

EGPS
WELCOMES
AGPA
TO
NYC

Visitors Guide
and
EGPS Members Favorites

Welcome to New York City!

On behalf of the members of the **Eastern Group Psychotherapy Society (EGPS)**, we would like to warmly welcome you to New York City for the Annual Meeting of **the American Group Psychotherapy Association**, themed "Transformation in Group: From Isolation to Connection." This theme perfectly fits the many challenges of visiting our wonderful city. We hope that this guide will help you feel at home in the Big Apple.

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 some of EGPS members' favorite spots.

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 cafés. **Little Italy** and **Chinatown** offer shops and markets and restaurants that are definitely worth exploring.

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 **Kathie Ault** and **Dan Raviv**, and joined by **Sherry Breslau, Barbara Cooper, Erica Gardner-Schuster, Kathleen Isaac, Amy Kossoy, Hilary Levine, Lynn Pearl, Libby O'Connor, Marie Rothschild, Jerry Sachs, and Tzachi Slonim**, have come together to help make your conference a memorable experience. At our Hospitality Booth you will find many diverse suggestions and resources to make your visit to Manhattan one that hopefully, you will want to repeat many times in the future. **Jan Vadell**, our EGPS Administrator continues in the role of consultant to the Hosting Task Force and has coordinated our effort to welcome you all for an enriched experience. Without her guidance our mission would have been impossible.

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 to New York!*

Ed

Ed Elder, MDiv, LMHC
President, EGPS

Kathie

Dan

Kathie Ault, NP, CGP
Dan Raviv, PhD, CGP, FAGPA
Co-Chairs
Hosting Task Force

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.

In the New York Sheraton Hotel:

Link @ Sheraton Café in lobby - Like a Starbucks; 6:00 AM – 3:00 PM

Hudson Market; breakfast, brunch, lunch

Hudson Market Bistro; dinner

Lobby Lounge & Library Bar 3:00 PM – 1:00 AM; kitchen open until 12:00 AM

Breakfast places near hotel for breakfast/quick bite:

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

Bocca - 50th Street (btwn 6th & 7th Avenues). 135 West 50th Street. 212-582-3000 Great breakfast. (Mon – Fri only)

Maison Kayser 2161 Broadway - (73rd and Broadway) 212-873-5900

Bread Market & Café - 1290 6th Avenue entrance on 52nd Street (btwn 5th & 6th Avenues) Opens @ 5:30AM. 212-957-5677

Starbucks - In Hotel lobby, also at many other locations

156 West 52nd Street (btwn 6th & 7th Avenues), 52nd and 8th Avenue, 52nd and 7th Avenue, 54th & Broadway

Restaurants - Easy Access from Hotel (all of these are pricy)

Circo – 120 West 55th Street (btwn 6th & 7th Avenues). 212-265-3636. Upscale Italian

Abboccato - 136 West 55th Street (btwn 6th & 7th Avenues). 212-265-4000. Upscale Italian (Price-fixe lunch \$28)

Rue 57 - 60 West 57th Street (btwn 5th & 6th Avenues). 212-307-5656. French American Brasserie with Sushi Bar! Open for breakfast. Not inexpensive but not as expensive as some places.

The Modern - 9 West 53rd Street (btwn 5th & 6th Avenues). 212-333-1220. Expensive! Lunch 12-2; Dinner 5-10:30

Fogo De Chao Brazilian Steakhouse – 40 West 53rd Street (btwn 5th & 6th Avenues). 212-969-9980. Expensive but unlimited meat!

Alfredo 100 - 7 East 54th Street (btwn Madison & 5th Avenues). 212-688-1999. Italian-pricy.

China Grill – 60 West 53rd Street (btwn 5th & 6th Avenues). 212-333-7788. Asian Fusion. Dressy-Pricy.

Bar Americain - 152 West 52nd Street (btwn 6th & 7th Avenues) 212-265-9700. One of Bobby Flay's restaurants.

Trattoria Dell'Arte - 900 7th Avenue (corner of 57th Street) Directly across the street from Carnegie Hall. 212-245-9800. Italian-Artsy-Pricy.

