



## What's New?

### **Gold Shoe Step It Up Challenge 2022: Ends 6/16**

Through June 19<sup>th</sup> you can still WIN PRIZES by finding the Gold Shoe when you're out at your local parks or trails! For more information, visit them on Facebook by [clicking here](#). Post pictures, find out about scheduled walks, and like us @Gold Shoe Step It Up Challenge



### **Free Life Jackets at Wisner Market: Thu 6/2**



Join the River Friends at Wisner Market on Thursday, June 2<sup>nd</sup> from 10 am – 2 pm in front of Park Church in Elmira to receive a FREE life jacket! First come, first serve. Must be present to receive a jacket as they need to be sized. If your children cannot be present, bring their height/weight/chest measurements. [Click here](#) for more information.

### **Learn the Signs. Act Early. – Free Workshop: Thu 6/2 at 5 pm**

[Register here](#) for this FREE, virtual workshop, held on Thursday, June 2<sup>nd</sup> from 5 – 6 pm. Gives parents and caregivers info about milestones from birth - 5, including how to track milestones, and what to do if you have concerns!



### **Elmira Pioneers Baseball Returns to Dunn Field: 6/3 at 7 pm**

The [Elmira Pioneers return for their 38<sup>th</sup> season](#) Friday, June 3<sup>rd</sup>. The game starts at 7:00 pm with gates opening at 6:00 pm. Tickets are \$10 for VIP Box seats - \$8 for Adults – \$5 for Students/Seniors – Free for Kids 2 years old and under!

#### **June Home Game Schedule**

Fri, 6/3: Batavia Muckdogs  
 Sun, 6/5: Jamestown Tarp Skunks  
 Tue, 6/7: Niagara Power  
 Fri, 6/10: Newark Pilots  
 Sat, 6/11: Niagara Power  
 Wed, 6/15: Jamestown Tarp Skunks



Fri, 6/17: Geneva Red Wings  
 Sun, 6/19: Capital City Reds  
 Wed, 6/22: Albany Dutchmen  
 Sat, 6/25: Jamestown Tarp Skunks  
 Tue, 6/28: Oneonta Outlaws  
 Thu, 6/30: Geneva Red Wings

### **HFRC – Early Childhood Fair: Sat 6/4 from 10 am – 2 pm**



The Horseheads Family Resource Center and the Arnot Mall are hosting the Early Childhood Fair at the Arnot Mall on Saturday, June 4<sup>th</sup> from 10 am to 2 pm. There will be open playroom, craft kits, information, giveaways, family-friendly activities, family resources and several of our community organizations (including C.I.D.S.) will be there! Come and learn about the many health, education and social service resources available to families in our area!



**Chalk It Up for Our Youth: Saturdays in June, starting 6/4**



This summer workshop is open to all students grades 3 – 12. Kids will take part in a hands-on study in the art of street painting! During the 4 Saturday sessions, from 10 am – 12 pm, students will have the opportunity to practice using the sidewalks of downtown Elmira as their canvas! The end result will be participating in the 15<sup>th</sup> annual Elmira Street Painting Festival in July! Email [dlopenzo@elmiradowntown.com](mailto:dlopenzo@elmiradowntown.com) for more information and for application.

**River Friends’ Agnes Memorial Paddle – 50 years: 6/4 – 6/5**

River Friends and Cantata Singers invite the community to commemorate the 50<sup>th</sup> anniversary of the 1972 flood with the Agnes Flood Memorial Paddle. This 2-day event will begin on Saturday, June 4<sup>th</sup> (from Corning to Big Flats) and end on Sunday, June 5<sup>th</sup> (from Big Flats to Elmira). There will be a boxed lunch, environmental education panel, fun kids’ program, [Los Panchos Food Truck](#), arts performances, and a free concert by Cantata Singers! Registration required. For more info and to register, [click here](#).



**HFRC Night at Pioneers Game: 6/5 at 4:05 pm**

Horseheads Family Resource Center brings you HFRC Night at the Elmira Pioneers Baseball Game on Sunday, June 5<sup>th</sup> at 4:05 pm. All families can claim 2 FREE tickets per family. To reserve your 2 free tickets and order additional tickets at \$8 each, call the Pioneers at 607-734-7825. The tickets will be held at the “will-call” window.

