



TOMPKINS COUNTY COMMUNITY RESOURCES

Housing, Food, Education, Jobs

FREE GUIDE!

Updated for 2018

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Tompkins County Resources / Recursos del condado de Tompkins

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.

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

(607) 272-2444

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

Alcohol and Drug Council of Tompkins County - Outpatient Treatment

201 East Green Street

Suite 500

Ithaca, NY 14850

(607) 274-6288

www.alcoholdrugcouncil.org

Programa para pacientes externos.

Alcoholics Anonymous

P.O. Box 43

Ithaca, NY 14850

(607) 273-1541

www.aacny.org/wordpress/meeting-schedules

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

Tompkins County Resources / Recursos del condado de Tompkins

Al-Anon

1-888-4AL-ANON

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

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.

Cayuga Addiction Recovery Services

334 West State Street

Ithaca NY 14851

(607) 273-5500

www.carsny.org

Tratamiento de la adicción.

Chartwell House

TCAction Housing Services

701 Spencer Road

Ithaca NY 14850

(607) 273-8816

www.tcaction.org

Supportive housing for men in recovery.

Viviendas de apoyo para hombres en recuperación.

Circle of Recovery

(607) 319-4318

12-step program for African-American men in recovery. *Programa de 12 pasos para hombres Afroamericanos en recuperación.*

Ithaca Community Recovery, Inc.

518 West Seneca Street

Ithaca, NY 14850

(607) 216-8754

www.ithacacommunityrecovery.org

Numerous support and recovery groups.

Grupos de apoyo y recuperación numerosos.

Narcotics Anonymous

www.naws.org/meetingsearch

Narcóticos Anónimos. Llame para encontrar las ubicaciones y horas de reuniones.

NYS Substance Abuse Information and Referral Hotline

1-800-522-5353

Phone counseling and referral. *La Línea para Dejar de Fumar del Estado de Nueva Cork. Consejería y ayuda telefónica gratis, y medicamentos para dejar de fumar gratis.*

NYS Smokers' Quitline

1-866-697-8487

www.nysmokefree.com

Free phone counseling, free stop smoking kit, tips and support. *Línea Caliente de Nueva York para El Abuso de Drogas y Alcohol. Consejería de teléfono y referencias*

Renovation House

379 Dean Creek Road

Spencer NY 14883

(607) 589-4413

Christian residential recovery program for men. *Programa residencial Cristiano para hombres.*

Tompkins County Resources / Recursos del condado de Tompkins

Education and Literacy *Educación y Alfabetización*

Tompkins Seneca Tioga (TST) BOCES

555 Warren Road
Ithaca, NY 14850
(607) 257-1551
www.tstboces.org/adult-education
Adult education classes, High School
Equivalency exam (TASC) prep. *TASC, la
educación de adultos.*

Cornell Cooperative Ext. of Tompkins County

615 Willow Avenue
Ithaca, NY 14850
(607) 272-2292
Adult Education Programs. *Programas
Educativas para Adultos.*

Tompkins Learning Partners Inc.

124 West Buffalo Street
Ithaca, NY 14850
(607) 277-6442
www.tlpartners.org
Basic Literacy and ESL Tutoring. *Tutoría
Básica para Alfabetización e inglés.*

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

Tompkins County Department of Social Services (DSS)

320 West State Street
Ithaca, NY 14850
(607) 274-5680
Domestic Violence Hotline: (607) 274-5293
Housing Assistance: (607) 274-5644
Financial Assistance: (607) 274-5345
www.tompkinscountyny.gov/dss
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 (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 the Southern Tier

388 Upper Oakwood Avenue
Elmira, NY 14903
(607) 796-6061
www.foodbankst.org
Call for current information and referral to
local Food Pantries and Free Meal Sites in
your area. *Llame para información actual y
referencias a sus Bancos de Alimentos
locales y Sitios de Comidas gratuitas en su
área.*

Tompkins County Resources / Recursos del condado de Tompkins

American Red Cross Friendship Center

618 West State Street
Ithaca, NY 14850
(607) 273-1900
www.tompkins-redcross.org
Information & Referral, Showers, Phone,
Food Pantry, Emergency Services.
*Información y Referencias, Duchas, Teléfono
y Café, Banco de Alimentos, y Almuerzos en
bolsa*

