



CHEMUNG COUNTY
ROSTER OF SERVICES



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Behavior and Mental Health Support

Aspire Hope

Children and Family Treatment Support Services (CFTSS)

Rehabilitation services available to youth under 21 who are Medicaid eligible.

Contact: <https://www.aspirehope.org/cftss>; Call 607-776-2166

Family Peer Advocate Mentor Call 607-367-0765

Catholic Charities

Safe Harbor

Provides 24/7 intervention services to any youth ages 10-24 who is homeless or at risk of running away from home. Includes appointment transportation, emergency services, conflict resolution, referrals, and a 24/7 hotline.

Contact: Call or text 607-742-9629 24/7

CHADD

Offers resources related to ADHD for parents, professionals, adults, and educators.

Contact an ADHD specialist Monday-Friday 1-5pm: 1-866-200-8098

Access education, training, and resources here: <https://chadd.org/>

Children's Integrated Services (CIS)

Provides linkage to services for children and their families through Single Point of Accountability (SPOA) or Children's Coordinated Services Initiative (CCSI).

PINS Diversion Services – Diverting adolescent involvement in the juvenile justice system

Contact: 607-737-5582

Cornell Cooperative Extension – The Bright Side

Newsletter aimed to uplift and inspire those struggling with their mental health. It includes favorite recipes, poems, pictures, and memories.

Find links to the newsletter here: <http://chemung.cce.cornell.edu/community/the-bright-side>

Elmira Psychiatric Center (EPC)

Provides an array of comprehensive psychiatric services, including inpatient care and community-based services. Respite care currently not available.

Contact: 607-737-4711

Family Services of Chemung County

Contact: 607-733-5696

General Clinic Services

Therapists serve children, individuals, and families to improve well-being, relationships, and social connection.

School-Based Mental Health Services

Offered in partnership with the Elmira City School District (ECSD), the Elmira Heights School District (EHSD), Finn Academy Charter School, CIS, and Chemung County, which permits Family Services to provide assessment and individual, family, and group health therapists for school-aged children and their families at the ECSD's eleven schools, EHSD's three schools, and the charter school.

Sexually Acting-Out Youth (SAY) Program

Rehabilitation program for youth that have exhibited problematic sexual behavior.

Southern Tier Integrated Recovery Services (STIRS)

Recovery orientated program for people with mental health disabilities who aim to successfully achieve life goals.

Contact: 607-733-7661

Crisis Program

Mobile response team provides face-to-face or telephone crisis counseling and referral services 24/7.

Contact: 607-442-6900

Urgent Care Services

On-site and emergency room assessment for individuals in need of immediate mental health assessment, psychiatric evaluation, medication therapy assessment, and referral.

Child and Adult Care Management

Coordinates medical, mental health, and/or substance use services and link individuals to more resources necessary. Must be Medicaid eligible and have qualifying condition. More information on eligibility:

<https://www.familyservicesofchemung.com/care-management-services>

Compeer

Community-based mentoring program to children or adults struggling with their mental health. Volunteers build meaningful relationships with clients to help them live happier and more productive lives.

More information: <https://www.familyservicesofchemung.com/compeer>

Glove House, Inc.

Offers prevention and intervention programs to empower families from a trauma informed perspective.

Contact: 607-737-5238

National Alliance on Mental Illness (NAMI)

Website provides education and support: <https://www.nami.org/Home>

NAMI Helpline: 800-950-6264 or text "NAMI" to 741-741

24/7 free, confidential crisis counseling

NY Project Hope

Offers emotional support and wellness resources, as well as virtual support groups.

<https://nyprojecthope.org/>

Contact: 1-844-863-9314 for emotional support from 8am-10pm 7 days/week

Pathways, Inc.

Adult and Children's Care Management

Provides individual and family support in health promotion and managing services. Must be Medicaid eligible.

Contact: 607-442-4392

Children and Family Treatment Support Services (CFTSS)

Behavioral health service providing in-home counseling, intensive support and treatment, and skill-building. Must be Medicaid eligible and under 21.

Contact: 607-937-4551

Adult Behavioral Health HCBS

Empowerment Peer Groups in Chemung County designed to promote skills for coping and managing behavioral health issues. These services are for adults (age 21 and over), for Health and Recovery Plan (HARP) eligible enrollees who are Medicaid beneficiaries with behavioral health needs within New York State's Behavioral Health System.

Contact: 607-937-3274

Children's Home and Community Based Services (HCBS)

HCBS Waiver is a strength-based program that serves youth under 21 with serious emotional difficulties, developmental disabilities (if in foster care), and medical fragility.

Contact: 607-937-4506

Social Connection

Free peer-run mental health social club where individuals can meet for guidance, mutual support, socialization, and recreation.

