AVI), an affiliate of BRIDGES.....	(845) 624-1366
	Capabilities Partnership, Inc.....	(845) 627-0627
	Catholic Charities Community Service.....	(845) 942-5791
	Center for Safety and Change.....	(845) 634-3391
	Disability Rights New York.....	(800) 993-8982
	Haitian-American Cultural and Social Organization, Inc.....	(845) 352-5897
	Lighthouse Guild.....	(800) 284-4422
	Mental Health Association of Rockland County.....	(845) 267-2172
	NAMI-ROCKLAND.....	(845) 359-8787
	NY Association Psychiatric Rehabilitation Services.....	(518) 436-0008
	NY Connects.....	(845) 364-3444
	NYS Brain Injury Association.....	(518) 459-7911
	OCFS-NYS Commission for the Blind (NYSCB).....	(914) 993-5389
	Partnership for Safe & Healthy Youth.....	(845) 405-4180
	Planned Parenthood of Hudson/Peconic.....	(845) 426-7577
	Rockland Council on Alcoholism and Other Drug Dependencies, Inc.....	(845) 215-9788
	Rockland County Department of Social Services (DSS)-Adult Services.....	(845) 364-3568
	Rockland County Office for People with Disabilities.....	(845) 364-3980
	Rockland Jewish Family Services.....	(845) 354-2121
	Self-Advocacy Association of NYS (SANYS).....	(845) 707-9923
	The Arc Rockland.....	(845) 213-3120
	TOUCH.....	(845) 268-8023
	Volunteer Counseling Services, Inc. (VCS).....	(845) 634-5729
	Westchester Institute for Human Development-Community Support Network.....	(914) 493-7665
	Westchester Independent Living Center.....	(914) 682-3926

<b>Legal Assistance</b>	Center for Safety and Change.....	(845) 634-3391
	Legal Aid Society of Rockland County, Inc.....	(845) 634-3627
	Legal Services of the Hudson Valley.....	(845) 476-3821 x180
	Rockland County Department of Social Services-Child Protective Services.....	(845) 364-3512
	Rockland County Human Rights Commission.....	(845) 364-3886
	Rockland County Probation Department - PINS (Persons in Need of Supervision).....	(845) 638-5544
	Rockland County Public Defender's Office.....	(845) 638-5660

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ALL MEN, regardless of disability, must register with selective service at age 18. You can register online at [www.sss.gov](http://www.sss.gov) or forms are available at local post offices.

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# ■ ASSISTIVE TECHNOLOGY

Assistive Technology is the use of any item, piece of equipment, software program, or product system to increase, maintain, or improve the functional capabilities of individuals with disabilities. Evaluations or support for appropriate assistive technology may be obtained through the following organizations:

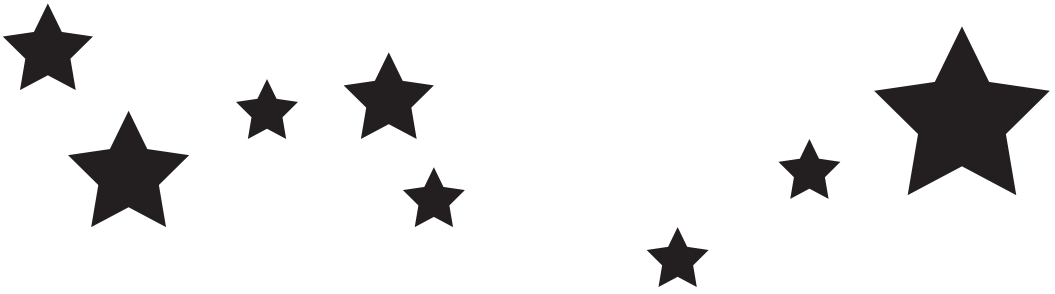
ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation).....	(845) 426-5410
BRIDGES (formerly the Rockland Independent Living Center) & Association for the Visually Impaired (AVI), an affiliate of BRIDGES.....	(845) 624-1366
Hamaspik of Rockland County.....	(845) 356-8400
Helen Hayes Hospital-Center for Rehabilitation Technology.....	(845) 786-4000
Jawonio, Inc.....	(845) 708-2000
Lighthouse Guild.....	(800) 284-4422
Music For Life.....	(845) 642-0859
NYS Office for People with Developmental Disabilities (OPWDD/Info Line).....	(866) 946-9733
National Disability Institute-Assistive Technology Loan Program.....	(202) 449-9521
OCFS-NYS Commission for the Blind (NYSCB).....	(914) 993-5389
Rockland BOCES Student Services Office.....	(845) 627-4790
Rockland Works Career Center.....	(845) 348-3500
VISIONS-Center For Blindness.....	(845) 354-3003
Westchester Institute for Human Development.....	(914) 493-8150



# CARE/CASE MANAGEMENT

Care/Case Management is the coordination of services and supports for individuals through Medicaid/Medicare. This can be provided through agencies, Health Homes, and Care Coordination Organizations. These organizations tailor services to meet the needs of individuals with disabilities.

<b>OPWDD Care Coordination Organizations Enrollment Contact Information (Lower Hudson Valley):</b>	Advance Care Alliance .....	(833) 692-2269
	Care Design NY .....	(518) 235-1888
	Life Plan CCO NY, LLC .....	(315) 565-2612
	Tri-County Care .....	(844) 504-8400
<b>Agencies and Health Home Organizations:</b>	Alley Valley .....	(845) 600-0801
	Astor Services .....	(845) 871-1000
	Catholic Charities Community Services .....	(845) 942-5791
	Center for Human Development and Family Services (CHDFA, Inc.) .....	(845) 203-8555
	Children's Health Home of Upstate NY .....	(855) 209-1142
	Hudson Valley Care .....	(800) 768-5080
	Mental Health Association of Rockland County, Inc. ....	(845) 267-2172
	NAMI-Rockland .....	(845) 359-8787
	Partners Health Plan .....	(855) 747-5483
	Rockland County Department of Health .....	(845) 364-2512
Rockland Jewish Family Service .....	(845) 354-2121	
TOUCH .....	(845) 268-8023	




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**HUDSON VALLEY 211:** United Way's Helpline is a free, confidential, multilingual service to assist the public in finding the answers to a variety of Health and Human Services related questions. Dial 211 or [www.hudson211.org](http://www.hudson211.org).

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# EDUCATION, TRAINING, & EMPLOYMENT

As students with disabilities move into the transitional phase of their high school years, they may be referred to ACCES-VR or NYSCB for further vocational services. These services include, but are not limited to, vocational assessment, career counseling, job training and placement, and further education. Additional information about transition planning and adult vocational services is available from the school districts, the Committee on Special Education, or the adult services providers.

Funding agencies for some services are:

<b>ACCES-VR</b> (Adult Career and Continuing Education Services-Vocational Rehabilitation).....	(845) 426-5410
<b>OCFS-NYS Commission for the Blind</b> (NYSCB).....	(914) 993-5389
<b>NYS Office for People with Developmental Disabilities</b> (OPWDD/Info Line).....	(866) 946-9733

## Colleges/Universities

In addition to credit-bearing degree programs, local colleges offer a variety of certificate and other non-degree programs. These schools may have staff specifically assigned to help students with disabilities. For more information, contact either the Office of Accessibility/Disability Services or the Office of Admissions at the school. Think College has a list of Inclusive Higher Education experiences on their website.

Dominican University NY.....	(845) 848-4035
Mercy University.....	(914) 888-5232
Rockland Community College.....	(845) 574-4000
St. Thomas Aquinas-Pathways Program.....	(845) 398-4100
Successful Learning Center (SLC)	
(*non-credit bearing college experience classes).....	(845) 662-1322 x2
SUNY Empire State College.....	(800) 847-3000 x2244
SUNY Orange BRIDGES Program.....	(845) 341-4694
Think College.....	www.thinkcollege.net
University of Mount Saint Vincent Bridge Program.....	(718) 405-3241
Westchester Community College.....	(917) 606-6600

## Community Agencies/Schools

may provide Community Habilitation, Day Habilitation, Care Coordination, Pre-Vocational Training, Supported Employment, Supported Education and Work Internships.

