



CORTLAND COUNTY COMMUNITY RESOURCES

Housing, Food, Education, Jobs

FREE GUIDE!

Updated for 2018

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Cortland County Resources / Recursos del condado de Cortland

Numbers to Call for Help *Números a Llamar para Pedir Ayuda*

211 (For Non-Emergencies / Los numerosos normales)

Dial 2-1-1 for free information and referral to someone who can get you the information you need. *Siempre puede marcar el número 2-1-1 para hablar con alguien que pueda ayudarle obtener la información que necesite gratis.*

911 (For Emergencies / Para Emergencias)

Dial 9-1-1 for police, fire, and medical emergency services. Marque 9-1-1 para la policía, bomberos y servicios médicos de emergencia.

Cortland County Sheriff's Department / Departamento del Sheriff del condado de Cortland

(607) 758-2811

Child Abuse Hotline, NYS / Línea Caliente para el Maltrato de Menores de Nueva York

1-800-342-3720

Contact Hotline / Línea Caliente para el Consejería de Crisis

1-877-400-8740

Free anonymous and confidential 24-hour telephone counseling, crisis intervention, and information and referral to persons in distress or crisis. *Servicio telefónico gratis y anónimo para consejería, intervención de crisis, y información y referencias para las personas en crisis o angustia.*

Domestic Violence Hotline, NYS / Línea Caliente de Nueva York para Violencia Doméstica

1-800-942-6906 (English & Español)

Poison Control / Control de Veneno

1-800-222-1222

Substance Abuse and Referral Hotline, NYS / Línea Caliente de Nueva York para Abuso de Drogas y Alcohol

1-877-846-7369

Suicide Prevention Hotline / Prevención de Suicidio

1-800-SUICIDE (1-800-784-2433) or

1-800-273-TALK (1-800-273-8255)

Alcohol and Substance Abuse *Abuso de Drogas y Alcohol*

Alcoholics Anonymous

(607) 753-1344 or (607) 273-1541

www.aa.org

Support group, call for meeting locations and times. *Grupo de apoyo, llame para horas y ubicaciones de las reuniones.*

Al-Anon

(607) 772-0889 or (607) 387-5701

1-888-4AL-ANON

www.al-anon.org

A support group for the families of alcoholics, call for meeting schedules. *Un grupo de apoyo para las familias de alcohólicos. Llame para los horarios de reuniones.*

Cortland County Resources / Recursos del condado de Cortland

Charles Street Residence - Alcoholism

Halfway House

Catholic Charities

29 Central Avenue

Cortland NY, 13045

(607) 756-9313

Una comunidad residencial para problemas con alcohol o drogas

Family Counseling Services Alcoholism and Substance Abuse Clinic

10 North Main Street

Cortland NY 13045

(607) 753-0234

Asesoramiento para el abuso de drogas y alcohol.

Narcotics Anonymous

(800) 350-9132

Support group, call for meeting locations and times. *Narcóticos Anónimos. Llame para encontrar las ubicaciones y horas de reuniones.*

NYS Substance Abuse Information and Referral Hotline

(800) 522-5353

Phone counseling and referral. *Línea Caliente de Nueva York para El Abuso de Drogas y Alcohol. Consejería de teléfono y referencias.*

NYS Smokers' Quitline

(866) 697-8487

www.nysmokefree.com

Phone counseling, free stop smoking kit, tips and support. *La Línea para Dejar de Fumar del Estado de Nueva York. Consejería*

y ayuda telefónico gratis, y medicamentos para dejar de fumar gratis.

Education and Literacy Educación y Alfabetización

Literacy Volunteers of Cortland County

(607) 753-6781 x104

Free tutoring service for adults. Basic reading, writing, math, and other skills assistance. *Tutoría de alfabetización.*

OCM BOCES and Center for New Careers McEvoy Educational Campus

1710 NYS Route 13

Cortland, NY 13045

(607) 758-1111

www.ocmboces.org/adulted

TASC, Career Training, Literacy and ESL Classes. *TASC, Capacitación para Carreras, Clases de Alfabetización y Clases de Inglés.*

Tompkins Cortland Community College (TC3)

170 North St, P.O. Box 139, Dryden, NY 13053

(607) 844-6580

www.tc3.edu/enroll_svc/adult.asp

Adult education. *La educación de adultos.*

Cortland County Resources / Recursos del condado de Cortland

Food, Clothing, Emergency Assistance *Alimentos, Ropa, Ayuda de Emergencia*

Cortland County Department of Social Services (DSS)

60 Central Avenue
Cortland NY 13045
(607) 753-5248

www.cortland-co.org/149/Social-Services

Call for official information about local resources and eligibility requirements for state assistance programs such as Temporary Assistance and Food Stamps.