Contact: 607-732-4855

National Suicide Prevention Hotline: 1-800-784-2433

Breastfeeding

Arnot Ogdon Medical Center

Self-directed online breastfeeding class being offered online. Zoom meeting to begin soon. Contact the lactation consultant for more information at the number below.

Contact: 607-735-5717 to speak with a Lactation Consultant or 607-737-4499 to register

Katheryn Curatolo, RN, CLC

Offers in-home lactation counseling

Contact: 607-222-5719 or find her on Facebook by searching KCuratolo Lactation

La Leche League of Chemung Valley

Provides education, information, support, and encouragement to all who want to breastfeed.

Contact: Cynthia at 607-857-0235 or cynthiamassey1118@gmail.com

Twin Tiers Breastfeeding Network

Provides support, education, and referrals.

Contact: 607-737-2039 or 607-735-5717

Baby Bistro

Free support group via Zoom to learn about breastfeeding, talk with other moms, and ask questions to a lactation consultant. Zoom meetings are held the 2nd Wednesday of every month from 3:30pm-4:30pm.

WIC Breastfeeding Connections

Provides education and connects to resources. May be able to provide a breast pump to moms in need who qualify for WIC.

Contact: 607-737-2039

Breastfeeding Support

Call to speak with breastfeeding peer counselors or breastfeeding coordinator

Contact: 607-426-9406

Whitt's End

Lactation consultation prenatally and after delivery. May be covered by insurance.

Contact: 607-738-2091

Browse services: WhittsEndLactation.com

Child Safety, Child Care, and Support

Arnot Ogdon Medical Center

Car seat safety class provided the second Thursday of each month from 6pm-8pm at the Arnot Medical Center campus. Building and room location provided upon registration.

Contact: 607-737-4100

Child Abuse Hotline

Call to report suspected child abuse or neglect.

Public number: 800-342-3720

Mandated reporter number: 800-635-1522

Childcare concerns: 800-732-5207

Child Advocacy Center (CAC)

Provides trauma-informed, child friendly space that is safe for children of all ages to address allegations of child abuse.

Contact: 607-737-8449

Child Care Council

Offers referral service and subsidy for trusted child care, as well as helps with the process of opening a home-based child-care business.

Contact: 607-734-3941 or <https://www.chemchildcare.com/>

Child Protective Services (CPS)

Contact: 607-737-5302

New York State Police

Can provide car seat safety checks. By appointment only.

Contact Alex Krawczyk at 607-739-3929 or email Alex.Krawczyk@troopers.ny.gov

New York Division of Child Care Services

Website provides opportunity to search for trusted child care and connects to related resources.

<https://ocfs.ny.gov/programs/childcare/looking/>

Poison Control Center

Contact: 1-800-222-1222

Strong Kids, Safe Kids

Focuses on building strong, safe, and happy families by providing information about community services and health and safety issues while engaging children and their families in fun education activities during one event each year.

Contact: <https://www.facebook.com/StrongKidsSafeKids/>

Southside Community Center of Elmira

Provides year-round out of school child care and programming, including structured recreation, education, and enrichment for school aged youth Monday-Friday from 2-6pm. Includes a snack and warm dinner. Free of charge.

Register here: <https://sccelmira.org/register>

Contact: 607-734-9245

Transformation Center

Contact: 607-271-0493

Summer Program

Available for youth ages 5-12 from 2pm-5pm Monday-Friday. Provides safe and fun environment with multiple activities for youth.

YWCA

Child care and after school programming in Elmira. Pricing is listed on the website below.

Contact: 607-733-5575 or <https://www.ywcaelmira.org/kids-world>

Kids World

After school programming servicing youth ages 4-16

Summer Enrichment

8-week summer program for ages 5-12 including full day quality child care

Domestic Violence and Sexual Assault

Arbor Housing and Development

Domestic Violence Services

Services include a 24/7 crisis hotline, support groups, Net Shelter and DV program, and legal advocacy.

Domestic Violence 24/7 Hotline: 1-800-286-3407

Contact Arbor: 607-654-7487 or <https://arbordevelopment.org/domestic-violence-services/>

Catholic Charities

First Step Victim Services

Provides advocacy and support to all victims of crime in Chemung and Schuyler counties.

Contact: 24/7 hotline at 607-742-9629 or 607-535-2050

National Sexual Assault Resource Hotline

Contact: 800-656-4673, chat online at <https://www.rainn.org/> or download the RAINN app for support, self-care tools, and information.

Salvation Army of Elmira Safehouse

Provides hotline, support, crisis intervention, and shelter.

Contact: 607-732-1979

Sexual Assault Resource Center (SARC)

Provides education, raises awareness, and provides support and assistance to all survivors in Chemung, Steuben, and Schuyler counties. Offers support groups to survivors.

