

**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 **75th Annual Meeting of the American Group Psychotherapy Association**, themed "*Connecting, Educating and Leading for 75 years: The Theory, Science and Practice of Group Therapy.*" 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 5<sup>th</sup> 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 **Erica Gardner-Schuster** and joined by **Sherry Breslau, Michelle Collins-Greene, Thomas Hallinan, Barbara Cooper, Kathleen Isaac, Amy Kossoy, Hilary Levine, Max Nisenbaum, Libby O'Connor, Lynn Pearl, Marie Rothschild, Jerry Sachs, Tzachi Slonim, and Jan Vadell**, our EGPS Administrator and Hosting Task Force Consultant. Jan has coordinated our effort to welcome you all for an enriched experience. Without her guidance, our mission would have been impossible.

The Hosting Task Force has come together to help make your Annual Meeting a memorable experience. At our Hospitality Table 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. 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***

***Erica***

Kathie Ault, NP, CGP  
Erica Gardner-Schuster, MA  
Co-Chairs  
Hosting Task Force

# Dining Guide

Here's a sampling of restaurants put together from recommendations of EGPS members, friends, and families. 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, Lunch, and Dessert Places Near Hotel

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

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

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

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

**Le Pain Quotidien**- 55<sup>th</sup> street and 8<sup>th</sup> Avenue 646-779-8387

**Maison Kayser 2161 Broadway** - (73<sup>rd</sup> and Broadway) 212-873-5900

**Pret A Manger**- 135 west 50 street- easy access and some healthy choices, including vegetarian options. M-F 6am-9 PM

**Starbucks** - In Hotel lobby, also at many other locations 156 West 52<sup>nd</sup> Street (btwn 6<sup>th</sup> & 7<sup>th</sup> Avenues), 52<sup>nd</sup> and 8<sup>th</sup> Avenue, 52<sup>nd</sup> and 7<sup>th</sup> Avenue, 54<sup>th</sup> & Broadway

**Schnackary's**-362 West 45<sup>th</sup> St (SE corner of Ninth Ave) great cookies, desserts, and coffee. To go. Worth wait.

**Wrapside**-673 9<sup>th</sup> Avenue (46<sup>th</sup>-47<sup>th</sup>) 212-203-6161. Falafel, shawarma, salads, Middle Eastern specialties

## Restaurants - Easy Access from Hotel

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

**Alfredo 100** - 7 East 54<sup>th</sup> Street (Madison & 5<sup>th</sup> Avenues). 212-688-1999. Italian-pricy.

**Ariana Afghan Kebab**- 787 Ninth Ave 212-262-2323. Small, affordable, casual family run restaurant. Kadoo Bolanee (fried pumpkin turnover), lamb tikka kebab, and Aushak (stuffed noodles). Try Firnee for dessert. Yumm.

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

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

**Basso 56** - 234 West 56<sup>th</sup> Street ( Broadway & 8<sup>th</sup> Avenue) .212-265-2610. "Calm", popular local Italian.

**Bello**- 863 9<sup>th</sup> Avenue between 56<sup>th</sup> and 57<sup>th</sup>. Good, festive Italian place reasonable walk from Hotel.

**Brasserie Cognac**-1740 Broadway (55<sup>th</sup>) 212-757-3600. Simple, tasty, moderately priced French.

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

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

**Five Napkin Burger**- 630 Ninth Ave 212-757-2277. Not just **GREAT BURGERS**.

**Red Eye Grill**- 890 7<sup>th</sup> Avenue (56<sup>th</sup> street) 212-541-9000. The 2016 Zagat's guide states "...classy mid-towner puts forth a dependable American menu...tons of seafood...vibrant experience.

**Rue 57** - 60 West 57<sup>th</sup> (btwn 5<sup>th</sup> & 6<sup>th</sup> 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 53<sup>rd</sup> Street (btwn 5<sup>th</sup> & 6<sup>th</sup> Avenues). 212-333-1220. Expensive! Lunch 12-2; Dinner 5-10:30

**Molyvos**-871 7<sup>th</sup> Ave (55<sup>th</sup> & 56<sup>th</sup>) 212-582-7500. Fine Greek Dining.

**Tout Va Bien**- 311 West 51<sup>st</sup> Street 212-265-0190. 212-265-0190 Neighborhood French bistro since 1949.

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

### **Fabulous Lunch Splurges & Fine Dining For Special Occasions: Reservations Required**

**Del Frisco** - 1221 6<sup>th</sup> Avenue @ 51<sup>st</sup> Street. 212-575-5129 & 50 Rockefeller Plaza (51<sup>st</sup>) 212-767-0371

**Milos** - 125 West 55<sup>th</sup> Street. 212-245-7400.

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

**Oceana** - 120 West 49<sup>th</sup> Street. 212-582-7200.

### **Hell's Kitchen: Easy Walk From The Hotel**

**Anejo Toquileria**- 668 10<sup>th</sup> Avenue 212-920-4770. Good Mexican food with Great Drinks.

**Esca**- 402 West 43<sup>rd</sup> Street 212-564-7272 The Voice says "Fish doesn't get any better than this."

**Gozala Place**- 709 Ninth Avenue 212-245-0709. Middle Eastern fare.

**Hell's Kitchen**- 754 Ninth Avenue (51<sup>st</sup>) Great, fun, noisy, active Mexican fare. Amazing Margaritas!

**Mercato**- 352 West 39<sup>th</sup> Street 212-643-2000. Tuscan Osteria

**Marseille**-630 Ninth Ave (44<sup>th</sup>-45<sup>th</sup>) 212-333-2323. Upscale French/Mediterranean, atmospheric, very good food, great bar.

