



Local Guide to Welcoming Resources: New York and New Jersey

These Guides are specific to Ukrainians arriving with humanitarian parole under Uniting for Ukraine and Haitians and Cubans with humanitarian parole.

Congress made these populations additional eligibility for refugee benefits and a wider array of federal benefits than are available for other humanitarian parolees such as those from Venezuela or Nicaragua. However, some information may be relevant for all newcomers, regardless of their immigration status.

ABOUT WELCOME.US

Welcome.US is a national initiative that serves as a single point of entry for individuals, corporations, and institutions who want to welcome and support newcomers to the United States. Since our founding in the fall of 2021, Welcome.US has helped to build the largest coalition in refugee resettlement history. We began by welcoming our Afghan allies and have now expanded our efforts to welcome our new Ukrainian neighbors as well.

Our partners include, among others, local and national resettlement agencies, community organizations and leaders, refugee and diaspora organizations, community sponsorship groups, nonprofits, businesses, faith-based groups, veterans, universities, four former U.S. presidents, and four former first ladies.

What We Do

Mission

Welcome.US inspires and empowers people from across divides to unite in common purpose and welcome newcomers, meet their essential needs, and help them thrive.

Vision

Every American community—and the nation as a whole—has the resources and willingness to welcome newcomers, now and in the future.

Theory of Change

We operate on the evidence that direct participation with newcomers transforms both the Welcomer and those being welcomed. By making it easier for Americans from all walks of life to



participate in the work of welcoming and to tell their stories, we will build a broader, more diverse, and more durable capacity to help refugees resettle and thrive in the United States.



A message to sponsors and sponsors support organizations

Thank you for being a sponsor and welcoming Ukrainians to the New York - New Jersey region. The region has a rich and vibrant Ukrainian American community and a deep history of welcoming and supporting newcomers as they establish their homes and build new lives. Over the past several months, a strong outpouring of support from individuals, families, faith-based organizations, municipalities, state governments, philanthropy, and community-based organizations worked together to provide new opportunities to newcomers and their families in these great cities and states.

As newcomers transition to life in the US, we know that they will lean on you as their sponsor while they face challenges in navigating new systems and their new life. Coupled with the significant hardships they have experienced, the loss of their home and possessions, and the people they had to leave behind, they will face a new set of challenges as they seek to integrate into their new communities. We are grateful for the ways that you have and will step up to provide support and direction. As you start your sponsorship journey, remember you are not alone. We are eager to partner with you and provide information, tools, and support along the way.

We believe that by supporting you, we will help ease some of the many duties of being a sponsor, which will help our newcomers find firm footing more quickly. We thank you for your compassion and for playing a significant role in helping make our community more inclusive and welcoming to the Ukrainian newcomers who will make the New York - New Jersey region their new home.

PLEASE NOTE: *This resource was created by [Welcome.US](https://www.welcome.us), in partnership with the Community Sponsorship Hub (CSH). We ask that those who wish to share resources use the original document. Collaborators may add additional logos to the top right of the first page with the following clarification: 'Distributed by [X partner's logo]' and must list the logos of [Welcome.US](https://www.welcome.us) and CSH in the same order and placing of the original resource.*

Using this Toolkit

Last updated on 12/8/2022



We have assembled a set of resources intended to help sponsors and Ukrainian newcomers navigate life in the New York - New Jersey region. This toolkit will help sponsors and community members understand various processes in the region to better support new Ukrainian neighbors as they set up their life in our community.

This guide aims to be thorough but not comprehensive. It is to be used as a starting point, and we anticipate that sponsors, sponsor groups and sponsor supporting organizations may adapt and add to it to make it more comprehensive and relevant as additional resources are identified and become available. The resources, services, and benefits mentioned are subject to changes. Please review the relevant government website(s) for the most updated guidance. In addition, specific details and resources may vary depending on where an individual may choose to resettle.

In this guide, you will find the following information:

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Accessing Benefits and Services

What are Public Benefits?

When people think about public benefits, they often think about food assistance (Supplemental Nutrition Assistance Program or SNAP), cash assistance (Temporary Assistance for Needy Families) and Medicaid, but there are many more that have different, and sometimes more flexible and inclusive, eligibility requirements. The tables below include information about key benefits and programs that Ukrainian newcomers may be eligible for, and how to apply. Eligibility depends on a number of factors, including income and household composition.

Please note that while policy and legislation indicate that Ukrainian newcomers are eligible for the benefits noted below, it may take time for state and local governments to receive guidance from the federal government and implement the processes to review applications and distribute benefits.






New York and New Jersey also have developed robust screening tools so you can learn about what benefits may be available to you and the newcomer you are supporting. Common information asked for in the screening tool includes age, proof of identity, proof of income, proof of residence, and Social Security numbers for the newcomer and their family members. We recommend they collect this information prior to applying. These sites also have tools to educate sponsors on the types of benefits offered to residents, including Ukrainian newcomers.

- [New York](#)
- [New Jersey](#)
- [New York City](#)

Enrolling for and receiving benefits and services is often a lengthy process which may take several phone calls, emails, and office visits for processing. Sponsors do not need to become benefit eligibility experts, but they can help newcomers apply for programs for which they may be eligible by working with benefit navigators at local community-based organizations or [local resettlement agencies](#). Please also visit 211 for more information on services and benefits in [New York](#) or [New Jersey](#).

If you are in New York, you can call the New York State New Americans Hotline to be connected to free resources in New York State: 1-800-566-7636, Monday to Friday, 9am – 8pm, except holidays. Assistance is available in 200+ languages.

Some benefits newcomers are eligible for include:

Program	Description	Ukrainian humanitarian parolee eligibility
<u>Temporary Assistance for Needy Families (TANF) - New York</u> <u>Temporary Assistance for Needy Families (TANF) - New Jersey</u>	<p>Cash assistance to newcomers and their families in the state of New York or New Jersey.</p> <p>TANF provides financial assistance to help pay for food, shelter, utilities, and expenses other than medical in the states of New York or New Jersey. Eligible households are those with a dependent child under 19. A pregnant woman (and her husband, if he lives with her) may qualify for help, even if they don't have any other children.</p>	
<u>Supplemental Nutrition Assistance Program (SNAP) - New York</u> <u>Supplemental Nutrition Assistance Program (SNAP) - New Jersey</u>	<p>Helps newcomers in New York or New Jersey to obtain more nutritious diets and increase their food purchasing power at grocery stores and supermarkets.</p>	
<u>New York State Medicaid</u> <u>New Jersey Medicaid</u>	<p>Comprehensive health coverage for lower-income New Yorkers or New Jersey residents.</p>	
<u>NYC Care</u>	<p>Health care access program that guarantees low-cost and no-cost services to New Yorkers who do not qualify for or cannot afford health insurance.</p>	
<u>Child Health Plus Program (CHIP) - New York</u>	<p>Health coverage to uninsured children and teens who are not eligible for or enrolled in Medicaid.</p>	

NJ Family Care (CHIP) - New Jersey		
Refugee Medical Assistance - New York Refugee Medical Assistance - New Jersey	Up to 12 months of Medicaid-like health insurance for eligible newcomers not eligible for Medicaid, usually due to income.	
Refugee Cash Assistance Program - New York Refugee Cash Assistance Program - New Jersey (Office of Refugees-website currently unavailable)	Provides money for up to twelve months from the date of entry into the US for eligible populations, including refugees, refugees who do not meet TANF eligibility requirements, such those individuals and families without dependent children.	
SafetyNet Assistance - New York	TANF funded temporary assistance for individuals or families in New York that are unable to work, cannot find a job, or do not get paid enough.	
Qualified Health Plans (QHP) and Essential Plan (EP) - New York	Health insurance plans offered by the State of New York for families and individuals living in the state.	
Supplemental Security Income (SSI)	A federal program that provides monthly payments to people who have very limited income and resources. How to apply: To apply for SSI, please fill out this form , providing basic personal and contact information. It will take 5-10 minutes. Once you complete this process, a Social Security representative schedules an appointment to help you apply for benefits.	