Contact: 1-888-810-0093 - 24/7 hotline

Education

Books by the Bushel Activities

Online free literacy activities. Download and explore here:

<https://www.booksbythebushel.com/free-literacy-activities/>

Chemung County Library

Libraries located in Big Flats, Horseheads, Elmira, VanEtten, and West Elmira. Join for events, books, and more!

See library calendar here: https://cclid.mhsoftware.com/ViewCal.html?calendar_id=29

Bookmobile

Let the library come to you with their bookmobile service!

For more details: <https://cclid.lib.ny.us/bookmobile/>

Contact: 607-738-2476

Early Intervention Services

Provides evaluation and services to children ages 0-5 with suspected or confirmed developmental delays.

Contact: 607-737-5565

Economic Opportunity Program

Contact: 607-734-6174

Ernie Davis Community Center – “The Nabe”

Provides after school cultural and recreational activities, and academic tutoring to youth ages 13-21. Provides nutritious meal each day to all youth.

Center of Excellence

Operates out of Diven and Riverside Elementary Schools from dismissal time until 6pm. Available to children in Pre-K through 6th grade and provides homework assistance, prevention education, and cultural enrichment. A snack is provided, and bussing is available.

Literacy Volunteers of Chemung and Schuyler Counties

Provides one on one and small class tutoring in basic reading, writing, and English as a Second Language (ESL) to adults for free.

School Readiness Program/Head Start

Offers center and home-based program options to those in Chemung county. Free for families who qualify.

Contact: 607-734-6208

Greater Southern Tier Adult Literacy

Offers GED preparation classes Monday-Friday 8am-3:30pm. One evening class available on Wednesday evenings from 4pm-7pm. Walk-ins are accepted, but calls ahead are appreciated. Located in Langdon Plaza

Contact: 607-739-7684

United Way of the Southern Tier

Heading Southern Tier Kids on Track initiative in Steuben and Chemung counties.

Dolly Parton's Imagination Library

Available to any child under the age of 5 who lives in Chemung or Steuben counties. Signing up will get them a free book sent to their home each month.

Registration link: <https://imaginationlibrary.com/usa/affiliate/NYSTEUBEN/>

Emergency Housing

Catholic Charities

Gateway Program

Provides community living, case management, and residential support services, as-well as a continuum of housing options to individuals at-risk with a mental health condition, substance use, HIV/AIDS, and homelessness.

Contact: 607-734-9784

Samaritan Center – Second Place East

Shelter beds at 605 B College Ave, Elmira, NY.

Contact: 607-734-4898 or report to shelter after hours.

Street Outreach Services

Free, confidential assistance for homeless in obtaining services needed.

Contact: 607-425-1043

Salvation Army

Offers emergency assistance to those in need.

Contact: 607-732-0314

Family and Parenting Support/Education

2-1-1 Finger Lakes Region

Comprehensive information service to link people to needed services.

Search for resources or chat online here: <https://www.ihsnet.org/ihs-services/2-1-1-helpline-2/>

Call: 211 or 1-800-346-2211

2-1-1 Teen Helpline

Anonymous service to connect teens to needed resources.

Call: 211 or text zip code to 898211

CDC Developmental Milestones Tracker App

Parenting resources to track milestones ages birth to 5 years old. Photos and videos within in the app show examples of each milestone, making it easy and fun!

Child Find of America

Parent Help Line

Offers free, confidential, telephone-based services to parents in conflict.

Contact: 800-716-3468

Comprehensive Interdisciplinary Developmental Services (CIDS)

Contact: 607-737-6533 or email info@cidsfamilies.com

Website: www.cidsfamilies.com

Infant Registry Program

All newborns in the county are offered enrollment in the CIDS Screening and Assessment Program to detect and/or prevent developmental problems.

Early Childhood Services Team

Free service that works with parents and their children to screen for any developmental concerns. Program staff will share information and refer to other services if needed.

First 1000 Days

Pilot project to serve high-risk pregnant people and children ages 0-3 who may need referrals and connections to community-based resources.

Healthy Families Chemung

Home visiting service that can begin prenatally or before child is 3 months old. Offers education, support, and referrals until child is 5 years old.

Nurse Family Partnership

For first time mothers residing in Chemung County. Home visitation with a nurse until child is two years old to provide health care guidance and education. Must enroll before 29 weeks gestation.

School Readiness Project

Home visitation service that provides skill-building, developmental screening, and parent education to ensure healthy development. Enrollment can occur anywhere from birth to 4 years.

Cornell Cooperative Extension

Agency offers multiple opportunities for family and community support and education.

Contact: 607-734-4453

Browse events and programs here: <http://chemung.cce.cornell.edu/>

Economic Opportunity Program (EOP)

Sensory Room

Open to general public, and drop-ins are welcome. Appointments are encouraged. This room can be used by people of all ages and abilities for relaxation, focused work, stimulation, therapy, and/or stress release.

