

# 2014

*Updated August, 2016*



**Teen Services and Activities**  
in Tompkins County

**This guide** describes services that are available for teens, primarily ages 13–19, in Tompkins County. Some services may be available to teens residing in adjacent counties. Readers should know that many of the agencies listed here may also serve adults and have other services for other age groups. For information on other services, contact the Human Services Coalition Information and Referral at 607-272-9331 or 2-1-1. This guide was developed by the Tompkins County Youth Services Department which is supported by Tompkins County and the New York State Office of Children and Family Services.

If you are aware of errors or omissions, please contact the Tompkins County Youth Services Department, 274-5310.

## Thank you to:

- Tompkins County Youth Services Department intern Nick Connelly for his work on this project
- The 2012-13 Leadership Tompkins Community Action Project TOCOYO group (Chris Kelly, Patrick Mitchell, Jessica Palmer, Chibo Shinagawa, Jen Storey)



Tompkins County Youth Services Department

320 W. State/MLK Jr. St., Ithaca, NY 14850

(607) 274-5310 Fax: (607) 274-5313

[youthservices@tompkins-co.org](mailto:youthservices@tompkins-co.org) [www.tompkinscountyny.gov/youth](http://www.tompkinscountyny.gov/youth)

## 2014 OJ Guide to Teen Services and Activities in Tompkins County

Why the title? “OJ” stands for what you probably guessed: Orange Juice.

A group of students chose this title because, just like orange juice, the **OJ Guide** is full of activities and services that promote healthy living for teens. The programs that are listed in this guide promote not only physical health, but mental health as well. The Tompkins County Youth Services Department invites teens, parents, school staff and other adults who care about youth to explore and use the **OJ Guide** to access the activities and services that are available in our community!

When calling a listed program for more information you may want to ask:

- Am I eligible for these services?
- How much does it cost? (Some programs are free and some charge for their services. Many offer scholarships, don't hesitate to call ask. Some have “sliding fees” depending on ability to pay.)
- Is there a waiting list or can my child start right away?

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### Mission:

*The Tompkins County Youth Services Department invests time, resources, and funding in communities to enable all youth to thrive in school, work, and life.*

## *Know the community and get involved*

There are many opportunities for young people to get involved with interesting activities in the community and to volunteer their talents and energy to help others.

### **Information and Referral (available 24 hrs/day)**

**2-1-1 or 272-9331**

[www.hsctc.org/index.php?page=information-referral](http://www.hsctc.org/index.php?page=information-referral)

### **Build Competence, Confidence, Character, Connection, and Caring**

Many youth development program opportunities exist in Tompkins County.

#### **Boy Scouts of America**

2150 NYS Rt. 12

#### **Baden-Powell Council** (troops in many locations)

Binghamton

648-7888 or 1-877-674-8876

>Cub Scouts: ages 7-11, arts, crafts, games, family involvement, summer camp

>Boy Scouts: ages 12-18, hiking, camping, high adventure, summer camp

>Venturing Program: ages 14-21, co-educational, hiking, camping, high adventure, SCUBA

>Explorers: ages 14-21

[badenp@bsaemail.org](mailto:badenp@bsaemail.org)

[www.bpcouncil.org](http://www.bpcouncil.org)

#### **Cornell Cooperative Extension**

615 Willow Ave.

#### **4-H Youth Development**

Ithaca

272-2292 ext. 138

>4-H clubs throughout Tompkins County for youth ages 5-19; focus on life skill development through experiential learning on a wide variety topics of interest to young people

[met38@cornell.edu](mailto:met38@cornell.edu)

<http://ccetompkins.org/4h>

#### **Cornell Cooperative Extension**

615 Willow Ave.

#### **4-H Urban Outreach Program**

Ithaca

272-2292 ext. 263 or 269

>SIFE Program (Students with Interrupted Formal Education) – After-school and summer programs for Burmese refugee youth ages 5–13+; tutoring, mentoring, job skills, literacy, clubs, team building and enrichment activities; small fee

>West Hill – After-school and summer programs for youth ages 5-13 + residing in West Village, Chestnut Hill or Cedar Creek Apartments; tutoring, mentoring, job skills, literacy, clubs, team building, enrichment activities; small fee

[rlc263@cornell.edu](mailto:rlc263@cornell.edu) or [jws62@cornell.edu](mailto:jws62@cornell.edu)

<http://ccetompkins.org>

#### **Cornell Cooperative Extension, Rural Youth Services**

615 Willow Ave.

#### **Danby Youth Services**

Ithaca

272-2292 ext. 222

>After-school and summer activities for local middle and high school youth

[kb578@cornell.edu](mailto:kb578@cornell.edu)

<http://ccetompkins.org/4h/rural-youth-services>

#### **Cornell Cooperative Extension, Rural Youth Services**

615 Willow Ave.

#### **Dryden Youth Services**

Ithaca

272-2292 ext. 223 or 222

>After-school and summer activities for local middle and high school aged youth

>OURS Program serves youth in Dryden mobile home parks



**The History Center in Tompkins County**

401 E. State/MLK Jr. St.

Ithaca

**Student Historians**

273-8284 ext. 3

>High schoolers go behind the scenes into the archives and collections to research an artifact and write an article for publication in the Ithaca Journal; training in research and writing provided. Summer internships also available for ages 14-18; free

[eightsquare@TheHistoryCenter.net](mailto:eightsquare@TheHistoryCenter.net)   [www.thehistorycenter.net](http://www.thehistorycenter.net)

**Cornell Cooperative Extension**

615 Willow Ave.

**Primitive Pursuits**

Ithaca

272-2292 ext. 195

>All-outdoor nature awareness programs offering wilderness survival skills, nature mentoring and peer-based community building. Includes summer camps, homeschool, after-school & school break programs, weekend workshops & apprenticeships; fees.

[PrimitivePursuits@Cornell.edu](mailto:PrimitivePursuits@Cornell.edu)

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

**Seven Lakes Council**

226 Colonial Dr.

**Girl Scouts**

(troops in many locations)

Horseheads

796-6202

>Leadership, decision making, career exploration, outings, summer camps and opportunities; some programs have fees

<https://www.gsnypenn.org/Pages/default.aspx>

**Southside Community Center**

305 S. Plain St.

Ithaca

273-4190

>School-age program, RIBS, evening teen programs, computer lab, Community Unity Music recording studio; some fees

[southside@sscc-ithaca.org](mailto:southside@sscc-ithaca.org)   [www.sccithaca.org/](http://www.sccithaca.org/)

**Tompkins County Public Library**

101 E. Green St.

**Teen Services Department**

Ithaca

272-4557 ext. 275

>Monthly teen programs including reading and writing workshops, game and movie nights as well as other educational and entertaining teen centered programming

[rdemauro@tcpl.org](mailto:rdemauro@tcpl.org)

<http://tcpl.org/teens.php>

**Community Service and Leadership Opportunities for Youth   Also see P. 63**

*Volunteering is a great way for teens to get to know the community and widen their experiences. It is an excellent way to meet other people and develop as leaders in the community. And of course, volunteer work always looks good on a résumé or college application.*

**Advocacy Center   Domestic Violence and Sexual Abuse Services   Teen Education Volunteer Opportunities**

P.O. Box 164

Ithaca

277-3203

>Internships and volunteer opportunities for teens; educate teens about sexual abuse, domestic violence, sexual harassment, rape, stalking, dating violence, and related issues; training provided

[info@theadvocacycenter.org](mailto:info@theadvocacycenter.org)

[www.theadvocacycenter.org](http://www.theadvocacycenter.org)



**Cornell Plantations**

1 Plantation Rd., Cornell University Ithaca 255-2400

>Summer volunteer opportunities for youth to work closely with skilled gardeners; learn as you go by helping to transplant seedlings, planting, weeding, dividing perennials, pruning, mulching, and more

[plantations@cornell.edu](mailto:plantations@cornell.edu) [www.cornellplantations.org/](http://www.cornellplantations.org/)

**Finger Lakes State Park Region**

2221 Taughannock Park Rd. Trumansburg 387-7041

>Volunteer in state parks in the Ithaca area; prefer ages 15+

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

**Friends of the Library Book Sale**

509 Esty St. Ithaca 272-2223

>Help set up for the Spring and Fall book sales by making phone calls, sorting, stacking, etc. You can also help as a primary sorter throughout the year.

[info@booksale.org](mailto:info@booksale.org) [www.booksale.org/](http://www.booksale.org/)

**Johnson Museum of Art**

Central Ave., Cornell University Ithaca 255-6464

>Volunteer to help with art activities for weekend programming hands-on, minds-on group activities, lessons and workshops are also available

[museum@cornell.edu](mailto:museum@cornell.edu) [www.museum.cornell.edu/](http://www.museum.cornell.edu/)

**The Learning Web****JYC Community & Career Exploration & Apprenticeship Program (CCEAP)**

515 W. Seneca St. Ithaca 275-0122

>For teens in the Town of Ithaca, Villages of Cayuga Heights, and Lansing; apprenticeships and community service projects

[info@learning-web.org](mailto:info@learning-web.org) [www.learning-web.org/](http://www.learning-web.org/)

**Paleontological Research Institution & Cayuga Nature Center, Inc.**

1420 Taughannock Blvd. Ithaca 273-6260

>Middle and high school students volunteer for animal care, trail and grounds work, exhibit construction, camp, office, website and gift shop work, help with events; internships also available

[info@cayuganaturecenter.org](mailto:info@cayuganaturecenter.org) [www.museumoftheearth.org/outreach.php?page=ednaturectr](http://www.museumoftheearth.org/outreach.php?page=ednaturectr)

**Paleontological Research Institution & Museum of the Earth**

1259 Trumansburg Rd. Ithaca 273-6623 ext. 33

>Many volunteer opportunities: lead tours, maintain exhibits, run interactive labs, work in the gift shop, assist with special events

[volunteer@museumoftheearth.org](mailto:volunteer@museumoftheearth.org) [www.museumoftheearth.org/](http://www.museumoftheearth.org/)

**Southside Community Center**

530 W. Buffalo St.

**Recycle Ithaca Bicycles (RIBS)**

Ithaca

273-4190

>Open shop to repair or work on bicycles; weekly repair/maintenance clinic; volunteer hours can be used toward earning a repaired bike; call for schedule; no fee

[recycleithacabicycles@gmail.com](mailto:recycleithacabicycles@gmail.com)<http://velonet.org/ribs/>**SewGreen**

112 N. Cayuga St.

Ithaca

319-4106

>Volunteer opportunities, apprenticeships, summer jobs, scholarships, and classes for teens interested in fashion design and sewing with existing materials and earth friendly fabrics

[coord@sew-green.org](mailto:coord@sew-green.org)[www.sew-green.org](http://www.sew-green.org)**Sciencenter**

601 First St.

Ithaca

272-0600

>Long term and short term volunteer opportunities; interact with visitors, help with exhibits, training provided

[volunteer@sciencenter.org](mailto:volunteer@sciencenter.org)[www.sciencenter.org](http://www.sciencenter.org)**SPCA, Tompkins County**

1640 Hanshaw Rd.

Ithaca

257-1822

>Volunteer to work with dogs and cats.

[info@spcaonline.com](mailto:info@spcaonline.com)<http://www.spcaonline.com/>**St. John's Episcopal Church**

210 N. Cayuga St.

**Loaves and Fishes**

Ithaca

272-5457

>Volunteer opportunities available for youth and adults in meal preparation and service, clean up, visiting with guests, errands, songs or music during meals, canned food drives, holiday decorations

[volunteering@loaves.org](mailto:volunteering@loaves.org)[www.loaves.org](http://www.loaves.org)**Sustainable Tompkins**

109 S. Albany St.

Ithaca

216-1552

>Volunteer for a "green cause" by helping out with preparation for monthly dinner and discussion groups; hanging flyers around Tompkins County, talking to locals about "Sustainable Tompkins", helping with set-up and take-down for events, and more

[info@sustainabletompkins.org](mailto:info@sustainabletompkins.org)<http://sustainabletompkins.org/>**Tompkins-Cortland Habitat for Humanity**

P.O. Box 4683

Ithaca

844-3529

>Volunteer to help build affordable houses in your community for individuals in need of adequate shelter

[info@tchabitat.com](mailto:info@tchabitat.com)[www.tchabitat.com/](http://www.tchabitat.com/)**Tompkins County Public Library**

101 E. Green St.

**Teen Advisory Group (T.A.G.)**

Ithaca

272-4557 ext.274

>Middle and high school students meet monthly to discuss books, plan teen events, and take part in fun activities

[rdemauro@tcpl.org](mailto:rdemauro@tcpl.org)

<http://tcpl.org/teens/tag.php>

**Trumansburg School**

**Big Friend, Little Friend**

10 Elm St.

Trumansburg

387-4910

>For Trumansburg middle and high school students, volunteer as a Big Friend to mentor a student in a lower grade (High schoolers mentor middle schoolers; middle schoolers mentor elementary schoolers). Includes homework help, being a friend and having fun.

[mao98@cornell.edu](mailto:mao98@cornell.edu) or [mp823@cornell.edu](mailto:mp823@cornell.edu) <http://ccetompkins.org/4h/rural-youth-services/t-burg-ulysses>

**United Way of Tompkins County**

313 N. Aurora St.

Ithaca

272-6286

>Information and listings of one-time and ongoing community volunteer opportunities

>Youth & Philanthropy Council – High school juniors and seniors develop a grant application, review and evaluate proposals and award funding to Tompkins nonprofits

>FOCUS (Focus on Community Understanding Service) – Middle school students distribute funds to local nonprofit organizations that serve their community

[ahtwang@uwtc.org](mailto:ahtwang@uwtc.org)

[www.uwtc.org](http://www.uwtc.org)

<http://getconnected.uwtc.org/volunteer/agency/needs/>

**Computers and Internet Access**

*Computer use, high-speed internet, and Wi-Fi access are available for free at the Tompkins County Public Library and other area libraries (Caroline, Dryden, Groton, Lansing, Newfield, Trumansburg; in Danby, computer, internet, and Wi-Fi access are available at Town Hall). Students may also be able to stay after school to use the school computer lab.*

**Beverly J. Martin Elementary School Computer Lab**

302 W. Buffalo St.

Ithaca

274-2209

>After-school program for second grade thru high school seniors; computer training in Photoshop, Microsoft Works, Excel, Power Point, making websites, video editing

[www.ithacacityschools.org/index.cfm/page/bjm.htm](http://www.ithacacityschools.org/index.cfm/page/bjm.htm)

**GIAC (Greater Ithaca Activities Center) Computer Lab**

301 W. Court St.

Ithaca

272-3622

>After-school program for second grade thru high school seniors; computer training in Photoshop, Microsoft Works, Excel, PowerPoint, making websites, video editing

[giacmain@cityofithaca.org](mailto:giacmain@cityofithaca.org) [www.cityofithaca.org/departments/giac/](http://www.cityofithaca.org/departments/giac/)

**Ithaca Youth Bureau Computer All Stars**

Based at Finger Lakes Reuse, 2255 N. Triphammer Rd.

Ithaca

257-9699

>Training in computer use, repair and upgrades; reusing, rebuilding and recycling old computers

>Volunteer and apprenticeship positions available

[info@fingerlakesreuse.org](mailto:info@fingerlakesreuse.org) [www.fingerlakesreuse.org/TALP\\_Winter2011.shtml](http://www.fingerlakesreuse.org/TALP_Winter2011.shtml)

**Southside Community Center    Southside Computer Lab**

305 S. Plain St.

Ithaca

273-4190

>Computer lab with 11 computers available; free internet access; open to the public M-W; also used for youth and adult educational programs. Open 1-7 pm in the summer and 3-8 pm during the school year

[southside@sscc-ithaca.org](mailto:southside@sscc-ithaca.org)    [www.scccithaca.org/](http://www.scccithaca.org/)

**Encouraging Diversity and Confronting Discrimination**

*Although Tompkins County is rich in diverse opinions, beliefs, and cultures, sometimes people are discriminated against because of their differences. There are many laws that prevent people from discriminating against others, especially in the workplace. It's also illegal to discriminate against people who have a disability and people who have been previously arrested and convicted.*

**GIAC (Greater Ithaca Activities Center)**

301 W. Court St.

Ithaca

272-3622

>Provides multicultural, educational, and recreational programming focused on social and individual development dedicated to improved quality of life, advocating for rights, employment training, and fighting against oppression.

