



What's New?

FREE Splash Pad Sites: Health Dept



Chemung County Health Department wants to pass along the locations of Elmira's FREE splash pad sites to keep the kids busy and cool this summer! [Blandford Park](#), [Brand Park](#), [Cypress/Beecher St Park](#), [Grove Park](#), [Hathorn Park](#), [Katy Leary Park](#), [McKinnon Park](#), [Pulaski Park](#), [Universal Park](#).

180th Annual Chemung County Fair Returns: 8/2 – 8/7



Chemung County's Annual Fair returns for it's 180th year from August 2nd – 7th at the Chemung County Fairgrounds with demolition derbies, wrestling, truck and tractor pulls, horse shows and car shows, along with MIDWAY rides and free animal shows and entertainment from Mr Scribbles, Circus Incredible and Magicman TJ Hill! Admission is \$5 for Adults, FREE for Children 10 & under. View their [brochure here](#).

FREE Art Class with Filomena Jack: Wed 8/3



Ernie Davis Community Center, in partnership with the EOP and Community Arts of Elmira Inc, bring you FREE monthly art classes for kids grades 3 – 9! All supplies are available for FREE! Seating is limited! To register, contact Chalanda at 607-734-6174, ext 314 or at CGraham@csEOP.org.

Family Fun Thursday at Eldridge Park: Thu 8/25



Eldridge Park and M&T Bank are hosting a family friendly event, fun for all ages, on Thursday, August 25th from 5 – 9 pm! Enjoy FREE Thunderbird rides and live glass blowing demonstrations with CMOG (ends at 8 pm)! Foodies in the Park brings you Lighthouse BBQ on the Midway!

Dino Drive-Thru at the Arnot Mall: Sat, 8/13 & Sun, 8/14



Arnot Mall brings you Jurassic Wonder, a drive-thru dinosaur expo, on Saturday & Sunday, August 13th & 14th, from 9 am – 5 pm. Tickets are \$12 per car and can be purchased online at www.JurassicWonder.com.

36th Annual Strong Kids Safe Kids Festival: 8/27, 11 am – 2 pm



Join SKSK at the Chemung County Fairgrounds for their FREE annual festival! Kids will have fun learning from Chemung County fire and law enforcement agencies as well as school bus safety from Buster the Bus. Area medical providers provide health screenings, an emergency helicopter appearance and ambulance display! As always there will be a host of entertainment throughout the park, along with inflatable attractions to jump and stretch! Find [more info here](#).



AIM Summer Day Camps for Youths with Disabilities: August



AIM Independent Living will host 2 day camps in August in Chemung county for youths with developmental disabilities. The first camp will be for teens ages 14 and older during the week of August 8th – 12th and the second camp will be for ages 9 – 12 during the week of August 22nd – 26th. For more info or to register, contact Addie Query at AQuery@AIMcil.com or at 607-962-8225, ext 209.

Kid’s FREE Farmers’ Market: Mondays through 8/22



His Haven Northside and the Food Bank of the Southern Tier bring you the Kid’s Farmers’ Market at 346 Woodlawn Ave, every Monday through August 22nd from 12:30 – 1:30, rain or shine! It’s going to be fun... and it’s FREE!

His Haven Summer Drop-In Program: Weekdays

His Haven presents Summer Drop-In Program offering FREE food and fun; breakfast and lunch for children ages K – 12, Mondays through Fridays from 9 am – 1 pm. Registration is required. Fill out your registration [by clicking here](#).

Don’t FLIP OUT, use FLIP IT



FLIP IT is a strategy that offers a simple, kind, strength-based, commonsense and effective four-step process to address children’s day to day challenging behavior. Facilitated by Tawyna Hughes, certified FLIP IT trainer with one on one, in-person coaching available. [Click here](#) to view the flyer.

Wiggle Wednesdays: Wednesdays 1:30 – 3 pm



Young Children love to move and wiggle! This program provides children with opportunities to build coordination, balance, creativity and self-regulation through movement! Every Wednesday from 1:30 – 3 pm.

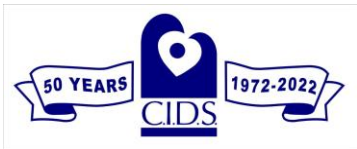
Ready-Set-Grow School Readiness: Thursdays 9:30 am – 12 noon

Elmira Family Resource Center II brings you Ready-Set-Grow, an opportunity for children who are getting ready for a structured program this upcoming year. Give your child a jumpstart with specific exposure to learning skills for their formal school setting. This is a time to visit EFRC as a family, explore the skill of the week and engage in other learning activities!

