

Teen Services & Activities



in Tompkins County

This pocket 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 but if you live outside Tompkins County be sure to check. Readers should know that many of the agencies listed here may also serve adults and have other services for other age groups.

This guide was developed by the Tompkins County Youth Services Department and distributed free to youth through a partnership with BOCES and school districts.

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- *County Youth Services Department Special Projects Assistant Megan MacDaniel for her work on this project*

This guide is also available at www.tompkins-co.org/youth. We will make updates to the electronic version as we become aware of them. To submit up-to-date information and changes, please call or contact:

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www.tompkins-co.org/youth*

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TOMPKINS COUNTY
Youth Services Department presents the
2010 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. Tompkins County is full of stuff for you to do and this book can be used as a way to help you get to know your community. If you’ve lived here forever, flip through for a fresh perspective on what kinds of things are out there for you! The programs that are listed in this guide promote not only physical health, but mental health as well. Maybe you need a pick-me-up or some help to get you back on your feet. 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 your community!!

Here’s to your health; enjoy! The *OJ Guide* describes services that are available to youth, primarily ages 13-19, in Tompkins County. Many services listed in the guide may be available to youth residing in adjacent counties. Readers should also know that many of the agencies also serve adults and may have other services for other age groups. For information about services for younger children contact the Child Development Council at 607-273-0259. For information on other services, contact the Human Services Coalition Information and Referral at 607-272-9331 or 211. The *OJ Guide* can also be accessed at :

www.tompkins-co.org/youth

How to use this book: The *OJ Guide* is divided into 3 parts and each part is divided into sections. The three tabs running down the outside edge of each page will help you keep track of which part of the book you are in. The titles on the tabs also correspond with which activity or service section you are in. For example, Part I includes resources to help you get to know your community and get involved. On the tab of the page in Part I you will see the title “Your Community!” You can always refer back to the table of contents to quickly identify and locate the service or activity you are looking for.

How to Make a Call for Information.....	3
Part 1: Know Your Community and Get Involved!	
Community Service and Leadership Opportunities.....	5
Computers and Internet Access.....	9
Encouraging Diversity and Confronting Discrimination.....	10
Go Green! Sustainable Youth.....	11
Outdoor Nature Activities.....	12
Parks.....	13
Swimming at community pools & parks.....	14
Sports and Recreation Programs.....	15
Theatre, Music, Dance, and Art.....	21
Transportation.....	23
Voting.....	24
Part II: Build Your Skills!	
Education.....	25
Libraries.....	25
Schools.....	26
Study Abroad.....	28
Tutoring and Academic Support.....	29
Jobs and Job Training.....	30
Armed Services.....	34
Licenses and Certifications.....	34
Fishing and Hunting.....	34
Motor Vehicles (boating, driving, snowmobiling).....	35
Safety Courses (First aid, CPR, Babysitting, Lifeguard).....	36
Mentoring.....	37
Part III: Take Care of Yourself!	
Counseling.....	38
Abuse and Rape.....	38
Alcohol and Other Drugs.....	40
Behavioral and Family Problems.....	42
Eating Disorders.....	43
HIV, AIDS, STDs and STIs.....	44
Mental Health.....	45
Suicide Prevention.....	46
Health and Medical Care.....	47
Sexuality.....	49
Birth Control.....	50
LGBTQ Resources.....	50
Parenting.....	52
Pregnancy.....	54
Resources.....	55
Disability Services.....	55
Legal Assistance and Juvenile Justice.....	58
Runaway and Homeless Youth Services.....	61
Index.....	64

how to make a call for information

There are a lot of different service agencies listed in this guide. It's normal to be nervous about calling somewhere unfamiliar, but the first step is to be ready. Have a pencil and paper in hand, and start with this simple phrase: "I would like to speak to someone about _____" (for example, finding a job or playing soccer or seeing a counselor).

Things that you may want to ask:

- When could someone call me back?
- Am I eligible for these services?
- How much does it cost?
- Will you tell anyone, such as my parents? teachers?
- Can I make an appointment now?
- How do I get there?
- Can I bring a friend with me?

Things that may be asked of you:

- Is this an emergency?
- Can someone call you back later?
- What's your phone number?
- How old are you?

You may feel discouraged when you get a secretary or answering machine or are put on hold for a long time. But don't give up. It's common not to get through on your first try. Anything important is worth the hassle. If you don't reach anyone who can answer your questions, leave your name and number and find out when you can call again. Call back if your phone call is not returned, or call another agency if you do not find what you want at the first place you call. Parents, teachers, guidance counselors and youth workers may also have ideas about how to help you get services you need. The search for help can be frustrating, but don't give up when trying to get what you need!

How Much Does It Cost?

Some programs listed in this booklet are free, and some charge for their services. Many offer scholarships. If you are interested in a program but afraid you can't afford it, don't hesitate to call and ask if they offer scholarships. Some programs have "sliding fees", this means there is a cost, but the cost varies depending on how much you or your family can afford to pay.

Other Resources:

The *DJ Guide* is the most extensive service directory in Tompkins County that focuses specifically on youth services. However, there are some things that we just weren't able to squeeze into the *DJ Guide*. Fortunately, there are other resources that are worth checking out. To keep up on local events and activities pick up a copy of the Ithaca Parent and Teen free quarterly journal or check it out online at www.ithacachild.net. You can also check out some of the other local papers like the *Ithaca Journal* or *Ithaca Times*. Every year the Tompkins County Youth Services Department publishes a guide to summer camps and youth summer employment that can be found in the community or accessed online through the Youth Services Department website: www.tompkins-co.org/youth. If you're interested in volunteering, the Human Services Coalition has a website for you to easily search for opportunities online: www.volunteertompkins.org.

Need help finding help? By simply dialing 211, you can speak to someone at the Human Services Coalition who will help you find the exact local services you are looking for. The phone numbers for various hotlines and help lines are listed after the introduction paragraph of certain sections in the *OJ Guide*, so if you want to talk to someone anonymously over the phone about any sort of issue you are facing, you can just call. Tompkins County is full of services and activities for you to use! This is your community! Make the most of what's out there for you!

Part I:

Know your community and get INVOLVED!

Think there's nothing to do around town? Think again! Do you like theater? Traveling? Science? Nature? Outdoor activities? There are many opportunities to get involved with interesting activities in the community and to volunteer your talents and energy to help others.

Community Service and Leadership Opportunities

Volunteering is a great way for you to get to know your community. By getting involved you'll have an opportunity to learn about what's going on around you and widen your experiences. It is an excellent way to meet other people and prove yourself as a leader in the community. And of course, volunteer work always looks good on a résumé or college application. You can always volunteer just to do something nice for someone else without asking for anything in return.

In addition to checking out the opportunities listed below, with the help of the internet you can access www.volunteertompkins.org through the Human Services Coalition to easily look up volunteer opportunities available in the county that match your interests. Also keep in mind that many non-profit organizations are often looking for extra help with special events and activities. Even if an agency isn't listed, you might want to just give them a call to see if there is anything you can do to help out.

Information & Referral (available 24 hrs/day) ▲211 or 272-9331

4-H Youth Development Leadership Programs, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

▶▶ *Countywide teen activities, community service projects, opportunities for personal growth and development*

www.ccetompkins.org

met38@cornell.edu

Beautification Brigade, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

▶▶ *Help plant and maintain public planting areas in your community with beautification projects all over Tompkins County*

▶▶ *Training provided in the winter, volunteer opportunities in the spring, summer, and fall*

www.ccetompkins.org

dek22@cornell.edu

Big Friend, Little Friend, Trumansburg School

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*

<http://counties.cce.cornell.edu/tompkins/rys/local.htm>

Cayuga Nature Center, Inc.

1420 Taughanock 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*

www.cayuganaturecenter.org

info@cayuganaturecenter.org

Community Building Works!

480 Lansingville Rd., Lansing 319-0113

▶▶ *Learn how to build a house and use tools like a pro, while providing green, affordable housing to your community; no fee*

www.communitybuildingworks.org

ssquier@twcny.rr.com

Cornell Plantations, Cornell University

1 Plantation Rd., Ithaca 255-3020

▶▶ *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!*

<http://www.plantations.cornell.edu>

plantations@cornell.edu

Friends of the Library Book Sale, Tompkins County Public Library

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.*

<http://www.booksale.org/>

info@booksale.org

Habitat for Humanity, Tompkins-Cortland

P.O. Box 4683, Ithaca 898-4148

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

www.tchabitat.com/

tompkinscortland@habitatnys.org

Hospital Volunteers, Cayuga Medical Center at Ithaca

101 Dates Dr., Ithaca 274-4011

▶▶ *Volunteer in hospital departments, ages 14 and up*

www.cayugamed.org

cwood@cayugamed.org

Johnson Museum of Art, Cornell University

N. 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*

www.museum.cornell.edu

museum@cornell.edu

Loaves and Fishes

210 N. Cayuga St., Ithaca 272-5457

▶▶ *Volunteer opportunities available for youth and adults to prepare and serve hot meals to people in need*

www.loaves.org

loaves@loaves.org

Museum of the Earth at the Paleontological Research Institute

1259 Trumansburg Rd., Ithaca 273-6623 x 13

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

www.museumoftheearth.orgvolunteer@museumoftheearth.org**One to One Big Brothers Big Sisters of Ithaca and Tompkins County, Ithaca Youth Bureau**

1 James L. Gibbs Dr., Ithaca 273-8364 x 157

▶ *Newfield school-based program matches high school volunteers one-on-one with elementary students for friendship and support*

www.ithacayouthbureau.orgonetooone@cityofithaca.org**Sciencenter**

601 First St., Ithaca 272-0600

▶ *Volunteer to guide visitors at tide pool touch tank exhibit; assist visitors in museum galleries; community outreach; work opportunities for teens, and more.*

www.sciencenter.orginfo@sciencenter.org**SewGreen**

Women's Community Bldg., 100 W. Seneca St., Ithaca 277-7611

▶ *Volunteer opportunities and classes for teens to learn how to restyle and sew re-using and conserving existing materials and earth friendly fabrics*

www.sew-green.orgcoord@sew-green.org**SPCA, Tompkins County**

1640 Hanshaw Rd., Ithaca 257-1822

▶ *Volunteer to work with dogs and cats. Accepting volunteers 16+*

www.spcaonline.com/info@spcaonline.com**Student Credit Union, Alternatives Federal Credit Union**

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.*

www.alternatives.orgscu@alternatives.org**Sustainable Tompkins**

Volunteer Coordinator: Miranda Phillips 277-1241

▶ *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*

www.sustainabletompkins.org/miranda@sustainabletompkins.org**Talking About Peer Pressure (TAPP), Alcohol & Drug Council of Tompkins County**

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.orgjlake@alcoholdrugcouncil.org

Teen Advisory Group (T.A.G.), Tompkins County Public Library

101 E. Green St., Ithaca 272-4557 x 277

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

www.tcpl.org/teen/tag.html

Teen and Peer Mediation Program, Community Dispute Resolution Center (CDRC)

120 W. State St., 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; free.*

www.cdrc.org

cdrc@cdrc.org

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

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*

www.theadvocacycenter.org

info@theadvocacycenter.org

Teen Volunteers, 4-H Urban Outreach Program, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

▶▶ *Open to teens 14 or older who would like to work with youth ages 5–12 living at West Village Housing Complex; provide assistance with homework, projects, and activities in the after-school program and summer camp*

www.ccetompkins.org

scs45@cornell.edu

Volunteer Tompkins *Collaboration between Cornell Public Service Center, Retired and Senior Volunteer Program, Ithaca College Community Service Program and Human Services Coalition Information and Referral Services*

▶▶ *Information and listings of one-time and ongoing community volunteer opportunities*

www.volunteertompkins.org/

info@volunteertompkins.org

Youth Volunteers, Tompkins County American Red Cross

201 W. Clinton St., Ithaca 273-1900 x 10

▶▶ *Volunteers are trained to support disaster victims, recruit blood donors, teach life saving skills, and more; no fee*

www.tompkins-redcross.org

info@tompkins-redcross.org

Youth Works, The Learning Web

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*

www.learning-web.org

Computers and Internet Access

Do you like computers? Want to learn more about computers, or how to use, rebuild, and recycle them? Ever thought about working with computers as a job instead of just a hobby? Or are you just looking to get on online, find a job, do your homework, or Facebook some friends? If your answer to any of these questions is “yes”, this is your section!

But first, some facts. If you need to get online but you don’t have a computer, or if you don’t have high-speed internet at your house, the Tompkins County Public Library is a great place to go. If you live outside of Ithaca, you can always call your nearest library for its hours to ask if they have free internet access (check out the “Library” section on page 25 for phone numbers). If you don’t have transportation to the library, you could stay after school to use the computer lab. Just remember, the internet is serious business—be safe! If you feel like you’re being bullied, harassed, or stalked by someone on the internet tell someone you trust, like a parent, teacher, guidance counselor, or even the police. They’ll do their best to help you!

Computer All Stars, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca 273-8364 x 157

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

▶▶ *Volunteer and apprenticeship positions available, apply for a good computer at home*

www.ithacayouthbureau.org

martys@cityofithaca.org

Computer Lab, Greater Ithaca Activities Center (GIAC)

Permanent address 318 N. Albany St., Ithaca 272-3622

2009–10 temporary address Beverly J. Martin Elementary School, 302 W. Buffalo St., Ithaca

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

www.cityofithaca.org

khamilton@cityofithaca.org

Southside Computer Lab, Southside Community Center

305 S. Plain St., Ithaca 273-4190

▶▶ *Computer lab with 10 computers available; free internet access; open to the public; also used for youth and adult educational programs.*

▶▶ *Open 1–7 pm in the summer and 2–8 pm M-F during the school year*

<http://sscc-ithaca.org/>

southside@sscc-ithaca.org

Tompkins County Public Library

101 E. Green St., Ithaca 272-4557

▶▶ *Public internet access*

www.tcpl.org

bwojnowski@tcpl.org

Encouraging Diversity and Confronting Discrimination

Living in Tompkins County has its benefits. One of the greatest is that the area is very diverse in opinions, beliefs, and cultures. Wherever you go in Tompkins County, you'll most likely find diverse groups of people. This isn't something to be afraid of, though: living with people different from ourselves helps us all learn and grow from one another. To celebrate diversity, the county, its schools, and the colleges frequently organize events and festivals—next time you hear about one, check it out!

While diversity is a good thing, sometimes people are discriminated against because of their differences. For example, someone might be discriminated against based on their age, religion, culture, sexual orientation, gender, how much money they have, whether or not they have a disability, or how they look. There are many laws that prevent people from discriminating against others, especially in the workplace where it's absolutely illegal to be treated differently or be fired from a job just because you're of a different race, age, gender, sexual orientation, religion, national origin or marital status. It's also illegal to discriminate against people who are disabled and people who have been arrested and convicted previously. In or out of the workplace, if you feel like you're being harassed or discriminated against, tell someone!

Greater Ithaca Activities Center (G.I.A.C.)

Permanent address 318 N. Albany St., Ithaca272-3622
2009-10 Temporary address: 521 W. Seneca St., Ithaca

▶▶ 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.

www.cityofithaca.org

giacmain@cityofithaca.org

Green Guerrillas Youth Media Tech Trainee Program, Southern Tier Advocacy & Mitigation Project, Inc.

119 E. Buffalo St., Ithaca277-2122

▶▶ Paid job training program for teens of color, 15+, that offers instruction in digital media production with focus on environmental sustainability and social justice.
▶▶ Program includes monthly documentary screenings, community outreach, field trips, and student film premieres at local venues

www.guerrilla-griots.org

info@guerrilla-griots.org

Human Rights Commission

120 W. State St., Ithaca 277-4080

▶▶ Information about people's rights in housing, employment, credit, public accommodation and education; free

smoore@tompkins-co.org

Multicultural Resource Center

615 Willow Ave., Ithaca 272-2292 x 135

▶▶ Offers a number of programs and cultural celebrations throughout the year, diversity workshops and trainings, and a lending library with resources on undoing racism and diversity education; majority of programs are free

www.multicultural-resource.org

tompkins@cornell.edu

National Organization for Women (NOW)

124 Old Peruville Rd., Groton 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

www.geocities.com/tompkinsnow

TompkinsNOW@yahoo.com

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

www.vitaminL.org

vitaminLproject@hotmail.com

Go Green! Sustainable Youth

In 2008, Tompkins County was honored as the nation's first-ever "Go Green County of the Year"! This recognition was made possible by the efforts of local students, parents, teachers, staff, and administrators who have created environmentally responsible cultures at the schools throughout Tompkins County. Schools have been working to reduce their "ecological foot print" by developing composting and recycling programs.

Reducing your ecological foot print means reducing the amount of resources you use, which in turn will reduce the waste you create and your long-term impact on the environment. If you want to find out what your ecological foot print is, check out: www.footprintnetwork.org/gfn_sub.php?content=myfootprint.

To reduce your ecological foot print, there are several things you can do. For example, buy used clothing at one of many used clothing stores in Tompkins County, trade clothes with your friends, go to garage sales, buy locally grown food, compost, recycle, go to the public library instead of buying new books or subscribing to a magazine, use public transportation, or bike or walk to reduce emissions, turn off the lights, TV, or computer when you leave the room.

Community Building Works!