Abbott House.....	(914) 591-7300	Mental Health Assoc.	
Alley Valley.....	(845) 600-0801	of Rockland County.....	(845) 267-2172
Another Step.....	(845) 268-8200	Music For Life.....	(845) 642-0859
BRIDGES (formerly the Rockland		St. Dominic's	
Independent Living Center) & Assoc.		Family Services.....	(845) 359-3400 x233
for the Visually Impaired (AVI), an affiliate of		SHARE 24/7.....	(845) 354-3233
BRIDGES.....	(845) 624-1366	Summit Adult Day	
Capabilities Partnership, Inc.....	(845) 627-0627	Health Center.....	(845) 243-5000
Center for Career Freedom... (914) 288-9763		Summit School/	
Center for Human Development		Children's Residence.....	(845) 358-7772
& Family Services.....	(845) 675-7979	The Arc Rockland.....	(845) 213-3120
CHEMLU/Lekulum.....	(845)-774-1422	The NY Foundling.....	(917) 485-7866
Hamaspik of		Westchester Institute for	
Rockland County.....	(845) 356-8400	Human Development-Community	
Jawonio, Inc.....	(845) 708-2000	Support Network.....	(914) 493-7665
Lighthouse Guild.....	(800) 284-4422	Venture Together.....	(845) 624-3860
Living Resources.....	(518) 218-0000 x2394	YAI.....	(845) 358-5700
		Yedei Chesed.....	(845) 425-0887

## Public Agencies

ACCES-VR (Adult Career and Continuing Education	
Services-Vocational Rehabilitation).....	(845) 426-5410
BRIDGES (formerly the Rockland Independent Living Center) & Assoc.	
for the Visually Impaired (AVI), an affiliate of BRIDGES.....	(845) 624-1366
NYS Office for People with	
Developmental Disabilities (OPWDD/Info Line).....	(866) 946-9733
OCFS-NYS Commission for the Blind (NYSCB).....	(914) 993-5389
Rockland BOCES CTEC/Adult Ed.....	(845) 627-4770/348-3500
Rockland County Career Center, Adult Services/Youth Connections.....	(845) 770-2900
Rockland County Department of Mental Health.....	(845) 364-2150
Rockland County Department of Social Services Employment Unit.....	(845) 364-3143

# FINANCIAL ASSISTANCE/BENEFITS

Various types of benefits and financial assistance are available from state and local agencies.

<b>Medical Insurance</b>	Medicaid (for people with disabilities or people aged 65 and over).....	(845) 364-3040
	NYS of Health.....	(855) 355-5777

<b>NYS Department of Labor</b>	Unemployment Benefits.....	(888) 209-8124
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<b>Private/Non-Profit Agencies</b>	American Red Cross.....	(203) 869-8444
These agencies will, on occasion, provide temporary help for those in need:	Catholic Charities Community Services.....	(845) 942-5791
	Haitian-American Cultural and Social Organization.....	(845) 352-5897
	Mental Health Association of Rockland County, Inc.....	(845) 267-2172
	National Disability Institute of NY/NJ.....	(202) 449-9521
	People to People.....	(845) 623-4900
	Salvation Army.....	(845) 352-9577
	United Way of Rockland.....	(845) 358-8929

<b>Rockland County Department of Health WIC (Woman, Infants and Children)</b>	WIC (Women, Infants and Children).....	(845) 364-2577
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A supplemental food program for pregnant and nursing mothers, infants and children under five years of age.

<b>Rockland County Department of Social Services</b>	Home Energy Assistance Program (HEAP).....	(845) 364-3480
	Medicaid.....	(845) 364-3040
	Section 8 Housing.....	(845) 364-3330
	SNAP-Supplemental Nutrition Assistance Program (Formerly Food Stamps).....	(845) 364-3100

<b>Social Security Administration (SSA)</b> administers two types of disability benefit programs	Social Security Disability Benefits (SSD).....	(800) 772-1213
	Supplemental Security Income (SSI).....	(800) 772-1213
	Local SSA Office.....	(866) 755-4334

<b>Benefits Advisement:</b>	BRIDGES (formerly the Rockland Independent Living Center) & Association for the Visually Impaired (AVI), an affiliate of BRIDGES.....	(845) 624-1366
	Hudson Valley Community Services (HVCS).....	(845) 356-0570
	Legal Services of the Hudson Valley.....	(914) 949-1305 x162
	Westchester Institute for Human Development (WIHD)/Community Support Network.....	(914) 493-7665

# GENDER/SEXUALITY

The following organizations provide resources for individuals and families regarding gender and sexual orientation. Services offered include advocacy, counseling, support groups, recreation, housing, crisis intervention, medical counseling, information, and education.

CANDLE (Community Awareness Network for a Drug-Free Life & Environment), CANDLE Youth Pride, & CANDLE Children's Clinic.....	(845) 634-6677
Center Lane – WJCS.....	(914) 423-0610
GLSEN Lower Hudson Valley.....	(914) 962-7888
Jacobs Family Pride Wellness Center of Montefiore Nyack Hospital.....	(845) 348-7284
NAMI-Rockland.....	(845) 359-8787
Outcasting (NPR for LGBTQIA+ youth).....	(914) 674-0900
PFLAG Rockland.....	(845) 202-1620
Phyllis B. Frank Pride Center of Rockland County.....	(845) 353-6300
The LOFT.....	(914) 948-2932
Trevor Support Center.....	(866) 488-7386

<b>HIV Screening</b>	Cornerstone Hudson Valley Community Services.....	(845) 356-0570
	Jacobs Family Pride Wellness Center of Montefiore Nyack Hospital.....	(845) 348-7284
	Planned Parenthood of Hudson/Peconic.....	(845) 426-7577
	Rockland County Department of Health/Infectious Disease.....	(845) 364-2570
	TOUCH.....	(845) 268-8023



# GUARDIANSHIP/SUPPORTED DECISION-MAKING

At age 18 your child is emancipated, no matter their level of disability. Guardianship is the outcome of a legal process which designates a parent, another individual, or organization to act on behalf of an individual who may be unable to manage his/her affairs without assistance, beginning at age 18. Supported Decision making (SDM) is an inclusive alternative to guardianship. There are different types of guardianship and supported decision-making that vary based on the level of authority for the responsible party.

**To find out more about guardianship/supported decision-making contact an attorney or the following agencies:**

Legal Aid Society of Rockland, Inc. ....	(845) 634-3627
Legal Services of the Hudson Valley .....	(845) 476-3831
Mental Health Association of Rockland County, Inc.....	(845) 267-2172
Supported Decision Making NY .....	(646) 807-8483
Volunteer Counseling Services, Inc. (VCS).....	(845) 634-5729
Westchester Independent Living Center (WILC).....	(914) 682-3926
Westchester Institute for Human Development (WIHD)/	
Community Support Network (CSN).....	(914) 493-7665

**HUDSON VALLEY 211:** United Way's 2-1-1 Helpline is a free, confidential, multilingual service to assist the public in finding the answers to a variety of Health and Human Services related questions. Dial 211 or [www.211hudsonvalley.org](http://www.211hudsonvalley.org).

# INFORMATION/REFERRAL

There are many organizations that provide information, answer questions, and direct an individual with a disability to the appropriate organization for service.

Abbott House .....	(914) 591-7300	NYS Brain Injury Association .....	(518) 459-7911
ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation) .....	(845) 426-5410	NYS Office for People with Developmental Disabilities (OPWDD/Info Line).....	(866) 946-9733
Alanon & Alateen .....	(845) 286-9866	OCFS-NYS Commission for the Blind (NYSCB).....	(914) 993-5389
Alley Valley .....	(845) 600-0801	Partnership for Safe & Healthy Youth.....	(845) 405-4180
American Cancer Society .....	(800) 227-2345	Planned Parenthood of Hudson/Peconic .....	(845) 426-7577
American Diabetes Association.....	(516) 428-9286	Rockland Council on Alcoholism and Other Drug Dependencies.....	(845) 215-9788
American Heart Association.....	(212) 878-5900	Rockland Works Career Center, Adult & Youth Services .....	(845) 348-3500
American Red Cross.....	(203) 869-8444	Rockland County Department of Health .....	(845) 364-2512
BRIDGES.....	(845) 624-1366	Rockland County Department of Mental Health.....	(845) 364-2150
CANDLE (Community Awareness Network for a Drug-Free Life & Environment), CANDLE Youth Pride,& CANDLE		Rockland County D.S.S.....	(845) 364-2020
Children's Clinic.....	(845) 634-6677	Rockland County Office for People with Disabilities.....	(845) 364-3980
Capabilities Partnership, Inc. ....	(845) 627-0627	Rockland Jewish Family Service.....	(845) 354-2121
Catholic Charities Community Services .....	(845) 942-5791	Self-Help Clearinghouse of the Mental Health Association.....	(845) 267-2172
Center for Safety and Change .....	(845) 634-3391	The Arc Rockland .....	(845) 267-2500
Childcare Resources of Rockland.....	(845) 425-0009	TOUCH.....	(845) 268-8023
Haitian-American Cultural and Social Organization.....	(845) 352-5897	United Way of Rockland .....	(845) 358-8929
Hamaspiq of Rockland County.....	(845) 356-8400	Volunteer Counseling Service, Inc. (VCS) .....	(845) 634-5729
Hudson Valley Region 211.....	211	Westchester Independent Living Center .....	(914) 682-3926
Jawonio, Inc.....	(845) 708-2000	Westchester Institute for Human Development-Community Support Network.....	(914) 493-8390
Lighthouse Guild.....	(800) 284-4422	Venture Together .....	(845) 624-3860
Lower Hudson Regional Partnership Center .....	(914) 248-2289	YAI .....	(845) 358-5700
NAMI-Rockland .....	(845) 359-8787	Yedei Chesed.....	(845) 425-0887
NY Connects .....	(845) 364-3444		

# MEDICAL, MENTAL HEALTH, & COUNSELING

Individuals with medical and mental health concerns may seek assistance from hospitals, out-patient clinics, and agencies addressing specific needs. Counseling on an individual or group basis can be provided by a professionally trained person (social worker, counselor, or psychologist) or by someone sharing a common concern (self-help or peer counseling).

