



Welcome to New York City!

**HOSPITALITY
GUIDE**

AGPA 2012

Eastern Group Psychotherapy Society



THE CITY OF NEW YORK
OFFICE OF THE MAYOR
NEW YORK, NY 10007

March 5th, 2012

Dear Friends:

It is a great pleasure to welcome all those attending the Annual Conference of the American Group Psychotherapy Association.

Our Administration has worked hard to promote innovative public policies that help New Yorkers lead longer, healthier lives. Today, we commend the American Group Psychotherapy Association for their dedication to fulfilling their mission of providing individuals with the best possible mental healthcare and treatment. Their Annual Conference provides participants from diverse clinical disciplines the opportunity to advance their knowledge, skills, and training in group psychotherapy and related fields — helping to benefit residents in all five boroughs.

On behalf of our City, I am pleased to recognize those associated with the American Group Psychotherapy Association for hosting this conference and for their commitment to helping people improve their lives. My best wishes for an enjoyable event.

Sincerely,

A handwritten signature in black ink that reads "Michael R. Bloomberg".

Michael R. Bloomberg
Mayor

Welcome to New York City!

On behalf of the members of the **Eastern Group Psychotherapy Society (EGPS)**, I would like to warmly welcome you to New York City for the Annual Meeting of the American Group Psychotherapy Association, themed "Group as Common Ground." This theme perfectly fits New York City, which has thrived as the common ground for many diverse communities, and we, at EGPS, hope that New York City's diversity will enrich this year's Annual Meeting. We also look forward to sharing our city with you and will do our best to help you get the most out of your visit.

New York City has something for everyone from ***restaurants, museums, theatre, shopping, parks, and historical sites***. We hope you take some time during your stay to visit "the city that never sleeps." Our Hospitality Guide offers you a quick and handy resource with EGPS members' recommendations of their favorites here in the "Big Apple."

As an island with excellent public transportation, ***Manhattan*** offers you easy access to countless activities. We are in upper Midtown in the Sheraton Towers, ***near 5th Avenue's upscale shopping and the Theatre District, Carnegie Hall, Museum of Modern Art and Rockefeller Center***. If you head downtown, you can visit ***SoHo's*** wonderful art galleries and restaurants. ***Greenwich Village*** has delightful coffee shops, restaurants, bookstores, movie theaters and nightclubs. You may enjoy wandering through ***Tribeca*** with its artists' lofts, cobblestone streets, and neighborhood cafes. ***Little Italy*** and ***Chinatown*** offer traditional Italian and Chinese shops and markets and are definitely worth exploring. Or, you could make your own discoveries. If you make any great discoveries, please come by and share it with us at the ***EGPS Hospitality Booth***.

You will find all kinds of information on neighborhoods, landmark buildings, sightseeing, entertainment and museums at ***EGPS' Hospitality Booth***. We are here to provide help and advice from our friendly EGPS members and Hosting Task Force at the booth. We look forward to greeting you and sharing information. Stop by the booth and say hello.

Our ***Hosting Task Force*** chaired by ***Sherry Breslau and Michelle Collins-Greene*** has worked enthusiastically over the past year to bring you the best possible New York City Annual Meeting. Our Hospitality/Booth Sub-Committee Co-Chaired by ***Kathie Ault and Lynn Pearl***, along with their Sub-Committee members, ***Marie Rothschild, Amy Kossoy and Tom Hallinan*** have prepared our Hospitality Guide and will be providing the wonderful Hospitality Booth; our Marketing Sub-Committee Co-Chairs, ***Shoshana Ben-Noam and Carol Dallinga***, and Program Sub-Committee Co-Chairs ***Chera Finnis and Dan Raviv*** have also worked diligently throughout the year. ***Jan Vadell***, our EGPS Administrator continues in the role of consultant to the group and has coordinated our large team to welcome you all for an enriched experience.

We hope your experience with us in New York will be memorable, and that you will find many group opportunities to rekindle longstanding relationships and make new and lasting connections while here in New York. *Welcome!*

Neal

Neal Spivack, PhD, CGP

President, Eastern Group Psychotherapy Society (EGPS)

Visit the EGPS Hospitality Booth!

The EGPS Hospitality Booth will provide sign-up sheets for Dutch-Treat dinners arranged and hosted by members of EGPS. Please check it out, we'd love you to join us!!!

The EGPS Hospitality Booth will have:

- Menus
- Additional restaurant recommendations
- Current events listings
- Maps, guides, and recommendations of where to go to enjoy our city

New York Convention & Visitors Bureau

810 7th Ave & 53rd St

212-484-1222

Across 7th Ave from the hotel, you can visit this information center and pick up a wealth of ideas. They have maps, discount tickets, brochures and a well-informed staff. Visit them! 8:30AM-6PM; Sat & Sun 9AM-5PM.

Feel free to approach any of the EGPS Hospitality Task Force members with questions or feedback – we hope to make your visit to New York an enjoyable one:

The EGPS Hosting Task Force for the 2012 AGPA Annual Meeting

Co-Chairs:

Sherry Breslau, PhD, CGP
Michelle Collins-Greene, PhD, CGP

Hospitality/Booth/Guide Sub-Committee

Co-Chairs:

Kathleen Ault, NP, CGP
Lynn Pearl, PhD, CGP

Sub-Committee Members:

Amy Kossoy, BA
Tom Hallinan
Marie Rothschild, LCSW, CGP

Marketing Sub-Committee

Co-Chairs:

Shoshana Ben-Noam, PsyD, CGP
Carol Dallinga,

Program Sub-Committee

Co-Chairs:

Chera Finnis, PsyD, CGP, FAGPA
Dan Raviv, PhD, CGP, FAGPA

Jan Vadell, Consultant to the Task Force and EGPS Administrator

Introduction:

Welcome to New York City! On behalf of EGPS and AGPA, we present you with this simple guide. Many recommendations came from EGPS members and friends (marked with an asterisk), giving you a window into this city we love.