480 Lansingville Rd., Lansing 319-0113

▶ Learn how to build a house and use tools like a pro, while providing green, affordable housing to your community; no fee

www.communitybuildingworks.org

ssquier@twcny.rr.com

Computer All Stars, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca 273-8364 x 157

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

▶ Volunteer and apprenticeship positions available, apply for a good computer at home

www.ithacayouthbureau.org

martys@cityofithaca.org

Green Guerrillas Youth Media Tech Trainee Program, Southern Tier Advocacy & Mitigation Project, Inc.

119 E. Buffalo St., Ithaca 277-2122

▶▶ *Paid job training program for teens of color, 15+, that offers instruction in digital media production with focus on environmental sustainability and social justice.*

▶▶ *Program includes monthly documentary screenings, community outreach, field trips, and student film premieres at local venues*

www.guerrilla-griots.org

info@guerrilla-griots.org

Recycle Ithaca Bicycles (RIBS)

530 W. Buffalo St., Ithaca leave message at 256-5355 or 272-9218

▶▶ *Reopening spring, 2010; repair bicycles for reuse; volunteer hours can be used as credits toward earning a repaired bike, helmet, and other parts or accessories; repair courses offered*

recycleithacabicycles@gmail.com

SewGreen

Women's Community Building, 100 W. Seneca St., Ithaca 277-7611

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

www.sew-green.org

coord@sew-green.org

Sustainable Tompkins

Volunteer Coordinator: Miranda Phillips 277-1241

▶▶ *Volunteer for a "green cause" by helping out with preparation for monthly dinner and discussion groups; hang flyers around Tompkins County, talk to locals about "Sustainable Tompkins", help with set-up and take-down for the event and more*

<http://www.sustainabletompkins.org/>

miranda@sustainabletompkins.org

Outdoor Nature Activities

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*

www.cayuganaturecenter.org

info@cayuganaturecenter.org

Cornell Plantations, Cornell University

1 Plantation Rd., Ithaca 255-3020

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

www.plantations.cornell.edu

plantations@cornell.edu

Finger Lakes State Park Region

2221 Taughannock Park Rd., Trumansburg 387-7041

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

▶▶ *Summer jobs in state parks, ages 15+ (life guarding requires certification plus passing state lifeguard test)*

▶▶ *Summer recreational programs, all ages*

www.nysparks.com

Ithaca Children's Garden, Cornell Cooperative Extension of Tompkins County

615 Willow Ave., Ithaca 272-2292 x 122

- ▶ Gardening activities for all ages focused on teaching about plants, science and art

- ▶ Ithaca Children's Garden site development and projects at Cass Park

- ▶ Schoolbased and community outreach activities.

- ▶ Summer youth horticulture apprentice program, ages 15-18

<http://ccetompkins.org/ithacachildrengarden/index.html>

ithacachildrengarden@cornell.edu

Parks**Allan H. Treman State Park**

Rt. 89, Ithaca 272-1460

- ▶ Dog park, boating, fishing, picnic area, sports fields

<http://nysparks.state.ny.us/parks/info.asp?parkId=103>

Buttermilk Falls State Park

Rt. 13, Ithaca 273-5761

- ▶ Camping, swimming, hiking, picnic area, sports fields, playground

<http://nysparks.state.ny.us/parks/info.asp?parkId=25>

Cass Park

701 Taughanock Blvd., Ithaca 273-9211

- ▶ Ice skating, hiking, swimming (pool), tennis court, picnic area, playground, athletic fields, fitness trail

www.cityofithaca.org/ [click on Parks & Recreation]

Finger Lakes Land Trust

202 E. Court St., Ithaca 275-9487

- ▶ Protected lands and preserves; hiker friendly, open to the public year-round; no fee

www.flft.org/index.php

Myers Point Park

Rt. 34B (east shore of Cayuga Lake), Lansing 533-7388

- ▶ Beach, swimming, boating, playground, camping, picnic area

www.lansingrec.com/ [click on Parks]

Robert H. Treman State Park

105 Enfield Falls Rd. (Rt. 327), Ithaca 273-3440

- ▶ Camping, fishing, hiking, swimming, playground, picnic area

<http://nysparks.state.ny.us/parks/info.asp?parkId=104>

Sapsucker Woods Sanctuary

159 Sapsucker Woods Rd., Ithaca 254-BIRD

- ▶ 4 miles of open trails, open 24/7

- ▶ Library and educational programs open to youth

www.birds.cornell.edu/

cornellbirds@cornell.edu

Stewart Park

Rt. 34 and Rt. 13, Ithaca 273-8364
▶ Sports fields, tennis court, public golf course, picnic area, water front, playground
www.cityofithaca.org/ [click on Parks & Recreation]

Taughannock Falls State Park

2221 Taughannock Rd. (Rt. 89), Trumansburg 387-6739
▶ Boating, camping, cross-county skiing, fishing, hiking, swimming, picnic area
<http://nysparks.state.ny.us/parks/info.asp?parkID=93>

Swimming at Community Pools and Parks

(outdoor facilities are seasonal)

Buttermilk Falls State Park (outdoor park)

Rt. 13, Ithaca 273-5761 or 273-3440

City of Ithaca Municipal Pools:

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

Cass Park (outdoor pool) 701 Taughannock Blvd., Ithaca 273-1090

▶ Open mid-June thru mid-August

Alex Haley Pool (outdoor pool) 408 N. Albany St., Ithaca 277-6169

▶ Open Memorial Day thru Labor Day

Danby-Jennings Pond (outdoor park)

5 mi. down Comfort Rd. off Rt. 96B, Danby 277-2788

Groton Memorial Park Pool (outdoor pool)

200 Sykes St., Groton 898-4569

▶ Open during the summer for open swim & swim classes (small fees)

www.grotonny.org/park.html

Myers Point Park (outdoor park)

Rt. 34 B (east shore of Cayuga Lake), Lansing 533-7388

Newfield Community Pool (outdoor pool)

247 Main St., Newfield 564-9530

▶ Open during the summer for open swim; free to Newfield residents; some swim classes

Robert H. Treman State Park (outdoor park)

105 Enfield Falls Rd. (Rt. 327), Ithaca 273-3440

Taughannock Falls State Park (outdoor park)

2221 Taughannock Rd. (Rt. 89), Trumansburg 387-6739

Tompkins Cortland Community College (TC3) (indoor pool)

107 North St., Dryden 844-6525

▶ Open swim and water aerobic classes

▶ Small fees for open swim & classes; call or check website for pool schedule

www.tc3.edu/student/rec_pool.asp

YMCA (indoor pool)

Graham Rd. West, Ithaca 257-0101

▶ *Swimming year-round, indoor pool, open swim hours, swim lessons for beginner to advanced swimmers*

www.ithacaymca.com/facility/pool/index.htm

Sports and Recreation Programs

There are many recreational activities to choose from in Tompkins County. Some organizations listed here have one central office with programs in several towns and villages, so call for more information about programs in your area. Faith-based youth groups and activities can be a great way to get involved. Ask your friends and family about activities and groups that meet in churches, synagogues and houses of worship or check the yellow pages in the phone book. For a complete list of summer camps and programs in Tompkins County contact the County Youth Services Department (274-5310) or check out the summer camp guide online at www.tompkins-co.org/youth. The Ithaca Youth Bureau offers many camps, some of which are listed below, but contact them directly (273-8364) for other information.

4-H Youth Development, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

▶ *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, animal science, inter-state exchange program; some fees*

▶ *Rural Youth Services: after school and summer activities offered throughout the county (see local listings below); opportunities for personal growth and development through job readiness skills, community service, life skills, mentoring.*

▶ *Urban Outreach; summer and after school programs for youth 5–13 in the City of Ithaca; tutoring, mentoring, job skills, literacy, clubs, team building & enrichment activities; free*

<http://counties.cce.cornell.edu/tompkins/index.htm> met38@cornell.edu

American Legion Baseball League (Dryden, Ithaca, Lansing, Trumansburg)

Contact the number in your area for information

Dryden American Legion, Rte. 13, Dryden 844-9900

Ithaca American Legion, 1231 Danby Rd., Ithaca 272-1129

Lansing Parks & Recreation, P.O. Box 186, Lansing 533-7388

Trumansburg American Legion, 4431 Seneca Rd., Trumansburg 387-4212

▶ *Summer program/league for ages 16–19; small fees*

www.baseball.legion.org

Boynton Advantage After-School Program, Tompkins Community Action

See listing under "Tutoring and Academic Support" on page 29

Boy Scouts of America, BadenPowell Council (troops in many locations)

P.O. Box 66, 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, coeducational, hiking, camping, high adventure, SCUBA*

▶ *Explorers: ages 14–21, career exploration opportunities, small registration fee*

www.bpcouncil.org badenp@bsaemail.org

Cal Ripkin Baseball League

Contact David Iles272-2916

▶ *Spring and summer baseball league for youth ages 9–12 who reside in Tompkins County, excluding Lansing*

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

ithacacalriipkin@aol.com

Caroline Youth Services 272-2292 or 266-3554

A program of Cornell Cooperative Extension Rural Youth Services

▶ *After-school and summer activities for local middle and high school youth*

<http://counties.cce.cornell.edu/tompkins/rys/local.htm>

pjb26@cornell.edu

Cass Park

701 Taughannock Blvd., Ithaca 273-1090

▶ *Olympic-size outdoor swimming pool, ice skating rink, athletic fields, tennis courts, waterfront fitness trail, picnic areas and pavilion*

www.ithacayouthbureau.org (click on Parks & Recreation)

Community & Career Exploration & Apprenticeship (CCEAP), The Learning Web

515 W. Seneca St., Ithaca275-0122

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

www.learning-web.org

Danby Youth Services272-2292 x 222

A program of Cornell Cooperative Extension Rural Youth Services

▶ *After-school and summer activities for local middle and high school youth*

<http://counties.cce.cornell.edu/tompkins/rys/local.htm>

ljs257@cornell.edu

Dryden Recreation Department

93 E. Main St., Dryden 844-8888 x 228

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

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

recreation@frontiernet.net

Dryden Sertoma Soccer, Inc.

P.O. Box 1181, Dryden

Contact Joyce Day 844-9230

or Debbie Drew 844-3738

▶ *Fall soccer league for youth ages 5–13 who live in the Dryden school district; fees (scholarships available)*

Dryden Youth Services 272-2292 x 223 or x 222

A program of Cornell Cooperative Extension Rural Youth Services

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

<http://counties.cce.cornell.edu/tompkins/rys/local.htm>

dh67@cornell.edu or jad52@cornell.edu

Enfield Youth Services272-2292 x 229

A program of Cornell Cooperative Extension Rural Youth Services

▶ *After school and summer activities for local middle and high school youth*

<http://counties.cce.cornell.edu/tompkins/rys/local.htm>

bab47@cornell.edu

GIAC (Greater Ithaca Activities Center)

Permanent address 318 N. Albany St., Ithaca272-3622
 2009–10 temporary address: 521 Hancock St., Ithaca and at Ithaca High School

▶ *Recreation and sports programs; youth and teen activities and programs; educational programs, mentoring and tutoring; pool, summer camp and CIT program; multicultural center, summer basketball league; small fees or free*

▶ *The Spot: Friday evening teen gatherings and programs, free*

www.cityofithaca.org

giacmain@cityofithaca.org

Girl Scouts, Seven Lakes Council (troops in many locations)

226 Colonial Dr., Horseheads 796-6202

▶ *Leadership, decisionmaking, career exploration, outings, camping, summer opportunities; some programs have fees*

www.girlscoutssevenlakes.org/

Girls Softball League

Contact Charlie Nocera275-9311

▶ *Summer softball league for girls, ages 12–15, who reside in Tompkins County*

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

ithacababeruth@yahoo.com

Groton Freestyle Sports Facility, South Sports Complex

400 block of Peru Rd. (across from high school) 898-3966

▶ *Skate park for skateboards, in-line skates and BMX bikes; helmets, parental permission and waiver required (waiver form available at the Village office, those without a waiver will be banned from the park for the summer); open daylight hours from Apr.–Nov.; all ages; no fee for Town or Village residents; small fee for others*

www.grotonny.org

Groton Recreation Department

400 Peru Rd., Groton 898-4569

▶ *Providing a variety of recreational activities for all residents of the Village and Town of Groton including youth, adult, and summer recreation*

www.grotonny.org/park.html

Groton Soccer Club

Contact Melanie Morton 898-6565

▶ *Fall soccer league and travel soccer for area youth ages 5-12; fees*

mmorton@twcny.rr.com

Groton Youth Baseball

400 Peru Rd., Groton 898-4569

▶ *Spring baseball league for youth, grades K-9, who live in the Groton school district; fees; scholarships available*

vfitzger@groton.cnyric.org

Groton Youth Services 272-2292 x 225 or 898-4569

A program of Cornell Cooperative Extension Rural Youth Services

▶ *After-school and summer activities for local elementary, middle and high school youth*

▶ *Groton Summer Camp for youth ages 6-12*

<http://counties.cce.cornell.edu/tompkins/rys/local.htm>

mmd1027@aol.com or vfitzger@groton.cnyric.org

Ithaca Babe Ruth Baseball League

P.O. Box 112, Ithaca

Contact David Iles272-2916

▶▶ *Summer league for ages 13–15, players must reside in the Ithaca City School District but not necessarily attend ICSD schools; fees*

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

ithacababeruth@yahoo.com

Ithaca Skateboard Park

700 block of S. Meadow St., Ithaca (across from the Tops Plaza)

▶▶ *Park is open until 10 p.m., use of helmets while on skateboards, bicycles, and roller-blades is strongly encouraged; free*

Ithaca Youth Bureau (programs in many locations)

1 James L. Gibbs Dr., Ithaca 273-8364

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

▶▶ *Summer camps, pool, swimming lessons, ice skating; fees*

▶▶ *Lessons: golf, swimming, tennis; fees*

www.ithacayouthbureau.org

iyb@cityofithaca.org

Ithaca Youth Hockey

P.O. Box 391, Ithaca

Contact Peter Dugan272-2302

▶▶ *Ice hockey league for boys and girls ages 4–17; learn to skate, house league & travel team programs; inline hockey program during summer months; fees*

www.ithacayouthhockey.com

Joint Youth Commission

Call County Youth Services Department for program info274-5310

▶▶ *Fun, non-competitive activities and services for teens from the Town of Ithaca and the Villages of Lansing and Cayuga Heights*

Lansing Recreation Department

P.O. Box 186, 29 Auburn Rd., Lansing 533-7388

▶▶ *Sports, art, music, and culinary programs for youth*

▶▶ *Parks, ball fields, swimming, picnic areas and pavilion*

www.lansingrec.com

steve-lansingrec@twcny.rr.com

Lansing Soccer Club

▶▶ *League soccer play for area youth ages 7–18; fall, winter, spring; instruction, travel teams; fees*

www.lansingsoccer.org

lansingsoccer@gmail.com

lansingregistrar@gmail.com

Lansing Youth Services272-2292 x 250 or 533-4271 x 2118

A program of Cornell Cooperative Extension Rural Youth Services

▶▶ *After-school and summer activities for local middle and high school youth*

<http://counties.cce.cornell.edu/tompkins/rys/local.htm>

Isabel.bazaldua@icsd.k12.ny.us

dawnk@twcny.rr.com

Learn-to-Swim, The American Red Cross

201 W. Clinton St., Ithaca 273-1900 x 14

▶ *Certified water safety instructors provide progressive swimming instruction, including a variety of strokes at eight course levels, all ages and abilities; fees*

www.tompkins-redcross.org/ healthandsafety@tompkins-redcross.org

Newfield Youth Programs

Contact: Richard Berggren, 166 Main St., Newfield 564-9981 or 564-7561

▶ *Sports leagues, summer camps, ice skating, summer sports programs*

Newfield Youth Services 272-2292 x 226*A program of Cornell Cooperative Extension Rural Youth Services*

▶ *Fun after-school and summer programs and activities for Newfield youth in grades 6–8, free*

<http://counties.cce.cornell.edu/tompkins/rys/local.htm> nmp47@cornell.edu

OUTING Program, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca 273-8364 x 143

▶ *Outdoor adventure program for youth ages 10–18*

▶ *Activities include: rock climbing, canoeing, ropes challenge course, tree climbing, camping and more; no fee*

www.ithacayouthbureau.org iyb@cityofithaca.org

Primitive Pursuits, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

▶ *Explore ancestral living skills and nature awareness challenges through activities including: plant and track identification, survival skills, lodge building, dye making, stone and bone tool making, tanning, fire making, knife use and safety, and more*

<http://primitivepursuits.net/> info@primitivepursuits.net

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 programs operated by the Ithaca Youth Bureau at member rates.*

▶ *Sport leagues, lessons, expressive arts and camps for youth and teens; fees*

<http://tcrecpartnership.com/> iyb@cityofithaca.org

Recreation Support Services, Ithaca Youth Bureau

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 program; call for info*

www.ithacayouthbureau.org iyb@cityofithaca.org

Recycle Ithaca Bicycles (RIBS)

530 W. Buffalo St., Ithaca leave message at 256-5355 or 272-9218

▶ *Reopening spring, 2010; repair bicycles for reuse; volunteer hours can be used as credits toward earning a repaired bike, helmet, and other parts or accessories; repair courses offered*

recycleithacabicycles@gmail.com

The Rink, The Field

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*

www.therink.org

Southside Community Center

305 S. Plain St., Ithaca 273-4190

▶▶ *School-age program, RIBS, evening teen programs, open gym, basketball, Tae Kwan Do, well pet clinic, computer lab, Community Unity Music, recording studio, senior shopping program; free*