**IN AN EMERGENCY, CONTACT 911.**

<b>Clinics</b>	Active Physical and Wellness Center .....	(845) 354-7777
	Alley Valley .....	(845) 600-0801
	Arc Health Resources (The Arc Rockland).....	(845) 267-0110
	Astor Services.....	(845) 871-1000
	Community Medical and Dental.....	(845) 352-6800
	Cornerstone Family Health Center at Jawonio .....	(845) 999-3060
	Jacobs Family Pride Wellness Center of Montefiore Nyack Hospital.....	(845) 348-7284
	Jawonio .....	(845) 708-2000
	Refuah Health Center.....	(845) 354-9300
	Rockland County Public Health Clinics.....	(845) 364-2520
	Sun River Health.....	(845) 770-9980
	Westchester Institute for Human Development .....	(914) 493-8390

<b>Crisis Services</b>	Behavioral Health Response Team (BHRT).....	(845) 517-0400
	NYSTART/CSIDD (OPWDD Crisis Response and Prevention Program) .....	(844) 782-7880
	The Sanctuary (temporary housing for teens) .....	(888) 997-1583

<b>Family Assistance</b>	American Red Cross.....	(203) 869-8444
	BRIDGES.....	(845) 624-1366
	Capabilities Partnership, Inc.....	(845) 627-0627
	Catholic Charities Community Services.....	(845) 942-5791
	Center for Safety and Change.....	(845) 634-3391
	Children's Health Home of Upstate New York .....	(855) 209-1142
	Haitian-American Cultural and Social Organization.....	(845) 352-5897
	Mental Health Association of Rockland .....	(845) 267-2172
	NAMI-Rockland.....	(845) 359-8787
	Partnership for Safe & Healthy Youth.....	(845) 405-4180
	Planned Parenthood of Hudson/Peconic .....	(845) 426-7577
	Rockland County Department of Health WIC (Women, Infants & Children).....	(845) 364-2577
	Rockland Jewish Family Services.....	(845) 354-2121
	Russell E. Blaisdell Addiction Treatment Center.....	(845) 359-8500
	TOUCH.....	(845) 268-8023
	Volunteer Counseling Services, Inc.....	(845) 634-5729
	Yedei Chesed.....	(845) 425-0887

# MEDICAL, MENTAL HEALTH, & COUNSELING (continued)

<b>Hospitals</b>	CLUE - Rockland Hospital Guild .....	(845) 680-6226
	Four Winds Hospital .....	(914) 763-8151
	Good Samaritan Hospital.....	(845) 368-5000
	Helen Hayes Hospital .....	(845) 786-4000
	Montefiore Nyack Hospital.....	(845) 348-2000
	Rockland Children's Psychiatric Center.....	(845) 680-4080
	Rockland Psychiatric Center.....	(845) 359-1000

<b>Information and Referral</b>	Alanon & Alateen.....	(845) 286-9866
	BRIDGES.....	(845) 624-1366
	Capabilities Partnership, Inc. ....	(845) 627-0627
	Children's Health Home of Upstate New York .....	(855) 209-1142
	Hudson Valley Region 211.....	211
	Mental Health Association of Rockland .....	(845) 267-2172
	Partnership for Safe & Healthy Youth.....	(845) 405-4180
	Rockland County Department of Mental Health.....	(845) 364-2150

<b>Mental Health and Substance Abuse Services</b>	Alanon & Alateen.....	(845) 286-9866
	Alley Valley.....	(845) 600-0801
	Astor Services.....	(845) 871-1000
	CANDLE.....	(845) 634-6677
	Cornerstone Hudson Valley Community Services.....	(845) 356-0570
	Hamaspik of Rockland County .....	(845) 356-8400
	Jawonio, Inc. ....	(845) 708-2000
	Lexington Medical Services.....	(212) 752-4345
	Mental Health Association of Rockland County-Recovery Services.....	(845) 267-2172
	Mental Health Association of Westchester.....	(914) 345-0700 x7350
	Montefiore Nyack Hospital.....	(845) 348-2073
	Music For Life.....	(845) 642-0859
	NAMI-Rockland.....	(845) 359-8787
	Nathan Kline Institute for Psychiatric Research.....	(845) 398-2184
	Rockland Children's Psychiatric Center.....	(845) 680-4080
	Rockland Council of Alcoholism and Other Drug Dependence (RCADD).....	(845) 215-9788
	Rockland County Department of Health.....	(845) 364-2516
	Rockland County Department of Mental Health.....	(845) 364-2150
	Rockland Jewish Family Service.....	(845) 354-2121
	Rockland Psychiatric Center.....	(845) 359-1000
	Russell E. Blaisdell Addiction Treatment Center.....	(845) 359-8500
	Samaritan Daytop Village.....	(845) 353-2730
	Suicide Prevention Coalition of Rockland.....	(845) 364-2399

<b>Vocational Rehabilitation Services</b>	ACCES-VR.....	(845) 426-5410
	Alley Valley.....	(845) 600-0801
	Another Step.....	(845) 268-8200
	BRIDGES/AVI.....	(845) 624-1366
	Capabilities Partnership, Inc.....	(845) 627-0627
	CHEMLU/Lekulum .....	(845) 774-1422
	Hamaspik of Rockland County.....	(845) 356-8400
	Jawonio, Inc. ....	(845) 708-2000
	Mental Health Association of Rockland .....	(845) 267-2172
	OCFS-NYS Commission for the Blind (NYSCB).....	(914) 993-5389
	Rockland Works Career Center, Adult & Youth Services.....	(845) 348-3500
	Rockland County Department of Mental Health.....	(845) 364-2150
	Rockland County Department of Social Services-Employment Unit.....	(845) 364-3143
	The Arc Rockland.....	(845) 267-2500
	Venture Together .....	(845) 624-3860
	VISIONS-Center For Blindness.....	(845) 354-3003
	YAI .....	(845) 358-5700

24 HOUR SUICIDE & CRISIS LIFELINE: CALL OR TEXT 988 OR CHAT 988LIFELINE.ORG

# RECREATION & LEISURE

Recreational activities provide opportunities for social development and a more active lifestyle.

Active Physical and Wellness Center (Adult Day Care).....	(845) 354-7777	Rockland Conservatory of Music.....	(845) 356-1522
Another Step.....	(845) 268-8200	Rockland Lake State Park.....	(845) 268-3020
Big Brothers/Big Sisters of Rockland County.....	(845) 317-0311	Rockland YMCA.....	(845) 358-0245
Girl Scouts Heart of the Hudson.....	(845) 638-0438	Salvation Army.....	(845) 352-9577
GYMGUYZ Fitness & Personal Training of Hudson/Bergen/Rockland.....	(201) 881-8284	Town of Clarkstown Parks & Recreation.....	(845) 639-6200
Hudson Valley Council of the Boy Scouts of America.....	(845) 566-7300	Town of Haverstraw Parks & Recreation.....	(845) 429-2200
JCC- Rockland.....	(845) 362-4400	Town of Orangetown Parks & Recreation.....	(845) 359-6503
Palisades Interstate Park Commission.....	(845) 786-2701	Town of Ramapo Parks & Recreation.....	(845) 357-6100
		Town of Stony Point.....	(845) 947-5261
		Village of Spring Valley Parks & Recreation.....	(845) 352-2005

BRIDGES (formerly the Rockland Independent Living Center) & Association for the Visually Impaired (AVI), an affiliate of BRIDGES.....	(845) 624-1366
Buddy Ball.....	info@buddyballsports.org
Capabilities Partnership, Inc.....	(845) 627-0627
Challenger Little League.....	(845) 499-0643
CHEMLU/Lekulum.....	(845) 774-1422
COPS Barn.....	(845) 623-2677
Hamaspik of Rockland County.....	(845) 356-8400
Infinity Equine Therapy.....	(845) 735-2042
Jawonio, Inc.....	(845) 708-2000
Living Resources.....	(518) 218-0000 x2394
Mainly Special Needs Travel LLC.....	(201) 568-2146
Mental Health Association of Rockland.....	(845) 267-2172
Music For Life.....	(845) 642-0859
Special Olympics- Rockland.....	(914) 954-7746

NYS Office for People with Developmental Disabilities (OPWDD/Info Line).....	(866) 946-9733
OCFS-NYS Commission for the Blind (NYSCB).....	(914) 993-5389
Power Kids Club.....	(845) 304-7969
The Arc Rockland.....	(845) 267-2500
The Friendship Circle.....	dsirota@jewishsuffern.com
Venture Together.....	(845) 624-3860
VISIONS Center on Blindness.....	(845) 354-3003
Westchester Institute for Human Development (WIHD)/Community Support Network.....	(914) 493-7665/(914) 493-7665
Winslow Therapeutic Riding Center.....	(845) 986-6686
YAI.....	(845) 358-5700




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**HUDSON VALLEY 211:** United Way's 2-1-1 Helpline is a free, confidential, multilingual service to assist the public in finding the answers to a variety of Health and Human Services related questions. Dial 211 or [www.211hudsonvalley.org](http://www.211hudsonvalley.org).