Contact: 607-734-6174

Horseheads Family Resource Center

Fun and welcoming place for all families at no cost. This includes parent-child interaction programs, a reading clinic for all ages, and a supervised visitation program. Open hours and events are shared on their Facebook page.

Contact: 607-483-1067

Mothers of Preschoolers (MOPS)

Offers free support groups with child-care provided. Currently they are not holding groups but are ready to do so once more people become interested. Groups will be held virtually until further notice.

Contact: Veronica at 570-423-3136

National Parent Helpline

Offers emotional support from trained professionals to help overcome parenting stress and struggles. Available Monday – Friday 10am -7pm.

Contact: 1-855-427-2736

Nonnie Hood Parent Resource Center

Contact: 607-936-3837

Drop-In Play

For parents with children 0-5 to stop in and enjoy the center, which includes areas for the different ages and interests. A suggested \$5 is appreciated.

Address: 300 Civic Center Plaza, Suite 210, Corning, NY 14830

Parenting Classes

Offers three different parenting programs, and all classes are free. Childcare is sometimes provided.

Register by calling the above number or emailing info@nonniehoodprc.org

NYS Kinship Navigator

Connects non-parent caregivers to helpful financial, legal, and other resources using the website.

<https://www.nysnavigator.org/>

PBS For Parents

Offers age by age tips and free activities for parents to use, as well as parent resources related to COVID-19.

Access the site here: <https://www.pbs.org/parents>

Prevention and Parent Hotline

Hotline from Prevent Child Abuse NY that is a free referral line for parents in need of extra support.

Contact: 1-800-244-5373

Teen Mothers of Preschoolers (MOPS)

Support group for mothers ages 13-25 that connects them to local resources. Meetings are held in the evening and include a family style meal each time. Free childcare, as well as free diapers and wipes.

Contact: Rebekah Hrynkiw at 607-738-1765

Transformation Center

Contact: 607-271-0493

Family Resource Center

Every Monday-Wednesday 10am-2pm, the center is available as a safe space for your family to play and meet others.

Parenting Classes

Available throughout the year. Call for dates.

Financial Education

Empower Federal Credit Union

Financial Literacy

Offers many no-cost financial literacy programs to help develop money management skills.

Contact: 1-800-462-5000, ext. 5175

Dollar Dog

Program for young children and teens to learn financial education using games, online presentations, and a Fun Zone newsletter.

<https://dollarogkidsclub.com/empower-fcu/>

Food and Nutrition Assistance

AIM Independent Living Center

Community Nutrition Program

Provides food and basic goods to developmentally disabled individuals and seniors up to twice a month.

Contact: Bryce Vandewark at bvandewark@aimcil.com or (607) 962-8225 ext. 127

Catholic Charities

Elmira Community Kitchen

Serves lunch Monday-Friday from 11:30am-12:30pm at 160 High Street.

Contact: Kathy Dubel at 607-734-9784 x2135

Samaritan Center

Provides individuals and families with a 3-day supply of food each month.

Contact: 607-734-4898

Community Wesleyan Church

Free luncheons on the 4th Saturday of every month from 12pm-2pm. Located at 2095 Grand Central Ave in Horseheads. Take-outs only.

SNAP-Ed New York

Program through Cornell Cooperative Extension available to people who also qualify for SNAP benefits. Their goal is to help families with limited income practice healthy lifestyles.

Visit site here: <http://www.snapedny.org/>

Contact: 607-734-4453

Food Banks

First Presbyterian

95 Main Street, Big Flats, NY

Contact: 607-562-8048

In His Presence

1155 Richard Street

Contact: 607-529-6387

Most Holy Name of Jesus

Contact: 607-733-3484

New Life Assembly of God

325 Lake Street, Elmira, NY

Contact: 607-735-0461

North Chemung United Methodist

677 Breesport North, Lowman

Contact: 607-735-0153

North Presbyterian Church

921 College Avenue, Elmira, NY

Contact: 607-734-2977

Oakwood United Methodist

212 Oakwood Avenue, Elmira Heights, NY.

Contact: 607-732-6042

Of Hope/New Beginnings

330 West Church Street, Elmira, NY

Contact: 607-734-2293

United Methodist Church

1238 Pennsylvania Avenue, Pine City, NY

Contact: 607-733-4485

Food Bank of The Southern Tier

Source for finding food banks and pantries in the area, and they offer a mobile food pantry. See the mobile pantry schedule here:

https://docs.google.com/spreadsheets/d/1jjbzI-NwX4wr4L-6dd2SH-Ra05X-H_4lBJz1KGwTPsA/edit#gid=1028343028

For information on food distributions near you, email registration@foodbankst.org

Contact: 607-796-6061

Supplemental Nutrition Assistance Program (SNAP)

For eligibility requirements, visit <https://otda.ny.gov/programs/snap/>

Apply online here: <https://www.ny.gov/services/apply-snap>

Contact the SNAP Outreach Coordinator at 607-796-5592 x4014

Transformation Center

Community Meal Program

Free meal served every Thursday and Saturday between 5pm-6pm.