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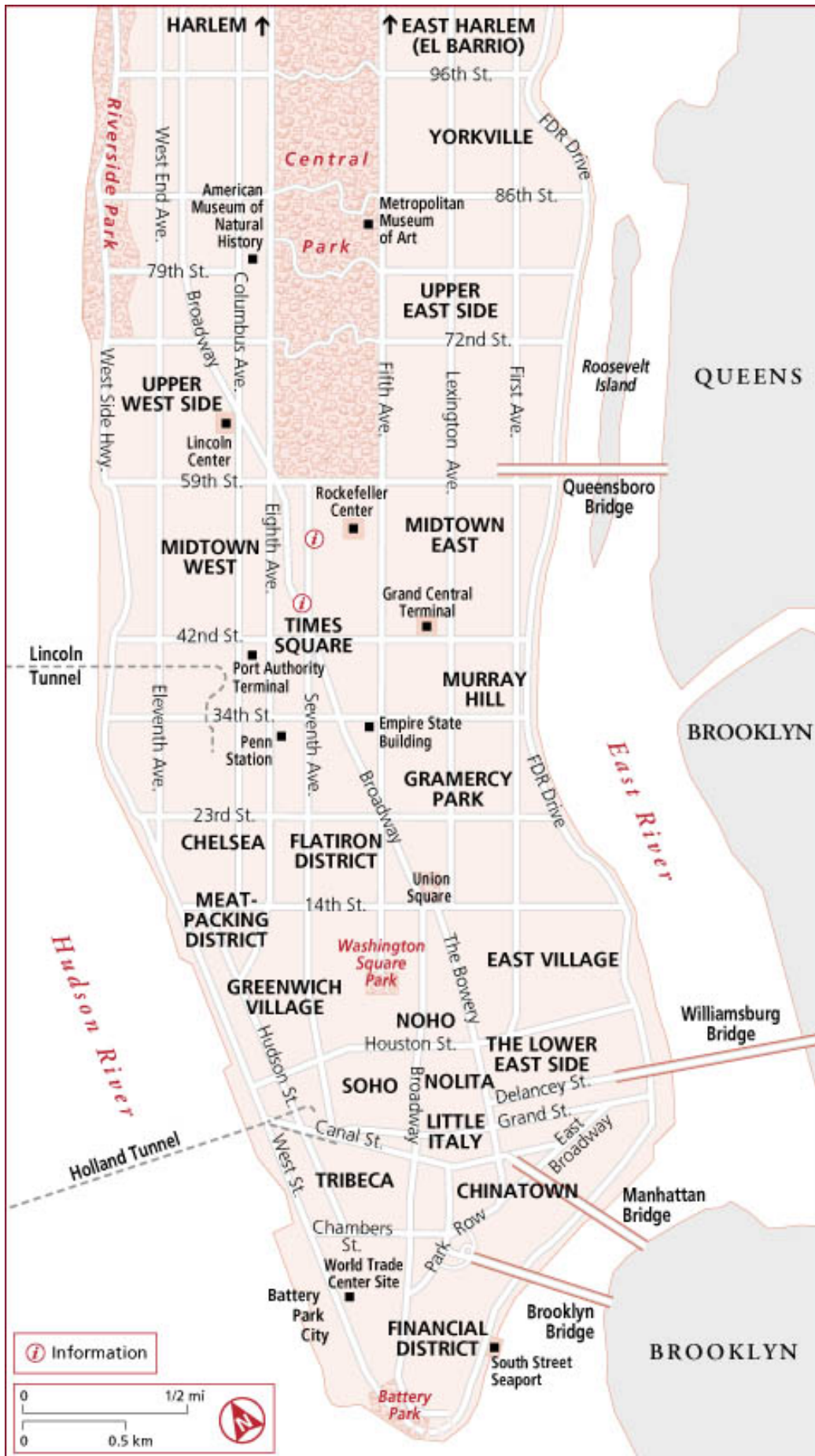
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EGPS Activity Information



Emergency numbers: Dial 911 for police, fire, ambulance

Transportation:

The EGPS Hospitality Booth will have subway maps and bus route information. Pick up a copy of 'Where' magazine from the NYC Convention Center across from the hotel – it has bus and subway maps inside.

Bus and subway fares is \$2.25 when multi-trip card is purchased. (A single trip will cost you \$2.50) Metro-cards are sold in machines in subway stations or at the subway booth at many stations. Be sure to stop by the EGPS information desk for more information. There are discounted rates for unlimited daily cards and weekly cards and multiple trip cards (purchased in subway stations). There are free transfers between bus and subway, and from bus to bus and subway to bus. Do not be afraid to ask. New Yorkers are actually friendly and helpful and proud of their city.

Taxicabs To get most places it will cost \$10-20. To be cost effective share a cab with friends and colleagues. Suggested tip is 15-20%
You can check out this website <http://nyc.taxiwiz.com> for fare information before you go.

Not Just For Children

***Central Park Zoo** 5th Ave & 64th St 212-439-6500 The Snow leopards, polar bears, and penguins are wonderful! The tropic zone is a hot house all year-round. The bats are a favorite. You can explore this zoo in an hour.

***Museum of Natural History & Hayden Planetarium** Central Park West at 79 Street. Daily 10 am -5:45 pm. The dinosaurs, the animals of West Africa, and the 3-D Movie and planetarium shows are great.

SONY Wonder Technology Lab 550 Madison Avenue –(56th Street (btwn Madison &5th Ave) A wonderful hands-on multi-media exhibit demonstrating communication technology. A great place for kids. 10 am - 5 pm. Free admission but must have reservations. 212-833-8100 Mon –Sat 930-500
Strongly recommend reserving tickets more than a week in advance.

Current Events

Please check the Friday & Sunday "Arts & Leisure" section of The New York Times, Time Out Magazine, New York Magazine, The Village Voice and The New Yorker Magazine (available at EGPS Hosting Booth).

Be sure to stop by the EGPS Hospitality Booth for the latest information.

***activities and places recommended by EGPS members**

Dining Guide

Here's a sampling of restaurants put together from recommendations of EGPS members and friends. We've attempted to include a variety of prices and cuisines, as well as different neighborhoods.

The #'s listed at the end of each item is the published Zagat rating for "food-décor-service" and the approx cost of a dinner with a drink. Zagat uses a 0-30 rating scale. Zagat guide is considered the seminal guide to good eating by many New Yorkers. A copy will be at EGPS Hospitality Booth.

*** means popular among EGPS members.**

In the New York Sheraton Hotel:

Link Café in lobby - Like a Starbucks

Hudson Market - Full breakfast buffet, all you can eat, \$34. You can also order ala carte.

Breakfast places near hotel:

Au Bon Pain - 125 west 55th Street, 22 West 52nd (btwn 5th & 6th Avenues) Tel-212-246-6518

Bocca - 50th St (btwn 6th & 7th Avenues) 135 west 50th Street.
212-582-3000 Great breakfast. (Monday – Friday only)

Bread Market & Café - 1290 6th Ave entrance on 52nd St (btwn 5th & 6th Avenues) Opens at 5:30AM
Tel- 212-957-5677

Starbucks - In Hotel lobby, also at many other locations

156 West 52nd St betw 6th & 7th Avenues, 52nd and 8th Avenue, 52nd and 7th Ave, 54th & Broadway

Fabulous Brunch & Lunch Splurges

Capsouto Freres - 451 Washington Street & Watts Street. 212-966-4900.

French Bistro off the Beaten Track worth visiting if in Tribeca. Great Brunch Sat & Sun. Awesome soufflés. 24-23-24 \$29 Lunch Monday – Friday Brunch Sat & Sun 8 – 9

***Jean George Nougatine** - 1 Central Park West (bet 60th & 61 Streets). Winter promotion Brunch/lunch \$38. Must have reservation. 27-23-25 Tel- 212-299-3900

Robert Restaurant - 2 Columbus Circle. 212-299-7730. Must have reservation. Wonderful view, decent food. \$29 brunch 11:30-3:00 Sat & Sun. 19-24-19

***Sapphire's** - 1845 Broadway (60th Street) 212-245-4444 Great Indian food; lunch buffet is a great deal and recommend. Mid-priced. 21-19-18-44

***Telepan** - 72 West 69th Street (betw Central Park West & Columbus Avenues) 212-580-4300. Must have reservations for this Upper West Side highest Zagat rated place for brunch. 11:00 AM – 3:00 PM, Sat & Sun. Very nice dining experience. \$32 pp. 26-21-25

West Side (below 42nd St):

***Blue Water Grill** - 31 Union Square West (16th St) 212-675-9500. Seafood. Gorgeous, noisy setting, food worth it, great raw bar. Jazz room downstairs. Expensive. 23-22-21 \$56 Brunch on Sunday.