**Nizza**-630 Ninth Ave (44<sup>th</sup>-45<sup>th</sup>) 212-956-1800. Very good, reasonably priced Italian with French accents.

**Tabata Raman**- 540 Ninth Avenue 212-290-7691 Excellent noodle shop.

**Tulcingo del Valle**- 665 10<sup>th</sup> Avenue (46<sup>th</sup> and 47<sup>th</sup>) 212-262-5510. Authentic Southern Menu.

## Theater District:

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

**Carmine's** - 200 West 44<sup>th</sup> Street (btwn 7<sup>th</sup> & 8<sup>th</sup> 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).

**Da Tommaso** - 903 Eighth Avenue (btwn 53<sup>rd</sup> & 54<sup>th</sup> Streets). 212-265-1890. This is an informal dining experience with great Italian food a short walk from the Hotel.

**Marseille** - 630 Ninth Avenue (44<sup>th</sup> & 45<sup>th</sup> 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 55<sup>th</sup> Street. 212-245-7400. To control sky high pricing consider making a meal of the fabulous appetizers.

**Pam Real Thai** - 402 West 47<sup>th</sup> Street, (btwn 9<sup>th</sup> & 10<sup>th</sup> Avenues). **AND** - 404 West 49<sup>th</sup> Street (btwn 9<sup>th</sup> & 10<sup>th</sup> 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 53<sup>rd</sup> Street (btwn 6<sup>th</sup> & 7<sup>th</sup> 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 52<sup>nd</sup> Street (btwn Broadway & 8<sup>th</sup> Avenue). 212-586-7714. Cuban. Good food, good sangria, good pre-theater service. Mid-priced.

**Virgil's Real Barbecue** - 152 West 44<sup>th</sup> Street (btwn Broadway & 6<sup>th</sup> Avenue). 212-921-9494. "Best BBQ in NY", good portions, reasonable prices, long lines. Moderate.

## West Side (below 42<sup>nd</sup> St):

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

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

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

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

**Otto** - One 5<sup>th</sup> Avenue @ West 8<sup>th</sup> Street. 212-995-9559. Unusual upscale pizzeria & enoteca owned by Mario Batali. Great service, lovely setting, wonderful for groups: choose selections of pizza, antipasti, calzone and gelato and pass the platters around the table!

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

**Tea & Sympathy** - 108 Greenwich Avenue (Village) ( 12<sup>th</sup> & 13<sup>th</sup> Streets). 212-807-8329. great Tea Shoppe, tiny eating area, good English favorites, a fun destination.

The hotel's website [www.sheratonnewyork.com](http://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** - 79<sup>th</sup> 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** - 5<sup>th</sup> Avenue & 70<sup>th</sup> Street. 212-288-0700. Tuesday-Sunday. Mansion with paintings, sculpture, decorative arts that are incredibly beautiful.

**Guggenheim Museum** - Fifth Avenue & 89<sup>th</sup> Street. 212-423-3500. Frank Lloyd Wright landmark. Closed Thursday.

**Metropolitan Museum of Art** - 5<sup>th</sup> Avenue (82<sup>nd</sup> 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 53<sup>rd</sup> Street (btwn 5<sup>th</sup> & 6<sup>th</sup> 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 5<sup>th</sup> Avenue (86<sup>th</sup> Street). 212-628-6200. Early 20<sup>th</sup> 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 77<sup>th</sup> Street (Central Park West) 212-873-3400. Closed Monday.

**The Rubin Museum** - Dedicated to the Art of the Himalayas. 150 West 17<sup>th</sup> Street (btwn 6<sup>th</sup> and 7<sup>th</sup> 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](http://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 10<sup>th</sup> Avenue. One of the world's pre-eminent collection of 20<sup>th</sup> century American art.

# Recreation:

**Wolman Ice-skating Rink in Central Park** - Enter park between East 62<sup>nd</sup> and 63<sup>rd</sup> Streets. 212-439-6900. Call for schedule. **Ice-skating at Rockefeller Center** - 212-332-7654. Call for schedule.

**Favorite Walks:** along **Hudson River**, 72<sup>nd</sup> Street and above. Miles of paths in Central Park. Take the 7<sup>th</sup> 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? 59<sup>th</sup> Street & 5<sup>th</sup> 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, 12<sup>th</sup> Avenue & 17<sup>th</sup>-23<sup>rd</sup> 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.

**Biking in the Park** There are 2 bike rental stations nearby: CPW and 68th St., and Broadway and 57 St. There's a number to call which I suppose gives recorded directions. You use a credit card. [\(855\)2453311](tel:8552453311).

You ride in counter-clockwise direction. Out-of-towners get confused by that. Just follow the horses!

# Special Events

## **The Butterfly Conservatory at The American Museum of Natural History**

Celebrate the return of this seasonal vivarium, which is filled with hundreds of live butterflies. The creatures flit about in a magical summerlike environment, surrounded by tropical flowers and lush vegetation in 80-degree temperatures. It's a perfect exhibition for a cold winter day.

**Marilyn Minter's exhibit at Brooklyn Museum** New York City-based artist Marilyn Minter's photography, paintings and videos are raw, emotional and sometimes controversial. This exhibition challenges the image of the female body as it is portrayed in popular American culture. *Pretty/Dirty* showcases more than four decades of Minter's sensual, colorful works, from her earliest creations featuring pop art techniques up through her current-day pieces that question how the beauty industry manages to "manipulate desire through images."

## **Off Broadway 2 -For-1**

NYC Off-Broadway Week. February 27 thru March 12.

Tickets on sale February 13. <http://www.nycgo.com/off-broadway-week>