Coffee & Crumbs Parenting Group: Mondays, 10 am – 12 noon



Elmira Family Resource Center II brings you Coffee & Crumbs, a parenting group that is for families, led by families! Work together, create a sense of community, share concerns and LEARN-PLAY-GROW with other families at the Elmira Family Resource Center II, 300 E Miller St in Elmira. [Click here](#) for more info.



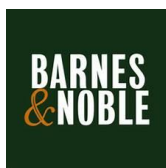
Tanglewood's Summer Tuesday Drop-In Program: 8/2, 8/9

Outdoor learning is fun! Bring the whole family to learn about various topics in nature through meeting animals and exploration. Come dressed for the weather! Parents and guardians are required to stay for the program. \$5 suggested donations. 8/2 – How Tos of Building Lean Tos & 8/9 – Mad Science



Lake Street Back to School Block Party: Sun 8/21, 12 – 4 pm

Living Word Church brings you the Lake Street Back to School Block Party & College Fair on Sunday, August 21st from 12 – 4 pm at 1119 Lake St, Elmira. FREE backpacks and school supplies for the first 200 students! There will be bounce houses, water slides, games, food, prizes and more! Admission is FREE! For more info, contact Liam at 315-405-5963 or at PastorLiamGrzasko@gmail.com



Barnes & Noble Summer Kids' Books – Free: August

This summer Barnes & Noble is allowing kids in grades 1 through 6 to earn FREE books to keep them entertained and interested in reading through their summer reading program. Find out more [click here](#).



West Elmira's Music in the Park Concert Series: Weds 8/3, 8/10, 8/17

Join the Town of Elmira in [Pirozzolo Park](#), West Elmira for their Music in the Park Concert Series! Plenty for the kids to do, bring your chairs, sit back and listen and/or dance to the fun music! [Click here](#) for the schedule.



Brand Park Summer Concert Series: August

The Brand Park Beautification Committee is hosting the annual Brand Park Summer Concert Series through September 4th. These FREE concerts are open to the public and take place every Sunday from 3 – 5 pm at the Brand Park Bandstand & Brand Park Pavilion! [Click here](#) for the schedule and sponsors.



Oldies But Goodies' Flea Market & Craft Show: Sat 8/13

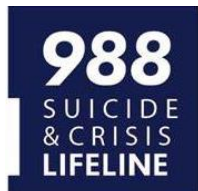
The Shoppes at Oldies But Goodies is having a Flea Market & Craft Show on Saturday, August 13th from 10 am – 5 pm! My Eva's Authentic Mexican Food Truck will be there and the store will be open as well!



Public Health
 Prevent. Promote. Protect.
 Chemung County Health
 Department

Health Department: School Vaccinations & Info

Did you know that the Health Department can help with info on what school vaccinations are required before going back to school, vaccination records, assessments and convenient appointments for most vaccinations? Call 607-737-2488, visit ChemungCountyHealth.org or [Facebook!](#) Schedule today!



988: National Suicide Prevention Lifeline

National Suicide Prevention Lifeline has a new number now available nationwide to anyone for free. This direct connection to caring support for anyone in any type of mental health or emotional distress. Text or call 9-8-8. To chat, visit 988lifeline.org. Their newsletter can be [viewed here](#).



Lead Screenings Clinic: Thursdays, 2 -4 pm

Lead screenings are available with the ACCEL Community Health Clinics every Thursday from 2 – 6 pm at the Ernie Davis Family Center Health Office, room 145 at 650 Baldwin St in Elmira.



St Paul's FREE Wellness Screenings: Sat 8/20, 10 am – 1 pm

St. Paul's Anglican Church, and other faith-based organizations and community partners, want to compassionately support emotional, spiritual and physical needs of others through wellness screenings with FREE blood pressure and blood sugar tests! Bring a friend! Every month on the third Saturday from 10am till 1pm at 1119 Lake Street, Elmira, across from Diven Elementary.



Arnot Mall Hosts American Red Cross Blood Drive: Sat 8/20

The need for donations is year-round. Arnot Mall is hosting a blood drive on Saturday, 8/20 from 10 am – 2 pm. For more dates and locations, [click here](#).



Kid's Summer Food Service & Local Farmers' Markets

Summer Food Service Program: Weekdays from 7/5 – 8/19

Fun, Friends & Food! Kids and teens 18 and under eat FREE! The USDA's Summer Food Service Program is sponsored by Elmira Express, with help from the Food Bank of the Southern Tier and is available Mondays through Fridays from Tuesday, July 5th through Friday, August 19th! For times, meals, locations and more information, [please click here](#). For additional info [click here](#).



Grove Park Farmers' Market: Mondays from 3 – 6 pm

Elmira's Grove Park Farmers' Market, open Mondays from 3 – 6 pm from June 6th 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!