You can also review the New York Immigration Coalition's Public Benefits [chart](#).

How to apply

This chart below contains information about the different ways that you can apply for public benefits. There are a number of tools available to help you navigate the application process. New York and New Jersey have developed online application systems that determine eligibility for cash assistance, healthcare, or food assistance benefits. Many offer support in multiple languages.

Apply Online	
New York	New Jersey
<p>You can apply for TANF, SNAP, NY Medicaid, CHIP, RMA, and RCA benefits online. To apply online, please visit: myBenefits New York.</p> <p>For individuals who live in mixed status families where not all family members have the same immigration status, visit Access HRA</p>	<p>You can apply for Work First NJ, SNAP, NJ Medicaid, and NJ FamilyFirst benefits online. To apply online, please visit: NJ Helps</p>

Apply In Person	
New York	New Jersey
<p>To apply in person, please guide the newcomer to take the following steps. We recommend calling the local offices to make an appointment prior to their visit.</p> <ul style="list-style-type: none"> • Download the application for New York • Fill out as much of the form as they can. It is ok if they cannot answer all of the questions. Have them sign the form. 	<p>To apply in person, please visit one of New Jersey's outreach and enrollment sites by selecting their local county here.</p> <p>We recommend calling the local offices to make an appointment prior to their visit.</p>

<ul style="list-style-type: none"> Carry the application to their local department of social services. Visit an HRA Center. 	
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Apply By Mail	
New York	New Jersey
<p>To apply by mail, please guide the newcomer to take the following 3 steps:</p> <ul style="list-style-type: none"> Download the application for New York Fill out as much of the form as they can. It is ok if they cannot answer all of the questions. Have them sign the form. Mail or fax the application to their local department of social services. 	<p>New Jersey does not accept applications via mail. To complete an application over the phone, they can speak to a Health Benefits Coordinator at 1-800-701-0710</p>

With the help of a nonprofit or [resettlement agency](#) (link to agencies in your state and city):

Applying with the help of a nonprofit or resettlement agency	
New York	New Jersey
<p>Resettlement agencies such as:</p> <ul style="list-style-type: none"> IRC New York Catholic Charities New York HIAS New York List of all resettlement agencies here <p>For a list of resources available in their borough, they can locate them by selecting their borough here:</p> <ul style="list-style-type: none"> The Bronx Brooklyn 	<p>Resettlement agencies such as:</p> <ul style="list-style-type: none"> IRC Elizabeth Interfaith rise Church World Service List of all resettlement agencies here <p>For a list of resources available in their county, they can locate them by selecting their local county here:</p> <p>NJ County resources</p>

<ul style="list-style-type: none">• Manhattan• Queens• Staten Island	
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After submitting the application either online, in person, or by mail, the applicant will be asked to participate in an interview at an office or over the phone. They will need to provide several documents, including:

- **Proof of identify**, which may be an I-94 document¹ from the Department of Homeland Security and/or travel authorization document and/or State ID
- **Proof of residence**, such as a lease, piece of mail, or potentially a letter attesting residence from a homeowner or landlord
- **Proof of Social Security numbers** for all people on application or proof of application to the Social Security Administration for a Social Security number
- **Other types of documents**, as the Department of Human Services caseworker instructs

You can also learn more at the [Office of Refugee Resettlement](#).

¹ You can print a I-94 document by visiting the Department of Homeland Security's [website](#)

Applying for Key Documents

Introduction

To access many services, resources, and systems in the United States, newcomers will need to have identifying documents that are recognizable and accepted at federal, state, and local levels. In this section we will outline some of the most common forms of identification: a social security card, Employment Authorization Document, New York or New Jersey identification cards, or New York or New Jersey Driver's License.

Social Security Number

A Social Security Number (SSN) is a unique identifier assigned to U.S. citizens and residents with lawful status. This document may be required to obtain credit, open bank accounts at large institutions, obtain government benefits, and apply for jobs.

Under Uniting for Ukraine and humanitarian parole such as for Haitian and Cubans, newcomers are eligible to apply for social security numbers and work authorization (EAD). Newcomers can apply for a SSN card when they submit their application for employment authorization. Learn more about how to apply for a SSN while applying for an EAD card here: [Apply for a Social Security Number While Applying for a Work Permit \(ssa.gov\)](#).

Employment Authorization Document

Newcomers arriving under U4U are eligible for employment upon arrival for 90 days, but they should still apply for employment authorization by completing [Form I-765](#) for an Employment Authorization Document (EAD) with the United States Citizenship and Immigration Services (USCIS).

USCIS provides [Form I-765](#) online filing for certain noncitizens, including individuals on humanitarian parole. EADs can be approved in less than 6 weeks through the online system.

Before applying, sponsors should help newcomers compile the following:

- Copy of Travel Authorization
- Copy of government-issued identity document (e.g., passport) with picture, name, and date of birth
- Two identical color passport-style photographs (2"x2")
- USCIS online account number



By creating an account and filing online, newcomers have the benefit of:

- Case status alerts and secure messages
- Visibility into all case correspondence
- Ability to check case status and update personal information
- Ability to upload evidence

Before filing, an applicant can download the application from the “Forms and Document Downloads” tab found under “Form Details” to ensure that they have all required information.

After filing, newcomers should expect to receive a receipt notice with confirmation that their application was submitted, a biometric services notice (if applicable), a notice to appear for an interview (if required), and finally, and a notice of the USCIS decision once available.

As noted, USCIS may require newcomers to appear for an interview or provide biometrics (fingerprints, photograph, and/or signature) at any time to verify identity, obtain additional information, and conduct background and security checks. If an appointment is necessary, the notice will provide the location of a USCIS Application Support Center (ASC) and the date and time of the appointment.

Note: Humanitarian parolees under U4U are not required to pay a filing fee. Newcomers arriving on humanitarian parole from Cuba and Haiti can file a paper fee waiver to eliminate the costs associated with EAD applications.

Additional details and instructions for employment authorization can be found here - [Instructions for Application for Employment Authorization](#).

Learn more from the Department of Justice [here](#).

Other Forms of Identification

New York

New York Identification Card (e.g., Driver’s License, Real ID, etc.)

A state identification (ID) card provides identification but does not provide any driving privileges. Newcomers cannot have a state ID and a driver’s license at the same time. If they intend to drive, we would recommend applying for a driver’s license. To see a list of DMV office locations near your newcomer, please visit: [NY DMV Office Locations](#)

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Non-driver ID Card

New York state residents of any age with lawful status can obtain an identification card. Traveling and banking are two situations where a standard ID can be used as a proof of identity. For information on receiving a standard ID, please visit: [Get An ID](#).

To apply for a non-driver ID, newcomers will require:

- At least one proof of date of birth
- Social Security Number (if issued one)
- Proof of NY state residency

Getting a standard ID follows a three-step process:

1. You must apply at a local [DMV office](#) and take along the following:
 - a. A completed Form [ID-44](#)
 - b. Acceptable proof of birth, identification, lawful presence, and residence
 - c. Social security card or letter of ineligibility from the social security office. You can also provide a [signed affidavit](#) from the newcomer if they have never been issued a Social Security Number.
 - d. Fees payable to the DMV (approximately \$6.50-\$24)
2. Once reviewed and processed, a DMV staff member will direct newcomers to have their photo taken for the ID card
3. Once a photo is taken, newcomers will be issued a standard ID card.

