2014

Teen Services and Activities in Tompkins County

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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.

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youthservices@tompkins-co.org 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

Build Competence, Confidence, Character, Connection, and Caring

Many youth development program opportunities exist in Tompkins County.

Boy Scouts of America **Baden-Powell Council** (troops in many locations)
2150 NYS Rt. 12 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@bsamail.org www.bpcouncil.org

Cornell Cooperative Extension **4-H Youth Development**
615 Willow Ave. 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 http://ccetompkins.org/4h

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 or jws62@cornell.edu http://ccetompkins.org

Cornell Cooperative Extension, Rural Youth Services **Danby Youth Services**
615 Willow Ave. Ithaca 272-2292 ext. 222
>After-school and summer activities for local middle and high school youth
kb578@cornell.edu http://ccetompkins.org/4h/rural-youth-services

Cornell Cooperative Extension, Rural Youth Services **Dryden Youth Services**
615 Willow Ave. 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
dh67@cornell.edu or njn35@cornell.edu http://ccetompkins.org/4h/rural-youth-services

Cornell Cooperative Extension, Rural Youth Services **Enfield Youth Services**
615 Willow Ave. Ithaca 272-2292 ext. 229
>After-school and summer activities for local middle and high school youth
las466@cornell.edu http://ccetompkins.org/4h/rural-youth-services

Cornell Cooperative Extension, Rural Youth Services **Groton Youth Services**
615 Willow Ave. Ithaca 272-2292 ext. 230 or 898-4569
>After-school and summer activities for local elementary, middle and high school youth
>Groton Summer Camp for youth ages 6-12
mmd1027@aol.com or mmd29@cornell.edu http://ccetompkins.org/4h/rural-youth-services

Cornell Cooperative Extension, Rural Youth Services **JYC Youth Services**
615 Willow Ave. Ithaca 272-2292 ext. 221
>After -school and summer activities for local middle and high school youth residing in the Towns of Ithaca and Caroline and the Villages of Lansing and Cayuga Heights
pjb26@cornell.edu or acc332@cornell.edu http://ccetompkins.org/4h/rural-youth-services

Cornell Cooperative Extension, Rural Youth Services **Lansing Youth Services**
615 Willow Ave. Ithaca 272-2292 or 533-4271 ext. 2118
>After-school and summer activities for local middle and high school youth
>First-time youth employment for youth 14 years old and up
kturner@lcsd.k12.ny.us http://ccetompkins.org/4h/rural-youth-services

Cornell Cooperative Extension, Rural Youth Services **Trumansburg/Ulysses Youth Services**
615 Willow Ave. Ithaca 272-2292 or 387-4910
>After-school and summer activities for local middle and high school youth
>Job skills training, opportunities for casual jobs, supported first-time paid employment for youth 14+
mao98@cornell.edu or mp823@cornell.edu http://ccetompkins.org/4h/rural-youth-services

Cornell Cooperative Extension, Rural Youth Services **Youth Employment Services**
615 Willow Ave. Ithaca 272-2292 ext. 229
>First-time youth employment for youth 14 years old and up residing in the Towns of Caroline, Danby, Enfield, and Ithaca and Villages of Lansing and Cayuga Heights
bab47@cornell.edu http://ccetompkins.org/4h/rural-youth-services

GIAC (Greater Ithaca Activities Center)
301 W. Court St. Ithaca 272-3622
>Youth and teen activities and programs; educational programs, mentoring and tutoring; multicultural center
>Summer camp and CIT program; small fees
>The Spot: Friday evening teen gatherings and programs; free
giacmain@cityofithaca.org www.cityofithaca.org/departments/giac/

The History Center in Tompkins County **Student Historians**
401 E. State/MLK Jr. St. Ithaca 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 www.thehistorycenter.net

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 www.PrimitivePursuits.com

Seven Lakes Council **Girl Scouts** (troops in many locations)
226 Colonial Dr. 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 www.ssccithaca.org/

Tompkins County Public Library **Teen Services Department**
101 E. Green St. 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 http://tcpl.org/teens.php

Community Service and Leadership Opportunities for Youth

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 www.theadvocacycenter.org

Alcohol & Drug Council of Tompkins County **Talking About Peer Pressure (TAPP)**
201 E. Green St. Ithaca 274-6288
>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

Alternatives Federal Credit Union **Student Credit Union Volunteers**
125 N. Fulton St. Ithaca 216-3429
>Teenagers are trained as credit union tellers and operate school branches. Students can save, make withdrawals and cash checks at school. Savings accounts receive a higher dividend rate than adult accounts. Program provides financial education and services for checking, VISA/debit cards, and credit building loans for personal or small business use.
scu@alternatives.org www.alternatives.org