Departamento de Servicios Sociales del condado de Cayuga (DSS): Llame para información oficial con respeto a recursos locales y requisitos de elegibilidad para programas de asistencia estatal como asistencia temporaria y cupones para alimentos.

Food Bank of Central New York

7066 Interstate Island Road
Syracuse, New York 13209
(315) 437-1899 or 1-800-444-1562
www.foodbankcny.org

Call for current information and referral to local Food Pantries and Free Meal Sites in your area. *Banco de Alimentos de Nueva York Central: Llame para información actual y referencias a su banco de alimentos local y sitios para comidas gratis en su localidad.*

Catholic Charities

37 Central Avenue
Cortland NY 13045
(607) 756-5992

www.ccocc.org

Emergency Services, Clothing, Food Pantry (Monday-Friday 1-4pm). *Servicios de Emergencia, Ropa, Banco de Alimentos (martes-jueves 13:00-16:00).*

Cortland County Community Action Program (CAPCO)

32 North Main Street
Cortland NY 13045
(607) 753-6781

www.capco.org

WIC, CDPAP, Family Development, Energy Services.

Cortland Chenango Rural Services

2704 Lower Cincinnatus Rd.
Cincinnatus, NY 13040
(607) 863-3828 (Joanne Brown)
www.rursrvs.org

Emergency Services, Clothing, Food Pantry, Referral. *Servicios de Emergencia, Ropa, Banco de Alimentos.*

Cortland Helping Hands Food Pantry Cortland County Office Building

60 Central Ave.
Cortland NY 13045.
(607) 753-5061

Offered 1st and 3rd Fridays 9am-12pm.
Banco de Alimentos, primer y tercer viernes 9:00- 12:00.

Cortland Loaves and Fishes Soup Kitchen

13 Court Street
Cortland, NY 13045
(607) 756-6195

Cortland County Resources / Recursos del condado de Cortland

Free meals. Monday/Tuesday/Thursday 11:30am-1pm, Wednesday/Friday: 4-6pm Saturday: 11:30am-12:00pm. *Comidas gratuitas. Lunes/martes/ jueves 11:30 – 13:00; miércoles y viernes 16:00-18:00; sábado 11:30-12:00.*

Food Sense of Cortland County

Grace Episcopal Church
13 Court Street
Cortland, NY 13045
(607) 836-6319 (Gretchen Garrow)
Homer Community Building
Main Street
Homer, NY 13077
(607)749-8564 (Carole Ruyts)
Meat, vegetables and fruit available at significantly discounted rates. *Carne, verduras, y frutas disponibles a precios substancialmente rebajados.*

Harmony Helping Hands Pantry

726 Route 22
Harford, NY 13784
Offered 2nd Friday 3:30-5:30pm. *Banco de Alimentos. Segundo viernes 15:30-17:30.*

Marathon Food Pantry

Town Hall, Brink Street
Marathon, NY 13803
(607) 849-3884
Offered Tuesday 4-5:30pm & Thursday 5:30-7pm. Open to Marathon School District residents only.
Banco de Alimentos. Disponible sólomente a residentes del Distrito de Escuela de Maraton. Martes 16:00-17:30 y jueves 17:30-19:00.

McGraw Community Food Pantry

22 Main Street
McGraw, NY 13101
Hours: Thursday 6pm-7pm .
Banco de Alimentos: jueves 18:00-19:00.

Salvation Army

138 South Main St.
Cortland NY 13045
(607) 753-9363
Free Clothing, Food Pantry
Monday/Tuesday/Thursday/Friday 9am-2:30pm & Wednesday 9-11:30am, Soup Kitchen during the last week of the month – Tuesday/Thursday/Saturday 4-5pm, Wednesday 6-7pm. *Ropa gratis, Banco de Alimentos: lunes/martes/jueves/viernes 9:00-14:30 y miércoles 9:00-11:30, Cena de domingo gratis.*

Spafford Food Pantry

United Methodist Church, State Route 41
Scott, NY 13110
(607) 749-7780 (Debbie Brown)
(607) 749-2753 (Rose Clark)
Hours: 3rd Friday 2-6pm. *Banco de Alimentos tercer viernes 14:00-16:00.*

Truxton Food Pantry

Truxton United Methodist Church, Main Street
Truxton, NY 13158
(607) 753-5061
Offered Monday-Thursday 9am-2pm.
Banco de Alimentos. Abierto lunes-jueves 9:00-14:00.