Contact: 607-271-0493

WIC

Offers nutritional support to women, children, and infants who are income eligible.

Access income guidelines here:

https://www.health.ny.gov/prevention/nutrition/wic/income_guidelines.htm

Contact: 607-737-2039

Grief, Bereavement and End of Life Care

CareFirst

Contact: 607-962-3100

Education

Provides guidance on several topics related to palliative care, hospice, end of life issues, and more. Flexible team of experts available to meet with family, church, organization, etc. to meet any needs. Provided free of charge.

Grief Services

Includes group support, individual sessions, memorial services, healing spaces, grief packs for kids, and many community events.

Hospice

Team of hospice professionals promote comfort, safety, and self-direction. Hospice care also offers support to family and spiritual care counseling.

Palliative Care

Available free of charge for someone of any age experiencing pain and distress due to serious illness or advanced treatment and may find daily living increasingly difficult.

Health Care/Insurance/Prescription Assistance

Able 2

Dental Clinic

Staff trained in unique care involved with treating those with special needs. Accepts Medicaid, DentaQuest, United Health Care, and private insurance.

Contact: 607-734-9503

Telehealth Station

Free Urgent Care and psychology services available at the Able 2 clinic located at 1118 Charles Street, Elmira, NY.

Contact: 607-734-9503

Arnot Ogdon Health on Demand

Can speak to a nurse Monday through Friday from 8am-8pm regarding basic health questions, requesting a referral to a physician or Arnot service, and register for community outreach events or wellness screenings.

Contact: 607-737-4499

Catholic Charites

Prescription Assistance

Works with local pharmacies to provide limited financial assistance for medically necessary prescriptions when people do not have insurance.

Contact: 607-734-4898

Chemung County Network of Care

Access the following site for education, tips, resources on several health topics, as well as a symptom checker and lifestyle interactive tools:

<https://chemung.ny.networkofcare.org/mh/library/categories.aspx>

Chemung County Health Department

For information regarding health care clinics, immunizations, WIC, and education, visit the website here: <http://www.chemungcountyhealth.org/>

Contact: 607-737-2028

Home Health Care

Serves people of all ages and specializes in pediatrics, cardiac, and respiratory disease management, and rehabilitation. Covered by most insurances.

Contact: 607-737-3563

STD/HIV Clinic

Free, confidential STD testing available for anyone age 12 and over. By appointment only.

TB Clinic

\$10 fee for TB testing. By appointment only.

Child Health Plus

Health insurance available to NYS children whose family is income eligible. Apply here:

<https://nystateofhealth.ny.gov/>

Contact: 1-800-698-4543

Eastside Family Medicine

Specializes in family medicine and dermatology.

Contact: 607-732-1310

Fidelis Care

Provides affordable, quality insurance.

Apply here: <https://www.fideliscare.org/>

Contact: 1-888-343-3547

Guthrie Southern Tier Pediatrics

Primary health care for children. Offers telemedicine.

Contact: 607-734-2264

Health Care Ministry of the Southern Tier

Non-profit, volunteer organization serving Schuyler, Steuben, and Chemung counties providing health services free of charge to uninsured people with an annual family income below 200% of the federal poverty level.

Contact: 607-962-6050

NY State of Health – The Official Health Plan Marketplace

Compare health care options and apply for assistance to lower costs. Apply for Medicaid or Child Health Plus through this site, as well.

Access the marketplace here: <https://nystateofhealth.ny.gov/>

S2AY Rural Health Network

Non-profit organization partnering with local health departments to improve health and wellness of county residents who experience disparities.

Contact: 315-828-6828

Southern Tier AIDS Program

Free and confidential HIV/AIDS service provision and community education. Includes care coordination and advocacy.

Contact: 607-798-1706 or visit <https://www.stapinc.org/>

United Way of the Southern Tier

FamilyWize

Get a free prescription savings card that saves an average of 45% of medication costs.

Download and print a card here: <https://www.uwst.org/news/save-money-prescriptions>

To receive a card on your phone, text “family” to 700700.

Use FamilyWize app to find lowest medication prices nearby.

Housing and Utility Assistance

Arbor Housing and Development; Section 8

Helps low-income households in obtaining decent, safe, and affordable housing in Chemung, Schuyler, and Steuben counties.

Contact Information: <https://arbordevelopment.org/hcv-program/>;

Email HCVProgram@ArborDevelopment.org; Call 607-654-7487

Catholic Charities

Samaritan Center - Rent and Housing Assistance

Works with landlords and tenants to prevent eviction. If eviction occurs, they will provide short-term (3-12months) homeless solutions for people to establish stable housing, employment, and benefits.