**Summer Cohesion 2022 – Registration Begins: 6/6 at 9 am**

This 6-week, drop-in, recreational, educational, and cultural enrichment program provides children ages 4 – 12 with a safe, structured, and fun summer! It is fee-based and runs Mon – Fri from 7/5 – 8/12. This school-based program takes place at numerous sites throughout Chemung County. Kids participate in arts and crafts, indoor/outdoor games, attend special performances, and travel to local libraries, parks, and museums. At each site, children learn about water safety, nature, life skills, and cultural enrichment - just to name a few. For more information, including viewing the brochure, visit [ChemungYouth.com](http://ChemungYouth.com). To register you must [create an account here](#), then sign in and register.



**The Fatherhood Connection: Tuesdays at 6 pm**

This 10-week program, held on Tuesdays at 6 pm from May 24<sup>th</sup> to July 26<sup>th</sup>, encourages fathers to share their life experiences and become open to explore various ways to raise their children in a comfortable, non-judgmental and supportive atmosphere. Contact Bob Lecher at 586-292-5454 to register or for more information.





**Father's Day: Sun 6/19**

Visit [Books by the Bushel](#) for fun activities such as this [Father's Day Scavenger Hunt](#) and these other [Father's Day Activities](#). Visit the [June Activities](#) page for Spanish versions and much more June fun!

**Juneteenth 6/19 (Observed 6/20)**

Enjoy these [Juneteenth Activities](#) and these [Juneteenth Children's Books](#) that can be borrowed at your local library! Check out this article put out by the Smithsonian National Museum of African American History & Culture on [Juneteenth for Kids](#). Search online for more FREE children's Juneteenth resources.



**Family Fun Thursdays at Eldridge Park: 6/23 from 5 – 9 pm**

Eldridge Park Carousel Preservation Society & the Chemung County Youth Bureau are kicking off the start of Summer Break with a new event called Family Fun Thursday! Join us for this family friendly event, fun for all ages on Thursday, June 23<sup>rd</sup>. Free Kiddieland Rides from 5 – 9 pm. Free performance by [The Great Dubois The World's Most Unique To-Person Circus Show](#) from 6 – 7 pm. Enjoy Foodies in the Park with [Heidi Ho's Food Truck](#) on the Midway serving up their delicious sandwiches and poutine specials! And for desert, [Kool Treats Novelty Ice Cream Truck](#) will be on site selling their delicious kid friendly novelty ice creams! Look for more Family Fun Thursdays at Eldridge Park in July/August!

**Chemung County SPCA Offering Expanded Services**

After months of renovations, the Chemung County SPCA is offering affordable spay and neuter services, vaccines and more to come: for affordable spay/neuter clinics you can [click here](#); for affordable pet vaccination clinics, you can [click here](#); if you find kittens and need help, then you can [click here](#); if you have a feral cat in your neighborhood in need of spaying/neutering, you can [click here](#).

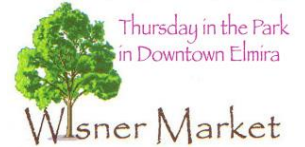




## Local Farmers' Markets

### Wisner Market Opens for 25<sup>th</sup> Season: Thu 6/2, 10 am – 2 pm

Wisner Market will be opening for its 25<sup>th</sup> year from June 2<sup>nd</sup> through September 29<sup>th</sup>, every Thursday from 10 am – 2 pm at Wisner Park, between Langdon Plaza and the First Arena in downtown Elmira. Over 30 vendors offer a variety of products including fresh produce, cut flowers, candles, crafts and art. Entertainment is present at the stage and lunch is served throughout the park during the Market, which features specialties from many beloved local restaurants. Nonprofit organizations, such as C.I.D.S., participate as well, offering information and resources to the over 1,000 weekly visitors. For more information you can visit [WisnerMarket.org](http://WisnerMarket.org) or visit them [here on Facebook](#).



### Eastside Farmers' Market Opens for Season\*: Tue 6/21, 3 – 6 pm

\*New Location: Brand Park! The Eastside Farmers' Market is back up and running this June at its new location in Brand Park, 301 Maple Ave on Elmira's southside! Join them Tuesdays from 3 – 6 pm from June 21<sup>st</sup> through September 27<sup>th</sup>. Enjoy weekly themes such as Kid Safe Summer, Chemung River Day, Dog Days of Summer, and many more! For more information, visit them [here on Facebook](#).

