

Cornell Cooperative Extension Tompkins County
Tompkins' Families!
Family Resource Directory

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Tompkins County Resources

General

[\(2-1-1\) Information & Referral](#)

Dial 2-1-1 or 877-211-TOMP (8667)

Need help finding help? Dialing 2-1-1 connects you with free confidential referrals to agencies and groups that can help you find answers to questions about Housing, Transportation, Health Care, and other local services. This service of the Human Services Coalition of Tompkins County operates 24 hours/7 days a week. Interpreter services are available.

[Babies First](#)

607-269-5385

Babies First provides tangible help to babies, young children, and their families in need from all parts of Tompkins County by offering free baby equipment - gently used strollers, pack-n-plays, high chairs, baby seats, play centers, booster seats, potties, baby gates and more. They also offer new unused car seats in two sizes- infant and toddler. Referrals are received directly from individuals or from 18 plus non-profit public agencies throughout the county.

[Catholic Charities of Tompkins/Tioga](#)

(607) 272-5062

Catholic Charities offers a variety of programs including emergency financial assistance, free clothing, food pantry and SNAP assistance, housing counseling services, immigrant services, developmental disabilities services, and more. The Family Empowerment department advocates for families that have involvement with Child Protective Services, Family Team Meetings, and Single Point of Accountability (SPOA) Meetings.

[Cancer Resource Center](#)

(607) 277-0960

The Cancer Resource Center of the Finger Lakes is a nonprofit agency located in Central New York serving those in our region affected by cancer. All services are completely free. Services include 1:1 support, peer to peer support, wellness programs and travel assistance.

[Child Development Council of Tompkins County](#)

(607) 273-0259

The Child Development Council provides information on local child care centers, home day cares, Head Start/ Pre-K programs, nursery schools, school childcare programs, and summer camps. The Child and Family Development program offers strength-based home visits to give parenting guidance, child development assessments, and support in meeting personal and family goals. The number above is “The Warm Line”: a free, confidential service addressing questions about children. Call M-F 9:00 a.m. to 4:30 p.m.

[Collaborative Law](#)

(607) 257-0284

The heart of Collaborative Practice is the belief – shared by the parties and their attorneys – that it is in everyone’s best interests to resolve differences by working together without going to court. At Ithaca Area Collaborative Law Professionals, all negotiations take place in four-way conferences between parties and their attorneys. A safe and confidential environment is established so that each client can openly discuss and consider the needs of each other and the children. Families with limited financial resources may be able to access the Collaborative Law Process for free, subject to eligibility.

[Community Dispute Resolution Center](#)

(607) 273-9347

Conflicts happen and mediation helps by giving people in conflict a chance to talk things out. It’s voluntary, confidential, and planned around your schedule. Mediation offers you the chance to get a better sense of the situation you face, consider the point of view of others involved, and figure out next steps with or without reaching an agreement.

[Community Health Outreach Program](#)

(607) 288-3974

The Community Health Outreach Program helps residents of Tompkins County enrolled in Medicaid (including Fidelis, Molina and other Medicaid managed care) to become healthier by listening to their needs and goals and connecting them with the health care services or other non-clinical programs that best fit those needs.

[Cornell Cooperative Extension of Tompkins County \(CCETC\)](#)

[CCE Tompkins Facebook](#)

(607)272-2292

CCETC brings educational programs in Agriculture, Environment, and Family and Community development; and 4H youth activities to Tompkins County. Family and Community development offers parenting workshops, weekly community café conversations, and monthly Coalition for Families information sharing and conversations with guest speakers.

[Family Resource Network \(FRN\)](#)

(607) 432-0001

Family Resource Network is a parent-run organization that provides support and information to empower individuals with special needs to live independently in the community. Services include support groups, family and provider training, family and youth peer advocacy, and more.

[Finger Lakes Family Fun](#)

Finger Lakes Family Fun is an online resource to help parents find fun things to do with young children in Ithaca and Tompkins County.

[LawNY](#)

(607)273-3667

Legal Assistance of Western New York, Inc.® (LawNY®) provides free legal aid to people with civil legal problems. If you are having a legal problem with a person or agency, and it is not a criminal matter, LawNY® may be able to give you help of advice.

[Loaves & Fishes of Tompkins County](#)

(607) 272-5457

Loaves and Fishes of Tompkins County is a non-profit organization that offers a place for free meals to those in need. They operate mostly from donations and volunteers.