Contact: 607-734-4898

Code Enforcement

Contact with questions about code compliance and standards or to file a complaint.

Elmira Office: 607-737-5654

Horseheads Office: 607-739-7605

Eastgate Apartments

Offers lost-cost rent to those who qualify.

Contact: 607-732-1182

Economic Opportunity Program (EOP)

Energy Services Bureau

Provides weatherization services to conserve energy and fuel usage.

Contact: 607-734-0795

Elmira Housing Authority

Connects people to public housing assistance and low rent housing at Hoffman Plaza, George Bragg Towers, Hathorn Court, and Edward Flannery Apartments.

Contact: 607-737-7100

After hours phone: 607-737-1144

Home Energy Assistance Program (HEAP)

Check eligibility here: <https://otda.ny.gov/programs/heap/>

Contact: 607-737-5368

Regular HEAP

Decrease energy costs if income eligible.

Emergency HEAP

If you're at risk of losing heat, or have lost heat, and are income eligible, emergency HEAP can prevent the loss of or restore heat.

Clean and Tune

If a homeowner and eligible, this service can help clean and tune your current heating source.

HERR

Helps repair or replace heating equipment for homeowners who are eligible.

Cooling HEAP

For those with a documented medical condition worsened by heat and who have received regular HEAP benefits. Can receive a free AC.

LGBTQ+ Support

SafeZones

Provides middle and high school students with a safe, empowering, and non-judgmental environment to learn about LGBTQ+ history, culture, and relevant topics.

Contact: Kim Stanton at KStanton@gstcontractors.com

LGBT National Hotline

Peer support and local resources for all ages. Available Monday-Friday 4pm-12am.

Contact: 1-888-843-4564 or visit <https://www.glbthotline.org/national-hotline.html>

Planned Parenthood

LGBT Services

Includes education, hormone replacement therapy, resources, and service referrals.

Contact: 607-734-3313

Resources Lists

<https://www.cdc.gov/lgbthealth/youth-resources.htm>

<https://www.glaad.org/resourcelist>

Trans Lifeline

Call to talk with a peer for support.

Contact: 877-565-8860 or visit <https://translifeline.org/>

Trevor Project

Provides information and support to LGBT+ youth 24/7.

Access help here: <https://www.thetrevorproject.org/get-help/>

Contact: 1-866-488-7386 or text 'START' to 678-678

Legal Services

Court Appointed Special Advocates (CASA) of the Southern Tier

Trained community volunteers advocate for abused and neglected children in family-court to ensure safety and permanency.

Contact: 607-936-2272 or info@casasoutherntier.org

Chemung County Family Court

Contact: 607-873-9500 or chemungfamilycourt@nycourts.gov

Chemung County Law Guardian Office

Contact: 607-733-9187

Chemung County Project for Bail

Offers alternative to incarceration to those ages 18 and over with a special emphasis on students and those who have employment.

Contact: 607-734-8854

Community Dispute Resolution Center (CDRC)

Offers mediation, group facilitation, mediation skill training, and conflict coaching.

Contact: 607-734-9087 or cdrc@cdrc.org

Legal Aid

Have limited funding to help represent people in court for the following issues: bankruptcy, family court DV issues, foreclosure, tenant/landlord issues, public benefits, SSI or SSDI, uncontested divorce, unemployment insurance benefits, and wills.

Contact: 607-734-1647

Public Advocate

Assigned council law office providing representation to defendants who cannot be represented by Public Defenders office due to conflict. Contact: 607-737-5577

Public Defender

Court assigned representation.

607-737-2853

Personal Items/Needs

American Red Cross

Can provide free smoke alarm.

Contact: 607-654-6109

Schedule to donate blood here: <https://www.redcrossblood.org/local-homepage/location/elmira-american-red-cross.html>

Arctic League

Provides gifts to needy children in Chemung County. Begins accepting applications mid-November, which can be completed alongside their staff at 249 W. Clinton St. Elmira, NY.

Contact: 607-733-4576

Catholic Charities

Samaritan Center

Provides help with rent/utilities, food, personal care items, diapers and wipes, and empowerment groups.

Contact: 607-734-9784

New York Beauty and Barber Academy (NYBBA)

Offers free haircuts, hot shaves, and 7 wash and styles on Monday, Tuesdays, and Fridays from 9am – 2pm. Located at 200 Baldwin Street, Elmira. Call ahead.

Contact: 607-733-7300

Salvation Army

Diaper Bank

Income-based program provides diapers sizes newborn-6 for children, as well as adult sizes. Open 10am-3pm.