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Ukrainian Pentecostal Food Pantry

729 McLean Road
Cortland, NY 13045
Hours: 2nd Thursday 5-7pm. *Banco de Alimentos: segundo jueves, 17:00-19:00.*

Willet Food Pantry

Town Hall, 1427 Route 41
Willet, NY 13863
(607) 863-4887
Offered Monday-Friday 9am-2pm. *Banco de Alimentos. Abierto lunes a viernes 9:00 – 14:00.*

Virgil Food Pantry

United Methodist Church, 1194 Church Street
Virgil, NY 13045
Offered 3rd Saturday 10am-12pm. *Banco de Alimentos. Tercer sábado 10:00 – 14:00.*

Health Services *Servicios de Salud*

Cortland County Health Department

County Office Building
60 Central Avenue
Cortland, NY 13045-2746
(607) 753-5036
www.cchd.cortland-co.org
Departamento de Salud del condado de Cayuga.

Cortland Regional Medical Center

134 Homer Ave.
Cortland NY 13045
(607) 756-3500

www.cortlandregional.org
Nonprofit hospital, diabetes, smoking cessation, etc. *Hospital no lucrativa, diabetes, dejar de fumar, etcétera.*

Family Health Network

17 Main Street Suite 302
Cortland NY 13045
(607) 753-3797
www.familyhealthnetwork.org
Nonprofit health care provider, Sliding Scale available. *Proveedor no lucrativa de asistencia sanitaria, escala móvil disponible.*

Jacobus Center for Reproductive Health

County Office Building
60 Central Avenue
Cortland, NY 13045
(607) 753-5027
Family planning, STD testing. *Salud reproductiva, exámenes de ETS/SIDA.*

New York State of Health

1-855-355-5777
<https://nystateofhealth.ny.gov/>
Resources and information about health insurance plans. *Información del seguro de salud.*

Seven Valley Health Coalition

10 Kennedy Parkway
Cortland, NY 13045
(607) 756-4198
www.sevenvalleyshealth.org
Healthcare provider directory, healthy living. *Directorio de proveedores de atención médica.*

Housing
Viviendas

Cortland County Community Action Program (CAPCO)

32 North Main Street
Cortland, NY 13045
(607) 753-6781
www.capco.org

Energy Services Program. *Programa de servicios de energía.*

Cortland Housing Authority

42 Church Street
Cortland, NY 13045
(607) 753-1771

Subsidized Public Housing, Section 8.
Viviendas Públicas subvencionadas, sección 8.

Cortland Housing Assistance Council Inc.

36 Taylor Avenue
Cortland, NY 13045
(607) 753-8271

www.cortlandhousing.org
Assistance to find safe, decent, affordable housing in the City of Cortland. *Asistencia a encontrar viviendas seguras, decentes, y asequibles en la ciudad del condado de Cortland.*

Jobs and Training
Trabajo y Capacitación

Cortland Works Career Center

99 Main Street
Cortland, NY 13045
(607) 756-7585
www.cortland-co.org/152/Cortland-Works-Career-Center
Official Dept. of Labor One-Stop Center. Free Employment Assistance, Career Counseling, Training, and Computer/Fax Use. *Centro Oficial "One-Stop" del Departamento de Trabajo. Asistencia de Empleo Gratis, Orientación Profesional, Capacitación, y el uso de Computadoras, y Máquinas de Fax.*

OCM BOCES and Center for New Careers McEvoy Educational Campus

1710 NYS Route 13
Cortland, NY 13045
(607) 758-1111
www.ocmboces.org/adulted
Career Training. *Capacitación Ocupacional.*

Catholic Charities

33-35 Central Avenue
Cortland NY 13045
(607) 756-5992
www.ccocc.org/job-quest-program
Job Quest program.

Legal Help

Cortland County Resources / Recursos del condado de Cortland

Asistencia Jurídica

Cortland County Probation Office

Cortland County Court House, Suite 104
46 Greenbush Street
Cortland, NY 13045
(607) 753-5019
Departamento de Libertad Condicional del condado de Cortland.

New Justice Conflict Resolution Service

Cortland County Program
(315) 886-2805
www.newjusticeservices.org
Free and confidential mediation service.
Servicio de mediación gratis y confidencial.