American Red Cross
2 Ascot Pl. Ithaca 727-4669 or 273-1900
>Volunteers are welcome to support blood drives, teach life-saving skills, design an International Humanitarian Law project, manage a Red Cross Club, support Armed Forces members and families; no fee
Julie.Mucilli@redcross.org www.redcross.org/tompkins

Cayuga Medical Center at Ithaca **Hospital Volunteers**
101 Dates Dr. Ithaca 274-4011
>Volunteer in hospital departments
Contact: Tina Rappleye www.cayugamed.org

Community Dispute Resolution Center (CDRC) **Teen and Peer Mediation Program**
171 E. State/MLK Jr. St., P.O. Box 111 Ithaca 273-9347
>Middle and high school students can be trained as teen mediators for CDRC's Family Talk program or their school's Peer Mediation Program. Must commit to 1 year after training; call for training schedule or information.
cdrc@cdrc.org www.cdrc.org

Cornell Cooperative Extension
615 Willow Ave. Ithaca 272-2292
>4-H Urban Outreach Program is open to teens 14+ who want to work with youth ages 5–13+ living in downtown Ithaca; provide assistance with homework, projects, and activities in the after-school program and summer camp
>4-H Youth Development – 4-H clubs throughout Tompkins County for youth ages 5–19: focus on life skill development in areas of plant and environmental science, mechanical science, consumer skills, clothing and textiles, food and nutrition, communication and expressive arts, animals
>Beautification Brigade – Help plant and maintain public plantings spring-fall, primarily in Ithaca; free training provided
tompkins@cornell.edu http://ccetompkins.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 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

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 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 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 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 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 www.museumoftheearth.org/

Southside Community Center **Recycle Ithaca Bicycles (RIBS)**
530 W. Buffalo St. 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
recycleithacabiycles@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 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 www.sciencenter.org

SPCA, Tompkins County
1640 Hanshaw Rd. Ithaca 257-1822
>Volunteer to work with dogs and cats.
info@spcaonline.com http://www.spcaonline.com/

St. John's Episcopal Church **Loaves and Fishes**
210 N. Cayuga St. 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 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 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 www.tchabitat.com/

Tompkins County Public Library **Teen Advisory Group (T.A.G.)**
101 E. Green St. 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 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 or 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 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

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 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 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 www.ssccithaca.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 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 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

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

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

vitaminLproject@hotmail.com www.vitaminl.org/

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

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

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

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 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 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

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@fllt.org www.fllt.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

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

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 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/ 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/

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 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

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 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 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 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

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 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 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 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 www.sew-green.org

Southside Community Center **Recycle Ithaca Bicycles (RIBS)**
530 W. Buffalo St. 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
recycleithacabiycles@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 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.

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
ithacacalripkin@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 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 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 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

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 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/

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

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 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

iyb@cityofithaca.org www.cityofithaca.org/departments/iyb/index.cfm

Ithaca Youth Hockey
P.O. Box 391 Ithaca 272-2302
>Ice hockey league for boys and girls ages 4-17; learn to skate, house league & travel team programs; in-line hockey program during summer months; fees
www.ithacayouthhockey.com/

Lansing Recreation Department
29 Auburn Rd. P.O. Box 186 Lansing 533-7388
>Sports, team sports, art, music, and culinary programs for youth
>Parks, ball fields, swimming, picnic areas and pavilion
>Summer camps, swim lessons
steve-lansingrec@twcny.rr.com www.lansingrec.com/

Lansing Soccer Club
>League soccer play for area youth ages 7-18; fall, winter, spring; instruction, travel teams; fees
LansingSoccer@gmail.com www.lansingsoccer.org/

Newfield Recreation Department
166 Main St. Newfield 220-3461
>Sports leagues, summer camps, ice skating, summer sports programs; fees
Recreation@newfieldny.org http://newfieldny.org/residents/recreation1/

Recreation Partnership
1 James L. Gibbs Dr. Ithaca 273-8364
>Intermunicipal partnership that allows youth from Caroline, City of Ithaca, Danby, Dryden, Enfield, Groton, Newfield, Town of Ithaca, Village of Lansing, and Trumansburg School District to participate in select programs operated by the Ithaca Youth Bureau at City rates
>Sport leagues, lessons, expressive arts and camps for youth and teens; fees
iyb@cityofithaca.org http://tcrecpartnership.com/

Taughannock Soccer Club
P.O. Box 84 Trumansburg
>Fall soccer for Trumansburg area youth, ages 6-18; instruction, leagues, travel teams; fees
jeffasbrand@gmail.com http://tscsoccer.wordpress.com/

The Field, The Rink
1767 E. Shore Dr. Ithaca 277-7465
>Indoor multipurpose athletic facility; offering sports programming, recreational and competitive; introductory programs for youth; fees
>Ice rink open year round; lessons, skating; fees for ice time
http://www.therink.info/

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 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 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 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 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 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 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 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 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 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 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 www.ssccithaca.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 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 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 www.vitaminl.org/

Transportation

TCAT (Tompkins Consolidated Area Transit, 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) for an inexpensive alternative to buying your own car.