American Red Cross – Tompkins County Office

2 Ascot Place
Ithaca, NY 14850
(607) 273-1900
Disaster, health, and safety services.
Servicios de emergencia.

Baptized Church of Jesus Christ

412 First Street
Ithaca, NY 14850
(607) 277-6140
Wednesday 10am-12pm
3rd Saturday 10am-12:30pm. *Horas:
miércoles 10:00- 12:00, tercer sábado 10:00
- 12:30.*

Caroline Food Pantry

Brooktondale Community Center
522 Valley Road
Brooktondale, NY 14817
(607) 539-6537
Food Pantry, 1st & 3rd Mondays 6-7:30pm
*Bancos de Alimentos, 18:00 - 19:30, Primer
& Tercer lunes.*

Catholic Charities Samaritan Center

324 West Buffalo Street
Ithaca, NY 14850
(607) 272-5062 x27
www.catholiccharitiestt.org/programs
Emergency assistance, clothing and
household goods. *Asistencia de emergencia,
ropa y artículos del hogar.*

Danby Food Pantry

(for Danby residents)
Danby Federated Church
1859 Danby Road, Ithaca, NY 14850
(located in the hamlet of Danby)
(607) 272-1687
1st & 3rd Monday 5-7pm. *Primer y tercer
lunes 17:00-19:00.*

Dryden Kitchen Cupboard

First Presbyterian Church
6 North Street
Dryden, NY 13053
(607) 844-8321
Monday 11am-12pm, Wednesday 5-6pm,
Friday 11am-12pm, Saturday 11am-12pm
*Bancos de Alimentos: lunes 11:00- 12:00,
miércoles 17:00-19:00, viernes 11:00 -
12:00.*

Enfield Food Distribution

182 Enfield Main Road,
Enfield, NY 14850
(607) 277-0266
2nd & 4th Mondays 3-5pm. *Bancos de
Alimentos, 15:00 - 17:00 segundo & cuarto
lunes.*

Tompkins County Resources / Recursos del condado de Tompkins

Freeville Pantry

Freeville United Methodist Church
39 Main Street
Freeville, NY 13068
(607) 844-8760
2nd & 4th Mondays 6-7pm. *Bancos de Alimentos 18:00 - 19:00, segundo & cuarto lunes.*

Groton Food Providers

Joyce Crouch Benevolence Building
101 McKinley Ave
Groton, NY 13073
(607) 898-5263
2nd & 4th Saturday 10-11am. *Bancos de Alimentos 10:00 - 11:00, segundo & cuarto sábado.*

Halsey Valley Helping Hands Pantry

GAR Building
Hamilton Road, Halsey Valley, NY
(607) 272-6758
Bancos de Alimentos
Immaculate Conception Food Pantry
133 North Geneva Street
Ithaca, NY 14850
(607) 273-6121
Tuesday 1-2pm. *Martes 13:00-14:00.*

Ithaca Kitchen Cupboard

150 North Albany Street
Ithaca NY 14850
(607) 273-2400
Emergency Food: Monday 1:30-3pm, Friday 1:30-2:30pm. *Comida de Emergencia: lunes 13:30-15:00, viernes 13:30-14:30.*

Lansing Food Pantry

East Shore Drive
Lansing, NY 14882
(607) 592-4685 x1767
January-October: 4th Monday 1-3pm
November & December: 3rd Monday 1-3pm
Bancos de Alimentos. Enero – octubre: cuarto lunes 13:00-15:00, noviembre y diciembre: tercer lunes 13:00-15:00.

Loaves and Fishes

St. John's Episcopal Church
210 North Cayuga Street
Ithaca, NY 14850
(607) 272-5457
www.loaves.org
Free daily meals. *Comidas diarias gratis.*

Newfield Kitchen Cupboard

Newfield United Methodist Church
227 Main Street, Newfield, NY 14867
(607) 564-7823
1st & 3rd Wednesdays 6-7pm. *Bancos de Alimentos, primer y tercer miércoles 18:00-19:00.*

Salvation Army Thrift Store

381 Elmira Road
Ithaca, NY 14850
(607) 273-3872
Low priced clothing/household goods.
Ropa y artículos del hogar para precios bajos.

Service League Shop

104 West Seneca Street
Ithaca, NY 14850
(607) 272-2120
Low cost clothing. *Ropa de precio bajo.*

Tompkins County Resources / Recursos del condado de Tompkins

Southside Community Center, Inc.