Capsouto Freres - 451 Washington Street & Watts Street. 212-966-4900. French Bistro off the Beaten Track worth visiting if in Tribeca. 24-23-24 \$59 (Closed Monday Lunch) Brunch Sat & Sun.

El Quijote - 226 W 23rd Street. 212-929-1855. Lively Spanish restaurant with super paella, lobsters & grilled steak. Some nights guitar band will serenade, price range \$20-30/person, reservations necessary. Mid-priced. 21-14-18 \$43

Kang Suh - 1250 Broadway (at 32nd Street). 212-564-6845. Great Korean food. Do it yourself Korean BBQ. 22-12-16 \$35

Keens Steakhouse - 72 W 36th Street (btwn 5th & 6th Avenues). 212-947-3636. Steakhouse and pub, fireplace, speakeasy atmosphere, good meats. Expensive. 25-23-23 \$70

Le Zie 2000 - 172 7th Avenue (btwn 20th & 21st Streets), Chelsea. 212-206-8686. Italian home-style food, very good service, homemade pasta. 22-15-20 \$42

Otto - One 5th Avenue (W 8th Street). 212-995-9559. Unusual upscale pizzeria & enoteca owned by Mario Batali. Great service, lovely setting, wonderful for groups: choose selections of pizza, antipasti, colazione and gelati and pass the platters around the table! Moderate. 22-19-18 \$39

Pastis - 9 Ninth Avenue (little W 12th Street). 212-929-4844. French bistro in Meatpacking District, hip, trendy, good food, "very packed". 21-21-18 \$50

Periyali - 35 W 20th Street (btwn 5th & 6th Avenues). 212-463-7890. Greek. Excellent food with top-quality preparation, refined. 24-20-22 \$56 Monday – Friday Lunch & Dinner. Sat & Sun Dinner.

***Sagaponack** - 4 West 22nd Street off 5th Avenue. 212-229-2226. New American Cuisine closed Sunday Dinner.

Tea & Sympathy - 108 Greenwich Avenue (Village) (btwn 12th & 13th Streets). 212-807-8329. Great tea shoppe, tiny eating area, good English favorites, a fun destination. 19-18-18 \$29 Sat & Sun Breakfast till 1:30pm

Theater District:

Abboccato - 136 West 55th Street (btwn 6th & 7th Avenues). 212-265-4000. Convenient location, attractive room and good food. 21-19-20 \$57

Azuri Café - 465 West 51st Street (betw 9th & 10th Avenues). 212-262-2920. Masterly prepared falafel and other Israeli Kosher eats. Unbelievably Cheap. 25-4-10 \$15.

Basso56 - 234 West 56th Street (btwn Broadway & 8th Avenue) .212-265-2610. "Calm", popular local Italian. 23-18-23 &49

Becco - 355 W 46th Street (btwn 8th & 9th Avenues). 212-397-7597. Northern Italian, pre-fixed pasta dinner, reasonable prices. Mid-priced. 23-19-22 \$46

***Bello** - 863 Ninth Ave at 56 Street. 212-246-6773. 21-17-22 \$48

Carmine's - 200 W 44th Street (btwn Broadway & 8th Avenue). 212-221-3800. Italian, family style, with huge portions so orders can be split, long lines possible, reservations only for grps of 6 or more (also at 2450 Broadway & 90th St). 20-16-18 \$42

Café Forant - 449 W 51 Street. 212-245-4214. Great place for lunch and brunch. Home made American food.

Chez Josephine - 414 W 42nd Street (btwn 9th & 10th Avenues). 212-594-1925. French bistro with good food, conveniently near theaters, live piano music. 20-21-21 \$53

***Chop't.** - 51st Street between 6th & 7th Avenues. For the budget (and health) conscious, you can't beat it. Great chopped salads with delicious dressings. Tel- 646-374-0360

***Da Tommaso** - 903 Eighth Avenue (bet 53rd & 54th Streets). 212-265-1890. This is an informal dining experience with great Italian food a short walk from the Hotel. 21-16-20 \$49

44 & X Hell's Kitchen - 622 10th Avenue (44th Street). 212-315-4582. American, hip, upscale, request back room. Mid-priced. "TRES GAY" 21-19-20 \$46

***Greek Kitchen** - 889 10th Avenue (at 58th Street). 212-561-4300. Greek. Neighborhood feel; solid, basic & traditional Greek dishes. No surprises & no disappointments. 19-13-19 \$31

***Lattanzi** - 46th Street (btwn 8th & 9th Avenues). 212-315-0980. Italian, Restaurant Row. 22-18-21 \$56

***Le Marais** - 150 West 46th Street (btwn 6th & 7th Avenues). 212 869-0900. Kosher French restaurant with delicious meat at fairly reasonable prices. 22-16-17 \$55

Marseille - 630 Ninth Avenue (btwn 44th & 45th Streets). 212 333-2323. French Mediterranean bistro in an absolutely gorgeous setting. 20-20-19 \$49

***Marea** - 240 Central Park South. 212-582-5100. Wonderful Italian Seafood. NY # 1 Italian. 27-26-25 \$96

***Milos, Estiatorio** - 125 west 55th Street. 212-245-7400. To control sky high pricing consider making a meal of the fabulous appetizers. 27-24-23 \$81

***Pam Real Thai** Tel- 212-333-7500 - 402 West 47th Street, (btwn 9th & 10th Avenues). AND - 404 West 49th Street (btwn 9th & 10th Avenues). Hell's Kitchen has sprouted a ton of Thai restaurants. This one stands apart. Even if you thought you "knew" Thai food, give this one a try. Quite reasonably priced. 23-9-17 \$24

***Puttanesca** - 859 9th Avenue (56th Street). 212-581-4177. Neighborhood Italian. Above-average Northern & Southern Italian food, close to Theater and Lincoln Center; prices very reasonable for what you get; all-you-can-eat Sunday brunch. Moderate. 19-16-18 \$40

Remi - 145 West 53rd Street (btwn 6th & 7th Avenues). 212-581-4242. Venetian food, satellite take-out (**Remi to Go**) for quick, excellent lunch. Expensive. 23-22-22 \$63

Rene Pujol - 321 West 51st Street (btwn 8th & 9th Avenues). 212-246-3023. French, well-rated for food quality, ambiance and service; good regional cuisine, pre-theater menu, request dining room with fireplace; well worth it. Expensive.