[giacmain@cityofithaca.org](mailto:giacmain@cityofithaca.org)    [www.cityofithaca.org/departments/giac/](http://www.cityofithaca.org/departments/giac/)

**Multicultural Resource Center**

615 Willow Ave.

Ithaca

272-2292

>Library of books and tapes about different cultures; diversity and inclusion training for youth; cultural festivals and events; service fees are based on individual's ability to pay; open 9-5, M-F; no fee

[ajc39@cornell.edu](mailto:ajc39@cornell.edu)    <http://multicultural-resource.org/>

**National Organization for Women (NOW)**

Ithaca

898-9593

>Secures equality and fair treatment of women by planning programs, actions, and information-sharing events; become a member; volunteer to help plan events

[TompkinsNOW@yahoo.com](mailto:TompkinsNOW@yahoo.com)

**Tompkins County Office of Human Rights**

120 W. State/MLK Jr. St.

Ithaca

277-4080

>Information about people's rights in housing, employment, credit, public accommodation and education

[www.tompkinscountyny.gov/hrc](http://www.tompkinscountyny.gov/hrc)

**Vitamin L**

105 King St.

Ithaca

273-4175

>Singing group consisting of a diverse group of members, ages 11-21, performing at elementary schools, festivals, and conferences around central NY and beyond. Vitamin L's uplifting, inspiring songs promote positive character development and peace in our communities and schools

**Exploring & Enjoying Outdoors**

*Ithaca Is Gorges! And so is the rest of Tompkins County!*

**Allan H. Treman State Park**

105 Enfield Falls Rd. Ithaca 273-3440

>Dog park, boating, fishing, picnic area, sports fields

<http://nysparks.com/parks/135/details.aspx>

**Buttermilk Falls State Park**

112 E. Buttermilk Falls Rd. Ithaca 273-5761

>Camping, hiking, picnic area, sports fields, playground

>Summer recreational programs and tours, all ages

>Outdoor swimming in stream-fed pool beneath a waterfall

<http://nysparks.com/parks/151/details.aspx>

**City of Ithaca** – See full listing of parks at <http://www.cityofithaca.org/>

Open to the public; season pool passes are available only to residents of Tompkins County Recreation Partnership Municipalities

**City of Ithaca Cass Park**

701 Taughannock Blvd. Ithaca 273-9211

>Olympic-size outdoor swimming pool; open to the public; season passes available to residents of Tompkins County Recreation Partnership Municipalities

>Ice skating rink, playing fields, tennis courts, waterfront fitness trail, picnic areas and pavilion

[www.cityofithaca.org/departments/iyb/cass/pool.cfm](http://www.cityofithaca.org/departments/iyb/cass/pool.cfm)

**City of Ithaca GIAC (Greater Ithaca Activities Center) Alex Haley Pool**

408 N. Albany St. Ithaca 277-6169

>Outdoor pool, open Memorial Day thru Labor Day; season passes available to residents of Tompkins County Recreation Partnership Municipalities

[www.cityofithaca.org/departments/giac/alexhaleypool.cfm](http://www.cityofithaca.org/departments/giac/alexhaleypool.cfm)

**City of Ithaca Stewart Park**

Rt. 34 and Rt. 13 Ithaca 273-8364

>Sports fields, tennis court, public golf course, picnic area, waterfront, playground

[www.cityofithaca.org/parks/stewartpark.cfm](http://www.cityofithaca.org/parks/stewartpark.cfm)

**Cornell Cooperative Extension Primitive Pursuits**

615 Willow Ave. Ithaca 272-2292 ext. 195

>All-outdoor nature awareness programs offering wilderness survival skills, nature mentoring and peer-based community building. Includes summer camps, homeschool, after-school & school break programs, weekend workshops & apprenticeships; fees.

[PrimitivePursuits@Cornell.edu](mailto:PrimitivePursuits@Cornell.edu)

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

**Cornell Plantations, Cornell University**

1 Plantation Rd.

Ithaca

255-2400

>Youth programs, tours, events, classes, and volunteer opportunities; or just go for a walk through the botanical collections, wildflower reserve, or arboretum

[plantations@cornell.edu](mailto:plantations@cornell.edu)

[www.cornellplantations.org/](http://www.cornellplantations.org/)

**Danby** A listing of parks in the town can be found at: <http://town.danby.ny.us/DCPA>

**Danby-Jennings Pond**

5 mi. down Comfort Rd. off Rt. 96B

Danby

277-2788

>Outdoor swimming in pond

[www.facebook.com/JenningsPond](http://www.facebook.com/JenningsPond)

**Dryden** A listing of parks in the town can be found at: <http://dryden.ny.us/departments/recreation/parks-and-trails>

**Ellis Hollow Pool**

111 Genung Rd.

Ithaca

>Outdoor pool; season pass required, swim lessons

<http://ellishollowcc.org/>

**Finger Lakes Land Trust**

202 E. Court St.

Ithaca

275-9487

>Protected lands and preserves; hiker friendly, open to the public year-round.

[info@fltl.org](mailto:info@fltl.org)

[www.fltl.org/index.php](http://www.fltl.org/index.php)

**Finger Lakes National Forest**

Hector Ranger Station, 5218 SR 414

Hector

546-4470

>Hiking, cross country skiing, camping, fishing, hunting, wildlife watching

[www.fs.usda.gov/fingerlakes](http://www.fs.usda.gov/fingerlakes)

**Finger Lakes Trail System**

>Miles of hiking trails through the Finger Lakes region; hiking, camping

[www.fltconference.org/trail/](http://www.fltconference.org/trail/)

**Groton Memorial Park Pool**

200 Sykes St.

Groton

898-4569

>Outdoor pool open during the summer for open swim & swim classes; fee

[www.grotonny.org/park.html](http://www.grotonny.org/park.html)

**Ithaca Youth Bureau**

**Outings Program**

1 James L. Gibbs Dr.

Ithaca

273-8364

>Outdoor adventure program for ages 10-18; activities include rock climbing, canoeing, ropes challenge course, tree climbing; some programs have fees

[iyb@cityofithaca.org](mailto:iyb@cityofithaca.org)

[www.ithacayouthbureau.org](http://www.ithacayouthbureau.org)

### **Ithaca Skateboard Park**

408 Wood St.

Ithaca

>Park is open until 10 p.m., use of helmets while on skateboards, bicycles, and rollerblades is strongly encouraged; free

<https://www.facebook.com/IthacaSkatePark>

**Lansing** – For a full listing of parks in the Town, visit [www.lansingrec.com/](http://www.lansingrec.com/) or call 533-7388

>Myers Point Park, Rt. 34 B, (east shore of Cayuga Lake), Lansing - Beach, lake swimming, boating, playground, camping, picnic area; fee for non-Lansing residents

>Salt Point, Myers Road (34B), just north of Myers Park, Lansing - 34 scenic acres of Cayuga Lake shoreline, trails, bird watching, fishing, picnicking

[www.lansingrec.com/content/blogcategory/3/8/](http://www.lansingrec.com/content/blogcategory/3/8/)

### **Lansing High School Pool**

300 Ridge Rd.

Lansing

533-3020 ext. 3129

>Indoor pool, weekly open swim, fall-spring, fee

[AHeck@lcsd.k12.ny.us](mailto:AHeck@lcsd.k12.ny.us)

[www.lcsd.k12.ny.us/site/Default.aspx?PageID=195](http://www.lcsd.k12.ny.us/site/Default.aspx?PageID=195)

### **Nature Conservancy**

>Protected lands for hiking, wildlife watching; visit website for sites in Tompkins County

[www.nature.org/ourinitiatives/regions/northamerica/unitedstates/newyork/placesweprotect/centralwesternnewyork/wherewework/index.htm](http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/newyork/placesweprotect/centralwesternnewyork/wherewework/index.htm)

**Newfield** – For a listing of parks in the Town, visit <http://newfieldny.org/local-information/parks/>

### **New York State Dept. of Environmental Conservation**

>State recreation lands for hiking, camping, fishing, hunting, boating, skiing; visit website for sites in Tompkins County

[dpaeweb@gw.dec.state.ny.us](mailto:dpaeweb@gw.dec.state.ny.us)

[www.dec.ny.gov/outdoor/7792.html](http://www.dec.ny.gov/outdoor/7792.html)

### **Paleontological Research Institution; Cayuga Nature Center, Inc.**

1420 Taughannock Blvd.

Ithaca

273-6260

>Nature programs, outdoor and environmental education, hiking trails; volunteer and internship opportunities for middle and high school students

[info@cayuganaturecenter.org](mailto:info@cayuganaturecenter.org)

[www.museumoftheearth.org/outreach.php?page=ednaturectr](http://www.museumoftheearth.org/outreach.php?page=ednaturectr)

### **Robert H. Treman State Park**

105 Enfield Falls Rd.

Ithaca

273-3440

>Camping, fishing, hiking, playground, picnic area

>Outdoor swimming in stream-fed pool beneath a waterfall

<http://nysparks.com/parks/135/details.aspx>

**Sapsucker Woods Sanctuary**

159 Sapsucker Woods Rd. Ithaca 254-BIRD, 274-2473  
 >4 miles of open trails, open 24/7  
 >Library and educational programs open to youth  
[cornellbirds@cornell.edu](mailto:cornellbirds@cornell.edu) [www.birds.cornell.edu/Page.aspx?pid=1478](http://www.birds.cornell.edu/Page.aspx?pid=1478)

**Taughannock Falls State Park**

2221 Taughannock Rd. Trumansburg 387-6739  
 >Boating, camping, cross-county skiing, fishing, hiking, swimming, picnic area, outdoor summer concerts  
 >Lake swimming at sound entrance beach  
<http://nysparks.com/parks/62/details.aspx>

**Tompkins Cortland Community College (TC3)**

107 North St. Dryden 844-6525  
 >Indoor pool; open swim and water aerobic classes; small fees for open swim & classes; call or check website for schedule  
[www.tc3.edu/student/rec\\_pool.asp](http://www.tc3.edu/student/rec_pool.asp)

**YMCA**

50 Graham Rd. West Ithaca 257-0101  
 >Swimming year-round in indoor pool; open swim hours; swim lessons for beginner to advanced swimmers  
[info@ithacaymca.com](mailto:info@ithacaymca.com) [www.ithacaymca.com/](http://www.ithacaymca.com/)

**Go Green! Sustainable Youth**

*Programs listed here have an environmentally responsible focus.*

**Community Building Works**

P.O. Box 3855 Ithaca 319-0113  
 >Learn how to build a house and use tools like a pro, while providing green, affordable housing to your community  
[communitybuildingworks@gmail.com](mailto:communitybuildingworks@gmail.com) [www.communitybuildingworks.org](http://www.communitybuildingworks.org)

**Ithaca Youth Bureau****Computer All Stars**

Based at Finger Lakes Reuse, 2255 N. Triphammer Rd. Ithaca 257-9699  
 >Training in computer use, repair and upgrades; reusing, rebuilding and recycling old computers  
 >Volunteer and apprenticeship positions available  
[info@fingerlakesreuse.org](mailto:info@fingerlakesreuse.org) [www.fingerlakesreuse.org/TALP\\_Winter2011.shtml](http://www.fingerlakesreuse.org/TALP_Winter2011.shtml)

**SewGreen**

112 N. Cayuga St. Ithaca 319-4106  
 >Volunteer opportunities for teens interested in fashion design and sewing  
[coord@sew-green.org](mailto:coord@sew-green.org) [www.sew-green.org](http://www.sew-green.org)

**Southside Community Center**

530 W. Buffalo St.

**Recycle Ithaca Bicycles (RIBS)**

Ithaca

273-4190

>Open shop to repair or work on bicycles; weekly repair/maintenance clinic; volunteer hours can be used toward earning a repaired bike; call for schedule; no fee

[recycleithacabicycles@gmail.com](mailto:recycleithacabicycles@gmail.com)

<http://velonet.org/ribs/>

**Sustainable Tompkins**

109 S. Albany St.

Ithaca

216-1552

>Volunteer for a "green cause" by helping out with preparation for monthly dinner and discussion groups; hanging flyers around Tompkins County, talking to locals about "Sustainable Tompkins", helping with set-up and take-down for events, and more

[info@sustainabletompkins.org](mailto:info@sustainabletompkins.org)

<http://sustainabletompkins.org/>

### Sports and Recreation

*There are many recreational activities to choose from in Tompkins County. For a complete list of summer camps and programs in Tompkins County, contact the County Youth Services Department (274-5310) or online at [www.tompkinscountyny.gov/youth](http://www.tompkinscountyny.gov/youth).*

**American Legion Baseball League**

>Summer league for ages 15-19, small fees; contact the local post for details

Ithaca American Legion Post 221, 1231 Danby Rd.

Ithaca

272-1129

Trumansburg American Legion Post 770, 4431 Seneca Rd. Trumansburg

387-5360 or 387-4212

<http://www.legion.org/baseball/teams>

**Cal Ripkin Baseball League**

P.O. Box 112

Ithaca

218-7242

>Spring and summer baseball league for youth ages 9-12 who reside in Tompkins County, excluding Lansing

[ithacacalriplein@aol.com](mailto:ithacacalriplein@aol.com)

<http://ithaca.baberuthonline.com/>

**Dryden Recreation Department**

93 E. Main St.

Dryden

844-8888

>Providing a variety of recreational opportunities to all residents of the Town of Dryden, including but not limited to: youth sports leagues, Sertoma soccer, adult recreational sports leagues, etc.