Cornell Cooperative Extension Way2Go Transportation Education

615 Willow Ave. Ithaca 272-2292

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

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

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 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 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

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.

Air Force
93 Main St. Cortland 753-0112 or 1-800-423-8723
www.airforce.com

Army
93 Main St. Cortland 1-800-USA-ARMY (872-2759)
www.goarmy.com

Army National Guard
93 Main St. Cortland 1-800-GO-GUARD (464-8273)
www.1800goguard.com

Marines
93 Main St. Cortland 753-0112
http://www.marines.mil/

Navy
93 Main St. Cortland 753-0112
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

Jobs and Job Training

>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
>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

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/

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 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 or IDA@alternatives.org 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

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/

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 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 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.
ithacachildrensgarden@cornell.edu www.ithacachildrensgarden.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 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/

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 www.learning-web.org

Plumbers-Steamfitters Local 267 **Plumbers or Pipe Fitters Apprenticeship Program**
701 W. State/MLK Jr. St. Ithaca 272-8586
>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@tompkins-co.org 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 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

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 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/

Danby Community Library
1830 Danby Rd. Danby Town Hall Ithaca 277-4200
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 www.flls.org/

Groton Public Library
112 E. Cortland St. Groton 898-5055
director@grotonpubliclibrary.org http://grotonpubliclibrary.net

Lansing Community Library
27 Auburn Rd. Lansing 533-4939
info@lansinglibrary.org www.lansinglibrary.org/home

Newfield Public Library
198 Main St. P.O. Box 154 Newfield 564-3594
newfieldpubliclibrary@yahoo.com www.newfieldpubliclibrary.org/

Southworth Library
24 W. Main St. P.O. Box 45 Dryden 844-4782
southworthlibrary@gmail.com www.southworthlibrary.org/

Tompkins County Public Library
101 E. Green St. Ithaca 272-4557
www.tcpl.org

Ulysses Philomathic Library
74 E. Main St. Trumansburg 387-5623
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

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), 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.

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 www.cityofithaca.org/departments/iyb/index.cfm

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 www.learning-web.org

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 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 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 l 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.

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/

Cascadilla School Private
116 Summit St. Ithaca 272-3110
>Grades 9-12, boarding and day school
admissions@cascadillaschool.org www.cascadillaschool.org

Covenant Love Community School Private, Christian
1768 Dryden Rd. Freeville 347-4413
>PreK-grade 8
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/

Elizabeth Ann Clune Montessori School Private
120 E. King Rd. Ithaca 277-7335
>PreK-middle school
admin@eacmsi.org http://eacmsi.org/

Groton Central School District 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
www.grotoncs.org/

Immaculate Conception School Private, Catholic
320 W. Buffalo St. Ithaca 273-2707
>Preschool-grade 6
icdcs@dor.org http://schools.dor.org/ic/

Ithaca City School District 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
www.ithacacityschools.org/

Ithaca Waldorf School Private
20 Nelson Rd. Ithaca 256-2020
>PreK-grade 8
Office@ithacawaldorf.org http://ithacawaldorf.org/

Lansing Central School District 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
www.lcsd.k12.ny.us/site/default.aspx?PageID=1

New Roots Charter School Public, charter
116 N. Cayuga St. P.O. Box 936 Ithaca 882-9220
>Grades 9-12
info@newrootsschool.org http://newrootsschool.org/

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/

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 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 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/

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
>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
>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
>Home Schooling Support and Coordination Services for parents/guardians and their local schools 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
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/).