Contact: 607-732-0314

Southern Tier Parent Resource Center – Life Center

Contact: 607-737-6952

Earn While You Learn Program

Receive parenting information and education, earn “baby bucks”, and purchase needed items in their baby boutique, including diapers, clothing, formula, and larger baby items.

M.A.N. Program

Led by male volunteers, this 12-lesson parenting program is for men with children. Participants will earn “baby bucks” to purchase needed items.

Material Assistance

Call the Life Center to request items you may need for yourself or your child.

Transformation Center

Free clothing daily from 10am-1pm. Washer and dryer available to single parents who need to wash their clothes on occasion.

Contact: 607-271-0493

Prenatal Care and Options

Arnot Ogdon – Maternity Care

Childbirth Classes

Choose between attending one class per week for 4 weeks, or call Health on Demand for weekend classes. Classes are held on campus, but exact location varies. It's recommended to register 12 weeks prior to your due date and begin class in your 7th month of pregnancy.

Contact: 607-737-4499

Online eClasses

Offers 2 online courses that cover the same material as in-person, including understanding birth and understanding your newborn. Can be completed at your own pace over 60-day access.

Maternity Ward Tour

To look at the Labor and Delivery Unit and meet staff, call to schedule an appointment.

Contact: 607-737-4261

Prenatal Breastfeeding Class

Meets from 6pm-8pm every 3rd Wednesday of each month at Arnot Ogdon Medical Center. Call Health on Demand for more information and to register.

Contact: 607-737-4499

Birth and Beyond

Midwifery and women's health service that offers pregnancy, birth, and postpartum care.

Contact: 607-732-1515

Healthy Families Prenatal Services

Contact: 607-733-6533

Mothers and Babies Perinatal Network

Based in Binghamton, but serves 8 surrounding counties including Chemung. Offers many services, including help with finding health insurance coverage, reproductive health, pregnancy support, quit smoking program, and safe sleep support.

Contact: 1-800-231-0744

Planned Parenthood – Elmira Health Center

Offers affordable reproductive health care. Offers pregnancy testing and education, birth control, STD testing and more.

Contact: 607-734-3313

Southern Tier Pregnancy Resource Center

Offers information on pregnancy options and parenting, offers a free ultrasound, and can make referrals to an OBGYN or helpful community resources. Open Monday-Thursday 9am-5pm.

Contact: 607-732-2111 or text 607-398-0707; <https://www.stprc.org/>

Access FB page here: <https://www.facebook.com/STPRCElmira>

Services for Disabled Individuals

Able 2

Contact: 607-734-7107

Community Habilitation

Designed for individuals ages 18 or over who live with family or independently in the community. Builds skills for developmentally disabled people through volunteer placement, work readiness programs, adult education, and leisure and self-advocacy.

Day Habilitation

Site-based program offering daily activities to developmentally disabled individuals ages 18 and over Monday – Friday.

Health and Dental Clinic

Offers occupational and speech therapy, as well as dental services to those with special needs.

Contact: 607-734-9503

Pathway to Employment

Helps individuals to explore, obtain, maintain, or advance in competitive employment or self-employment through instruction and training.

Respite Services

Hourly waiver respite provided in family's homes or in the community is designed to help families with the stress of caring for a loved one.

Residential Services

Provides 9 residential care homes in the area that provide a safe, secure and home-like environment to encourage individuals to live as independently as possible.

AIM Independent Living Center

Contact: 607-962-8225

Assistive Technology

Allows individuals in need to borrow items, such as wheelchairs, walkers, grab bars, etc. until financially able to purchase their own.

Consumer-Directed Home Care

Allows Medicaid-eligible disabled individuals to manage their own care at home with personal care assistants.

OPWDD Services

Includes help for individuals with intellectual or developmental disabilities with service access and self-directed services, as well as community habilitation and family support services.

ARC of Chemung-Schuylers

Contact: 607-734-6151 or infor@arcofcs.org

Community Supports and Day Services

Provides enriching opportunities for individuals with developmental disabilities to enhance social skills and independence. Supports include assistive technology, career supports, community and day habilitation, financial supports, case management, respite, and transportation services.

Housing Supports

Family-like residential options that help people live as independently as possible. This includes residential care, supportive apartments, respite, and independent housing options.

Clinical Supports

Offers social work counseling, psychological and psychiatric services, occupational therapy, physical therapy, speech and language therapy, nutrition support, and at-home behavior support services.

Career and Employment Support Services

Person-centered vocational supports to develop skills and positive work habits.

Chemung County Health Department

The Children with Special Health Care Needs Program (CSHCN)

Can provide families with a physically disabled, cognitively challenged, or chronically ill child (ages birth to 21) services. Provides education and makes referrals to community and government resources.

Contact: 607-737-2899

The Physically Handicapped Children's Program (PHCP)

Service for physically disabled children ages 0-21 and their families to ensure needs are met. May be able to help with medical bills.