Driver's License - [Getting a Driver's License](#)

A driver's license is another form of state identification and is required for driving privileges. New York's Driver's License Access and Privacy Act, commonly called the "Green Light law," allows all New Yorkers age 16 and older to apply for a standard non-commercial driver's license or learner permit regardless of their citizenship or lawful status in the United States. Ukrainian humanitarian parolees should be eligible to apply for a driver's license that meets REAL ID requirements. REAL IDs meet additional requirements and can be used for additional purposes. To receive a driver's license, newcomers will need to:

1. Acquire a [NY Driver's Manual](#)
2. [Get a Learner Permit](#)
 - a. Prepare for the permit test by studying the [NY State Driver's Manual](#) and take the practice test
 - b. Gather proof of age, identity, and residence
3. [Practice driving](#) and take a [pre-licensing course](#) or driver's education course

4. [Schedule and take a road test](#)

City Identity Cards

New York City provides a government-issued photo ID card for people aged 10 and older who live in New York City. It can help newcomers access certain city services and benefits including food discounts, museum membership, health, fitness, transportation, and education access benefits. For more information on how to obtain a New York City identity card, please see [here](#).

New Jersey

New Jersey Identification Card (e.g., Driver's License, non-driver ID, etc.)

A state identification (ID) card provides identification purposes but does not provide any type of driving privileges. Newcomers cannot have a state ID and a driver's license at the same time. If they intend to drive, we would recommend applying for a driver's license. To see a list of DMV office locations near your newcomer, please visit: [NJ DMV Office Locations](#)

Standard ID Card

New Jersey residents of any age with lawful status can obtain an identification card. For information on receiving a standard ID, please visit: [Get An ID](#).

To apply for a standard ID/non-driver ID, newcomers will require:

- At least one proof of date of birth
- Social Security Number (if issued one)
- Proof of NJ state residency

Getting a standard ID follows a three-step process:

1. You must apply in person at any [NJ Licensing Center](#) and take along the following:
 - a. A completed Form [BA-208](#)
 - b. [Acceptable proof of birth, identification, lawful presence, and residence](#)
 - c. Social Security number, Individual Taxpayer Identification Number (ITIN) , or affidavit of application. If individuals do not have a social security number, they can submit a waiver that they have not and will not receive one. However, for many Ukrainians, it will be more advantageous to wait to apply for a driver's license until after a newcomer has received a SSN
 - d. A check, money order, cash, or card payment payable to the DMV (\$24 for an initial Identification Card application)
2. Once reviewed and processed, a DMV staff member will direct newcomers to have their photo taken for the ID card



3. Once a photo is taken, newcomers will be issued a standard ID card.

Driver's License - [Getting a Driver's License](#)

A driver's license is another form of state identification and required for driving privileges. All applicants applying for a New Jersey driver license must provide a verifiable Social Security number, 1 proof of a New Jersey residential address, and 6 points of identification (see [here](#) for a list of acceptable documents). Documents must be in English or be accompanied by an approved translation. To receive a driver's license, newcomers will need to:

1. [Acquire a NJ Driver's Manual](#)
2. [Get an Initial Permit](#) - make sure to bring your [documents](#) with you
3. [Take a Knowledge Test](#)
4. Practice driving
5. Take a Road Test
6. Get a Probationary Driver's License
7. After holding your probationary driver's license for at least one year you may apply for your [Full driver's License](#).
8. To apply, visit your local New Jersey Motor Vehicle Commission (MVC) and:
 - a. Provide your provisional license.
 - b. Provide documents to meet the [6 Point ID requirement](#).
 - c. Pay the prorated upgrade fee
 - d. Complete the Auto License Application ([form BA-208](#)). This form is ONLY found at the MVC.
 - e. Have your photo taken

City Identity Cards

Some cities in the state of New Jersey issue a photo identification card for residents that provide access to various services, programs, and discounts in the city. Please contact the local municipal offices below to check if they offer identity cards. The application steps will mimic the requirements of the DMV with less stringent rules around documentary evidence and legal presence. Please see below a non-exhaustive list of some cities in New Jersey that issue identity cards. Other locations include Jersey City, Perth Amboy, and Dover.

Newark, New Jersey - ID cards for all Newark residents under the Newark Municipal ID Card Program. For more information on obtaining a Newark Municipal ID, please see [here](#).

Ashbury Park, New Jersey - ID cards for all Ashbury Park residents under the City of Asbury Park Social Services Identification Card Program. For more information on obtaining a Newark Municipal ID, please see [here](#).

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Mercer, New Jersey - ID cards for all Mercer residents. For more information on obtaining a Mercer County Area Community ID Card, please see [here](#).

Morris County, New Jersey - ID cards for all Morris County residents. For more information on obtaining a Morris County ID, please see [here](#).

Getting Connected with Phone & Internet Service

Accessing a mobile phone and reliable internet are important steps to receive information, request support, and apply for programs and services. There are a variety of providers available.

Phone

Before a newcomer selects a cell phone plan, consider these questions:

- **What level of service and coverage do you need?**

Cell phone plans vary based on the level of call, text, and data requirements. They also have different coverage areas, meaning that some mobile phone networks provide greater connectivity outside of major metropolitan areas than others. For newcomers who arrive with their own smartphones, they may only need access to WiFi. When selecting a phone and a plan, ensure that it meets individual service and coverage requirements.

- **Will a contract or no contract plan work better for you and your family?**

Often no contract phone services are quick and easy to access from a local big box store that sells electronics. Users can purchase minutes, texts, and data and can buy additional minutes online. Some contracts come with signing bonuses and incentives; ensure that the contract does not contain any onerous terms and conditions.

- **Check their eligibility for free monthly data, unlimited texting, and free monthly minutes through Assurance Wireless, a federal government assistance program.**

Learn about this program [here](#). Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Newcomers may qualify based on household income or if they participate in one of the following assistance programs:

- Medicaid
- Supplemental Nutrition Assistance Program (Food Stamps or SNAP)
- Supplemental Security Income
- Federal Public Housing Assistance

How to help a newcomer avoid common mistakes when purchasing a phone plan

- Make sure that the newcomer you support is not locked into a plan longer than they need. Help them read the fine print carefully.
- Make sure they make a careful assessment of their data usage since going over data limits can be costly.
- Compare phone plans. The best deal is not always from the best known carriers.



For cell phone programs offered by the City of New York, please see here - [SafeLink NYC](#)

For cell phone programs offered by the State of New Jersey, please see here - [LifeLine & Affordable Connectivity Program](#)

Internet

There are many high-speed, low-cost home internet services available for eligible households.

- The Affordable Connectivity Program (ACP) provides eligible households with discounts of up to \$30 per month for broadband internet service. They can also receive discounts on equipment to use the internet. For more about eligibility and to enroll for ACP, please visit [here for New York City](#) ACP programs and [here for New Jersey](#) ACP programs.
- Many high-speed home internet services may be available under ACP. For a full list of providers offering connected devices under ACP in New York, please visit the [FCC website](#).
- [Lifeline](#) is a federal program that lowers the cost of internet and phone service.
- Computer access and internet service are also available to public library patrons. Please see [this list for public libraries in New York City](#) and [this list for public libraries in New Jersey](#).
- Newcomers may also be eligible for low-cost internet service and a low-cost computer through [Xfinity's Internet Essentials](#).

Sponsors should support newcomers in finding additional information about New York City's affordable broadband services at [NYC Broadband](#) and the state of New Jersey's affordable broadband services at [NJ Affordable Connectivity Program](#).