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# RESIDENTIAL & RESPITE

## Residential/ Residential Schools

There are various residential options available in the community for individuals with disabilities. The selection of an option is based on the extent of support the individual needs in the community. Help with the selection process may be found at these agencies. There are eligibility requirements.

Abbott House.....	(914) 591-7300
Another Step.....	(845) 268-8200
Center for Safety and Change Emergency Shelter.....	(845) 634-3391
CLUE - Rockland Hospital Guild.....	(845) 680-6226
Hamaspik of Rockland County.....	(845) 356-8400
Jawonio, Inc.....	(845) 708-2000
Loeb House.....	(845) 735-0515
Mental Health Association of Rockland County.....	(845) 267-2172
NYS Office for People with Developmental Disabilities (OPWDD/Info Line).....	(866) 946-9733
Open Arms, Inc. (Men's residence).....	(845) 429-9514
Open Arms, Inc. (Women's residence).....	(845) 271-3787
Rockland County Dept. of Social Services (DSS)	
Emergency Family Shelter.....	(845) 364-2907
St. Dominic's Family Services.....	(845) 359-3400
Summit School/Summit Children's Residence Center.....	(845) 358-7772
The Arc Rockland.....	(845) 213-3120
The NY Foundling.....	(917) 485-7866
The Sanctuary (temporary shelter for teens).....	(888) 997-1583
Venture Together.....	(845) 624-3860
VISIONS-Center For Blindness.....	(845) 354-3003
YAI.....	(845) 358-5700
Yedei Chesed.....	(845) 425-0887

## Respite

Respite services provide support to families who need occasional assistance with caring for an individual with disabilities. Such services may be provided either at home or at an outside facility for a day, overnight, or a weekend. There are eligibility requirements.

Alley Valley.....	(845) 600-0801
Another Step.....	(845) 268-8200
Center for Human Development and Family Services (CHDFS, Inc).....	(845) 203-8555
CHEMLU/Lekulum.....	(845) 774-1422
Childcare Resources of Rockland.....	(845) 425-0009
Haitian-American Cultural and Social Organization, Inc.....	(845) 352-5897
Hamaspik of Rockland County.....	(845) 356-8400
Jawonio, Inc.....	(845) 708-2000
Loeb House.....	(845) 735-0515
Mental Health Association of Rockland County.....	(845) 267-2172
NYS Office for People with Developmental Disabilities (OPWDD/Info Line).....	(866) 946-9733
St. Dominic's Family Services.....	(845) 359-3400
SHARE 24/7.....	(845) 354-3233
The Arc Rockland.....	(845) 213-3120
The NY Foundling.....	(917) 485-7866
Venture Together.....	(845) 624-3860
YAI.....	(845) 358-5700
Yedei Chesed.....	(845) 425-0887

# SELF-HELP/SUPPORT

These self-help support organizations provide information, emotional support and an opportunity for creative problem solving for individuals with common concerns. Some have groups that are run by individuals or organizations. Most groups are free, but some charge a fee. National and local Self-Help Clearinghouses keep an up-to-date list of self-help groups. In Rockland, the Clearinghouse is run by the Mental Health Association (MHA). MHA also has information on how to start a group, as well as training for potential group leaders. 211 also has information on many types of Support Groups not listed below.

- 211 ..... [www.211hudsonvalley.org](http://www.211hudsonvalley.org) or call 211
- MHA (Rockland Self-Help Clearinghouse) ..... (845) 267-2172 x296
- National Self-Help Clearinghouse ..... (212) 817-1822

## Further information is available about:

A.I.D.S. and HIV .....	Cornerstone Hudson Valley Community Services .....	(845) 356-0570
	TOUCH .....	(845) 268-8023
Alcoholism/Drug Addiction .....	Alanon & Alateen .....	(845) 286-9866
	Alcoholics Anonymous .....	(845) 352-1112
	Alcoholics/Narcotics Anonymous.....	(845) 358-1297
	Good Samaritan Hospital.....	(845) 368-5242
	Samaritan Daytop Village.....	(845) 353-2730
Amputee Support.....	Helen Hayes Hospital .....	(845) 786-4000
Anger Management .....	Westchester Independent Living Center.....	(914) 682-3926
Autism.....	Rockland Jewish Family Service .....	(845) 354-2121
Asperger's Syndrome (Family Support).....	The Arc Westchester.....	(914) 528-3871
Attention Deficit Disorder.....	CHADD .....	(800) 233-4050
Bereavement Support .....	Rockland Jewish Family Service .....	(845) 354-2121
	United Hospice of Rockland.....	(845) 634-4974
Bereavement Support (Loss of a Child).....	The Marian Shrine/Rachel Ministry .....	(845) 492-6709
(perinatal).....	Good Samaritan Hospital.....	(845) 368-5297
Brain Injury .....	NYS Brain Injury Association at Helen Hayes Hospital .....	(888) 70-REHAB
Cancer.....	American Cancer Society.....	(800) 227-2345
Cardiac.....	Helen Hayes Hospital-Heart Club/American Heart Association.....	(845) 786-4000
Caregivers Group.....	Helen Hayes Hospital .....	(845) 786-4000
Cerebral Palsy .....	ADAPT Community Network .....	(212) 683-6700
Chronic Illness.....	TOUCH .....	(845) 268-8023
Depression/Bi-Polar Support.....	Depression and Bi-Polar Support Alliance.....	(845) 422-2084
Developmental/Intellectual Disabilities	NYS Office for People with Developmental Disabilities	
	(OPWDD/Info Line).....	(866) 946-9733
Diabetes .....	American Diabetes Association .....	(516) 428-9286
	Good Samaritan Hospital.....	(845) 368-5935
	Juvenile Diabetes Association .....	(914) 686-7700
Domestic Violence.....	Center for Safety and Change.....	(845) 634-3391

## ■ SELF-HELP/SUPPORT (continued)

Epilepsy/Traumatic Brain Injury.....	Capabilities Partnership, Inc.....	(845) 627-0627
Gender and Sexuality.....	CANDLE.....	(845) 634-6677
	Phyllis B. Frank Pride Center of Rockland County .....	(845) 353-6300
	The LOFT .....	(914) 948-2932
Heart.....	American Heart Association .....	(212) 878-5900
LGBTQ+ Community (Parents/Allies).....	Rockland PFLAG.....	(845) 202-1620
Learning Disabilities .....	YAI .....	(845) 358-5700
Lupus .....	Lupus Foundation.....	www.lupus.org
Lyme Disease .....	Lyme Disease Helpline .....	(800) 866-5963
Mental Health.....	Mental Health Association of Rockland.....	(845) 267-2172
Mental Health (Individuals and Families).....	NAMI-Rockland.....	(845) 359-8787
	Partnership for Safe & Healthy Youth.....	(845) 405-4080
Mental Health/Recovery.....	Westchester Independent Living Center.....	(914) 682-3926
Multiple Sclerosis .....	National Multiple Sclerosis Society .....	(800) 344-4867
Muscular Dystrophy.....	Muscular Dystrophy Association.....	(800) 572-1717
Organ Transplant.....	Good Samaritan Hospital.....	(845) 353-3062
Osteoporosis.....	Helen Hayes Hospital .....	(845) 786-4000
Peer Counseling/Groups .....	BRIDGES.....	(845) 624-1366
Pulmonary .....	Helen Hayes Hospital .....	(845) 786-4000
Rare Diseases.....	National Organization for Rare Disorders.....	www.rarediseases.org
Rett Syndrome .....	International Rett Syndrome Foundation .....	www.rettettsyndrome.org
Self-Advocacy.....	Self-Advocacy Association in NYS (SANYS).....	(914) 495-4475
	Westchester Institute for Human Development (WIHD).....	(914) 496-8150
Sexual Assault, Teen Dating Violence, Domestic Violence.....	Center for Safety and Change.....	(845) 634-3391
Social Skills (older teens/adults).....	Westchester Independent Living Center.....	(914) 682-3926
	YAI .....	(845) 358-5700
Spinal Cord Injury.....	Helen Hayes Hospital .....	(845) 786-4000
Stroke Club.....	Helen Hayes Hospital .....	(845) 786-4000
Student Advocacy.....	Volunteer Counseling Service Inc. (VCS).....	(845) 634-5729
Suicide Prevention.....	Lifeline Chat.....	988lifeline.org/chat
	Mental Health Association.....	1-800-273-8255 or Text HOME to 741741
	NAMI Rockland.....	(845) 359-8787
	The Trevor Project (for LGBTQ+ Youth).....	(866) 488-7386
Survivors of Suicide (those who have lost someone to suicide).....	Mental Health Association of Rockland.....	(845) 267-2172
Visual Impairments.....	BRIDGES/AVI.....	(845) 624-1366
	Lighthouse Guild.....	(800) 284-4422
	OCFS-NYS Commission for the Blind (NYSCB) .....	(914) 993-5389
	VISIONS Center on Blindness.....	(845) 354-3003

**HUDSON VALLEY 211:** United Way's 2-1-1 Helpline is a free, confidential, multilingual service to assist the public in finding the answers to a variety of Health and Human Services related questions. Dial 211 or [www.211hudsonvalley.org](http://www.211hudsonvalley.org).