***Tout va Bien** - 311 W 51 Street, 212-265-0190, 51st Street, West of 8th Avenue. Great French bistro.

***Victor's Café** - 236 West 52nd Street (btwn Broadway & 8th Avenue). 212-586-7714. Cuban. Good food, good sangria, good pre-theater service. Mid-priced. 22-20-21 \$51

***Virgil's Real Barbecue** - 152 West 44th Street (btwn Broadway & 6th Avenue). 212-921-9494. "Best BBQ in NY", good portions, reasonable prices, long lines. Moderate. 20-14-17 \$36

Midtown:

Joe's Shanghai - 24 W 56th Street (btwn 5th & 6th Avenues). 212-333-3868. Chinese. Good dumplings, good food, bustling. Other location at 9 Pell St. in Chinatown has good Dim-sum on Sundays. 22-9-14 \$26

***La Bonne Soupe** - 48 West 55th Street (btwn 5th & 6th Avenues) French bistro, casual. Tel- 212-586-7650 18-14-16- \$30

Nocello - 257 West 55th Street (btwn Broadway & 8th Avenue). 212-713-0224. Northern Italian. Exquisite dining in every way, can be packed, treat yourself to something special. 21-18-21 \$52

Norma's - 118 West 57th Street (btwn 6th & 7th Avenues). 212-708-7460. Brunch- in Le Parker Meridien Hotel. Very good. . 25-18-19 \$42.

***Redeye Grill** - 890 7th Avenue (at 56th Street). 212-541-9000. New American. "Home of the dancing shrimp", busy with lively, young crowd, excellent fresh food, often live jazz in the evenings & Sunday brunch, across from Carnegie Hall. Expensive. 20-20-20 \$56

Upper West Side:

Ayurveda Café - 706 Amsterdam Avenue (94th St). 212-932-2400. Indian vegetarian cuisine, one of NY's most original restaurants in a simple storefront. A set menu each day consisting of appetizer, vegetable entrees, bread, lentils, rice, salad, raita, assorted chutneys & dessert. You decide if you want purified water or lassi, lemonade, or tea. It's 9.95 for lunch; \$13.95 for dinner – all you can eat!

***Blossom** - 466 Columbus Ave (btwn 82nd & 83rd Streets). 212 875-2600. Great Vegan 22-17-20 \$36.

***Dovetail** - 103 West 77th Street (at Columbus Avenue). 212 362-3800. It's very nice, somewhat upscale. The atmosphere is quiet and intimate and the food is divine. 26-22-25 \$72

***5 Napkin Burger** - 2315 Broadway (at 84th Street). 212-333-4488. Best Burgers in town. Less hectic than its sister at 630 9th Avenue btwn 44th & 45th Streets. 21-17-18 \$30

Isabella's - 359 Columbus Avenue (at 77th Street). 212 724-2100. Med-New American. Busy, attractive setting, good food, delicious brunch, across from Museum of Natural History. 20-19-20 \$44

La Boite en Bois - 75 West 68th Street (btwn Columbus & Central Park West). 212-874-2705. French "shoebox", excellent classic food, cash only. Well-priced prix-fixe dinner. 22-17-17 \$53

***La Mirabelle** - 102 West 86th Street (btwn Amsterdam & Columbus Avenues). 212-496-0458. "Lovely" traditional French bistro with good simple cooking & the warmest welcome you can imagine. 23-19-24 \$53

Nice Matin - 201 West 79th Street (at Amsterdam Avenue). 212-873-6423. French bistro. Very good. Continental food, pleasing atmosphere and reasonable prices. 20-18-18 \$46

Pasha - 70 West 71st Street (btwn Columbus Avenue & Central Park West). 212-579-8751. Turkish. Exotic, flavorful food, simply prepared, where one feels like one is in Turkey. A good place to experiment. 20-19-20-42

Popover Cafe - 551 Amsterdam Avenue (btwn 86th & 87th Streets). 212-595-8555. Great popovers, "cute," good Sunday brunch, no reservations, long lines at times. 19-15-17 \$27

***Rosa Mexicana** - 61 Columbus Avenue (at 62nd Street, across from Lincoln Center). 212 977-7700. Fabulous guacamole and Margaritas. Modern Mexican with a very festive atmosphere. Moderately priced. Must have reservation. Very popular. 22-21-20 \$50

Saigon Grill - 620 Amsterdam Avenue (at 90th Street). 212 875-9072. Best Vietnamese. Noisy. Inexpensive (Also at 88th St & 2nd Ave). 21-12-16 \$27

***Sapphire's** - 1845 Broadway (at 60th Street). 212-245-4444. Great Indian food; lunch buffet inexpensive. Mid-priced. 21-19-18-44

Shun Lee West / Café - 43 West 65th Street (btwn Columbus Avenue & Central Park West- Near Lincoln Center). 212-769-3888. Chinese. Extraordinary food and service that you pay for in a very stylish, elegant setting. Go next door to the Café for delicious dim sum in a less formal environment. Expensive but Café moderate. 22-20-21 \$55

***Trattoria Dell'Arte** - 900 7th Avenue (btwn 56th & 57th Streets - Carnegie Hall). 212 245-9800. Italian. A New York institution, busy and friendly, can be noisy, near Expensive. Another favorite of EGPS members. 21-20-21 \$59

Upper East Side (above 42nd St):

Boathouse in Central Park - Enter at East 72nd & 5th Ave. 212-517-2233. Faces the Lake, romantic setting, lovely, good brunch. 18-26-18 \$54

Café Centro - 200 Park Avenue (Met Life Bldg at 45th Street). 212-818-1222. Mediterranean brasserie near Grand Central Terminal, good food. Mid-priced. 20-18-20 \$49

***Café Boulud** - 20 East 76th Street (btwn 5th & Madison Avenues in the Surrey Hotel). Tel-212-772-2600 Exceptional but pricey. Less expensive than his reknown Daniel restaurant. 27-24-26 \$84

Caffe Grazie - 26 East 84th Street (btwn 5th & Madison Avenues). 212-717-4407. French bistro, lovely atmosphere, good salads; go after or before visit to the Metropolitan Museum of Art. Mid-priced. Close to the Metropolitan Museum. 20-17-20 \$47

Candle Café - 1307 3rd Avenue (btwn 74th & 75th Streets). 212-472-0970. **Vegan**. Delicious, healthy vegan dining for alternative eating, close quarters. Moderate. 23-14-19 \$32

***Candle 79** - 154 East 79th Street (btwn Lexington & 3rd Avenues). 212-537-7179. **Vegan**. Larger, upscale version of **Candle Café**. 24-21-23 \$47

***Osteria Del Circo** - 120 West 55th Street (btwn 6th & 7th Avenues) 212-265-3636. Italian. Whimsical circus-themed restaurant. Excellent pastas, pizzas and prix-fixed menu. 22-23-21 \$64

Oyster Bar - Grand Central Terminal , Lower Level (42nd & Vanderbilt Ave). 212-490-6650 Fun, particularly if you like oysters. Sit at the counter. A New York experience, not cheap but first-rate food. Mid-priced. See **Tours** below. 22-18-18 \$49

