

APC/HEGEMAN: EAP and COUNSELING SERVICES
GUIDE TO COMMUNITY RESOURCES

FOOD

Food Stamps

Must be income and resource eligible. Apply to find out. Phone for information.
Request an application to be sent to you when you call. If your household has little or no food, you may request a food bank referral.

Otsego County DSS, Meadows Office Complex, Cooperstown
547-1700 www.otsegocounty.com.

WIC (Women, Infants and Children).

Supplemental food program for pregnant, breastfeeding, and postpartum women and children up to age 5.

Opportunities for Otsego, 3 West Broadway, Oneonta
433-8071 www.ofoinc.org.

Meal programs

The Lord's Table, 305 Main St, Oneonta
432-1458

Serves dinner Monday-Friday, 4:30pm - 6:30pm

Saturday's Bread, First United Methodist Church, 66 Chestnut St., Oneonta
432-4102

Serves lunch Saturday, 11:00am -1:00pm

Food pantries

Assembly of God Church, Alden Street, Cherry Valley, NY 13320
(607) 264-3306

Monday – Friday, 9:00am - 5:00pm.

Presbyterian Church, 25 Church St., Cooperstown
547-8401

Salvation Army, 25 River St., Oneonta
432-6120

Monday – Friday, 9:30am - 4:30pm

St. James Food Pantry, 305 Main St., Oneonta
432-1458

St. Mary's Food Pantry, 38 Walnut St., Oneonta
432-3920 ext. 212.

Monday – Friday, 11:00 am -3:00 pm. May use once every 30 days.

CLOTHING

American Red Cross, 396 Chestnut St. Oneonta
and 101 Main St. Cooperstown
547-2441

Oneonta hours Monday, Wednesday Friday 8:30am -- 4:30pm
Cooperstown hours Tuesday and Thursday 8:45am – 4:45pm

Family Service Association

Gently used clothing for adults and children.

Encourages people to make their own choices about the clothing/school supply needs of their families without the issue of cost. Otsego County, no eligibility requirements.

Family Service Association, 277 Chestnut St., Oneonta
432-2870

Monday-Tuesday-Wednesday 9:30am -12:30pm, and 1:30p – 4:30pm. Thursday
1:30pm -4:30pm. Friday, open by appointment only.

Salvation Army, 25 River St., Oneonta
432-6120

Monday through Friday, 9:30am -- 4:30pm.

SHELTER

Housing

Emergency Housing

Opportunities for Otsego, 3 West Broadway, Oneonta
24-hour hotline: 433-8318 www.ofoinc.org

Housing Assistance Program.

Rent and mortgage assistance. Open to residents of Otsego County who are NOT eligible for DSS assistance, or need more assistance than what is available. Can help if you are behind on your rent or mortgage, about to be evicted, or having trouble finding affordable housing.

Opportunities for Otsego, 3 West Broadway, Oneonta
433-8335 www.ofoinc.org

Heat

HEAP (Home Energy Assistance Program)

Assists income-eligible households in meeting their winter heating costs. Individuals and families receiving public assistance and food stamps are automatically eligible.

Individuals under 60 years of age need to apply at

Opportunities for Otsego, 3 West Broadway, Oneonta
433-8000 www.ofoinc.org

Individuals over 60 years of age need to apply at

Otsego County Office for the Aging, The Meadows Complex,
Suite 5, 140 Co. Hwy. 33W Cooperstown
547-4232, 432-9041 www.otsegocounty.com

Heat (continued)

Emergency Aid to Families (EAF)

This program is designed to meet the emergency needs of families with children who are under 18 years of age in specific circumstances. Call for more information. Applicant must apply in person. Bring any shutoff notice with you.

Otsego County Department of Social Services

547-1700 www.otsegocounty.com, www.otda.state.ny.us

New York State Electric and Gas

Note: all public utility companies have special assistance available for people to make utility payments.

