

Resource Guide

Available agencies and programs currently in Tompkins County

Emergency Contact Numbers

Advocacy Center (607) 277-5000

Alcohol & Drug Crisis (800) 784-6776

DSS (607) 274-2444

NYS Child Abuse (800) 342-3720

Suicide Prevention (607) 272-1616

For all other emergencies: 9-1-1

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Clothing

A. Thrift Stores

- a. Gia's Elite Style Salon & Boutique**
121 South Cayuga St., Ithaca NY
(607) 319-0009
- b. Jillian's Drawers**
171 East State St., Ithaca NY
(800) 516-2991
- c. Mary Durham Boutique**
110 West Court St., Ithaca NY
(607) 256-9957
- d. Mama Goose**
430 West State St., Ithaca NY
(607) 269-0600
- e. Old Goat Gear Exchange**
320 E State/MLK St., Ithaca NY
(607) 319-4388
- f. ReUse (Triphammer location NOT downtown)**
2255 N Triphammer Rd., Ithaca NY
(607) 257-9699
- g. Salvation Army**
381 Elmira Rd., Ithaca NY
(607) 273-5323
- h. Thrifty Shopper**
376 Elmira Rd., Ithaca NY
(607) 220-1992
- i. Trader K's**
119 East State St., Ithaca NY
(607) 272-4011

B. Agencies that offer clothing for free

- a. Catholic Charities**
324 West Buffalo St., Ithaca NY
(607) 272-5062
The clothing closet is free of charge, and is available to all Tompkins County residents. Every person coming to Catholic Charities is allowed 10 articles of clothing every month.
- b. OAR**
910 West State St., Ithaca NY
(607) 272-2885
OAR has a small closet available of clothes received as donations. There are various sizes for men, women and children.
- c. Women's Opportunity Center**
315 North Tioga St., Ithaca NY
(607) 272-1520
WOC has a closet designated to female clients that consists of professional clothing for interviews, jobs, etc.

Court

- A. Caroline Town Court**
(607) 539-7796
- B. Cayuga Heights Village Court**
(607) 257-3944
- C. Danby Town Court**
(607) 277-0095
- D. Dryden Town Court**
(607) 844-8888
- E. Enfield Town Court**
(607) 272-0529
- F. Freeville Village Court**
(607) 844-8470
- G. Groton Town Court**
(607) 898-3711
- H. Ithaca City Court**
(607) 216-6660
- I. Ithaca Town Court**
(607) 273-0493
- J. Lansing Town Court**
(607) 533-4776
- K. Newfield Town Court**
(607) 564-9571
- L. Tompkins County Court**
(607) 216-6610
- M. Tompkins County Family Court**
(607) 216-6640
- N. Ulysses Town Court**
(607) 387-5411

Education:

A. GED/HSE

a. Day Reporting

320 West State St., Ithaca NY
(607) 274-7504

Day Reporting is an innovative option for individuals who are a part of re-entry or who have had prior or current involvement with the Department of Probation and Community Justice that increases community based supervision, provides classes and counseling, enhances family functioning, and reserves jail resources for those most appropriate for incarceration. Participants are encouraged to take personal responsibility for their actions, repair the harm caused to their victims, their families and their communities, and develop skills to enable them to become more productive members of the community.

b. Tompkins County Jail BOCES Program

Offers educational classes to learners up to 21 years of age while they are incarcerated. Coursework can be submitted directly to our instructional staff, or if no coursework is provided, TST instructors work with students on enhancing the skills necessary to complete the Test Assessing Secondary Completion credential, formerly the GED

c. Tompkins County Learning Partners

*124 West Buffalo St., Ithaca NY
(607) 277-6442*

- 1. Adult Basic Education (ABE):** *Adults students work with tutors one-to-one or in small groups to improve reading, writing, math, or computer skills. Students' levels range from basic to intermediate.*
- 2. English As A Second Language (ESL):** *Adult immigrants work with tutors one-to-one or in small groups to gain greater proficiency in the English language. Some students also work toward citizenship, math or computer literacy. Students levels range from beginning to advanced*
- 3. Incarcerated Youth Services (IYS):** *Young men (ages 14 - 20) at MacCormick Secure Center and Finger Lakes Residential Center (ages 14-18) work with tutors to improve academic skills in basic reading, writing and math.*

d. Learning Web

*515 West Seneca St., Ithaca NY
(607) 275-0122*

Offers, through the Youth Outreach Program, services for high School age and young adults age 16- 24 who find themselves without stable housing. Youth Outreach helps with finding housing and jobs, completing school, parenting, keeping a home, managing finances, and virtually all of the components of independent living.

e. Southside Community Center

*305 South Plain St., Ithaca NY
(607) 273-4190*

Our tutors are local college students, many of which hail from Cornell University that can tutor any subject needed. This is a great opportunity for students to get academic support as well as learn about the college experience from current students.

f. TST BOCES

*555 Warren Rd., Ithaca NY
(607) 257-1551*

Adult Education Programs: *Offerings in the area of literacy include adult basic education and adult secondary education (ABE) for High School Equivalency (HSE) preparation. These HSE courses help prepare adult learners for the Test Assessing Secondary Completion (TASC), which is an exam similar in scope to the previously administered GED exam. Additional adult education courses are offered in areas of specialized training such as welding, computer technology, security officer training, CDL, OSHA 10, First Aid/CPR, hydraulics, defensive driving and coaching. All adult education courses are open to anyone 18 years old or older.*

B. College/Technical Training:

a. BEAM

(607) 272-7570 ext 115

Adults ages 19 through 30 are invited to learn about Workforce Development's Bridge to Employment and Academic Marketplace (BEAM) program, which is designed to help build better futures through continuing education. BEAM helps individuals succeed by offering career guidance, help with financial aid applications and other resources for young adults interested in returning to college.

b. College Initiative Upstate (CIU) [formerly known as MBCI]

910 West State St., Ithaca NY

Benay Rubenstein (607) 351-5028 / Suzanne Burnham (607) 882-0355

CIU creates pathways from jail and prison to college by eliminating barriers to higher education and promoting leadership, self-advocacy and long-term success. CIU helps first-time and transfer students navigate the complex college admission process for applicants with criminal records; works with student loans in default, provides ongoing mentorship and much more. All services are free of charge.

Employment

A. Access VR (Formerly VESID)

(607) 734-5294

ACCES-VR assists individuals with disabilities to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development.

B. Challenge

950 Danby Rd #179, Ithaca NY

(607) 272-8990

Challenge can provide the following services:

- 1. Vocational assessments – standardized and situational groups for Job Seekers*
- 2. On the job try-outs at local employers or at our own businesses*
- 3. Job development & job search skills & activities*
- 4. Job Coaching/Training (once placement has been secured or in an ongoing job)*

After initial placement & training, we can provide ongoing support to maintain your job, look for advancement opportunities, & continue career path for as long as needed.