### Grove Park Farmers' Market

Elmira's Grove Park Farmers' Market, open Mondays from 3 – 6 pm from June 6<sup>th</sup> through October, offers locally raised fruits, vegetables, meats, eggs, cut flowers, breads, flours, dry beans and pastries. FMNP checks and EBT/SNAP accepted. With all the locally grown and made items, the Grove Park Farmers Market is a "full meal" market - get everything you need to make a delicious Locavore meal!



### Chamberlain Acres Farmers Market: Sundays from 11 am – 3 pm

On Sundays year-round, Chamberlain Acres hosts a Farmers Market from 11am-3pm at 824 Broadway in Elmira. It's outside during the summer and in a warm greenhouse during the colder months. Veggies, meats, cheeses, baked goods, coffee, jams and jellies, maple syrup, honey, wine and so much more. Not all of these are here every week but many of them are.



## Resources, Events & Things to Do

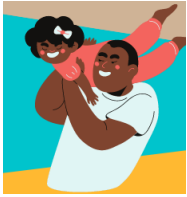
### [Horseheads Family Resource Center Calendar: June 2022](#)



You can come and play any time during our open hours at our Playful Learning Program at 2 locations! All families are welcome and there is no charge! For a look at the calendar, visit them at [HorseheadsFamilyResourceCenter.org](http://HorseheadsFamilyResourceCenter.org) and scroll to “Program Calendar”!

#### **HFRC Scavenger Hunt**

Families are invited to stop by the HFRC Arnot Mall Playroom for a fun scavenger hunt around the mall! Follow the directions, find the images around the mall, then drop the finished pages in the green box for a chance to win prizes!



#### **Early Intervention – Parent Support Group: 6/7 from 5 – 6pm**

EI is offering FREE snack and childcare from 5 – 6 pm on the 1<sup>st</sup> Tuesday of every month at the HFRC location at the Arnot Mall. Contact Mary Jo Wallner at 607-731-5912. Open to all families.



#### **Nutrition Workshop & Cooking Demo: 6/14 from 5 – 6 pm**

On the second Tuesday of each month at 5 pm chat with a nutrition educator from the Food Bank, sample a healthy dish, and take home some nutrition education goodies! The next Workshop is at our church location. Childcare will be provided! Registration is not required.



### [Elmira Family Resource Center Calendar: June 2022](#)

Make it Mondays, Taste Test Tuesdays, Nature Walks at Tanglewood, Park Playdates, Zoom Storytimes, Wiggle Wednesdays, and Thinker Thursdays. Visit them [here on Facebook](#) to view the calendar, for updates, and to stay connected.

### **Baby Bistro: Wednesday 6/15 from 3:30 – 4:30 pm**



Baby Bistro from TTBN allows families to meet other moms/families, ask lactation specialists questions, learn about breastfeeding topics, and help support other moms! This is a FREE support group for ALL moms, moms to be and their families! Join via Zoom at <https://zoom.us/j/92614472566>, from 3:30 – 4:30 pm on the second Wednesday of each month! For more info, call 607.737.2039.

### [CCLD – Seed Lending Library](#)



The Chemung County Library District’s Seed Lending Library is ready to browse any time they are open, so check it out! Seed lending is easy: visit our seed collection, check out the seeds that interest you, and bring back seeds you harvest in the fall! Come visit the Reference Desk on the 2<sup>nd</sup> floor at Steele Library for more information and, to check out some seeds!



## C.I.D.S. Newsletter 2022

Serving Chemung County for 50 Years!

[www.CIDSFamilies.com](http://www.CIDSFamilies.com)



Enjoy Eldridge Park's many attractions: the 1890s Loeff Carousels, Thunderbirds, Tilt-A-Whirl, Jasper II Boat Tour, paddle boats, mini golf, disk golf, Pony Carts, Turtle Chase, Kiddie Boats and Mini Train! Friday 5 – 9 pm, Saturday & Sunday 12 – 8 pm.

### **Sat, 6/11 from 4 – 8 pm: Foodies in Eldridge Park – Ransom's Cluck & Smoke**

Ransom's Cluck & Smoke Food Truck will be bringing their delicious BBQ sandwiches to the Midway! Enjoy some dinner and finish it off with dessert at the Lake Side Cafe!

### **from 5 – 8 pm: Concerts in Eldridge Park – The Ampersand Project**

The Ampersand Project is an Acoustic Duo covering songs from the rock, pop, and country genres and plays anywhere they can find a stage; including but not limited to their home area of Upstate NY and the Finger Lakes region.