▶▶ *Food pantry once a month 3rd Thursday of the month from 5–7 pm*

<http://sscc-ithaca.org/>

southside@sscc-ithaca.org

Student Historians, The History Center in Tompkins County

401 E. State St., Ithaca 273-8284 x 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.*

www.thehistorycenter.net

education@thehistorycenter.net

Super CAT (Cool After-School Times) DeWitt Advantage After School Program, Tompkins Community Action

See listing under “Tutoring and Academic Support” on page 30

Taughannock Soccer Club

Larry Glanton, Registrar 387-3489

▶▶ *Fall soccer for Trumansburg area youth, ages 6 to 18; instruction, leagues, travel teams; fees*

www.tscsoccer.org

lglanton@tburg.k12.ny.us

Tompkins County Public Library's Teen Services Department

101 E. Green St., Ithaca 272-4557 x 277

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

<http://www.tcpl.org/teen/>

Tompkins Girls Hockey Association

Contact Mary Grainger for program info 257-3268

▶▶ *Hockey for girls 5–19, Oct.–March; introduction to the game, teams, leagues and special events; fees, scholarships available*

www.ithacagirlshockey.com

mmgithaca@aol.com

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; fees, some scholarships available*

www.tcunitedsoccer.org

info@tcunited.org

Town of Ithaca Recreation

215 N. Tioga St., Ithaca 273-1721 x 136

Contact Marnie Kirchgessner Recreation and Youth Coordinator

- ▶ Planning, organizing, implementing and administering all aspects of a recreation program for all ages and development programs for youth in the Town

www.town.ithaca.ny.us/recreation@town.ithaca.ny.us**Trumansburg/Ulysses Youth Services**

A program of Cornell Cooperative Extension Rural Youth Services

615 Willow Ave., Ithaca 272-2292 x 225 or 387-4910

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

<http://counties.cce.cornell.edu/tompkins/rys/local.htm>clm48@cornell.edu or nls32@cornell.edu**Upstate Ladies AAU Girls Basketball Club**

Contact Tim Bangs 277-4911

- ▶ Basketball club for girls on teams, ages 10–16; weekly practices and weekend tournaments; season runs from March to early June

www.upstateladies.orgupstateladies@gmail.com**YMCA**

Graham Road West, Ithaca 257-0101

- ▶ Health and wellness, organized classes, fitness, youth sports, pool, training area, racquetball, basketball, camping, swim lessons, swim team, aerobics, after-school programs, child care, youth events, volunteer program, sports leagues, yoga, Irish dance; fees

www.ithacaymca.com**Theatre, Music, Dance, and Art**

There are plenty of activities to do in Tompkins County centered around theatre, music, dance, and art, whether it's dancing on the Commons in the summer time, checking out a new art exhibit at the Johnson Museum at Cornell, or getting involved with your school drama department. There are many dance studios and music and art teachers located throughout Tompkins County that are not listed in the OJ Guide; check the yellow pages in your local phone book for more information.

Community School of Music and Arts

330 E. State St., Ithaca 272-1474

- ▶ 4 terms/year, offerings in voice, music, dance, art, theater classes, ensembles, classes tailored to student's ability; fees, scholarships available

www.csma-ithaca.orginfo@csma-ithaca.org**Green Guerrillas Youth Media Tech Trainee Program, Southern Tier Advocacy & Mitigation Project, Inc.**

119 E. Buffalo St., Ithaca 277-2122

- ▶ Paid job training program for teens of color, 15+, that offers instruction in digital media production with focus on environmental sustainability and social justice.
- ▶ Program includes monthly documentary screenings, community outreach, field trips, and student film premieres at local venues

www.guerrilla-griots.orginfo@guerrilla-griots.org

Hangar Theatre

P.O. Box 205, Ithaca 273-8588

▶▶ *Next Generation Theatre* – 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 theatre artists*

www.hangartheatre.org

info@hangartheatre.org

Human Enrichment, Salvation Army Tompkins County

150 N. Albany St., Ithaca 273-2400

▶▶ *Free music lessons with one-to-one instruction, and ensemble classes*

▶▶ *Supper is served to participants, and parents are encouraged to come eat with them*

▶▶ *Two week summer program, "Music Conservatory", with music lessons, day trips, meals, recreation, crafts, etc.*

Orange Tree Theatre Company

P.O. Box 159, Ithaca (contact person changes every year)

▶▶ *Theatre for youth, and directed by youth; ages 13-18; free*

ottc@hotmail.com

The Role Players, Suicide Prevention and Crisis Service Education Program

SPCS Training/Resource Ctr., 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*

www.suicidepreventionandcrisisservice.org/

spcs@roleplayers@verizon.net

Running to Places

P.O. Box 483, Ithaca (contact person changes every year)

▶▶ *Youth-run community theater for middle and high school youth (rural, urban, private, public, and home schooled) to produce musicals and other theatrical pieces; no fee*

<http://www.runningtoplaces.org/>

Shakespeare in the Basement

Contact person changes every year

▶▶ *Theatre program that is youth run, acted, and designed. Students in grades 8–12 produce and perform two shows per year, in the fall and spring. The program is based out of Ithaca High School, but other county youth are welcome to join.*

Shakespeareinthebasement@gmail.com

Trumansburg Conservatory of Fine Arts

Congress St. at McLallen St., Trumansburg 387-5939

▶▶ *Art and dance lessons (classes); music lessons (individual); fees*

www.trumansburg.ny.us/tcfa

calistasmith@att.net

Unity Studios, Southside Community Center

305 S. Plain St., Ithaca 273-4190

▶▶ *Classes Mon.-Thurs. to learn how to record music digitally on the computer*

▶▶ *Call ahead to schedule times to come in to record music; no fee*

<http://sscc-ithaca.org/>

dvitucci@sscc-ithaca.org

Video Training/Television Show Production, PEGASYS

519 W. State St., Ithaca 272-7272

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

www.pegasysaccess.org

lauren.stefanelli@twcable.com

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
- ▶ Vitamin L's uplifting, inspiring songs promote positive character development and peace in our communities and schools

www.vitaminL.org

vitaminLproject@hotmail.com

Transportation: Getting around Town!

So, you don't have a car? Or maybe you don't even have your driver's license yet. Well, if you need to go somewhere, try a bus. Public transportation is a greener way to travel, like biking, and buses go everywhere! There are too many routes and schedules to list here so call the numbers below or check on-line for information. Tompkins County has a coordinated countywide bus system called TCAT, [Tompkins Consolidated Area Transit, see below]. Bike racks are available on the front of buses. In New York State, hitchhiking is illegal and punishable by fines. Consider the possible danger of getting into a stranger's vehicle – and find another way to travel. Skateboard, bike, walk, rollerblade, or arrange for a ride! If you're over 18, check out Ithaca Car Share (www.ithacacarshare.org), for an inexpensive alternative to buying your own car.

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; 48hr. notice required to guarantee ride; \$1.50/one way trip within city, \$2.00 outside.

Green Hornet Transportation Service

Call for taxi or longer distance livery service 280-3779

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.

www.ithacacarshare.org

info@ithacacarshare.org

Ithaca Dispatch (Taxi)

400 Spencer Rd., Ithaca 277-TAXI, (277-8294) or 277-7777

www.ithacataxi.biz/

Tompkins Consolidated Area Transit (TCAT)

737 Willow Ave., Ithaca 277-RIDE, 277-7433

Danby, Lansing, Caroline or Brooktondale info 275-0051

▶ *Youth fares (6–17 yrs.): cash fare: \$1.25; monthly pass: \$45; Sept.–Jan. or Feb.–June semester pass: \$30; summer pass (K–12 students): \$50*

▶ *Online trip planner, schedule and route information at website listed below*

www.tcatbus.com

tcat@tcatmail.com

Way2Go Transportation Education, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292 x 184

▶ *Information on getting around by bicycle, bus, car, ridesharing and more; share your transportation questions, tips and stories; get involved in community transportation issues*

<http://way2goinfo.org/> [going live fall 2009]

chrisophia@cornell.edu

Citizenship & Voting: Let your voice be heard!

Register & vote! Our government needs your participation so youth voices can be heard. Your vote could decide a close election. If you are 18, a U.S. citizen and a resident of Tompkins County for 25 days or more, you can vote in town, village, city, school district, state and national elections. To register, call the County Board of Elections at 274-5522 (128 E. Buffalo St., Ithaca) or get a form from their website www.tompkins-co.org/boe/, the post office, city/town halls, libraries, or the Motor Vehicle Department. First time registrants must provide ID. Once registered, you may vote by absentee ballot if you will be away on Election Day; call the Board of Elections to make arrangements. If you move, you must register at your new address.

Part II:

Build Your Skills!!

Information & Referral (available 24 hrs/day) ▲211 or 272-9331

EDUCATION

Libraries

Area libraries offer teens a variety of FREE resources for academic and entertainment pursuits, including, popular teen fiction and non-fiction, magazines, newspapers, computers and internet, even downloadable audio-books and music. Teens are also offered programs ranging from book clubs to game nights. For specific resource and program information contact your area library.

Caroline Community Library

Caroline Town Hall, 2670 Slaterville Rd., Slaterville Springs 539-7796
or library 539-3395
www.tcpl.org/tcpllibraries/caroline.html

Danby Community Library

Danby Town Hall, 1830 Danby Road, Ithaca 277-4200
www.tcpl.org/tcpllibraries/danby.html

Finger Lakes Library System (FLLS)

119 E. Green St., Ithaca 273-4074
▶ *Books by mail; services to agencies serving youth; descriptive videos/DVD's call for info*
www.flls.org

Groton Public Library

112 E. Cortland St., Groton 898-5055
www.flls.org/groton/ groton@twcny.rr.com

Lansing Community Library Center

Old Town Hall, 27 Auburn Rd., Lansing 533-4939
www.lansinglibrary.org info@lansinglibrary.org

Newfield Public Library

P.O. Box 154 (Main St.), Newfield 564-3594
www.flls.org/newfield/ newfieldpubliclibrary@yahoo.com

Southworth Library Association

24 West Main St., P.O. Box 45, Dryden 844-4782
www.southworthlibrary.org/ southworth@twcny.rr.com

Tompkins County Public Library

101 E. Green St., Ithaca 272-4557
www.tcpl.org bwojnowski@tcpl.org

Ulysses Philomathic Library

74 E. Main St., Trumansburg387-5623

www.trumansburglibrary.org

uphiloma@twcny.rr.com

Schools

If you are between the ages of 5 and 21, you can attend a public school in the school district where you live for free. In fact, state law says that if you are between the ages of 6 and 16, you must go to school every day that it is open unless you are sick or have another good excuse for not going to school. The law also says that you must finish the school year during which you turn 16. This means that you cannot drop out of school as soon as you turn 16.

You have the right to equal treatment while in school, meaning you may not be discriminated against on the basis of race, religion, national origin, handicap or gender. Special legislation allows runaway or homeless teens to return to school quickly and easily by explaining your situation and asking staff at the school office to help you register without delays. If you do not have a permanent address and need help with this call the County Youth Services Runaway and Homeless Youth Coordinator (274-5310) for help. If you are pregnant, you may remain in school as long as your doctor says you are physically able, and after your child is born, you can return to classes as soon as you are able. See also "Tutoring and Academic Support" section on page 29.

BOCES (Board of Cooperative Educational Services)

555 Warren Rd., Ithaca 257-1551

▶ *Vocational and technical training, GED (High School Equivalency Diploma) program, school services for learning disorders, Youth Development Program (see "Alcohol and other Drugs" or "Mentoring" sections)*

▶ *TST BOCES Community School (includes teen parents and pregnant teens' program)*

214 Elmira Road, Ithaca273-9015

www.tstboces.org/

Candor Central School District

1 Academy St., P.O. Box 145, Candor659-5010

www.candor.org

Cascadilla School

116 Summit St., Ithaca 272-3110

www.cascadillaschool.org

admissions@cascadillaschool.org

Covenant Love Community School

1768 Dryden Rd., Freeville347-4413

www.clcschool.org

clcs@twcny.rr.com

Dryden Central School District

P.O. Box 88, Dryden (District office) 844-5361

Dryden High School, P.O. Box 88, Dryden 844-8694

Dryden Middle School, P.O. Box 88, Dryden 844-8694

www.dryden.k12.ny.us

dcsd@dryden.k12.ny.us

Elizabeth Ann Clune Montessori School of Ithaca

120 E. King Rd., Ithaca277-7335
www.eacmsi.org admin@eacmsi.org

Franziska Racker Centers

3226 Wilkins Rd., Ithaca272-5891
www.rackercenters.org info@rackercenters.org

Groton Central School District

400 Peru Rd., Groton (District office) 898-5301
High School, 400 Peru Rd., Groton 898-5802
Middle School, 400 Peru Rd., Groton 898-5803
www.grotoncs.org

Immaculate Conception School

320 W. Buffalo St., Ithaca 273-2707
<http://schools.dor.org/ic/> icdcs@dor.org

Ithaca City School District

400 Lake St., Ithaca (District office)274-2101
Boynton Middle School, 1601 N. Cayuga St., Ithaca 274-2241
DeWitt Middle School, 560 Warren Rd., Ithaca257-3222
Ithaca High School, 1401 N. Cayuga St., Ithaca274-2145
Lehman Alternative Community School, 111 Chestnut St., Ithaca..... 274-2183
www.icsd.k12.ny.us/

Lansing Central School District

264 Ridge Rd., Lansing (District office) 533-4294
Lansing High School, 300 Ridge Rd., Lansing 533-4652
Lansing Middle School, 6 Ludlowville Rd., Lansing 533-4271
<http://lcsd.k12.ny.us>

Newfield Central School District

247 Main St., Newfield (District office) 564-9955
Newfield High School, 247 Main St., Newfield 564-9955
Newfield Middle School, 247 Main St., Newfield 564-9955
www.newfieldschools.org cshipos@newfieldschools.org

New Roots Charter School

116 N. Cayuga St., P.O. Box 936, Ithaca 339-6994
<http://newrootsschool.org/> info@newrootsschool.org

South Seneca Central School District

7263 S. Main St., Ovid (District Office) 869-9636
Middle School 869-9636
High School 869-9636
www.southseneca.com info@southseneca.k12.ny.us

Tompkins Cortland Community College (TC3)

P.O. Box 139, 170 North St., Dryden.....844-8211 or 1-888-567-8211

www.tc3.edu

admissions@tc3.edu

Trumansburg Central School District

100 Whig St., Trumansburg387-7551

Charles O. Dickerson High School387-7551

Russell I. Doig Middle School387-7551

www.tburl.k12.ny.us

Additional information about area schools is available at www.tompkins-co.org/youth

Study Abroad

See the world! Expand your horizons! Youth exchange programs provide a chance to live with a family in another country or within the United States. The length of stay varies depending on the program, and the focus might be educational, work-related, or just for travel. In addition to the exchange programs listed below, check out the book "The Teenagers Guide to Study, Travel and Adventure Abroad," available in high schools, libraries or bookstores. You can also contact the Council on International Education Exchange for more information (7 Custom House St., 3rd floor, Portland, ME 04101, 1-207-553-7600 or 1-800-40-STUDY, www.ciee.org).

AFS (American Field Service) Intercultural Programs

1 Whitehall St, 2nd Floor New York, NY 100041-800-AFS-INFO (800-237-4636)

..... or 1-800-876-2376 (for NY)

▶▶ *Study abroad programs for high school students*

www.usa.afs.org/

info@afs.org

Experiment in International Living, World Learning Inc.

Box 676, Kipling Rd., Brattleboro, VT 05302 1-800-345-2929

▶▶ *Summer abroad programs for high school level students; fees, check website*

www.worldlearning.org

eil@worldlearning.org

Rotary Youth Exchange Program

Local contacts:

Ithaca City School District, Bill Heffner274-2157

All other school districts: contact your school guidance counselor or a local Rotarian

▶▶ *11 month home-stay program in one of 20+ foreign countries; students attend high school full time; info. meeting in May, application process starts in early September for the following school year*

<http://www.rotary.org>

whffner@icsd.k12.ny.us

Youth for Understanding USA

6400 Goldsboro Rd., Suite 100, Bethesda, MD 20817 1-800-833-6243

▶▶ *Call or check the website for more information*

www.yfu-usa.org

admissions@yfu.org

Tutoring and Academic Support

We all could use a hand with something we're trying to learn. Lacking information is not the same as lacking intelligence. Besides, studying with someone else is much easier than trying to study alone. Ask for some help or volunteer! If you need help arranging tutoring services, contact your school guidance counselor.

Check out this resource: Need help studying for the SAT's or maybe you just want to improve your vocabulary? Try www.freerice.com. This website is a great way to build your skills! For every question you answer correctly, 20 grains of rice are donated through the United Nations World Food Program to help end hunger.