# TRANSPORTATION

Rockland County residents with disabilities have access to various forms of public transportation. In addition, there is a para-transit bus service, T.R.I.P.S., which provides round trip transportation for medical appointments, shopping, and recreation for individuals with disabilities. Individuals must meet eligibility requirements and there is a fee for this service.

Amtrak.....	(800) 872-7245
Clarkstown Mini Trans .....	(845) 623-0667
Hudson Link.....	(844) 822-8920
Metro North .....	511
NY Waterway/Haverstraw Ferry.....	(800) 533-3779
Rockland Coaches   Coach USA.....	(845) 356-0877
Rockland County Department of Public Transportation .....	(845) 364-2065
Rockland County T.R.I.P.S. (reservations must be made in advance).....	(845) 364-TRIP
TOR (Transport of Rockland).....	(845) 364-3333

**Driver’s License** Department of Motor Vehicles, West Haverstraw ..... (718) 477-4820

To obtain a driving permit, driver’s license, non-driver photo identification card, or information contact:

**Driver Training** ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation)..... (845) 426-5410  
 Individuals with disabilities who may need specialized driver training can be evaluated at Helen Hayes Hospital. Charges for training may be covered by Medicaid, or by ACCES-VR, for those who qualify.  
 Burke Rehabilitation Hospital ..... (914) 597-2187  
 Helen Hayes Hospital ..... (888) 70-REHAB

**Reduced Fare Cards** Mental Health Association of Rockland County, Inc.....(845) 267-2172

Reduced fare cards for some transportation services may be obtained from:  
 Rockland County Department of Public Transportation ..... (845) 364-2065  
 Rockland Works Career Center..... (845) 348-3500

**Travel Training** ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation)..... (845) 426-5410  
 Some individuals with disabilities may need assistance in learning how to travel independently.  
 BRIDGES/AVI..... (845) 624-1366  
 Mental Health Association of Rockland County, Inc..... (845) 267-2172  
 OCFS-NYS Commission for the Blind (NYSCB)..... (914) 993-5389



# ■ LIST OF AGENCIES APPEARING IN THIS GUIDE

**Abbott House** (pgs. 5, 7, 11)  
100 North Broadway  
Irvington, NY 10533  
(914) 591-7300  
www.abbotthouse.net

**ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation)** (pgs. 2, 3, 5, 7, 9, 14)  
15 Perlman Drive, 2nd Floor  
Pascack Plaza  
Spring Valley, NY 10977  
(845) 426-5410  
www.acces.nysed.gov/vr

**Active Physical and Wellness Center** (pgs. 8, 10)  
Palisades Center, 2nd Floor  
West Nyack, NY 10994  
(845) 354-7777

**Advance Care Alliance (ACA/NY)** (pg. 4)  
1410 Broadway, 2nd Floor  
New York, NY 10018  
(833) 692-2269  
www.acany.org

**Alanon & Alateen** (pgs. 7, 9, 12)  
PO Box 222  
Sloatsburg, NY 10974  
(845) 286-9866

**Alley Valley** (pgs. 2, 4, 5, 7, 8, 9, 11)  
290 West Route 59  
Spring Valley, NY 10977  
(845) 600-0801  
www.alleyvalley.com

**American Cancer Society** (pgs. 7, 12)  
(800) 227-2345  
www.cancer.org

**American Diabetes Association** (pgs. 7, 12)  
(516) 428-9286  
www.diabetes.org

**American Heart Association** (pgs. 2, 7, 13)  
(212) 878-5900  
www.heart.org

**American Red Cross** (pgs. 6, 7, 8)  
(203) 869-8444  
www.redcross.org

**Another Step, Inc.** (pgs. 5, 9, 10, 11)  
30 Ramland Road, Suite 202  
Orangeburg, NY 10962  
(845) 268-8200  
www.anotherstep.org

**Astor Services** (pgs. 4, 8, 9)  
6339 Mill Street  
Rhinebeck, NY 12572  
(845) 871-1000  
www.astorservices.org

**Behavioral Health Response Team (BHRT)** (pg. 8)  
(845) 517-0400  
www.rocklandhelp.org

**Big Brothers/Big Sisters of Rockland County** (pg. 10)  
257 South Middletown Road  
Suite 204  
Nanuet, NY 10954  
(845) 317-0311

**BRIDGES (formerly the Rockland Independent Living Center) & Association for the Visually Impaired (AVI), an affiliate of BRIDGES** (pgs. 2, 3, 5, 6, 7, 8, 9, 10, 13, 14)  
2290 Palisades Center Drive  
2nd Floor  
West Nyack, NY 10994  
(845) 624-1366  
www.bridgesrc.org

**Buddy Ball Sports** (pg. 10)  
Email: info@buddyballsports.org  
www.buddyballsports.org

**Burke Rehabilitation Hospital** (pg. 14)  
785 Mamaroneck Avenue  
White Plains, NY 10605  
(914) 597-2500  
www.burke.org

**CANDLE (Community Awareness Network for a Drug-Free Life & Environment), CANDLE Youth Pride, & CANDLE Children's Clinic** (pgs. 6, 7, 9, 13)  
120 North Main Street, Suite 301  
New City, NY 10956  
(845) 634-6677  
www.candlerockland.org

**Capabilities Partnership, Inc.** (pgs. 2, 5, 7, 8, 9, 10, 13)  
1 Blue Hill Plaza  
Pearl River, NY 10965  
(845) 627-0627  
www.mycapabilities.org

**Care Design NY** (pg. 4)  
8 Southwoods Blvd, Suite 110  
Albany, NY 12211  
(518) 235-1888

**Catholic Charities Community Services of Rockland** (pgs. 2, 4, 6, 7, 8)  
78 Hudson Avenue  
Haverstraw, NY 10927  
(845) 942-5791  
www.ccsrockland.org

**Center for Career Freedom** (pg. 5)  
185 Maple Ave, Suite 124  
White Plains, NY 10601  
(914) 288-9763  
www.freecenter.org

**Center for Human Development and Family Services (CHDFS, Inc.)** (pgs. 4, 5, 11)  
1 Blue Hill Plaza, 3rd Floor  
Pearl River, NY 10965  
(845) 203-8555  
www.chdfs.org

**Center for Safety and Change** (pgs. 2, 7, 8, 11, 12, 13)  
9 Johnsons Lane  
New City, NY 10956  
(845) 634-3391  
Hotline: (845) 634-3344  
www.centerforsafetyandchange.org

**Center Lane - WCJS** (pg. 6)  
845 North Broadway  
White Plains, NY 10603  
(914) 423-0610  
www.centerlane@wjcs.com

**Challenger Little League** (pg. 10)  
www.littleleague.org/play-  
little-league/challenger

**CHEMLU/Lekulum** (pgs. 5, 9, 10, 11)  
216 Congers Road, Building #4  
New City, NY 10956  
(845) 774-1422  
www.chemlu.org

**Childcare Resources of Rockland** (pgs. 7, 11)  
40 Ramland Road, Suite 209  
Orangeburg, NY 10962  
(845) 425-0009  
www.childcarerockland.org

**Children's Health Home of Upstate New York** (pgs. 4, 8, 9)  
(855) 209-1142  
www.ChildrensHealthHome.com

**CLUE-Rockland Hospital Guild** (pgs. 9, 11)  
2 Irvings Way  
Orangeburg, NY 10962  
(845) 680-6226  
http://rocklandguild.org

**Community Medical and Dental** (pg. 8)  
40 Robert Pitt Drive  
Monsey, NY 10952  
(845) 352-6800  
www.cmadc.com

**COPS Barn (Children of Promise Stable)** (pg. 10)  
135 Convent Road  
Nanuet, NY 10954  
(845) 623-2677  
www.copsbarn.org

**Cornerstone Family Healthcare at Jawonio** (pg. 8)  
260 North Little Tor Road  
New City, NY 10956  
(845) 999-3060  
www.cornerstonefamilyhealth-  
care.org

**Cornerstone Hudson Valley Community Service** (pgs. 6, 9, 12)  
72 Route 59 East  
Spring Valley, NY 10977  
(845) 356-0570  
www.hudsonvalleycs.org