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 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

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 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 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 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 or 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 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 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 www.ssccithaca.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.Tacktill@Cortland.edu 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 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

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

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 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/

Child Sexual Abuse (Advocacy Center) 277-5000 (24 hour)
info@theadvocacycenter.org www.theadvocacycenter.org/index.html

Domestic Violence and Sexual Abuse 1-800-799-7233
www.thehotline.org/

National Teen Dating Abuse Helpline 1-866-331-9474
www.loveisrespect.org/

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

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 www.carsny.org/

Cayuga Addiction Recovery Services (CARS) (residential)
6621 NY Route 227P.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 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 www.healthyyouth.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 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.
ddesmond@courts.state.ny.us 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 www.ithacacommunityrecovery.org/

Southern Tier AIDS Program **Tompkins County Prevention Point**
501 S. Meadow St. Lama Plaza Ithaca 272-4098, Hotline: 1-888-206-2870
>Free and anonymous harm reduction and syringe exchange program
info@stapinc.org 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 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/

Marijuana Anonymous 1-800-766-6779
www.marijuana-anonymous.org

NY State Drug Abuse Information & Help Line 1-800-846-7369
communications@oasas.ny.gov www.oasas.ny.gov/

SAMHSA Alcohol/Drug Abuse Hotline 1-800-662-HELP (4357)
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 www.plannedparenthood.org/ppsfl/

Southern Tier AIDS Program
501 S. Meadow St. Lama Plaza 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 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

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

American Sexual Health Association www.iwannaknow.org or www.ashastd.org

Emergency Contraception Information 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.nyaidsline.org/app/index.php

New York State HIV Confidentiality Hotline 1-800-962-5065
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.nyaidsline.org/app/index.php

Sex, Etc., By Teens for Teens www.sexetc.org

Southern Tier AIDS Program Hotline 1-888-206-2870

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 Taughannock 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

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 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@crcfl.net www.crcfl.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

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/

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 www.hospicare.org/

Ithaca Health Alliance **Ithaca Free Clinic**
521 W. Seneca St. 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 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 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 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

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

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 www.cancer.gov/	M-F 8:00 a.m. to 8:00 p.m. ET	1-800-4CANCER (422-6237)
Centers for Disease Control www.cdc.gov/		1-800-CDC-INFO (232-4636)
Cayuga Medical Center www.cayugamed.org/		General info 274-4011; Emergency 274-4411
Poison Control Center www.upstate.edu/poison/		1-800-222-1222

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 **Immigrant Services Program**
324 W. Buffalo St. Ithaca 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/

Cornell University Public Service Center **Language Pairing Program**
100 Barnes Hall Ithaca 255-1148
>Pairs individuals with compatible language interests for social and conversational interactions in their chosen language
languagepairing@cornell.edu

Cornell University Public Service Center **Translator-Interpreter Program**
100 Barnes Hall Ithaca 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 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 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 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

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 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 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 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 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

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 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 www.fcsith.org/

Legal Assistance of Western New York (formerly Tompkins-Tioga Neighborhood Legal Services)
215 N. Cayuga 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 www.lawny.org/index.php/tompkins-tioga-neighborhood-legal-services

Opportunities, Alternatives, and Resources (OAR)
518 W. Seneca St., 2nd Floor, Rear Entrance 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 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 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 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

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 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
lgbtrc@cornell.edu www.lgbtrc.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/

Ithaca High School **Gay Straight Alliance**
1401 N. Cayuga St. Ithaca 274-6844
>Student-based group open to students of all sexual orientations and gender identities. Discussion meetings are held weekly.
stephen.jones@icsd.k12.ny.us

PFLAG (Parents & Friends of Lesbians & Gays)
423-1078 or 756-7070
>Provides support, education and advocacy for LGBT people and their families, lending library, speaker's groups, and monthly meetings
contact@pflagithacacortland.com www.pflagithacacortland.com

Planned Parenthood of the Southern Finger Lakes **Out for Health**
620 W. Seneca St. Ithaca 216-0021 ext. 2306
>Outreach, education and information to LGBTQ people, their health care providers and the community at large about the importance of inclusive, welcoming and respectful care for LGBT people
lgbt@ppsfl.org http://www.outforhealth.org/

Trumansburg High School **Gay Straight Alliance**
100 Whig St. Trumansburg 387-5767
>A safe space to connect on issues facing LGBTQ youth and their allies; weekly meetings during the school year
mp823@cornell.edu

>> LGBTQ Hotlines and Helplines <<

Empire State Pride Agenda 518- 472-3330
www.prideagenda.org/ prideagenda@prideagenda.org

Gay, Lesbian, Straight Educators Network www.glsen.org

G**LBT National Youth Talkline** (under age 25) 1-800-246-7743
help@GLBThotline.org www.glnh.org/talkline/

Trevor Project (LGBT Suicide Prevention) 1-866-488-7386
info@thetrevorproject.org www.thetrevorproject.org/

Youth Guardian Services Online support services for LGBTQ and straight supportive youth www.youth-guard.org/

Mental Health (see also Services for People with Disabilities)

Mental illness can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

Cayuga Medical Center **Behavioral Services**
101 Dates Dr. Ithaca 274-4011
>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

Family & Children's Service **Child/Adolescent Mental Health Program**
127 W. State/MLK Jr. St. Ithaca 273-7494
>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 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 www.hospicare.org/

Meadowgate **Ponderosa Pals Youth Program**
145 Chaffee Creek Rd. 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 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 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 www.namiginerlakes.org

Tompkins County Mental Health **Children and Youth Mental Health Services**
201 E. Green St. 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 www.tstboces.org

>> Mental Health Hotlines and Help lines <<

Collaborative Solutions Network Family Warm Line 274-6302
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.