C. Day Reporting

320 West State St, Ithaca NY

(607) 274-7504

1. Individuals who are a part of re-entry or who have had prior or current involvement with the Department of Probation and Community Justice have access to computers as well as staff who will help them set up their resume and have potential job leads for individuals to apply to.

2. Ready Set Work!

A 20 hour skill based training to equip individuals with the necessary tools to get and retain quality employment. There is also an emphasis on career planning and advancement, to encourage longevity in legitimate employment. This program is available

for individuals who are part of re-entry or who have had prior involvement with Tompkins County Probation.

D. Express Employment Professionals

*222 Elmira Rd., Ithaca NY
(607) 256-2121*

Express Employment Professionals works with job seekers to help them find the right job for their skills and experience. They have a variety of jobs available, and there are full-time, part-time, and temporary positions available.

E. Hospitality Employment Training Program

(607) 272-3622

In HETP, participants receive training and work experience to start a fulfilling career in the hospitality industry. Participants complete the program over six months and leave with a comprehensive resume of certifications and on the job training, putting them in a competitive position for supervisory roles.

F. Learning Web

*515 West Seneca St., Ithaca NY
(607) 275-0122*

1. Community & Career Exploration & Apprenticeship Program (CCEAP)

This program is for middle school and high school age Tompkins County youth who are living with a parent or guardian. Tailored to each young person's interests, CCEAP's services include career exploration tours, apprenticeships, and community service.

2. Supported Employment

This program is a service for participants in our Youth Outreach Program, young adults 16-24 who do not have stable housing and wish to improve their education and employment skills. Participants receive help finding and keeping jobs that offer opportunities for advancement.

G. OAR

*910 West State St., Ithaca NY
(607) 272-7885*

OAR has a book full of job openings that constantly is updated. They have a computer that can be used to create or edit your resume and they also have job postings hung on the wall in the Drop-In Center.

H. Office for the Aging

*214 West State St., Ithaca NY
(607)-274-5482*

Employment and training program for individuals age 55 or older with incomes below 125% of poverty. The program assists individuals who cannot get a job on their own. It provides participants with a community placement where they make minimum wage for 20 hours a week while they gain the skills to obtain unsubsidized employment.

I. ReUse

*214 Elmira Rd., Ithaca NY
(607) 257-9699*

ReSET Tech is a 10-week, unpaid entry level job training program. Participants learn in a hands-on environment, through exposure and participation in day-to-day business activities in the Finger Lakes ReUse eCenter Computer ReUse program. Those who

successfully complete the entry level training are invited to apply for a competitive 15-week full time paid Apprenticeship.

J. Staffings

*224 South Fulton St., Ithaca NY
(607) 273-5335*

Offers applicants, employees and clients unmatched personal attention and state-of-the-art web-based solution by using a combination of internet job boards, online services, and local recruiters.

K. Women's Opportunity Center

*315 North Tioga St., Ithaca NY
(607) 272-1520*

The Women's Opportunity Center is leading low income women to the pathway out of poverty by providing them individualized career counseling, training and removing barriers to become job ready and find employment. WOC assists in removing barriers to employment by providing scholarships, guidance, and referrals to other programs as needed.

L. Workforce NY

*171 East State St., Ithaca NY
(607) 272-7570*

Tompkins Workforce New York provides a convenient, one-stop shopping approach for accessing employment-related services for businesses, workers, and jobseekers in Tompkins County. Our full-service Workforce New York Career Center is located in downtown Ithaca in Center Ithaca on The Commons. Our Center provides an open, friendly, and professional atmosphere with trained staff ready to assist jobseekers and employers.

***New York Job LINK Program:** This program is available to young adults between the ages of 16 and 24 as part of the Workforce Innovation and Opportunity Act (WIOA). Job LINK provides an array of employment services and connects young adults to training and education, high-quality career services, and supportive services.*

M. Youth Advocacy Program (YAP)

*423 1st St., Ithaca NY
(607) 277-5254*

A non-profit organization exclusively committed to the provision of community-based alternatives to out-of-home care through direct service, advocacy and policy change.

Domestic Violence

A. The Advocacy Center

*(607) 277-3203
info@theadvocacycenter.org*

The goal of the Advocacy Center is to help reduce the trauma that results from domestic violence, sexual assault and child sexual abuse.

They provide FREE services for:

- 1. Children and teens who have been sexually abused, sexually harassed or raped*
- 2. Adults who have been sexually assaulted, raped or harassed*
- 3. Adult survivors of child sexual abuse*

4. *Adults who have been physically, emotionally or sexually abused or stalked by an intimate partner*
5. *Teenagers who have experienced dating violence or have been stalked*
6. *Family and friends of a youth or adult who has experienced sexual abuse, sexual harassment or rape*
7. *Family and friends of adults and teenagers who have experienced domestic violence*
8. *Community members and professionals concerned about a youth or adult survivor of sexual abuse or assault*
9. *Community members and professionals concerned about a youth or adult who has experienced domestic violence*

Their services include:

1. *Crisis intervention*
2. *Emotional support*
3. *Shelter at our safe house*
4. *Support groups and empowerment classes*
5. *Going with you to services such as hospital, police, court proceedings or social services*
6. *Legal advocacy*
7. *Help with orders of protection*
8. *Safety planning*
9. *Therapy services and referral*
10. *Sexual Assault Nurse Examiner Program at Cayuga Medical Center*
11. *Assistance applying for NYS Crime Victims Board compensation*
12. *Information and referral*
13. *Prevention education and lending library*

Financial Services/Assistance

A. Alternatives Federal Credit Union

*125 North Fulton St., Ithaca NY
(607) 273-4611*

Alternatives offers free programs to help individuals and families improve their financial situations: Low cost savings and checking accounts; fair lending practices; financial counseling and money management; business development and consulting; Free Tax Preparation Program for individuals and families. Our Free Tax Preparation Program helps all eligible workers claim the tax credits they deserve without paying expensive preparation fees. If your individual or family earning are \$54,000 or less, Alternatives can prepare your Federal and State Income Tax Returns.

B. Catholic Charities

*324 West Buffalo St., Ithaca NY
(607) 272-5062*

Can help with security deposits for first time renters with the landlord.

C. Department of Social Services (DSS)

*320 West State St., Ithaca NY
(607) 274-5345*

Cash Assistance programs provide financial help to families and individuals as well as some emergency assistance. Income eligibility standards and benefit levels vary depending on the household situation.

D. Greater Ithaca Activities Center (GIAC)

301 West Court St., Ithaca NY

(607) 272-3622

“Robin’s fund”

money available to avoid eviction, utility shut-offs, for grandparent raising grandchildren in need of an adaptive device and to help deal with many other financial crises, etc.

(Limited)

E. OAR

OAR can help cash certified checks for individuals who have no ID, however the check must be \$100 or less. There may be a hold on your check.

F. Tompkins Trust Company

701 West Seneca St., Ithaca NY

(607) 273-6171

Will cash certified checks for individuals who do not have a bank account or a DMV ID BUT they have a prison ID.