Contact: 607-737-2899

Economic Opportunity Program (EOP)

Family Support Services

Program works with families who have a developmentally disabled individual in the home and is funded through OPWDD. Provides connection to community resources and includes recreation and play groups.

Contact: Ariana Levi at 607-734-6174 ext. 284

Pathways, Inc.

Community Habilitation

Offers supports, such as training and education, social development, life skills, and improvement of health for individuals with a developmental or intellectual disability. They must qualify for OPDWW.

Contact: 607-937-4542

Day Habilitation

Offers full or part time options of group activities outside of the home. Locations in Corning and Horseheads. Contact: 607-442-4372

Employment Services

Provides supports to those with an intellectual or developmental disability in obtaining and maintaining paid competitive jobs. Must be over 21 and OPWDD eligible.

Contact: 607-937-3218

Family Support Services

Variety of supports for families of individuals who qualify for OPDWW services, including hourly respite and recreation activities.

Contact: 607-937-4502

TBI & Nursing Home Transition and Diversion Services

Support provided in home and in the community to enhance individuals' daily activities. Must be 18, Medicaid eligible, and have documented diagnosis supported by Waiver.

Contact: 607-873-6006

Substance Use

Addiction Helpline

Contact 2-1-1 for connection to OASIS services, or text “Opioid” to 898211 to be sent automatic updates about services and resources near you.

Trinity of Chemung County

Clinic offers prevention, evaluations, referrals, treatment, and relapse prevention. Includes medication assisted treatment and group counseling.

Contact: 607-737-5215

Southern Tier Addiction Rehabilitation Services

New Dawn

Inpatient chemical dependency treatment for adults.

Contact: 607-733-6541

Support Groups

Alcoholics Anonymous (AA)

Visit <https://www.aaelmira.org/> to find a meeting near you, including meeting times for online meetings.

Contact: 607-249-4276 24/7 for support

Abuse Support Group for Women

Contact: 607-732-1979

Caregiver Support Group

Held 3rd Monday of each month at 1pm at the Transformation Center.

Contact: 607-271-0493

Narcotics Anonymous

Meets Tuesdays at 7pm.

Contact: 607-271-0493

Women's Coffee Group

Meets the first Monday of every month at 6pm at the Transformation Center.

Contact: 607-271-0493

Sexual Assault Resource Center

Offering virtual support groups. Call to register.

Contact: 1-888-810-0093

Transportation

Chemung County Medicaid Transportation

Not everyone who has Medicaid is eligible, so call Medicaid Answering Services (MAS) to find out. Those eligible can receive free transportation to and from medical appointments.

Access Fact Sheet here: https://www.medanswering.com/documents/Doc-MAS_Public_Site--2014-05-17-06-55-46.pdf

Contact MAS: 1-855-733-9399

Chemung County Transit

Bussing service. Look for ways to save here: <https://ridectran.com/index.php/en/services>

Contact: 607-734-5211

Youth Organizations

Chemung County Youth Bureau

Contact: 607-737-2907

JAWS

Juvenile Assigned Work Service program provides safe, supervised, and structured environment for youth ages 7-17 currently involved in the juvenile justice or child welfare systems to prevent further involvement. Youth are scheduled to do work service projects each Saturday. Probation and CIS referrals only.

The Spot

Drop-in teen recreation program. No events currently planned due to COVID. Unclear if summer 2022 programming will occur.

Summer Cohesion

Available to children ages 4-12. 6-week long fee-based summer program providing recreation, education, and cultural enrichment. Operates at numerous locations throughout Chemung county.

Summer Youth Employment

Opportunity for youth ages 14-20 to gain job-skills and experience through employment in several different organizations in the county.

Super Saturday

Available to youth in Kindergarten to 4th grade who reside in the City of Elmira, Town of Elmira, or Town of Southport. Youth participate in two workshops from 9am-11am for one six-week session during the fall and winter. Call to register.

Horseheads Youth Bureau

Offers education, recreation, counseling, and diversion services for youth in Horseheads and Elmira Heights school districts. Their goal is to provide positive experiences to youth.

Contact: 607-739-3517

Vocational Support

ACCESS-VR

Provides vocational counseling and guidance through a vocational rehabilitation counselor and creation of an Individualized Plan for Employment. By appointment only.

Contact: 607-721-8400 or 800-888-5010

CSS Workforce NY

Elmira Career Center

Provides career guidance, job search planning, resume building, interview preparation, job referrals, and paid education and training for in-demand jobs. Assistance can be provided via phone, video, or in-person.

Contact: 607-733-7131

Emerging Workforce

Supports youth ages 16-24 who are out of school with obtaining skill/education necessary for employment.

Contact: Kelly McGowen at 607-346-2831