Legal Aid Society of Mid-NY

221 South Warren Street, Suite 310
Syracuse, NY 13202
(315) 703-6600 or
CNY Legal Helpline: 1-877-777-6152
www.lasmny.org
Free legal information. *Sociedad de Asistencia Jurídica de Mid-NY. Asistencia jurídica gratis.*

Legal Services of Central New York, Inc. (LSCNY)

111 Port Watson Street
Cortland, NY 13045
1-877-777-6152
www.lscny.org
Free legal aid. *Asistencia jurídica gratis.*

Bibliotecas



Visit your library to find free information and resources for jobs, health, education, leisure activities, and more! All libraries also offer computers with free access to the internet. *¡Visite su biblioteca para encontrar información y recursos gratis para el empleo, la salud, educación, actividades de ocio, y mucho más! Todas las bibliotecas también ofrecen los ordenadores con acceso gratuito a Internet.*



Cortland Free Library

32 Church Street
Cortland, NY 13045
(607) 753-1042
www.cortlandfreelibrary.org
Hours: Monday–Thursday 9:30am-8pm, Friday 9:30am-5:30pm, Saturday 9:30am-4:30pm. *Horas: lunes – jueves 9:30 - 20:00, viernes 9:30-17:30, sábado 9:30 – 16:30.*

Kellogg Free Library

5681 Telephone Road Extension
Cincinnati, NY 13040
(607) 863-4300
www.kelloggfreelibrary.org
Hours: Tuesday/Thursday 1-8pm, Wednesday/Friday 1-5pm, Saturday 9am-1pm. *Horas: Martes/jueves 13:00-20:00, miércoles/viernes 13:00-17:00, sábado 9:00-13:00.*

Phillips Free Library

Libraries

Cortland County Resources / Recursos del condado de Cortland

37 South Main Street
Homer, NY 13077
(607) 749-4616
www.phillipsfreelibrary.org
Hours: Monday 10am-6pm,
Tuesday/Thursday 2-8pm, Wednesday
10am-8pm, Friday 2-6pm, Saturday 10am-
2pm. *Horas: lunes 10:00-18:00,*
martes/jueves 14:00-20:00, miércoles
10:00-20:00, viernes 14:00-18:00, sábado
10:00-14:00.

Lamont Memorial Free Library

5 Main Street
PO Box 559
McGraw, NY 13101
(607) 836-6767
www.lamontlibrary.org
Hours: Monday/Tuesday/Thursday 2-8pm,
Friday 10am-12pm & 2-5pm, Saturday
10am-1pm. *Horas: lunes/martes/jueves*
14:00-20:00, viernes 10:00-12:00 y 14:00-
17:00, sabadp 10:00-13:00.

Peck Memorial Library

24 East Main Street
Marathon, NY 13803
(607) 849-6135
www.peckmemoriallibrary.org
Hours: Monday/Friday 1-5pm, Tuesday
9am-12pm, Wednesday 1-7pm, Saturday
9am-12pm. *Horas: lunes/viernes 13:00-*
17:00, martes 9:00-12:00, miércoles 13:00-
19:00, sábado 9:00-12:00.

Mental Health Services

Salud Psíquica

Catholic Charities Case Management Service

33-35 Central Avenue
Cortland NY 13045
(607) 756-5992
www.ccocc.org
Salud Psíquica.

Copeland Ave Counseling

24 Copeland Avenue
Homer, NY 13077
(607) 749-5711
www.copelandavecounseling.com
Consejería de salud mental.

Cortland County Mental Health Department

7 Clayton Avenue
Cortland NY 13045
(607) 758-6100
www.cortland-co.org/mhealth
Departamento de salud mental de Cortland.

The Dharma Wellness Center

55 Port Watson Street
Cortland, NY 13045
(607) 753-1228
www.dharmawellnesscenter.com/counseling
Counseling. Consejería de salud mental.

Family Counseling Services

10 North Main Street
Cortland NY 13045
(607) 753-0234
www.fcscortland.org
Consejería de salud mental.

Mental Health Support Group

Cortland County Resources / Recursos del condado de Cortland

Access to Independence

26 North Main Street

Cortland, NY 13045

(607) 745-7382

Peer run support group, runs 7:30-9pm on Wednesdays. *Grupo de iguales, reúne 19:30 – 21:00 los miércoles por la noche.*

Transportación

Cortland Transit

21 Squires Street

Cortland, NY 13045

(607) 758-3383

www.cortlandtransit.8m.net

Bus service, Dial-A-Ride door to door service. *Servicio de Autobús, Servicio de Llamar-Un-Viaje de puerta en puerta.*

Way2Go Cortland

10 Kennedy Parkway

Cortland, NY 13045

(607) 756-4198

www.way2gocortland.org

Mobility management and transportation assistance. *Asistencia de transporte.*