4-H Urban Outreach Program, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

▶ *Summer and after-school programs for youth ages 5–13 in the West Village Apartment Complex (Ithaca); tutoring, mentoring, job skills, literacy, clubs, team building and enrichment activities; free*

www.ccetompkins.org

scs45@cornell.edu

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

C-119L Van Hoesen Hall, SUNY at Cortland 753-5662

▶ *Encourages students to go to college by providing study skills programming, workshops for parents and students, and exposure to college life*

▶ *Programming for students in grades 9-12*

www.cortland.edu/ace

ace@cortland.edu

Boynton Advantage After School Program, Tompkins Community Action

1601 N. Cayuga St., Ithaca 274-2270

▶ *Daily after-school program, open to all Boynton students; includes academic support, fun enrichment activities, recreation and leadership skills. 3 hours daily; dinner provided.*

www.tcaction.org

pam.washak@tcaction.org

Homework Support, Southside Community Center

305 S. Plain St., Ithaca 273-4190

▶ *A weekday homework support club for elementary and middle school students*

<http://sscc-ithaca.org/>

southside@sscc-ithaca.org

Individual Development Accounts (IDAs), Alternatives Federal Credit Union

125 N. Fulton St., Ithaca 273-4611 x 845

▶ *Matched savings accounts to help income-qualified youth attend college, start a business or buy a home, parents or youth can apply; free*

www.alternatives.org

IDA@alternatives.org

Let's Get Ready, a collaboration of the Ithaca Youth Bureau, Village at Ithaca and Cornell University

1 James L. Gibbs Dr., Ithaca 273-8364

▶ *SAT preparation, college mentoring and financial aid coaching for ICSD students in grades 10–12 who would not otherwise be able to obtain such services; 10 week, bi-weekly spring classes help improve SAT scores and increase access to college; free*

www.ithacayouthbureau.org

iyb@cityofithaca.org

Liberty Partnership Program (L.P.P.)

C119 Van Hoesen Hall, SUNY, Cortland 753-5663

▶▶ *School support for students and parents; grades 5–12; assistance to complete high school or post-secondary education or to seek meaningful employment*

www.cortland.edu/outreach/

rightmirej@cortland.edu

Paul Schreurs Memorial Program, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca 273-8364

▶▶ *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*

www.ithacayouthbureau.org

Eloiseb@cityofithaca.org

Student Athletes First, Greater Ithaca Activities Center (GIAC) and Ithaca Youth Bureau

Permanent address 318 N. Albany St., Ithaca 272-3622

2009-10 Temporary address 521 W. Seneca St., Ithaca

▶▶ *After-school homework club at Ithaca High School for student athletes needing academic support*

Super CAT (Cool After-School Times) DeWitt Advantage After School Program, Tompkins Community Action

DeWitt Middle School, 560 Warren Rd., Ithaca 257-3406

▶▶ *Daily after-school program, open to all DeWitt students; includes academic support, fun enrichment activities, recreation and leadership skills. 3 hours daily; dinner provided*

www.tcaction.org

info@tcaction.org

Teen Program, Greater Ithaca Activities Center (GIAC)

Permanent address 318 N. Albany St., Ithaca 272-3622

2009–10 Temporary address 521 Hancock St., Ithaca and at Ithaca High School

▶▶ *Educational, recreational, cultural, and leisure programs for teens to enhance social and individual development; also offering academic support*

▶▶ *“Preteen Program” for grades 6 & 7, “Transitions” gr. 8 & 9, and “T.E.A.C.H.” gr. 10–12*

www.cityofithaca.org

vsierra@cityofithaca.org

Tutoring and Academic Support, Village at Ithaca

609 W. Clinton St., Suite 109, Ithaca 256-0780

▶▶ *One-on-one academic support and tutoring for local students; free*

▶▶ *Path of Success personal development seminar, one day event to inspire students to dream big, and set high goals; grades 8–12; free, call for more info*

www.villageatithaca.org

contact@villageatithaca.org

JOBS AND JOB TRAINING

Usually, if you are under age 18 you must have working papers to get a job. Pick up working papers in the nurse’s office of the high school in your district, whether or not you attend the school. Most schools will help you fill out the working papers. You will need your parent’s written permission, proof of age and a certification of physical fitness. To get a job, you will also need a Social Security number. Call 256-0307, 256-3651 or 1-800-772-1213 or go to the Social Security Office (127 W. State St. 2nd floor, Ithaca) to apply for one. Forms are available electronically at www.ssa.gov.

Minimum wage can vary depending on the job. For example minimum wage may be less if you are working in restaurant and receiving tips. Some employers are allowed by law to pay a “Training wage” to youth under age 20 for the first 90 days of employment. If you are not sure that you are receiving fair pay for the work that you are doing, contact the New York State Department of Wages and Hours (1-800-HIRE-992). More information is available at www.labor.state.ny.us/agencyinfo/minwage_home.shtml

If you are not able to find a job, one good way to build your experience is to do volunteer work in the community. This can often lead to employment. (See “Community Service and Leadership Opportunities” section on page 5)

National GED Information Hotline 1-800-626-9433
Job Corps 1-800-733-5627

Alternatives Federal Credit Union, Student Credit Union

125 N. Fulton St., Ithaca 216-3429
(School branches located at IHS, Boynton, LACS, plus 5 elementary schools)

▶ 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. Free if parents are federal credit union members, otherwise \$2.00 fee

www.alternatives.org

scu@alternatives.org

Babysitter's Training, American Red Cross

See “Licenses and Certifications” section on page 34

BOCES (Board of Cooperative Educational Services)

555 Warren Rd., Ithaca 257-1551

▶ Job information, educational training, job development, career counseling

www.tstboces.org

Carpenters Local 281

181 Industrial Park Rd., Horseheads 739-4685

▶ Journeyman carpenters, apprenticeship program; must be 18+ years of age and have H.S. diploma or GED

www.empirestatecarpenters.org/index.htm

j.schenck@verizon.net

Challenge Industries

See listing in “Disabilities” section on page 55

College NOW, TC3

PO Box 139, 170 N. St., Dryden 844-8222 x 4311

▶ Concurrent Enrollment – courses being taught at the high school BOCES program that are certified college courses; college credits earned at no cost to school or student

▶ College Now Online – high school juniors and seniors are eligible to take any online course for a reduced tuition of \$50 per credit hour

▶ Tech Prep – supports career and technical education

www.TC3.edu/collegenow

collegenow@tc3.edu

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

515 W. Seneca St., Ithaca.....275-0122

▶ Career exploration tours, job shadowing, community service projects

▶ Job training

▶ Volunteer and paid apprenticeships for eligible youth; free

www.learning-web.org

Job LINK, Tompkins Workforce New York

171 E. State St., Suite #241, Ithaca..... 272-7570 x 169

▶ 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 guidelines

▶ Customer service and sales training center: classes and workshops on customer service and other workplace topics, all ages; contact for schedule and details

▶ National certification on customer service offered

www.tompkinsworkforceny.org

firststop@tompkins-co.org

JOBS Program, Employment Unit, Department of Social Services

320 W. State St., Ithaca 274-5294

▶ Training and employment for youth on temporary assistance

Lifeguard Training, American Red Cross

See "Licenses and Certifications" section on page 34

Local Employment Opportunities

Job training and employment for teens

Caroline, Danby, Dryden, Enfield, Groton, Lansing.. 272-2292

Trumansburg/Ulysses387-4910

Coordinated by local commissions/community councils through Cornell Cooperative Extension, 615 Willow Ave., Ithaca

www.ccetompkins.org

tompkins@cornell.edu

City of Ithaca 273-8364

coordinated by Ithaca Youth Bureau, 1 James L. Gibbs Dr., Ithaca

www.ithacayouthbureau.org

Newfield 564-9981

Town of Ithaca273-1721 x 316

Money Works, Cornell Cooperative Extension

615 Willow Ave., Ithaca..... 272-2292

▶ Classes teach how to select an appropriate bank or credit union, successfully manage your checking and savings, set financial goals, track spending, and develop and implement a spending plan

www.ccetompkins.org

tompkins@cornell.edu

Plumbers-Steamfitters Local 267

701 W. State St., Ithaca 272-8586 or 1-800-635-0336 x 203

▶ *Journeyman plumbers or pipe fitters, apprenticeship program, must have H.S. diploma or GED and be 18+ years of age*

www.ualocal267.orgpfingland@ualocal267.org**Student Work Initiative, Town of Ithaca**

215 N. Tioga St., Ithaca 273-1721 x 136

Contact Person: Recreation Youth Coordinator

▶ *Point of contact for youth to learn about available employment opportunities in Town of Ithaca*

▶ *Coaching, mentoring, and training on interviewing, résumé writing, and job searching is included; no fee*

MKirchgessner@town.ithaca.ny.us**Summer Jobs**

▶ *For a list of summer job programs updated each year, call the Tompkins County Youth Services Dept. at 274-5310*

www.tompkins-co.org/youthyouthservices@tompkins-co.org**Tompkins Workforce New York**

171 E. State St. #241 (Center Ithaca, 2nd floor), Ithaca 272-7570 x 118

▶ *Job search assistance, career resource library, résumé and cover letter assistance, computerized job matching, on-site employer recruiting, workshops, training and link-ages to apprenticeships, appropriate referrals, information and employment options available to all ages seeking employment*

▶ *On-site computer, faxing, copying for employment search available*

www.tompkinsworkforceny.orgfirststop@tompkins-co.org**Vocational Educational Services for Individuals with Disabilities (VESID)**

171 E. State St. Suite 206, Ithaca 734-5294 or 1-800-888-5020

Contact: Karen Edwards

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

www.vesid.nysed.gov/southerntierkedward2@mail.nysed.gov**Youth Employment Service (Y.E.S.), Ithaca Youth Bureau**

1 James L. Gibbs Drive, Ithaca 273-8364

▶ *Free, friendly job referral network for Tompkins County teens, age 14 and up; help with finding part-time and full-time jobs or short-term jobs, increasing your chances of getting the job you want; other employment opportunities may be available from time to time, special paid summer job programs available each year*

www.ithacayouthbureau.orgyes@cityofithaca.org**Youth Horticulture Apprentice Program, Cornell Cooperative Extension**

615 Willow Ave., Ithaca 272-2292

▶ *Program provides training and employment for youth ages 14–18 in gardening, landscaping and basic sciences and involves youth in community beautification. This program is located at the Ithaca Children's Garden*

http://ccetompkins.org/ithacachildrengarden/programs_yhap.htmlithacachildrengarden@cornell.edu

Armed Services

Want information about enlisting? Check out these websites or call the service branch you're interested in. When males turn 18 they must register for the draft. They will receive information in the mail; info is also available at the post office or board of elections. You may receive phone calls and letters from various Armed Services branches. This is because your school is required to provide students' names and addresses to Armed Services recruiters unless parents have signed a form saying that they do not want their child's name and contact information released. You can download and fill out the "Opt out" form if you wish to have your contact information withheld: http://www.militaryfreezone.org/opt_out.pdf

Air Force, 91 Main St., Cortland 756-6122, 1-800-423-8723
www.airforce.com

Army, US Army Station, 2309 N. Triphammer Rd., Ithaca ... 257-4983 or 1-800-USA-ARMY
www.goarmy.com

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

Marines, 2303 N. Triphammer Rd., Ithaca 257-9739
www.usmc.mil

Navy, 91 Main St., Cortland 753-0112
www.navy.com

New York National Guard Youth Program

Camp Smith Building 501, Cortlandt Manor 914-788-7405

▶▶ *A program for kids whose parents are in the military*

▶▶ *Prepares our diverse population for success in a dynamic global society by providing: leadership, resources, services, and education; ensures that the structures, programs, and services of the Youth Program reflect the unique needs of all military children*

<http://dmna.state.ny.us/family/yprogs.php> shelly.m.aiken@us.army.mil

U.S. Coast Guard

Shop City Shopping Ctr., 386 Grand Blvd., Syracuse 315-437-6135
or 1-877-NOWUSCG (669-8724) Contact HS1 Jason Faris

▶▶ *Primary mission is saving lives and law enforcement. Same benefits as other military branches (GI bill, etc.)*

www.uscg.mil

LICENSES AND CERTIFICATIONS

Fishing

Each year, the last full weekend in June is designated as Free Fishing Days in New York State. During those two days, anyone can fish New York State waters, and no fishing license is required. At all other times, anyone age 16 or older must have a valid fishing license while fishing. A fishing license (or combined hunting and fishing license) allows you to: take fish by angling, spearing, hooking, longbow, and tip ups; take frogs by spearing, catching with the hands or by use of a club or hook; and take bait fish for personal use, all as provided by the laws and regulations of the Department of Environmental Conservation:

- You must have your license on you while fishing
- You must show your license on demand to any police officer, peace officer, or the owner or other person in control of the lands or waters where you are fishing
- You may not trespass on private lands or waters or interfere with property belonging to another person
- Licenses may be purchased on line (www.dec.ny.gov/permits/28941.html), at many license issuing outlets (most town clerks' offices and many sporting goods stores) or by phone (1-86-NY-DECALS).

<http://www.dec.ny.gov/permits/6091.html>

Hunting

Youth under the age of 12 may not obtain a hunting license or hunt wildlife. Youth 12 and older must complete a hunter safety course before obtaining their first license; your parent/guardian will need to go with you when you apply and while you hunt. There are many types of hunting licenses, check out www.dec.ny.gov/permits/6395.html for details.

Department of Environmental Conservation, Sportsman Education Program

1285 Fisher Ave, Cortland 753-3095, x 241 or x 242

▶ *Safety courses for Hunting, Trapping, Archery, and Waterfowl; must be at least 11 years old*

www.dec.ny.gov

Motor Vehicles

Boating License

For the boater safety course offered in Ithaca, contact John Lango 277-5247. Boater safety courses are also offered in areas surrounding Tompkins County. Call BoatUS for more information: (1-800-336-BOAT), or look online for approved courses: http://nysparks.state.ny.us/boating/edu_boat.asp

In New York, you must attend a classroom course and hold a safety certificate to:

- Operate a personal watercraft, regardless of your age, in New York State.
- Operate a motorboat (including personal watercraft) and you are at least 10 years old and less than 18 years old. (Youth less than 10 years old may operate a motorboat (non-PWC) only if someone over 18 or someone between ages 10-18 who holds a safety certificate is on board. Anyone may operate a personal watercraft if someone at least 18 years old is riding on the craft and they hold a safety certificate.

A safety certificate issued to a resident of another state or country is acceptable provided the certificate is carried while operating in New York State. Please note the certificate must be issued by the state or country of residence, and should be NASBLA approved. (Information accessed on August 19, 2008 from: <http://www.boatsafe.com/nauticalknowhow/stateregs.htm>)

Driver's License

With the ability to drive comes a great deal of responsibility. If you want the facts on how to obtain a license, and what you can and cannot do with your license look below.

You must be 16 to get a learner's permit which will allow you to drive with a licensed driver over the age of 21. There are restrictions as to when and where you can drive. In order to get a permit, you must pass a written and vision test, have the permission of your parent(s) or legal guardian(s), on your application (if under age 18), prove your age and identity, show your Social Security card, and pay a fee.

To get a driver's license in New York State, either for driving a car, a motorcycle or a moped, you must have a learner's permit, complete a pre-licensing course or an approved driver education course, bring a statement from your supervising driver, signed by your parent, that you have at least 20 hours of driving experience, and pass a road test. Graduated licensing rules impact Upstate NY drivers under age 18, "junior drivers". The rules include limits on how many passengers can ride with you and when you can operate the vehicle.

All motor vehicles driven on public roads must be registered at the Department of Motor Vehicles and have valid insurance and inspection. If you buy a vehicle, you must get it registered and get a new license plate.

In case of an accident, stay at the scene. It is a violation to leave the scene of any accident involving property damage, and a crime to leave if personal injury is involved. Remain calm and make no accusations or statements about guilt. Call the police if there is damage to either vehicle or if someone is injured. Exchange names, addresses, phone numbers, insurance companies, and drivers license numbers.

Tompkins County Department of Motor Vehicles

301 Third St., Ithaca273-7187

▶ Forms and information available on-line

www.NYSDMV.com www.tompkins-co.org/cclerk/ riacovelli@tompkins-co.org

Non-Driver Photo ID Cards

301 Third St., Ithaca273-7187

▶ A person of any age who does not have a driver license can apply to the Tompkins County Motor Vehicle Department for a non-driver photo ID card. You must provide acceptable proofs of identity and date of birth. Fee charged. Hours: 8:30 am–4:30 pm M-F.

www.NYSDMV.com www.tompkins-co.org/cclerk/ riacovelli@tompkins-co.org

Snowmobile License

Snowmobiling can be fun, but if you are under 14 and want to drive you need a license. Courses are offered through the NYS Office of Parks, Recreation, and Historic Preservation. Call 387-7081 for course time and locations. The Tompkins County Sheriff's Department (257-1345) also offers snowmobile safety courses.

Safety Courses

Babysitter's Training, American Red Cross

201 W. Clinton St., Ithaca 273-1900 x 14

▶ Address safety issues, preventing injuries and illnesses, basic child care, first aid, decision making skills and age-appropriate behavior and play; ages 11–15

www.tompkins-redcross.org healthandsafety@tompkins-redcross.org

First Aid and CPR, American Red Cross

201 W. Clinton St., Ithaca 273-1900 x 14

▶▶ Learn basic first aid and emergency skills, seventh grade reading level required; fee

www.tompkins-redcross.orghealthandsafety@tompkins-redcross.org**Lifeguard Training, American Red Cross**

201 W. Clinton St., Ithaca 273-1900 x 16

▶▶ Lifeguard skills and knowledge needed to prevent and respond to aquatic emergencies, minimum age of 15, must pass aquatic pretest

www.tompkins-redcross.orghealthandsafety@tompkins-redcross.org**MENTORING**

When you are matched up in one-to-one relationships with adult volunteers, you often form a trusting bond that can last a lifetime. The adult will provide a consistent and positive role model to whom you can look for guidance, confidence and friendship. You are not the only one who will benefit from a mentoring relationship; you also have much to teach and will offer a fresh perspective to your mentors as well. There are several programs in Tompkins County that help you to link with adult mentors for friendship, life skills, academics, career help, and more.