### **Sun, 6/12 from 11 am – 5 pm: Meet a Mermaid at Eldridge Park**

Eldridge Park Carousel Preservation Society invites you to explore the magical underwater world of mermaids! Circus Siren Pod will be on site from 11:00am to 5:00pm with their travel tank and 2 of their talented merfolk artists.

### **Fri, 6/17 from 5 – 9 pm: Friday Fish Fry – Lighthouse BBQ**

Lighthouse BBQ Food Truck will be on the Midway serving up Friday Fish Fry! Enjoy some dinner and finish it off with dessert at our Lake Side Cafe!

### **Thu, 6/23 from 5 – 9 pm: Family Fun Thursday at Eldridge Park**

(Please see the "What's New" section of this newsletter for more information) Eldridge Park Carousel Preservation Society & The Chemung County Youth Bureau are kicking off the start of Summer Break with a new event called Family Fun Thursdays! Join us for this Family Friendly event with fun for all ages. Look for 3 more Family Fun Thursdays at Eldridge Park in July and August!

### **Sat, 6/25 from 4 – 8 pm: Eldridge Park Summer Car Show & Concert by Doc Possum**

Eldridge Park Carousel Preservation Society invites you to their annual Summer Car Show with music by Doc Possum from 5 – 8 pm. Ride the rides, enjoy the views, grab a snack, and catch some tunes!

### **Harris Hill's 75<sup>th</sup> Season**



For 75 years, Harris Hill Amusement Park has helped families have fun together! Their spring part-time hours are from 5 – 8 pm M - F and 12 noon – 8 pm on the weekends. Affordable family fun for everyone with mini golf, arcade, batting cages, kiddie rides, go-carts, driving range, concessions, beautiful view, picnic area, pool (in the summer), National Soaring Museum, sailplane rides and more!

Free parking, free admission, affordable fun! **Cash Only!** Visit them on [Facebook](https://www.facebook.com/HarrisHillAmusements) or at [HarrisHillAmusements.com](http://HarrisHillAmusements.com).

### **Wings of Eagles Discover Center**



Take self-guided tours of the museum's collection of aircraft, engines, flight simulators and exhibit displays. Fri – Sun, 10 am – 3 pm, \$7 for adults, \$4.50 for ages 6-17, free for children 5 and under, and \$18 per family (2 adults & 3 children). Escape Rooms available by emailing [info@wingsofeagles.com](mailto:info@wingsofeagles.com).



**Tanglewood Nature Center & Museum**

Tanglewood Nature Center & Museum is a Great Place to Be – Naturally! Over 10 miles of hiking trails, 40 animals on site, 20,000 children educated annual and a legacy of over 40 years of preservation! OPEN Tuesday – Friday, 9 am – 4 pm, and Saturday 10 am – 4 pm. Trails are open dawn to dusk year-round at both locations: Personius Woods & Gleason Meadows. Admission to the Nature Center & Museum is FREE!



**Summer Camp Registration Now Open!**

Take a look at our guide as we have updated our favorite camps and have added some exciting new ones! Be sure to sign up soon, as spaces are going quickly!  
[Register Here!](#)

**Skating at Joycrest**

Joycrest Skating Rink is open for skating Friday evenings from 7 – 9:30 and Saturdays & Sundays from 1 – 3:30. Admission is \$10 and skate rental is \$4. Host a birthday party, family reunion, graduation, or a get together for scouts, school, or church! There are 2 party rooms available for open skate or private events. To book your event, call 607.732.0494 or email [info@joycrestsports.com](mailto:info@joycrestsports.com).



**Unstructured Playtime (UPT) at Sky Gymnastics**

Is your child in need of a place to get out some energy? UPT is open gym time for parents & children to play together with full use of the gym to explore! Ages 6 months – 5 years, parent participation required, pre-registration required, space is limited. Fridays 11 am – 12 noon. \$10 per child. All families are expected to follow current COVID policies & procedures. [Register Here.](#)



**Books by the Bushel Activities: Online**

Books by the Bushel's site offers Ideas by the Bushel with FREE literacy activities. Download as many as you like! For FREE seasonal/holiday/monthly- themed activities and worksheets go to [BooksbytheBushel.com](http://BooksbytheBushel.com). For 2022 Monthly Activity Calendars go to [BooksbytheBushel.com/Calendars2022](http://BooksbytheBushel.com/Calendars2022).