**Department of Motor Vehicles (DMV)** (pg. 14)  
50 Samsondale Plaza  
West Haverstraw, NY 10993  
(718) 477-4820  
https://dmv.ny.gov

**Disability Rights New York** (pg. 2)  
(800) 993-8982  
www.drny.org

**Dominican University NY** (pg. 5)  
470 Western Highway  
Orangeburg, NY 10962  
(845) 848-4035  
www.duny.edu

**Four Winds Hospital (Westchester)** (pg. 9)  
800 Cross River Road  
Katonah, NY 10536  
(800) 528-6624  
(914) 763-8151  
www.fourwindshospital.com

**Girl Scouts Heart of the Hudson** (pg. 10)  
87 Maple Avenue  
New City, NY 10956  
(855) 232-4744  
www.girlscoutshh.org

**GLSEN Hudson Valley** (pg. 6)  
P.O. Box 604  
Yorktown Heights, NY 10598  
(914) 962-7888  
www.glsen.org/chapter/  
lower-hudson-valley

**Good Samaritan Hospital** (pgs. 9, 12, 13)  
255 Lafayette Avenue  
Suffern, NY 10901  
(845) 368-5000  
www.goodsamhosp.org

**GYMGUYZ Fitness & Personal Training of Hudson/Bergen/Rockland** (pg. 10)  
78 Warren Place  
Ridgewood, NJ 07450  
(201) 881-8284  
www.gymguyz.com

**Haitian-American Cultural & Social Organization, Inc. (HACSO)** (pgs. 2, 6, 7, 8, 11)  
24 West Street  
Spring Valley, NY 10977  
(845) 352-5897

**Hamaspik of Rockland County** (pgs. 3, 5, 7, 9, 10, 11)  
58 Rt. 59, Suite #1  
Monsey, NY 10952  
(845) 356-8400  
www.hamaspikrockland.org

**Helen Hayes Hospital**  
(pgs. 3, 9, 12, 13, 14)  
51-55 Route 9W  
West Haverstraw, NY 10993  
(845) 786-4000  
www.helenhayeshospital.org

**Hudson Valley Care** (pg. 4)  
www.hudsonvalleycare.org  
(800) 768-5080

**Hudson Valley Council of the  
Boy Scouts of America (BSA)** (pg. 10)  
6 Jeanne Drive  
Newburgh, NY 12550  
(845) 566-7300  
www.hudsonvalleyscouting.org

**Hudson Valley Region 211  
(Information/Referral Line)**  
(pg. 7, 9)  
Phone: 211  
www.211hudsonvalley.org

**Infinity Equine Therapy** (pg. 10)  
68A Sickletown Road  
Orangeburg, NY 10962  
(845) 735-2042  
www.infinityequine.org

**Jacobs Family Pride Wellness  
Center of Montefiore  
Nyack Hospital** (pgs. 6, 8)  
312 Route 59, Nyack, NY 10960  
(845) 348-7284  
www.montefiorenyack.org/pride-  
wellnesscenter

**Jawonio, Inc.** (pgs. 3, 5, 7, 8, 9, 10, 11)  
260 North Little Tor Rd.  
New City, NY 10956  
(845) 708-2000  
www.jawonio.org

**JCC Rockland** (pg. 10)  
450 West Nyack Road  
West Nyack, NY 10994  
(845) 362-4400  
www.jccrockland.org

**Legal Aid Society of  
Rockland County, Inc.** (pgs. 2, 7)  
2 Congers Road  
New City, NY 10956  
(845) 634-3627  
www.legalaidrockland.org

**Legal Services of the  
Hudson Valley** (pgs. 2, 6, 7)  
7A Perlman Drive, 2nd Floor  
Spring Valley, NY 10977  
(845) 476-3831  
www.lshv.org

**Life Plan CCO NY, LLC** (pg. 4)  
258 Genesee St., Suite 601  
Utica, NY 13502  
(315) 565-2612  
www.lifeplanccony.com

**Lighthouse Guild** (pgs. 2, 3, 5, 7, 13)  
250 West 64th Street  
New York, NY 10023  
(800) 284-4422  
www.lighthouseguild.org

**Living Resources** (pgs. 5, 10)  
300 Washington Ave Ext  
Albany, NY 12203 (Serving  
Rockland/Orange/Westchester)  
(518) 218-0000 x2394  
www.livingresources.org

**Loeb House, Inc.** (pg. 11)  
1 Blue Hill Plaza, #1648  
Pearl River, NY 10965  
(845) 735-0515  
www.loebhouse.org

**Lower Hudson Regional  
Partnership Center** (pg. 7)  
200 BOCES Drive  
Yorktown Heights, NY 10598  
(914) 248-2289  
https://rsetasc.pnwboces.org

**Mainly Special Needs  
Travel LLC** (pg. 10)  
(201) 568-2146  
www.mainlyspecialneedstravel.com

**Mental Health Association  
of Rockland County, Inc.**  
(pgs. 2, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14)  
140 Route 303  
Valley Cottage, NY 10989  
(845) 267-2172  
www.mharockland.org

**Mercy University** (pg. 5)  
555 Broadway  
Dobbs Ferry, NY 10522  
(914) 888-5232  
www.mercy.edu

**Montefiore Nyack Hospital** (pg. 9)  
160 North Midland Avenue  
Nyack, NY 10960  
(845) 348-2000  
www.montefiorenyack.org

**Music For Life** (pgs. 3, 5, 9, 10)  
282 Route 59  
Nyack, NY 10960  
(845) 642-0859  
www.musicforlifecenter.com

**NAMI-Rockland** (pgs. 2, 4, 6, 7, 8, 9, 13)  
140 Old Orangeburg Road  
Orangeburg, NY 10962  
(845) 359-8787  
https://namirockland.org/

**Nathan Kline Institute  
for Psychiatric Research** (pg. 9)  
140 Old Orangeburg Road  
Orangeburg, NY 10962  
(845) 398-5500  
www.nki.rfmh.org

**National Disability Institute  
NY/NJ-Assistive Technology  
Loan Program** (pgs. 3, 6)  
1701 K Street N.W. Suite 1000  
Washington, DC 20006  
(202) 449-9521  
www.nationaldisabilityinstitute.org

**National Multiple  
Sclerosis Society** (pg. 13)  
733 Third Avenue, 3rd Floor  
New York, NY 10017  
(800) 344-4867  
www.nationalmssociety.org

**NY Connects** (pgs. 2, 7)  
50 Sanatorium Road  
Pomona, NY 10970  
(845) 364-3444  
[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

**NYSTART/CSIDD-Crisis Support for Individuals with Disabilities (through OPWDD)** (pg. 8)  
44 Holland Avenue  
Albany, NY 12229  
(844) 782-7880  
[www.opwdd.ny.gov/nystartcsidd](http://www.opwdd.ny.gov/nystartcsidd)

**NYS Brain Injury Association**  
(pgs. 2, 7, 12)  
5 Pine West Plaza, Suite 506  
Albany, NY 12205  
(518) 459-7911  
[www.bianys.org](http://www.bianys.org)

**NYS Office for People with Developmental Disabilities Hudson Valley Regional Office (OPWDD)** (pgs. 3, 5, 7, 10, 11, 12)  
PO Box 470  
9 Wilbur Road  
Thiells, NY 10984  
(866) 946-9733 (Info Line)  
[www.opwdd.ny.gov](http://www.opwdd.ny.gov)

**OCFS-NYS Commission for the Blind (NYSCB)**  
(pgs. 2, 3, 5, 9, 10, 13, 14)  
117 East Stevens Avenue, Suite 300  
Valhalla, NY 10595  
(914) 993-5389  
[www.ocfs.ny.gov](http://www.ocfs.ny.gov)

**Palisades Interstate Park Commission** (pg. 10)  
(845) 786-2701  
[www.palisadesparks.org](http://www.palisadesparks.org)

**Partnership for Safe & Healthy Youth**  
(pgs. 2, 7, 8, 9, 13)  
131 North Midland Avenue  
Nyack, NY 10960  
(845) 405-4180  
[www.rocklandboces.org](http://www.rocklandboces.org)

**People to People** (pg. 6)  
121 West Nyack Road  
Nanuet, NY 10954  
(845) 623-4900  
[www.peopletopeopleinc.org](http://www.peopletopeopleinc.org)

**PFLAG Rockland** (pgs. 6, 13)  
P.O. Box 653  
Palisades, NY 10964  
(845) 202-1620  
[www.pflag-rockland.org/](http://www.pflag-rockland.org/)

**PHP Partners Health Plan** (pg. 4)  
2500 Halsey Street  
Bronx, NY 10461  
(855) 747-5483  
[www.phpcares.org](http://www.phpcares.org)

**Phyllis B. Frank Pride Center of Rockland County** (pgs. 6, 13)  
28 S. Franklin St. (entrance on Jackson Avenue)  
Nyack, NY 10960  
(845) 353-6300  
[www.rocklandpridecenter.org](http://www.rocklandpridecenter.org)