[Opportunities, Alternatives & Resources \(OAR\)](#)

(607)272-7885

Opportunities, Alternatives, and Resources advocates for and assists individuals who are or were formerly incarcerated in the Tompkins County Jail. They offer reentry services, assigned counsel intakes, college application assistance, support in staying in contact with family while incarcerated, and a charitable bail fund.

[The Advocacy Center](#)

(607)277-5000

The Advocacy Center in Ithaca, NY offers a 24-hour hotline for concerns, questions, or reports concerning domestic violence and sexual abuse. Services include emotional support and shelter at a confidential safe house. The advocates also offer support during court appearances, meetings with police, nurse exams, and other related appointments.

[Tompkins Community Action](#)

info@tcaction.org

(607)273-8816

Tompkins Community Action (TCAction) is a private, not-for-profit community action agency that assists over 5000 low-income individuals, families and children in Tompkins County. The agency implements over 26 diverse programs that provide housing, weatherization, Head Start, after school care, an emergency food pantry and more.

[Tompkins County Chambers of Commerce](#)

(607) 273-7080

Tompkins County Chamber of Commerce is an organization dedicated to promoting business in the region. In addition to their economic development and public policy work, the Chamber can help you build your business through professional development programs and networking opportunities.

[Village at Ithaca](#)

(607) 256-0780

The Village at Ithaca offers tutoring, achievement coaches, and family advocacy. The family advocacy program matches an advocate with a family for one-on-one support with aspects of the educational system including teacher conferences, understanding an individualized education plan (IEP), and coordinating other academic support.

Pregnancy & Postpartum

[Ithaca VBAC & Cesarean Facebook Support Group](#)

Ithaca VBAC & Cesarean Support Group is an online group that offers open discussion and

information regarding cesarean birth, VBAC and postpartum support.

[MOMS Program of Tompkins County](#)

(607) 274-6604

The Moms PLUS + program has expert maternal child health nurses that go to homes in Tompkins County providing prenatal, postpartum, lactation and parenting visits. Moms PLUS + nurses provide education and information on pregnancy, childbirth, baby care, infant growth and development, as well as breastfeeding/chest feeding tailored to the needs of each individual. Gender affirming, trauma informed care. All insurances are accepted, there is no charge to the participant regardless of insurance status.

[Teen Pregnancy and Parenting Program \(TP3\) at the Child Development Council](#)

(607) 273-0259

Teen Pregnancy and Parenting Program is through the Child Development Council and offers support to teenage parents and pregnant teenagers (mothers and fathers). Support services include case management, in-home visits, help applying to programs for assistance, education and employment, housing and more.

Mental Health Services

[Family & Children's Services of Ithaca](#)

(607) 273-7494

Family and Children's Services offers mental health services including Counseling for children, teens, adults, and families. They also have crisis clinicians and trauma-informed mental health services.

[Ithaca ADHD Treatment with Jennifer Schiavi NP](#)

(315) 534-4905

Integrative and functional medicine services. Services include taking a comprehensive look at each patient's unique biochemistry, genetics, lifestyle, and environmental factors to understand the underlying imbalances contributing to ADHD.

[Inner Lakes Therapy](#)

(607) 398-0212

A virtual group practice of highly skilled, warm, welcoming and trauma-informed clinicians, with a shared passion for social justice-oriented therapy. All Inner Lakes Therapists are LGBTQIA+ and BIPOC allies, and neurodivergence affirming, if not members of these groups

themselves.

[National Alliance on Mental Illness \(NAMI - Finger Lakes\)](#)

(607) 273-2462

The Finger Lakes chapter of NAMI is a nonprofit organization run by volunteers who have mentally ill family members. Most services are free of charge; they include support, advocacy, and education programs.

[Single Point of Accountability \(SPOA\)](#)

Single Point of Accountability is a team that works with families of youth with social, emotional or behavioral challenges. SPOA helps to assess a youth's strengths and needs in order to provide support such as developing a care plan as an alternative to placement or to help select a placement that meets the youth's needs.

[Suicide Prevention & Crisis Service \(SPCS\)](#)

24 Hour Crisisline: 988

Warm Line: (607) 210-8328

Text Line: Text "TALK" to 988

Suicide Prevention and Crisis Service provides 3 core programs: crisisline, education program, and after-trauma services. The crisis line offers free and confidential counseling 365 days a year. The education program has a variety of suicide prevention and mental health programs for youth and adults. The after-trauma services provide free short-term counseling and support groups to those who have lost a loved one to suicide or unexpected death.