**FREE Luncheon with Community Wesleyan Church: 6/25**

These lunches are meant to provide a free meal to anyone in need! Join us at 2095 Grand Central Ave in Horseheads on the 4<sup>th</sup> Saturday of each month from 12 – 2 pm. We are currently providing take-out meals only. Please come, take away, and enjoy a free meal!





## **Chemung County Library District Events – FREE!** (CLOSED on Monday 6/20 for Juneteenth)

**Bookmobile Schedule & Featured Services:** Having trouble getting a ride to the library? Let the library come to you! All bookmobile materials are normally charged out until the next scheduled stop at your location and may also be returned to any Chemung County Library District Branch. Scan the QR code or click the link for the full schedule.



### **June 1 – 15: Father’s Day Give-a-way**

Happy Father’s Day from Horseheads Free Library! From June 1 – 15, with each checkout, enter to win an extraordinary basket of car wash/detail goodies! Winner announced June 16<sup>th</sup>! Good luck!



### **Every Day in June: Children’s Take N Make – Handprint Jellyfish**

Stop in to the Horseheads Free Library to pick up a Handprint Jellyfish craft all month long!

### **Every Day in June: Scavenger Hunt – Gross Bugs**

Search the Big Flats Library all month long for hidden pictures! Find them all and earn a token for the prize machine!



### **Every Day in June: Pete the Cat Craft**

Stop by the Big Flats Library any day in June and make a cool Pete the Cat craft with 4 Groovy Buttons!

### **Every Day in June: Interactive Story Kits**

Steele Memorial Library Children’s Department brings you: Interactive Stories! Each kit includes a library book for you to borrow and a kit full of treats, crafts, or lesson plans for you to follow along with the story! Call 607.733.9174 to borrow a story! While supplies last!



### **Thursdays from 10:30 – 11 am: Tots and Tales Story Time**

Come join us at the West Elmira Library for a fun time of stories, music, and movement! This story time is geared toward ages 18 months – 3 years. Masks are recommended for those old enough to wear them.



### **Thursdays from 3:30 – 4:30 pm: LEGO Club – Longest Train**

Build with LEGOs at the Big Flats Library! This month’s theme is Longest Train. Build train cars and connect them! Let’s see how long we can get this train!



### **Tuesdays from 10:30 – 11 am: Family Storytime**

Come to Steele Memorial Library on Tuesdays at 10:30 am for Family Storytime! Registration is required. Call 607.733.9174, email [edesk@stls.org](mailto:edesk@stls.org).



### **Wednesday 6/8 from 5 – 6 pm: PRIDE Pizza Making Kit**

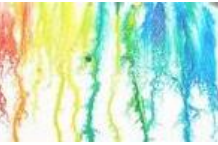
Steele Memorial Library brings you this live stream on Facebook Live on Wednesday, June 8<sup>th</sup> at 5 pm. Register to reserve a rainbow pizza kit by calling 607-733-9174.





**Thursday 6/9 from 6 – 7 pm: Musical BINGO**

Join us at the Steele Memorial Library for musical BINGO, we'll play a song you match the movie it comes from on your BINGO card. Recommended for ages 8 – 12. REGISTRATION IS REQUIRED.



**Wednesday 6/15 from 3:30 – 4 pm: Children's Book Club**

Join Miss Kelly for a book club experience library where a picture book will be introduced and read. There will also be discussion questions, suggested activities and further reading suggestions. [Facebook.com/ChemungLibs](https://www.facebook.com/ChemungLibs)



**Thursday 6/16 from 3:30 – 4:30 pm: Rainbow Lightning Craft**

Stop by the Steele Memorial Library Children's Department on June 16<sup>th</sup> at 3:30 pm to craft watercolor lightning rainbows!

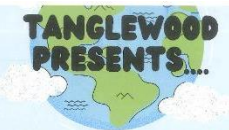
**Friday 6/24 from 3:30 – 4:15 pm: Bingo for Kids**

Stop by the West Elmira Library for their monthly game of Bingo on the last Friday of every month for a chance to win prizes! This program is open to kids ages 12 and under. Even for kids who are beginning to read and write, Bingo can help with recognition of words and numbers.