305 South Plain Street

Ithaca, NY 14850

(607) 273-4190

Food Bank, Tuesday-Thursday 4:30-6:30pm,
1st and 4th Saturday 12pm-2pm. *Banco de
alimentos. Martes-Jueves 16:00-18:30,
primero y cuarto sabado 12:00-14:00.*

Tompkins Community Action

701 Spencer Road

Ithaca, NY 14850

(607) 273-8816

www.tcaction.org

Food pantry and other family services,
Food Pantry Monday 2:30-4:30pm &
Tuesday 10:30am-1pm.

*Banco de Alimentos y otros servicios
familiares, Banco de Alimentos lunes 14:30
– 16:30, martes 10:30-13:00.*

Trumansburg Food Pantry

Trumansburg United Methodist Church

Corner of South & Main Streets

Trumansburg, NY 14886

(607) 387-9024

Every other Monday 1-2pm & 5:15-6pm.

*Banco de Alimentos, 13:00- 14:00, & 17:30 -
18:30, los lunes alternos.*

Health Services

Servicios de Salud

Arnot Ogden Medical Center, HIV Clinic

Ithaca Free Clinic

521 West Seneca Street

Ithaca, NY 14850

(607) 795-8161

Medical Clinic and Counseling for HIV
positive individuals. *Clínica Médica y
Consejería para individuos que son
seropositivos.*

Catholic Charities, Tompkins/Tioga Counties

Samaritan Center

324 West Buffalo Street

Ithaca, NY 14850

1-888-343-3547

www.catholiccharitiestt.org/programs

Site for Child Health Plus, Family Health Plus
and Medicaid applications. *Sitio para Child
Health Plus, Family Health Plus, y
solicitaciones de Medicaid.*

Cayuga Medical Center – Cancer Service Program

101 Dates Drive

Ithaca, NY 14850

(607) 758-5523

Cancer screening program. *La detección del
cancer.*

Human Services Coalition of TC, Inc., – Get Covered Info Line

171 State Street, #133

Ithaca, NY 14850

2-1-1 or 1-877-211-8667

www.hsctc.org

Call and get information about health
insurance options, including free and low-
cost plans through New York State. *Llame
para obtener información sobre opciones de
seguro médico, incluyendo planes gratuitos
o de precio bajo.*

Tompkins County Resources / Recursos del condado de Tompkins

Human Services Coalition of TC, Inc., – Community Health Advocates

171 State Street, #133

Ithaca, NY 14850

(607) 273-8686

www.hsctc.org

Staff provide one-on-one assistance with: medical billing problems, coverage denials and eligibility determinations, prior authorizations for specialists or out-of-network services, finding lower cost prescription medicines, and appeals.

Asistencia para los que no pueden pagar por atención médica.

Ithaca Free Clinic

521 West Seneca Street

Ithaca, NY 14850

Tel: (607) 330-1254

www.ithacahealth.org

Free medical care and referral services.

Servicios médicos gratuitos.

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.*

Planned Parenthood of the Southern Finger Lakes

620 West Seneca Street

Ithaca, NY 14850

(607) 273-1513

www.plannedparenthood.org/ppsfl

Sliding scale services for sexual health, including STD and HIV tests. *Servicios de*

escala móvil para salud sexual, incluyendo exámenes de ETS y VIH.

Physician Referral Service Hotline

Cayuga Medical Center

(607) 274-4600

Médico de referencia.

Southern Tier AIDS Program, Ithaca Office

314 State Street

Ithaca, NY 14850

(607) 272-4098 or 1-888-206-2870

www.stapinc.org

Case management for HIV positive individuals. *Asistencia para gente seropositiva.*

Tompkins County Health Department

55 Brown Road

Ithaca, NY 14850

(607) 274-6600

www.tompkinscountyny.gov/health

HIV Testing, Immunization Clinics, Public Health. *Exámenes de VIH, Clínicas de inmunización, Salud Pública.*

Tompkins County Social Services Department

Community Medicaid

320 West State Street, Ithaca NY

(607) 274-5354

www.tompkinscountyny.gov/dss/medicaid

Assistance for people who can't pay for medical care. *Asistencia para los que no pueden pagar por atención médica.*

Tompkins County Resources / Recursos del condado de Tompkins

Housing *Viviendas*

American Red Cross Friendship Center

618 West State Street
Ithaca, NY 14850
(607) 273-1900
www.tompkins-redcross.org
Information & Referral, Free Showers,
Phone and Coffee, Emergency Services.
*Información y Referencias, Duchas
Gratuitas, Teléfono y Café, Servicios de
Emergencia.*