[The Mental Health Association in Tompkins County](#)

(607) 273-9250

The MHA offers a wide variety of programs for Tompkins County residents including a parent support group, community education, advocacy services, summer camp, and a recreation program.

[Tompkins County Mental Health](#)

(607) 274-6200

Tompkins County Mental Health helps children and families with assessments, counseling, and treatment. They also provide other services through contacts with other agencies around Tompkins County.

Employment Services

[Challenge Workforce Solutions](#)

(607) 272-8990

Challenge Workforce Solutions is a nonprofit that offers job placement services for individuals with a range of disabilities including developmental disabilities, cognitive impairment and physical disabilities.

[Hospitality Employment Training Program \(HETP\)](#)

(607) 272-3622

HETP trains all participants to be work ready in the hospitality industry and office administrative work. Participants receive over 60 hours of instruction in skills and certifications in the hospitality industry and office administrative work, and up to 120 hours of on-the-job training and coaching.

[Tompkins Workforce New York](#)

(607) 272-7570 ext 129

Tompkins Workforce New York offers employment related services. These services are for individual jobseekers and businesses.

Addiction & Recovery Services

[Cayuga Addiction Recovery Services \(CARS\)](#)

(607) 272-5500

Cayuga Addiction Recovery Services is a long-term residential treatment center in Trumansburg, New York. They serve individuals to help them overcome the disease of addiction. They also offer group counseling, family counseling, individual counseling, and cognitive-behavioral therapy.

[REACH Project Inc.](#)

(607) 273-7000

REACH Project has a medical practice in Ithaca, NY that provides equal healthcare to all, with a focus of care given to individuals experiencing homelessness or drug use. This medical practice provides primary care, behavioral services, and a variety of other treatments.

Disability Services

[Children with Special Care Needs \(CSCN\)](#)

(607) 274-6644

Children with Special Care Needs of Tompkins County Health Department offers services to families with children of special needs. CSCN has an early intervention program that offers evaluation and therapeutic services for young children who may have developmental delays or disabilities. They also have services that help families find special health care needs and financial assistance.

[Finger Lakes Independence Center \(FLIC\)](#)

(607) 272-2433

Finger Lakes Independence Center assists all people with disabilities and their families and friends. Services are offered free of charge. Some of the services include support, advocacy, counseling, and information/referral. FLIC also has an extensive loan closet of equipment such as wheel chairs, walkers, etc.

[Franziska Racker Center](#)

(607) 272-5891

The Franziska Racker Centers offer a wide range of services for individuals with disabilities and their families, from early childhood through adulthood. Their services include residential services, self-directed services, individual-community support, mental health services, clinical services, early childhood centers, autism services and care management services.

[Greek Peak Adaptive Snowsports](#)

(607) 288-2176

Greek Peak offers snow sports for individuals with special needs through the use of adaptive equipment and trained volunteers to assist. Their goal is to create a fun experience in a supportive environment for people of all abilities.

[Office for People with Developmental Disabilities of New York State \(OPWDD\)](#)

(607) 273-0811

The Office for People with Developmental Disabilities of New York State has services for individuals with developmental disabilities. These services include help finding employment, community activities, and building relationships.

[Pathways, Inc.](#)

(607) 937-3200

Pathways, Inc. provides services for children, adults and families of individuals with developmental disabilities. These services include residential, day, family support, waiver, and service coordination. They also offer mental health services, family support services, traumatic brain injury services and child care.

[TST Boces Exceptional Education](#)

(607) 257-1551

TST BOCES provides information, resources (including an extensive lending library), training, technical assistance, and education related to children with disabilities. They serve all schools in Tompkins, Seneca and Tioga Counties.

[Vocational Rehabilitation \(ACCES-VR\)](#)

1-800-222-5627

Vocational Rehabilitation assists individuals with disabilities to achieve and maintain employment. They support independent living through training, education, rehabilitation, and career development.

[Wrightslaw](#)

Wrights law is an informative website that explains special education and education laws for children with disabilities. It provides an explanation of the rights guaranteed to children and addresses special education advocacy.

