

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.



Sexual Assault Services Program

BFL's Sexual Assault Services Program is located at Secret Garden and is designed to support the unique challenges

and experiences of sexual assault survivors with disabilities and those who are D/deaf. Services include trauma-informed individual counseling for sexual trauma survivors, safety planning, psychoeducational groups, SAFE hospital referrals, advocacy, and sex-positive resources.

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.

Follow us:

twitter: @barrierfree
facebook: barrierfreeliving
instagram: bfl_newyork
#barrierfreeliving



barrier free living

Services and support for survivors of domestic violence with disabilities



Secret Garden



Freedom House



BFL Apartments

Secret Garden

Secret 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

Freedom 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

- Recreational activities
- 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.