Libraries also often have services that help residents get connected, including through internet hot spots or hardware (like tablets) that can be borrowed. Get library cards in [New York](#) or New Jersey from local libraries, such as those operated by your city or county.

Enrolling Children in School

As Ukrainian newcomers settle into their new communities, they will need to enroll their school-aged children in the local school district. As a sponsor, you can help newcomers navigate the requirements for school enrollment and understand how to best help their child succeed.

The United States provides free public education from kindergarten through grade 12 for all students in the United States. Some communities also offer preschool for children as young as three years old. In New York, anyone over 5 and under 21 who has not received a high school diploma can attend a public school in the district where they reside.

Enrollment

Before enrolling, sponsors should help parents compile the following documentation:

- Proof of child's age
- Immunization Record (local public health agencies or community health care centers often work with school aged children and their parents on this need!)
- Proof of Address (example of the type of documents (2) from New York's [Approved List](#))
- Your child's latest report card (if available)

Additional details about enrolling in the school districts of New York City can be found [here](#) and enrolling in the school districts of New Jersey can be found [here](#). New York City also has a number of Family Welcome Centers that can help with school enrollment and other education-related matters. Find more information and locations [here](#).

In New York City, you can apply to 3-K in the calendar year that your child turns 3-years old; more information can be found [here](#). Families with 4-year old children in New York City can apply to enroll them in Pre-K; more information can be found [here](#).

For children in New Jersey, more information about early learning can be found [here](#) and information for students that speak more than one language can be found [here](#).

Immunizations

Now, more than ever before, we are conscious of the health of individuals and our community. Ensuring that students have their vaccinations is a key component of keeping them safe, and it is required by New York and New Jersey law (K-12). Students that do not have the required vaccines may not be able to attend school until they have received the appropriate vaccines or an exemption form has been submitted to the school nurse. You can learn more about required



immunizations and how to submit documentation by going [here for New York City](#) and [here for New Jersey](#).

What if a student is uninsured?

If a student is uninsured, please check the following for available health resources: [New York City Health Clinics](#), [New York City schools](#), [New York City Family Welcome Centers](#), or [New Jersey Health Clinics](#). Additionally, students may be able to receive free or low-cost vaccinations at the Federally Qualified Health Centers in [New York](#) or [New Jersey](#). Many children are also eligible for health insurance programs such as Children's Health Insurance Plans. Organizations, such as the above, can help screen newcomers for health insurance options.

Ensuring that students receive the support they need to succeed

When helping a Ukrainian newcomer enroll their student in school, ask the following questions to know what services to request from the school:

1. *Does the student have special needs, including physical, mental, or emotional needs that may require additional support or intervention?*
 - They may be eligible for specialized programs in [New York City](#) or [New Jersey](#).
2. *Is the student an English Language Learner?*
 - They may be eligible for support through the school's English language programs in [New York City](#) or [New Jersey](#).
 - They may also be eligible for additional support, such as through welcome centers, family liaisons or additional programs.
3. *How can a student access free meals at school?*
 - Students attending a School District of New York City or New Jersey are offered a breakfast and a lunch meal at no cost daily. There is no application required to receive free breakfast, lunch and after school meals at school. Learn more about school food health services for [New York](#) or [New Jersey](#). Such programs also operate during school breaks.

Helping students succeed in school

As you help a Ukrainian beneficiary support their student, you may want to encourage them to:

- Request a meeting with the student's teacher(s) to learn more about what will be taught, student expectations, and classroom supports available
- Request a school supply list
- Request a meeting with the student's guidance counselor to discuss transfer of credits, standardized testing, graduation requirements (if applicable), and mental/emotional supports available to the student

Additional resources about parent engagement can be found for [New York City](#) and [New Jersey](#).

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Accessing English Language Programs

There are many virtual and in-person English language programs available for adults. Listed below are programs for newcomers; some programs are free while others require a small fee.

State Programs - New York

- [Public libraries](#) often offer free English language classes
- Office of New Americans [English Language Learner Resources](#) and services to support English language learning
- [We Speak NYC](#) is the city's free English language learning program.
- Some community colleges in New York such as [City College of New York](#), [LaGuardia Community College](#), [Lehman College](#), [Manhattan College](#), [Dutchess Community College](#), and [Nassau Community College](#), also offer English as a second language courses
- [Language Access Services](#) - The Mayor's Office of Operations, New York City have created initiatives and provided assistance to ensure that all people have access to city services and information regardless of their language. Language access services offered by the city may include interpretation over the phone, interpretation in person, and/or translation of documents.
- [New York Office of New Americans](#) Cell-Ed Program ([here](#))

State Programs - New Jersey

- [Public libraries](#) often offer free English language classes
- [ESL \(English as a second language\) Resources](#) and services to support English language learning
- Some community colleges in New Jersey such as [New Jersey City University](#), [Bergen Community College](#), [Brookdale Community College](#), [Hudson Community College](#), [Passaic Community College](#), and [Ocean County College](#), also offer English as a second language courses

Other resources

- Apps and programs such as [Tarjimly](#), [Duolingo](#), [Udemy](#), and [USA Learns](#) are also available (often with free options) for self-directed learning.
- Some nonprofits in the New York - New Jersey region offer free adult education classes as well, including [Schools NYC](#), [We Speak NYC](#), [Literacy Partners](#), [Centro NYC](#), [Project Literacy NJ](#), and [Jersey Cares](#)



Accessing Immigration Legal Services

As newcomers begin their new lives in the New York and New Jersey regions, immigration legal assistance may be needed to better understand their immigration legal status and options, to pursue family reunification, and more. The United States Citizenship and Immigration Services (USCIS) is the government agency that administers lawful immigration to the US. Visit the [USCIS website](#) to learn more about US immigration laws and parole programs.

In the [Additional Resources section](#), a number of organizations that can help provide legal services not relating to immigration services are provided.

Organizations Offering Free or Low-Cost Legal Assistance

Legal service organizations provide pro-bono services on a case-by-case basis. Please connect with the organizations directly to request pro-bono assistance.

- [New York Legal Assistance Group](#) provides free civil legal services and can answer questions about Temporary Protected Status (TPS) and other immigration relief available in New York
- [ActionNYC](#) provides free legal help through a network of trusted community-based organizations at community sites, public health facilities, public schools, and libraries to all New York immigrants
- The [Office for New Americans](#) in New York has free immigration legal consultations and provides support for immigration needs through its Opportunity Centers. Call the New York State New Americans Hotline (free and confidential) for referrals to immigration legal services: 1-800-566-7636 open Monday – Friday from 9 am to 8 pm.
- You can find additional free and low cost immigration legal services by visiting the United States [Department of Justice](#)
- The American Immigration Lawyers Association also maintains a [searchable database of immigration lawyers](#)
- [The Catholic Legal Immigration Network, Inc. \(CLINIC\)](#) also provides several resources and a list of legal affiliates in different localities
- For information and resources on immigration in New York, visit the [New York Immigration Coalition](#).
- For information and resources on immigration in New Jersey, visit the [New Jersey Alliance for Immigrant Justice](#)
- For other information and resources about legal and other support services, visit [New York's Resources for Immigrants and Refugees](#) and [New Jersey's Resources for Immigrants and Refugees](#)

Unfortunately, the unauthorized practice of immigration law is rampant in communities across the United States, including the New York - New Jersey region. Immigrants, and well meaning

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sponsors can sometimes meet individuals and businesses who provide legal services without requisite training or license. Be wary of individuals that approach newcomers with promises that sound too good to be true. Learn more about how to protect yourself [here](#) for New York state, [here](#) and [here](#) (to file a complaint) for New Jersey, and here for [New York City](#).



Employment and Workforce Development Support

As Ukrainian newcomers settle into their communities, they will need support when reconnecting with their careers and educational opportunities. As a sponsor, you can help newcomers navigate these next steps.

Sourcing Employment Opportunities

Even before newcomers receive their work authorization, sponsors can help them prepare for the world of work in the United States. One of the best ways to help a newcomer reconnect with their career is to assist them in developing a professional network. Find out what kind of jobs or careers may be of interest then help them connect with individuals in their field. Informational interviews can help newcomers understand what types of jobs might be available to them here in the United States while simultaneously serving as interview practice! Other ways to prepare newcomers for work include enrollment into English classes (if warranted) and local job training programs, such as for commercial truck drivers!

Once newcomers have their EAD cards, sponsors can help newcomers find jobs by visiting sites with local job opportunities, such as:

- [New York State JobZone](#)
- [New Jersey Job Source](#)
- [Upwardly Global NYC](#)
- [Refugee Employment Partnership NYC](#)
- [Immigrant Welcome Center](#)
- [USAHello](#)
- [Welcome.US's employment exchange](#)

Other common job search sites include [Indeed](#), [LinkedIn](#), [SnagAJob](#), and [CareerBuilder](#).

Workforce Development Support

Depending on the program, a newcomer may be able to take advantage of career training before they have their Employment Authorization Document (EAD). Community colleges, such as [LaGuardia Community College](#), [Guttman Community College](#), [Columbia-Greene Community College](#), [County College of Morris](#) and more, offer skills training to assist in reskilling and upskilling for in-demand jobs and industries.

[Resettlement agencies](#) may also provide employment support services.



Many local organizations provide services to support newcomers on the path towards long term self-sufficiency. Ukrainian newcomers are eligible for employment services offered to refugees, and all NY residents may qualify for free or low-cost vocational skills training to advance their careers across various industries including healthcare, technology, construction, and more. Programs to consider:

- [New York Works](#) - provides free professional employment and training services that can help you find a job or develop your career
- [Center for Immigrant Education and Training](#) - offers free, contextualized English classes and job training programs
- [Mercy Center](#) - provides programs and workshops to prepare for finding jobs, building personal networks, job readiness training, and excelling in the workplace.
- [Upwardly Global](#) – offers free and virtual programs to provide job search assistance, free online certification programs, and networking events to help immigrant professionals restart their careers in the United States.
- [Immigrant Welcome Center](#) for variety of job trainings

New York's Office of New Americans has additional support for newcomer residents such as:

- [New Americans Can Code](#) helps newcomers to New York gain digital literacy skills.
- [Professional Pathways](#) offers job coaching, skills training, and job placements for new Americans with prior work experience and education.

Likewise, local workforce centers, also called [American Job Centers](#), offer employment and career training services. Some services, such as resume writing and interview practice, can be accessed before the newcomer even receives their work authorization.

New York

Virtual

NYC's [Virtual Workforce1 Career Center System](#) also helps New Yorkers connect with jobs across the city.

Manhattan

- [Lower Manhattan Workforce 1 Career Center](#)
- [NYC Business Solutions Lower Manhattan](#)
- [Upper Manhattan Workforce 1 Career Center](#)
- [Career and Educational Consultants Inc. \(CEC\)](#)

Queens

- [Queens Workforce 1 Career Center](#)

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- [Workforce 1 Industrial and Transportation Career Center](#)
- [Elmhurst Workforce 1 Career Center](#)

New York continued

Brooklyn

- [Brooklyn Workforce 1 Career Center](#)
- [St. Nicks Alliance Workforce Development](#)
- [Kings County - New York State Department of Labor Workforce 1 Career Center](#)

Bronx

- [Bronx Workforce 1 Career Center](#)
- [Workforce 1 Career Center Bronx - Hunts Point](#)

Long Island / Staten Island

- [HempsteadWorks Career Center](#)
- [Staten Island Workforce 1 Career Center](#)

Westchester

- [Yonkers Career Center](#)

New Jersey

- [Jersey City One Stop Career Center](#)
- [Hudson County One Stop Career Center](#)
- [Newark One-Stop Career Center](#)
- [Union County One-Stop Career Center - Elizabeth](#)
- [Essex County One Stop Career Center](#)
- [Bergen One Stop Career Center](#)
- [Passaic County One Stop Career Center](#)
- [Middlesex County One Stop Career Center](#)
- [Union County One Stop Career - Plainfield](#)

Another training program newcomers can explore is apprenticeship opportunities.

Apprenticeships, and other work-based learning opportunities, may provide newcomers to earn income while they learn on the job. Learn more about the federal government programs [here](#).

Examples of local apprenticeship programs in the New York and New Jersey areas include [Apprenticeships New York State](#) and [New Jersey Apprenticeship Network Career Seekers](#).

Newcomers may have additional needs, such as a result of a visible or invisible disability, that additional programs can assist. Look for a vocational rehabilitation workforce program near you.

Newcomers, like other residents of New York and New Jersey, may encounter employers who refuse to pay wages or otherwise take advantage of workers. Learn more about the employment rights in [New York](#) and [New Jersey](#)

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Accessing Health Services, Health Insurance, & COVID-19 Information

Part of being a sponsor will be to connect newcomers to healthcare. The Centers for Medicare and Medicaid Services offer a [guide](#) to help you explain some of the key aspects of choosing the optimal healthcare plan to newcomers.

Health Services

Local free and/or low cost health care resources

New York and New Jersey have a variety of resources available to people who are uninsured, underinsured, or economically disadvantaged. Those listed below may provide or help cover a range of medical, dental, pharmacy, vision, and/or behavioral health services:

- [Access NYC](#) - free or low-cost public health insurance plans
- [NYC Free Clinic](#) - comprehensive list of free or low-cost clinics
- [New Jersey Free Clinics and Community Health Centers](#) - listing of affordable and free clinics to help low-income and uninsured people connect with a clinic or community health center in their area
- [NYC Care](#)- low and no cost health care access program provided through NYC Health + Hospitals

Additionally, following their arrival, [USCIS requires newcomers to get screened for Tuberculosis](#) and upload the results to their MyUSCIS account within 90 days of arrival. The below table outlines a few local health departments which offer testing for free or a reduced price (based on income).

Center	Location	Ukrainian Newcomer Eligibility	Price
NYC Health + Hospitals - Tuberculosis Chest Centers	Various	Yes - appointment required	Free

Note: Doctors and agencies receiving federal money should make language services available to individuals who do not speak or understand English well enough to access medical services. Find more about translation services at NYC Health+ Hospitals [here](#).

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Welcome.US

Federally Qualified Health Centers (FQHC)

Federally funded health centers are community-based health care providers that receive funds from the HRSA Health Center Program to provide primary care services in underserved areas. They must meet a stringent set of requirements, including providing care on a sliding fee scale based on ability to pay. Learn more about federally qualified health centers here: [HRSA Health Center Program](#).

FQHCs also often have health insurance enrollment specialists who can help newcomers determine their insurance options. FQHCs have interpretation available, as needed, usually through a language line.

New York and New Jersey have 500+ FQHCs for newcomers to access. Find an FQHC near you using this [tool](#).

Health Insurance

New York

Newcomers may be eligible for Medicaid, Children's Medicaid or Child Health Plus, and Refugee Medical Assistance.

Medicaid is a state and federally funded program that provides healthcare for eligible, low-income groups, including pregnant women, children, and disabled individuals. If under the age of 65, individuals must apply through the New York State of Health Marketplace listed below. If over 65, NYC's Human Resources Administration (HRA)'s [Medical Assistance Program](#) can help low-income individuals enroll in these public insurance programs. To see if a newcomer's income level qualifies them for Medicaid or other health insurance please visit the [NY Department of Health](#). **Note that all information on the NYC HRA website is available in Ukrainian.

Children's Medicaid and Child Health Plus are programs for children under the age of 19 who meet certain family income requirements. To determine eligibility, [please visit this site](#). If eligible, a newcomer can apply at the [New York State of Health website](#).

Refugee Medical Assistance provides temporary assistance through [social services districts](#) to eligible populations, within the first twelve months of being granted eligible status, who are not eligible for other cash or medical assistance programs. To apply, please help a newcomer contact their local social services district.

In addition, newcomers are eligible for health insurance plans under the Affordable Care Act (ACA). [New York State of Health](#) is New York's official health plan marketplace for these plans.

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Newcomers have the option to apply for ACA plans within 60 days post arrival, or otherwise wait until open enrollment which runs from November 16 to December 31 in New York.

When reviewing different plans with your newcomers, it is important to help them consider:

- The monthly payment (premium)
- Co-pays, deductibles, co-insurance and maximum out of pocket limits

Note: Language assistance services are available [here](#).

How to enroll for plans on New York State of Health

Compile the following information:

- Immigration documents (e.g., Travel Authorization)
- Proof of home address and mailing address, if different (e.g., lease/letter with your home address from landlord, passport, etc.)
- Wages and income information from the last 4 weeks (e.g., pay stubs) or signed statement or letter from family member explaining support

Once compiled, enrollment follows a four step process:

1. **Compare plans and get a quick quote** - shop and compare the price and coverage options for different health insurance plans ([marketplace tool](#))
2. **Browse resources available to inform decision** -
 - a. [Find an Enrollment Assister or Broker](#) who offers personalized advice and recommendations
 - b. [Look up NYS Provider and Health Plans](#) to support the decision of which health plan is best to enroll in while consider the hospitals and doctors that work with the plans
 - c. [Explore FAQ Library](#) to help answer questions received often
 - d. [Chat with Customer Service](#) to assist in application or account questions
3. **Apply for coverage** - when it's time to apply, make sure to have important information handy as listed above
4. **Pay the first month's premium** - many plans allow online payments. Please note, coverage cannot begin until payment of the first month's premium has been received

Note: Not sure what a newcomer is eligible for? Don't worry, once newcomers apply for an ACA plan, they will also be screened for other low and no cost health insurance programs, including Medicaid, Refugee Medical Assistance, and Children's Health Insurance Plan (CHIP). All hospitals are required to treat patients that have a medical emergency regardless of ability to pay.

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Newcomers, like most Americans, may also eventually receive health insurance from their employer. The availability of benefits is an important factor to consider when searching for a job!

New Jersey

Newcomers may be eligible for Medicaid, NJ Family Care, and Children's Health Insurance Plans. Medicaid is a state and federally funded program that provides healthcare for eligible, low-income groups, including pregnant women, children, and disabled individuals. Individuals can self-screen for Medicaid at [NJHelps](#).

[NJ FamilyCare](#), which provides free or low-cost health insurance, is also available for New Jersey residents who meet qualifying income requirements. To apply, please visit the [NJ FamilyCare website](#).

Children's Health Insurance Plans provide free or low-cost healthcare coverage to children under the age of 19 who meet certain family income requirements. To apply, please visit the [NJ FamilyCare website](#).

In addition, newcomers are eligible for health insurance plans under the Affordable Care Act (ACA). [Get Covered NJ](#) is New Jersey's official health plan marketplace for these plans under the Affordable Care Act (ACA). Newcomers have the option to apply for ACA plans within 60 days post arrival, or otherwise wait until open enrollment which runs from November 1 to January 31 in New Jersey.

The Plan Comparison Tool, [found here](#), has potential qualifications for free or low-cost health insurance. Using the comparison tool will help shop online and compare plans that cover essential health benefits, apply for financial aid to help lower health insurance costs, and work with certified experts who can answer questions and guide through enrollment at no cost.

When reviewing different plans with your newcomers, it is important to consider:

- The monthly payment (premium)
- Co-pays, deductibles, co-insurance and maximum out of pocket limits

Note: Language assistance services are available [here](#).

How to enroll for plans on Get Covered NJ

Compile the following information prior to enrollment:

- Home address and mailing address, if different
- Birth dates
- Social security number(s), once secured

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- Immigration documents (e.g., Travel Authorization)
- Employee and income information (e.g., pay stubs)
- Best estimate of tax household income for the year seeking coverage

Once compiled, enrollment follows a six step process -

1. **Browse Plans and create an account** - view potential savings and browse health plans available in the area to see if newcomers qualify for lower premiums
2. **Utilize available resources to inform decisions** -
 - a. [Find a local Assister, Agent, or Broker](#) who offer free over-the-phone and in-person help to consumers shopping for healthcare coverage on GetCoveredNJ
 - b. [Browse FAQs](#) to read answers to frequently asked questions for healthcare in the state of New Jersey
 - c. [Call Customer Service](#) to assist in application or account questions
3. **Complete an application** - select “Start New Application” to see if newcomers qualify for GetCoveredNJ coverage and financial help
4. **Review results** - after submitting an application, review eligibility results and to go to the account dashboard.
5. **Choose a health plan** - choose a health plan within the time frame on the account dashboard (usually 60 days)
6. **Pay the first month’s premium** - many plans allow online payments. Please note, coverage cannot begin until payment of the first month’s premium has been received.

COVID-19 Resources

Newcomers arriving under humanitarian parole will have received at least one dose of a COVID-19 vaccine, but they may need additional protection. Learn more about [New York vaccine centers](#) and [New Jersey vaccine finders](#) or search this [tool](#) to find which locations offer vaccines and boosters for children and adults.

New York and New Jersey residents can get tested for COVID-19 at locations throughout the cities. Tools are available to search permanent and pop-up locations.

New York

- [Testing locations](#) - list of walk-in testing sites available throughout the city. Ability to text “COVID TEST” to 855-48 to find the closest testing location. Alternative options:
 - Pick up an at-home test kit for free at one of these [locations](#)
 - If immunocompromised or 65 years and older, schedule an in-home appointment by calling (929) 298-9400

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- Schedule an Express Test appointment [here](#)
- [COVID-19 Updates](#) - information and update about COVID-19 in New York

New Jersey

- [Testing locations](#) - list of testing locations near you, including their hours and testing requirements. Alternative options:
 - Find information about [pop-up sites](#) in COVID-19 hotspots
 - [Order a free saliva test](#), shipped directly to your home at no cost
- [COVID-19 Updates](#) - information and update about COVID-19 in New Jersey

Accessing Crisis & Emergency Support

Emergencies

Acclimating to a new city can be daunting. Sponsors should support newcomers to ensure they are fully prepared in case of a crisis or emergency. Newcomers who are involved in an emergency situation anywhere in the U.S. should immediately dial 9-1-1 on a phone to access emergency services such as fire, police, and paramedics. Of note, 9-1-1 should only be called in an emergency that requires an immediate professional response, such as: fires, a person who is choking, passed out, or who is having a hard time breathing, a serious car accident, a crime (such as a break-in) in progress. Interpretation is available. Some additional resources in New York include:

- [NYC Well](#), [Mental Health for All](#), and [New Jersey Department of Human Services](#) - Offers mental health services
- Starting July 16, 2022, the National Lifeline launches. 9-8-8 will connect the public to mental health crisis counselors who are part of the National Suicide Prevention Lifeline network. People can call, text, or chat when they need emotional support, are thinking about suicide, or are worried about a friend or loved one.
- Substance Abuse and Mental Health Services Administration - Offers direct crisis counseling and support for substance abuse and mental health issues (Hotline: 1-800-985-5990 for New York and 1-844-276-2777 for New Jersey)
- [Domestic and Sexual Violence, New York](#) and [Domestic Violence, New Jersey](#) - Offers crisis hotline for survivors of domestic and sexual violence

Sponsors can access a disaster preparedness guide and other resources to prepare newcomers for any emergency at the [New York State Emergency Prep](#) and [State of New Jersey Emergency Preparedness](#) websites.

Sponsors should also set newcomers up with text alerts to their phones for emergencies or severe weather:

- New York - subscribe for [NY-Alert](#) to receive critical information and emergency alerts
- New Jersey - register to receive alerts by texting zip code to 888777

For the latest mental health and suicide crisis lines, please contact either [New York State Office of Mental Health](#) or [State of New Jersey Division of Mental Health and Addiction Services](#) (additional resources [here](#))

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Non-Emergencies

For non-emergency public problems, please call the 311 hotline (streamlined access to community resources) to help newcomers find the appropriate department.

Your Local Government Resources: Municipal Services and Transportation

As residents of New York City and New Jersey, newcomers can access public services within their municipality and county. Services provided by municipalities vary, but typically include programs and resources for newcomers, low-income residents, and other populations. Sponsors can direct newcomers to call 311 (streamlined access to community services) for more information.

Municipal Services

Services available in New York and New Jersey include, but are not limited to:

- **City services** - such as city buildings and payment centers
- **Trash and Recycling** - including sanitation centers
- **Public Health** - such as COVID-19 helplines, COVID-19 testing sites, city health centers, cooling centers, and mental health and addiction services
- **Public Safety** - such as non-emergency service requests, fire departments, police, ambulance services, and courts
- **Food or Shelter Access** - including COVID-19 food distribution sites and homeless services
- **Utilities** - such as water, electric, and gas

Additionally, recreational and cultural activities are provided locally in New York City and New Jersey metro areas.

- **New York**
 - [Find a campground near you](#)
 - [Get an empire pass to New York State Parks](#)
 - [Get a New York State Adventure License](#)
 - [Find a local public library](#)
- **New Jersey**
 - [Find a NJ State Park, Forest, Recreation Area or Marina near you](#)
 - [Find and reserve a camping facility near you](#)
 - [Find a local public library](#)

Local Transportation

New York

The Metropolitan Transportation Authority (MTA) provides transportation into and within New York City boroughs. MTA is one of the largest public transit systems, with train, subway, and bus lines and gives newcomers an easy, affordable way to explore NYC. For many newcomers, navigating



this metro system for the first time may be difficult. Your support in helping them understand how it works will equip them with the ability to move around the city easier.

Note: Public transportation is available seven days a week, with rides available as frequently as every few minutes, helping newcomers to navigate their daily schedules.

- **Where can a newcomer find information about fares?**

Information on MTA fares can be found [here](#), and reduced-fare information is [here](#). Purchasing a MetroCard is the first step to getting around on subways and buses. There must be a minimum of \$5.50 on the card, not including the card fee, when initially purchasing it. [Purchase of a MetroCard](#) can be done at subway stations, from either automated machines or booth attendants. Large machines accept cash, ATM bank cards and regular credit cards, while small machines do not accept cash. Booth attendants however, only accept cash. Once a card is purchased, keep it and refill to avoid paying a new card fee.

Helpful tips:

- **Riding the subway costs \$2.75 for most riders.** People with disabilities or who are 65 or older are eligible for a reduced fare.
 - **An unlimited ride MetroCard can save newcomers money.** These give you unlimited swipes for a certain length of time.
 - **MetroCards cost \$1.** All cards except for the Single Ride card are refillable.
 - **Up to three children under 44 inches tall ride for free** when they are with a fare-paying adult.
 - **Pay the fare at turnstiles before you board the train.** After paying, newcomers can board the train.
 - **Some Unlimited MetroCards are protected against loss or theft.** See details about the MTA Balance Protection Program [here](#).
- **How can a newcomer plan a route on the MTA and track the status of my train or bus?**

There are two quick and easy tools to utilize:

 - [Trip Planner](#) - build a customized route on the subway and/or buses
 - [NYC Transit](#) - download the MTA subway and bus application to see live bus and train times, step-by-step navigation, stop announcements, service alerts, and more
 - **Where can a newcomer find a map of the transit network?**

Numerous transit maps are available to support newcomers in planning out route options.

 - New York City subway maps

- [Subway map](#)
- [Night Subway map](#)
- [Accessible Stations Subway map](#)
- New York City bus maps
 - [Bronx bus map](#)
 - [Brooklyn bus map](#)
 - [Manhattan bus map](#)
 - [Queens bus map](#)
 - [Staten Island bus map](#)
 - [Staten Island Express bus map](#)
- **What if a newcomer needs to travel outside of the MTA network?**

MTA MetroCards can be used with regional transit partners, such as:

- [PATH](#)
- [AirTrain JFK](#)
- [NICE Bus \(Nassau Inter-County Express\)](#)
- [Westchester Bee-Line Buses](#)
- [Roosevelt Island Tram](#)

Additionally, taxis, ferries, ride sharing and transportation rentals are available across New York such as bikes, scooters, etc.

Search [here](#) to learn more about city services New York has to offer.

New Jersey

NJ TRANSIT is New Jersey's public transportation corporation. Its mission is to serve New Jersey and the region by providing safe, reliable, and affordable public transportation. NJ TRANSIT covers a service area of 5,325 square miles with bus, rail and light rail transit linking major points in New Jersey, New York, and Philadelphia, giving newcomers an easy, affordable way to explore New Jersey. For many newcomers, navigating this metro system for the first time may be difficult. Your support in helping them understand how it works will equip them to move around the city more easily.

- **Where can I find information about fares?**

Fares depend upon many factors (distance traveled, type of ticket purchased, type of transportation utilized, date and/or time of day, etc.). For specific trip fares check the schedule and specific [route information](#).

Tickets must be purchased before boarding a train or light rail car. Tickets are also required before boarding buses at Port Authority Bus Terminal. At other bus stops, drivers will accept exact change in coins or \$1 bills. NJ TRANSIT light rail systems utilize a “proof of payment” fare collection system (e.g., activated ticket, monthly pass, transfer, or continuing trip ticket receipt). Tickets for all modes of transportation can be purchased on the [NJ TRANSIT](#) app, at a ticket vending machine, or at a staffed ticket office. Vending machines have on-screen instructions and accept cash, debit cards and credit cards.

Station information with addresses, parking, and ticket office hours can be found [here](#).

- **How can I plan a route on NJ TRANSIT and track the status of my train, bus, or light rail?**

There are quick and easy tools available to help.

- [Trip Planner](#) - enter the origin, destination, date and time of travel to receive point-to-point travel itinerary options with fares. If exact street addresses are not known, input landmarks for popular destinations.
- Schedules -
 - [Train Schedules](#)
 - [Bus Schedules](#)
 - [Light Rail Schedules](#)

- **Where can I find a map of the transit network?**

Numerous transit maps are available to support newcomers in planning out route options.

- [Train System](#)
- [Hudson-Bergen Light Rail](#)
- [Newark Light Rail](#)
- [River LINE](#)

- **What if I need to travel outside of the NJ TRANSIT network?**

NJ TRANSIT connects with other transportation providers at major locations across the system.

- [Amtrak](#) - provides rail service along the Northeast Corridor as well as national long-distance rail service. NJ TRANSIT customers can connect to Amtrak at Newark, Trenton, Metropark, New York, and Philadelphia 30th Street stations
- [BurLink](#) - operates shuttle bus service in Burlington County from several stations along the River LINE
- [Dock and Roll Shuttle](#) - connects Monmouth County’s Shore communities and ferry service to Lower Manhattan



- [Greyhound](#) - provides intercity bus services to 2400 locations in North America. NJ TRANSIT customers can connect to Greyhound at Port Authority Bus Terminal (MYC), Newark Penn Station, Philadelphia's Greyhound Bus Terminal or Atlantic City
- [MTA](#) - operates NYC Transit subway and buses, Metro-North Railroad, Long Island Rail Road, and other services and customers can connect to MTA services at New York Penn station, Port Authority Bus Terminal or George Washington Bridge Bus Terminal
- [New York Waterway](#) - provides trans-Hudson ferry service with connections available at Hoboken Terminal, Port Imperial, Exchange Place, Pavonia-Newport and other locations along the Hudson waterfront
- [PATCO](#) - provides rail service between Southern New Jersey and Philadelphia and customers can connect at the Walter Rand Transportation Center
- [PATH](#) - provide frequent service 24 hours a day between Newark, Jersey City, Hoboken, and New York with connections from NJ TRANSIT at Newark Penn Station or Hoboken Terminal
- [SEPTA](#) - provides transit service in Philadelphia and Southeastern Pennsylvania. NJ TRANSIT customers can connect to SEPTA service at Trenton Transit Center or Philadelphia 30th Street Station

Additionally, ride sharing and transportation rentals are available across New Jersey such as bikes, scooters, etc.

Search [here](#) to learn more about city services New Jersey has to offer.

Identifying a Cultural Community

New York and New Jersey are major centers of immigration in the United States. Cultural centers are critical for newcomers to feel comfortable and welcomed in their new home.

The information below is specific to the Ukrainian population. There are like communities in Chicago for Cubans and Haitians; use the below as an example of the type of organizations you might search for to help you support a newcomer to our country.

Local Ukrainian American Organizations			
#	Name	Address	Map
1	Ukrainian National Women's League of America (UNWLA)	203 2nd Avenue New York, New York 10003	Ukrainian National Women's League of America
2	Ukrainian-American Cultural Association of New Jersey	60 N Jefferson Road Whippany, New Jersey 07981	Ukrainian American Cultural Center of New Jersey
3	Razom for Ukraine	140 2nd Avenue New York, New York 10003	Razom for Ukraine
4	Ukrainian Congress Committee of America (UCCA)	203 Second Avenue New York, New York 10003	Ukrainian Congress Committee of America
5	Ukrainian Institute of America	2 East 79th Street New York, New York 10075	Ukrainian Institute of America
6	Ukrainian American Freedom Foundation Inc.	136 2nd Avenue New York, New York 10003	136 2nd Ave
7	Ukrainian American Cultural Center of New Jersey	60 N Jefferson Road Whippany, New Jersey 07981	Ukrainian American Cultural Center of New Jersey

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8	Ukrainian Community Center in Essex and Union counties	140 Prospect Avenue Irvington, New Jersey 07111	Ukrainian Center
9	Ukrainian Consulate General in New York	240 East 49th Street New York, New York 10017	Consulate General of Ukraine in New York
10	Shorefront YM-YWHA of Brighton-Manhattan Beach	3300 Coney Island Avenue, Brooklyn, NY 11235	
NY - Local Faith-based Organizations with Ukrainians Affiliations			
#	Name	Address	Map
10	Catholic Charities of New York	1011 First Avenue 11th Floor New York, New York 10022	Catholic Charities of the Archdiocese of New York
11	Episcopal Migration Ministries		
12	St. George Ukrainian Catholic Church	30 East 7th Street New York, New York 10003	St. George Ukrainian Catholic Church
13	All Saints Ukrainian Church	206 E 11th St New York, New York 10003	All Saints Ukrainian Church
14	St. Nicholas Carpatho-Russian Orthodox Church	288 East 10th Street New York, New York 10009	St. Nicholas Carpatho-Russian Orthodox Church
15	St. Cyril's Church	62 St Mark's Place New York, New York 10003	St Cyril's Church
16	Ukrainian Orthodox Cathedral of St. Volodymyr	160 W 82nd Street New York, New York 10024	Ukrainian Orthodox Cathedral of St. Volodymyr in Manhattan
17	Holy Cross Ukrainian Catholic Church	31-12 30th Street Queens, New York 11101	Holy Cross Ukrainian

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			Catholic Church
18	St. Mary's Ukrainian Church	246 East 15th Street Manhattan, New York 10003	St. Mary's Byzantine Catholic Church
19	Holy Trinity Ukrainian Catholic Church	211 Foordmore Road Kerhonkson, New York 12446	Holy Trinity Ukrainian Catholic Church
20	Congregation Beit Simchat Torah	130 West 30th Street, New York, NY 10001	
NJ Local Faith-based Organizations with Ukrainians Affiliations			
#	Name	Address	Map
20	St. Nicholas Ukrainian Catholic Church	217 President Street Passaic, New Jersey 07055	St Nicholas Ukrainian Catholic Church
21	St. John the Baptist Ukrainian Catholic Church	60 North Jefferson Road Whippany, New Jersey 07891	60 N Jefferson Rd
22	St. Andrew Ukrainian Orthodox Memorial Church	135 Davidson Avenue Somerset, New Jersey 08873	135 Davidson Ave
23	Nativity of the Blessed Virgin Mary Ukrainian Catholic Church	80 Livingston Avenue New Brunswick, New Jersey 08901	Nativity of the Blessed Virgin Mary Ukrainian Catholic Church
24	Saint Nicholas Ukrainian Catholic Church	824 Carmel Road Millville, New Jersey 08332	St Nicholas Ukrainian Church
25	Saints Peter and Paul Ukrainian Catholic Church	30 Bentley Avenue Jersey City, New Jersey 07304	30 Bentley Ave
26	Immaculate Conception Ukrainian Catholic Church	Liberty Ave and Bloy Street Hillside, New Jersey 07205	Immaculate Conception Ukrainian Catholic Church
27	Saint Michael the Archangel Ukrainian Catholic Church	1700 Brooks Boulevard Hillsborough, New Jersey 08844	St. Michael the Archangel Ukrainian

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			Catholic Church
28	Saint Vladimir Catholic Church	309 Grier Avenue Elizabeth, New Jersey 07202	St. Vladimir Ukrainian Catholic Church

Additional Resources

- [CLINIC's New Relief Options for Ukrainians](#)

Consulates, cultural centers, community centers, and immigrant focused nonprofits

- [Consulate General of Ukraine in New York](#) - Offices of the Ukrainian consulate in New York City
- Mayor's Office of Immigrant Affairs - For questions about how to access New York City services (resources available in multiple languages)
- [Ukrainian Institute of America](#) - Ukrainian cultural institution in NYC, no specific immigrant programs mentioned
- [Ukrainian American Freedom Foundation Inc.](#) - Forums, seminars and publications to inform the public concerning educational, cultural, international and community topics relating to democratic and economic reform developments in Ukraine

Legal, resettlement, and crisis centers

- [NYC Well](#) - Mental health services available for all New Yorkers
- [New York](#) and [New Jersey](#) have a list of available legal organizations in the U.S. Department of Justice's list of Recognized Organizations and Accredited Representatives
- Substance Abuse and Mental Health Services Administration - Direct crisis counseling and support for substance abuse and mental health issues (Hotline: 1-800-985-5990)
- [Domestic and Sexual Violence](#) - Crisis hotline for survivors of domestic and sexual violence

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