[recreation@dryden.ny.us](mailto:recreation@dryden.ny.us)

<http://dryden.ny.us/departments/recreation>

**GIAC (Greater Ithaca Activities Center)**

301 W. Court St.

Ithaca

272-3622

>Recreation and sports programs pool, summer camp and CIT program; summer basketball league; small fees or free

[giacmain@cityofithaca.org](mailto:giacmain@cityofithaca.org) [www.cityofithaca.org/departments/giac/](http://www.cityofithaca.org/departments/giac/)

## Girls Softball League

Ithaca

275-9311

>Summer softball league for girls, ages 12-15, who reside in Tompkins County

[ithacababeruth@yahoo.com](mailto:ithacababeruth@yahoo.com) <http://ithaca.baberuthonline.com/engine.asp?area=league&aid=543&sbstid=2129>

## Groton Recreation Department

400 Peru Rd.

Groton

898-4569 or 898-5908

>Providing a variety of recreational activities for all residents of the Village and Town of Groton including youth, adult, and summer recreation, summer camp, summer programs, pool, outdoor pavilion

>Spring baseball & softball leagues for youth, grades K-9, who live in the Groton school district

>Youth football, cheerleading, track, wrestling, basketball; fall soccer league and travel soccer for area youth ages 5-12; youth swim lessons

[www.grotonny.org/park.html](http://www.grotonny.org/park.html)

## Ithaca Babe Ruth Baseball League

P.O. Box 112

Ithaca

272-2916

>Summer league for ages 13-15, players must reside in the Ithaca City School District but not necessarily attend ICSD schools

[ithacababeruth@yahoo.com](mailto:ithacababeruth@yahoo.com)

<http://ithaca.baberuthonline.com/>

## Ithaca League of Junior Rollers

P.O. Box 301

Ithaca

>Girls, ages 8 to 17, learn the sport of roller derby and powerful skating skills, build fitness, in a fun, confidence building, and team-focused environment; fees

[www.ithacarollerderby.com/iljr/](http://www.ithacarollerderby.com/iljr/)

## Ithaca Skateboard Park

408 Wood St.

Ithaca

>Park is open until 10 p.m.; use of helmets while on skateboards, bicycles, and rollerblades is strongly encouraged; free

[www.facebook.com/IthacaSkatePark](http://www.facebook.com/IthacaSkatePark)

## Ithaca Youth Bureau (programs in multiple locations)

1 James L Gibbs Dr.

Ithaca

273-8364 (winter), 273-1090 (summer)

>Progressive group swim lessons for children, ages 9 months+ (summer), ages 3-15 years (winter); fees

>Golf and tennis lessons; fees

>Sports programs (football, baseball, soccer, lacrosse, basketball); fees

>Summer camps, pool, ice skating, athletic fields, tennis courts, waterfront fitness trail, picnic areas and pavilions ; fees

[iyb@cityofithaca.org](mailto:iyb@cityofithaca.org)

[www.cityofithaca.org/departments/iyb/index.cfm](http://www.cityofithaca.org/departments/iyb/index.cfm)

## Ithaca Youth Bureau

## Recreation Support Services

1 James L Gibbs Dr.

Ithaca

273-8364

>Recreation programming designed for teens with disabilities

>Full-day summer program, teen fitness, weekend social club, after-school teen programs, special events, dances



**Tompkins Cortland Community College (TC3) Swimming Lessons**

170 North St. Dryden 844-8222 ext. 4495

>Progressive group swim instruction for children 4-12, 4 course levels; fee

[okarua@tc3.edu](mailto:okarua@tc3.edu) [www.tc3.edu/student/rec\\_pool.asp](http://www.tc3.edu/student/rec_pool.asp)

**Tompkins County United Soccer Club**

P.O. Box 3957 Ithaca

>Recreational (under age 10) and competitive (ages 10 -18) soccer for Ithaca area youth, boys and girls; fall, winter, spring; instruction, leagues, travel teams

[operations@tcunitedsoccer.org](mailto:operations@tcunitedsoccer.org) [www.tcunitedsoccer.org](http://www.tcunitedsoccer.org)

**Tompkins Girls Hockey Association**

P.O. Box 3962 Ithaca 257-3268

>Hockey for girls 5 - 19, Oct. - March; introduction to the game, teams, leagues and special events

[tghahockey@gmail.com](mailto:tghahockey@gmail.com) <https://sites.google.com/site/ithacagirlshockey/>

**Upstate Boys AAU Boys Basketball Club**

777 Van Buskirk Gulf Rd. Newfield 227-8853

>Basketball club for boys on teams, ages 10-17; weekly practices and weekend tournaments; March-June season

[upstateboyshoops@gmail.com](mailto:upstateboyshoops@gmail.com) <http://upstateboys.org/>

**Upstate Ladies AAU Girls Basketball Club**

115 Benjamin Hill Rd. Newfield 227-9588

>Basketball club for girls on teams, ages 10-17; weekly practices and weekend tournaments; March-June season

[upstateladies@gmail.com](mailto:upstateladies@gmail.com) [www.upstateladies.org](http://www.upstateladies.org)

**YMCA**

50 Graham Rd. West Ithaca 257-0101

>Progressive group swim instruction for children (ages 6 months +) and adults; fee

>Health and wellness, organized classes, fitness, training area, racquetball, youth sports, basketball, summer camps, pool, swim team, after-school programs, child care, youth events

[info@ithacayamca.com](mailto:info@ithacayamca.com) [www.ithacaymca.com](http://www.ithacaymca.com)

**Theatre, Music, Dance, and Art**

*Tompkins County is rich in activities involving theatre, music, dance, and art. There are also many private dance studios and music and art teachers (not listed here).*

**Community School of Music and Arts**

330 E. State/MLK Jr. St. Ithaca 272-1474

>4 terms/year; offerings in voice, music, dance, art, theater classes, ensembles; classes tailored to student's ability

[info@csma-ithaca.org](mailto:info@csma-ithaca.org) [www.csma-ithaca.org](http://www.csma-ithaca.org)

**Hangar Theatre****Next Generation Theatre**

Office: 171 E. State/MLK Jr. St. Ithaca 273-8588  
 Theatre: 801 Taughannock Blvd. Ithaca

>Summer acting and musical theatre class taught by professionals, perform in summer theatre productions, meet with directors and actors; 10-18 year olds

>Internships available designed to give youth interested in theatre the opportunity to work directly with theater artists

[info@hangartheatre.org](mailto:info@hangartheatre.org) [www.hangartheatre.org/next-generation-school-of-theatre.html](http://www.hangartheatre.org/next-generation-school-of-theatre.html)

**PEGASYS****Video Training/Television Show Production**

Office: 612 W. Green St. Ithaca 272-7272  
 Mail: 519 W. State/ML King Jr. St. Ithaca

>Free video training classes for ages 14 and up, create your own show (ages 18 and up) or work as crew on existing programs

[lauren.stefanelli@twcable.com](mailto:lauren.stefanelli@twcable.com) <http://pegasys.webstarts.com/index.html>

**Running to Places**

1013 W. State St. Ithaca 216-8750

>Youth-run community theater for middle and high school youth (rural, urban, private, public, and home schooled) to produce musicals and other theatrical pieces

[info@runningtoplaces.org](mailto:info@runningtoplaces.org) [www.runningtoplaces.org/](http://www.runningtoplaces.org/)

**Salvation Army of Ithaca****Academy Music & Fine Arts**

150 N. Albany St. Ithaca 273-2400

>Music lessons with one-to-one instruction and ensemble classes to students grade 3 and older; fees

<http://empire.salvationarmy.org/>

**Southside Community Center****Unity Studios**

305 S. Plain St. Ithaca 273-4190

>Call ahead to schedule times to come in to record music; fees

[southside@sscc-ithaca.org](mailto:southside@sscc-ithaca.org) [www.scccithaca.org/](http://www.scccithaca.org/)

**Suicide Prevention and Crisis Service The Role Players**

124 E. Court St. Ithaca 272-1505

>Perform improvised role-plays on difficult life issues for varied audiences; community service credit available; actors ages 14-80

[info@ithacacrisis.org](mailto:info@ithacacrisis.org) [www.suicidepreventionandcrisisservice.org/index.html](http://www.suicidepreventionandcrisisservice.org/index.html)

**Trumansburg Conservatory of Fine Arts**

Congress at McLallen St., P.O. Box 1053 Trumansburg 387-5939

>Art and dance lessons (classes); music lessons (individual)

[skl.tcfa@gmail.com](mailto:skl.tcfa@gmail.com) <http://tburgconservatory.org/>

## **Vitamin L**

105 King St.

Ithaca

273-4175

>Singing group consisting of a diverse group of members 11-21 years old, performing at elementary schools, festivals, and conferences around central NY and beyond; promotes positive character development and peace in community and schools

[vitaminlproject@hotmail.com](mailto:vitaminlproject@hotmail.com)

[www.vitaminl.org/](http://www.vitaminl.org/)

## **Transportation**

*TCAT (Tompkins Consolidated Area Transit, [www.tcatbus.com](http://www.tcatbus.com)) provides bus service to many areas of the county. Bike racks are available on the front of buses. Several private taxi services also serve the area. If you're over 18, check out Ithaca Car Share ([www.ithacacarshare.org](http://www.ithacacarshare.org)) for an inexpensive alternative to buying your own car.*

### **Cornell Cooperative Extension**

615 Willow Ave.

### **Way2Go Transportation Education**

Ithaca

272-2292

>Transportation information, workshops, projects, events with an emphasis on transportation equity and sustainability

[jwm346@cornell.edu](mailto:jwm346@cornell.edu)

<http://ccetompkins.org/community/way2go>

### **Gadabout Transportation**

737 Willow Ave.

Ithaca

273-1878

>Wheelchair accessible vans for people with disabilities which prevent the use of other kinds of transportation; prior approval required; 48 hr. notice required to guarantee ride; \$1.50/one way trip within city, \$2.00 outside.

[www.facebook.com/pages/Gadabout/1414495502162203](https://www.facebook.com/pages/Gadabout/1414495502162203)

### **Ithaca Car Share**

P.O. Box 418

Ithaca

277-3210

>Membership service offering 24/7 self-serve access to fuel efficient cars and a truck for local and regional short-term use; must be age 18+, have a valid driver's license and meet other eligibility requirements.

[info@ithacacarshare.org](mailto:info@ithacacarshare.org)

[www.ithacacarshare.org](http://www.ithacacarshare.org)

### **Tompkins Consolidated Area Transit (TCAT)**

737 Willow Ave.

Ithaca

277-7433

>Youth fares, monthly passes, semester passes, summer youth passes

>Bike racks on most buses

>Online trip planner, schedule and route information at website

[tcat@tcatmail.com](mailto:tcat@tcatmail.com)

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

## **Voting**

*To register to vote a person must be 18, a U.S. citizen and a resident of Tompkins County for 25 days or more. Forms to register are available from the County Board of Elections at 274-5522 (128 E. Buffalo St., Ithaca) or from the post office, city/town halls, libraries, or the Motor Vehicle Department. First time registrants must provide ID. If you move, you must register at your new address.*

# Build Skills

## Information and Referral (available 24 hrs/day)

2-1-1 or 272-9331

[www.hsctc.org/index.php?page=information-referral](http://www.hsctc.org/index.php?page=information-referral)

## Armed Services

*Any man ages 18 through 25 living in the U.S. must register with Selective Service, regardless of citizenship. A man must register within 30 days of his 18th birthday and may be denied benefits or a job if he has not registered. Registration can be done at any U.S. Post Office or online at [www.sss.gov](http://www.sss.gov).*

### Air Force

93 Main St.

Cortland

753-0112 or 1-800-423-8723

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

### Army

93 Main St.

Cortland

1-800-USA-ARMY (872-2759)

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

### Army National Guard

93 Main St.

Cortland

1-800-GO-GUARD (464-8273)

[www.1800goguard.com](http://www.1800goguard.com)

### Marines

93 Main St.

Cortland

753-0112

<http://www.marines.mil/>

### Navy

93 Main St.

Cortland

753-0112

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

### New York National Guard Youth Program

330 Old Niskayuna Rd.

Latham

518-786-4614

>A program for kids whose parents are in the military. Leadership, resources, services, and education; ensures that the structures, programs, and services reflect the unique needs of military youth

<http://dmna.ny.gov/family/yprogs.php>

### U.S. Coast Guard

91 Main St.

Cortland

315-437-6135 or 1-877-NOW-USCG (669-8724)

>Primary mission is saving lives and law enforcement; same benefits as other military branches (GI bill, etc.)

[www.uscg.mil](http://www.uscg.mil)

**Jobs and Job Training** Also see P. 63

>First step for anyone under 18: get working papers from any public high school or district office, usually in the nurse's office. Parent's written permission, proof of age, certification of physical fitness and a Social Security number are also needed. [www.labor.ny.gov/workerprotection/laborstandards/workprot/wphmpg.shtm](http://www.labor.ny.gov/workerprotection/laborstandards/workprot/wphmpg.shtm)

>Trouble finding a job? One good way to build experience is to do volunteer work in the community. This can often lead to employment. (See Community Service and Leadership Opportunities section)

>For a list of summer job programs updated annually, call the Tompkins County Youth Services Dept., 274-5310 or visit [www.tompkinscountyny.gov/youth](http://www.tompkinscountyny.gov/youth)

**Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR)** (Formerly VESID)

44 Hawley St. Binghamton 721-8400 or 1-800-888-5010

>Job counseling, training and placement for persons with disabilities; free

[www.acces.nysed.gov/vr/southerntier/](http://www.acces.nysed.gov/vr/southerntier/)

**Alternatives Federal Credit Union**      **Bill Myers Youth Internship**

125 N. Fulton St. Ithaca 216-3429

>Stipend to work after school at Alternatives; open to all high school juniors and seniors

[scu@alternatives.org](mailto:scu@alternatives.org)

[www.alternatives.org](http://www.alternatives.org)

**Alternatives Federal Credit Union**      **Student Credit Union**      **Teller Jobs and Financial Training**

125 N. Fulton St. Ithaca 216-3429 or 216-3445

>Students are trained as credit union tellers and operate school branches (branches are located at IHS, LACS, all ICSD elementary schools, Namaste Montessori, and Northern Lights Learning Center at St. Paul's); students develop a savings habit and financial skills

>Matched savings accounts help income-qualified youth attend college, start a business or buy a home. Parents or youth can apply; free

[scu@alternatives.org](mailto:scu@alternatives.org) or [IDA@alternatives.org](mailto:IDA@alternatives.org)

[www.alternatives.org](http://www.alternatives.org)

**American Red Cross**

2 Ascot Pl. Ithaca 1-800-RED-CROSS or 273-1900

>Babysitter's Training – Address safety issues, preventing injuries and illnesses, basic child care, first aid, decision making skills and age-appropriate behavior and play, ages 11-15; fee

>First Aid and CPR – Learn basic first aid and emergency skills; fee

>Lifeguard Training – Lifeguard skills and knowledge needed to prevent and respond to aquatic emergencies; minimum age of 15, must pass aquatic pre-test; fee

[www.redcross.org/tompkins](http://www.redcross.org/tompkins)

**Carpenters Local 281**      **Journeyman Carpenters Apprenticeship Program**

181 Industrial Park Rd. Horseheads 739-4685

>Apprenticeship program; must be 18+ years of age and have H.S. diploma or equivalency diploma

[www.northeastcarpenters.org/](http://www.northeastcarpenters.org/)

**Challenge Workforce Solutions**

950 Danby Rd. Suite 179 Ithaca 272-8990

>Career exploration, job skills training, volunteer opportunities, job placement and on the job supports available during the school year and the summer for individuals with disabilities 16 and older; job placement services for individuals receiving public assistance or food stamps; free

[Brions@aboutchallenge.org](mailto:Brions@aboutchallenge.org) [www.challengeworkforcesolutions.org/](http://www.challengeworkforcesolutions.org/)

**Cornell Cooperative Extension Youth Jobs Training and Employment**

615 Willow Ave. Ithaca 272-2292

>Job training and first time local employment opportunities for teens in Caroline, Danby, Dryden, Enfield, Groton, Lansing, Town of Ithaca, Ulysses; coordinated by local commissions/community councils through Cornell Cooperative Extension (City of Ithaca: See Ithaca Youth Bureau)

[sjl44@cornell.edu](mailto:sjl44@cornell.edu) <http://ccetompkins.org/4h/rural-youth-services>

**Cornell Cooperative Extension Youth Horticulture Apprentice Program**

615 Willow Ave. (garden at Cass Park) Ithaca 272-2292 ext. 258

>Youth development and workforce preparation program for teens ages 14-18. Program teaches work-place skills, fosters personal growth, and introduces youth to career opportunities within the horticulture industry. Participants learn science and horticultural job skills through a hands-on, tiered mentoring program centered at Ithaca Children's Garden. Apprentices also learn entrepreneurial skills by managing a small farm-stand at the Garden.