BOCES Youth Development Program

TST BOCES, 555 Warren Rd., Ithaca 257-1551

▶▶ Staff work one-on-one or in small groups in a school setting with youth around personal issues

www.tstboces.orgaverba@tstboces.org**Career Mentoring Program, TST BOCES**

555 Warren Rd., Ithaca 257-1551

▶▶ BOCES enrolled students work with professionals to gain job skills

www.tstboces.org**One-to-One Big Brothers Big Sisters of Ithaca and Tompkins County, Ithaca Youth Bureau**

1 James L. Gibbs Dr., Ithaca 273-8364

▶▶ 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

www.ithacayouthbureau.orgonetooone@cityofithaca.org**Paul Schreurs Memorial Program, Ithaca Youth Bureau**

1 James L. Gibbs Dr., Ithaca 273-8364

▶▶ Academic and personal support for eligible students; free

▶▶ Support provided by volunteer tutors and mentors

www.ithacayouthbureau.orgEloiseb@cityofithaca.org**Youth Outreach Program, The Learning Web**

330 W. State St., Ithaca 272-8162

▶▶ Information, counseling, employment, apprenticeships; adult mentors teach workplace skills and employment readiness; help for homeless or independent youth with housing and accessing social services; free

www.learning-web.org

Part III:

Take care of Yourself!

Information & Referral (available 24 hrs/day)▲211 or 272-9331

COUNSELING

Abuse and Rape

Abuse and Rape are not right. Ever.

Abuse might be physical, emotional or sexual. Abuse can take the form of name calling, jealous rages, possessiveness, threats and controlling behavior. Abuse can range from pushing, slapping and grabbing to rape, physical injury and murder. Abuse can happen once but most often abuse is not a one-time event but part of a pattern that escalates and worsens over time.

Any unwanted sexual contact is a sexual assault/abuse. Sexual assaults occur whenever a person does not, or cannot, give their consent to sexual activity—kissing, fondling, touching, oral sex, sexual intercourse or penetration. Sexual abuse/harassment includes sexual teasing, comments, texts, email, phone calls, or other persistent unwanted sexual attention.

Whether the person who hurt you is a friend, a boyfriend or girlfriend, a relative, or a stranger, you may feel scared, angry, helpless, betrayed, guilty and confused.

For help and support you can call the Advocacy Center hotline 24 hours a day at 277-5000. A counselor trained to provide support to young people will be available to answer your questions and help you understand your options. You can call the hotline anonymously, which means that you don't have to give your name or phone number. Talking with someone can help you sort out your feelings and help you figure out what you want to do next.

If you or someone you know has been raped, sexually abused, or physically hurt there may be a need for medical treatment. There could be a risk of pregnancy, sexually transmitted disease or physical injury. In this time of crisis, you have to know that you're not alone. There are people available and eager to help. The SANE program at Cayuga Medical Center has specially trained nurses to help teens and adults who have been sexually abused or raped. An advocate from the Advocacy Center can help teens access the SANE program and could stay with you or your friend at the hospital.

You have the right to talk to the police about the possibility of bringing charges against whoever has hurt you. You may also be able to get a court order of protection, a document from a judge that orders the person who hurt you to stay away from you. Advocates from the Advocacy Center can talk with you about your legal choices and help you through any legal steps you decide to take.

There is no safety in silence.

Hotlines and Help lines:

- Child Abuse and Neglect Hotline** ▲1-800-342-3720
- Crime and Rape Victim Hotline** ▲1-212-577-7777
- Domestic Violence and Sexual Abuse**▲277-5000
- Domestic Violence Hotline**..... ▲1-800-799-7233
- Emergency Contraception**.....www.not-2-late.com
- Live online chat from 4 pm-2 am** www.LovelsRespect.org
- National Teen Dating Abuse Helpline (12 am–4 pm)** 1-800-799-7233
- Nat'l Teen Dating Abuse Helpline (peer; 4 pm–12 am)** 1-866-331-9474
- Prevent Child Abuse NY (Parent Hotline)**▲1-800-342-7472

▲ Numbers marked with a blue triangle (▲) will be answered 24 hours a day.

Children Against Sexual Abuse (CASA), Family and Children's Service

204 N. Cayuga St., Ithaca 273-7495

▶▶ Group sessions to enhance coping skills and reduce isolation for children who have been sexually abused; group discussions are focused on guilt, shame, fear, and loss

▶▶ For youth ages 12-18; sliding fee

www.fcsith.org

fcs@fscith.org

Child Protective Services Intake, Dept. of Social Services

320 W. State St., Ithaca 274-5306

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

www.tompkins-co.org/departments/detail.aspx?DeptID=41

Krissy.Hendley@dfa.state.ny.us

Domestic Violence and Sexual Abuse Services, The Advocacy Center

P. O. Box 164, Ithaca277-3203

24 hour hotline 277-5000

▶▶ 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.

www.theadvocacycenter.org

Lending Library, The Advocacy Center

P. O. Box 164, Ithaca277-3203

▶▶ 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.

▶▶ Open during office hours, Monday to Friday 9-5. Please call for an appointment.

www.theadvocacycenter.org

Mental Health Clinic, Tompkins County

201 E. Green St., Ithaca 274-6200
24 hour emergency service ▲272-1616

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

www.tompkins-co.org/departments/detail.aspx?DeptID=28

rdeluca@tompkins-co.org

Police and Sheriff's Departments

See "Legal Assistance and Juvenile Justice" section on page 58

Ponderosa Pals Youth Program, Meadowgate

Mailing Address: 535 Vankirk Rd., Newfield 564-7455
Barn Address: 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*

www.nyhorserescue.net

Youth and Family Services, Dept. of Social Services

320 W. State St., Ithaca 274-5270

▶ *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)*

www.tompkins-co.org/departments/detail.aspx?DeptID=41

See also "Legal Assistance and Juvenile Justice" section on page 58

Adoption See "Pregnancy" section, page 54

Alcohol and Other Drug Abuse

It is illegal to drink or buy alcohol before the age of 21. It is also illegal, at any age, to take recreational drugs such as marijuana, cocaine or speed. There are many places you can go for advice and counseling on drug and alcohol abuse. You may need parental permission for certain services but not for others. You should check with the program about their rules on confidentiality. If you, a friend, or someone in your family shows signs of having a problem with alcohol or other drugs, talk with someone you trust and encourage your friend (or yourself) to get help.

Hotlines and Help lines:

Al-Anon/Alateen Meeting Info Line 1-800-344-2666
Alcohol/Drug Abuse Hotline ▲1-800-662-HELP
Alcohol Hotline ▲1-800-252-6465
Marijuana Anonymous www.marijuana-anonymous.org
NY State Drug Abuse Information & Help Line ▲1-800-522-5353

www.oasas.state.ny.us

▲ Numbers marked with a blue triangle (▲) will be answered 24 hours a day.

Alateen/AlAnon

Call Lauri Smith for meeting locations. 387-5701

Mail information to: PO Box 685, Ithaca

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

▶ *Group meetings in communities, churches, schools*

www.al-anon-alateen.org

ithaca_alanon@yahoo.com

Alcoholics Anonymous

P.O. Box 43, Ithaca 273-1541

- ▶ *Self-help groups for alcoholics and their families; free*
- ▶ *Time and location of AA meetings are published on the website:*

www.ny-aa.org/tompkins

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*

www.alcoholdrugcouncil.org

Cayuga Addiction Recovery Services (CARS) – Out-patient

334 W. State 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*

www.carsny.org

outpatient@carsny.org

Cayuga Addiction Recovery Services (CARS) – Residential

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

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

www.carsny.org

residential@carsny.org

Cayuga Medical Center at Ithaca

101 Dates Dr., Ithaca 274-4011

- ▶ *Alcohol, substance abuse, acute detoxification services; insurance, Medicaid or fee*

www.cayugamed.org

Circle of Recovery

Contact Gino Bush 277-4728

P.O. Box 811, Ithaca

- ▶ *Support, sponsorship, information and referral for alcohol and drug services for young men*

ebush11@twcny.rr.com

Community Coalition for Health Youth, c/o Tompkins County Youth Services Dept.

320 W. State St., Ithaca 274-5310

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

- ▶ *Website includes links for teens and their parents*

- ▶ *Youth are encouraged to get involved as board members and to participate in activities*

www.healthyouth.org

cchy@tompkins-co.org

Family and Children's Service

127 W. State St., Ithaca 273-7494

- ▶ *Counseling offered for individuals of all ages*

www.fcsith.org

fcs@fcsith.org

Ithaca Community Recovery (518 Bldg.)

518 W. Seneca St., Ithaca 256-3499

- ▶ 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.
- ▶ The 518 Building is home to a wide range of 12-Step meetings and other recovery oriented meetings and sober events. Meetings are free and open to individuals seeking support in recovery. See website for meeting time info.

www.ithacacommunityrecovery.org/

info@ithacacommunityrecovery.org

Ithaca Drug Treatment Court and Tompkins County Felony Drug Court Satellite Office

Community Justice Center, 312 N. Cayuga St., Ithaca 277-1455

- ▶ 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.

www.courts.state.ny.us/ithaca/city

aagnew@courts.state.ny.us

Talking About Peer Pressure (TAPP), Alcohol & Drug Council

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

jlake@alcoholdrugcouncil.org

Tompkins County Prevention Point, a program of Southern Tier AIDS program

Lama Plaza, 501 S. Meadow St., Ithaca 272-4098

Hotline 1-888-206-2870

- ▶ Free and anonymous harm reduction and syringe exchange program
- ▶ Free safer sex supplies and information
- ▶ Referrals to community services

www.stapinc.org

info@stapinc.org

Youth Development Program, BOCES

555 Warren Rd., Ithaca 257-1551 x 217

- ▶ A student assistance service in which staff helps with personal issues, individually and in groups, especially with substance abuse, in school settings; free

www.tstboces.org

averba@tstboces.org

Behavioral and Family Problems

Community Dispute Resolution Center (CDRC)

120 W. State St., Ithaca 273-9347

- ▶ *Mediation: Mediators assist youth with having difficult conversations about all kinds of issues: housing, family disputes, etc.; confidential and voluntary*
- ▶ *Family Talk: Teens and their families sit down with an adult and teen co-mediator to discuss issues that are getting between them or are difficult to talk about*
- ▶ *Kid Talk/Teen Talk Series: conflict education workshop series for young people to learn to manage and resolve conflicts in appropriate ways; free*

www.cdrc.org

cdrc@cdrc.org

Dispositional Alternatives Program (DAP), Family and Children's Service

204 N. Cayuga St., Ithaca272-7495

- ▶ *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, and transportation; by referral; free*

www.fcsith.org

fcs@fcsith.org

Family and Children's Service

127 W. State St., Ithaca 273-7494

- ▶ *Individual (all ages), family and couples counseling*
- ▶ *School-aged children's crisis outreach program*
- ▶ *0–5 counseling program*

www.fcsith.org

fcs@fcsith.org

Possibilities Program, BOCES

555 Warren Rd., Ithaca 257-1551 x 385

- ▶ *Counseling, intervention, and resource development services for school-aged children (K-12) who are having a hard time being successful in school*
- ▶ *Referrals are made through the schools; no fee*

www.rackercenters.org

jaydnmcss@rackercenters.org

Self-Enhancement Equestrian Program, Patchwork Therapeutic Riding Center

90 Old Peruville Rd., Groton 898-3808

- ▶ *Program for at-risk youth and youth with special needs to work one-on-one with staff to help develop social skills, reading and mathematical skills, team work, self-esteem, and an overall love of horses*

www.patchworkridingcenter.org

patchwork2@hotmail.com

Tompkins Community Action

701 Spencer Rd., Ithaca273-8816

- ▶ *Family Resources Dept.—central intake, emergency food pantry, information/referral, and community outreach*
- ▶ *2 daily Advantage After-School programs open to all DeWitt & Boynton Middle School students*

www.tcaction.org

info@tcaction.org

Eating Disorders

Sol Stone Center

1003 Walnut St., Elmira 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*

www.solstonecenter.com

solstonecenter@aol.com

Nutritional Counseling, Cayuga Medical Center at Ithaca

101 Dates Dr., Ithaca272-4127

- ▶ *Provides medical nutrition therapy on an individual basis; counseling for preventive nutrition and treatment of medical disorders such as diabetes, weight management, and high blood pressure*

www.cayugamed.org

OverEaters Anonymous

12-Step program, call for times and location of meetings 387-8253

▶ *Self-help support for people with eating disorders including anorexia and bulimia; free*

www.overeatersanonymous.org/

www.OARegion6.org

webmaster@oaregion6.org

HIV, AIDS, STDs and STIs

There are approximately 1 million people living in the US with HIV/AIDS, and more than 33 million globally. Every single day more than 5,000 people worldwide die from AIDS, but you can make a difference by stopping the spread of HIV and AIDS by learning accurate information, educating others, and avoiding risky activities. If you feel that you might be at risk of having HIV/AIDS, don't be afraid to get tested. You don't necessarily need your parent's permission to be tested for HIV infection. Call 274-6683 (9:00–4:00, M-F) for a FREE appointment, anonymous testing, and counseling in this area.

There are many kinds of sexually transmitted diseases (STDs) and infections (STIs). They are passed from one person to another during sexual contact. And they are very common—more than half of all of us will get one at some time in our lives. The good news is we can protect ourselves and each other from STDs. Practicing safer sex reduces the risk of getting sexually transmitted diseases. And if we've done anything that puts us at risk, getting tested allows us to get any treatments we may need.

NYS HIV/AIDS Information Service

(M-F 8 am–8 pm, S,S 10 am–6 pm).. 1-800-541-AIDS

Health Department of Tompkins County

55 Brown Rd., Ithaca 274-6674

▶ *Sexually transmitted disease/infection prevention, detection and treatment*

www.tompkins-co.org/health

bob@tompkins-co.org

HIV Counseling and Testing

217 S. Salina St., 3rd flr., Syracuse 1-800-562-9423

After Hours (4-8 pm M-F, 10 am-6 pm Sat., Sun.) 1-800-872-2777

▶ *Anonymous testing at several local sites; free*

www.health.state.ny.us

hel01@health.state.ny.us

Peace of Mind, collaboration between Cornell University, Ithaca College, Planned Parenthood, Tompkins Cortland Community College and Tompkins County Health Dept.

▶ *Visit website for accurate information about sexual health and links to health resources*

▶ *Information for STD and STI resources including types of disease, treatment sites in Tompkins County, links with other health resources*

www.tcstd.info

Planned Parenthood of the Southern Finger Lakes

314 W. State St., Ithaca 273-1513

▶ *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*

www.plannedparenthood.org/ppsf/

education@ppsf.org

Southern Tier AIDS program

Lama Plaza, 501 S. Meadow St., Ithaca 272-4098

Hotline/info line (M-F 9 am–5 pm) 1-800-333-0892

- ▶ *HIV/AIDS support and information, prevention services, and Hepatitis C information for all ages; all services are free*
- ▶ *Free safer sex supplies and information*
- ▶ *On-site HIV testing and prevention services*

www.stapinc.org

info@stapinc.org

Mental Health

24 hour crisis/emergency line ▲272-1616

Mental Health Clinic Emergency (M-F 8:30-4:30) 274-6230

▲ Numbers marked with a blue triangle (▲) will be answered 24 hours a day.

BOCES Day Treatment Program, in collaboration with the Franziska Racker Centers

555 Warren Rd., Ithaca 257-1551 x 251

- ▶ *Day treatment program for youth with mental health issues; youth go to school at BOCES; grades K-12 are taught with a therapeutic component; the program can be accessed through youth's home school*

www.tstboces.org

www.rackercenters.org

Cayuga Medical Center at Ithaca, Behavioral Services

101 Dates Dr., Ithaca 274-4011

- ▶ *Inpatient voluntary psychiatric treatment, ages 18 and up; insurance, Medicaid, or fee*
- ▶ *Inpatient Adolescent Psychiatric Unit for adolescents under age 18; insurance, Medicaid, or fee*

www.cayugamed.org

Child/Adolescent Mental Health Program, Family and Children's Service

127 W. State 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*

www.fcsith.org

fcs@fcsith.org

Children and Youth Mental Health Services. Tompkins County Mental Health

201 E. Green St., Ithaca 274-6200

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

www.tompkins-co.org/departments/detail.aspx?DeptID=28

rdeluca@tompkins-co.org

Lighthouse Program, BOCES

555 Warren Rd., Ithaca 257-1551 x 496

- ▶ *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*

www.tstboces.org or www.rackercenters.org

jaydnmcsc@rackercenters.org

Mental Health Association in Tompkins County

614 W. State St., Ithaca 273-9250

- ▶▶ *Information, referral, advocacy, education, and support for parents of children with behavioral, emotional or developmental problems*
- ▶▶ *Free lending library – pamphlets, brochures, videos, audio tapes*
- ▶▶ *Respite services for children and youth with diagnosis or presumptive diagnosis of severe emotional disturbance or other childhood disorders including developmental; also for families where primary caregiver has a mental health-related diagnosis*

www.mhaedu.org

info@mhaedu.org

Mental Health Clinic, Tompkins County

201 E. Green St., Ithaca 274-6200

Mental Health Clinic Emergency 274-6230

- ▶▶ *Counseling for ages 5 & up: individual, couples, families, and groups; medication services provided as needed*
- ▶▶ *Sliding fee scale, insurance, Medicaid*

www.tompkins-co.org/departments/detail.aspx?DeptID=28

rdeluca@tompkins-co.org

National Alliance on Mental Illness of the Finger Lakes (NAMI-Finger Lakes)

104 E. Lewis St., Ithaca 273-2462

- ▶▶ *Provides support, education, and advocacy for family members and friends of those with a mental illness*

www.namifingerlakes.org/index.htm

namifl@lightlink.com

Suicide Prevention

Do not be afraid. The best thing you could do for yourself or a friend is to get help when you're upset, sad, angry, abused, in a crisis, depressed, or in trouble. 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. If a friend confides in you, listen with respect and acceptance, but never make or keep a promise to keep their suicidal thoughts a secret. You might think you are helping your friend by keeping it a secret, but you are not. You must tell someone who can help as soon as possible, because you and your friend matter. There are people who care and can help.