A Voce - 10 Columbus Circle (Columbus Circle is at 59th Street). 212-823-2523. Italian-Expensive

Asiate - 80 Columbus Circle inside the Mandarin Oriental Hotel. The restaurant is on the 35th Floor. 212-805-8881. Great view-expensive.

Fabulous Brunch & Lunch Splurges

Jean George Nougatine - 1 Central Park West (btwn 60th & 61 Streets). 212-299-3900.

Milos - 125 West 55th Street. 212-245-7400.

Db Bistro Modern - 55 West 44th Street. 212-391-2400.

Oceana - 120 West 49th Street. 212-582-7200.

Asiate 80 - Columbus Circle @ 59th Street. 212-805-8881.

Del Frisco - 1221 6th Avenue @ 51st Street. 212-575-5129.

West Side (below 42nd St):

Blue Water Grill - 31 Union Square West (16th Street) 212-675-9500. Seafood. Gorgeous, noisy setting, food worth it, great raw bar. Jazz room downstairs. Expensive.

El Quijote - 226 West 23rd Street. 212-929-1855. Lively Spanish restaurant with super paella, lobsters & grilled steak.

Fig & Olive - 420 West 13 Street (btwn 9th Avenue and Washington Street) 212- 924-1200 also 10 East 52 btwn 5th and Madison 212-319-2002.

Keens Steakhouse - 72 West 36th Street (btwn 5th & 6th Avenues). 212-947-3636. Steakhouse and pub, fireplace, speakeasy atmosphere, good meats. Expensive.

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

Otto - One 5th Avenue @ West 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!

Periyali - 35 West 20th Street (btwn 5th & 6th Avenues). 212-463-7890. Greek. Excellent food with top-quality preparation, refined.

Red Egg –Chinese- Little Italy 202 Center Street (Howard Street). 212-996-1123.

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.

Theater District:

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

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

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

Carmine's - 200 West 44th Street (btwn 7th & 8th Avenue). 212-221-3800. Italian, family style, with huge portions so orders can be split, long lines possible, reservations only for groups of 6 or more (also at 2450 Broadway btwn 90 & 91 Streets).

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

Chop't. - 51st Street (btwn 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 (btwn 53rd & 54th Streets). 212-265-1890. This is an informal dining experience with great Italian food a short walk from the Hotel.

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

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

Marea - 240 Central Park South. 212-582-5100. Wonderful Italian Seafood. NY # 1 Italian.

Milos - 125 West 55th Street. 212-245-7400. To control sky high pricing consider making a meal of the fabulous appetizers.

Pam Real Thai - 402 West 47th Street, (btwn 9th & 10th Avenues). **AND** - 404 West 49th Street (btwn 9th & 10th Avenues). 212-333-7500. 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

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

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.

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.

The hotel's website www.sheratonnewyork.com has information about New York City attractions.

Museums:

Most museums are closed on Mondays. Please check before you head over.

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

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

Guggenheim Museum - Fifth Avenue & 89th Street. 212-423-3500. Frank Lloyd Wright landmark. Closed Thursday.

Metropolitan Museum of Art - 5th Avenue (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 Modern Art - 9 West 53rd Street (btwn 5th & 6th Avenues). 212-708-9400.

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

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 West 77th Street (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 - 103 Orchard Street. Daily 10 am-5 pm. 212-982-8420. www.tenement.org.

Whitney Museum of American Art - 99 Gansevoort Street. 212-570-3600. New amazing location at the beginning of Highline Park south of 14 Street near 10th Avenue. One of the world's pre-eminent collection of 20th century American art.

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.

Favorite Walks: along Hudson River, 72nd Street and above. Miles of paths in Central Park. Take the 7th Avenue subway #1 to 72 Street then change to express #2 or 3 to 110 Street Central Park West/110 Street and walk around the Harlem Meer (Lake).

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. WONDERFUL EXPERIENCE-GREAT WALK.

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.

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

Chelsea Piers - Hudson River, 12th Avenue & 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.