Sarabeth's - 1295 Madison Avenue (btwn 92nd & 93rd Streets). 212-410-7335. Wonderful breakfasts all day; go here when at any of the museums on the upper East side; long wait after 11:00 AM on weekends. 20-17-18 \$36

Spark's Steak House - 210 East 46th Street (btwn 2nd & 3rd Avenues). 212-687-4855. Steakhouse with superb meats, excellent wine list and good service. Very expensive. 25-19-23 \$81

East Side (below 42nd St):

Artisanal - 2 Park Avenue (enter on 32nd Street). 212-725-8585. French brasserie, wonderful cheeses, good wine list. 23-20-20 \$54

Balthazar (SoHo) - 80 Spring Street. 212-965-1414. French brasserie, lovely Parisian ambiance, delicious classic food. 23-23-20 \$56

Blue Smoke Barbecue - 116 E 27th Street (btwn Lexington & Park Avenues). 212-447-7733. BBQ ribs & sides. Not fancy but fun, good food. **Jazz Standard** downstairs for dancing afterwards. 21-17-19 \$41

Chinatown: Additional suggestions: **Wo Hop** Tel- 212-566-3841- 17 Mott St (Bowery) Cramped, but with cult-like following, inexpensive; **New Green Bo** Tel-212- 625-2359- 66 Bayard St (Mott) inexpensive; **Jing Fong Restaurant** Tel-212-964-5256- 20 Elizabeth St (Canal St) Moderate. **Bo-Ky Noodle Shop** Tel- 212-406-2292- 80 Bayard St betw Mott and Mulberry, 22-5-11 \$15

Pho-Viet Huong 212-233-8988- 73 Mulberry st betw Bayard & Canal. 22-10-16 \$22

Hangawi - 12 East 32nd Street (btwn 5th & Madison Avenues). 212 213-0077. Korean. A gorgeous **vegetarian** Korean restaurant that has the feel of a temple that's serene, restorative and uplifting. 24-24-23 \$47

Hasaki - 210 East 9th Street (btwn 2nd & 3rd Avenues- East Village). 212-473-3327. Japanese. Excellent sushi, fresh fish delicately prepared. It's in the basement. No reservations, be prepared to wait. 24-14-18 \$46

Il Cortile - 125 Mulberry Street (btwn Canal & Hester Streets). 212-226-6060. Little Italy. Authentic Italian food in attractive quaint setting, request atrium if possible. 23-20-21 \$54

Indochine - 430 Lafayette Street (btwn Astor Place & 4th Sttreet). 212-505-5111. French-Vietnamese. Delicious, exotic food & tropical surroundings. 21-21-18 \$54

Indian food: Murray Hill (between 31st and 33rd Sts on Lexington Avenue) has inexpensive-moderate Indian restaurants and on E 6th St (btwn 2nd & 3rd Ave) there are low cost Indian eateries.

Jaiya Thai - 396 3rd Avenue (at 28th Street). 212-889-1330. Thai. Great, authentic food, can be fiery, but moderately priced.

Les Halles - 411 Park Ave South (btwn 28th & 29th Streets). 212-679-4111. French bistro & butcher shop. Good food, noisy, interesting crowd. Mid-priced.

Park Bistro - 414 Park Avenue South (near 28th Street). 212-689-1360. French, a bit old-fashioned but good food, owner present. Expensive.

Sammy's Roumanian - 157 Chrystie Street (Delancy). 212-673-0330. Lower East Side, Jewish home cooking! Bring your cardiologist with you. They have schmaltz on the table (chicken fat) and prepare many dishes at the table. Huge portions. Mid-priced. 20-10-18 \$56

Sushi Samba 7 - 87 7th Avenue S, West Village. 212-691-7885. Japanese. Combined cuisine of Japanese sushi and citrus-marinated Latin ceviche inspires a successful cross-pollination, sleek after-work crowd at the bar. Reservations needed. 22-18-20 \$50

Thai: Additional suggestions: **Kin Khao** 171 Spring St (Thompson) moderate; **Pongsri Thai Restaurant** Tel- 212-349-3132- 106 Bayard St (Baxter) (near Canal stop) inexpensive; **Spice** Tel-212-982-3758- 60 University PI (10th St) moderate.

Vatan Indian Restaurant - 409 3rd Avenue (at 29th Street). 212-689-5666. Indian. Eat a traditional Gujarati feast with your fingers here. Moderate.

Vegetarian: additional recommended suggestions: **Veg City Diner** Tel- 212-490-6266- 22 W 14th (5th & 6th Ave); **Teany** Tel- 212-475—9090- 90 Rivington (Orchard/Ludlow) "Alternative rock star MOBY started this hip place."

Vincent's - 119 Mott Street (at Hester Street). 212-226-8133. Typical Little Italy establishment, decent food, "cafeteria" décor. Check it out while walking around. Moderate.

Veniero's - 342 East 11th Street (btwn 1st & 2nd Avenues). 212-674-7070. East Village. Great Italian desserts! Old- time décor. Not for those on a diet! Inexpensive.

Delis & Lunch:

Carnegie Deli - Tel- 212-757-2245 - 854 7th Avenue (at 55th Street). World famous haven for pastrami & corned-beef. 22-10-14 \$29

Katz's Delicatessen - 205 East Houston Street. (at Ludlow Street). 212-254-2246. Flakey atmosphere, genuinely gross fat sandwiches, "an experience." Some say "not to be missed" others differ. 24-9-13 \$24

***Zabar's** – 2245 Broadway (at 80th Street). 212 787-2000. Zabar's has to be experienced, in person, to truly be understood. You have to see the crowds, hear the banter of our sales help, smell the croissants baking, admire the rich brown hues of our coffee, sample cheese from every corner of the world, enjoy the beauty of hand sliced nova, walk upstairs and see the largest selection of imported copper cookware anywhere... it really is a one of a kind adventure.

***Eataly NY** – 200 5th Avenue (at 23rd Street). 212 229-2560. Eataly is more than a supermarket with restaurants. It is an energetic marketplace, an opportunity to taste and take home the products of artisans who till, knead and press to bring you the highest quality products at fair prices. Numerous restaurants throughout this huge location.

Gay and Lesbian Favorites

As for bars, 3 main foci of hanging out are the Chelsea area around 8th Ave, btwn 15th & 23rd St, the Hells Kitchen area around the 50's btwn 8th & 9th Ave, and the East Village.

Check these magazines or their websites for additional listings & suggestions:

Next magazine (men and women): <http://64.227.165.55/index.shtml>

Go magazine (women): www.gonycmagazine.com

Bars for Men

The Townhouse - East 58th Street (btwn 2nd & 3rd Avenues). Tel- 212-754-4649. For gentlemen of a certain age (i.e., over 40) and their admirers. Piano bar in back.

Therapy - 348 West 52nd Street (btwn 8th & 9th Avenues). Tel-212-397-1700- Big multilevel bar with plenty of wood surfaces and plenty of boys. Youngish. Best for a group.