Hotlines and Help lines:

Hopeline ▲ **1-800-SUICIDE**

Suicide Prevention and Crisis Service ▲ **272-1616** or ▲ **1-800-272-TALK**

▲ Numbers marked with a blue triangle (▲) will be answered 24 hours a day.

Emergency Outreach Services (EOS), Mental Health Clinic, Tompkins County

201 E. Green St., Ithaca 274-6230

- ▶▶ *Emergency outreach services 8:30-4:30 in situations of violence, suicide risk, or crisis*

www.tompkins-co.org/departments/detail.aspx?DeptID=28

Suicide Prevention and Crisis Service

- Training/Resource Ctr., 124 E. Court St., Ithaca 272-1505
24 hr. crisis line ▲272-1616 or ▲1-800-272-TALK
- ▶▶ 24 hour phone counseling, confidential and anonymous (no names asked)
 - ▶▶ 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
 - ▶▶ Adult-teen role play/interactive theater group (See "Theatre/Music/Dance/Art" section on page 21)
- www.suicidepreventionandcrisisservice.org spcsoffice@verizon.net

HEALTH AND MEDICAL CARE

A healthy lifestyle is up to you, but helping hands are available. If you are under 18, unless you are married or a parent, one of your parents must arrange for your medical care. However, medical emergencies never require a parent's signature. And pregnancy, STI (sexually transmitted infections) and HIV testing and reproductive health (birth control) usually do not require a parent's signature. School nurses can also provide information and advice on health concerns.

See also the "Disabilities," "HIV and AIDS," "Mental Health," and "Sexuality" sections of this guide.

Hotlines and Help lines:

- Cancer Information ▲1-800-4-CANCER (422-6237)
Centers for Disease Control (Disease and Health care) ▲1-800-CDC-INFO
Cayuga Medical Center - general info ▲274-4011
Cayuga Medical Center - emergency ▲274-4411
- ▲ Numbers marked with a blue triangle (▲) will be answered 24 hours a day.

American Mobile Dental, Inc.

- 31 Columbus St., Auburn 1-877-248-6684
- ▶▶ Comprehensive dental care (including screenings, cleanings, fillings, x-rays); serving areas of NYS challenged with obstacles to good dental care
 - ▶▶ Accepts Medicaid, private insurance and uninsured clients (call for fees)
 - ▶▶ Mobile dental van comes to Tompkins County three times/month; call for appointment
- www.americanmobiledental.com ctortorici@ammobiledental.com

Cancer Resource Center of the Finger Lakes

- 612 W. State St., Ithaca 277-0960
Helpline 277-9410
- ▶▶ Support services for people with cancer, as well as for their friends and family
- www.crcfl.net info@crcfl.net

Cayuga Medical Center at Ithaca

- 101 Harris B. Dates Dr., Ithaca ▲274-4011
- ▶▶ Medical care and emergency services
- www.cayugamed.org

Children with Special Care Needs (CSCN), Tompkins County Health Dept.

55 Brown Rd., Ithaca 274-6644

- ▶ Offers resources regarding disabilities, chronic medical conditions, developmental delays
- ▶ Options for developmental screenings, evaluations, services including ST, OP, PT, counseling, service coordination to eligible children; financial assistance is available to eligible families

www.tompkins-co.org/health/cscn/index.htm

sallinger@tompkins-co.org

Convenient Care Center

10 Arrowood Dr., Ithaca274-4150

- ▶ Walk-in medical care without an appointment; insurance, Medicaid

www.cayugamed.org

Dental Case Management Program, Department of Social Services

320 W. State St., Ithaca 274-5344

- ▶ Medicaid recipients can enroll to find and receive dental services

www.tompkins-co.org/departments/detail.aspx?DeptID=41

Franziska Racker Centers

3226 Wilkins Rd., Ithaca272-5891

- ▶ Health clinics and therapeutic programs for people of all ages with disabilities; specialty clinics, and hearing aid services are also available

www.rackercenters.org

info@rackercenters.org

Health Department of Tompkins County

55 Brown Rd., Ithaca 274-6600

- ▶ 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 apply
- ▶ 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)

www.tompkins-co.org/health

bob@tompkins-co.org

Ithaca Free Clinic, Ithaca Health Alliance

225 S. Fulton St., Suite B, Ithaca330-1254

- ▶ 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

www.ithacahealth.org/freeclinic.html

clinic@ithacahealth.org

Medicaid, Department of Social Services

320 W. State St., Ithaca274-5359

- ▶ Financial assistance for health services; financial criteria for eligibility

www.tompkins-co.org/departments/detail.aspx?DeptID=41

50A121@dfa.state.ny.us

Medical Society of Tompkins County

Medical Societies of Broome, Delaware, Otsego and Tompkins

65 Pennsylvania Ave. Suite 201, Binghamton

For info. on health policy matters & member physicians772-8493

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

www.medsocieties.org

medsociety@medsocieties.org

SEXUALITY

Do you need support or information about your sexuality, sexual orientation or sexual health? It's important to get the facts and make thoughtful, safe and intentional decisions about sex that make sense to you and fit your values. There are a few things you might want to consider as you make important sexual choices.

The only way to be 100% safe and to be sure to avoid STI's (sexually transmitted infections) is by not having any close, intimate contact which means that there is not an exchange of bodily fluids. This is sometimes called absolute abstinence. If you do make the decision to be sexually active, know your options, and know the facts! There are methods of birth control and safer sex supplies that can help to protect you from STI's and unintended pregnancy.

Next, get to know your legal rights as a minor in New York State. There is no legal obligation in New York State to get parental or guardianship consent to receive birth control information, reproductive health care (like a pap smear), a pregnancy test, or STI and HIV testing. Talking about sex with your parents or a trusted adult can be helpful; however young people in New York do not need parental consent to get sexual health care or information. Most of the services listed here are confidential, but be sure to check the confidentiality policy of any agency you contact if this is important to you.

Finally, making safe, informed decisions about sex includes good communication! If you decide to have sex—and it's OK not to—it's important to talk about sex before it happens. It can be scary or awkward, but a little talk can go along way toward having a safe, consensual relationship. Also, it's important for young people in New York State to know the facts about consent when it comes to a sexual relationship. Any person age 21 or older having sex with someone age 17 or younger can be arrested for statutory rape. Under any circumstances, engaging in sex with a person without their consent is a crime. Your parents, school counselors, health teacher, or another trusted adult can help answer questions you may have. Talk to someone you trust about your concerns and choices about sexual activity. Get the facts, before you act.

See also the "Counseling", "HIV, AIDS, STD's and STI's", and "Abuse and Rape" sections of this guide.

Hotlines and Help lines:

American Social Health Association STI Resource Center (M-F 8 am – 8 pm)
..... www.iwannaknow.org or www.ashastd.org or 1-919-361-8488

Emergency Contraception Information..... www.not-2-late.com or 1-888-Not-2-Late

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

National STD and HIV hotline ▲ 1-800-CDC-INFO

Planned Parenthood Federation of America www.teenwire.org

Sex, Etc., by teens for teens..... www.sexetc.org

▲ Numbers marked with a blue triangle (▲) will be answered 24 hours a day.

Birth Control

In New York State, young people are allowed to get and use birth control. You have the right and responsibility to make smart decisions about birth control for yourself. You don't need your parent's permission (but talking to a trusted adult or friend can help!) and you don't have to be a certain age. You are legally allowed to make your own appointment at a clinic or a doctor's office to get information and a prescription for birth control. There is a broad array of birth control methods and you should discuss the options carefully with a care provider.

Planned Parenthood of the Southern Finger Lakes

314 W. State St., Ithaca Medical Office 273-1513
Administration 273-1526
Education 216-0021

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

▶ *Being lesbian, gay, bisexual, transgender or questioning your sexual orientation or gender identity can be confusing, exciting, and can sometimes make you feel alone. Information available about LGBT youth and health*

[**www.plannedparenthood.org/ppsf/**](http://www.plannedparenthood.org/ppsf/)

[**education@ppsf.org**](mailto:education@ppsf.org)

Tompkins County Prevention Point, a program of Southern Tier AIDS program

Lama Plaza, 501 S. Meadow St., Ithaca 272-4098
Hotline 1-888-206-2870

▶ *Free and anonymous harm reduction and syringe exchange program*

▶ *Free safer sex supplies and information*

▶ *Referrals to community services*

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

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

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

Being lesbian, gay, bisexual, transgender, or questioning your sexual orientation or gender identity can be exciting, wonderful, and sometimes confusing. Your sexual orientation and gender identity, whether you're gay, straight, bisexual, lesbian, transgender or questioning who you are is only one part of who you are as a whole person. Some people wonder if they are the only one that feels the way they do. You are not alone! That's right...there are LGBT and questioning people, welcoming organizations, and affirming professionals you can turn to for support and information right here Tompkins County. There are also a lot of great resources to check out and people to talk to for information and support about coming out or questioning your sexual orientation or identity. (Adapted from the Real Life. Real Talk. Sexual Health Facts and Resources Guide for Youth published by Planned Parenthood of the Southern Finger Lakes)

Hotlines and Help lines:

Empire State Pride Agenda [**www.prideagenda.org/**](http://www.prideagenda.org/)

Gay and Lesbian National Hotline 1-888-THE-GLNH

GLBT National Youth Talkline (under age 25) 1-800-246-7743

The Trevor Help Line (LGBT Suicide Prevention) ▲ 1-800-CDC-INFO

▲ *Numbers marked with a blue triangle (▲) will be answered 24 hours a day.*

Advocacy Center, Domestic Violence and Sexual Abuse Services

P. O. Box 164, Ithaca277-3203
24 hour hotline▲277-5000

▶ 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.

www.theadvocacycenter.org

Ithaca High School, Gay Straight Alliance

1401 N. Cayuga St., Ithaca 274-2385
Contact: Jennifer Heatley

▶ Student-based group open to students of all sexual orientations and gender identities. Discussion meetings are held weekly on a rotating basis during school hours. There are also advocacy activities held in and outside of school, and conferences to attend. Students from other schools are welcome.

Ithaca Lesbian, Gay, Bisexual, Transgender Task Force

▶ Provides activities and services to lesbians, gays, bisexuals, and transgenders in Ithaca and the surrounding area.

www.ilgbtff.org/

ilgbtff@ilgbtff.org

LGBT Resource Center, Cornell University

282 Caldwell Hall, Cornell Campus, Ithaca 254-4987

▶ Resources are open to the public and include a lending library, social space, VHS and DVD library, periodicals, and pamphlets

▶ Join the mailing lists through the LGBT Resource Center (LGBT-L) for updates on events and issues at and around Cornell

www.lgbtrc.cornell.edu

lgbtrc@cornell.edu

Out for Health, Planned Parenthood of the Southern Finger Lakes

111 E. Seneca St., Ithaca (Education and Out for Health) 216-0021 x 134

▶ Provides outreach, education and information to LGBT people, their health care providers and the community at large about the importance of inclusive, welcoming and respectful care for LGBT people

www.outforhealth.org

lgbt@ppsf.org

Outreach and Services, The Center for LGBT Education, Ithaca College

150 Hammond Ctr., Ithaca College Campus, Ithaca 274-7394

▶ Hosts a variety of events throughout the year that are open to the community, such as film series, speakers, and more; no fee

www.ithaca.edu/lgbt

PLFAG (Parents & Friends of Lesbians & Gays)

P.O. Box 703, Ithaca 838-3629 or 753-7381

▶ Provides support, education and advocacy for LGBT people and their families, lending library, speaker's groups, and monthly meetings

www.pflag.org

ithaca-cortland_PLFAG@hotmail.com

Youth Guardian Services

101 E. State St., Ithaca 1-877-270-5152

▶ Youth-run organization that provides support services online to LGBTQ and straight supportive youth

www.youth-guard.org/

info@slmetro.com

Parenting

Being a parent is hard work and a big responsibility for both mothers and fathers. There are a lot of things to think about, like good medical care, needs of infants and children, and child care, but there services out there that can help. For faster determination on qualifying for food stamps, temporary assistance, WIC, or Home Energy assistance, go to mybenefits.ny.gov.

Hotlines and Help lines:

Birtheright 272-9070 or ▲1-800-550-4900

Child Abuse/Neglect Reporting ▲1-800-342-3720

Child Development Council Warm Line (M-F 9-4:30) 273-0259

Child Sexual Abuse (Advocacy Center) ▲277-5000

National Hotline for Pregnancy Resource Center ▲1-800-395-HELP

Poison Control Center ▲1-800-252-5655 or ▲1-800-222-1222

▲ Numbers marked with a blue triangle (▲) will be answered 24 hours a day.

Babies First, c/o First Unitarian Church of Ithaca

306 N. Aurora St., Ithaca 273-7521 x 21 or 257-4857

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

<http://unitarian.ithaca.ny.us/index.html>

office@unitarian.ithaca.ny.us

Bringing Up Baby, Cayuga Medical Center at Ithaca

101 Dates Dr., Ithaca 274-4408

▶ A series of workshops on infant care and safety for new and expectant parents, siblings, babysitters, grandparents, and daycare providers

www.cayugamed.org

Child Development Council of Tompkins County

609 W. Clinton St., Ithaca 273-0259

▶ Information on parenting, child development, and finding child care; support for teen parents

▶ "Warm Line", staff is available to answer your questions about parenting over the phone (9-4:30 M-F); free

www.childdevelopmentcouncil.org

info@childdevelopmentcouncil.org

Child Find, Tompkins County Health Dept.

401 Harris B. Dates Dr., Ithaca 274-6644

▶ Assessment and referral for highrisk infants and children, early intervention

www.tompkins-co.org/health

bob@tompkins-co.org

Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

▶ Education and information on parenting, child development and managing household finances; free or low-cost

www.ccetompkins.org

tompkins@cornell.edu

Family Advocacy Program, The Village at Ithaca

609 W. Clinton St., 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

www.villageatithaca.org

contact@villageatithaca.org

Maternal-Child Health Department, Cayuga Medical Center at Ithaca

101 Dates Dr., Ithaca 274-4380

▶ Maternity services including monthly two-hour classes on infant care, child safety, and breast feeding; delivery services

www.cayugamed.org

Parenting Programs, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

▶ Education, information, and workshops on parenting; free or low cost; all parents/caregivers welcome

▶ Workshop series include: Parents Apart (for separating/divorcing parents); Parenting Styles; Parenting Skills; Thriving with your Spirited Child; Strengthening Families (for children 10-14 and their parent/caregiver)

<http://counties.cce.cornell.edu/tompkins/>

ams69@cornell.edu

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

609 W. Clinton St., Ithaca 273-1055

▶ Supportive counseling, prenatal and parenting education, support and activities for teen parents, case management, referrals to local services; free

www.childdevelopmentcouncil.org

info@childdevelopmentcouncil.org

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: 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)

www.tompkins-co.org/health

bob@tompkins-co.org

Warm Line, Child Development Council

609 W. Clinton Street, Ithaca 273-0259

▶ Parents and other childcare providers offer survival, support and guidance; confidential, free

▶ Staff member on call to answer your child care questions; M-F 9–4:30

www.childdevelopmentcouncil.org

info@childdevelopmentcouncil.org

WIC (Women, Infants and Children), Tompkins County Health Dept.

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

www.tompkins-co.org/health

bob@tompkins-co.org

Pregnancy

If you think you might be pregnant the best way to find out for sure is to take a pregnancy test. You can buy a pregnancy test kit at the grocery store or drugstore and take it at home. Or you can go to Planned Parenthood, The Pregnancy Center, Birthright of Ithaca, or your doctor for a pregnancy test appointment. Be sure to talk with someone about all of the choices and options you have.