Food

A. Food Bank of Southern Tier

(607) 796-6061

Our service area includes Broome, Chemung, Schuyler, Steuben, Tioga, and Tompkins counties, covering nearly 4,000 square miles. The partnership we share with more than 150 partner agencies across our service area is crucial to our mission. It is these food pantries, soup kitchens, shelters, after-school programs, and senior housing sites that ensure the food we deliver gets to the people who need it most.

B. Loaves and Fishes

210 N Cayuga St., Ithaca NY

(607) 272-5457

Free daily meals. All are welcome. No income guidelines

Monday, Wednesday Friday, 12 pm; Tuesday Thursday 5:30pm

C. Salvation Army

150 North Albany St., Ithaca NY

(607) 273-2400

Food pantries assist families and individuals with groceries to prepare in their home.

Families can stretch their funds for the month by stopping at a food pantry. When individuals come into a food pantry, a caseworker meets with them and talks about how their resources are being distributed. Qualification for the food pantry is based on need. The amount of food varies by family size.

D. Southside Community Center

305 South Plain St., Ithaca NY

(607) 273-4190

12:00-2:00pm last Saturday of every month

Emergency Food Package available 4:00-6:00pm Monday-Friday

The Southside Community Center also offers two different ways for families to be able to obtain healthy, nutritional foods on a regular basis. Hot Dinners are available during the school year as well as a monthly food pantry.

During the school year the Southside Community Center provides hot dinners from 5pm-6pm. Times are adjusted for the summer

E. Tompkins Community Action Food Pantry

701 Spencer Rd., Ithaca NY

(607) 273-8816

Households receive three days' worth of food and personal care items once a month.

They may choose foods that work best for their family, their diet needs and preferences.

Operating Schedule:

Mondays: 2:30 P.M. to 4:30 P.M.

Tuesdays: 10:30 A.M. to 1:30 P.M.

F. Tompkins County DSS

320 West State St., Ithaca NY

(607) 274-5201

Previously known as Food Stamps, the Federal SNAP program provides low-income households monthly benefits to purchase food. Income and resource standards vary according to age, health, household size and household expenditures.

*****A FULL LIST OF DAILY PANTRIES IS AVAILABLE WITH THE FOLLOWING*****

1. www.211tompkins.org
2. Ithaca Journal "Daily Events", page 2B
3. Weekly Advantage/Pennysaver

Furniture

A. Love Knows No Bounds

115 The Commons, Ithaca NY

(607) 239-7247

Working with people to meet their needs for a safe, sturdy, and functional home when they don't have the resources to repair or furnish them on their own. Possible delivery, if necessary.

B. ReUse Center

214 Elmira Rd., Ithaca NY AND 2255 N Triphammer Rd., Ithaca NY

(607) 257-9699

ReUse offers almost everything you can think of at prices 90% below retail. Find office supplies, construction material, housewares, electronics, furniture, cookware, hardware, tools and much more. Inventory and deals change daily.

C. Salvation Army Family Store

381 Elmira Rd., Ithaca NY

(607) 272-5323

Housing:

A. Emergency

a. Rescue Mission

618 West State St., Ithaca NY

(607) 273-6684

The Ithaca Rescue Mission provides a 20-bed emergency shelter, 15-beds in transitional housing, a drop-in day center, and a 10-bedroom supportive residence. The day center, called the Friendship Center, provides a safe place out of the elements that is open to all. Three meals are served weekly there, and our community food pantry is open every day of the week.

b. Open Doors

127 West State St., Ithaca NY

(607) 273-7484

For runaway and homeless youth up to age 21, emergency, short-term housing with volunteer host homes is available on a night-by-night basis, depending on volunteer availability. Host Homes provide emergency respite to youth that are committed to the ultimate goal of family reunification.

B. Transitional

a. Advocacy Center

(607) 277-3203

Safe housing for domestic violence victims. Location confidential.

b. Catholic Charities

324 West Buffalo St., Ithaca NY

(607) 272-5062

1. "A Place to Stay" will offer women in crisis a short term stay in a stable, clean and peaceful home environment while gaining skills and experiences designed to enhance their self-efficacy and independence.

2. Also works with individuals and helps with security deposits for new renters.

c. Learning Web

330 West State St., Ithaca NY

(607) 272-8162

The Housing Scholarship Program (HSP) gives you a chance to make a big leap in reaching your long term goals of finishing your education or working your way to a better job so that you can pay for housing yourself. If you are selected to be in the Housing Scholarship Program (HSP), we find you an apartment and The Learning Web pays your rent and utilities for 12 months, allowing you to concentrate on finishing school or working towards a better job rather than struggling to pay your rent to keep your housing. If you make full use of your time in the HSP, you will build the skills to be able to pay for your own housing, as well as have significant savings to put towards safe and permanent housing.

d. Rescue Mission Court Street Place

717 West Court St., Ithaca NY

(607) 342-0372

Supportive transitional housing for homeless men. 6 months – 2 year allowable stay.

e. Single Room Occupancy (Rescue Mission)

618 West State St., Ithaca NY

Typically transition qualified individuals from the shelter to the SRO program when able. Outside referrals usually come from DSS.

C. Permanent

a. Tompkins Community Action

701 Spencer Rd., Ithaca NY

(607) 273-8816

Helps with housing and assists with rental assistance for individuals who have very low income

1. Chartwell House

322 North Meadow St., Ithaca NY

(607) 277-1154

Permanent supportive housing for disabled homeless men currently in recovery of alcohol and substances

2. Corn St. Apartments

309 South Corn St., Ithaca NY

(607) 216-0457

i. Permanent supportive housing apartments for homeless pregnant or parenting young families with the head of household between the ages of 18-25

ii. Transitional supportive housing (24 months maximum) for homeless pregnant or parenting young families with the head of household between the ages of 18-25.

3. HCVP (Formally Section 8)

701 Spencer Rd., Ithaca NY

(607) 273-8816

Provides rental subsidies to income-eligible individuals and households. Participants generally pay between 30-40% of their monthly adjusted income towards their housing cost and the remainder is directly paid to the landlord. Housing Services staffs perform health and safety inspections on each housing unit before rental assistance can begin and at least once per year thereafter.

4. Magnolia House

320 North Meadow St., Ithaca NY

(607) 379-6107

Permanent supporting housing program for women + 1 child (infant-6 y.o) in recovery from substances

5. STEHP (Solutions to End Homelessness Program)

800 South Plain St., Ithaca NY

(607) 273-1244

Security deposit and rental assistance for at-risk homelessness

b. Ithaca Housing Authority

800 South Plain St., Ithaca NY

(607) 273-8629

1. Public Housing Program: *a subsidized housing program which allows qualified applicants the opportunity to rent safe, clean and affordable housing units that are owned by Ithaca Housing Authority with assistance from the U.S. Department of*

Housing and Urban Development (HUD). Ithaca Housing Authority currently owns and maintains 341 Public Housing units throughout the City of Ithaca.