Ithaca Housing Authority

798-800 South Plain Street
Ithaca, NY 14850
<http://ithacaha.org/>
(607) 273-8629
Public Housing, Section 8. *Vivienda Pública,
Sección 8.*

Ithaca Neighborhood Housing Services

115 West Clinton Street
Ithaca, NY 14850
(607) 277-4500
www.ithacahs.org
Affordable housing assistance. *Asistencia
con viviendas asequibles.*

TCAction Housing Services

701 Spencer Road
Ithaca, NY 14850
(607) 273-8816
www.tcaction.org
Housing assistance programs, Section 8.
Asistencia con viviendas, sección 8.

Jobs and Training *Trabajo y Capacitación*

Tompkins Workforce New York

Center Ithaca, Suite 241
Ithaca, NY 14850
(607) 272-7570
www.tompkinscountyny.gov/wfny
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.*

Adult Career and Continuing Education Services – Vocational Rehabilitation (ACCES-VR)

44 Hawley Street
Binghamton, NY 13901
(607) 721-8400 or 1-800-888-5010
Job assistance for people with disabilities.
*Asistencia de trabajo para gente con
discapacidades.*

Greater Southern Tier (GST) BOCES

Coopers Campus, Building #8
9579 Vocational Drive
Painted Post, NY 14870
(607) 739-3581
www.gstboces.org/adulted
Career Training. *Capacitación Ocupacional.*

Tompkins County Resources / Recursos del condado de Tompkins

Tompkins Seneca Tioga (TST) BOCES

555 Warren Rd
Ithaca, NY 14850
(607) 257-1551
www.tstboces.org/adult-education
Career Training. *Capacitación Ocupacional.*

Catholic Charities, Tompkins/Tioga Counties

324 West Buffalo Street
Ithaca, NY 14850
(607) 272-5062
www.catholiccharitiestt.org
Employment counseling and assistance.
Orientación Profesional y Asistencia.

Challenge Workforce Solutions

950 Danby Road, Suite 179
Ithaca, NY 14850
(607) 272-8990
www.challengeworkforcesolutions.org
Job assistance for people with disabilities and other barriers to employment.
Asistencia para gente con discapacidades y otros barreras al empleo.

Tompkins County Workers' Center

115 East Martin Luther King Street, 2nd Floor, The Commons
Ithaca, NY 14850
(607) 269-0409
www.tcworkerscenter.org
Help for those treated unfairly or illegally at work. *Ayuda para los que están maltratados o ilegalmente en su trabajo.*

Women's Opportunity Center

315 North Tioga Street
Ithaca, NY 14850
(607) 272-1520
www.womensopportunity.org
Career counseling, job assistance, and training programs for men and women.
Orientación Ocupacional, Asistencia con empleo, y programas de capacitación para hombres y mujeres.

Legal Help

Asistencia Jurídica

Community Dispute Resolution Center (CDRC)

117 East State Street, Suite 105-1
Ithaca, NY 14850
(607) 273-9347
www.cdrc.org
Centro Comunitario para la Resolución de Disputas

Tompkins/Tioga Neighborhood Legal Services

902 Taber Street, Suite 1
Ithaca, NY 14850
(607) 273-3667 or 1-800-724-4170
Legal assistance (for civil cases only).
Asistencia Legal (Sólo para casos civiles).

Fathers' Rights Association of NYS, Southern Tier Chapter

P.O. Box 1077
Binghamton, NY 13902
(607) 754-5866
www.fathersrightsny.com

Tompkins County Resources / Recursos del condado de Tompkins

Information and support for men and women with divorce, custody, visitation, and child support issues. *Información y apoyo para hombres y mujeres con el divorcio, custodia, visitación y cuestiones de la manutención de niños.*

Tompkins County Human Rights

120 West Martin Luther King, Jr. Street
Ithaca, NY 14850
(607) 277-4080
<http://tompkinscountyny.gov/humanrights>
Handles complaints of discrimination in housing, employment, lending, public accommodation, and education.