[ithacachildrengarden@cornell.edu](mailto:ithacachildrengarden@cornell.edu) [www.ithacachildrengarden.org](http://www.ithacachildrengarden.org)

**Ithaca Youth Bureau**

1 James L. Gibbs Dr. Ithaca 273-8364

>Lifeguard Training – Lifeguard skills and knowledge needed to prevent and respond to aquatic emergencies, minimum age of 15, must pass aquatic pre-test; review classes also offered; fee

>Youth Employment Service (Y.E.S.) – Employment program for Tompkins teens, ages 14+; help with applications, interviewing skills and finding part-time or short-term jobs. Eligible City of Ithaca youth may be placed in subsidized jobs; free

[iyb@cityofithaca.org](mailto:iyb@cityofithaca.org) [www.cityofithaca.org/departments/iyb/index.cfm](http://www.cityofithaca.org/departments/iyb/index.cfm)

**International Brotherhood of Electricians 241**

134 Cecil A. Malone Dr. Ithaca 272-2809

>Apprenticeship program; must be 18+ years of age, pass aptitude test, have H.S. diploma or equivalency diploma, at least 1 credit in algebra or higher math, and driver's license

[www.ibewlocal241.com/](http://www.ibewlocal241.com/)

**The Learning Web Community & Career Exploration & Apprenticeship Program (CCEAP)**

515 W. Seneca St. Ithaca 275-0122

>Career exploration tours, job shadowing, community service projects, job training, volunteer apprenticeships and limited paid apprenticeships (for eligible youth); free

[info@learningweb.org](mailto:info@learningweb.org) [www.learning-web.org](http://www.learning-web.org)

**Plumbers-Steamfitters Local 267**

701 W. State/MLK Jr. St.

**Plumbers or Pipe Fitters Apprenticeship Program**

Ithaca

272-8586

&gt;Apprenticeship program; must have H.S. diploma or GED and be 18+ years of age

<http://www.ualocal267.org/>**Tompkins Workforce New York**

171 E. State/MLK Jr. St. (Center Ithaca) Suite 241 Ithaca

272-7570

>Job LINK – Educational, employment and training services for youth 16-21 who are still in school, have dropped out or have graduated and need help finding work; services include employment preparation, workshops, job search assistance, paid and unpaid work experiences, tutoring, study skills training and mentoring; must meet eligibility requirements

>Job search assistance, career resource library, résumé and cover letter assistance, computerized job matching, on-site employer recruiting, workshops, training and linkages to apprenticeships, appropriate referrals, information and employment options; all ages; free

[firststop@tom-pkins-co.org](mailto:firststop@tom-pkins-co.org) [www.tompkinscountyny.gov/wfny/](http://www.tompkinscountyny.gov/wfny/)**TST BOCES (Tompkins Seneca Tioga Board of Cooperative Educational Services) Career and Technical Education**

555 Warren Rd.

Ithaca

257-1551

>Hands-on and technical skill training for students in grades 9-12 in programs such as auto technology, culinary arts, animal science, cosmetology and more

[tdilucci@tstboces.org](mailto:tdilucci@tstboces.org)[www.tstboces.org](http://www.tstboces.org)**United Way of Tompkins County**

313 N. Aurora St.

Ithaca

272-6286

>Stephen E. Garner Summers of Service annual paid summer internships for local high school students with health and human service organizations in Tompkins County

[www.uwtc.org](http://www.uwtc.org)**YMCA**

50 Graham Road West

Ithaca

257-0101

>First Aid and CPR – Learn basic first aid and emergency skills; fee

>Lifeguard Training – Lifeguard skills and knowledge needed to prevent and respond to aquatic emergencies, minimum age of 15, must pass aquatic pre-test, fee

[info@ithacayamca.com](mailto:info@ithacayamca.com)[www.ithacaymca.com](http://www.ithacaymca.com)**Libraries**

*Area libraries offer a variety of free resources for academic and entertainment pursuits. In addition to books, magazines, and newspapers, libraries offer computers and internet, and downloadable audio-books. Call or check websites for individual library schedules and offerings.*

**Caroline Community Library**

2668 Slaterville Rd. Slaterville Springs 539-6400 ext. 5  
[www.townofcaroline.org/community/caroline-community-library/](http://www.townofcaroline.org/community/caroline-community-library/)

**Danby Community Library**

1830 Danby Rd. Danby Town Hall Ithaca 277-4200  
[library@town.danby.ny.us](mailto:library@town.danby.ny.us) <http://town.danby.ny.us/DCL>

**Finger Lakes Library System (FLLS)**

119 E. Green St. Ithaca 273-4074  
[support@flls.org](mailto:support@flls.org) [www.flls.org/](http://www.flls.org/)

**Groton Public Library**

112 E. Cortland St. Groton 898-5055  
[director@grotonpubliclibrary.org](mailto:director@grotonpubliclibrary.org) <http://grotonpubliclibrary.net>

**Lansing Community Library**

27 Auburn Rd. Lansing 533-4939  
[info@lansinglibrary.org](mailto:info@lansinglibrary.org) [www.lansinglibrary.org/home](http://www.lansinglibrary.org/home)

**Newfield Public Library**

198 Main St. P.O. Box 154 Newfield 564-3594  
[newfieldpubliclibrary@yahoo.com](mailto:newfieldpubliclibrary@yahoo.com) [www.newfieldpubliclibrary.org/](http://www.newfieldpubliclibrary.org/)

**Southworth Library**

24 W. Main St. P.O. Box 45 Dryden 844-4782  
[southworthlibrary@gmail.com](mailto:southworthlibrary@gmail.com) [www.southworthlibrary.org/](http://www.southworthlibrary.org/)

**Tompkins County Public Library**

101 E. Green St. Ithaca 272-4557  
[www.tcpl.org](http://www.tcpl.org)

**Ulysses Philomathic Library**

74 E. Main St. Trumansburg 387-5623  
[uphiloma@twcny.rr.com](mailto:uphiloma@twcny.rr.com) <http://trumansburglibrary.org/UPL/>

**Licenses**

**First aid, CPR, Lifeguarding:** *See Jobs and Job Training Section.*

**Boating:** Anyone born on or after 5/1/96 must successfully complete an approved course in boater education in order to operate a motorboat in New York. Approved courses are offered by NYS Parks, the U.S. Coast Guard Auxiliary or the U.S. Power Squadron. A safety certificate is also required to operate a personal watercraft (JetSki, etc.). More info: <http://nysparks.com/recreation/boating/education.aspx>

**Driver & Non-Driver Photo ID:** To apply for a permit/license or a non-driver ID card at the DMV, a youth will need an original social security card and original proof of name and date of birth; details at [www.dmv.ny.gov](http://www.dmv.ny.gov)

**Fishing:** Anyone 16 or older must have a valid fishing license while fishing. Licenses may be purchased on line ([www.dec.ny.gov/63.html](http://www.dec.ny.gov/63.html)), at many town clerks' offices and sporting goods stores, or by phone (1-866-933-2257).

**Hunting/Trapping:** Youth under age 12 may not obtain a hunting or trapping license or hunt wildlife. Youth 12 and older must complete a safety course before obtaining their first license. A parent/guardian must accompany a youth when they apply and while they hunt. There are many types of hunting, trapping, and waterfowl licenses; details including age limits for each license type at [www.dec.ny.gov/63.html](http://www.dec.ny.gov/63.html).

**Snowmobile:** Youth under age 18 must complete a safety training course recognized by New York; courses are offered through the NYS Office of Parks, Recreation, and Historic Preservation (387-7081) and by the County Sheriff's Department (257-1345). <http://nysparks.com/recreation/snowmobiles/education.aspx>

## Mentoring

*Matching a youth with an adult volunteer for a one-to-one relationship may form a trusting bond that can last a lifetime. The adult will provide a consistent and positive role model for guidance, confidence, and friendship.*

### Ithaca Youth Bureau

1 James L. Gibbs Dr. Ithaca 273-8364

>College Discovery Program – Long-term mentoring and academic support program designed to reduce achievement gaps in the Ithaca City School District and increase access to a college education for program participants; ICSD students in grades 5+ are nominated by teacher/school

>One-to-One Big Brothers Big Sisters of Ithaca and Tompkins County – Personal and family support program; establishes and supports one-to-one mentoring friendships between children of Tompkins County, ages 6-14, and caring adult volunteer; free

>Paul Schreurs Memorial Program – Academic and personal support for secondary school students; financial assistance available to eligible students who are participants of the program to continue their education beyond high school; free [iyb@cityofithaca.org](mailto:iyb@cityofithaca.org) [www.cityofithaca.org/departments/iyb/index.cfm](http://www.cityofithaca.org/departments/iyb/index.cfm)

### The Learning Web

515 W. Seneca St. Ithaca 275-0122

>Career exploration tours, job shadowing, community service projects, Job training, volunteer apprenticeships and limited paid apprenticeships (for eligible youth); free

[info@learningweb.org](mailto:info@learningweb.org) [www.learning-web.org](http://www.learning-web.org)

### Community & Career Exploration & Apprenticeship Program (CCEAP)

**The Learning Web****Youth Outreach Program**

330 W. State/MLK Jr. St.

Ithaca

272-8162

>Youth and young adults, ages 16- 24, who have unstable or no housing receive help finding housing, connecting to needed services, returning to school, and building employment skills and skills for living independently.

[info@learningweb.org](mailto:info@learningweb.org)[www.learning-web.org](http://www.learning-web.org)**TST BOCES (Tompkins Seneca Tioga Board of Cooperative Educational Services)****Youth Development Program**

555 Warren Rd.

Ithaca

257-1551

>Staff work one-on-one or in small groups in a school setting with youth around personal issues including substance abuse; free

[jastles@tstboces.org](mailto:jastles@tstboces.org)[www.tstboces.org](http://www.tstboces.org)**Schools**

*Young people between ages 5 and 21 can attend a public school in the district where they live for free. State law requires that students finish the school year in which they turn 16; a person cannot drop out as soon as s/he turns 16. Students have the right to equal treatment while in school, meaning they may not be discriminated against. Special legislation allows runaway or homeless teens to return to school quickly and easily; contact the County Runaway and Homeless Youth Coordinator (274-5310) for help. For a listing of key school personnel, visit*

[www.tompkinscountyny.gov/youth/publications](http://www.tompkinscountyny.gov/youth/publications).**Candor Central School District**

Public

1 Academy St. P.O. Box 145

Candor

659-5010

>Candor Junior/Senior High School, grades 7-12, 1 Academy St., P.O. Box 145, Candor, 659-5020

[www.candor.org/](http://www.candor.org/)**Cascadilla School**

Private

116 Summit St.

Ithaca

272-3110

>Grades 9-12, boarding and day school

[admissions@cascadillaschool.org](mailto:admissions@cascadillaschool.org)[www.cascadillaschool.org](http://www.cascadillaschool.org)**Covenant Love Community School**

Private, Christian

1768 Dryden Rd.

Freeville

347-4413

>PreK-grade 8

[www.clcschool.org/](http://www.clcschool.org/)**Dryden Central School District**

Public

118 Freeville Rd. P.O. Box 88

Dryden

844-8694

>Dryden Middle School, grades 6-8, 118 Freeville Rd., P.O. Box 88, Dryden, 844-8694

>Dryden High School, grades 9-12, 118 Freeville Rd., P.O. Box 88, Dryden, 844-8694

[www.dryden.k12.ny.us/](http://www.dryden.k12.ny.us/)

<b>Elizabeth Ann Clune Montessori School</b>	Private	
120 E. King Rd.	Ithaca	277-7335
>PreK-middle school		
<a href="mailto:admin@eacmsi.org">admin@eacmsi.org</a>	<a href="http://eacmsi.org/">http://eacmsi.org/</a>	
<b>Groton Central School District</b>	Public	
400 Peru Rd.	Groton	898-5301
>Groton Junior High School, grades 6-8, 400 Peru Rd., Groton		898-5803
>Groton Senior High School, grades 9-12, 400 Peru Rd., Groton		898-5803
<a href="http://www.grotoncs.org/">www.grotoncs.org/</a>		
<b>Immaculate Conception School</b>	Private, Catholic	
320 W. Buffalo St.	Ithaca	273-2707
>Preschool-grade 6		
<a href="mailto:icdcs@dor.org">icdcs@dor.org</a>	<a href="http://schools.dor.org/ic/">http://schools.dor.org/ic/</a>	
<b>Ithaca City School District</b>	Public	
400 Lake St.	Ithaca	274-2101
>Boynton Middle School, grades 6-8, 1601 N. Cayuga St., Ithaca, 274-2241		
>DeWitt Middle School, grades 6-8, 560 Warren Rd., Ithaca, 257-3222		
>Ithaca High School, grades 9-12, 1401 N. Cayuga St., Ithaca, 274-2143		
>Lehman Alternative Community School (LACS), grades 6-12, 111 Chestnut St., Ithaca, 274-2183		
<a href="http://www.ithacacityschools.org/">www.ithacacityschools.org/</a>		
<b>Ithaca Waldorf School</b>	Private	
20 Nelson Rd.	Ithaca	256-2020
>PreK-grade 8		
<a href="mailto:Office@ithacawaldorf.org">Office@ithacawaldorf.org</a>	<a href="http://ithacawaldorf.org/">http://ithacawaldorf.org/</a>	
<b>Lansing Central School District</b>	Public	
284 Ridge Rd.	Lansing	533-3020
>Lansing Middle School, grades 5-8, Ludlowville Rd., Lansing, 533-3020		
>Lansing High School, grades 9-12, 300 Ridge Rd., Lansing, 533-3020		
<a href="http://www.lcsd.k12.ny.us/site/default.aspx?PageID=1">www.lcsd.k12.ny.us/site/default.aspx?PageID=1</a>		
<b>New Roots Charter School</b>	Public, charter	
116 N. Cayuga St. P.O. Box 936	Ithaca	882-9220
>Grades 9-12		
<a href="mailto:info@newrootsschool.org">info@newrootsschool.org</a>	<a href="http://newrootsschool.org/">http://newrootsschool.org/</a>	

**Newfield Central School District** Public  
 247 Main St. Newfield 564-9955  
 >Newfield Middle School, grades 6-8, 247 Main St., Newfield, 564-9955  
 >Newfield High School, grades 9-12, 247 Main St., Newfield, 564-9955  
[www.newfieldschools.org/](http://www.newfieldschools.org/)

**South Seneca Central School District** Public  
 7263 S. Main St. Ovid 869-9636  
 >South Seneca Middle School, grades 6-8, 7263 Main St., Ovid, 869-9636  
 >South Seneca High School, grades 9-12, 7263 Main St., Ovid, 869-9636  
[info@southseneca.org](mailto:info@southseneca.org) [www.southseneca.org](http://www.southseneca.org)

**Tompkins Cortland Community College (TC3)** State College  
 170 North St. P.O. Box 139 Dryden 844-8211 or 1-888-567-8211  
 >Associates’ degrees in 40+ programs; residential or commuter options  
 >College NOW program offers concurrent enrollment: selected courses taught at the student’s high school can earn college credit at no cost to school or student  
[admissions@tc3.edu](mailto:admissions@tc3.edu) [www.tc3.edu/](http://www.tc3.edu/)

**Trumansburg Central School District** Public  
 100 Whig St. Trumansburg 387-7551  
 >Russell I. Doig Middle School, grades 5-8, 100 Whig St., Trumansburg, 387-7551 x 1422  
 >Charles O. Dickerson High School, grades 9-12, 100 Whig St., Trumansburg, 387-7551  
[www.tburg.k12.ny.us/](http://www.tburg.k12.ny.us/)

**TST BOCES** (Tompkins Seneca Tioga Board of Cooperative Educational Services) Public  
 555 Warren Rd. Ithaca 257-1551  
 >Adult Education Program – Educational assistance for ages 17+ who are no longer enrolled in school; includes preparation for TASC (Testing Assessing Secondary Completion; replaced GED high school equivalency diploma in 2014), defensive driving, ESL, welding certificate program, coaches’ training; case management for ESL students and candidates for high school equivalency [dhesler@tstboces.org](mailto:dhesler@tstboces.org)  
 >Career and Technical Education – Hands-on and technical skill training for students in grades 9-12 in programs such as auto technology, culinary arts, animal science, cosmetology and more [tdilucci@tstboces.org](mailto:tdilucci@tstboces.org)  
 >Exceptional Education (Smith School) – Services for students, ages 5-21, with disabilities; referred by home school district CSE process; programs prepare students for high school graduation, equivalency, and other high school exiting credentials [dbarr@tstboces.org](mailto:dbarr@tstboces.org)  
 >Home Schooling Support and Coordination Services for parents/guardians and their local schools [dhesler@tstboces.org](mailto:dhesler@tstboces.org)  
 >Regional Alternative School typically serves students who have not been successful in a traditional school setting. The smaller class size allows for more individual attention as the teachers prepare the students for high school graduation and/or equivalency; application is made through the home school guidance office. [mparker@tstboces.org](mailto:mparker@tstboces.org)  
[www.tstboces.org](http://www.tstboces.org)

## Study Abroad

Youth exchange programs provide a chance to live with a family in another country or within the United States. The length of stay varies by program, and the focus might be educational, work-related, or just for travel. Check out the Council on International Education Exchange (300 Fore St., Portland, ME 04101, 1-800-40-STUDY, [www.ciee.org/Study-Abroad/](http://www.ciee.org/Study-Abroad/)).