2. Section 8: *The Housing Choice Voucher (HCV) Section 8 program is a subsidized housing program which allows qualified participants the opportunity to rent housing units in the private market via federal funds provided to Ithaca Housing Authority by the U.S. Department of Housing and Urban Development (HUD). The tenant generally pays between 30-40% of their adjusted monthly income towards their rental obligations.*

c. Ithaca Neighborhood Housing Services

*115 West Clinton St., Ithaca NY
(607) 277-4500*

INHS is dedicated to helping people of modest incomes find—and stay in—high-quality housing throughout central New York’s Tomkins County, a goal that benefits the entire community. We’re accomplishing this by providing low-interest loans to first-time homebuyers, managing well-maintained rental units, rehabbing old homes, providing home-repair assistance to seniors, etc.

d. Lakeview Health Services

*3rd St., South Albany St., Cascadilla St.
(607) 277-4768*

Single room occupancy program for individuals who are homeless also for individuals diagnosed with severe persistent mental illness and eligible for some level of Social Services assistance.

e. Second Wind

*1435 Elmira Rd., Newfield NY
(607) 227-6268*

Permanent, single occupancy cottages for formerly homeless or at-risk homeless men 18 or older.

f. Tompkins County DSS

(607) 274-5264

Home Energy Assistance Program (HEAP) helps low-income households meet the high costs of home energy. Income and resource eligibility standards change annually. A single annual benefit based on the household’s method of heating is provided. Emergency assistance is also available.

D. Other

a. Cornell Cooperative Extension (CCE)

*615 Willow Ave., Ithaca NY
(607) 272-2292*

Offers support and resources with maintaining and repairing your house, conserving energy, emergency preparedness, etc.

ID Assistance

A. Day Reporting

*320 West State St., Ithaca NY
(607) 274-7504*

Individuals who are a part of re-entry or who have had prior or current involvement with the Department of Probation and Community Justice can work with someone to figure out

what documents are necessary in order to get an ID. They will help call agencies to see how to obtain one and sometimes have a copy of the document for the individual to use.

B. OAR

*910 West State St., Ithaca NY
(607) 272-7885*

If you have ever been incarcerated at TCJ or know someone who has been, OAR can help you get birth certificates, DMV ID's, Sheriff ID's, etc.

C. Tompkins County DMV

*301 3rd St., Ithaca NY
(607) 273-7187*

Can issue IDs for individuals if they can come up with 6 points (birth certificate required). If your ID is lost and not expired, the 6 points is not required.

D. Tompkins County Jail

*779 Warren Rd., Ithaca NY
(607) 257-5316*

TCJ can provide a Sheriff's ID which has your photo, fingerprint and signature on it. This can be worth points at the local DMV office.

Law Enforcement

A. Cayuga Heights Police Department

*836 Hanshaw Rd., Ithaca NY
(607) 257-1011*

B. Dryden Village Police Department

*16 South St., Dryden NY
(607) 844-8118*

C. Ithaca Police Department

*120 E Clinton St., Ithaca NY
(607) 272-3245*

D. Groton Police Department

*108 E Cortland St., Groton NY
(607) 898-3131*

E. Tompkins County Sheriff's Office

*779 Warren Rd., Ithaca NY
(607) 257-5316*

F. Trumansburg Police Department

*5 Elm St., Trumansburg NY
(607) 387-6505*

Legal

A. Assigned Council

*171 East State St. Suite 223, Ithaca NY
(607) 272-7487*

Receives and reviews all applications for free attorney services and determines eligibility. Financial eligibility levels include: automatic eligibility for public assistance,

poverty level, and inability to afford counsel. Attorneys are provided for charges including violations, misdemeanors, felonies, and appeals in criminal court, and most matters in family court.

B. Catholic Charities

*324 West Buffalo St., Ithaca NY
(607) 272-5062*

Through our program, individuals and families that are eligible for immigration benefits, but who cannot afford private attorneys, are provided with low-cost immigration counseling and representation. Catholic Charities is the only non-profit agency in Tompkins County recognized by the Board of Immigration Appeal (BIA) and US Citizenship and Immigration Services (USCIS) to provide legal immigration services to clients.

C. Cornell Legal Aid

Cornell Law School offers a range of law clinics that represent a limited number of clients who may not be able to afford an attorney. Please visit the website, www.lawschool.cornell.edu/Clinical-Programs/index.cfm to see if there is a clinic that might be able to assist.

D. LawNY

*902 Taber St., Suite 1, Ithaca NY
(607) 273-3667*

- 1. SSI/SSD:** *Denials, Terminations*
- 2. Consumer:** *Frozen bank accounts*
- 3. Income Maintenance:** *SSI, Public assistance, food stamps, Unemployment Insurance Benefits*
- 4. Public Benefits:** *Welfare, Food Stamps, HEAP, Medicaid, Family Health Plus, Other Insurance, Unemployment*
- 5. Housing:** *Housing Problems, Eviction Proceedings, Utility Shut-offs, Section 8 (HUD subsidized housing), Brief service/counsel & advice on other housing matters*
- 6. Miscellaneous:** *Power of Attorney/Health Care Proxies for clients over 60, funding from County Office for the Aging.*
- 7. Re-Entry:** *Re-Entry- Review Rap Sheets for Errors, Employment/ Licensing Discrimination, CPS, SORA, Sealing Drug Convictions*

Medical/Health Care

A. Buttermilk Falls Pediatrics

*1301 Trumansburg Rd., Ithaca NY
(607) 272-6880*

B. Cancer Resource Center of the Finger Lakes

*612 West State St. Ithaca NY
(607) 277-0960*

A local organization serving individuals in and around Tompkins County, NY.

Services include:

- 1. One-to-One Information & Support*
- 2. Peer to Peer*
- 3. Support Groups*
- 4. Wellness Programs*