**Monday 6/27 from 4 – 5 pm: Family Summer Reading Club Kick-Off**

Join the West Elmira Library at 4 pm on Monday, June 27<sup>th</sup> to kick-off their summer, ocean-themed reading club! Beginning 6/27, sign up online and start logging your Summer Reading Club minutes & books to get entered for a chance to win weekly prizes! [CclD.lib.ny.us/src](http://CclD.lib.ny.us/src)



**Tuesday 6/28 from 3 – 4 pm: Tanglewood Presents – Save the Ocean**

Follow a mermaid and a sea turtle as they explore the ocean and learn about ocean trash based on the book *Save the Ocean*. You'll also have a chance to meet a live water and land turtle!



**Tuesday 6/28 from 3:30 – 4:30 pm: SRC Kick-Off Party**

Join Big Flats Library for their Summer Reading Club (for adults, teens and kids!) registration party on Tuesday, June 28<sup>th</sup> at 3:30pm! There will be a funny trivia challenge, crafts and cupcake decorating! Please call to register so there are enough cupcakes, 607-562-3300.

All of these events and more can be viewed by clicking on the [CCLD Calendar of Events](#).



## Additional Resources Available for Chemung County

### Emotional Support Helplines/Hotlines

*NY Project Hope Emotional Support Helpline:* Confidential. Anonymous. Free. Helping New Yorkers understand their reactions and emotions during COVID-19 through an emotional support helpline, education materials and trusted referrals. Call 1.844.863.9314 to speak to a crisis counselor.

*CRISIS Hotline:* If you are dealing with stress from the pandemic and need help, you can call the CRISIS Hotline at 607.442.6900. For more information about COVID-19 you can call the Chemung County Health Department at 607.737.2028, 103 Washington St, Elmira.

*NYS' Headspace:* – New York State Mental Health Resource. Even though New York continues to reopen and rebuild, we can't underestimate the mental and emotional strain of the pandemic. Visit [HeadSpace.com/NY](http://HeadSpace.com/NY) for free mindfulness resources or call the support hotline at 1.844.863.9314.

*2-1-1 HELPLINE:* If you need assistance finding food, paying housing bills, or other essential services, get in touch with your local 211 Helpline by dialing 2-1-1 on any phone to speak with someone who can help or go to [211helpline.org](http://211helpline.org). (Free & Confidential)

### COVID-19 Emergency Rental Assistance

NYS's Emergency Rental Assistance Program: If you need rental assistance as a result of COVID-19, are behind in rent/utilities, or are at risk of homelessness, there are options available to you. [Apply here](#). We can also help with saving your home, getting out of debt, buying your first home, food, personal care items, diapers and wipes, advocacy, empowerment groups & emergency housing. Call the Samaritan Center at 607.317.5801 or 607.734.4898.

### Smoke Alarms Save Lives!

The RED CROSS can install a FREE smoke alarm in your home! Call 607.654.6109

### NYS Offers Childcare Resources

If you are in search of childcare as you return to work following the COVID-19 period, The New York State Office of Children and Family Services Division of Child Care Services may be an important resource for finding local providers, knowing the latest health and safety regulations and receiving subsidized care for your child. For more information, click [here](#).

### Health Homes Children's Care Management

If your child has experienced complex trauma and is struggling as a result then our Care Managers can work with your family to help with your child's needs! This might include helping to determine needs and available services, accessing healthcare and preventative care (i.e. dental), connecting to community programs, events and services, and more! To be eligible your child must be under 21, enrolled in Medicaid (active Medicaid), and residing in Chemung Co. Contact Senior Case Manager Haley Youngs, 607.426.7538.

### Diaper Bank is open at the Salvation Army

The Salvation Army, 414 Lake St, provides diapers sizes newborn – 6 for children as well as adult sizes from 10 am – 3 pm! Participants are eligible based on their household income or categorically through Medicaid, WIC, TANF, SSI or SNAP. For questions contact Bianca Palese at 607.732.0314.

### CDC Developmental Milestone Tracker App

Milestones matter! From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Photos and videos in this app illustrate each milestone (starting at 2 months old) and make tracking them for your child easy and fun! Also available in Spanish. Learn the Signs. Act Early.



**Are you Fleeing Domestic Violence?**

Call the Salvation Army Safehouse/Domestic Violence 24/7 hotline at 607.732.1979 for emergency shelter, non-residential services and safety planning or call the First Step Victim Services 24/7 hotline at 607.742.9629 for non-residential services and safety planning.

**Homeless and Need Shelter?**

Go to the Second Place East Homeless Shelter, 605B College Ave, Elmira, 607.732.5954. The shelter is closed from 12 - 1:00 pm.