Posh - 405 West 51st Street (btwn 9th & 10th Avenues). Tel- 212-957-2222. Really good neighborhood bar with tin ceilings. Most female-friendly of all the places close to the hotel.

Ninth Avenue Saloon - 656 Ninth Avenue (btwn 45th and 46th Streets). Tel- 212-307-1503- Real old-time dive bar, with cheap beer and popcorn. Broad Crowd.

Don't Tell Mama - 343 West 46th Street (btwn 8th & 9th Avenues). Tel- 212-757-0788- On Restaurant Row. Not a gay bar, per se, but it's a piano bar for crying out loud! Several performers per night. Really a mixed bag.

The Ritz - 369 West 46th Street (btwn 8th & 9th Avenues). Tel- 212-333-4177- Also on Restaurant Row. Huge lounge in back. Diverse crowd.

Bars for Women

Henrietta Hudson - 438 Hudson Street at Morton. 212-924-3347. Mixed- "A favorite place". A comfortable bar that is also gay friendly.

Cubby Hole – Tel- 212-243-9041- 281 West 12th Street, West Village and not too terribly far. A mixed neighborhood bar.

Internet Access:

Starbucks has free WI-FI access and no purchases are required. You can nurse a coffee all-day if you like.

NYC Public Library-Main Branch at 42 street and 5th Avenue and all other Branches have computers available for public use.

Movies (Near Theater) & Special Locations:

At any time, you can call 212-777-FILM for what's showing & showtimes.

Film Society of Lincoln Center, 165 W 65 Street, Tel- 212-875-5610

Angelika Film Center 18 W Houston St

Astor Plaza 44th St at Broadway

84th Street Sixplex Broadway at 84th St

Empire 25 42nd St near 8th Ave 212-398-3939

42nd St E Walk 42nd St near 8th Ave

Lincoln Plaza Cinemas Broadway & 63rd St 212-757-2280 (Mostly Indie films)

Lincoln Square Broadway at 68th St

Loew's IMAX Broadway & 68th St

Paris 4 W 58th St 212-688-3800 Foreign films

Walter Reade Theatre Lincoln Center, Broadway & 66th St 212-875-5600

Ziegfeld 141 W 54th St

Museums:

It is fun to wander up and down 5th Avenue between 104th and 72nd in and out of museums and along Museum Mile. You can head over to Madison Ave below 86th St and visit some of the galleries there and on 57th Street.

***The National Museum of The American Indian-1** Bowling green 212-514-3700. Free admission

***American Museum of Natural History** 79th St & Central West. 212-769-5200. Be sure to see the Dinosaur Exhibit, the Rose Center for Earth & Space (truly spectacular), and the Gems.

El Museo del Barrio 1230 5th Ave (104th St). 212-831-7272. Devoted to the cultural heritage of Puerto Rico, the Caribbean, and Latin America. Wednesday-Sunday.

The Frick Collection 5th Ave & 70th St. 212-288-0700. Tuesday-Sunday. Mansion with paintings, sculpture, decorative arts that are incredibly beautiful.

***Guggenheim Museum** Fifth Ave & 89th St. 212-423-3500. Frank Lloyd Wright landmark. Closed Thursday.

Hispanic Society of America 613 W 155th St (Broadway). 212-926-2234. Fine & decorative arts. Multilingual. Closed Monday.

***International Center for Photography** 1133 6th Ave (43rd Street). 212-857-0000. Closed Monday

Intrepid Sea-Air-Space Museum Tel- 212-245-0072- 12th Ave & W 46th Street, Pier 86. Experience the flight deck of a 900 ft long aircraft carrier, among other interesting challenges. One of the Concorde is on a barge nearby.

Jewish Museum 1109 5th Ave (92nd Street). 212 423-3200. Closed Saturday.

***Metropolitan Museum of Art** 5th Ave (82nd Street). 212 879-5500. Note the recommended admission is \$20, but give as you wish. Especially if you just want to briefly check it out.

***The Museum of Art and Design** - Tel-212-299-7777 -2 Columbus Circle. Admission \$15. Tuesday-Sunday, 11:00 AM-6:00 PM. Strongly recommend docent tour at 11:00 AM or 3:00 PM daily. Or 6:30 PM Thursday evening. Thurs admission price pay as you wish.

***The Museum of Modern Art** - 212-708-9400- 9 West 53rd Street between 5th & 6th Avenues.

***Museum of Jewish Heritage-** Tel- 646-437-4202- 36 Battery Place. Monday – Friday 9am – 5pm (closed Saturday)

Museum of Television & Radio, 25 W 52nd Street (btwn 5th & 6th Avenues). 212-621-6600. See and hear old favorites. Closed Monday.

Museum of the City of New York 1220 5th Avenue (103rd Street). 212 534-1672. Depicts the history of New York City. Wednesday-Sunday.

National Museum of the American Indian One Bowling Green (Old Custom House) (btwn State & Whitehall Streets). 212-574-3700.

Neue Gallery 1048 5th Avenue (86th Street). 212-628-6200. Early 20th century German and Austrian art owned by the Lauder Family. Closed Tuesday-Thursday.

New Museum of Contemporary Art 583 Broadway (Prince-Houston). 212-219-1222. Closed Monday.

New York Historical Society 2 W 77th St (Central Park West) 212-873-3400. Closed Monday.

***The Rubin Museum-**Dedicated to the Art of the Himalayas. 150 West 17th Street (btwn 6th and 7th Avenues) 212-620-5000. Closed Tuesday. Wednesday thru Monday opens at 11:00 AM. Late night Friday closes at 10:00 PM

***The Tenement Museum-** www.tenement.org- 103 Orchard street-212-982-8420. Daily 10 am-5 pm.

Whitney Museum of American Art 945 Madison Avenue (75th Street). 212-570-3676. One of the world's pre-eminent collection of 20th century American art. Wednesday-Sunday.

Neighborhoods:

Manhattan is composed of identifiable and unique neighborhoods, each with its own restaurants and places of interest. Among the more common areas with which you may want to acquaint yourself while in New York are:

Astoria, Queens good Greek restaurants

Gramercy Park - Famous Flatiron Building – 175 5th Ave. & 23rd Street.
Chelsea – 14th – 34th Streets, 5th Ave to the Hudson River
Chinatown – south of Canal St
East Village – 14th Street to Houston Street, 5th Avenue to Bowery
Financial District – Chambers Street to Battery Park
Grand Central Station – 42nd Street between Vanderbilt & Lexington Avenue
Greenwich Village – 14th Street to Chamber Street, 5th Avenue to the Hudson River
Hell's Kitchen - 9th Avenue (btwn 40's & 50's) ethnic food stores & good restaurants
Harlem – 125th Street and surrounding area
Little India 6th Street between 2nd Avenue & Avenue A
Little Italy – above Canal Street
Little Korea - 33rd Street & 6th Avenue
Lower East Side – South of 14th Street; 2nd Avenue to the East River
Murray Hill – Indian restaurants
Soho – south of Houston Street
Times Square – 42nd Street & Broadway
Tribeca - The triangle below Canal Street from W Broadway to the Hudson River
Tudor City 41st – 43rd Streets btwn 1st & 2nd Avenues
Nolita (North of Little Italy)

Night Life:

***Algonquin Hotel Lounge.** For atmosphere. It is the quintessential NYC Hotel lounge. It is quiet, understated and cozy. Order the Dorothy Parker Martini. 5.9 W 44th St 212-840-6800

Blue Water Grill 31 Union Square West (16th St). 212-675-9500. Gorgeous, noisy setting, food worth it, great raw bar. Jazz room downstairs. Check for current listings.