Youth Services

[Finger Lakes Toy Library](#)

(607) 319-0488

Finger Lakes Toy Library has a collection of toys for members to borrow from just as you would borrow a book from a book library. Members can choose a maximum of three toys

per family/caregiver, or one per child, whichever is greater, and borrow them for up to three weeks. After the loan period, they can come back and exchange them for new toys, or renew them for one additional loan period. They are located at The Shops at Ithaca Mall, 40 Catherwood Rd, Suite D07, Ithaca, NY.

[Ithaca Youth Bureau](#)

(607) 273-8364

The Ithaca Youth Bureau provides a variety of mentoring and skill building services. These services include after school program, fitness, outdoor activities, camps, Big Sister/Big Brother and a college discovery program. A division of the Ithaca Youth Bureau, Recreation Support Services offers recreational opportunities for youth and adults with disabilities.

[The Learning Web](#)

(607) 275-0122

The Learning Web is dedicated to enabling local youth – whether homeless or more fortunate - to build capacity and thrive as self-assured, self-directed, productive adults. By offering a developmental series of community-based learning experiences tailored to the interests and complex needs of each individual youth, The Learning Web builds a bridge that helps each youth successfully travel the path into positive adulthood.

LGBTQ+ Services

[Cornell LGBT Resource Center](#)

(607) 254-4987

The Cornell LGBT Resource Center is proud to welcome all LGBTQ+ students to their space, programs, and community on campus. This center offers programs and events, workshops and trainings, a physical space, and supportive staff.

[LGBTQIA+ Youth Group at Tompkins County Public Library \(TCPL\)](#)

(607)272-4557 ext. 274

The LGBTQIA+ Youth Group at TCPL offers a safe and supportive space for individuals of the LGBTQIA+ community to talk about sexuality, sexual orientation, and gender. Open to those in 6th-12th grade, this group meets weekly at TCPL.

[Parents, Families and Friends of Lesbians and Gays \(PFLAG of Ithaca-Cortland\)](#)

(607)423-1078

contact@pflagithacacortland.com

Parents, Families and Friends of Lesbians and Gays is a national organization that provides support for parents and families of lesbian, gay, bisexual and transgender individuals. They also provide education and advocacy on LGBTQ issues. Locally, PFLAG of Ithaca-Cortland provides a support group, educational speakers, and local/statewide advocacy for LGBT rights.

[Pride and Joy Families](#)

(607)777-3717

Pride and Joy Families of Binghamton University offers resources for lesbian, gay, bisexual and transgender (LGBTQ) people and families. These resources include topics such as adoption and family building, parenting, medical, education, advocacy and legal resources.

[SAGE Upstate: Advocacy & Services for LGBTQ+ Elders](#)

Sage Upstate is a not-for-profit organization that promotes the health and well-being of lesbian, gay, bisexual, transgender, and questioning people in Central New York as they age.

[The Trevor Project](#)

(866) 488-7386

Text Line: text "START" to 678-678

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people ages 13-24. They provide information & support to LGBTQ+ youth 24/7, all year round.

[Trans Lifeline](#)

(877) 565-8860

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

Elder Care Services

[Gadabout](#)

(607) 273-1878

Transportation services provided to anyone 55 years of age or older that lives in Tompkins County. If you are under the age of 55 and there is a need for transportation due to disability that interferes with the use of public transportation, call Gadabout's office to see if you are eligible.

[Lifelong](#)

(607)-273-1511

Lifelong works to enhance the lives of older adults in Tompkins County providing activities, events, and support and social groups to promote continued mental, physical, and creative growth and health in a welcoming and positive environment. Lifelong is a center for information and services for those seeking help with taxes, health insurance, opportunities to volunteer, and other matters connected with living well after 50.

[Tompkins County Office for the Aging](#)

(607) 274-5482

Tompkins County Office for the Aging provides objective and unbiased information regarding the array of services available for older adults and their caregivers. Their mission is to assist older adults and persons with long term care needs to live independently in their homes and communities with quality of life and dignity.

Transportation Services

[Friends in Service Helping](#)

1-877-211-8667

FISH, and acronym for Friends in Service Helping is a non-profit organization in Tompkins County. FISH volunteers provide free rides to county residents in need of medical and health related services that are within the county or nearby.

[TCAT](#)

(607) 277-7433

TCAT, Inc (Tompkins Consolidated Area Transit, Inc.) is a not-for-profit corporation that provides public transportation for Tompkins County New York.

[Way 2 Go](#)

(607) 272-2292

Visit Way2Go to find transportation services in the Tompkins County Area. Way2Go is the transportation education program of Cornell Cooperative Extension Tompkins County.

