

Community Resources

Broome & Tioga Counties

If you have questions or don't know where to start,
dial: 2-1-1 First Call For Help
or
1-800-901-2180

To help you find what you're looking for, here are some not-for-profit community resources that may provide helpful services which may meet your need.

ABUSE See: "Protective Services"

AIDS/HIV
Health Dept - Broome 778-2839
Health Dept - Tioga 1-800-282-4884
HIV/AIDS Warm Line 1-800-333-0892
Southern Tier AIDS Program 798-1706
STD Hotline 1-800-227-8922

AGING See "Senior Services"

ALCOHOL/DRUG ABUSE
AA 722-5983
Al-Anon/Alateen 722-0889
Addiction Ctr 723-7308
Addictions Crisis Ctr @ Fairview 723-3321
Alcohol & Drug Abuse Svcs - Tioga 687-4000
Alcohol Abuse Information 1-800-ALCOHOL
Alcohol/Drug Crisis Line UHS 762-2257
Alcohol/Substance Abuse Info 1-800-784-6776
Candlehouse Teen Challenge 687-3669
Chemical Dependency Unit (BCMHS) 778-1251
Clear Brook Inc 1-800-582-6241
Drug Abuse Treatment Southern Tier. 762-2800
Drug Awareness Ctr (See Chemical Dependency Unit)
Fairview Recovery Svcs 723-3321
Mental Health Assn Chemical Dependency . . 771-8888
Narcotics Anon 774-4907
New Horizons (UHS). 762-3232
Salvation Army Adult Rehab Ctr 723-5381
Tioga County Open Door Mission 687-1121

ASSESSMENT
Broome County Office for Aging 778-2411
CASA (Long Term Care) 778-2420
Children's Home of Wyoming Conf 772-6904
Early Childhood Direction Ctr 724-2111
Greater Binghamton Health Ctr (Child) 773-4424
Greater Binghamton Health Ctr (Adult) 773-4061
Handicapped Children's Assn 798-7117
Tioga County Social Services 687-8550
UHS Crisis Ctr Psychiatric Emergency
. 762-2302 or 1-800-451-0560

BUDGET COUNSELING
Consumer Credit Counseling Svcs 723-2671

CHILD CARE INFORMATION & REFERRAL
Family Enrichment Network - Broome. 723-8313
- Tioga 687-6721
See also "Parenting"

CIVIL RIGHTS/HUMAN RIGHTS
NYS Advocate for Disabled 1-800-522-4369
NYS Attorney General 721-8771
NYS Human Rights Division 721-8467

CONSUMER PROTECTION
Better Business Bureau. www.upstateny.bbb.org
Consumer Product Safety - U.S. 1-800-638-2772
Food & Drug Administration 773-2752
NYPIRG (Public Interest Research Group) 777-4971
NYS Attorney General 721-8771
NYS Public Service Commission 1-800-342-3377
Small Claims Court. 772-7006

COUNSELING
Binghamton Univ. Psychological Clinic 777-2103
Catholic Charities 729-9166
Crisis Center - Psychiatric Emergency
. 762-2302 or 1-800-451-0560
Family & Children's Society 729-6206
Mental Health Assn (Information/Referral) 771-8888
Mental Health Dept - Broome 778-1152
Mental Health Dept - Tioga 687-0200
Psychological Clinic (B.U.). 777-2103
Samaritan Counseling Ctr-Broome 754-2660
UHS Mental Health Clinic 762-2340

CRISIS & SUICIDE PREVENTION COUNSELING
A New Hope Center - Tioga 1-800-696-7600
Boys Town (Youth/Families) 1-800-448-3000
Crime Victims Assistance Ctr 722-4256
Crisis Center Psychiatric Emergency - Mental Health Hotline
. 762-2302 or 1-800-451-0560
Nat'l Runaway Switchboard 1-800-RUNAWAY
Nineline 1-800-999-9999
SOS Shelter (Domestic Violence). 754-4340
UHS Child/Youth Mobile Crisis Team. 762-3387
Youth Crisis Hotline 1-800-448-4663
See also: "Youth Counseling"

DISABILITIES
ACCES (previously VESID). 1-800-888-5010
ACHIEVE (previously ARC) 723-8361
AVRE (Assn for Vision Rehab) 724-2428
BOCES (Broome/Tioga) 763-3300
Brain Injury Assn of NYS 1-800-228-8201
Broome Developmental Svcs. 770-0211
Early Childhood Direction Ctr. 724-2111