Carlyle Hotel (Café Carlyle) Madison Ave at 76th Street. 212-744-1600. Check for current listings.

Hudson Hotel Wonderful bar scene. Located on 58th Street between 8th & 9th Avenues). One of their bars looks like a rich person's living room--billiard table, etc. Great for sipping a single malt scotch. Terrific for people watching!

Iridium Jazz Club 1650 Broadway (51st Street). 212-582-2121/0. Jazz Club & drinks, small bites and tapas.

Jazz Standard (& Blue Smoke Barbecue, upstairs) 116 E 27th Street. 212-576-2232 (Jazz), 212-447-7733 (Food) Good music, good food, dancing. Check for current listings. 930

Robert Restaurant 2 Columbus Circle 9th floor. Great place for drinks 212-299-7730. Fantastic view of Columbus circle and the park. Fairly good brunch on weekends.

Top of the Tower Beekman Tower, 3 Mitchell Place (1st Avenue & 49th Street) 212-980-4796. Spectacular full roof-top view.

Out of the Way Places:

Bargemusic Tel- 718-624-2083- over the Brooklyn Bridge; weekends, professional chamber music on funky old barge.

The Bronx Zoo & The Bronx Botanical Gardens near each other. *Note the beautiful orchid show at the Botanical Garden is now showing.* Also Arthur Avenue, an old Italian neighborhood. Have dinner at Dominick's (above) restaurant for a real "family" experience.

The Cloisters Museum in Fort Tryon Park btwn Broadway & Hudson River 212-923-3700. A branch of the Metropolitan Museum of Art: Medieval art, architecture & tapestries, spectacular setting. Closed Monday.

Parks:

Bryant Park 42nd Street & 6th Avenue - behind the NY Public Library

Central Park: 59th – 110th Sts btwn 5th Ave & Central Park West (8thAve) See **Boat House Restaurant.**

Conservatory Garden Enter at 5th Ave & 105th St. Central Park's 6-acre formal garden.

Fort Tryon Park The home of the Cloisters Museum.

Highline Park-NYC newest park-runs parallel to Hudson River from Gansenvort St just south of 13 St between 9th & 10th ave. St to 30th st. high above 10th Ave. Open from 7am to 7:45 pm.

Jefferson Market Library Garden-Originally a courthouse, the Jefferson Market Library has served the Greenwich Village community for over forty years.

Madison Square Park- 23rd & Madison ----Home of the original Shake Shack – NY famous Burger & Shake--- fast food

Riverside Park from 59th St to the George Washington Bridge. Take a long stroll and catch a bus or subway back.

Wave Hill Riverdale

Places of Interest:

Ellis Island Immigration Museum 212-363-3200 Leaves from Battery Park. An incredible trip for the views of the city and the Stature of Liberty. The experience of the museum itself is beyond words.

***Empire State Building Observatory** 5th Ave & 34th St 212-736-3100 Open 9:30AM-11:15PM (last sale) Spectacular on a clear night!

Irish Hunger Memorial Battery Park City

Lincoln Center 65th Street & Broadway

Lincoln Center Library of the Performing Arts

Madison Square Garden 8th Avenue & 32nd Street. Sports events & concerts.

NASDAQ Stock market 1500 Broadway (43rd Street). 646 441-5200. Advanced purchase of tickets is strongly recommended.

New York Public Library 5th Avenue & 42nd Street. Be sure to visit the Main Reading Room and special exhibits.

New York Stock Exchange 11 Wall Street. For tour, call 212-656-5162.

Radio City Music Hall Avenue of Americas (6th Avenue & 49th Street)

Rockefeller Center 5th Avenue & 49th Street. Ice-skating!

Roosevelt Island Tram 2nd Avenue & 59th Street. Offers a great view of Manhattan.

The Chrysler Building, Carnegie Hall and St. Patrick's Cathedral, and of course, the

Statue of Liberty not currently available for visit; see **Tours & Cruises**

United Nations 1st Ave (btwn 42nd & 46th Streets). 212 963-8687. Multi-lingual tours. Closed weekends in February.

Recreation:

Ice-skating at Rockefeller Center 212-332-7654. Call for schedule.

Wolman Ice-skating Rink in Central Park Enter park between East 62nd and 63rd Streets. 212-439-6900. Call for schedule.

Hiking along Hudson River, 72nd St and above.

Carriage Ride – when else will you do it? 59th Street & 5th Avenue across from the Plaza Hotel. You can walk through the Park or view some of the most elegant hotels located along Central Park South.

Highline Park-newest NYC Park-built on old historic rail tracks high above NYC streets in Chelsea. This is a unique one of a kind walking space that looks out to the Hudson River.

Walking across **the Brooklyn Bridge**. Incredible views!

Chelsea Piers - Hudson River, 12th Ave & 17th-23rd Streets. 212-336-6666. Every sport imaginable! including golf driving range, tennis, bowling, in-line skating, ice-skating, roller skating, rock-climbing, restaurants, and more.

Jogging: around the Reservoir in Central Park

Things to Do

Check out the Park avenue Armory 212-616-3930

Take the Staten Island Ferry.

Skate in Central Park or behind the public library

Go to the top of the Empire State Building

Take a ride on Skyline

MOMA- 53 Street (Bet 5th & 6th)

Go to TKTS and get cheap play tickets

Go to a Knicks or Rangers game at MSG

Take a carriage ride in central park

Gospel singing on 125th street

Visit Grand Central Station

Walk around farmers market at Union Square on Monday, Wednesday, Friday & Saturday -8am- 6pm

Walk around Times Square

Go to a comedy show, music show, or off Broadway play (listings in Time Out New York)

Visit Lincoln Center and see the new fountain, check out what discount tickets are available

Walk around the Time Warner Center

Go to the YMCA and play a game of pickup basketball to meet some locals

Bikram Yoga – 797 8th Ave (48 & 49)

Check out the 92nd Street Y. 212-415-5500

New York Public Library. 5th Ave (41 & 42)

World Yoga - 72 St East of West End Ave.

Broadway Dance – 322 W 45th Street, 3rd Floor

Dance Sport- 22 W 34 Street Tel- 212-307-1111

Religious Institutions:

New York City is home to all faiths from the small neighborhood synagogue and church to the world-famous institutions among those below. Please check the bulletin board near the Hospitality Table for additional information.

Abyssinian Baptist Church 132 Odell Clark Place (W 138th St) Harlem's famous spiritual center.