NY State Resources

[Adoption and Guardianship Assistance Program for Everyone \(AGAPE\)](#)

Adoptive and Foster Family Coalition of New York

(888) 354-1342 or (607) 272-0034

A free support, information and educational program open to all adoptive families and relative caregivers who have custody or guardianship of children.

[Double H Ranch](#)

(518) 696-5676

Double H Ranch provides specialized camps, an adaptive winter sports program, and a hospital outreach program. Located in the Adirondacks, the ranch supports families with children that have chronic illnesses. Camp experiences are known to be memorable, exciting, empowering, safe and medically sound.

[Families Together in NY State](#)

(518) 432-0333

Families Together is a non-profit, family-run organization that strives to establish a unified voice for children and youth with emotional, behavioral, and social challenges. Their goal is to ensure that every family has access to needed information, support, and services. Families Together in NYS, Inc. is the state chapter of the Federation of Families for Children's Mental Health. Services offered include advocacy, support and referrals, trainings and education.

[KidsPeace National Centers of New York/Residential Programs](#)

(800) 854-3123

KidsPeace is dedicated to serving the behavioral and mental health needs of children, preadolescents and teens. Their programs include a unique children's psychiatric hospital, a comprehensive range of specialized and intensive and therapeutic residential treatment programs, accredited educational services and a variety of community-based treatment programs and foster care.

[New York State Parent Guide](#)

The New York State Parent guide is a resource that provides information for caretakers, about the first five years of their child's life.

[New York ElderCare Resource Center](#)

833-ELDER-INFO

A website created by dedicated New York eldercare professionals to provide information

and contacts to those who need help. With over 2,000 links to elder care resources including government benefits, support organizations, geriatric doctors and skilled nursing facilities.

[Parent to Parent of NY State](#)

(800) 305-8817 or (607) 869-2171

Parent to Parent is a statewide non-profit organization that aims to create a support network amongst families with individuals that have special needs. They can match parents, based on their request, with a trained Support Parent who also has a child with a similar disability, chronic illness, or health care concern; or to help with parenting issues. Parent to Parent can also provide information and training to families of children with special health care needs about a specific illness or disability, or answer questions about special education.

[Southern Tier Independence Center \(STIC\)](#)

(607)724-2111

Southern Tier Independence Center offers services that promote independence and inclusion for individuals with special needs to live in their communities. They want to help eliminate the barriers that prohibit individuals from living independently and envision a world where everyone can be themselves. Some of their services include accessibility advice, self-directed home care, trainings, and education to parents, schools, agencies.

[Willow Domestic Violence Center](#)

(585) 222-SAFE (222-7233)

Willow Domestic Violence Center is an organization that serves survivors of domestic violence. Their services include a counseling center, an emergency shelter, a 24/7 hotline, advocacy, supportive housing, prevention education and training and more.

[Zero To Three](#)

(202)638-1144

Zero To Three is a national nonprofit organization that informs, trains and supports professionals, policymakers and parents in their efforts to improve the lives of infants and toddlers. This organization will provide resources to build healthy relationships with infants and toddlers, grow your skills as a professional and become an advocate for change.

National Resources

[All Kinds of Minds](#)

info@allkindsofminds.org

The institute's mission is to help students who struggle with learning measurably improve their success in school and life by providing programs that integrate educational, scientific, and clinical expertise. Website resources include case studies, activities, and articles that deal with learning issues, to help parents better understand and support their children's learning.

[An Activity Book for African American Families](#)

An Activity Book for African American Families with the topic of helping children through crisis.

[CDC/Centers for Disease Control and Prevention](#)

(800) 232-4636

CDC website offers fact sheets on developmental milestones, screening, autism spectral disorders, cerebral palsy, vision or hearing loss, ADHD, and interactive tools for parents to assist with observing and recording development.

[Dream Factory](#)

(607) 272-1264

A volunteer based nonprofit that grants dreams to critically and chronically ill children, ages 3-18, who have not previously received a dream grant.

[SAMHSA's Recovery Community Services Programs \(RCSP\)](#)

1-877-726-4727

RCSP advances recovery by providing peer recovery support services across the nation. These services help prevent relapse and promote sustained recovery from mental and/or substance use disorders.