**Having a hard time? Unsure of what your next step is?**

Reach out to one of your DSS Community Navigators to assist you to push through life's bumps. They can assist you with a variety of needs such as food, childcare, evictions, DSS applications and more. Locations in our area:

**Samaritan Center**

380 S Main St, Elmira 607.734.4898

**EOP**

650 Baldwin St, Elmira 607.734.6174

**Grocery Assistance, Food Bank & Food Pantry**

SNAP: Need Help Affording Groceries? SNAP Can Help! To see if you may be eligible, contact your Nutrition Outreach & Education Program Coordinator at 607.796.5592.

Food Bank of the Southern Tier: To find a nearby food pantry or meal program near you, just go to [FoodBankST.org](http://FoodBankST.org) and click on FIND FOOD. Visit [HungerSolutionsNY.org/find-food-help/](http://HungerSolutionsNY.org/find-food-help/) for more info on federal nutrition programs such as SNAP or WIC. You can also dial 2-1-1 to receive information on local services.

The Samaritan Food Pantry: Open

Monday/Wednesday/Friday 10 am – 12 and 1 – 3:30 pm, Tuesday/Thursday 1 – 3 pm, 380 S Main St, Elmira – access the Samaritan Center from Mt Zoar St entrance.

**Bright by Text**

Quick tips for busy parents. Make the most of everyday interactions. [Sign up today by clicking here.](#) Because kids don't come with instructions.

**WIC & Other Breastfeeding Resources**

*WIC (Women, Infants, Children) Program of Chemung/Schuylers Counties:* Need extra help with food, breastfeeding support or formula? Need to register, apply for a new eWIC card. WIC is the premier nutrition program in the country. Contact WIC to see if you qualify at 607.737.2039 or text Apply4WIC to 85511.

*Breast Pumps Through WIC:* WIC is offering assistance with acquiring breast pumps for those in need. Must be WIC eligible. Contact WIC at 607.737.2039.

*Whitt's End Breastfeeding and Lactation Services:*

Jennifer Whitt with Whitt's End is available to offer prenatal support, consultations after delivery, and collaboration with your provider to assist you with your breastfeeding and/or lactation needs. Available by appointment only. Call Jennifer at 607.738.2091. Learn more at [WhittsEndLactation.com](http://WhittsEndLactation.com).

**Free Children's Books & PBS Kids E-Newsletter**

Free Books: Dolly Parton's [Imagination Library](#) offers FREE BOOKS for Young Readers! To be eligible your child must live in Chemung or Steuben County. FREE age-appropriate books are mailed monthly to your child from birth until age 5! Sign up at [UWST.org](http://UWST.org)

PBS Kids E-Newsletter: Every day is full of possibilities and so is your child! Get activities and tips you can use to help kids learn at home emailed to you every week. Sign up here: [pbs.org/parents/newsletter](http://pbs.org/parents/newsletter)

**Horseheads Family Resource Center**

The Horseheads Family Resource Center is a fun and welcoming place for all families at NO COST. [Learn more here.](#)



**NYBBA Offers Free Hair Cuts & More:  
Tuesdays & Fridays from 9 am – 2 pm**

The New York Beauty and Barber Academy, located at 200 Baldwin St in Elmira, offers FREE Hair Cuts, Hot Shaves, and 7 Wash and Styles on Tuesdays and Fridays from 9 am – 2 pm. Call first at 607-733-7300.

**Pregnancy Resource Center**

Southern Tier Pregnancy Resource Center offers free pregnancy testing, free ultrasound, referrals to OB/GYN, referrals for Food Stamps, Medicaid, and much more, information on parenting, adoption and abortion. When you're facing an unplanned pregnancy our confidential peer counseling program is designed to answer all of your questions. 375 W Water St, Elmira, 607.732.2111

**Fidelis Care**

Fidelis Care is focused on the health and safety of our employees and the community during the COVID-19 outbreak. Do You Have Questions About Health Insurance? Fidelis Care offers quality, affordable health insurance for qualifying children and adults of all ages! Call your Fidelis Care Health Benefit Representative Lacinda Hamilton 607.361.3179.

**Afterschool Program, Clothing, Meals**

The Transformation Center at 314 W Church St in Elmira offers an afterschool program from 3 – 5 pm, free clothing daily from 10 am – 1 pm, and family indoor meals on Mondays and Thursdays starting at 5 pm. All programs are drop-in-welcome and free!