Central Synagogue Lexington & 55th St Reform Jewish. National Historic Landmark.

Congregation B'Nai Jeshurun 257 W 88th St (btwn Broadway & West End) 212-787-7600 Services are held Friday nights and Sat. AM and weekly AM. www.BJ.org

St Bartholomew's Church 50th St & Park Ave 212-378-0210 Also has a Gay & Lesbian Fellowship.

St John the Divine 110th St & Amsterdam The largest Gothic cathedral in the Western Hemisphere.

St Patrick's Cathedral 5th Ave & 50th St Famous Roman Catholic cathedral.

Temple Emanuel 5th Ave & 65th St

Mosque 3rd Ave & 96th St One of the largest.

Shopping:

New York can be a shopper's paradise. You can visit some of the largest department stores in the world, eg. Macy's at Herald Square (Broadway & 34th St) or Bloomingdale's at 3rd Ave & 59th St, or unique boutiques scattered throughout mid-town. These listings are some of our favorites.

American Craftsman corner 52nd St & 7th Ave (across from the conference hotel) Beautiful woodworking, glass, ceramics, fabrics representing hundred's of craftspeople. Other locations.

The Apple Store-1981 Broadway and West 67th Street and 767 5th Avenue and East 60 Street, and the Newest addition in Grand Central Station. Consultants will be happy to demonstrate the Ipad and other technology.

Anthropologie- 50 Rockefeller Center, West 50 Street & 6th Avenue. Very popular, youthful and different. Beautiful store.

Barnes & Nobles Bookstore 5th Ave (48th St) & Broadway and (82 & 83)

Bloomingdales 1000 Third Avenue 59th Street & 3rd Avenue. Has nearly everything for home and fashion. A pleasure to shop in.

Century 21- 1972 Broadway (At 66th St)

Diamond District 47th St (Know what you're buying)

Fairway Grocery Market 2127 Broadway (74th) 212-595-1888 (see more info under **Upper West Side** restaurants above) This market is one of the very best in NYC. (While there eat in 5 Napkin)

Fifth Avenue between 48th & 59th St includes **Rockefeller Center** (49th) with its underground shopping mall of 300 stores, and **Trump Tower** (55th), along with some of the most elegant, expensive and exclusive stores in the world.

Macys 34th Street between 6th and 7th Avenues. Shop here and support the world famous Thanksgiving Day Parade.

Madison Avenue between 59th & 72nd Sts has the largest array of international & American designer boutiques of anywhere in the city.

South Street Seaport South St & East River This area hosts many fine restaurants in the Old Fulton Market, and includes a fast food court, bars, small shops, boutiques and crafts.

Zabars - 2245 Broadway at 80th Street.

Time Warner Building and indoor mall 59 st and Columbus Circle

***Bargain shopping** runs aplenty on the lower East side at Orchard St, not too far from Chinatown & Little Italy. Observant of the Sabbath.*

Spas & Hair Salons:

Essential Therapy 122 East 25th st 212-777-2325. Early bird special. Book between 10:00 Am – 3:00 PM Monday thru Friday. Massage - cost \$110. Complimentary use of sauna, steam room and Jacuzzi.

Elizabeth Arden Red Door Day Spa 691 5th Avenue (57th & 58th Streets) 212-546-0200 \$247- Full day -\$452

Georgette Klinger Madison Avenue & 54th Street

George Michael of Madison Avenue 422 Madison Ave 212-752-1177 Famous salon for long hair.

The Peninsula Hotel. 55th and 5th, 700 5th Ave. Expensive but totally worth it. The massage therapists are amazing!

Theaters:

*Discounted tickets to the theater, dance, opera & concerts can be obtained the day of the performance at the **TKTS Booth, 47th St & Broadway**. Cash or travelers checks only! Tickets go on sale at 3:00 PM for evening performances and at 1:00 PM for matinees on Weds, Sat & Sun. Lines form early. For Theater lovers, there are Off-Broadway Shows and Broadway Shows, and Off-Off Broadway productions as well. Please check the **EGPS Hospitality Table** for the most up-to-date information and suggestions. Additional discount ticket vouchers can be obtained there or at the NY Convention Bureau across 7th Ave from the hotel.*

***Ticket master** – 800-745-3000 or .*

Carnegie Hall

The City Center

Irish Arts Center

Joyce Theatre 8th Ave & 19th St. wonderful dance programs

Lincoln Center 65th St & Broadway Opera, ballet, music, film, theatre. Check listings.

Radio City Music Hall.

Tours & Cruises:

Central Park Walking Tours 212-721-0874 – www.centralparkwalkingtours.com

*****Grand Central AudioTour-45 minutes**-pick up guide in Main Concourse. 9am to 7:30 PM

Gray Line Sightseeing Tours 800-669-0051 Visitor Center 777 8th Ave (btwn 47th & 48th St)

Circle Line Pier 83 (42nd St & Hudson River) 212-563-3200 3 hour cruise around Manhattan, very informative, well worth it.

Lincoln Center Tours- 212- 875- 5350

Municipal Art Society of New York 212-935-3960 “Best architectural walking tours” Weds Grand Central. mas.org

NBC Studio Tours– 30 Rockefeller Center. 212-664-7174 - Tours include a historical presentation of NBC's transition from radio to television, as well as a visit to a working TV studio. Reservations necessary. Discount coupon on brochure at NY Convention Bureau across 7th Ave from the hotel. www.studiotour.com

Staten Island Ferry Excellent view of lower Manhattan, New York harbor and the Statue of Liberty; at sunset, one of the best bargains in NY! Take it over and back. Leaves from Battery Park. Free

Statue of Liberty/Ellis Island Battery Park, South Ferry 212-269-5755 Take the boat over and back. Currently there's no going up in the statue.

Walking Tours - Check the Friday section of *The New York Times* for the latest information.

***The Ride** – 646-289-5060- at the Marriott Marquis Hotel- Friday, Saturday and Sunday

Exceptional Bus tour and entertainment ride around Manhattan.

Visit the EGPS webpage!

EGPS invites you to visit our website at www.egps.org where you can find information about EGPS and its activities, including the **Spring Event**, the **Annual Conference** and upcoming **Brooklyn, Long Island and Manhattan Professional Discussion Groups**, our journal *Group*, the **EGPS Newsletter** and membership information.

The EGPS Group Directory is on our Website:

Professionals and laypeople can search for a therapy group according to location, gender, or focus. By using our searchable database, one can obtain important information about the groups run by EGPS members in NY, NJ & CT. Visit the EGPS website, www.egps.org, and see the variety and number of groups we offer!

EGPS Referral Service

EGPS offers a referral service for professionals and the community. This Referral Service has become the primary source in the New York City area for a trusted group therapy referral. For more information on how the service works or if you would like to make a referral, please contact Mary Sussillo, LCSW, BCD, CGP at 212 289-8570, marysussillo@mac.com or Elizabeth O'Connor, LCSW at 212 675-9122, libbycsw@gmail.com or the EGPS Office at (631)385-0763 or egps@optonline.net.

WELCOME TO NEW YORK!!!