If you are faced with an unplanned pregnancy, you do have choices; it's a big decision, a personal choice and everybody's life is different. Sometimes talking with a counselor or caring adult to get support in making the best decision for you can help. Remember, New York State law says that the decision is completely up to you. There are resources in Tompkins County to help you with making a decision and then to support the decision you make. [Adapted from the Real Life. Real Talk. Sexual Health Facts and Resources Guide for Youth published by Planned Parenthood of the Southern Finger Lakes]

Adoption Unit, Department of Social Services

320 W. State St., Ithaca 274-5266 or 274-5259

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

www.tompkins-co.org/dss/childsvc/

sheila.chace@dfa.state.ny.us

Birthright of Ithaca

605 W. State 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*

www.birthright.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*

www.ithacapregnancy.com

hope@ithacapregnancy.com

www.yourchoiceyourfuture.net

questions@yourchoiceyourfuture.net

MOMS (Medical, Obstetrical, and Maternal Services), Tompkins County Health Dept.

55 Brown Rd., Ithaca 274-6622

▶ *Financial and medical help for unborn child and mother; free for eligible families, pregnancy and childbirth classes, free for MOMS members*

www.tompkins-co.org/health/

bob@tompkins-co.org

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

609 W. Clinton St., Ithaca 273-1055

▶ *Supportive counseling, prenatal and parenting education, support and activities for teen parents, case management, referrals to local services; free*

www.childdevelopmentcouncil.org

info@childdevelopmentcouncil.org

Unplanned Pregnancy Counseling, Family and Children's Service

204 N. Cayuga St., Ithaca 273-7494

▶ *Counseling options for women facing unplanned pregnancy, including support and resources for parenting and adoption arrangement; fees on a sliding scale*

www.fcsith.org

fcs@fcsith.org

RESOURCES FOR . . .

Disability Services

No one should be excluded from living life to its fullest. Every person with a disability is entitled to free training and education in their school district until age 21 or until they earn a regents/local diploma. By law, you cannot be denied a job simply because you are disabled.

Autism Lending Library, Franziska Racker Centers

3226 Wilkins Rd., Ithaca 272-5891 x 226

▶ *Opportunity for families in Tompkins County who have children on Autism spectrum to borrow literature and equipment before making a purchasing decision; items include books, videos, software, equipment, and safety, recreational, and therapy supplies*

www.rackercenters.org

info@rackercenters.org

BOCES (Board of Cooperative Educational Services) Smith School

555 Warren Rd., Ithaca 257-1551

▶ *In-school developmentally appropriate educational programs, vocational training; contact guidance office of your home school district for referral*

www.tstboces.org

Broome Developmental Disabilities Services Office

1257 Trumansburg Rd., Ithaca 273-0811

▶ *Services offered to individuals of all ages with developmental disabilities*

Cayuga Lake Transition Collaborative Model Transition Program

6 Ludlowville Rd., Lansing 533-4271 x 2207

▶ *Program for youth with disabilities to help increase positive experiences while in high school and to prepare for a successful transition into the workforce after high school*

▶ *Activities include job readiness and self-advocacy workshops, internships, connecting with community resources such as VESID, vocational providers, a job coach, mentor, career fairs, and more*

▶ *Serving youth in the Lansing, Candor, Trumansburg, South Seneca, and Groton School Districts*

<http://lcsd.k12.ny.us/lcsd/site/default.asp>

RWA345@lcsd.k12.ny.us

Challenge Employment Services, Challenge Industries

950 Danby Rd., Suite 179, Ithaca 272-8990

- ▶▶ Job skills training, assists with job placement, career exploration, on-the-job support for individuals 16 and older with disabilities; free

www.aboutchallenge.org

info@aboutchallenge.org

Children with Special Care Needs (CSCN), Tompkins County Health Dept.

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; financial assistance is available to eligible families

www.tompkins-co.org/health/cscn/index.htm

bob@tompkins-co.org

Commission for the Blind & Visually Handicapped, NYS OCFS

2 Clinton Sq., Suite 105, Syracuse 315-423-5417

Binghamton Outstation 721-8292

Toll free in central NY 1-866-871-3000

- ▶▶ Multitude of services for children and adults with severe vision problems; consultation, advocacy, referral services, Vocational Rehabilitation Counseling and goal planning

www.ocfs.state.ny.us/main/cbvh/

Developmental Disabilities Service Office

1257 Trumansburg Rd., Ithaca 273-0811

- ▶▶ Day habilitation and day services for people with developmental disabilities; residential services, service coordination

www.omr.state.ny.us/

Family Resource Program, Franziska Racker Centers

3226 Wilkins Rd., Ithaca 272-5891

- ▶▶ Early intervention and preschool special education for children with developmental delays and disabilities, ages 0–5. Evaluations, education and therapy in Center or out in community settings
- ▶▶ Residential services (located in Dryden, Covert, Ithaca and Cortland); Family support services (respite care, counseling, day treatment, etc.)

www.rackercenters.org

info@rackercenters.org

Finger Lakes Independence Center (FLIC)

215 Fifth St., Ithaca 272-2433

- ▶▶ Peer counseling, peer support groups, independent living skills training, assistance with transition from high school to college/work, public education events, advocacy assistance, equipment loan, information and referral; free for all ages.
- ▶▶ Loan closet: books, video tapes, periodicals, catalogs, and equipment, such as wheelchairs, crutches, portable ramps, and TTY's

www.fliconline.org

flic@clarityconnect.com

Finger Lakes Library System

119 E. Green St., Ithaca 273-4074

▶▶ *Books-by-mail, replacements of machines for talking book service; descriptive videos/DVD's; free*

www.flis.org

Human Rights Commission

120 W. State St., Ithaca 277-4080

▶▶ *Files and investigates discrimination complaints; presentations on discrimination and diversity issues; student internships; free*

smoore@tomkins-co.org

Mental Health Association in Tompkins County

614 W. State St., Ithaca 273-9250

▶▶ *Information, referral, advocacy, education, support for parents of children with behavioral, emotional or developmental problems*

▶▶ *Respite services for children and youth with diagnosis or presumptive diagnosis of severe emotional disturbance or other childhood disorders including developmental; also for families where primary caregiver has a mental health-related diagnosis*

www.mhaedu.org

info@mhaedu.org

Patchwork Therapeutic Riding Center

90 Old Peruville Rd., Groton 898-3808

▶▶ *Horse riding program for individuals with disabilities for enjoyment, relaxation, to strengthen, and to improve balance*

www.patchworkridingcenter.org

patchwork2@hotmail.com

Physically Handicapped Children's Program, Tompkins County Health Dept.

55 Brown Rd., Ithaca 274-6644

▶▶ *Financial assistance, information about services; free*

www.tomkins-co.org/health/

bob@tomkins-co.org

Recreation Support Services, Ithaca Youth Bureau

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 program; call for info*

www.ithacayouthbureau.org

iyb@cityofithaca.org

Sir Alexander Ewing-Ithaca College Speech and Hearing Clinic

203 Smiddy Hall, 2nd Floor, Ithaca College, Ithaca 273-3237

▶▶ *Basic hearing evaluations, speech/language evaluations; speech and hearing outpatient rehabilitation services; therapeutic services*

▶▶ *Open M-F, 9-5; sliding fee scale*

www.ithaca.edu/hshp/clinics/speechhearingclinic/

jchambers@ithaca.edu

Special Olympics New York, Area 17

128 Poole Rd., Ithaca 273-0566

Contact: Janet Krizek, area coordinator

- ▶ Provides sports training and competition opportunity in a variety of Olympic-style sports for people, ages 8-adult, with special needs.
- ▶ Competitions are held four times/year locally and around the state
- ▶ Volunteer opportunities available

www.specialolympicsny.org

sonyarea17@gmail.com

Vocational Educational Services for Individuals with Disabilities (VESID)

171 E. State St., Suite 206, Ithaca734-5294 or 1-800-888-5020

Contact: Karen Edwards

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

www.vesid.nysed.gov/southerntier

kedward2@mail.nysed.gov

Legal Assistance and Juvenile Justice

If you have been the victim of a crime or feel you are being harassed, touched in ways that make you feel bad, or pressured to do illegal things, there are adults who can help. Parents, religious leaders, school staff, police and youth workers can help you sort out your issues and feelings. Some agencies can also provide confidential information and support.

Shoplifting? Underage Drinking? At age 16 you can be arrested by the police and prosecuted as an adult in the courts. This is a difficult situation for anyone, and there are resources in our community that can help you get back on track. If you need free legal help or advice for a problem with Family Court, a landlord, education, harassment, discrimination, or other matters, there are people you can call.

Youth ages 7–15 who commit crimes are considered Juvenile Delinquents (JDs). Youth receive a Juvenile Appearance Ticket and are given a date to appear at the Probation Department. A probation officer will then determine whether the case can be handled through diversion services or whether it will be forwarded to the County Attorney's Office for further prosecution and court intervention. If the matter goes to court, the Family Court judge will decide the kind of punishment and/or help that is most appropriate. Juvenile delinquents cannot be placed in jails with adults but can be placed in detention with other youth, if needed, to be sure they show up in court and to prevent them from committing more crimes.

If you are arrested:

1. Do not resist arrest.
2. Call your parents or legal guardian. By law, if you are under 16 years old, they must be notified of your arrest and be present when you are questioned.
3. You have the right to remain silent beyond identifying yourself (name, address, family, birth date).
4. You have the right to have an attorney present during questioning. If you cannot afford one, the court will provide one for you.

To make a complaint about behavior of City of Ithaca police that you have experienced or witnessed, contact the City Clerk, 108 E. Green St. (274-6570), or an Ithaca community police board member (275-0799) for a complaint form. For complaints about the Sheriff's Department, forms are available at the Sheriff's office, 779 Warren Rd., Ithaca.

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 usually 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. When a young person goes before a Family Court judge, a Law Guardian is assigned to protect his or her rights.

Crime Victims resources www.cvb.state.ny.us

Advocacy Center: Domestic Violence and Sexual Abuse Services

P. O. Box 164, Ithaca277-3203
24-hour hotline▲277-5000

▶▶ *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.*

www.theadvocacycenter.org

Community Dispute Resolution Center (CDRC)

120 W. State St., 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 and voluntary.*

▶▶ *Victim-Offender Mediation: structured sessions which allow those harmed by crime to get their questions answered while helping those who committed the crime to realize their impact. Confidential and voluntary.*

www.cdrc.org

cdrc@cdrc.org

Cornell Legal Aid Clinic

G40 Myron Taylor Hall, Cornell, Ithaca 255-4196

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

Dispositional Alternatives Program (DAP), Family and Children's Service

204 N. Cayuga St., Ithaca 273-7495

▶▶ *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*

www.fcsith.org

fcs@fcsith.org

Family Court, Tompkins County

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

▶▶ Court services to protect children

www.nycourts.gov

Human Rights Commission

120 W. State St., Ithaca 277-4080

▶▶ Files and investigates discrimination complaints, presentations on discrimination and diversity issues, student internships; free

smoore@tompkins-co.org

Law Guardian Office

121 E. Buffalo St., Ithaca 277-3198

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

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

www.oartompkins.com

wsapp.oartc@gmail.com

Police, Sheriff's Departments, Emergencies 911

Non-emergencies

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

Probation Department, Tompkins County

PINS (Persons in Need of Supervision)

320 W. State St., Ithaca 274-5380

▶▶ Diversion services, information for juveniles and parents, assistance with juvenile delinquency matters; free

www.tompkins-co.org/departments/detail.aspx?DeptID=47

tomprob@tompkins-co.org

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

www.yapinc.org

Tompkins-Tioga Neighborhood Legal Services

Dewitt Bldg., 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; office hours 9–12:30, 1:30–5*

www.lawny.org

cnls-ithaca@clarityconnect.com

Runaway and Out-of-Home Living

If you're experiencing tough times at home, many programs listed under Counseling, Abuse and Rape, Alcohol or Other Drug Abuse, and Legal Assistance/Juvenile Justice can help you. Generally, parents are responsible for their unmarried children until they are 21, unless a young person has his or her own income and lives independently. However, if your home is not safe for you, there may be legal ways for you to live outside your home. If you're under 16 and run away from home, you may be picked up by a police officer and returned home, taken to an approved runaway program such as the Bridges for Youth and Families program as listed below, or referred to the Department of Social Services for an alternative living situation. If you have left home and need to go to a different school, the law guarantees you the right to register for classes without hassles or delays. The programs listed below can help you with emergency housing, financial assistance, support, etc. For faster determination on qualifying for food stamps, temporary assistance, WIC, or Home Energy assistance, go to mybenefits.ny.gov. Call the County Youth Services Department (274-5310) with questions about youth and parent rights and responsibilities and for help finding services.

Hotlines and Help lines:

Homeless Hotline (American Red Cross, Ithaca) ▲273-9177

Runaway National Switchboard ▲1-800-RUN-AWAY

Runaway Assistance (Bridges for Youth and Families) 275-0067

Hotline for runaway and homeless youth emergency ▲1-866-435-7130

▲ Numbers marked with a blue triangle (▲) will be answered 24 hours a day.

Bridges for Youth and Families, Berkshire Farms Center and Services for Youth

120 W. State St., 4th floor, Ithaca 275-0067

24 hour hotline for runaway and homeless youth emergency ▲1-866-435-7130

▶▶ *Services for youth who are at risk of running away, have a history of running away, or who are homeless*

▶▶ *Anger management groups; case management for runaway and homeless youth; host homes for youth in need of safe housing; emergency short-term housing; confidential counseling for individuals and families; advocacy; ages 12-21, free*

www.berkshirefarm.org

tpantalia@berkshirefarm.org

Community Dispute Resolution Center (CDRC)

120 W. State St., 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 re-establish communication after they have left home*

▶▶ *Mediation: mediators assist in having difficult conversations about all kinds of issues: housing, family disputes, etc.; confidential and voluntary; donation requested.*

www.cdrc.org

cdrc@cdrc.org

Department of Social Services

320 W. State 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*

Emergency Shelter Program, American Red Cross

201 W. Clinton St., Ithaca (office) 273-1900

717 W. Court St., Ithaca 24-Hour Hotline ▲273-9177

▶▶ *Shelter for men and women ages 16 and over, and families; case management and support; free*

www.tompkins-redcross.org

Food Resources

Call Information & Referral for locations and schedules ▲211 or 272-9331

▶▶ *Food pantries and meals available daily in various locations throughout Tompkins County*

www.hsctc.org

Friendship Center, American Red Cross

618 W. State St., Ithaca 273-6684

▶▶ *Drop-in center, support, information and referral, prevention and outreach, phones, snacks; free*

www.tompkins-redcross.org

Loaves and Fishes, St. John's Episcopal Church

210 N. Cayuga St., Ithaca 272-5457

▶▶ *Free hot meals (Mon., Wed., Fri. 12–1 pm, Tues. & Thurs. 6–7 pm) and advocacy, no eligibility requirements, services are free*

▶▶ *Volunteer opportunities available for youth and adults*

www.loaves.org

loaves@loaves.org

Salvation Army

150 N. Albany St., Ithaca 273-2400

▶▶ *Free hot meals Sat. 12:00 noon, Sun. 4:30 pm*

▶▶ *Emergency vouchers for clothes & household supplies from thrift store will be given on an as needed basis*

www.salvationarmyarc.org

Salvation Army Thrift Store

381 Elmira Rd., Ithaca 272-5323

▶▶ *Low cost used furniture, housewares and clothing*

www.salvationarmyarc.org

Service League Shop (lower level of Women's Community Building)

104 W. Seneca St., Ithaca 272-2120

▶▶ *High quality, low cost used clothing, accept consignments, volunteers welcome!*

Tompkins Community Action

701 Spencer Rd., Ithaca273-8816

- ▶▶ *Emergency services (food pantry; Mon-Tues 1–3:30), H.E.A.P.; information and referral, Housing Choice Voucher (HCVP-formerly Section 8 rental assistance program); supportive housing; family selfsufficiency program*

www.taction.org

housing@taction.org

info@taction.org

Tompkins County Food Distribution Network

8 Hilltop Rd., Ithaca 273-1900 x 27

- ▶▶ *Call for information on the 15 food pantries that are located all over Tompkins County; quality food is available at no cost to those in need*

www.tompkinsfood.org/

Tompkins County Youth Services Runaway and Homeless Youth Coordinator

320 W. State St., Ithaca,274-5310

(ask for Runaway and Homeless Youth Coordinator)