**Telehealth Station**

Free Urgent Care & Psychology Services Available at the Able2 Clinic, 1118 Charles St, Elmira 14904 607.734.9503.

**Text Updates Available for Addiction Services**

Addiction help is just a call, text or search away when you get in touch with 2-1-1 HELPLINE for referral to OASAS qualified drug treatment and recovery services. Text "Opioid" to 898211 to be automatically sent updates about services and resources near you.

**ABLE2 Dental Clinic**

Able2's Dental Clinic is committed to compassionate care and comprehensive services by licensed professionals in dentistry excellence. Medicaid, DentaQuest, United Health Care and private insurance are accepted. The staff is trained in the unique care involved with treating individuals with special needs.

**Elmira Bikes**

An all-volunteer-run community bike shop. Open-shop: come in and learn to fix your bike or access low-cost bikes and parts! For more information visit them on Facebook

**NYSEG Recycling Program**

Recycle your old fridge and get \$50: Chances are your old refrigerator or freezer is adding to your electricity bill by an average of \$150/year. Recycle it, reduce your energy use and keep harmful material out of landfills. We'll pick it up for free and you'll pick up \$50!

New: Now you can also recycle an old working room air conditioner with your qualifying refrigerator or freezer pickup appointment and get an extra \$10!

To schedule an appointment and for more info, [Click Here.](#)



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## C.I.D.S. Programs

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### INFANT REGISTRY PROGRAM – I.R.

All newborns in Chemung County are offered enrollment in the CIDS Screening and Assessment Program to detect and/or prevent developmental problems. Nurses gather info through hospital visits & parent questionnaires to determine if a child is at risk for developmental or social problems. Follow-up services then commence.

### NURSE-FAMILY PARTNERSHIP – N.F.P.

Provides maternal and child health services to women in Chemung County in their first pregnancy less than 27 weeks gestation. Clients receive health care guidance and education during pregnancy and after the birth of the baby until the child's second birthday, to ensure healthy outcomes for both mother and child.

### EARLY CHILDHOOD SERVICES TEAM – E.C.S.T.

Performs developmental screenings of preschool-aged children. A screening consists of standardized tests assessing vision, speech, language, gross motor, fine motor, hearing and social development. The team provides counseling for parents regarding developmental issues, and refers children for appropriate remediation as necessary.

### SCHOOL READINESS PROJECT – S.R.P.

An initiative to ensure that children arrive at school socially, cognitively, physically and emotionally ready to learn. CIDS provides home visitation services to the families of infants and preschoolers in Chemung County, and also provides child development screenings until each child enters school. Home visits are made to support the health and welfare of infants, toddlers, and their families. Home visitors provide both skill-building and parent education curricula, offering a wide range of topics from nutrition to literacy. In addition, they provide timely and effective referrals to appropriate service providers while remaining an ongoing source of support for the participants.

### HEALTHY FAMILIES OF CHEMUNG COUNTY – H.F.C.C.

Follows the Healthy Families of America model. Healthy Families serves Chemung County families who are expecting, or who have an infant under the age of three months. Home visitation services can continue until the child enters school or turns 5 years old. The Healthy Families program aims to support families, enhance parent-child interaction, and provide parents with information on child development, nutrition, bonding, discipline and brain development. Also the program makes referrals to other needed services. [healthyfamiliesnewyork.org](http://healthyfamiliesnewyork.org)

### HOME-BASED CRISIS INTERVENTION – H.B.C.I.

Provides intensive in-home services to Chemung County families and their children ages 5 – 17. This program is designed to assist children that have a mental health diagnosis and are demonstrating behaviors within the home that pose a potential risk for out-of-home placement. Program therapists assist families utilizing strength-based approaches in conjunction with personalized intervention techniques and practices. HBCI will help implement skills and resources to facilitate the development of a positive environment. The services are designed to be more intensive, flexible, accessible, and goal-oriented than traditional mental health services.

### FIRST 1,000 DAYS PROGRAM

The First 1K Days is sponsored by the NYS Department of Health and operated by CIDS. The goal of this program is to enroll prenatal mothers and/or children before age 3 and offer information and referrals if desired. Examples may range from housing, food/nutrition, transportation, behavioral health, and substance abuse treatment. By identifying these needs of the parent/child, our Peer Family Navigators can help with those needs. Peer Family Navigators will remain in contact with identified families for the first 3 years of the child's life.