- 5. *Financial Advocacy*
- 6. *Our Library*
- 7. *The Boutique*
- C. Cayuga Medical Center**
*101 Dates Dr., Ithaca NY
(607) 274-4011*
- D. Groton Community Health Care Center**
*120 Sykes St., Groton NY
(607) 898-5876*
Groton Community Health Care offers short term rehabilitation (including physical, occupational, and speech therapies), long term care, and palliative care services in our 80 bed non-profit skilled nursing facility. Private and semi-private rooms available.
- E. Ithaca Health Alliance**
*521 West Seneca St., Ithaca NY
(607) 330-1253*
*The Ithaca Free Clinic is open to all uninsured members of our community. Our staff of volunteer physicians, herbalists, acupuncturists, and others join with us in supporting the belief that access to health care is a right, and not a privilege.
Walk-ins welcome Mondays 2-6pm and Thursdays 4-8pm*
- F. Ithaca Pregnancy Center**
*210 West Green St., Ithaca NY
(607) 273-4673*
Offers FREE confidential services that include: Pregnancy Tests, Onsite Ultrasound for verification, Options Review (Abortion, Parenting, Adoption), lay counseling and emotional support, material Support (maternity and baby clothes, baby supplies and furniture by appointment), childbirth classes, healing after miscarriage (group and one-on-one), post-abortion group (group and one-on-one), abstinence support, mentoring programs (one-on-one support for expectant moms, happy parenting, healthy relationships, sexual integrity, fertility awareness, post abortive), etc.
- G. Northeast Pediatrics and Adolescent Medicine**
*1290 Trumansburg Rd., Ithaca NY
(607) 319-5211*
- H. Planned Parenthood**
*620 West Seneca St., Ithaca NY
(607) 273-1513*
Provides the following services: Abortion Services, Birth Control, HIV Testing, LGBT Services, Men's Health Care, Morning After Pill (Emergency Contraception), Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Women's Health Care
- I. Southern Tier AIDS Program (STAP)**
*314 West State St., Ithaca NY
(607) 272-4098*
STAP's mission is to compassionately and competently meet the evolving needs of the communities by serving people affected by chronic illness and to improve public health through disease prevention, care coordination and advocacy.
- J. Southern Tier Care Coordination (STCC)**
314 West State St., Ithaca NY

(607) 272-1208

Southern Tier Care Coordination offers care management services to eligible individuals that have Medicaid. We work with a wide variety of people throughout the Southern Tier and help to improve the quality of life for those we serve. If you have certain chronic health conditions (asthma, COPD, diabetes, hepatitis, HIV, mental health concerns, active substance use, heart disease, etc.), you might benefit from these services.

K. Visiting Nurse Service of Ithaca and Tompkins County, Inc.

138 Cecil A Malone Drive, Ithaca NY

(607) 273-0466

Non-Profit agency that offers skilled nursing, physical, occupational and/or speech therapy; medical social work; nutrition; and home health aide services. All referrals must come from a doctor who is willing to sign home care orders while under VNS Care. To obtain a referral please contact your physician.

L. Walk-In Clinics

a. Five Star Urgent Care

740 South Meadow St.

(607) 319-4563

b. Convenient Care at Ithaca

10 Arrowwood Drive, Ithaca

(607) 274-4150

M. Other

a. Fidelis Care

(607) 242-3356

Helps create and sign up for an essential plan for Medicaid, Child Health Plus, Qualified Health Plans, etc.

b. Southern Tier Independence Center (STIC)

(607) 644-7843

STIC provides Medicaid Service Coordination for children and adults with developmental disabilities under OPWDD's Home and Community-Based Services Waiver. We specialize exclusively in assisting people who wish to be fully integrated into all aspects of community life to do so with appropriate supports. We are strong advocates for inclusion in schools, integrated employment opportunities, and a truly individualized person-centered approach to service delivery.

Mental Health

A. Family & Children's Services of Ithaca

127 West State St., Ithaca NY

(607) 273-7494

Family and Children's Service supports, promotes and strengthens the well-being of individuals and families by providing high-quality, accessible mental health care and related social services, with a particular sensitivity toward the needs of children.

B. Finger Lakes Independent Center

215 5th St., Ithaca NY

(607) 272-2433

To empower all people with disabilities while creating an inclusive society through the elimination of social and architectural barriers. Services provided include: Advocacy, Information & Referral, Peer Counseling, Benefits Advisement, Accessibility Consultations, Americans with Disabilities Act (ADA), Independent Living Skills, Library and Loan Closet, Student Services, Support Groups, In-home Personal Care Options, Sign Language Interpreter Referrals, American Sign Language Classes.

C. Lakeview Mental Health

*320 3rd St., Ithaca NY
(607) 277-0035*

The network includes not only the healthcare providers but other social and community supports that are essential to a person's overall health, such as housing and vocational services.

D. Mental Health Association

*301 South Geneva St. #109, Ithaca NY
(607) 273-9250 www.mhaedu.org*

a. This Association develops and maintains a coordinated citizens' movement, with participation from recipients of mental health services to work toward empowering individuals, families, and groups through advocacy and the provision of services which promote mental health, and educating and information to the general public about mental health issues.

*b. **Jenkins Center for Hope and Recovery** is a drop-in center for those who use or have used mental health services. The Jenkins Center hosts a weekly Wednesday Dinner, monthly birthday celebrations, and occasional field. Open Tuesdays through Fridays from 9am-6pm and Saturdays from noon-4.*

E. National Alliance on Mental Health (NAMI)

*108 North Cayuga St. Suite 2, Ithaca NY
(607) 273-2462*

NAMI Finger Lakes is the all-volunteer local affiliate of the National Alliance on Mental Illness providing support and education to family members of people with mental illness. We combat stigma through advocacy and outreach to the community. We offer support group meetings for family members, education programs led by peers, and individual meetings. NAMI volunteers have experienced the effects of mental illness in the family and offer a safe place for others in similar situations.

F. Suicide Prevention & Crisis Service

*124 E. Court St., Ithaca NY
800-273-8255 // (607) 272-1616 (crisis hotline)
(607) 272-1505 (office)*

Four Core Programs

1. The Crisisline

Offering free and confidential crisis counseling

2. "The Chat" (internet chat service)

For people who are reluctant to talk on the telephone.

3. The Education Program

Providing a variety of suicide prevention and mental health programs to youth and adults in public schools, colleges and universities, and community-based settings programs include creative and expressive arts

4. After-Trauma Services

Providing free short-term counseling and support groups to those who have lost a loved one to suicide or unexpected death; providing post-trauma services for major community-based crisis response and intervention

G. Tompkins County Mental Health

*201 E Green St., Ithaca NY
(607) 274-6200*

1. Provides assessment, counseling, treatment, and crisis services to adults, children and families with mental health impairments, on a sliding scale basis. Provides court-ordered evaluations for family courts in Tompkins and adjacent counties, and evaluates and provides or monitors mental health services for jail inmates.

2. ACT Program: Assertive Community Treatment (ACT) is an Evidence-Based Practice Model designed to provide treatment, rehabilitation and support services to individuals who are diagnosed with a severe mental illness and whose needs have not been well met by more traditional mental health services. The ACT team provides services directly to an individual that are tailored to meet his or her specific needs. ACT teams are multi-disciplinary and include members from the fields of psychiatry, nursing, psychology, social work, substance abuse and vocational rehabilitation.

Mentorship/Family Reunification

A. Alternatives to Violence Program (AVP)

*(315) 607-7940
info@avpny.org*

Alternatives to Violence Project is a grassroots, volunteer program dedicated to reducing violence in our lives, in our homes, in our schools, in our prisons, in our streets and in our society.