(800) 572-1111 www.nyseg.com

NY Energy Smart

Tips on how to get the most from your HEAP grant. Ideas for saving energy.

www.GetEnergySmart.org

Weatherization Program

No-cost, home energy conservation program for low-income homeowners and renters that can reduce home heating bills by 20-35%. Trained personnel install measures to improve energy efficiency, including insulation, weather-stripping, caulking, repair/replacement of heating systems, repair/replacement of storm windows, broken windows, and/or outside doors, installation of smoke detectors. Opportunities for Otsego,

3 West Broadway, Oneonta

433-0444 www.ofoinc.org

Energy Opportunities – similar to Weatherization, but open to all regardless of income. Funding may be available to cover up to 50% of the costs associated with energy-efficiency improvements, up to a maximum of \$5,000 per household or \$10,000 for a 2-4 family building.

Opportunities for Otsego, 3 West Broadway, Oneonta

433-0444 www.ofoinc.org

HEALTH

Cancer Services Program

Free cancer screens in Delaware, Otsego and Schoharie Counties. Offers breast screenings for uninsured women age 40 and older, cervical screenings for uninsured women age 40 and older, and colorectal screenings

for uninsured men & women age 50 and older.

888-345-0225

Emergency Services Program

Assists with essential medications, furniture recycling, and hygiene and cleaning supplies in emergency situations. Two holiday programs for Thanksgiving and Christmas are available. Income eligibility, no fees, emergency situation. Otsego County residents.

Family Service Association, 277 Chestnut St. Oneonta

432-2870

Health (continued)

Facilitated Enrollment Program

This program assists individual and families to apply for state health insurance programs (Child Health Plus, Family Health Plus and Medicaid). Uninsured and underinsured, certain immigration categories, and all children are eligible.

Mothers & Babies Perinatal Network. Call for appointment.

607-772-0517, 800-231-0744

Medicaid

A medical assistance program for low income individuals/families which covers the cost of medical care. Call for application and appointment.

Otsego County Department of Social Services, The Meadows, Cooperstown

547-1700 www.otsegocounty.com

NY Access to Recovery

A free program that provides services to people in recovery from alcohol and other drug use. These services include traditional clinical treatment, as well as nontraditional recovery supports (education, health care, alternative pain treatments, etc.). Must be 18 or older and a resident of Delaware or Otsego County, with a current or history of a substance use disorder.

607-267-4435 www.friendsofrecoverydo.org

Oneonta Free Clinic

The center is for adults without insurance. Provides primary and preventive care to eligible patients and helps them enroll in county, state or federal health insurance programs and obtain medications and advanced care. Patients must call in advance for an appointment. Patients are scheduled for an income review before meeting with a health-care provider. Documentation of income, such as pay stubs or tax returns, will be requested.

Oneonta Community Health Center, 22 Academy St., Oneonta

433-0300

Tuesdays from 5:30pm – 8:30pm

Planned Parenthood

Reproductive health care for men and women. Sliding fee, Medicaid, most insurance.

Oneonta.

432-2250 www.ppscny.org

Smoking cessation

Free nicotine patches, gum, and personalized coaching.

New York State Smoker's Quitline

1-866-NY QUIT (1-866-697-8487) www.nysmokefree.com

Southern Tier AIDS Program

Free, confidential services for people living with HIV/AIDS.

www.stapinc.org

Health (continued)

Violence Intervention Program

Free, confidential services for victims of domestic violence, sexual assault, date rape, stalking, violent crime.

Opportunities for Otsego, 3 West Broadway, Oneonta
432-4855, 800-986-5463 www.ofoinc.org

CHILDREN AND PARENTS

Building Healthy Families

Free services for pregnant women or parents of a newborn, that connect you to community services and helps welcome your new baby. Eligibility: pregnant or have child less than 3 months of age, resident of Otsego County, present as “overburdened” or “overstressed.”

Opportunities for Otsego, 3 West Broadway, Oneonta
607-433-8000 www.ofoinc.org

Child Care Connection

Free and confidential referrals to regulated child care programs and early childhood programs for parents. Information about assessing the quality of your child care program, reporting concerns for the health and safety of children in child care, and accessing Child Care Subsidy Grants for income eligible households.

Catholic Charities, 176 Main Street, Oneonta
432-0061

Child care subsidy

Child care available to income eligible working parents or parents attending school or training. Otsego County residents. School and training must be prior approved. Use of legal child care provider required. Eligibility determined by income and need for care. Parent must pay a share of the child care cost.

