



JUST GOT TO NEW YORK CITY? *Recién Llegado a la ciudad de Nueva York?*

We can help you! *¡Podemos ayudarte!*

- ◆ Free and Low-Cost Health Insurance enrollment, including for older adults & people with blindness or disability. *Inscripción gratuita y de bajo costo en seguro médico, incluso para adultos mayores y personas con ceguera o discapacidad.*
- ◆ WIC Program: food and nutrition support, breastfeeding support, breastpump, formula milk. *Programa WIC: apoyo alimentario y nutricional, apoyo a la lactancia materna, extractor de leche, leche de fórmula.*
- ◆ Pregnancy and Parenting Support, including access to a free pack n play if you are in Queens, and connection to services and resources. *Apoyo para el embarazo y la crianza de los hijos, incluido el acceso a un corral gratuito si se encuentra en Queens, y conexión a servicios y recursos.*
- ◆ Free women's health clinic in Brooklyn. *Clínicas gratuitas de salud para mujeres en Brooklyn.*

NO APPOINTMENT NEEDED - CALL US OR WHATSAPP AT 855-807-1415!

**NO SE NECESITA CITA - LLAMENOS O ENVIE UN MENSAJE A TRAVÉS DE
WHATSAAPP AL 855-807-1415**

WHERE	WHEN	WIC	HI	PS
BRONX				
Tremont 535 East Tremont Avenue, 2nd Floor, Bronx, NY 10457 Bus / Subway stop: Tremont Ave (B/D train), Bx36, Bx15	Monday: 10:30am-6:00pm Wednesday: 8:30am-4:00pm Other Days Toll free: 855-807-1415	✓	✓	
QUEENS				
Astoria 12-26 31st Avenue Astoria, NY 11106 Bus / Subway stop: Broadway (N/W Train), Q69, Q103, Q104, Q18, Q102	Monday 8:30am-4:00pm Wednesday 8:30am-4:00pm Other Days Toll free: 855-807-1415	✓	✓	
Corona 103-24 Roosevelt Ave. 3rd floor Bus / Subway stop: 103rd-Corona Plaza (7 train)	Tuesday, Wednesday and Thursday 8:30am-4:00pm Other Days Toll free: 855-807-1415 for WIC or Health Insurance; 646-619-6721 for Parenting Support	✓	✓	✓
Ridgewood 55-05 Myrtle Avenue, 3rd Floor Ridgewood, NY 11385 Bus / Subway stop: Myrtle-Wyckoff Ave (L train), Seneca Av or Myrtle-Wyckoff Ave (M train), Q55, Q58	Tuesday and Thursday 8:30am-4:00pm Other Days Toll free: 855-807-1415 for WIC/Health Insurance; 646-619-6721 for Parenting Support	✓	✓	✓
Flushing 42-60 Main Street Suite 1, Flushing, NY 11355 Bus / Subway stop: Flushing-Main Street (7 train), Q20A, Q20B	Tuesday and Thursday 8:30am-4:00pm Other Days Toll free: 855-807-1415	✓	✓	
Jamaica 90-40 160th Street Jamaica, NY 11432 Bus / Subway stop: Jamaica Center-Parsons/Archer (E/J Trains), Q41, Q8, Q6, Q9, Q25, Q65, Q34, Q65, Q112, Q54, Q110, Q56, Q31	Tuesday and Thursday: 8:30am-4:00pm Other Days Toll free: 855-807-1415 for WIC/Health Insurance; 646-619-6721 for Parenting Support	✓	✓	✓

WHERE	WHEN	WIC	HI	PS
BROOKLYN				
Bushwick 335 Central Avenue Brooklyn, NY 11221 Bus / Subway stop: Gates Av (J Train), Knickerbocker Av or Central Av (M train), B60, B52	Monday: 10:30am-6:00pm Wednesday: 8:30am-4:00pm Other Days Toll free: 855-807-1415	✓		
Ocean Ave 2555 Ocean Avenue, 2nd Floor Brooklyn, NY 11229 Bus / Subway stop: Avenue U (B/Q Trains), B49, B3	Monday: 10:30am-6:00pm Wednesday and Thursday: 9:00am-4:30pm Other Days Toll free: 855-807-1415	✓	✓	
Sunset Park 462 36th Street, Suite 2B-F Brooklyn, NY 11232 Bus / Subway stop: 36 St (D/N/R/W/Q Trains)	Thursday: 8:30am-4:00pm Other Days Toll free: 855-807-1415	✓	✓	

SEXUAL HEALTH CLINIC AND HEALTH INSURANCE

PHS Fort Greene Center

295 Flatbush Avenue, Extension, 3rd Floor
 Brooklyn, NY 11201
(Located in the Department of Health City of New York building)

Bus / Subway Stop:

- Dekalb Ave (B, Q, R, N Train)
- Hoyt Street - Fulton Mall (2, 3 Train)
- Nevins (2, 3, 4, 5 Train)
- Jay Street/Borough Hall (A, C, F Train)
- Fulton St. - Bond St. (B25, B26, B38, B52, B54 Bus)