Eastside Farmers' Market*: Tuesdays from 3 – 6 pm

*New Location: Brand Park! The Eastside Farmers' Market is back up and running at its new location in Brand Park, 301 Maple Ave on Elmira's southside! Join them Tuesdays from 3 – 6 pm from June 21st through September 27th. 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](#).



Wisner Market's 25th Season: Thursdays from 10 am – 2 pm

Wisner Market is open for its 25th year, 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, flowers, candles, crafts and art. Entertainment is on stage and lunch is served from several local restaurants throughout the park. Nonprofit organizations participate, such as C.I.D.S., offering info/resources to the over 1,000 weekly visitors. For more info you can visit WisnerMarket.org or [here on Facebook](#).



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: August 2022



Come and play anytime FREE during our open hours at our Playful Learning Program at 2 locations! All families are welcome! For a look at the calendar, visit them at HorseheadsFamilyResourceCenter.org and scroll to “Program Calendar”!

HFRC Scavenger Hunt

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: Tue 8/2 from 5 – 6pm
 FREE snack and childcare from 5 – 6 pm on the 1st Tuesday of every month at the HFRC location at the Arnot Mall. Contact Mary Jo Wallner at 607-731-5912.

Taste & Paint: Mondays OR Tuesdays from 5 – 6 pm

Join HFRC at their church location this summer for a fun outdoor project and healthy snack! Best for ages 2 – 5. Parents must stay. Held at the outdoor pavilion at First United Methodist Church, 1034 W Broad St, Horseheads.



Stroller Walks: Fridays at 10 am

Families with babies, toddlers, and school-age children are welcome to join us at local parks on a leisurely walk! Registration not required. View the calendar or HFRC’s Facebook page for more info!

Elmira Family Resource Center Calendar: July 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.

Wiggle Wednesdays: Wednesdays 1:30 – 3 pm

Young Children love to move and wiggle! This program provides children with opportunities to build coordination, balance, creativity and self-regulation through movement! Every Wednesday from 1:30 – 3 pm.



Baby Bistro: Wednesday 8/10 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 2nd Wednesday of each month! 607.737.2039.





Eldridge Park

Enjoy Eldridge Park’s many attractions: the 1890s Loeff Caroussel, 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. For more information, visit For a full list of upcoming events, including Concerts in Eldridge Park and Foodies in Eldridge Park, visit the [Events tab of their Facebook page](#).



Harris Hill’s 75th 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](#) or at HarrisHillAmusements.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 annually and a legacy of over 40 years of preservation! FREE and 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.

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!](#)



Tuesday Drop-In Program for Summer

Outdoor learning is fun, especially during the summer! Bring the whole family to learn about various topics in nature through meeting animals and exploration. Come dressed for the weather as most of our programs are outside. Parents and guardians are required to stay for the program. \$5 suggested donations.

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.





C.I.D.S. Newsletter 2022
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www.CIDSFamilies.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.](#)

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.

Weis Dietitian FREE Virtual Events: August



Weis is excited to provide virtual cooking classes and nutrition workshops! Check out the schedule of interactive kids and adult classes, including the new Teen Cooking Camp, and much more by [clicking here](#). All class participants receive \$5 coupon towards their next shopping trip!

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. For 2022 Monthly Activity Calendars go to BooksbytheBushel.com/Calendars2022.



Chemung County Library District Events – FREE!

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.



Every Day in August: BFL Paper Cup Lobster

Stop in to Big Flats Library all month long to make their house craft, a paper cup lobster!

Every Day in August: HFL Children’s Take N Make – Clown Fish

Stop in to the Horseheads Free Library to pick up your Children’s Take N Make craft all month long!



Every Day in August: BFL Scavenger Hunt – Sea Shells

Search for hidden pictures, find them all and earn a token for the prize machine all month at the Big Flats Library!

Every Day in August: SML Scavenger Hunt – Ocean Animals

Search for hidden ocean animals at the Steele Memorial Library throughout August. Turn them in at the customer service desk to pick up a PRIZE!



Mondays in August from 10:30 – 11 am: Family Storytime

Come to Steele Memorial Library on Mondays at 10:30 am for Family Storytime! Registration is required. Call 607.733.9174, email edesk@stls.org.

Tuesdays in August from 11 am – 12 pm: WEL Kids Yoga

Join West Elmira Library for some Cosmic Kids yoga on Tuesday mornings at 11 am! Bring your own mat or borrow one out ours! Ages 4 and up, registration required and limited.



Thursdays in August from 3:30 – 4:30 pm: LEGO Club

Build with LEGOs at the Big Flats Library! Each week there will be a LEGO theme selected, then transform your ideas into a LEGO build that will be put on display!



Monday, 8/1 from 4 – 5 pm: WEL SRC’s #5 – Survivor

Join West Elmira Library for their Summer Reading Club, ocean-themed art! [Sign up online](#) and start logging your SRC minutes/books to get entered for a chance to win weekly prizes!