Otsego County Department of Social Services
547-1700 www.otsegocounty.com

Family Resource Network

A parent driven nonprofit organization serving families of children with special needs in Chenango, Delaware, Otsego, Broome, Tioga, and Tompkins counties. Provides information, support, and advocacy services to families who have children with development, special health care and mental health needs.

www.familyrn.org

Head Start and Early Head Start

Programs for infants, toddlers and pregnant women. Includes preschool program for children aged 3 and 4 from low-income families develop the early reading and math skills they need to be successful in school. Also activities and resources for parents and younger children.

Opportunities for Otsego, 3 West Broadway, Oneonta
433-8055 www.ofoinc.org

Children and Parents (continued)

Mother/Baby Home Visit

A visiting nurse can assess the well-being of both you and your baby. Provide advice on ways to care for, feed and bathe your baby. If you are breastfeeding, provide reliable lactation counseling and support. Offer advice to help siblings and pets adjust to a new baby in the home. Provide help in learning how to childproof your home. Provide emotional support for you and your family.

Otsego County Public Health Nursing, The Meadows, Cooperstown
547-4230 for information or appointment.

Parenting Resource Center

No eligibility requirements. Provides a supportive environment for parents, caregivers and others to learn about child development, discipline, communication and parenting skills. Offers a library of resource materials for parents.

Family Service Association, 277 Chestnut St., Oneonta
432-2870

Services for pregnant adolescents

Home-based services to pregnant and/or parenting adolescents, their significant other and their families. No fees. Services may include counseling, childbirth preparation, nutrition education, transportation, referral for pre-post natal care, home based parent education.

Community Maternity Services
432-9314

FINANCIAL AND EMPLOYMENT COUNSELING

Consumer Credit Counseling Services

Offers budgeting assistance and the Debt Management Program, which is designed to assist in paying off debts and avoiding bankruptcy. All major creditors participate in the Debt Management Program. Most offer lower interest rates and an end to additional late and over-limit fees, so that you are able to pay off your debts in a reasonable amount of time.

www.credithelpny.org

Employment Services

Helps unemployed and underemployed adults gain skills, training, and resources to find and keep employment. Open to residents of Otsego County, over 18 years of age, not working, working part-time, or employed in a low-paying job.

Opportunities for Otsego, 3 West Broadway, Oneonta
433-8335 www.ofoinc.org

Rent and Mortgage Assistance

Opportunities for Otsego's Housing Assistance Program. Open to residents of Otsego County who are NOT eligible for DSS assistance, or need more assistance than what is available. Can help if you are behind on your rent or mortgage, about to be evicted, having trouble finding affordable housing.

Opportunities for Otsego, 3 West Broadway, Oneonta
433-8335 www.ofoinc.org

Financial and Employment Counseling (continued)

Temporary Assistance/Family Assistance/Safety Net Assistance

Offers financial assistance for basic needs for children, families, single adults, households without children, SSI recipients, and families with dependent children under age 18.

Otsego County Department of Social Services, Cooperstown
547-1700 www.otsegocounty.com

LEGAL ADVOCACY

Legal Aid Society of Mid New York, Inc.

A not-for-profit law office. Provides free legal information, advice and representation to people who can't afford a lawyer. *Please note: Legal Aid only handles civil (non-criminal) legal problems.* Serving Broome, Cayuga, Chenango, Cortland, Delaware, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego and Otsego. Also serves farm workers anywhere in New York State. Eligibility for services based on income and family size. If you are 60 or over, or if you are a victim of family violence, you may qualify for our services even if you are not low-income.

189 Main St. Suite 401, Oneonta
433-2220

The Children's Center

Free, drop-in day care for children 6 weeks to 12 years of age whose caregivers have business with the courts, such as Family Court, Support Court, Surrogate Court, Family Treatment Court, Petition Intake, Probation Appointments. Located in the Family Court Building 197 Main St., Cooperstown. Mon-Fri 8-5.

Opportunities for Otsego, 3 West Broadway, Oneonta
547-6426, 800-986-5463 www.ofoinc.org