Hours: Monday-Thursday 2-9pm, Friday 10am-7pm, Saturday 10am-2pm. *Horas: lunes-jueves 14:00-21:00, viernes 10:00-19:00, sábado 10:00-14:00.*

Lansing Community Library

27 Auburn Road
Lansing, NY 14882
(607) 533-4939
www.lansinglibrary.org
Hours: Monday –Wednesday, 10am-8pm, Thursday 10am-6pm, Friday & Saturday 10am-1pm. *Horas: lunes – miércoles, 10:00 - 20:00, jueves 10:00 - 18:00, viernes y sábado 10:00 - 13:00.*

Libraries

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.*



Groton Public Library

112 East Cortland St.
Groton, NY 13073
(607) 898-5055
www.grotonpubliclibrary.net

Newfield Public Library

198 Main Street
Newfield, NY 14867
(607) 564-3594
www.newfieldpubliclibrary.org
Hours: Monday-Thursday 2-8pm, Saturday 10am-2pm. *Horas: lunes - jueves. 14:00 - 20:00, sábado 10:00 - 14:00*

Southworth Library Association

24 West Main Street
Dryden, NY 13053
(607) 844-4782
www.southworthlibrary.org
Hours: Monday/Wednesday 1:30-7pm, Tuesday/Thursday 11am-5:30pm, Friday 11am-7pm, Saturday 10am-2pm. *Horas: lunes/miércoles 13:30-19:00, martes/jueves 11:00-17:30, viernes 11:00-19:00, sábado 10:00-14:00.*

Tompkins County Resources / Recursos del condado de Tompkins

Tompkins County Public Library

101 East Green Street
Ithaca, New York 14850

(607) 272-4557

<http://tcpl.org>

Hours: Monday-Thursday 9:30am-8:30pm,
Friday 9:30am-6pm, Saturday 9:30am-5pm,
Sunday 1-5pm. *Horas: lunes-jueves 9:30-20:30, viernes 9:30-18:00, sábado 9:30-17:00, domingo 13:00-17:00.*

Ulysses Philomathic Library

74 East Main Street
Trumansburg, NY 14886

(607) 387-5623

www.trumansburglibrary.org

Hours: Monday/Wednesday/Friday 10am-5pm, Tuesday/Thursday 10am-8pm, Saturday 10am-2pm. *Horas: lunes/miércoles/viernes 10:00-17:00, martes/jueves 10:00-20:00, sábado 10:00-14:00.*

Mental Health Services

Salud Psíquica

Family and Children's Service of Ithaca

127 West State Street
Ithaca, NY 14850

(607) 273-7494

www.fcsith.org

Affordable counseling. *Precio de escala móvil.*

Mental Health Association in Tompkins County

301 South Geneva Street, #109
Ithaca, NY 14850

(607) 273-9250

www.mhaedu.org

Support, information and referral. *Apoyo, información, y referencias.*

Suicide Prevention and Crisis Service (SPCS)

124 East Court Street
Ithaca, NY 14850

(607) 272-1616 or 800-273-TALK

www.ithacacrisis.org

24 hour telephone counseling, information and referral. *Consejería telefónica de 24 horas al día información, y referencias.*

Tompkins County Mental Health Services

201 East Green Street
Ithaca, NY 14850

(607) 274-6200

24 Hour Crisis Line: (607) 272-1616

www.tompkinscountyny.gov/mh

Sliding scale fee. *Salud Psíquica.*

Tompkins County Resources / Recursos del condado de Tompkins

Transportation *Transportación*

Ithaca-Tompkins County Transportation Council

121 East Court Street

Ithaca, NY 14850

(607) 274-5570

www.tompkinscountyny.gov/itctc

Transportation options in Tompkins County.

TCAT, Tompkins Consolidated Area Transit

737 Willow Avenue

Ithaca, NY 14850

(607) 277-7433

www.tcatbus.com

Bus transportation in Tompkins County and portions of Tioga and Schuyler Counties.

Transportación de Autobús en el condado de Tompkins y porciones de los conadados de Tioga y Schuyler.

Chemung Transit

(607) 734-5211

www.ridectran.com

Bus transportation for Elmira, Elmira Heights, and Horseheads, service to Corning, Ithaca, Sayre and the Guthrie/Robert Packer Hospital.

Transportación de autobús para Elmira, Elmira Heights, y Horseheads, servicio a Corning, Ithaca, Sayre, y la Hospital de Guthrie/Robert.

Ithaca Carshare

(607) 277-3210

www.ithacacarshare.org

Car rentals available 24/7 on an hourly basis (membership required). *Alquiler de Autos disponible 24 horas al día a la hora/ (requiere calidad de miembro).*