**Planned Parenthood of Hudson/Peconic** (pgs. 2, 6, 7, 8)  
Spring Valley Health Center  
25 Perlman Drive  
Spring Valley, NY 10977  
(845) 426-7577  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Power Kids Club** (pg. 10)  
(845) 304-7969  
[www.powerkidsclub.org](http://www.powerkidsclub.org)

**Rockland BOCES Adult Education** (pg. 5)  
131 North Midland Avenue  
Nyack, NY 10960  
(845) 348-3500  
[www.rocklandboces.org](http://www.rocklandboces.org)

**Rockland BOCES Career and Technical Education Center (CTEC)** (pg. 5)  
65 Parrott Road  
West Nyack, NY 10994  
(845) 627-4770  
[www.rocklandboces.org](http://www.rocklandboces.org)

**Rockland BOCES Student Services** (pg. 3)  
65 Parrott Road  
West Nyack, NY 10994  
(845) 627-4790  
[www.rocklandboces.org](http://www.rocklandboces.org)

**Rockland Children's Psychiatric Center** (pg. 9)  
2 First Avenue  
Orangeburg, NY 10962  
(845) 680-4000  
<https://omh.ny.gov/omhweb/facilities/rcpc/>

**Rockland Community College**  
(pg. 5)  
145 College Road  
Suffern, NY 10901  
(845) 574-4000  
(845) 574-4541 (Accessibility Services office)  
[www.sunyrockland.edu](http://www.sunyrockland.edu)

**Rockland Conservatory of Music** (pg. 10)  
45 South Main Street  
Pearl River, NY 10965  
(845) 356-1522  
[www.rcmny.org](http://www.rcmny.org)

**Rockland Council on Alcoholism and other Drug Dependence, Inc.** (pgs. 2, 7, 9)  
25 Smith Street, Suite 101  
Nanuet, NY 10954  
(845) 215-9788  
[www.rcadd.org](http://www.rcadd.org)

**Rockland Works Career Center Adult Services/Youth Connections**  
**Rockland BOCES** (pgs. 3, 5, 9)  
131 North Midland Avenue  
Nyack, NY 10960  
(845) 348-3500, (845) 770-2900  
[www.rocklandworks.org](http://www.rocklandworks.org)

**Rockland County Department of Health** (pgs. 4, 6, 7, 8, 9)  
50 Sanatorium Road, Bldg D  
Pomona, NY 10970  
(845) 364-2512 (Administration)  
(845) 364-2520 (Public Health Clinic)  
(845) 364-2577 (WIC - Women, Infants, & Children)  
[www.rocklandgov.com/departments/health](http://www.rocklandgov.com/departments/health)

**Rockland County Department of Mental Health** (pgs. 5, 7, 9)  
50 Sanatorium Road, Bldg. F  
Pomona, NY 10970  
(845) 364-2378  
[www.rocklandgov.com/departments/mental-health](http://www.rocklandgov.com/departments/mental-health)

**Rockland County Department of Social Services** (pgs. 2, 5, 6, 7, 9, 11)  
Robert Yeager Health Center  
Sanatorium Road Bldg. L  
Pomona, NY 10970  
(845) 364-2000  
[www.rocklandgov.com/departments/social-services/](http://www.rocklandgov.com/departments/social-services/)

**Rockland County Department of Public Transportation** (pg. 14)  
50 Sanatorium Road  
Pomona, NY 10970  
(845) 364-3333 (TOR/TZ Express/Senior Discount Program)  
(845) 364-8747 (T.R.I.P.S.)  
[www.rocklandbus.com](http://www.rocklandbus.com)

**Rockland County Human Rights Commission** (pg. 2)  
50 Sanatorium Road, Bldg. A  
Pomona, NY 10970  
(845) 364-3885  
[www.rocklandgov.com/departments/human-rights](http://www.rocklandgov.com/departments/human-rights)

**Rockland County Office for People with Disabilities** (pgs. 2, 7)  
50 Sanatorium Road  
Bldg. A, 6th Floor/Room 629  
Pomona, NY 10970  
(845) 364-3980  
<http://rocklandgov.com/programs-and-services-for-people-with-disabilities/>

**Rockland County Probation Dept. PINS** (pg. 2)  
11 New Hempstead Road  
New City, NY 10956  
(845) 638-5544  
<http://rocklandgov.com/departments/probation/>

**Rockland County Public Defender** (pg. 2)  
11 New Hempstead Road  
New City, NY 10956  
(845) 638-5660  
[www.rocklandgov.com/departments/public-defender](http://www.rocklandgov.com/departments/public-defender)

**Rockland Jewish Family Service** (pgs. 2, 4, 7, 8, 9, 12)  
450 West Nyack Road, Suite 2  
West Nyack, NY 10994  
(845) 354-2121  
[www.rjfs.org/](http://www.rjfs.org/)

**Rockland Lake State Park** (pg. 10)  
299 Rockland Lake Rd.  
Valley Cottage, NY 10989  
(845) 268-3020  
[www.parks.ny.gov/parks/rocklandlake](http://www.parks.ny.gov/parks/rocklandlake)

**Rockland Psychiatric Center** (pg. 9)  
140 Old Orangeburg Road  
Orangeburg, NY 10962  
(845) 359-1000  
[www.omh.ny.gov/omhweb/facilities/rppc](http://www.omh.ny.gov/omhweb/facilities/rppc)

**Rockland YMCA** (pg. 10)  
35 South Broadway  
Nyack, NY 10960  
(845) 358-0245  
[www.rocklandymca.org](http://www.rocklandymca.org)

**Russell E. Blaisdell Addiction Treatment Center** (pgs. 8, 9)  
140 Old Orangeburg Road  
Orangeburg, NY 10962  
(845) 359-8500  
[www.oasas.ny.gov/location/russell-e-blaisdell-addiction-treatment-center](http://www.oasas.ny.gov/location/russell-e-blaisdell-addiction-treatment-center)

**Salvation Army** (pgs. 6, 10)  
179 North Main Street  
Spring Valley, NY 10977  
(845) 352-9577  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

**Samaritan Daytop Village** (pgs. 9, 12)  
620 Route 303  
Blauvelt, NY 10913  
(845) 353-2730  
[www.samaritanvillage.org](http://www.samaritanvillage.org)

**Self-Advocacy Association of NYS (SANYS)** (pg. 13)  
25 Beaver Street, 4th Floor  
New York, NY 10004  
(914) 495-4475  
[www.sanys.org](http://www.sanys.org)

**Self-Help Clearinghouse of Mental Health Association** (pg. 7)  
140 Route 303  
Valley Cottage, NY 10989  
(845) 267-2172 x296  
[www.mharockland.org/self-help-resources/](http://www.mharockland.org/self-help-resources/)

**SHARE 24/7** (pgs. 5, 11)  
286 North Main Street  
Spring Valley, NY 10977  
(845) 354-3233  
[www.chesed247.org](http://www.chesed247.org)

**Social Security Administration** (pg. 6)  
240 West Nyack Road  
West Nyack, NY 10994  
(866) 755-4334  
[www.ssa.gov](http://www.ssa.gov)

**Special Olympics-Rockland** (pg. 10)  
[rocklandspecialolympicsny@gmail.com](mailto:rocklandspecialolympicsny@gmail.com)  
(914) 954-7746  
[www.specialolympics-ny.org/regions/hudson-valley/](http://www.specialolympics-ny.org/regions/hudson-valley/)

**St. Dominic's Family Services** (p. 5, 11)  
500 Western Highway  
Blauvelt, NY 10913  
(845) 359-3400 x233  
[www.sdfs.org](http://www.sdfs.org)

**St. Thomas Aquinas College Pathways Program** (pg. 5)  
125 Route 340  
Sparkill, NY 10976  
(845) 398-4230  
[www.stac.edu/pathways](http://www.stac.edu/pathways)

**Successful Learning Center (SLC)** (pg. 5)  
11 First Street, Suite 1  
Warwick, NY 10990  
845-662-1322, x2  
[www.access2college.com](http://www.access2college.com)

**Summit School/Summit Children's Residence Center** (pgs. 5, 11)  
339 North Broadway  
Nyack, NY 10960  
(845) 358-7772  
[www.summitnyack.com](http://www.summitnyack.com)

**Summit Adult Day Health Center** (pgs. 5, 11)  
50 Sanatorium Road, Bldg. A, 3rd Fl  
Pomona, NY 10970  
(845) 243-5000  
[www.summitadulthooddayhealthcenter.com](http://www.summitadulthooddayhealthcenter.com)

**Sun River Healthcare** (pg. 8)  
*Various locations throughout the county*  
(844) 400-1975  
<https://www.sunriver.org/your-care/find-a-health-center/>

**SUNY Empire State College** (pg. 5)  
210 N. Central Avenue  
Hartsdale, NY 10530  
(800) 847-3000 x2244  
[www.esc.edu](http://www.esc.edu)

**SUNY Orange BRIDGES Program** (pg.5)  
115 South Street  
Middletown, NY 10940  
(845)-341-4694  
[www.sunyorange.edu/bridges](http://www.sunyorange.edu/bridges)