[Sex Positive Families](#)

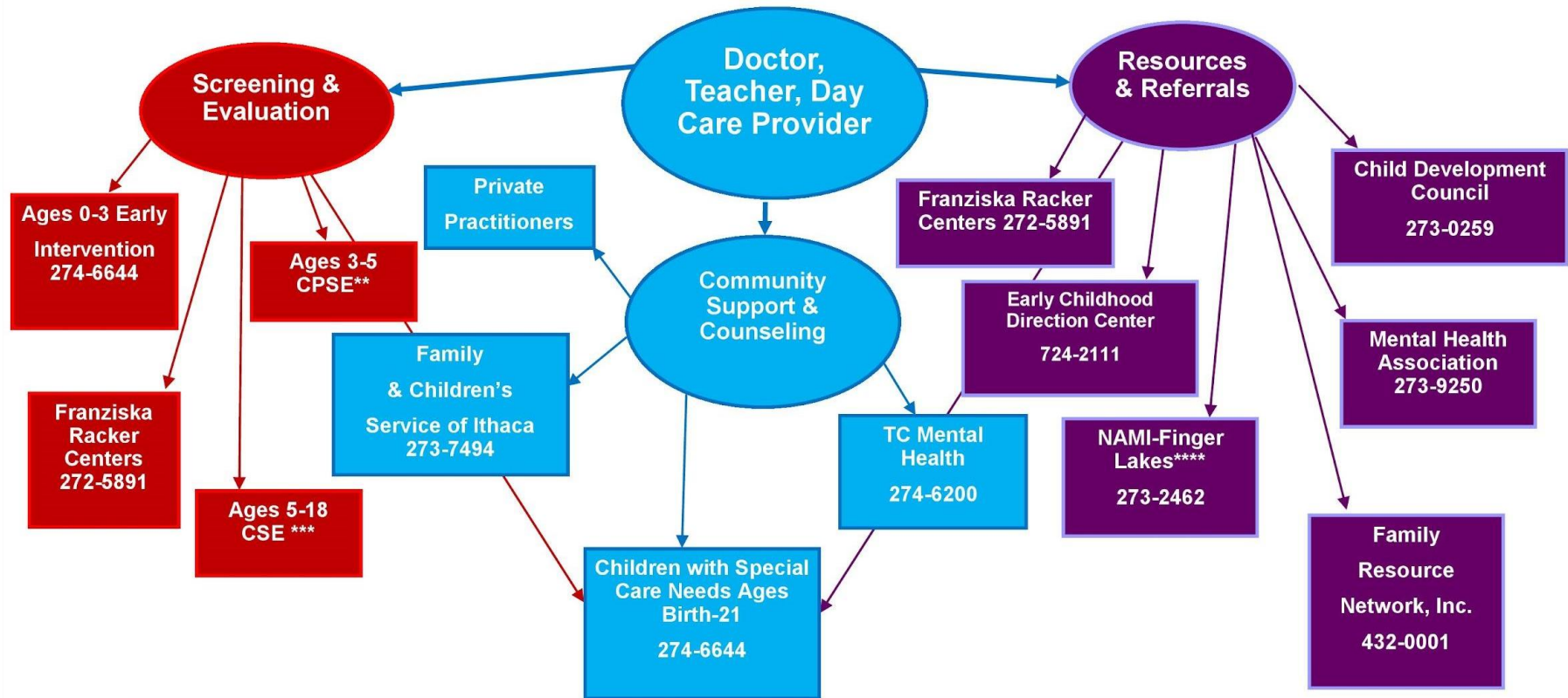
Sex Positive Families provides resources, education and support around raising sexually healthy children.

Child Behavior Resource Guide

Are you worried about your child's behavior or development?

Does your child's behavior seem different from others their age?

Your child's teacher or doctor could help with referrals to an appropriate agency*.



*Keeping notes of your observations to share with professionals can be very helpful.

**CPSE—your local school district Committee on Preschool Special Education

***CSE—your local school district Committee on Special Education

****NAMI-Finger Lakes —National Alliance on Mental Illness—Finger Lakes

Phone number area code is 607 unless noted otherwise.

Protective Factors Framework

Protective Factors Framework

PARENTAL RESILIENCE

The ability to recover from difficult life, and often to be strengthened by and even transformed by those experiences.

SOCIAL CONNECTIONS

Positive relationships that provide emotional, informational, instrumental and spiritual support.

CONCRETE SUPPORT IN TIMES OF NEED

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

SOCIAL AND EMOTIONAL COMPETENCIES OF CHILDREN

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships