

## Our Services



### Occupational Therapy Team

Barrier Free Living's Occupational Therapy team supports all of BFL's programs.

Through one-on-one sessions and regular groups (ranging from healthy cooking to money or stress management) the Occupational Therapy team works with people to develop the skills needed for independent living.



### SUPPORT

### Deaf Services Team

Barrier Free Living's Deaf Services team works with deaf survivors of domestic

violence at our Freedom House and Secret Garden programs. We offer counseling, case management, advocacy, financial empowerment and support groups.

### Reach our Deaf Services Team at:

Video Phone: 646-807-4013

Monday - Friday 9 a.m. - 5 p.m.

## Who We Serve

- We welcome everyone regardless of immigration status
- You do not need documentation proving your disability to work with us
- We welcome all members of the LGBTQ+ community
- We welcome people of all gender identities
- We work with people with disabilities as defined by the Americans With Disabilities Act including wheelchair users, people who are D/deaf or hard of hearing, blind or visually impaired as well as people with intellectual, developmental, mental health, psychiatric or cognitive disabilities



## How You Can Help

**Volunteer, donate or join our team.**

Reach us at: [info@bflnyc.org](mailto:info@bflnyc.org).

### Follow us:

twitter: @barrierfreel

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instagram: bfl\_newyork

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# barrier free living

**Services and support for survivors of domestic violence with disabilities**



**Secret Garden**



**Freedom House**



**BFL Apartments**

## Secret Garden

**S**ecret Garden is BFL's community-based domestic violence program.



Since 1990 Secret Garden has provided services to survivors of domestic violence with disabilities.

### **Counseling and Psychotherapy**

Short or long term, domestic violence related trauma and relationship trauma.

### **Case Management**

Housing, advocacy, benefits, legal referrals.

### **Support Groups**

Empowerment, money matters, and domestic violence support among others.

We are not a walk in center.

Please call for an appointment.

212-533-4358

Monday - Friday 9 a.m. – 5 p.m.

## Freedom House

**F**reedom House is a crisis domestic violence shelter for individuals and families with or without disabilities. We assist people locally (New York City), nationally and internationally.



Our safe, confidential and fully accessible shelter offers:

### **Private living spaces**

Units equipped to serve people with disabilities. You must be able to live independently with or without a home health aide.

### **Counseling, Case Management & Support Groups**

Domestic violence counseling and support groups, assistance with housing/entitlements, and nursing.

### **Family Services**

- Child care
- Individual and group counseling for children and adolescents

## BFL Apartments

**B**FL Apartments is our newest program. It provides permanent supportive housing to formerly homeless families and single adults who have a disability and are survivors of domestic violence.



### **Services for tenants:**

- Supportive counseling and case management
- Support groups
- Children's learning center

Potential tenants must have an approved 2010E application and be referred by the New York City Human Resources Administration or a service provider.