B. Community Dispute Resolution Center (CDRC)

*171 East State St., Suite 105-1, Ithaca NY
(607) 273-9347*

CDRC's mission is to foster constructive responses to conflict. We offer mediation and conciliation services for a variety of issues such as: Visitation/Custody, Parenting Plans, Landlord/Tenant, Roommate, Employer/Employee, Neighbor, Consumer/Merchant, and Small Claims Court just to name a few. Conflicts happen to everyone. Mediation helps by giving those involved in the conflict a chance to come together and talk things out. Mediation is voluntary, confidential and offered at No Cost to you

C. Civic Ensemble's Theatre Re-Entry Program

(607) 241-0195

Civic Ensemble's ReEntry Theatre Program was started in 2015 to provide an opportunity for members of the Tompkins County community in upstate, NY to participate in arts programming.

D. Community Faith Partners

(607) 327-0989

Almost from the beginning of the Faith Partnership, men and women volunteers have visited the county jail to share their Christian faith and build relationships. Our goal is to promote Christian faith as the cornerstone of successful re-entry into the community,

recovery from addictions, and ability to lead meaningful and productive lives. In cooperation with the Sheriff, Social Services, and other agencies, we work to stop the revolving door of incarceration.

E. Family & Children's Services

*127 West State St., Ithaca NY
(607) 273-7494*

Open Doors, a Runaway and Homeless Youth program for Tompkins County. We provide services to youth up to age 21, and their families, who have run away or are at-risk of running away and are interested in reunifying with family. We want to partner with the community, accepting referrals of young people and families dealing with these issues, and hope you will partner with us to provide support to families struggling to stay together.

F. Lifelong

*119 West Court St., Ithaca NY
(607) 273-1511*

Lifelong Learning is 1 of 9 programs Lifelong offers to older adults in the community. Lifelong Learning started in the spring of 1998 and offers volunteer-taught community classes which focus on sharing knowledge and linking communities with one another. In 1998 the program began with 15 classes and 139 people participating. The program now offers over 150 classes each year with over 500 people participating.

G. Mentoring For Change (MFC)

*615 Willow Ave., Ithaca NY
(607) 272-2292*

Providing support and guidance navigating available community resources as individuals develop personal skills to successfully transition from prison or jail back into their communities.

H. OAR

*910 West State St., Ithaca NY
(607) 272-7885*

OAR provides a drop-in center for a vast array of services. These include making appointments, getting in touch with family members, conducting job and home searches, getting referrals for other human service agencies, and staying up-to-date on current events.

I. Tammy Baker

*Downtown Ithaca
(607)-793-3776*

Provides street outreach in the downtown Ithaca area (the Commons to the 600 block of West State St and Cayuga St corridor from Dewitt Park to the Library). The outreach worker responds to community concerns regarding conflict or distress of individual(s). The worker can listen to the concern, offer a phone to make phone calls, appointments, etc. as well as refers to and/or provides assistance to services and resources any person may want or need.

J. Tompkins County DSS

*320 West State St., Ithaca NY
(607) 274-5680*

DSS helps with supervised visits between family and children. Has subsidized day care for children of low-income families and children placed with working foster parents.

K. YAP (Youth Advocacy Program)

*102 Cherry St., Ithaca NY
(607) 277-5254*

Youth Advocate Programs, Inc. (YAP) provides intensive services to safely reunify families who have children in residential or other placement outside of their home. An extensive assessment is provided in collaboration with the placement facility/location, the local social service department, the family, community partners and local law enforcement.

Recreation/Leisure

A. Children's Garden

*Cass Park Access Rd., Ithaca NY
(607) 319-4203*

Ithaca Children's Garden (ICG) is both a place and a program, located on the Cayuga Waterfront Trail, minutes from downtown Ithaca. ICG has spent over a decade now building a three-acre public children's garden as well as developing, implementing, and evaluating a wide range of educational programs for children, teens, families, schools, and the community.

B. GIAC (Greater Ithaca Activities Center)

*301 West Court St., Ithaca NY
(607) 272-3622*

The Greater Ithaca Activities Center has a long rich history of recreation. Our oldest program is boxing. We also offer Summer Basketball Leagues for both youth and adults. We also have family trips to see plays, sporting events or just to shop in NYC.

C. The History Center in Tompkins County

*4010 E State St., Suite 100, Ithaca NY
(607) 273-8284*

The History Center is a non-profit organization whose purpose is to preserve and encourage access to its unique collections, while designing learning experiences and services that create opportunities for people to learn about themselves and their place in the world. With this objective in mind, we organize exhibitions, educational programs, and partner with a diverse range of non-profit organizations throughout Tompkins County to bring original, research-based educational services to the public. The History Center is located in the Gateway Center five minutes walking from the Commons, and is open to the public on Tuesdays, Thursdays and Saturdays from 11am to 5pm.

D. Ithaca Commons

*171 The Ithaca Commons, Ithaca NY
(607) 273-7482*

The Ithaca Commons is host to an impressive array of events, activities and exhibitions, including the city's many festivals which flood the spacious venue sometimes spilling out onto the adjacent streets.

E. Libraries in Tompkins County

a. Dryden

24 West Main St., Dryden NY

(607) 844-4782

b. Groton

112 East Cortland St., Groton NY

(607) 898-5055

c. Ithaca

1. Finger Lakes Library System

119 East Green St., Ithaca NY

(607) 273-4074

2. Finger Lakes Toy Library

609 West Clinton St., Suite 106, Ithaca NY

(617) 872-9432

3. South Central Regional Library Council

108 North Cayuga St., #7

(607) 273-9106

4. Tompkins County Public Library

101 East Green St., Ithaca NY

(607) 272-4557

d. Lansing

27 Auburn Rd., Lansing NY

(607) 533-4939

e. Trumansburg

74 East Main St., Trumansburg NY

(607) 387-5623

F. Local Theatres

a. Cinemapolis

120 East Green St., Ithaca NY

b. Hangar Theatre

801 Taughannock Blvd., Ithaca NY

c. Kitchen Theatre Company

417 West State St., Ithaca NY

d. State Theatre of Ithaca

107 West State st., Ithaca NY

G. Open Doors, Family and Children's Services of Ithaca

127 West State St., Ithaca NY

(607) 273-7494 or (607) 288-2348

Open Doors offers crisis intervention response when a youth up to age 21, is at risk of, threatening to, or has already run away from home; an emphasis on family strengthening and reunification and positive youth development through goal setting and strength-based techniques. Emergency short term housing with volunteer host homes is sometimes available.

H. Parks

a. Cass Park, Ithaca NY

b. Dewitt Park, Ithaca NY

- c. *Ithaca Falls Natural Area, Ithaca NY*
- d. *Meyers Park (free for Lansing Residents), Lansing NY*
- e. *Stewart Park, Ithaca NY*

I. Sciencenter

*601 1st St., Ithaca NY
(607) 272-0600*

The Sciencenter is a nationally recognized museum, hosting 100,000 guests in Ithaca each year and reaching over 1.5 million guests worldwide through our traveling exhibitions and outreach programs. Inspiring excitement for science through interactive exhibits and programs that engage, educate and empower.