### AFS-USA

1-800-AFS-INFO (800-237-4636)

>Intercultural study abroad programs for high school or “gap year” students; summer, semester, or school year  
[afsinfo@afsusa.org](mailto:afsinfo@afsusa.org) [www.afsusa.org/](http://www.afsusa.org/)

### Rotary Youth Exchange Program

>11 month home-stay program for students ages 15-18 who have not yet graduated high school; options in 15+ foreign countries where students attend high school full time; application process starts in early September for the following school year; some costs. Interested students: contact school guidance dept.

[www.rotary-youth-exchange.com](http://www.rotary-youth-exchange.com)

### World Learning Inc. Experiment in International Living

1 Kipling Rd. P.O. Box 676 Brattleboro, VT 800-345-2929

>Summer abroad programs for high school students who explore the host country through hands-on experiences in local communities and through the lens of a specific theme; fees

[experiment@worldlearning.org](mailto:experiment@worldlearning.org) [www.worldlearning.org/](http://www.worldlearning.org/)

### Youth for Understanding USA

Regional office: 2380 Massachusetts Ave. Suite 101 Cambridge, MA 866-493-8874

>Intercultural exchange program; summer, semester or year programs for high school students or recent grads, ages 15-22; fees

[northeast@yfu.org](mailto:northeast@yfu.org) [www.yfu-usa.org](http://www.yfu-usa.org)

## Tutoring and Academic Support

*Tutoring is an excellent way to restore esteem, provide academic support, and resources. For additional options in tutoring services, contact your school's guidance counselor.*

### Access to College Education (A.C.E.)

1312 Cornish Hall, SUNY at Cortland Cortland 753-5662

>Resources and services to expand and support the educational aspirations of high school students who may be limited by social and/or economic circumstances; programs for parents and students at area high schools and colleges; for students in grades 9-12 in Lansing and Newfield school districts

[ace@cortland.edu](mailto:ace@cortland.edu) [www.cortland.edu/ace](http://www.cortland.edu/ace)

**Cornell Cooperative Extension****4-H Urban Outreach Program**

615 Willow Ave.

Ithaca

272-2292 ext. 263 or 269

>SIFE Program (Students with Interrupted Formal Education) – After-school and summer programs for Burmese refugee youth ages 5–13+; tutoring, mentoring, job skills, literacy, clubs, team building and enrichment activities; small fee

>West Hill – After-school and summer programs for youth ages 5-13 + residing in West Village, Chestnut Hill or Cedar Creek Apartments; tutoring, mentoring, job skills, literacy, clubs, team building, enrichment activities; small fee

[rlc263@cornell.edu](mailto:rlc263@cornell.edu) or [jws62@cornell.edu](mailto:jws62@cornell.edu)      <http://ccetompkins.org>

**GIAC (Greater Ithaca Activities Center)**

301 W. Court St.

Ithaca

272-3622

>Student Athletes First – After-school homework club at Ithaca High School for student athletes needing academic support

>Teen Program – Educational, recreational, cultural, and leisure programs for teens to enhance social and individual development, also offering academic support

[giacmain@cityofithaca.org](mailto:giacmain@cityofithaca.org)      [www.cityofithaca.org/departments/giac/](http://www.cityofithaca.org/departments/giac/)

**Ithaca Youth Bureau**

1 James L. Gibbs Dr.

Ithaca

273-8364

>College Discovery Program – Long-term mentoring and academic support program designed to reduce achievement gaps in the Ithaca City School District and increase access to a college education for program participants; ICSD students in grades 5+ are nominated by teacher/school

>Paul Schreurs Memorial Program – Academic and personal support for secondary school students; financial assistance available to eligible students who are participants of the program to continue their education beyond high school; free

[iyb@cityofithaca.org](mailto:iyb@cityofithaca.org)      [www.cityofithaca.org/departments/iyb/index.cfm](http://www.cityofithaca.org/departments/iyb/index.cfm)

**Southside Community Center****Homework Support**

305 S. Plain St.

Ithaca

273-4190

>Homework support club for elementary, middle school and high school students

[southside@sscc-ithaca.org](mailto:southside@sscc-ithaca.org)      [www.scccithaca.org/](http://www.scccithaca.org/)

**SUNY Cortland Liberty Partnership Program (L.P.P.)**

Cornish Hall, Room 1312, P.O. Box 2000

Cortland

753-5663

>Academic support for students grades 6-12 in Groton and Lansing districts to reduce risk of dropping out and assist in completing high school and transitioning to post-secondary education or meaningful employment

[Sherry.Tackill@Cortland.edu](mailto:Sherry.Tackill@Cortland.edu)      [www2.cortland.edu/community/outreach/liberty-partnerships/index.dot](http://www2.cortland.edu/community/outreach/liberty-partnerships/index.dot)

**Village at Ithaca Student Support Center**

609 W. Clinton St. Suite 109

Ithaca

256-0780

>ICSD students are paired with one-on-one achievement coach for academic support

>Seminars, SAT prep course to support and encourage students' academic goals

[office@villageatithaca.org](mailto:office@villageatithaca.org)      [www.villageatithaca.org/](http://www.villageatithaca.org/)

# Get Help and Support

Information and Referral (available 24 hrs/day)

2-1-1 or 272-9331

[www.hsctc.org/index.php?page=information-referral](http://www.hsctc.org/index.php?page=information-referral)

## Abuse and Rape

*Abuse can come in many forms from name calling, pushing, slapping, and grabbing to controlling behavior, rape, physical injury, and murder. Abuse can happen once but most often is part of a pattern that escalates and worsens over time. Any sexual contact that is unwanted or without consent is sexual assault/abuse; medical treatment may be needed. The SANE (Sexual Assault Nurse Examiner) program at Cayuga Medical Center has specially trained nurses to help those who have been sexually abused or raped. The abused person has the right to talk to the police about the possibility of bringing charges against whoever has hurt them. They may also be able to get a court order of protection.*

### Advocacy Center Domestic Violence and Sexual Abuse Services

P.O. Box 164

Ithaca

277-3203 (office) or 277-5000 (24 hour hotline)

>Emotional support, crisis intervention, support groups, accompaniment to hospital/law enforcement/court, information, referrals, advocacy, lending library for teens and adults coping with issues of sexual abuse, dating/domestic violence, rape or sexual harassment; free. Can call anonymously

>Lending Library of books, DVD's, and videos for children, teens and adults who want to know more about domestic violence, dating violence, sexual assault, rape or child sexual abuse. Call for an appointment, M-F 9-5.

[www.theadvocacycenter.org](http://www.theadvocacycenter.org)

### Family & Children's Service

127 W. State/MLK Jr. St.

Ithaca

273-7494

>Children Against Sexual Abuse (CASA) – Group sessions for youth 12-18 to enhance coping skills and reduce isolation for children who have been sexually abused; group discussions are focused on guilt, shame, fear, and loss; sliding fee, insurance or Medicaid

>Crime Victims' Services – Services to victims of crimes: information, counseling, advocacy; free

[info@fcsith.org](mailto:info@fcsith.org)

[www.fcsith.org/](http://www.fcsith.org/)

### Tompkins County Mental Health Clinic

201 E. Green St.

Ithaca

274-6200 or MH Clinic Emergency 274-6230

>Counseling for ages 5 & up: individual, couples, families, groups, medication services provided as needed; sliding fee scale, insurance, Medicaid

<http://tompkinscountyny.gov/mh>

## >> Abuse, Rape, Relationship Violence Hotlines and Helplines <<

### Child Abuse and Neglect Hotline

1-800-342-3720

[www.ocfs.state.ny.us/main/cps/](http://www.ocfs.state.ny.us/main/cps/)

### Child Sexual Abuse (Advocacy Center)

277-5000 (24 hour)

[info@theadvocacycenter.org](mailto:info@theadvocacycenter.org)

[www.theadvocacycenter.org/index.html](http://www.theadvocacycenter.org/index.html)

**Domestic Violence and Sexual Abuse** 1-800-799-7233  
[www.thehotline.org/](http://www.thehotline.org/)

**National Teen Dating Abuse Helpline** 1-866-331-9474  
[www.loveisrespect.org/](http://www.loveisrespect.org/)

**Prevent Child Abuse NY (Parent Hotline)** 1-800-CHILDREN (244-5373)  
[www.preventchildabuseny.org/](http://www.preventchildabuseny.org/)

### Alcohol and Other Drug Abuse

*It is illegal to provide alcohol to people under the age of 21. It is also illegal for New Yorkers of any age to possess or use recreational drugs such as marijuana, cocaine or speed. For counseling on drug and alcohol abuse, some services may require parental permission.*

#### **Alcohol & Drug Council of Tompkins County**

201 E. Green St., Suite 500 Ithaca 274-6288

>Information, counseling, and treatment; help for children of alcoholics; sliding fees, accepts Medicaid and insurance  
>Talking About Peer Pressure (TAPP) – High school students volunteer to make a difference in the lives of young people by talking to them about alcohol and other drugs. Students join in the beginning of the school year through Lansing, Newfield, Dryden, Groton, and Trumansburg schools

[www.alcoholdrugcouncil.org](http://www.alcoholdrugcouncil.org)

#### **Cayuga Addiction Recovery Services (CARS)**

334 W. State/MLK Jr. St. P.O. Box 789 Ithaca 273-5500

>Outpatient counseling and rehabilitation for alcohol and substance abuse, ages 12 and up; insurance, Medicaid, or sliding fees

[outpatient@carsny.org](mailto:outpatient@carsny.org) [www.carsny.org/](http://www.carsny.org/)

#### **Cayuga Addiction Recovery Services (CARS) (residential)**

6621 NY Route 227 P.O. Box 724 Trumansburg 387-6118

>Long-term (6 to 12 months) residential, counseling, rehabilitation for drug and alcohol abuse; ages 18 and up; insurance, DSS or sliding fees

[residential@carsny.org](mailto:residential@carsny.org) [www.carsny.org](http://www.carsny.org)

#### **Community Coalition for Health Youth** (c/o Tompkins County Youth Services Dept.)

320 W. State/MLK Jr. St. Ithaca 274-5310

>Alliance between schools, government and communities; prevention education and other initiatives to reduce the use of alcohol and other drugs among youth in Tompkins County

>Resource information for teens, their families, and community members

[cchy@tompkins-co.org](mailto:cchy@tompkins-co.org) [www.healthyouth.org](http://www.healthyouth.org)

### **Family & Children's Service**

127 W. State/MLK Jr. St. Ithaca 273-7494

>Counseling offered for individuals of all ages; fees, insurance or Medicaid

[info@fcsith.org](mailto:info@fcsith.org) [www.fcsith.org/](http://www.fcsith.org/)

### **Ithaca Drug Treatment Court and Tompkins County Felony Drug Court**

Community Justice Center, 312 N. Cayuga St. Ithaca 274-7504

>Coordinated support & supervision for defendants whose crimes are directly or indirectly related to alcohol/drug addiction; family members encouraged to participate. Defendants who successfully complete the program receive a reduction of their charges or mitigation of their sentences.

[d-desmond@courts.state.ny.us](mailto:d-desmond@courts.state.ny.us) [www.nycourts.gov/courts/6jd/tompkins/ithaca/DrugCourtWebsiteInfo.shtml](http://www.nycourts.gov/courts/6jd/tompkins/ithaca/DrugCourtWebsiteInfo.shtml)  
<http://tompkinscountyny.gov/probation/ati-dr>

### **Ithaca Community Recovery (518)**

518 W. Seneca St Ithaca 277-2932

>Provides safe, affordable and convenient meeting space for 12 Step and other recovery-oriented groups and their families in a drug and alcohol free facility

>Home to a wide range of 12-Step meetings and other recovery oriented meetings, schedules on website

[info@ithacacommunityrecovery.org](mailto:info@ithacacommunityrecovery.org) [www.ithacacommunityrecovery.org/](http://www.ithacacommunityrecovery.org/)

### **Southern Tier AIDS Program**

314 W. State/ML King Jr. St.

### **Tompkins County Prevention Point**

Ithaca

272-4098, Hotline: 1-888-206-2870

>Free and anonymous harm reduction and syringe exchange program

[info@stapinc.org](mailto:info@stapinc.org) [www.stapinc.org](http://www.stapinc.org)

### **>> Alcohol and Drug Hotlines and Helplines <<**

#### **Al-Anon/Alateen Meeting Info Line**

1-888-425-2666

>Self-help groups for adults and teens affected by someone else's drinking; free

[wso@al-anon.org](mailto:wso@al-anon.org) [www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)

#### **Alcoholics Anonymous**

273-1541

>Self-help groups for alcoholics and their families; free; visit website for meeting times and locations

[www.ny-aa.org/](http://www.ny-aa.org/)

#### **Marijuana Anonymous**

1-800-766-6779

[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

#### **NY State Drug Abuse Information & Help Line**

1-800-846-7369

[communications@oasas.ny.gov](mailto:communications@oasas.ny.gov) [www.oasas.ny.gov/](http://www.oasas.ny.gov/)

#### **SAMHSA Alcohol/Drug Abuse Hotline 1-800-662-HELP (4357)**

[www.samhsa.gov/treatment/natHelpFAQs.aspx](http://www.samhsa.gov/treatment/natHelpFAQs.aspx)

#### **Tompkins County Underage Drinking Tipline**

1-800-851-1932

## **Birth Control and Sexual Health** (see also LGBTQ Resources)

*In New York, young people are allowed to get and use birth control, reproductive health care, a pregnancy test, or testing for HIV/STI's (sexually transmitted infections) without parent permission. However, talking with a trusted adult can be helpful. Most of the services listed here are confidential; be sure to ask if this is important to you. In New York, any person age 21 or older having sex with someone age 17 or younger can be arrested for statutory rape. Under any circumstance, engaging in sex with a person without their consent is a crime.*

### **Planned Parenthood of the Southern Finger Lakes**

620 W. Seneca St. Ithaca 273-1513

>Emergency contraception, pregnancy testing, counseling, birth control, educational programs, HIV and STI testing and treatment, abortion; insurance, Medicaid, or sliding fees

>Sexually transmitted infection prevention, detection and treatment, HIV testing and counseling, HIV rapid testing, no blood draw, results in 20 minutes; insurance, Medicaid, or sliding fees

[education@ppsfl.org](mailto:education@ppsfl.org)

[www.plannedparenthood.org/ppsfl/](http://www.plannedparenthood.org/ppsfl/)

### **Southern Tier AIDS Program**

314 W. State/ML King Jr. St. Ithaca 272-4098 Hotline: 1-888-206-2870

>HIV/AIDS and Hepatitis C support and information, prevention services, testing; all ages; all services are free

>Free safer sex supplies and information, referrals to community services

[info@stapinc.org](mailto:info@stapinc.org)

[www.stapinc.org](http://www.stapinc.org)

### **Tompkins County Health Department**

55 Brown Rd Ithaca 274-6674

>Sexually transmitted disease/infection prevention, detection and treatment

[www.tompkinscountyny.gov/health](http://www.tompkinscountyny.gov/health)

## **>> Birth Control and Sexual Health Hotlines and Helplines <<**

**American Sexual Health Association** [www.iwannaknow.org](http://www.iwannaknow.org) or [www.ashastd.org](http://www.ashastd.org)

**Emergency Contraception Information** [www.not-2-late.com](http://www.not-2-late.com) or 1-888-NOT-2-LATE

**National STD and HIV Hotline** 1-800-CDC-INFO

**New York State AIDS Hotline** 1-800-541-2437

>Recorded messages available 24 hours per day on topics of transmission, prevention, diagnosis, treatment of HIV/AIDS and general information on STDs; referrals given for HIV Testing and other related services

[www.nyaidline.org/app/index.php](http://www.nyaidline.org/app/index.php)

**New York State HIV Confidentiality Hotline** 1-800-962-5065

[www.health.ny.gov/diseases/aids/](http://www.health.ny.gov/diseases/aids/)

**New York State HIV Counseling Hotline** 1-800-541-2437

>Counselors available to answer questions about HIV/AIDS/STDs and provide referrals for related services.