HOURS

Monday to Friday: 9:00am – 5:00pm
Late clinic on Thursdays until 7:00pm

PHONE

718-522-1144

PHS Brownsville Center

1873 Eastern Parkway
 Brooklyn, NY 11233
(Located in the Brookdale Family Care Center building)

Bus / Subway Stop:

- Broadway/East New York (A Train)
- Rockaway Ave (C Train)
- Atlantic Avenue (L Train)
- East New York (LIRR Train)
- Rockaway Ave (B60 Bus)
- Sackman St – Dean Street (B12 Bus)

HOURS

Monday to Friday: 9:00am – 5:00pm

PHONE

718-498-1001

¿DÓNDE?	¿CUÁNDO? (DÍA Y HORA)	WIC	HI	PS
BRONX				
Tremont 535 East Tremont Avenue, 2nd Floor, Bronx, NY 10457 Parada de autobús o metro: Tremont Ave (B/D tren), B36, B15	Lunes: 10:30am-6:00pm Miércoles: 8:30am-4:00pm Otros Días Toll free: 855-807-1415	✓	✓	
QUEENS				
Astoria 12-26 31st Avenue Astoria, NY 11106 Parada de Autobús o Metro: Broadway (N/W Tren), Q69, Q103, Q104, Q18, Q102	Lunes: 8:30am-4:00pm Miércoles: 8:30am-4:00pm Otros Días Toll free: 855-807-1415	✓	✓	
Corona 103-24 Roosevelt Ave. 3rd floor Parada de Autobús o Metro: 103rd-Corona Plaza (7 tren)	Martes, Miércoles and Jueves: 8:30am-4:00pm Otros Días Toll free: 855-807-1415 for WIC or Health Insurance; 646-619-6721 for Parenting Support	✓	✓	✓
Ridgewood 55-05 Myrtle Avenue, 3rd Floor Ridgewood, NY 11385 Parada de Autobús o Metro: Myrtle-Wyckoff Ave (L tren), Seneca Av or Myrtle-Wyckoff Ave (M tren), Q55, Q58	Martes and Jueves: 8:30am-4:00pm Otros Días Toll free: 855-807-1415 for WIC/Health Insurance; 646-619-6721 for Parenting Support	✓	✓	✓
Flushing 42-60 Main Street Suite 1, Flushing, NY 11355 Parada de Autobús o Metro: Flushing-Main Street (7 tren), Q20A, Q20B	Martes and Jueves: 8:30am-4:00pm Otros Días Toll free: 855-807-1415	✓	✓	
Jamaica 90-40 160th Street Jamaica, NY 11432 Parada de Autobús o Metro: Jamaica Center-Parsons/Archer (E/J Trains), Q41, Q8, Q6, Q9, Q25, Q65, Q34, Q65, Q112, Q54, Q110, Q56, Q31	Martes and Jueves: 8:30am-4:00pm Otros Días Toll free: 855-807-1415 for WIC/Health Insurance; 646-619-6721 for Parenting Support	✓	✓	✓

¿DÓNDE?	¿CUÁNDO? (DÍA Y HORA)	WIC	HI	PS
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Bushwick 335 Central Avenue Brooklyn, NY 11221 Parada de Autobús o Metro: Gates Av (J Tren), Knickerbocker Av or Central Av (M tren), B60, B52	Lunes: 10:30am-6:00pm Miércoles: 8:30am-4:00pm Otros Días Toll free: 855-807-1415	✓		
Ocean Ave 2555 Ocean Avenue, 2nd Floor Brooklyn, NY 11229 Parada de Autobús o Metro: Avenue U (B/Q Trens), B49, B3	Lunes: 10:30am-6:00pm Miércoles and Jueves: 9:00am-4:30pm Otros Días Toll free: 855-807-1415	✓	✓	
Sunset Park 462 36th Street, Suite 2B-F Brooklyn, NY 11232 Parada de Autobús o Metro: 36 St (D/N/R/W/Q Trens)	Jueves: 8:30am-4:00pm Otros Días Toll free: 855-807-1415	✓	✓	

CLÍNICA DE SALUD SEXUAL Y ATENCIÓN PRENATAL, SEGURO MEDICO

PHS Fort Greene Center

295 Flatbush Avenue, Extension, 3rd Floor
 Brooklyn, NY 11201
(Dentro del Department of Health City of New York building)

Parada de Autobús o Metro:

- Dekalb Ave (B, Q, R, N Tren)
- Hoyt Street - Fulton Mall (2, 3 Tren)
- Nevins (2, 3, 4, 5 Tren)
- Jay Street/Borough Hall (A, C, F Tren)
- Fulton St. - Bond St. (B25, B26, B38, B52, B54 Bus)

HOURS

Lunes a Viernes: 9:00am – 5:00pm
 Jueves hasta las 7:00pm

TELÉFONO

718-522-1144

PHS Brownsville Center

1873 Eastern Parkway
 Brooklyn, NY 11233
(Dentro del Brookdale Family Care Center building)

Parada de Autobús o Metro:

- Broadway/East New York (A Tren)
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- Rockaway Ave (B60 Bus)
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HOURS

Lunes a Viernes: 9:00am – 5:00pm

TELÉFONO

718-498-1001