- ▶▶ *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 a young person who can’t live at home*

www.tompkins-co.org/youth

youthservices@tompkins-co.org

Youth Outreach Program, The Learning Web

330 W. State St., Ithaca272-8162

- ▶▶ *Information, counseling, employment, apprenticeships, help for homeless or independent youth with housing and accessing social services; free*

www.learning-web.org

INDEX

PROGRAM and PAGE	PHONE NUMBER
4-H Urban Outreach, p. 8, 29	272-2292
4-H Youth Development Leadership Programs, p. 5	272-2292
4-H Youth Development, p. 15	272-2292
Access to College Education (A.C.E.), p. 29	753-5662
Adoption Unit, p. 54	274-5266 or 274-5259
Advocacy Center, p. 8, 39, 51, 59	277-3203
AFS (American Field Service) Intercultural Programs, p. 28	1-800-AFS-INFO
Air Force, p. 34	756-6122 or 1-800-423-8723
Alateen/AlAnon, p. 40	387-5701
Alcohol & Drug Council of Tompkins County, p. 7, 41, 42	274-6288
Alcoholics Anonymous, p. 41	273-1541
Alex Haley Pool, p. 14	277-6169
Allan H. Treman State Park, p. 13	272-1460
Alternatives Federal Credit Union, p. 7, 29, 31	216-3429
American Mobile Dental, p. 47	1-877-248-6684
American Legion Baseball League, p. 15	see listing for phone # by area
American Red Cross, p. 8, 19, 36, 37, 62	273-1900
Army National Guard, p. 34	1-800-GO-GUARD
Army, p. 34	257-4983 or 1-800-USA-ARMY
Autism Lending Library, p. 55	272-5891 x 226
Babies First, p. 52	273-7521 x 21 or 257-4857
Babysitter's Training, p. 36	273-1900 x 14
Beautification Brigade, p. 5	272-2292
Behavioral Services, p. 45	274-4011
Berkshire Farms Center and Services for Youth, p. 61	275-0067
Big Friend, Little Friend, p. 5	387-4910
Birthing of Ithaca, p. 54	272-9070
BOCES (Board of Cooperative Educational Services) p. 26, 31, 37, 42, 43, 45, 55	257-1551
Boy Scouts of America, p. 15	648-7888 or 1-877-674-8876
Boynton Advantage After-School Program, p. 15, 29	274-2270
Bridges for Youth and Families, p. 61	275-0067
Bringing Up Baby, p. 52	274-4408
Broome Developmental Disabilities Services Office, p. 55	273-0811
Buttermilk Falls State Park p. 13, 14	273-3440 or 273-5761
Cal Ripkin Baseball League, p. 16	272-2916
Cancer Resource Center of the Finger Lakes, p. 47	277-0960
Candor Central School District, p. 26	659-5010
Career Mentoring Program, p. 37	257-1551
Caroline Community Library, p. 25	539-7796 or 539-3395
Caroline Youth Services, p. 16	272-2292 or 266-3554
Carpenters Local 281, p. 31	739-4685
Cascadilla School, p. 26	272-3110
Cass Park, p. 13, 14, 16	273-1090 or 273-9211
Cayuga Addiction Recovery Services (CARS), p. 41	273-5500
Cayuga Lake Transition Collaborative Model Transition Program, p. 55	533-4271 x 2207
Cayuga Medical Center at Ithaca, p. 6, 41, 43, 45, 47, 52, 53	274-4011
Cayuga Nature Center, Inc., p. 6, 12	273-6260
Challenge Employment Services, p. 56	272-8990
Challenge Industries, p. 56	272-8990
Child Development Council, p. 52, 53, 55	273-0259
Child Find, p. 52	274-6644
Child Protective Services Intake, p. 39	274-5306
Child/Adolescent Mental Health Program, p. 45	273-7494
Children Against Sexual Abuse (CASA), p. 39	273-7495
Children and Youth Mental Health Services, p. 45	274-6200
Children with Special Care Needs (CSCN), p. 48, 56	274-6644
Circle of Recovery, p. 41	277-4728
City of Ithaca Municipal Pools, p. 14	273-1090 or 277-6169

College NOW, p. 31	844-8222 x 4311
Commission for the Blind & Visually Handicapped, p. 56	315-423-5417
Community & Career Exploration & Apprenticeship (CCEAP), p. 16, 32	275-0122
Community Building Works!, p. 6, 11	319-0113
Community Coalition for Health Youth, p. 41	274-5310
Community Dispute Resolution Center (CDRC), p. 8, 42, 59, 61	273-9347
Community School of Music and Arts, p. 21	272-1474
Computer All Stars, p. 9, 11	273-8364 x 157
Computer Lab, GIAC, p. 9	272-3622
Convenient Care Center, p. 48	274-4150
Cornell Cooperative Extension, p. 5, 8, 13, 15, 16, 18, 19, 21, 24, 29, 32, 33, 52, 53	272-2292
Cornell Legal Aid Clinic, p. 59	255-4196
Cornell Plantations, p. 6, 12	255-3020
Covenant Love Community School, p. 26	347-4413
Danby Community Library, p. 25	277-4200
Danby Youth Services, p. 16	272-2292 x 222
Danby-Jennings Pond, p. 14	277-2788
Dental Case Management Program, p. 48	274-5344
Department of Environmental Conservation, p. 35	753-3095 x 241 or 242
Developmental Disabilities Service Office, p. 56	273-0811
DeWitt Advantage After-School Program, p. 20, 30	257-3406
Dispositional Alternatives Program (DAP), p. 43, 59	272-7495
Domestic Violence and Sexual Abuse Services, p. 8, 39, 51, 59	277-3203
Dryden Central School District, p. 26	844-5361
Dryden Recreation Department, p. 16	844-8888 x 228
Dryden Sertoma Soccer, p. 16	844-9230 or 844-3738
Dryden Youth Services, p. 16	272-2292 x 223 or x 222
Elizabeth Ann Clune Montessori School of Ithaca, p. 27	277-7335
Emergency Shelter Program, p. 62	273-1900
Enfield Youth Services, p. 16	272-2292 x 229
Experiment in International Living, p. 28	1-800-345-2929
Family Advocacy Program, p. 53	256-0780
Family and Children's Service, p. 39, 41, 43, 45, 55, 59	273-7494 or 273-7495
Family Court, Tompkins County, p. 60	277-1517
Family Resource Program, p. 56	272-5891
Finger Lakes Independence Center (FLIC), p. 56	272-2433
Finger Lakes Land Trust, p. 13	275-9487
Finger Lakes Library System (FLLS), p. 25, 57	273-4074
Finger Lakes State Park Region, p. 12	387-7041
First Aid and CPR, p. 37	273-1900 x 14
Franziska Racker Centers, p. 27, 45, 48, 55, 56	272-5891
Friends of the Library Book Sale, p. 6	272-2223
Friendship Center, p. 62	273-6684
Gadabout Transportation, p. 23	273-1878
Gay Straight Alliance, p. 51	274-2385
GIAC (Greater Ithaca Activities Center), p. 9, 10, 17, 30	272-3622
Girl Scouts, p. 17	796-6202
Girls Softball League, p. 17	275-9311
Green Guerrillas Youth Media Tech Trainee Program, p. 10, 12, 21	277-2122
Green Hornet Transportation Service, p. 23	280-3779
Groton Central School District, p. 27	898-5301
Groton Freestyle Sports Facility, p. 17	898-3966
Groton Memorial Park Pool, p. 14	898-4569
Groton Public Library, p. 25	898-5055
Groton Recreation Department, p. 17	898-4569
Groton Soccer Club, p. 17	898-6565
Groton Youth Baseball, p. 17	898-4569
Groton Youth Services, p. 17	272-2292 x 225 or 898-4569

Habitat for Humanity, p. 6	898-4148
Hangar Theatre, p. 22	273-8588
History Center in Tompkins County, p. 20	273-8284
HIV Counseling and Testing, p. 44	1-800-562-9423
Homework Support, p. 29	273-4190
Hospital Volunteers, p. 6	274-4011
Human Enrichment, p. 22	273-2400
Human Rights Commission, p. 10, 57, 60	277-4080
Immaculate Conception School, p. 27	273-2707
Individual Development Accounts (IDAs), p. 29	273-4611 x 845
Information and Referral, p. 5	211 or 272-9331
Ithaca Babe Ruth Baseball League, p. 18	272-2916
Ithaca Car Share, p. 23	277-3210
Ithaca Children's Garden, p. 13	272-2292 x 122
Ithaca City School District, p. 27	274-2101
Ithaca Community Recovery (518 Bldg.), p. 42	256-3499
Ithaca Dispatch (Taxi), p. 23	277-TAXI or (8294) or 277-7777
Ithaca Drug Treatment Court, p. 42	277-1455
Ithaca Free Clinic, p. 48	330-1254
Ithaca Lesbian, Gay, Bisexual, Transgender Task Force, p. 51	(no phone)
Ithaca Pregnancy Center, p. 54	273-4673
Ithaca Skateboard Park, p. 18	(no phone)
Ithaca Youth Bureau, p. 7, 9, 11, 18, 19, 29, 30, 33, 37, 57	273-8364
Ithaca Youth Hockey, p. 18	272-2302
Job LINK, p. 32	272-7570 x 169
JOBS Program, p. 32	274-5294
Johnson Museum of Art, p. 6	255-6464
Joint Youth Commission, p. 18	274-5310
Lansing Central School District, p. 27	533-4294
Lansing Community Library Center, p. 25	533-4939
Lansing Recreation Department, p. 18	533-7388
Lansing Soccer Club, p. 18	(no phone)
Lansing Youth Services, p. 18	272-2292 x 250 or 533-4271 x 2118
Law Guardian Office, p. 60	277-3198
Learn-to-Swim, p. 19	273-1900 x 14
Learning Web, p. 8, 16, 32, 37, 63	275-0122 or 272-8162
Let's Get Ready, p. 29	273-8364
LGBT Resource Center, p. 51	254-4987
Liberty Partnership Program, p. 30	753-5663
Lifeguard Training, p. 37	273-1900 x 16
Lighthouse Program, p. 45	257-1551 x 496
Loaves and Fishes, p. 6, 62	272-5457
Marines, p. 34	257-9739
Maternal-Child Health Department, p. 53	274-4380
Meadowgate, p. 40	564-7455
Medicaid, p. 48	274-5359
Medical Society of Tompkins County, p. 49	772-8493
Mental Health Association in Tompkins County, p. 46, 57	273-9250
Mental Health Clinic, p. 40, 45, 46	274-6200
MOMS (Medical, Obstetrical, and Maternal Services), p. 54	274-6622
Money Works, p. 32	272-2292
Multicultural Resource Center, p. 10	272-2292 x 135
Museum of the Earth, p. 7	273-6623 x 13
Myers Point Park, p. 13, 14	533-7388
National Alliance on Mental Illness of the Finger Lakes (NAMI-Finger Lakes), p. 46	273-2462
National Organization for Women (NOW), p. 11	898-9593
Navy, p. 34	753-0112
New York National Guard Youth Program, p. 34	914-788-7405
Newfield Central School District, p. 27	564-9955
Newfield Community Pool, p. 14	564-9530

Newfield Public Library, p. 25	564-3594
Newfield Youth Programs, p. 19	564-9981 or 564-7561
Newfield Youth Services, p. 19	272-2292 x 226
New Roots Charter School, p. 27	339-6994
Nutritional Counseling, p. 43	272-4127
One to One Big Brothers Big Sisters, p. 7, 37	273-8364 x 157
Opportunities, Alternatives, and Resources (OAR), p. 60	272-7885
Orange Tree Theatre Company, p. 22	(no phone)
Out for Health, p. 51	216-0021 x 134
OUTING Program, p. 19	273-8364 x 143
Outreach and Services, Center for LGBT Education, p. 51	274-7394
OverEaters Anonymous, p. 44	387-8253
Paleontological Research Institute, p. 7	273-6623
Parenting Programs, p. 53	272-2292
Patchwork Therapeutic Riding Center, p. 43, 57	898-3808
Paul Schreurs Memorial Program, p. 30, 37	273-8364
Peace of Mind, p. 44	no phone
PEGASYS, p. 23	272-7272
Physically Handicapped Children's Program, p. 57	274-6644
Planned Parenthood of the Southern Finger Lakes, p. 44, 50, 51	273-1513
PLFAG (Parents & Friends of Lesbians & Gays), p. 51	838-3629 or 753-7381
Plumbers-Steamfitters Local 267, p. 33	272-8586 or 1-800-635-0336 x 203
Ponderosa Pals Youth Program, p. 40	564-7455
Possibilities Program, p. 43	257-1551 x 385
Primitive Pursuits, p. 19	272-2292
Recreation Partnership, p. 19	273-8364
Recreation Support Services, p. 19, 57	273-8364
Recycle Ithaca Bicycles (RIBS), p. 12, 19	256-5355 or 272-9218
Robert H. Treman State Park, p. 13, 14	273-3440
Role Players, p. 22	272-1505
Rotary Youth Exchange Program, p. 28	274-2157
Runaway and Homeless Youth Coordinator, p. 63	274-5310
Running to Places, p. 22	(no phone)
Salvation Army, p. 22, 62	273-2400
Salvation Army Thrift Store, p. 62	272-5323
Sapsucker Woods Sanctuary, p. 13	254-BIRD
Sciencenter, p. 7	272-0600
Self-Enhancement Equestrian Program, p. 43	898-3808
Service League Shop, p. 62	272-2120
SewGreen, p. 7, 12	277-7611
Shakespeare in the Basement, p. 22	(no phone)
Sir Alexander Ewing Speech & Hearing Clinic, p. 57	273-3237
Sol Stone Center, p. 43	732-5646
South Seneca Central School District, p. 27	869-9636
Southern Tier AIDS program, p. 42, 45, 50	272-4098
Southern Tier Advocacy & Mitigation Project, Inc., p. 10, 12, 21	277-2122
Southside Community Center, p. 9, 20, 22, 29	273-4190
Southside Computer Lab, p. 9	273-4190
Southworth Library Association, p. 25	844-4782
SPCA, p. 7	257-1822
Special Olympics, p. 58	273-0566
Sportsman Education Program, p. 35	753-3095 x 241 or 242
Stewart Park, p. 14	273-8364
Student Athletes First, p. 30	272-3622
Student Credit Union, p. 7, 31	216-3429
Student Historians, p. 20	273-8284 x 3
Student Work Initiative, Town of Ithaca, p. 33	273-1721 x 136
Suicide Prevention and Crisis Service, p. 22, 46, 47	272-1505
Summer Jobs, p. 33	274-5310
Super CAT (Cool After-School Times), p. 20, 30	257-3406
Sustainable Tompkins, p. 7, 12	277-1241

Talking About Peer Pressure (TAPP), p. 7, 42	274-6288
Taughannock Falls State Park, p. 14	387-6739
Taughannock Soccer Club, p. 20	387-3489
Teen Advisory Group (T.A.G.), p. 8	272-4557 x 277
Teen and Peer Mediation Program, p. 8	273-9347
Teen Education Volunteer Opportunities, p. 8	277-3203
Teen Pregnancy and Parenting Program (TP3), p. 53, 54	273-1055
Teen Program, p. 30	272-3622
Teen Volunteers, 4-H Urban Outreach Program, p.8	272-2292
The Rink, The Field, p. 20	277-7465
Tompkins Community Action, p. 15, 20, 29, 30, 43, 63	273-8816
Tompkins Consolidated Area Transit (TCAT), p. 24	277-RIDE (7433) or 275-0051
Tompkins Cortland Community College (TC3), p. 14, 28, 31	844-8211, 844-6525, or 1-888-567-8211
Tompkins County Dept. of Motor Vehicles, p. 36	273-7187
Tompkins County Dept. of Social Services, p. 32, 39, 40, 48, 54, 62	274-5348
Tompkins County Felony Drug Court, p. 42	277-1455
Tompkins County Food Distribution Network, p. 63	273-1900 x 27
Tompkins County Health Dept., p. 44, 46, 48, 52, 53, 54, 56, 57	274-6600
Tompkins County Mental Health, p. 40, 45, 46	274-6200 or 272-1616
Tompkins County Prevention Point, p. 42, 50	272-4098
Tompkins County Probation Department, p. 60	274-5380
Tompkins County Public Library, p. 6, 9, 20, 25	272-4557
Tompkins County United Soccer, p. 20	(no phone)
Tompkins County Youth Advocate Program (YAP), p. 60	277-5254
Tompkins County Youth Services Dept., p. 33, 41, 63	274-5310
Tompkins Girls Hockey Association, p. 20	257-3268
Tompkins Workforce New York, p. 32, 33	272-7570
Tompkins-Tioga Neighborhood Legal Services, p. 61	273-3667 or 1-800-724-4170
Town of Ithaca Recreation, p. 21	273-1721 x 136
Trumansburg Central School District, p. 5, 28	387-7551
Trumansburg Conservatory of Fine Arts, p. 22	387-5939
Trumansburg/Ulysses Youth Services, p. 21	272-2292 x 225 or 387-4910
Tutoring and Academic Support, p. 30	256-0780
U.S. Coast Guard, p. 34	315-437-6135
Ulysses Philomathic Library, p. 26	387-5623
Unity Studios, p. 22	273-4190
Unplanned Pregnancy Counseling, p. 55	273-7494
Upstate Ladies AAU Girls Basketball Club, p. 21	277-4911
Video Training/Television Show Production, p. 23	272-7272
Village at Ithaca, p. 29, 30, 53	256-0780
Vitamin L, p. 11, 23	273-4175
Vocational Educational Services for Individuals with Disabilities (VESID), p. 33, 58	734-5294 or 1-800-888-5020
Volunteer Tompkins, p. 8	(no phone)
Warm Line, p. 53	273-0259
Way2Go Transportation Education, p. 24	272-2292 x 184
WIC (Women, Infants and Children), p. 53	274-6630
World Learning Inc., p. 28	1-800-345-2929
YMCA, p. 15, 21	257-0101
Youth and Family Services, p. 40	274-5270
Youth Development Program, p. 37, 42	257-1551
Youth Employment Service (Y.E.S.), p. 33	273-8364
Youth for Understanding USA, p. 28	1-800-833-6243
Youth Guardian Services, p. 52	1-877-270-5152
Youth Horticulture Apprentice Program, p. 33	272-2292
Youth Outreach Program, p. 37, 63	272-8162
Youth Volunteers, p. 8	273-1900 x 10
Youth Works, p. 8	275-0122

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