[www.nyaidline.org/app/index.php](http://www.nyaidline.org/app/index.php)

### Eating Disorders

*Eating disorders -- such as anorexia, bulimia, and binge eating disorder – include extreme emotions, attitudes, and behaviors surrounding weight and food issues. Eating disorders are serious health conditions that can be both physically and emotionally destructive. Early diagnosis and professional help can enhance recovery.*

#### **Cayuga Medical Center      Cayuga Center for Healthy Living**

310 Taughanock Blvd.

Ithaca

>KidFit Program – group program for youth ages 8-17 to learn healthy eating and exercise habits while having fun; fees, 277-3861

>Nutritional Counseling – individual medical nutrition therapy; counseling for preventive nutrition and treatment of medical disorders such as diabetes, weight management, and high blood pressure, 252-3590

[www.cayugamed.org](http://www.cayugamed.org)

#### **Sol Stone Center**

208 E. State/MLK Jr. St

Ithaca

732-5646

>Out-patient and clinic treatments for individuals with anorexia, bulimia, and compulsive overeating; multidisciplinary approach, including medical, medical nutritional, psychotherapy, and possible pharmacological intervention; sliding fees or insurance

[solstonecenter@aol.com](mailto:solstonecenter@aol.com)

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

### Health and Medical Care

*In most cases, parents must arrange for medical care for young people under age 18. Exceptions are emergencies, pregnancy, birth control and reproductive health, and STI/HIV testing. Refer to other sections of this guide for information on birth control and sexual health, pregnancy, disabilities, mental health.*

#### **Cancer Resource Center of the Finger Lakes**

612 W. State/MLK Jr. St.

Ithaca

277-0960

>Support services for people with cancer as well as for their friends and family

[info@crctl.net](mailto:info@crctl.net)

[www.crctl.net](http://www.crctl.net)

#### **Cayuga Medical Center**

101 Dates Dr.

Ithaca

General info 274-4011; Emergency 274-4411

>Medical care and emergency services; insurance, Medicaid accepted

[www.cayugamed.org](http://www.cayugamed.org)

#### **Cayuga Medical Center**

#### **Convenient Care at Ithaca**

10 Arrowwood Dr.

Ithaca

274-4150

>Walk-in medical care without an appointment. Insurance, Medicaid accepted

[www.cayugamed.org/](http://www.cayugamed.org/)

### **Hospicare**

172 E. King Rd. Ithaca 272-0237

>Hospice care for people of any age with any terminal diagnosis; Medicaid, Medicare, insurance or sliding fee

>PATH, free palliative care service, specializes in relief of pain, symptoms, and stress at any point in an illness

>Counseling services, educational programs, and support groups for those who are grieving; free

[info@hospicare.org](mailto:info@hospicare.org)

[www.hospicare.org/](http://www.hospicare.org/)

### **Ithaca Health Alliance**

521 W. Seneca St.

### **Ithaca Free Clinic**

Ithaca

330-1254

>Free integrated medical care (physicians, herbalists, acupuncturists) for all with a focus on the uninsured; open twice/week for walk-in clinic; call to ensure there is a doctor on shift to handle pediatric care (under age 15).

No fees but donations gratefully accepted.

[clinic@ithacahealth.org](mailto:clinic@ithacahealth.org)

[www.ithacahealth.org/freeclinic.html](http://www.ithacahealth.org/freeclinic.html)

### **Medical Society of Tompkins County**

Medical Societies of Broome, Delaware, Otsego and Tompkins

65 Pennsylvania Ave. Suite 201 Binghamton 772-8493

For info. on health policy matters & member physicians 772-8493

For a list of local physicians accepting new patients 274-4225

[medsociety@medsocieties.org](mailto:medsociety@medsocieties.org)

[www.medsocieties.org](http://www.medsocieties.org)

### **Planned Parenthood of the Southern Finger Lakes**

620 W. Seneca St. Ithaca 273-1513

>Emergency contraception, pregnancy testing, counseling, birth control, educational programs, HIV and STI testing and treatment, abortion; insurance, Medicaid, or sliding fees

[education@ppsfl.org](mailto:education@ppsfl.org)

[www.plannedparenthood.org/ppsfl/](http://www.plannedparenthood.org/ppsfl/)

### **Tompkins County Department of Social Services**

320 W. State/MLK Jr. St. Ithaca

>Dental Care Assistance – Assists Medicaid recipients in finding and accessing dental services; helps identify and address barriers including transportation & language, 274-5344 or 274-5692

>Medicaid – Financial assistance for health services; financial criteria for eligibility, 274-5359

[www.tompkinscountyny.gov/dss](http://www.tompkinscountyny.gov/dss)

### **Tompkins County Health Department**

55 Brown Rd. Ithaca 274-6600

>Immunization clinics for infants, children and adults; by appointment; several walk-in sites available with evening hours (274-6616)

>Lead screening program – Easy test for young children who may be exposed to lead from older housing or the environment; insurance, sliding fee or free for eligible children (274-6604)

>Variety of youth health services: Health Promotion Program; information on smoking cessation and tobacco control; childbirth education classes; disease prevention services (sexually transmitted diseases/infections, tuberculosis, HIV testing), detection and treatment; prenatal care (MOMS); WIC nutrition program; free to eligible participants, some fees

[www.tompkinscountyny.gov/health](http://www.tompkinscountyny.gov/health)

## **Tompkins County Health Insurance Navigators**

Starting in January, 2014, the Affordable Care Act requires that most people have health insurance. Most people who do not have insurance in 2014 will have to pay a penalty to the Internal Revenue Service (IRS) when they file their taxes. New York has its own state-based Marketplace, <https://nystateofhealth.ny.gov/> to help consumers access affordable health insurance information and options. A Health Insurance Navigator can assist you to get health insurance through the New York State of Health Marketplace. You can authorize a Navigator to work on your behalf. Assistance from Navigators is free of charge and confidential. There will likely be fees for the insurance except for those meeting income eligibility for free or low-cost coverage from Medicaid or Child Health Plus. Please call one of these Tompkins County Navigators for scheduling and location information:

**Human Services Coalition of Tompkins County, Inc.**

2-1-1 or 877-211-8667

**Southern Tier Independence Center**

855-478-4262

### **>> Health and Medical Care Hotlines and Helplines <<**

**Cancer Information**

M-F 8:00 a.m. to 8:00 p.m. ET

1-800-4CANCER (422-6237)

[www.cancer.gov/](http://www.cancer.gov/)

**Centers for Disease Control**

1-800-CDC-INFO (232-4636)

[www.cdc.gov/](http://www.cdc.gov/)

**Cayuga Medical Center**

General info 274-4011; Emergency 274-4411

[www.cayugamed.org/](http://www.cayugamed.org/)

**Poison Control Center**

1-800-222-1222

[www.upstate.edu/poison/](http://www.upstate.edu/poison/)

### **Immigrant Services**

*All K-12 students, regardless of their home language, have a right to free education in public schools in New York. Instruction for English Language Learners (ELL) must recognize and respect the languages and cultures of all students and lead to proficiency in English. Schools must also provide parents with all pertinent information about their rights and program choices in a language and format that parents can easily understand and provide training to parents in English and in their home language on effective strategies to support their children's learning in and out of school.*

*See listings below for agencies that offer ESL (English as a Second Language) classes for adults.*

*The Civil Rights Act prohibits discrimination based on national origin. Any agency that receives federal funding should provide language assistance services (including interpreters, translators, and/or telephone-based interpreters) when needed at no cost to the client to assure that the individual is receiving correct and complete information. It is wise to check in advance so the appropriate help can be arranged for with agencies, schools, and municipalities.*

**Catholic Charities of Tompkins/Tioga**

324 W. Buffalo St. Ithaca

**Immigrant Services Program**

272-5062

>Legal advocacy, direct services and referrals to refugees and immigrants who reside in Tompkins County; includes referrals to ESL classes, pre-screening for SNAP/Food Stamps and DSS services, assistance with interpreting/translating, help for parents in communicating with teachers and other school personnel

>Emergency loans to area immigrants and refugees for medical, dental, legal needs

[www.catholiccharitiestt.org/](http://www.catholiccharitiestt.org/)

**Cornell University Public Service Center**

100 Barnes Hall Ithaca

**Language Pairing Program**

255-1148

>Pairs individuals with compatible language interests for social and conversational interactions in their chosen language

[languagepairing@cornell.edu](mailto:languagepairing@cornell.edu)

**Cornell University Public Service Center**

100 Barnes Hall Ithaca

**Translator-Interpreter Program**

255-1148

>Trains bilingual and multilingual Cornell students and staff to serve as volunteer translators/interpreters for community agencies in emergency and non-emergency situations.

[translator@cornell.edu](mailto:translator@cornell.edu)

[www.cornellpscstudentprograms.com/#/tip/4565790168](http://www.cornellpscstudentprograms.com/#/tip/4565790168)

**Empire Interpreting Service**

220 S. Warren St. Syracuse 315-472-1383; after hours emergency (607) 423-7405

>Professional sign language and spoken language interpreters in legal, educational, medical, mental health, and other settings; state or nationally certified interpreters in over 50 languages; fees

[info@empireinterpreting.com](mailto:info@empireinterpreting.com)

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

**Enable Learning Center**

1019 N. Cayuga St. Ithaca 273-2731 or 564-6138

>Free evening ESL classes

**Ithaca Asian American Association**

>Volunteer based organization that promotes, educates, and celebrates Asian and Asian American heritage and cultures; upholds the civil and human rights of all Asian Americans and other residents in the greater Ithaca communities.

[sivilay2010@gmail.com](mailto:sivilay2010@gmail.com) [www.ithacaaaa.org/](http://www.ithacaaaa.org/)

**Latino Civic Association of Tompkins County**

P.O. Box 6532 Ithaca 277-8699

>Services and events to keep the community in touch with Latino and Hispanic heritage through the efforts of volunteers, sponsors and affiliates.

>Info on area resources, including translation services.

[www.lcatompkins.wix.com/lca](http://www.lcatompkins.wix.com/lca)

### **SUNY Cortland Migrant Education Tutorial and Support Services Program**

B105 Van Hoesen Hall, P.O. Box 2000 Cortland

753-4706 or 888-717-1945

>Liaisons assist migrant families with children, 0-21, who have moved across school district boundaries for employment in agriculture, access services and connect with schools to meet the unique needs of migrant children

>Tutoring and academic support for eligible youth; parent involvement activities

[elizabeth.bliss@cortland.edu](mailto:elizabeth.bliss@cortland.edu)

[www.cortland.edu/meop](http://www.cortland.edu/meop)

### **Tompkins County Public Library**

101 E. Green St.,

Ithaca

272-4557

>English as a Second Language (ESL) books, DVDs and audiobooks

>ESL conversation groups and programs for ESL learners

>Books in world languages, including bilingual books

[volunteercoordinator@tcpl.org](mailto:volunteercoordinator@tcpl.org)

<http://tcpl.org/>

### **Tompkins Learning Partners**

124 W. Buffalo St.

Ithaca

277-6442

>ESL classes and conversation groups for people 18+; citizenship preparation support; free

[esl@tlpartners.org](mailto:esl@tlpartners.org)

[www.tlpartners.org](http://www.tlpartners.org)

### **TST BOCES (Tompkins Seneca Tioga Board of Cooperative Educational Services)**

### **English as Second Language**

315 N. Cayuga St.

Ithaca

273-4095

>ESL instruction for people 18 and older; fees

[tst-esl@tstboces.org](mailto:tst-esl@tstboces.org)

[www.tstboces.org](http://www.tstboces.org)

### **>> Immigrant Services Hotlines and Helplines <<**

#### **New York Immigration Hotline**

1-800-566-7636

[www.otda.state.ny.us/programs/bria/hotline.asp](http://www.otda.state.ny.us/programs/bria/hotline.asp)

### **Legal Assistance and Juvenile Justice**

*Youth ages 7–15 who commit crimes are considered Juvenile Delinquents (JDs). By law, parents must be notified if their child (under age 16) is arrested and have the right to be present when the youth is questioned. At age 16 a person can be arrested by the police and prosecuted as an adult.*

*Youth under age 18 who show a pattern of disobedience, running away, curfew violations, drug or alcohol abuse, violent behavior or school truancy can be referred to Family Court as a Person in Need of Supervision (PINS). Probation officers try to help resolve the problems before asking a Family Court judge to make decisions about the services and consequences most appropriate for each situation.*

### **Citizens Concerned for Children, Inc. Attorneys for Children**

200 E. Buffalo St. Suite 102A

Ithaca

277-3198

>Legal services for youth involved in Family Court proceedings; all cases are assigned by the Court; free

**Community Dispute Resolution Center (CDRC)**

171 E. State/MLK Jr. St., P.O. Box 111 Ithaca 273-9347

>Mediation with trained mediator to assist in having difficult conversations about all kinds of issues: housing, family disputes, broken agreements, property disputes, etc.; can be an alternative or adjunct to the JD system; confidential  
[cdrc@cdrc.org](mailto:cdrc@cdrc.org) [www.cdrc.org](http://www.cdrc.org)

**Cornell Legal Aid Clinic**

G40 Myron Taylor Hall, Cornell University Ithaca 255-7448

>Legal assistance for low-income individuals of Tompkins County; may be court costs

**Family & Children's Service****Dispositional Alternatives Program (DAP)**

127 W. State/MLK Jr. St. Ithaca 273-7494

>Community-based case management service for youth 7 - 18 at risk of placement outside their homes and their families; informal counseling, recreation, family meetings, referrals, transportation; by referral; free  
[info@fcsith.org](mailto:info@fcsith.org) [www.fcsith.org/](http://www.fcsith.org/)

**Legal Assistance of Western New York** (formerly Tompkins-Tioga Neighborhood Legal Services)

902 Taber St. Ithaca 273-3667 or 1-800-724-4170

>Legal assistance and referrals for income-eligible residents of Tompkins and Tioga Counties having problems with: housing or public benefits including utility shut off, eviction; difficulty with Public Assistance, Food Stamps, Medicaid, Social Security Disability or SSI; cannot help with criminal matters or traffic violations; call for hours or appointment  
[gthomas@lawny.org](mailto:gthomas@lawny.org) [www.lawny.org/index.php/tompkins-tioga-neighborhood-legal-services](http://www.lawny.org/index.php/tompkins-tioga-neighborhood-legal-services)

**Opportunities, Alternatives, and Resources (OAR)**

910 W. State/ML King Jr. St. Ithaca 272-7885

>Provides support for inmates (and families) in Tompkins County jail, bail loans, assistance during transition from jail, drop-in center for ex-inmates, volunteers for one-on-one support; free  
[wsapp.oartc@gmail.com](mailto:wsapp.oartc@gmail.com) [www.oartompkins.com/](http://www.oartompkins.com/)