J. Southside Community Center

*305 South Plain St., Ithaca NY
(607) 273-4190*

The Southside Community Center offers a variety of recreational activities as a way to encourage and promote a healthy lifestyle for families. Basketball mini-camps & leagues, boxing, field trips, hiking trips & more

K. YMCA

*50 Graham Rd., Ithaca NY
(607) 257-0101*

An inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. The Y offers everything from water activities and fitness equipment to healthy living classes for youth and adults.

Religious Organizations

A. Catholic Charities

*324 West Buffalo St., Ithaca NY
(607) 272-5062*

We are able to work with all people and are not restricted to a specific segment of the population. We help people of all faiths. Essential services are provided as part of a comprehensive approach to solving present problems and underlying barriers to self-sufficiency.

B. Community Faith Partners

(607) 327-0989

Uniting Christians to improve the welfare of our neighbors through: Relationships across organizational, racial and economic barriers; Discovery of personal vocation through spiritual growth; and Service which demonstrates God's care for every individual.

C. Quakers

*120 3rd St., Ithaca NY 14850
(607) 229-9500*

The Ithaca, NY Friends Meeting welcomes all. Meeting for Worship after the manner of Friends is a period of meditative worship. In silence, we seek to place ourselves in the presence of the Spirit. Friends may speak out of the silence as we are led.

Substance Abuse

A. AA/NA/FA/MA/OA/ACA/AI-Anon

Ithaca Community Recovery

518 West Seneca St., Ithaca NY

(607) 216-8754

For More information about other meetings taking place in your area please visit

www.aacny.org

B. Alcohol & Drug Council

201 East Green St., Ithaca NY

(607) 274-6288

Alcohol & Drug Council offers hope and recovery to people struggling with addiction and strengthens our community through prevention and education programs. They do this by using their core values hope, caring & compassion and commitment to excellence.

a. Outpatient Clinic

1. Patient-Centered Assessment

A drug and alcohol assessment is a patient-centered, face-to-face meeting with a clinician to determine what type of services, if any, are appropriate.

2. Individual Counseling

No single treatment plan is appropriate for all individuals. Using evidence-based practices, the Council is committed to setting a gold standard of care that is individualized.

3. Group Counseling

Group counseling is a therapeutic approach that includes members at different stages of treatment. Hearing from people who are coping or recovering gives hope to those at the beginning of the recovery process.

4. Integrated Treatment

We utilize an integrated treatment model to address both mental health and chemical dependence. Incorporating an evidence-based treatment approach, both the addiction and the mental illness are addressed concurrently and the entire medical, emotional and social life of the patient is taken into account.

C. CARS

a. Outpatient

324 West State St., Ithaca NY

(607) 273-5500

1. Outpatient Treatment Services

The clinic provides timely and holistic services that respect the biological, psychological, social and spiritual nature of addiction and its impact on our clients, their families, and the community. Through a full continuum of care that is designed to embrace the transformative process of recovery, they stand with their clients providing the right tools and supports to assist them on this difficult journey they have found the courage to begin. CARS primary addiction services include: chemical dependency evaluation, groups, individual sessions, medical assessment, Suboxone, Buprenorphine and Naltrexone medication management, and case management services including referrals to vocational, educational, psychological

and medical supports. These services were developed to assist clients in bridging the gap from active addiction into ongoing recovery.

2. Outpatient Rehabilitation Services

CARS OPR provides social and health care services, skill development in accessing community services, activity therapies, information and education about nutritional requirements, and vocational and educational evaluation along with research based addiction treatment models including: The Matrix Model, Motivational Interviewing, Contingency Management, Treatment on Demand and Regular Drug Screen Testing for documented abstinence.

b. Residential

6621 NY Route 227, Trumansburg NY

(607) 387-5535

CARS RSU is a 60-bed, co-ed program of six to nine months in range for successful completion. Clients attend treatment for over 50 hours each week, including weekly individual counseling. Their treatment philosophy is based on research based best practices around the core philosophy of the Matrix Model®. RSU clients participate in seven Matrix groups each week, Early Recovery, Relapse Prevention, Social Supports and Family Education. Clients are encouraged to understand and use thought-stopping, mooring lines and concepts related to cognitive behavioral therapy

Transportation

A. Bus Passes (Free/When Available)

a. Catholic Charities

324 West Buffalo St., Ithaca NY

(607) 272-5062

b. Day Reporting/Probation

320 West State St., Ithaca NY

(607) 274-5380

c. OAR of Tompkins County

910 West State St., Ithaca NY

(607) 272-7885

d. Rescue Mission

618 West State St., Ithaca NY

(607) 273-6684

B. Other Transportation

a. FISH (Friends In Service Helping)

1-877-211-8667

FISH volunteers provide rides to Tompkins County residents in need of medical and health related services that are within Tompkins County. The FISH Call Center will take ride requests the day prior to an appointment; same-day service may be possible. FISH will attempt to meet your transportation need.

b. Gadabout

(607) 273-1878

Rides by reservations for people 60 or over, or people with disabilities. \$1.50 per one way trip within the City of Ithaca; \$3.00 for trips that start or end outside city limits. To reserve rides, you must call 2 days in advance.

c. Medicaid Taxi

(607) 274-5330

1-866-753-4543

For medical appointments/cannot be on a bus route

d. OAR of Tompkins County Jail Transportation

(607) 272-7885

OAR has a number of volunteers who provide transportation to the jail on Tuesdays and Saturdays for visiting hours. Rides must be set up at least 24 hours before visiting day. Volunteers will pick you up and drop you off anywhere within the Tompkins County lines.

e. RIBS

530 West Buffalo St.,

RIBSonBuffalo@gmail.com

RIBs staff and volunteers refurbish the bicycles to good working condition and redistribute them to community members. We do this by "gifting" (donating) refurbished bicycles to local non-profit organizations and/or human service agencies in the city of Ithaca and Tompkins County. We do not distribute bicycles to individuals! Hence, RIBs is not the place to acquire a bicycle. Rather, we are the place to come to repair and/or maintain a bicycle that you already own!

f. VA Medical Taxi

(for those receiving medical care at Freeville Clinic)

1451 Dryden Rd., Freeville NY

(607) 591-7388

g. Way2Go

Cornell Cooperative Extension

615 Willow Ave, Ithaca NY

(607) 272-2292

Through collaborative workshops, projects and events, Way2Go helps people save money, stress less, go green and improve mobility options. Way2Go is a registered trademark.

h. Women's Opportunity Center

315 North Tioga St., Ithaca NY

(607) 272-1520

Available for those working with WOC to interviews, appointments, etc.

