

# 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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*This is an updated list of current programs and agencies that are available in Tompkins County. Due to the length of the list you will find this length is alphabetical rather than by needs to help find the sections easier.*

## **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*

- i. **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.*
- ii. **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*
- iii. **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 / Laura Komor (607) 342-3873*

*MBCI creates pathways from jail and prison to college by eliminating barriers to higher education and promoting leadership, self-advocacy and long-term success. MBCI 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.*

**a. 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. YAP (Youth Advocacy Programs)**

423 1<sup>st</sup> St., Ithaca NY  
(607) 277-5254

## **Domestic Violence**

**A. The Advocacy Center**

(607) 277-3203

[info@theadvocacycenter.org](mailto: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.*

**a. 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*

**b. 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 a Free Tax Preparation Program for individuals that make under a certain amount. This is a way to help all eligible workers claim the credits they deserve without paying fees. If you are single and earn less than \$35,000 or a family earning under \$54,000, AFCU 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](http://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 Tripphammer 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. Temporary**

**a. Open Doors**

127 West State St., Ithaca NY

(607) 273-7484

*Case Management/ Temporary Housing:*

*Short term case management and crisis management focused on youth goal achievement*

*Mediation and family counseling*

*Referrals to ongoing services*

*Involvement in youth development activities and groups*

*Pending certification from OCFS, temporary shelter placement in volunteer host homes*

**C. 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.*

**D. 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. *Strives to assist families and individuals to obtain safe, clean and affordable housing in accordance with Federal HUD guidelines. Families and individuals seeking a clean and safe environment and willing to help preserve the mission of Ithaca Housing Authority are encouraged to apply. Properties include: Titus Towers I, Titus Towers II, Northside Developments, Overlook Terrace, Southview Gardens.*

2. *The Section 8 Tenant Based Assistance (also known as the Housing Choice Voucher Program) is tied to the families so that eligible families are guaranteed federal assistance for any housing unit that meets the general program requirements.*

**c. Lakeview Health Services**

3<sup>rd</sup> 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.*

**d. Neighborhood Housing Services**

798 South Plain St., Ithaca NY  
(607) 273-8629

*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.*

**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.*

**E. 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 3<sup>rd</sup> 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., 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**

*Students who are seeking to develop their lawyering and trial skills, while serving clients who would otherwise not be able to afford an attorney, will find a home in the Cornell Legal Aid Clinic.*

**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. Cayuga Medical Center**

101 Dates Dr., Ithaca NY  
(607) 274-4011

**C. 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*

**D. 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.*

**E. Northeast Pediatrics and Adolescent Medicine**

*1290 Trumansburg Rd., Ithaca NY*

*(607) 319-5211*

**F. 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*

**G. 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.*

**H. 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.*

**I. 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*

**J. 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. Child and Family 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 5<sup>th</sup> 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 3<sup>rd</sup> 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

*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.*

*The MHATC works to fulfill its mission through four major program areas: Adult Advocacy, Family Support Services, Peer Support and Community Education.*

**E. National Alliance on Mental Health (NAMI)**

430 West State St., 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. 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](mailto: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. 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.*

**H. Re-Entry Coordinators**

615 Willow Ave

(607) 272-2292

*Assists individuals inside and upon release from Tompkins County Jail by connecting to services in the community. Able to work on short and long term re-entry plans with participants in and out of the jail.*

**I. Tammy Baker**

Downtown Ithaca

(607)-793-3776

*Outreach worker in the area (from the commons all the way down 13) and works with individuals who are having a difficult time or just need an ear. Tammy allows individuals to use her phone to make phone calls, appointments, etc.*

**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. Ultimate Re-Entry Opportunity (URO)/ Multicultural Resource Center (MRC)**

615 Willow Ave., Ithaca NY

(607) 272-2292

*The Mentoring Program of the Ultimate Re-Entry Opportunity provides support and guidance navigating available community resources as individuals develop personal skills to successfully transition from prison or jail back into their communities.*

**L. 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. 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.*

**D. 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. South Central Regional Library Council**

108 North Cayuga St., #7  
(607) 273-9106

**3. 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

**E. 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

**F. 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

**G. Sciencenter**

601 1<sup>st</sup> 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.*

**H. 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*

**I. 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 3<sup>rd</sup> 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.*

**D. Second Wind**

*1435 Elmira Rd., Newfield NY*

*(607) 227-6268*

*The mission of Second Wind Cottages Inc. is to house and walk with people toward restored lives.*

## **Substance Abuse**

**A. AA/NA/FA/MA/OA/ACA/Al-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](http://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; \$2.00 for trips that start or end outside city limits. To reserve rides, you must call 2 days in advance & longer trips may require more notice.*

#### **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](mailto: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](mailto: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, 3<sup>rd</sup> 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](http://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. Bridges for Youth & Families**

*120 West State St. #3, Ithaca NY*

*(607) 275-0067*

*Bridges for Youth and Families is a runaway and homeless youth program that can provide a “bridge” of communication between youth under the age of 21 in Tompkins County and their families. They work with youth, and families of youth, who may be thinking of running away, have run away or are homeless and who want to reunify with their identified family. They offer culturally-sensitive services that are open and affirming for all youth and families.*

**C. Cornell University Mentors Kids**

*[cornellmentors@gmail.com](mailto: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.*

**D. Cornell Cooperative Extension (CCE)**

*615 Willow Avenue, Ithaca NY*

*(607) 272-2292*

*b. 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 to 19 take part in 4-H activities in Tompkins County each year.*

*c. 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*

*d. 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.*

**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. Open Doors (Family and Children's Services')**

*127 West State St., Ithaca NY*

*(607) 273-7494*

*Open Doors offers crisis intervention response when a youth 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*

**H. Project RISE**

*[campearthconnection@gmail.com](mailto: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.*

**I. 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.*

**J. 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.*