**Police, Sheriff's Departments, Emergencies 911**

For non-emergencies call:

Cayuga Heights	257-1011
Dryden	844-8118
Groton	898-3131
Ithaca	272-3245
Tompkins County Sheriff	257-1345
Trumansburg	387-6505
State Police	273-4671

**Tompkins County Assigned Counsel**

171 E. State/MLK Jr. St. Suite 223 Ithaca 272-7487

>Determines eligibility for free attorney services; attorneys are provided for charges including violations, misdemeanors, felonies, and appeals in criminal court, and most matters in family court  
<http://www.tompkins-co.org/departments/ac>

**Tompkins County Probation Department**      **PINS (Persons in Need of Supervision) & Juvenile Delinquency Services**  
320 W. State/MLK Jr. St.      Ithaca      274-5380  
>Assists schools and parents with youth under age 18 who are showing a pattern of behavior problems. Provides diversion services for PINS and matters of juvenile delinquency. Daily intake person available to provide information and guidance; free  
[tomprob@tompkins-co.org](mailto:tomprob@tompkins-co.org)      [www.tompkinscountyny.gov/probation](http://www.tompkinscountyny.gov/probation)

**Tompkins County Youth Advocate Program (YAP)**  
423 First St.      Ithaca      277-5254  
>Alternative to institutional placement, one to one advocacy for youth and their families; must be in DSS custody or supervision  
[jhawkins@yapinc.org](mailto:jhawkins@yapinc.org)      [www.yapinc.org](http://www.yapinc.org)

**>> Legal Assistance and Juvenile Justice Hotlines and Helplines <<**

**New York State Office of Victim Services**      1-800-247-8035  
[www.ovs.ny.gov/index.html](http://www.ovs.ny.gov/index.html)

**Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Resources**

*For people who are lesbian, gay, bisexual, transgender, or questioning their sexual orientation or gender identity, there are welcoming organizations and affirming professionals people can turn to for support and information.*

**Advocacy Center Domestic Violence and Sexual Abuse Services**  
P.O. Box 164      Ithaca      277-3203  
>Provides emotional support, crisis intervention, and support groups for teens in abusive relationships-whether the relationship is ongoing dating, hooking up, online, current or exes, same-sex or not and survivors of child sexual abuse, sexual assault or rape who may be LGBTQ; you can call anonymously  
[info@theadvocacycenter.org](mailto:info@theadvocacycenter.org)      [www.theadvocacycenter.org](http://www.theadvocacycenter.org)

**Cornell University LGBT Resource Center**  
626 Thurston - 3rd Floor, Cornell University      Ithaca      255-4406  
>Resources are open to the public and include a social space (open during specified hours), library, periodicals, and pamphlets; mailing lists through the LGBT Resource Center provide updates on events and issues at and around Cornell  
[lbtrc@cornell.edu](mailto:lbtrc@cornell.edu)      [www.lbtrc.cornell.edu](http://www.lbtrc.cornell.edu).

**Ithaca College Center for LGBT Education, Outreach and Services**  
Hammond Health Center, lower level Ithaca College      Ithaca      274-7394  
>Hosts a variety of events throughout the year that are open to the community, such as film series, speakers, and more; resource room of books, videos, periodicals; referrals and information on LGT issues and concerns; no fee  
<http://www.ithaca.edu/sacl/lgbt/>



**Cayuga Medical Center**

101 Dates Dr.

>In-patient voluntary psychiatric treatment, ages 18 and up; insurance, Medicaid, or fee  
 >In-patient Adolescent Psychiatric Unit for adolescents ages 13-17; insurance, Medicaid, or fee

[www.cayugamed.org](http://www.cayugamed.org)**Behavioral Services**

Ithaca

274-4011

**Family & Children's Service**

127 W. State/MLK Jr. St.

>Primary treatment resource for children, ages 1-17, with diagnostic, treatment and consultation services; program also provides individual, group and family therapy and psychiatric evaluation for medication and treatment planning; fees on a sliding scale

[info@fcsith.org](mailto:info@fcsith.org)**Child/Adolescent Mental Health Program**

Ithaca

273-7494

[www.fcsith.org/](http://www.fcsith.org/)**Hospicare**

172 E. King Rd.

Ithaca

272-0237

>Counseling services, educational programs, and support groups for those who are grieving; free

[info@hospicare.org](mailto:info@hospicare.org)[www.hospicare.org/](http://www.hospicare.org/)**Meadowgate**

145 Chaffee Creek Rd.

**Ponderosa Pals Youth Program**

Newfield

564-7455

>Youth suffering physically, psychologically, and/or emotionally are encouraged to engage in this equine-facilitated program to restore mental well-being; youth work with horses to complete tasks in steps to earn points and rewards; fees

[meadowgatehorses@aol.com](mailto:meadowgatehorses@aol.com)[www.nyhorserescue.net/](http://www.nyhorserescue.net/)**Mental Health Association in Tompkins County**

301 S. Geneva St. Suite 109

Ithaca

273-9250

>Assistance and information on applying for waivers for respite services

>Family Support Services - Information, referral, advocacy, education, support for parents of children with social, behavioral, emotional, or mental health disability; parent support groups, parent empowerment training; free

>Kids First – Summer therapeutic youth program for group socialization, skill building and community involvement; fee

[info@mhaedu.org](mailto:info@mhaedu.org)<http://mhaedu.org/>**National Alliance on Mental Illness of the Finger Lakes**

430 W. State/MLK Jr. St. #3, Second floor, P.O. Box 6544 Ithaca 273-2462

>Support for families and friends of people diagnosed with major mental illnesses; includes free counseling, education courses, support groups, advocacy

[namifl@hotmail.com](mailto:namifl@hotmail.com)[www.namiginerlakes.org](http://www.namiginerlakes.org)**Tompkins County Mental Health**

201 E. Green St.

**Children and Youth Mental Health Services**

Ithaca

274-6200

>Counseling and evaluations, ages 5-17; access through Tompkins County Mental Health Clinic

<http://tompkinscountyny.gov/mh>

**TST BOCES** (Tompkins Seneca Tioga Board of Cooperative Educational Services)

555 Warren Rd. Ithaca 257-1551

>Day Treatment Program (in collaboration with Racker Centers) – For youth grades K-12 with mental health issues; youth attend school at BOCES and are taught with a therapeutic component; program can be accessed through a student’s home school

>Lighthouse Program – Short term, 30-day program for students (K-12) in mental health crisis or returning from other facilities in need of academic, social, and emotional support

[maryhcss@rackercenters.org](mailto:maryhcss@rackercenters.org)

[www.tstboces.org](http://www.tstboces.org)

>> **Mental Health Hotlines and Help lines** <<

**Collaborative Solutions Network**

Family Warm Line 274-6302

[www.collaborativesolutionsnetwork.org/](http://www.collaborativesolutionsnetwork.org/)

**Crisis Line**

272-1616

**Mental Health Clinic Emergency**

274-6230

<http://tompkinscountyny.gov/mh>

**Parenting and Family Support**

*The services listed below can help with the big responsibility of being a parent including many things to think about: medical care, needs of infants, child care. For faster determination on qualifying for food stamps, temporary assistance, WIC, or home energy assistance, visit [www.mybenefits.gov](http://www.mybenefits.gov).*

**Cayuga Medical Center at Ithaca**

101 Dates Dr.

Ithaca

274-4408

>Kids Care – After hours outpatient pediatric and adolescent care for minor illnesses or injury

>Maternal-Child Health Department offers maternity services including monthly classes for families and siblings; classes on infant care and safety; delivery services and pediatric care; classes for families and parents

[www.cayugamed.org](http://www.cayugamed.org)

**Child Development Council**

609 W. Clinton Street

Ithaca

273-0259

>Resource and Referral provides help in finding child care

>Teen Pregnancy and Parenting Program – Supportive counseling, pre-natal and parenting education, support and activities for teen parents, case management, referrals to local services; free

>Warm Line – Staff member on call M-F to answer your child care questions Parents and childcare providers offer survival, support and guidance with information on parenting, child development; confidential, free

[www.childdevelopmentcouncil.org/](http://www.childdevelopmentcouncil.org/)

**Community Dispute Resolution Center (CDRC)**

171 E. State/MLK Jr. St., P.O. Box 111 Ithaca 273-9347

>**Family Talk** – Teens and their families sit down with an adult and teen co-mediator to discuss issues that are getting between them or to reestablish communication after they have left home

>Mediators assist youth with having difficult conversations about all kinds of issues: housing, family disputes, etc.; confidential and voluntary; donation requested

[cdrc@cdrc.org](mailto:cdrc@cdrc.org) [www.cdrc.org](http://www.cdrc.org)

**Cornell Cooperative Extension**

615 Willow Ave.

**Parenting Education**

Ithaca 272-2292

>Education, information, and workshops on parenting skills, communication skills, parenting styles, child development, parenting through separation/divorce; all parents/caregivers welcome; free and low-cost

[ams69@cornell.edu](mailto:ams69@cornell.edu) <http://ccetompkins.org/family>

**Family & Children's Service**

127 W. State/MLK Jr. St.

Ithaca

273-7494

>Adoption Consultation – Services for birth mothers and/or fathers who are considering the possibility of adoption through counseling, advocacy, and exploring options; fees on a sliding scale

>Individual (all ages), family, and couples counseling

>School-aged children’s crisis outreach program

[info@fcsith.org](mailto:info@fcsith.org) [www.fcsith.org/](http://www.fcsith.org/)

**First Unitarian Church of Ithaca**

306 N. Aurora St.

**Babies First**

Ithaca

273-7521

>Loans of infant equipment and other necessities to income-eligible families or others referred by case workers or public health nurses; free

[cadmin@uithaca.org](mailto:cadmin@uithaca.org)

**The Village at Ithaca**

609 W. Clinton St. Suite 109

**Family Advocacy Program**

Ithaca

256-0780

>Support for families with children in the Ithaca City School District by assisting parents and caregivers to navigate school policies and programs in support of their children

[advocacy@villageatithaca.org](mailto:advocacy@villageatithaca.org) [www.villageatithaca.org](http://www.villageatithaca.org)

**Tompkins County Health Department**

55 Brown Rd.

**WIC (Women, Infants and Children)**

Ithaca

274-6630

>Nutritious food and nutrition education for pregnant, breastfeeding and postpartum women and young children (to age 5); clinics by appointment in most towns in Tompkins County; free for eligible families

<http://tompkinscountyny.gov/health/wic/index>

**Tompkins County Department of Social Services**

320 W. State/MLK Jr. St.

**Child Protective Services Intake**

Ithaca

274-5610

>Families can call for assistance to take care of needs for their children

[www.tompkinscountyny.gov/dss](http://www.tompkinscountyny.gov/dss)

**Tompkins County Department of Social Services                      Youth and Family Services**

320 W. State/MLK Jr. St.    Ithaca    274-5296

>Assistance to families and youth to prevent foster care placements, provide community care for children at risk of institutional placement, manage foster care placements of youth who are juvenile delinquents (JD) or persons in need of supervision (PINS)

<http://www.tompkinscountyny.gov/dss>

**Tompkins County Family Court**

320 N. Tioga St.    P.O. Box 70    Ithaca    277-1517

>Court services to protect children

[tpkfamily@nycourts.gov](mailto:tpkfamily@nycourts.gov)      [www.nycourts.gov/courts/6jd/Tompkins/family/index.shtml](http://www.nycourts.gov/courts/6jd/Tompkins/family/index.shtml)

**TST BOCES (Tompkins Seneca Tioga Board of Cooperative Educational Services)                      Possibilities Program**

555 Warren Rd.    Ithaca    257-1551

>Counseling, intervention, and resource development services for school-age children (K-12) who are having a hard time being successful in school; referrals through home school; no fee

[jaydnmcss@rackercenters.org](mailto:jaydnmcss@rackercenters.org)    [www.tstboces.org](http://www.tstboces.org)

**>> Parenting and Family Support Hotlines and Helplines <<**

**Child Abuse and Neglect Hotline**    1-800-342-3720

**Child Sexual Abuse (Advocacy Center)**    277-5000

[info@theadvocacycenter.org](mailto:info@theadvocacycenter.org)    [www.theadvocacycenter.org/index.html](http://www.theadvocacycenter.org/index.html)

**Domestic Violence and Sexual Abuse**    277-5000

[www.thehotline.org/](http://www.thehotline.org/)

**Mental Health Clinic Emergency**    274-6230

<http://tompkinscountyny.gov/mh>

**Poison Control Center**    1-800-222-1222

[www.upstate.edu/poison/](http://www.upstate.edu/poison/)

**Prevent Child Abuse NY (Parent Hotline)**    1-800-CHILDREN (244-5373)

[www.preventchildabuseny.org/](http://www.preventchildabuseny.org/)

**Pregnancy**

*Many of the listed agencies offer free pregnancy testing as well as services to discuss choices and options for people facing an unplanned pregnancy. New York laws do not require parental permission for pregnancy testing and leave the decision on what to do up to the person who is pregnant.*

**Birthright of Ithaca**

605 W. State/MLK Jr. St. Ithaca 272-9070, 24 hour hotline 1-800-550-4900

>Free self-administered pregnancy tests, counseling, services for pregnant women, educational programming, maternity and baby clothes, and referrals; all services free and confidential

<http://birthright.org/>

**Child Development Council****Teen Pregnancy and Parenting Program (TP3)**

609 W. Clinton St. Ithaca 273-0259

>Supportive counseling, pre-natal and parenting education, support and activities for teen parents, case management, referrals to local services; free

[info@ChildDevelopmentCouncil.org](mailto:info@ChildDevelopmentCouncil.org) [www.childdevelopmentcouncil.org/](http://www.childdevelopmentcouncil.org/)

**Ithaca Pregnancy Center**

210 W. Green St. Ithaca 273-4673

>Pregnancy tests, information and counseling, single mother support, post abortion counseling, clothing, mentoring early childhood development, budgeting, abstinence education, and healthy relationship education; free

[hope@ithacapregnancy.com](mailto:hope@ithacapregnancy.com) <http://www.ithacapregnancy.com/>

**Planned Parenthood of the Southern Finger Lakes**

620 W. Seneca St. Ithaca 273-1513

>Emergency contraception, pregnancy testing, counseling, birth control, abortion services and referral; insurance, Medicaid, or sliding fees

[education@ppsfl.org](mailto:education@ppsfl.org) [www.plannedparenthood.org/ppsfl/](http://www.plannedparenthood.org/ppsfl/)

**Tompkins County Department of Social Services****Adoption Unit**

320 W. State/MLK Jr. St. Ithaca 274-5266

Monitors adoption of children who are already in foster care, pre- and post- adoption counseling services for families in Tompkins County; free

[www.tompkinscountyny.gov/dss](http://www.tompkinscountyny.gov/dss)

**Tompkins County Health Department****MOMS (Medical, Obstetrical, and Maternal Services)**

55 Brown Rd. Ithaca 274-6622

>Medical care during pregnancy, delivery and after; breastfeeding support, family planning services; help applying for WIC and other services; free for income eligible women

<http://tompkinscountyny.gov/health/dch/moms>

**>> Pregnancy Hotlines and Helplines <<****Emergency Contraception Information**

1-888-Not-2-Late (668-2528)

[www.not-2-late.com](http://www.not-2-late.com)

**National Hotline for Pregnancy Resource Center**

1-800-395-HELP (4357)"

[answers@optionline.org](mailto:answers@optionline.org)

## Runaway and Independent Living **Also see P. 63**

Generally, parents are responsible for their unmarried children until they are 21. However, if a young person's home is not safe, there may be ways for him/her to live outside the home. NY law guarantees a young person who has left home the right to register for school quickly and easily. For faster determination on qualifying for SNAP (food stamps), temporary assistance, WIC, or Home Energy assistance, go to <https://mybenefits.ny.gov>. Call the County Runaway and Homeless Youth Coordinator (274-5310) with questions about youth and parent rights and responsibilities.