Veteran Programs

A. Finger Lakes School of Massage

215 East State St. #203, Ithaca NY

(607) 272-9024

Accepts funding from GI Bill for Education

B. Ithaca Veterans Peace Coalition (Chapter of the Fellowship of Reconciliation)

murphyvetsfor@gmail.com

(845) 270-0439

An informal group that serves as a direct service organization for veterans in need and as a liaison to connect veterans with the Veterans Administration. The Peace Coalition also helps with commissary when veterans are in jail, sending books to veterans' groups in prisons and help finding housing. There is an information table set up at Tompkins County Workers Center, 3rd floor of Autumn Leaves Bookstore

C. Miscellaneous Programs for Veterans

a. Catholic Charities

(607) 272-5062

b. Freeville VA Clinic

(607) 347-4101

c. Veterans Family Rides

(413) 418-4300

d. Suicide Prevention Interdiction Network (SPIN)

(970) 658-0227

e. Patriot's Project and Supportive Services

(866) 406-8449

D. New York State Division of Veterans' Affairs

a. NYS Veterans Counselor

(607) 255-8719

Information and counseling on federal, state and local veterans' benefits and helps veterans, their dependents and survivors apply for benefits, including:

- *Pensions for Veterans and Survivors*
- *Service-Connected disability benefits*
- *Other survivor benefits*
- *Education benefits for veterans/spouses/dependents/widowers*
- *Tax breaks for veterans/surviving spouses*
- *Dependent child benefits*
- *Transportation grant*
- *Burial Benefits*
- *Gold Star Parents annuity*
- *Inpatient/Outpatient medical services*
- *Veterans home loans*
- *State veterans homes and nursing home care*

b. Primary Care for Tompkins County veterans

(607) 277-4975

Primary Care services including

- *Mobile Outreach and Transition Team(MOTT)*
- *Health Care*
- *Laboratory (Blood drawing and analysis)*
- *Prescriptions*
- *Radiology*
- *Behavioral Health Care Services*

E. PTSD Transformations Life Coach

www.prolympianinternational.com

- a. **Debbie Doolittle**
ddoolit62@gmail.com
(607) 227-0194
- b. **Renee McLain**
(607) 423-1743

E. Solider On

(413) 584-4040

A door-to-door outreach campaign assisting veterans and their families who are homeless or at the risk of becoming homeless. Soldier On provides in-home case management, referral services and temporary financial assistance for housing to veterans facing homelessness. Also helps with VA Loans and has a resiliency program

F. Veterans Justice Outreach Coordinator

*Syracuse VA Medical Center
620 Erie Blvd. West, Syracuse NY
(315) 425-4400 ext 51016*

G. Workforce Tompkins

*(607) 272-7570
Disabled Veterans Outreach Program*

Youth Issues/Programs

A. Big Brothers/Sisters (Ithaca Youth Bureau)

*1 James L Gibbs Dr., Ithaca NY
(607) 273-8364*

Volunteers provide Littles with one-to-one time and attention in our community. Bigs and Littles usually meet once per week for a couple of hours. During these outings, matches participate in a variety of fun, recreational, and educational activities. What matches do depends on what they like, but they each benefit from learning about each other, discovering new interests and skills, and forming a true friendship together. Each match is supported by a trained and compassionate "Match Support Specialist" who assists in breaking the ice between new volunteers and families, helping with communication and activity ideas throughout the match, and is always around to help volunteers and families with any concerns or needs they may have.

B. Cornell University Mentors Kids

*cornellmentors@gmail.com
They connect college students with the most to give to kids who need it most. Through weekly after-school activities on a college campus, mentors show kids the importance of trying harder in school and help them understand higher education opportunities.*

C. Cornell Cooperative Extension (CCE)

*618 Willow Avenue, Ithaca NY
(607) 272-2292*

a. 4-H Youth

All youth activities offered by Tompkins County Cornell Cooperative Extension fall under the 4-H umbrella, whether they happen after school, in the summer, or as a workshop, club, camp, or special event. 4-H programs are offered in a wide

variety of formats and places because they're designed to fit the interests and needs of the diverse young people who live in our rural and urban communities. Over 5000 young people aged 5 to19 take part in 4-H activities in Tompkins County each year.

b. Energy Warriors

The Energy Warriors Green Career Pathways program introduces youth at four New York State, Office of Children and Family Services facilities to green career training, work readiness and life skills development. The program combines classroom instruction with hands on energy efficiency skills training

c. O.U.R.S

Opportunity, Understanding, Respect, Success (OURS) is a 4-H program for youth residing in or nearby mobile home parks in Freeville, New York. Every week, volunteers from Cornell University's Youth Outreach Undergraduates Reshaping Success (YOURS) program work with the youth through mentoring, games, crafts, outdoor activities, and field trips.

D. Family and Children's Services Community Outreach Program

*127 West State St., Ithaca NY
(607) 273-7494 or (607) 793-3776*

Provides street outreach in the downtown Ithaca area (the Commons to the 600 block of West State St and Cayuga St corridor from Dewitt Park to the Library). The outreach worker responds to community concerns regarding conflict or distress of individual(s). The worker can listen to the concern, offer a phone to make phone calls, appointments, etc. as well as refers to and/or provides assistance to services and resources any person may want or need.

E. Ithaca Youth Bureau

*1 James L Gibbs Dr., Ithaca NY
(607) 273-8364*

The Ithaca Youth Bureau (IYB), a public multi-service agency established 1948, provides a broad variety of recreation and youth development programs to promote the health, happiness, and well-being of all youth and families in the greater Ithaca area. We serve more than 7,500 youth annually, aged 0-20 years, through a wide array of programs including: A tot stay-and-play program, Academic support, After school programs, Job and skill training and subsidized employment for youth, Lessons, Mentoring programs, Recreation mainstreaming services, Sports leagues, Summer camps, Theater workshops, Tournaments

F. Learning Web

*515 West Seneca St., Ithaca NY
(607) 275-0122*

Learning web assists adolescents and young adults on their journey to adulthood. Their program foundation is the community-based, mentor-apprentice/ hands-on learning experience — a model that connects young people with adults, sparks a passion, helps youth learn life skills and envision a rich future; all helping youth evolve into engaged citizens who value themselves and their community.

G. Project RISE

campearthconnection@gmail.com

Project RISE offers support and programming to children and families who have family members who are or have been incarcerated. Camp Earth Connection will provide a limited number of scholarships to Project RISE youth so that they can attend Village Camp. Village Camp nurtures trusting relationships among youth with similar life experiences, provide guidance and mentorship across generations, providing a space for children and families to heal.

H. Village At Ithaca

*609 West Clinton St. #109, Ithaca NY
(607) 256-0780*

Their mission is to advocate for excellence and equity in Ithaca's public schools, by developing strategic community relationships, programs, and services to ensure that students, particularly Black, Latino, and low-income students, consistently meet or exceed local and New York State standards of achievement.

I. Young Life Tompkins County:

(607) 592-0931

Young Life is for everyone who wants to get the most out of life. Whether you are in middle school, high school or college; whatever your interests or abilities; no matter who you hang out with — Young Life welcomes you. If there is a Young Life club or camp near you, check it out!

And if you're a parent, or simply an adult who cares about kids in your community, Young Life welcomes your involvement. There is a variety of ways you can serve and impact the lives of kids in your neighborhood and around the world.