

Barrier Free Living

Since 1981, Barrier Free Living has been working with people with disabilities to thrive in their communities. We began our ground-breaking work with survivors of domestic violence with disabilities and their families in 1990.

Learn more about our programs, shelters and permanent housing at

www.bflnyc.org



How to Reach Secret Garden

Information about our program eligibility and services are on our website at: www.bflnyc.org
email: secretgarden@bflnyc.org.

Or call our hotline Mon-Fri
9 a.m. - 5 p.m.
(212) 533-4358



BFL is an organization which welcomes and celebrates people from all backgrounds regardless of race, color, national origin, religion, age, disability, citizenship status, marital status, sexual orientation or any other protected characteristic as established by law.

Secret Garden

**Barrier Free Living's
Community-based
Domestic Violence Program**



Support for survivors of domestic violence with disabilities

www.bflnyc.org/programs-services

Who we are

Since 1990, Secret Garden has been working with survivors of domestic violence with disabilities providing counseling, support groups, occupational therapy and case management services.

We work with people who have disabilities (age 16 and older), as defined by the American with Disabilities Act ([ADA/www.dol.gov/general/topic/disability/ada](http://www.dol.gov/general/topic/disability/ada)). Some of these disabilities include:

- Hearing loss or deafness
- Vision loss or blindness
- Physical, mobility
- Medical
- Intellectual, developmental and or cognitive
- Mental health or psychiatric

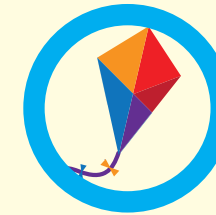
Our Services

You do not need documentation proving your disability to work with us. We serve everyone regardless of immigration status. Secret Garden is not a walk-in center. If you need help or want to learn about us, please call our hotline at 212-533-4358, Monday through Friday, 9 a.m. to 5 p.m., so we can work with you to determine the best first step.



Counseling & Psychotherapy

Short or long term counseling by licensed social workers. We work with you to find the right approach. We specialize in domestic violence related trauma and various forms of relationship trauma.



Secret Garden Groups

- Creative Empowerment
- Domestic Violence Support
- Money Matters
- Beauty and Self-Care
- Movement and Fitness



Case Management

Our case managers specialize in helping survivors of domestic violence with:

- Housing
- Public Benefits
- Bills, Banking and Finances
- Legal Services and Referrals
- Advocacy



Occupational Therapy Team

Our Occupational Therapy team works with survivors of domestic violence to build and strengthen life-skills (such as money management, self-care, job readiness). The team offers workshops and one-on-one sessions.