### **Catholic Charities of Tompkins/Tioga**

324 W. Buffalo St. Ithaca 272-5062

>Facilitated enrollment assistance in Child Health Plus/Family Health Plus, SNAP/Food Stamps

>Family Empowerment helps families with children with special needs in child protective or mental health services

>Samaritan Center – Provides urgent, short-term financial assistance, free clothing and personal care items to families and individuals in immediate crisis

[www.catholiccharitiestt.org/](http://www.catholiccharitiestt.org/)

### **Community Dispute Resolution Center (CDRC)**

171 E. State/MLK Jr. St. P.O. Box 111 Ithaca 273-9347

>Family Talk – Teens and their families sit down with an adult and teen co-mediator to discuss issues that are getting between them or to reestablish communication after they have left home

>Mediators assist youth with having difficult conversations about all kinds of issues: housing, family disputes, etc.; confidential and voluntary; donation requested

[cdrc@cdrc.org](mailto:cdrc@cdrc.org)

[www.cdrc.org](http://www.cdrc.org)

### **Human Services Coalition**

171 E. State/MLK Jr. St. Suite #133 Ithaca

### **Food Pantries and Meals**

272-9331 or 2-1-1

>Call Information and Referral for locations and schedules of food pantries and free meals available daily in various locations across Tompkins County

[www.hsctc.org/index.php?page=local-food-resources](http://www.hsctc.org/index.php?page=local-food-resources)

### **The Learning Web**

515 W. Seneca St.

### **Youth Outreach Program**

Ithaca

275-0122

>Youth and young adults, ages 16- 25, who have unstable or no housing receive help finding housing, connecting to needed services, returning to school, and building employment skills and skills for living independently

[info@learning-web.org](mailto:info@learning-web.org)

[www.learning-web.org/YOP.cfm](http://www.learning-web.org/YOP.cfm)

### **Rescue Mission**

717 W. Court St.

### **Court Street Place**

Ithaca

342-3395 or 241-1020

>Supportive residence for homeless and at-risk men, 18+; case management, life skills, employment search assistance, transportation to appointments

[Steven.Chapman@rmsyr.org](mailto:Steven.Chapman@rmsyr.org)

[www.rmlifechanging.org/strengthening-communities/locations/ithaca/](http://www.rmlifechanging.org/strengthening-communities/locations/ithaca/)

**Rescue Mission**

618 W. State/MLK Jr. St.

**Emergency Shelter and Homeless Services Program**

Ithaca

273-6684 or 273-9177

>Shelter and support services to those 18+; anyone needing emergency shelter must first call or visit Dept. of Social Services for a referral to the shelter; first come, first served; free

[alan.french@rmsyr.org](mailto:alan.french@rmsyr.org)[www.rmlifechanging.org/strengthening-communities/locations/ithaca/](http://www.rmlifechanging.org/strengthening-communities/locations/ithaca/)**Rescue Mission**

618 W. State/MLK Jr. St.

**Friendship Center**

Ithaca

273-6684

>Drop-in center, support, information and referral, prevention and outreach, phones, food, showers, mail; all ages; free

>Free meals Tues., Thurs., Sat.; call for schedule

[alan.french@rmsyr.org](mailto:alan.french@rmsyr.org)[www.rmlifechanging.org/strengthening-communities/locations/ithaca/](http://www.rmlifechanging.org/strengthening-communities/locations/ithaca/)**Rescue Mission**

376 Elmira Rd. Falls Plaza

**Thrifty Shopper**

Ithaca

220-1992

>Low-cost used furniture, housewares, clothing

[www.rmlifechanging.org/strengthening-communities/locations/ithaca/](http://www.rmlifechanging.org/strengthening-communities/locations/ithaca/)**Salvation Army**

150 N. Albany St.

Ithaca

273-2400

>Free hot meals Sat. 12:00 noon, Sun. 3:00 p.m.

>Emergency vouchers for clothes & household supplies from thrift store given on an as needed basis

<http://empire.salvationarmy.org/>**Salvation Army**

381 Elmira Rd.

**Thrift Store**

Ithaca

272-5323

>Low cost used furniture, housewares and clothing

<http://empire.salvationarmy.org/>**St. John's Episcopal Church**

210 N. Cayuga St.

**Loaves and Fishes**

Ithaca

272-5457

>Free hot meals (M, W, F 12-1p.m., T, Th 5:30-6:30p.m.) and advocacy, no eligibility requirements, free

Volunteer opportunities available for youth and adults

[info@loaves.org](mailto:info@loaves.org)[www.loaves.org](http://www.loaves.org)**Tompkins Community Action**

701 Spencer Rd.

Ithaca

273-8816

>Emergency food pantry; H.E.A.P.; information and referral, Housing Choice Voucher (HCVP-formerly Section 8 rental assistance program); supportive housing; family self-sufficiency program

[info@tcaction.org](mailto:info@tcaction.org)[www.tccaction.org](http://www.tccaction.org)

### **Tompkins County Department of Social Services**

320 W. State/MLK Jr. St. Ithaca

Public Assistance: 274-5348 Emergency Housing: 274-5293 Medicaid: 274-5359

>Cash assistance, emergency aid, Medicaid, food stamps, emergency housing; free to eligible persons

[www.tompkinscountyny.gov/dss](http://www.tompkinscountyny.gov/dss)

### **Tompkins County Youth Services Department**

320 W. State/MLK Jr. St. Ithaca

### **Runaway and Homeless Youth Coordinator**

274-5310

>Information about rights, responsibilities and services related to youth who run away from home and young people who are homeless or "couch surfing" or moving from place to place

> Information on how adults can become a "host home" willing to offer safe, temporary housing to youth who can't live at home

[youthservices@tompkins-co.org](mailto:youthservices@tompkins-co.org)

[www.tompkinscountyny.gov/youth](http://www.tompkinscountyny.gov/youth)

### **Women's Opportunity Center**

110 W. Court St.

### **Mary Durham Boutique**

Ithaca

272-1520

>Low cost used clothes

[info@womensopportunity.org](mailto:info@womensopportunity.org)

### **>> Runaway and Independent Living Hotlines and Helplines <<**

#### **Runaway National Switchboard**

1-800-RUN-AWAY (786-2920)

[www.1800runaway.org/](http://www.1800runaway.org/)

### **Services for People with Disabilities**

*Every person with a disability is entitled to free training and education in their school district until age 21 or until they earn a diploma. By law, a person cannot be denied a job simply because of a disability.*

### **Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) (Formerly VESID)**

44 Hawley St.

Binghamton

721-8400 or 1-800-888-5010

>Job counseling, training and placement for persons with disabilities; free

[www.acces.nysed.gov/vr/southerntier/](http://www.acces.nysed.gov/vr/southerntier/)

### **Catholic Charities of Tompkins/Tioga**

324 W. Buffalo St.

Ithaca

272-5062

>Family Empowerment helps families with children with special needs in child protective or mental health services

[www.catholiccharitiestt.org/](http://www.catholiccharitiestt.org/)

### **Challenge Workforce Solutions**

950 Danby Rd.

Suite 179

Ithaca

272-8990

>Career exploration, job skills training, volunteer opportunities, job placement and on the job supports available during the school year and the summer for individuals with disabilities 16 and older; job placement services for individuals receiving public assistance or food stamps; free

[Brions@aboutchallenge.org](mailto:Brions@aboutchallenge.org) [www.challengeworkforcesolutions.org/](http://www.challengeworkforcesolutions.org/)

**Finger Lakes Independence Center (FLIC)**

219 Fifth St. Ithaca 272-2433

>Peer counseling, peer support groups, help with independent living skills, assistance with transition from high school to college/work, public education events, advocacy assistance, various assistive/adaptive equipment for short and long term loan, information and referral; free for all ages.

[flic@clarityconnect.com](mailto:flic@clarityconnect.com) [www.fliconline.org](http://www.fliconline.org)

**Finger Lakes Library System**

119 E. Green St. Ithaca 273-4074

(relocating to 1300 Dryden Rd. by the end of December 2014)

>Replacements of machines for talking book service; descriptive videos/DVD's; free to eligible people

[support@flls.org](mailto:support@flls.org) <http://www.flls.org/>

**Franziska Racker Centers**

3226 Wilkins Rd. Ithaca 272-5891

>Autism Lending Library – Borrow literature and equipment before making a purchasing decision; items include books, videos, software, equipment, and safety, recreational, and therapy supplies

>Community support services provide service coordination, one-on-one supports, behavior support and social skill building, respite services for families

>Counseling and mental health programs in partnership with BOCES and local school districts help young people with emotional and behavioral needs; includes Turning Point, Lighthouse Classroom and Possibilities Program for young people in crisis

>Health clinics and therapeutic programs: hearing aid services, mental health, community support, residential and learning initiatives for people of all ages with disabilities and their families

>Residential Program – People with developmental disabilities live in a home-like setting with direct-care staff on site

[info@rackercenters.org](mailto:info@rackercenters.org) [www.rackercenters.org](http://www.rackercenters.org)

**Ithaca Youth Bureau****Recreation Support Services**

1 James L. Gibbs Dr. Ithaca 273-8364

>Year round recreation and skill-building programs for youth and adults with disabilities; summer full-day program, special events, dances, and after-school teen program; free or small fee

[iyb@cityofithaca.org](mailto:iyb@cityofithaca.org) <http://www.cityofithaca.org/departments/iyb/rss/index.cfm>

**Mental Health Association in Tompkins County**

301 S. Geneva St. Suite 109 Ithaca 273-9250

>Assistance and information on applying for waivers for respite services

>Family Support Services - Information, referral, advocacy, education, support for parents of children with social, behavioral, emotional, or mental health disability; parent support groups, parent empowerment training; free

>Kids First – Summer therapeutic youth program for group socialization, skill building and community involvement; fee

[info@mhaedu.org](mailto:info@mhaedu.org) <http://mhaedu.org/>

**New York State Commission for the Blind**

100 S. Salina St.    The Atrium Suite 105    Syracuse    315-423-5417 or (866) 871-3000 or TTY 1-866-871-6000

>Vocational rehabilitation, advocacy, referral services, and other direct services to legally blind New York State residents, including children, adults, and elderly persons; assist consumers in achieving economic self-sufficiency and full integration into society

[www.ocfs.state.ny.us/main/cbvh/](http://www.ocfs.state.ny.us/main/cbvh/)

**NYS Office for People with Developmental Disabilities**

1257 Trumansburg Rd.    Ithaca

**Broome Developmental Disabilities Services Office**

273-0811

>Services offered to individuals of all ages with developmental disabilities

>Day habilitation and day services for people with developmental disabilities; residential services

[www.opwdd.ny.gov](http://www.opwdd.ny.gov)

**Special Olympics New York , Area 17**

Janet Krizek    128 Poole Rd.    Ithaca    273-0566

>Provides sports training and competition opportunity in a variety of Olympic-style sports for people, ages 8-adult, with special needs. Seasonal activities locally; state competitions are held four times a year

>Volunteer opportunities available for ages 16+

[sonyarea17@ymail.com](mailto:sonyarea17@ymail.com)    <http://specialolympics-ny.org/southerntier/>

**Tompkins County Health Department**

55 Brown Rd.    Ithaca

**Children with Special Care Needs (CSCN)**

274-6644

>Resources for individuals with disabilities, chronic medical conditions, and developmental delays

>Options for developmental screenings, evaluations, services including ST, OP, PT, counseling, service coordination to eligible children

>Children with Special Health Care Needs Program provides assistance to families of children under 21 who need help accessing community health resources

>Physically Handicapped Children's Program offers financial assistance to families with children under 21 with a chronic or disabling condition

<http://tompkscountyny.gov/health/cscn/>

**Tompkins County Office of Human Rights**

120 W. State/MLK Jr. St.    Ithaca    277-4080

>Files and investigates discrimination complaints, presentations on discrimination and diversity issues, student internships; free

<http://tompkscountyny.gov/hrc>

**TST BOCES (Tompkins Seneca Tioga Board of Cooperative Educational Services)    Exceptional Education**

555 Warren Rd.    Ithaca    257-1551

>Services for students, ages 5-21, with disabilities; referred by home school district CSE process; programs prepare students for high school graduation, equivalency, and other high school exiting credentials.

[dbarr@tstboces.org](mailto:dbarr@tstboces.org)    [www.tstboces.org/](http://www.tstboces.org/)

## Suicide Prevention

Anybody can call a suicide helpline or hotline to talk about their concerns—not just those who are feeling suicidal. Suicide is the second highest cause of death for young people. Always take comments and thoughts about suicide seriously.

### **Tompkins County Mental Health Clinic**

201 E. Green St.

Ithaca

### **Emergency Outreach Services (EOS)**

274-6230

>Emergency outreach services 8:30 AM - 4:30 PM in situations of violence, suicide risk, or crisis

<http://tompkinscountyny.gov/mh>

### **Suicide Prevention & Crisis Service**

124 E. Court St.

Ithaca

272-1505 (office)

24 hour crisis line

1-800-272-TALK (8255) or 272-1616

>24 hour phone counseling, confidential and anonymous (no names asked)

>The Chat: Free, confidential on-line crisis counseling, M-F evenings

>Help after suicide, homicide, accident, assault, fire, other traumatic death and events

>Training in prevention of suicide and other violence, crisis intervention, and effective communication

[info@ithacacrisis.org](mailto:info@ithacacrisis.org)

[www.suicidepreventionandcrisiservice.org/](http://www.suicidepreventionandcrisiservice.org/)

## >> Suicide Hotlines and Helplines <<

**Suicide Prevention & Crisis Service 24 hour crisis/emergency line 272-1616 or 1-800-273-TALK**

[www.suicidepreventionandcrisiservice.org/](http://www.suicidepreventionandcrisiservice.org/)

### **Hopeline**

1-800-SUICIDE (784-2433)

### **Poison Control Center**

1-800-222-1222

[www.upstate.edu/poison/](http://www.upstate.edu/poison/)

### **Trevor Project (LGBT Suicide Prevention)**

1-866-488-7386

[info@thetrevorproject.org](mailto:info@thetrevorproject.org)

[www.thetrevorproject.org/](http://www.thetrevorproject.org/)

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## Updates/changes since 2014 publication

### Runaway and Independent Living

#### **Family and Children's Service of Ithaca**

127 W. State St.

Ithaca

#### **Open Doors Program**

273-7494

>Youth under age 21 and their families, caretakers and friends who are at risk of running away or who have left home and wish to return are provided with informal counseling, conflict resolution, connection to basic services, advocacy, and temporary shelter; free.

[info@fcsith.org](mailto:info@fcsith.org)

<http://www.fcsith.org/opendoors/>

### Community Service and Leadership Opportunities for Youth

#### Jobs and Job Training

#### **Ithaca Police Department**

120 E. Clinton St.

#### **Explorer Post 392**

Ithaca

272-9973

>Provides young adults, ages 14 and 21, the chance to learn about law enforcement as a career option and prepares them to become responsible and caring adults. Supervised by police officers and parent/adult volunteers; meets weekly.  
>Members take part in "ride along program" with on duty police officers following training; learn firearms safety, courtroom procedures; provide assistance with traffic control, fingerprinting children, and distributing information at crime prevention events; members receive CPR and First Aid training.  
>Members raise funds throughout the year to pay for expenses including attendance of the National Conference; small fee to cover insurance.

[rniemi@cityofithaca.org](mailto:rniemi@cityofithaca.org) or [mconrad@cityofithaca.org](mailto:mconrad@cityofithaca.org)

<http://cityofithaca.org/313/Working-with-Local-Youth>