

NYC PERFORMER RESOURCE GUIDE

YOUR ESSENTIAL GUIDE TO THRIVING IN THE PERFORMING ARTS



NYC PERFORMER RESOURCE GUIDE

This guide is designed to help performers navigate New York City's vibrant performing arts scene with confidence and clarity.

It brings together essential resources, from audition spaces and rehearsal studios to health services, networking opportunities, and financial assistance.

Whether you're just starting out or building an established career, these tools can help you stay prepared, connected, and supported.



Audition & Rehearsal Spaces

Venue Name	Location	Amenities	Price Range
Perry Street Theatricals	West Village	Mirrors, Piano, Sprung floors	\$35-60/hr
Ripley-Grier Studios	Midtown	Dance studios, Vocal rooms, Waiting areas	\$25-55/hr
The Public Theater Rehearsal Studios	East Village	Open space, Lighting, Dressing areas	\$30-65/hr
Brooklyn Art Haus	Williamsburg	Mirrors, Audio system, Flexible staging	\$20-45/hr
Bridge for Dance	Chelsea	Sprung floors, Piano, Large mirrors	\$28-50/hr
Manhattan Movement & Arts Center	Upper West Side	Dance floors, Sound system, Full-length mirrors	\$30-70/hr



Industry Resources & Casting Platforms

- **Actors Access** — Free profile, submit to breakdowns, industry standard
- **Backstage** — Casting notices, classes, and performer resources for stage and screen
- **Playbill Jobs** — Theater-focused listings for auditions, backstage roles, and arts employment
- **Mandy** — Global casting network with opportunities across theater, film, and live events
- **NYC Department of Cultural Affairs** — Grants, funding updates, and city arts initiatives
- **Theatre Development Fund** — Discount tickets, career support, and community programs
- **Stage 32** — Networking, webinars, and industry education for performers and creatives



Performer Health & Wellness

Wellness Note — Performers benefit from healthcare that understands the demands of the profession, including voice therapists, physical therapists, and mental health resources. Staying proactive about recovery, injury prevention, and emotional well-being can make a major difference in long-term performance health. Look for providers and programs that are familiar with rehearsal schedules, performance stress, and the physical strain of artistic work.

Resource Type	Provider/Organization	Contact	Notes
Voice Therapy	Voice and Swallowing Disorders Center at Columbia	(212) 305-3400	Specialized care for vocal strain, performance-related voice issues, and recovery planning
Physical Therapy	Harkness Center for Dance Injuries	(212) 598-6014	Sports medicine and rehab for dancers, musicians, and performing artists
Mental Health	The Actors Fund / Entertainment Community Fund	(212) 221-7300	Counseling referrals, crisis support, and wellness services for entertainment professionals
Affordable Clinic	NYU Langone Faculty Group Practice	(646) 501-7400	Broad specialty care with multiple Manhattan locations and insurance-friendly options
Low-Cost Health Care	Callen-Lorde Community Health Center	(212) 271-7200	Sliding-scale primary care, sexual health, and behavioral health services
Insurance for Freelancers	Freelancers Union	(718) 422-7587	Insurance guidance, advocacy, and coverage resources for independent workers

Financial Resources & Grants

Performers often balance irregular income, high living costs, and unpredictable work schedules, which can make savings and emergency planning difficult. These programs can help with rent, medical bills, travel, and short-term relief when work slows down or an unexpected expense comes up.

Organization	Grant/Program	Eligibility	Amount
Entertainment Community Fund	Emergency Financial Assistance	Performing arts and entertainment workers facing crisis	Varies by need
CERF+	Emergency Assistance Grant	Artists in craft and related disciplines experiencing emergencies	Up to \$3,000
NYFA Fiscal Sponsorship	Project Support Access	Artists seeking donation support for eligible creative projects	Project-based
Artist Relief	National Emergency Grants	Artists facing COVID-related or sudden financial hardship	Up to \$5,000
The Maple Center	Artistic Emergency Grant	New York artists needing short-term crisis support	Varies by fund cycle
Adolph and Esther Gottlieb Foundation	Emergency Grant Program	Experienced visual artists with long careers and documented need	Up to \$15,000

Training & Classes

1. **HB Studio** — Meisner technique, scene study, and ongoing classes in Greenwich Village
 2. **Atlantic Acting School** — Practical Aesthetics, scene work, and actor training rooted in the Atlantic Technique
 3. **T. Schreiber Studio** — Acting, voice, movement, and on-camera training for developing and working performers
 4. **Stella Adler Studio of Acting** — Classical training, audition prep, and conservatory programs for stage and screen
 5. **Michael Howard Studios** — Scene study, cold reading, and professional development classes in Midtown
 6. **William Esper Studio** — Meisner-based actor training with part-time and full-time study tracks
 7. **AMDA New York** — Musical theater, acting, dance, and performance programs for emerging artists
-

Pro Tip for Newcomers — In NYC, community grows fastest when you show up consistently. Attend a few recurring events, follow up with people you meet, and keep your introductions brief, genuine, and specific.

Support others by sharing resources, celebrating wins, and staying active between auditions. Strong relationships often lead to the most useful opportunities.

Essential Checklist for NYC Performers

- ☐ Get **professional headshots** taken and choose images that match your casting range
- ☐ Update your **resume** with credits, training, special skills, and union status
- ☐ Confirm your **union membership** or track eligibility requirements for Equity, SAG-AFTRA, or other unions
- ☐ Create and regularly update **casting accounts** on major platforms like Actors Access and Backstage
- ☐ Build a simple **website or reel page** with headshots, clips, contact info, and resume downloads
- ☐ Set aside time for **tax prep** by organizing receipts, invoices, and performance-related expenses
- ☐ Review your **health insurance** options and keep coverage documents easy to access
- ☐ Attend at least one **networking event** each month to expand your local community
- ☐ Keep a list of **personal references**, collaborators, and industry contacts for future opportunities
- ☐ Maintain an updated **audition folder** with sides, vocal cuts, dance shoes, and submission materials

Networking & Community

- **The Actors Connection** — Industry seminars, agent and casting director meet-and-greets
- **New York Theatre Workshop Community Events** — Talkbacks, artist panels, and opportunities to connect with theater makers
- **BroadwayCon** — Panels, meetups, and fan-forward industry networking across theater, media, and performance
- **Stage 32 New York Groups** — Local meetups, webinars, and professional networking for performers and creatives
- **Actors Equity Association Events** — Union-related networking, advocacy updates, and professional development resources
- **NYC Performing Arts Meetup Groups** — Casual community meetups, collaboration opportunities, and local introductions
- **Facebook Groups** — Neighborhood and discipline-based groups for casting leads, room shares, and peer support