**Supported Decision Making NY** (pg. 7)  
(646) 807-8483  
[www.sdmny.org](http://www.sdmny.org)

**The Arc Rockland** (pgs. 2, 5, 7, 8, 9, 10, 11)  
210 Route 303  
Valley Cottage, NY 10989  
(845) 267-2500  
[www.arcofrockland.org](http://www.arcofrockland.org)

**The Friendship** (pg. 10)  
350 Haverstraw Road  
Montebello, NY 10901  
[dsirota@jewishsuffern.com](mailto:dsirota@jewishsuffern.com)  
[www.jewishsuffern.com/templates/section\\_cdo/aid/1563263/jewish/Friendship-Circle.htm](http://www.jewishsuffern.com/templates/section_cdo/aid/1563263/jewish/Friendship-Circle.htm)

**The LOFT** (pgs. 6, 13)  
252 Bryant Avenue  
White Plains, NY 10605  
(914) 948-2932  
[www.loftgaycenter.org](http://www.loftgaycenter.org)

**The NY Foundling** (pgs. 5, 11)  
515 Airport Executive Park  
Nanuet, NY 10954  
(917) 485-7866  
[www.nyfoundling.org](http://www.nyfoundling.org)

**The Trevor Project (Crisis Intervention & Suicide Prevention for LGBTQ+ Youth)** (pg. 6, 13)  
(866) 488-7386  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

**Think College** (pg. 5)  
(College search options  
for people with developmental  
disabilities)  
[www.thinkcollege.net](http://www.thinkcollege.net)

**TOUCH-Together Our  
Unity Can Heal** (pgs. 2, 4, 6, 7, 8, 12)  
209 Route 9W North  
Congers, NY 10920  
(845) 268-8023  
[www.touchny.org](http://www.touchny.org)

**Town of Clarkstown  
Parks and Recreation** (pg. 10)  
31 Zukor Road  
New City, NY 10956  
(845) 639-6200  
[www.clarkstown.gov/recreation/](http://www.clarkstown.gov/recreation/)

**Town of Haverstraw  
Parks & Recreation** (pg. 10)  
1 Rosman Road  
Garnerville, NY 10923  
(845) 429-2200  
[www.townofhaverstraw.org/  
recinfo.html](http://www.townofhaverstraw.org/recinfo.html)

**Town of Orangetown  
Parks & Recreation** (pg. 10)  
81 Hunt Road  
Orangeburg, NY 10962  
(845) 359-6503  
[www.orangetown.com/groups/  
department/park](http://www.orangetown.com/groups/department/park)

**Town of Ramapo  
Parks & Recreation** (pg. 10)  
3 Phil Tisi Way  
Pomona, NY 10970  
(845) 357-6100  
[www.ramapoparks.org](http://www.ramapoparks.org)

**Town of Stony Point  
Parks & Recreation** (pg. 10)  
19 Clubhouse Lane  
Stony Point, NY 10980  
(845) 947-5261  
[www.townofstonypoint.org/  
recreation-department](http://www.townofstonypoint.org/recreation-department)

**Tri County Care** (pg. 4)  
829 E. 15th Street  
Brooklyn, NY 11230  
(844) 504-8400  
[www.tricountycare.org](http://www.tricountycare.org)

**United Way of Rockland** (pgs. 6, 7)  
135 Main Street  
Nyack, NY 10960  
(845) 358-8929  
[www.uwrc.org](http://www.uwrc.org)  
[www.211hudsonvalley.org](http://www.211hudsonvalley.org)

**University of Mount Saint  
Vincent Bridge Program** (pg. 5)  
6301 Riverdale Ave.  
Riverdale, NY 10471  
(718) 405-3241  
[www.bridge@mountsaintvincent.edu](mailto:www.bridge@mountsaintvincent.edu)

**Venture Together**  
(pgs. 5, 7, 9, 10, 11)  
25 Smith Street, Suite 501  
Nanuet, NY 10954  
(845) 624-3860  
[www.venturetogetherny.org](http://www.venturetogetherny.org)

**Village of Spring Valley  
Parks & Recreation** (pg. 10)  
200 North Main Street  
Spring Valley, NY 10977  
(845) 352-1100  
[www.villagespringvalley.org](http://www.villagespringvalley.org)

**VISIONS - Center on Blindness**  
(pgs. 3, 9, 10, 11, 13)  
111 Summit Park Road  
Spring Valley, NY 10977  
(845) 354-3003  
[www.visionsvcb.org](http://www.visionsvcb.org)

**Volunteer Counseling  
Service, Inc.** (pgs. 2, 7, 8, 13)  
77 South Main Street  
New City, NY 10956  
(845) 634-5729  
[www.vcs-inc.org](http://www.vcs-inc.org)

**Westchester Community College**  
(pg. 4)  
75 Grasslands Road  
Valhalla, NY 10595  
(914) 606-6600  
[www.sunywcc.edu](http://www.sunywcc.edu)

**Westchester Independent  
Living Center** (pgs. 2, 7, 12, 13)  
10 County Center Rd, 2nd Floor  
White Plains, NY 10607  
(914) 682-3926  
[www.wilc.org](http://www.wilc.org)

**Westchester Institute for  
Human Development (WIHD)/  
Community Support Network**  
(pgs. 2, 3, 5, 6, 7, 8, 10, 13)  
Cedarwood Hall (20 Plaza West)  
Valhalla, NY 10595  
(914) 493-8390 (WIHD)/  
(914) 493-7665 (CSN)  
[www.wihd.org](http://www.wihd.org)

**Winslow Therapeutic  
Riding Center** (pg. 10)  
1433 Route 17A  
Warwick, NY 10990  
(845) 986-6686  
[www.winslow.org](http://www.winslow.org)

**YAI** (pgs. 5, 7, 9, 10, 11, 13)  
345 North Main Street, 2nd Floor  
New City, NY 10956  
(845) 358-5700  
[www.yai.org](http://www.yai.org)

**Yedei Chesed** (pgs. 5, 8, 11)  
48 Scotland Hill Road  
Chestnut Ridge, NY 10977  
(845) 425-0887  
[www.yedeichesed.org](http://www.yedeichesed.org)



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**REACHING for the FUTURE** is made possible through  
the support of the following organizations and businesses:

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adult services, and home to the community at large. For information, contact Mary Ellen Urinyi at Rockland BOCES at 845-627-4790.

**The Consortium** consists of representatives from Rockland County School Districts, public agencies, non-profit organizations, and colleges who are committed to providing a smooth transition for individuals with disabilities from school to work and/or post-secondary programs, children's services to

**Rockland BOCES Student Services** partners with



families, school districts, community-based organizations, and county agencies to produce outstanding educational outcomes for children with special needs at all levels of ability. Programs are open to students residing in Rockland and neighboring counties in New York and New Jersey.

**Orange and Rockland Utilities, Inc.**

supports community-based organizations and programs that enhance the quality of life in the communities we



**Orange & Rockland**

serve. O&R's philosophy regarding its contributions to community organizations is based on the belief that such contributions should directly benefit customers in O&R's service territory, with a particular emphasis on organizations and programs that are broad-based in terms of the population served.

**The National Council of Jewish Women (NCJW)** is a grassroots

organization of volunteers and advocates who turn progressive



National Council of Jewish Women  
Rockland Section

ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children, and families by safeguarding individual rights and freedoms.

**The Rockland Employment**



**Network**

**network** is a group of public, not for profit, and private human services providers, who work together planning targeted activities to raise awareness and involvement in securing appropriate employment opportunities for individuals with disabilities.

**The The Successful Learning Center**

**(SLC)** is an academic and social program which welcomes all individuals



to participate in lifelong learning and social engagement. The SLC offers a variety of courses, social events, workshops, lectures, and clubs on college campuses, and in local communities throughout New York's Westchester, Rockland and Orange Counties. If you are looking for a fun, interactive way to participate and grow in your community, the SLC is the place to be.



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Rockland BOCES does not discriminate on the basis of an individual's actual or perceived race, color, religion, creed, ethnicity, national origin, citizenship status, age, marital status, partnership status, disability, predisposing genetic characteristics, sexual orientation, reproductive rights decisions, gender (sex), gender identity, military status, veteran status, domestic violence victim status or political affiliation and additionally does not discriminate against students on the basis of weight, gender identity, gender expression, and religious practices or any other basis prohibited by New York State and/or federal non-discrimination laws in employment or its programs and activities. Rockland BOCES provides equal access to the Boy Scouts and other designated youth organizations. Inquiries regarding Rockland BOCES' non-discrimination policies or procedures should be directed to either:

1.) Yasmin Helou-Caré, Ph.D.

Assistant Superintendent for Human Resources  
Civil Rights Compliance Officer

Rockland BOCES

65 Parrott Road, West Nyack, NY 10994

(845) 627-4729

rbcompliance@rboces.org

2.) United States Department

of Education, Office of  
Civil Rights