



John Aliseo, a former resident, benefitted from the support and services he received from BFL's **Transitional Housing Program**.



Scan code to hear John's story.

John (one of 30 outstanding honorees at the agency's 30 Voices! 30 Visions! Gala) discovered and overcame his own barriers and reclaimed his voice as a writer and advocate for people with disabilities. Check out Johns' blog: www.positive-buzz.word-press.



Fleeing abuse, Alejandrina Cruz found safety at **Secret Garden**. Counseling and participation in the "cycle of violence" women's support group lead to her signing the lease on a safe home of her own. Today, Alejandrina teaches Spanish to low-income families and is certified in self defense.



Scan code to hear Alejandrina's story.

Ms. B and her children Christine and Jonathon fled domestic abuse to find safety at **Freedom House** Emergency Shelter. Throughout their stay Christine and Jonathon worked closely with the Children's Counselor in order to better understand their experiences witnessing abuse. The family continues its healing process today, with a focus on maintaining a safety plan for living.

Scan the QR codes with your smart phone. If you need a QR reader there are many free apps available for download.

empower • transform • succeed



Breaking Barriers In Domestic Violence is a regular E-Newsletter sharing our team's expertise, knowledge and success stories involving domestic violence and individuals with disabilities.

Join: www.bflnyc.org

Transitional Housing: 212-677-6668

Secret Garden: 212-533-4358

Freedom House: 212-400-6470

Check out our **NEW** website.

Trending news, Video, pressroom, stories of hope.

www.bflnyc.org

Follow BFL:



Learn more about our mission and vision. View BFL's Mission Film by Blake Drummond by scanning the QR code.



barrier
free
living



helping people
with disabilities
help themselves

Barrier Free Living has been helping people with disabilities help themselves since 1981.

For thirty years our programs have empowered **thousands** of individuals with disabilities to live independent lives free of abuse.

Secret Garden

- Our award winning* program for people with disabilities who have experienced domestic violence.
- Counseling, Innovative Support Groups, Advocacy.
- Case Management

Transitional Housing

- Safe shelter for people with disabilities.
- Counseling, housing placement, skill building workshops.

Freedom House

- Nationally recognized as the first fully accessible emergency shelter for disabled victims of domestic violence and their families.
- State of the art programming, safety planning, support groups for young residents and family counseling.

Outreach

- Hitting the streets of NY, guiding individuals with disabilities toward solutions involving housing, benefits, and rehabilitation.

Supportive Housing

- The next major program growing out of BFL's experience with people with disabilities will be 120 units of supportive housing to be developed in the South Bronx.

*Mary Byron Project Celebrating Solutions Award 2009



Freedom House's Generations of Freedom

Generations of Freedom provides emergency childcare, child and teen domestic violence support groups, individual and family counseling, psychiatric consultation, and parenting support groups. "We begin with a comprehensive assessment of the individual family needs," says Cynthia Amodeo, LMHC, Coordinator of Family Services. "We provide counseling and referrals to support systems including developmental evaluations and therapies, mental health, and preventive services."

BFL Occupational Therapy

Our team works with all BFL programs, offering cutting edge life skill workshops from financial literacy to innovative stress management.



Scan code to view OT film

New WebSite
www.bflnyc.org
Trending topics, pressroom, stories of hope.

Our Mission



Barrier Free Living empowers individuals with disabilities to live independent, dignified lives free of abuse.

"We have expanded our mission greatly since our early days. Our new logo symbolizes the many facets of what we do to free people from the physical and emotional barriers in their lives so they can be lifted to new levels of self esteem."
Paul B. Feuerstein, President/CEO/Founder

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to special free events (like our agency spring wine and cheese mixer with live music), receive our free newsletter or learn about volunteering opportunities at our agency?



Film maker Blake Drummond and friends at the website launch party.

Send us an email at info@bflnyc.org

Also, we'd love you to LIKE our agency Facebook page (www.facebook.com/barrierfreelivingnyc)



Scan code to view launch party video