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

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/

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 www.cdrc.org

Cornell Cooperative Extension **Parenting Education**
615 Willow Ave. 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 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 www.fcsith.org/

First Unitarian Church of Ithaca **Babies First**
306 N. Aurora St. 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@uuithaca.org

The Village at Ithaca **Family Advocacy Program**
609 W. Clinton St. Suite 109 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 www.villageatithaca.org

Tompkins County Health Department **WIC (Women, Infants and Children)**
55 Brown Rd. 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 **Child Protective Services Intake**
320 W. State/MLK Jr. St. Ithaca 274-5610
>Families can call for assistance to take care of needs for their children
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 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 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 www.theadvocacycenter.org/index.html

Domestic Violence and Sexual Abuse 277-5000
www.thehotline.org/
Mental Health Clinic Emergency 274-6230
http://tompkinscountyny.gov/mh

Poison Control Center 1-800-222-1222
www.upstate.edu/poison/

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

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

National Hotline for Pregnancy Resource Center 1-800-395-HELP (4357)"
answers@optionline.org

Runaway and Independent Living

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/

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 www.cdrc.org

Human Services Coalition **Food Pantries and Meals**
171 E. State/MLK Jr. St. Suite #133 Ithaca 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

The Learning Web **Youth Outreach Program**
515 W. Seneca St. 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 www.learning-web.org/YOP.cfm

Rescue Mission **Court Street Place**
717 W. Court St. 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 www.rmlifechanging.org/strengthening-communities/locations/ithaca/

Rescue Mission **Emergency Shelter and Homeless Services Program**
618 W. State/MLK Jr. St. 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 www.rmlifechanging.org/strengthening-communities/locations/ithaca/

Rescue Mission **Friendship Center**
618 W. State/MLK Jr. St. 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 www.rmlifechanging.org/strengthening-communities/locations/ithaca/

Rescue Mission **Thrifty Shopper**
376 Elmira Rd. Falls Plaza Ithaca 220-1992
>Low-cost used furniture, housewares, clothing
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 **Thrift Store**
381 Elmira Rd. Ithaca 272-5323
>Low cost used furniture, housewares and clothing
http://empire.salvationarmy.org/

St. John's Episcopal Church **Loaves and Fishes**
210 N. Cayuga St. 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 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 www.tcaction.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

Tompkins County Youth Services Department **Runaway and Homeless Youth Coordinator**
320 W. State/MLK Jr. St. Ithaca 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 www.tompkinscountyny.gov/youth

Women's Opportunity Center **Mary Durham Boutique**
110 W. Court St. Ithaca 272-1520
>Low cost used clothes
info@womensopportunity.org

>> Runaway and Independent Living Hotlines and Helplines <<

Runaway National Switchboard 1-800-RUN-AWAY (786-2920)
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/

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/

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 www.challengeworkforcesolutions.org/

Finger Lakes Independence Center (FLIC)
215 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 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 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 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 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 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/

NYS Office for People with Developmental Disabilities **Broome Developmental Disabilities Services Office**
1257 Trumansburg Rd. Ithaca 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

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 http://specialolympics-ny.org/southerntier/

Tompkins County Health Department **Children with Special Care Needs (CSCN)**
55 Brown Rd. Ithaca 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://tompkinscountyny.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://tompkinscountyny.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 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 **Emergency Outreach Services (EOS)**
201 E. Green St. Ithaca 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 www.suicidepreventionandcrisisservice.org/

>> Suicide Hotlines and Helplines <<

Suicide Prevention & Crisis Service 24 hour crisis/emergency line 272-1616 or 1-800-273-TALK
www.suicidepreventionandcrisisservice.org/

Hopeline 1-800-SUICIDE (784-2433)

Poison Control Center 1-800-222-1222
www.upstate.edu/poison/

Trevor Project (LGBT Suicide Prevention) 1-866-488-7386
info@thetrevorproject.org www.thetrevorproject.org/

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