Tuesday, 8/2 from 9:15 – 10:30 am: Bookmobile & Magic Man

Magic Man Dave Moreland will perform the summer reading club theme magic at the Town of Southport Parks! 9:15 am at Goodwin Park, 9:45 am at Chapel Park, and 10:15 am at Draxler Park.



Tuesday, 8/2 from 3 – 3:45 pm: HFL - The Great & Powerful Dave

Ahoy, mateys! Cap’n Dave has misplaced his library card somewhere at the Horseheads Free Library and he needs your help to find it – and a bit of magic!



Join David Moreland for this show packed with magic, mystery, comedy, puppets and audience participation. Targeted ages are 4 – 10 but all are welcome!



Tuesday, 8/2 from 6 – 7 pm: BFL SRC#6 – The Great & Powerful Dave

Cap'n Dave has misplaced his library card somewhere at the Big Flats Free Library and he needs your help to find it – and a bit of magic! Join David Moreland for this show packed with magic, mystery, comedy, puppets and audience participation. Targeted ages are 4 – 10 but all are welcome!



Thursdays, 8/4, 11 & 18 from 10:30 – 11:30 am: Booker's Clubhouse

Join Miss Kelly at Horseheads Free Library for stories related to the SRC theme: Oceans of Possibilities. They will have a story time with books and music followed by an activity time!



Monday, 8/8 from 4 – 5 pm: WEL SRC's #6 – Final Party

Join the West Elmira Library for their Summer Reading Club's Week 6 final part at 4 pm! Sign up online [Sign up online](#) and start logging your SRC minutes/books to get entered for a chance to win weekly prizes!

Wednesday, 8/10 from 4:30 – 5:30 pm: WEL Stories with Music

Join the Edgewood Piano Trio (violin, cello, piano) as they present an educational music program for all ages. The story book theme is *In the Hall of the Mountain King*. For more info, [click here](#).



Wednesday, 8/17 from 10:30 – 11 am: Toddler Storytime

Join Miss Melanie at Big Flats Library for music, stories of ocean creatures and make your own Paper Plate Turtle! Registration is required 607-562-3300 or cassarlym@stls.org.



Friday, 8/26 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.



Tuesday, 8/30 from 6 – 7 pm: Kindergarten Bootcamp

Do you have what it takes to go to Kindergarten? Work your way through stations that focus on skills you will need to be successful in kindergarten. Snacks will be provided. This program is intended for kids that will be entering kindergarten in September.



Wednesday, 8/31 from 4:30 – 5:15 pm: WEL Campfire Storytime

Join West Elmira Library in celebrating the end of summer at this family storytime by a campfire! Bring you lawn chairs and enjoy this special, outdoor program before you head back to school. Participate in a ukulele sing-a-long, hear stories, and roast marshmallows for s'mores! Rain date: 9/1.

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 and need help, you can call the CRISIS Hotline at 607.442.6900.

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. (Free & Confidential)

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 for free mindfulness resources or call the support hotline at 1.844.863.9314.

Bright by Text

Quick tips for busy parents. Make the most of everyday interactions. [Sign up today by clicking here.](#) Or text BRIGHT to 274 448. Because kids don't come with instructions.

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.

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](#).

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 and click on FIND FOOD. Visit 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.

The USDA National Hunger Hotline is a resource for individuals and families seeking info on how to get food. The staff connects callers with emergency food providers in their community, government assistance programs, and various social services. Call 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (Spanish) from Mon – Fri, 7 am – 10 pm. You can also text their automated service at 1-914-342-7744 or visit them online by [clicking here](#).

FREE Luncheon with Community Wesleyan Church: 7/23

These lunches are meant to provide a free meal to anyone in need! Join us at 2095 Grand Central Ave in Horseheads on the 4th 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!

Smoke Alarms Save Lives!

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

WIC & Other Breastfeeding Resources

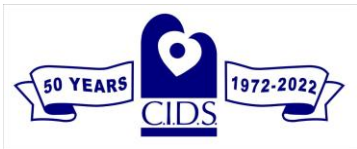
WIC (Women, Infants, Children) Program of Chemung/Schuylar Counties: Need extra help with food, breastfeeding support or formula? Need to register, apply for a new eWIC card. WIC is the premier nutrition program in the country. Contact WIC to see if you qualify at 607.737.2039 or text Apply4WIC to 85511.

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.

Free Children's Books with Dolly

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



PBS Kids E-Newsletter

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

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. 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 Community Cycle

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

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!

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.

NYSEG Recycling Program

Recycle your old fridge and get \$50. FREE pick up! 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.](#)



C.I.D.S. Programs

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

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.