DISABILITIES cont'd
Emergency only Deaf Teletype TTY 1-800-342-4357
(for NYS Police, fire, ambulance)
Handicapped Children's Assn 798-7117
Learning Disabilities Assn 754-3335
Rehabilitation Support Svcs (Tioga) 687-7468
Social Security Administration 1-800-772-1213
. TTY 1-800-288-7185
Southern Tier Independence Ctr 724-2111
SWS (previously Sheltered Workshop). 722-2364
VESID (See ACCES) 1-800-888-5010

DISASTER SERVICES
American Red Cross - Southern Tier (fire/flood) 785-7207
2-1-1 First Call For Help Dial 2-1-1
or 1-800-901-2180
Emergency Svcs - Broome. 778-2170
Emergency Svcs - Tioga 687-8300
Salvation Army - Broome 722-2987
Tioga County Open Door Mission 687-1121

DOMESTIC VIOLENCE
A New Hope Center - Tioga 687-6866 or 1-800-696-7600
All Women's Help Center. See: Life Choices Center
Crime Victims Assistance - Broome 722-4256
Domestic Violence - NYS 1-800-695-0390
Life Choices Center 723-3342
SOS Shelter 754-4340

ELDER SERVICES See "Senior Services"

EMPLOYMENT
BOCES 763-3300
Cornell Coop. Ext WORKplus. 584-5008
Workforce NY - Broome 778-2136
Workforce NY - Tioga 687-8500 or 1-877-882-8313

FAMILY PLANNING SERVICES
Family Planning Svcs - Broome 778-2669
Family Planning Svcs - Tioga 687-5333
Genetic Counseling - Ferre Institute 724-4308
Planned Parenthood 723-9692

FOOD ASSISTANCE
Catholic Social Svc - Broome 723-4563
CHOW Broome County only - requires referral:
2-1-1 First Call For Help Dial 2-1-1 or 1-800-901-2180

Independent Pantry /Community Meal information, call:
2-1-1 First Call For Help Dial 2-1-1 or 1-800-901-2180

Food & Drug Administration 773-2752
Food Bank of Southern Tier - Mobile 796-6061
Food Stamps - Broome 778-3772
Food Stamps - Tioga 687-8300
Meals-on-Wheels - Binghamton 778-6206
Meals-on-Wheels - Western Broome 754-7856
Meals-on-Wheels - Owego 687-4120 x314

FOOD ASSISTANCE cont'd
Office for Aging - Broome Senior Meal Sites. 778-2411
Office for Aging - Tioga Senior Meal Sites. 687-4120
Tioga County Open Door Mission 687-1121
Tioga County Rural Ministry - Tioga. 687-3021
Tioga Outreach Ctr - Waverly 565-7580 or 1-866-326-1373
Salvation Army - Broome 722-2987
WIC (Women/Infants/Children Nutrition Program)
Broome County 778-2881
Tioga County 687-3147 or 1-866-642-0243

HEAD START
Family Enrichment Network - Broome 723-8313
Opportunities for Broome 772-6810
Tioga Opportunities Inc. 1-866-687-5888

HEALTH CARE - MEDICAL SERVICES - DENTAL CARE
Dental Care Services (UHS). 762-2005
Dental Care Services Lourdes 584-4545
Dental Clinic - Accepts Medicaid
Binghamton Dental 722-55555 Cortland Dental 753-39361
Oak Street Dental 778-1400 Wilson Dental 217-7123
Windsor Dental 655-2141

Dr. Garabed Fattal Community Free Clinic ... 772-3519 voice mail
Family Care Centers (Fee on sliding scale)
Lourdes Family Care 798-8058
UHS Health Care Clinics. 763-5555
Health Dept - Broome 778-3930
Health Dept - Tioga 1-800-282-4884
Tioga County Health Dept Mobile Dental Clinic. . . . 1-800-282-4884

HEALTH/MEDICAL INSURANCE
CDCHP. 1-800-454-3840
Child Health Plus (Excellus BC/BS).. . . . 1-800-282-0068
Child Health Plus (Fidelis Tender) 1-888-343-3547
Child Health Plus (Mother's & Babies Perinatal Network)
. 772-0517 or 1-800-231-0744
EPIC (Senior Prescription Insurance). 1-800-332-3742
Mothers & Babies (health insurance assistance). . 1-800-231-0744
MEDICAID - Broome 778-2604
MEDICAID/MEDICARE - Tioga 687-8300
MEDICARE. 1-800-633-4227
Partnership for Prescription Assistance (PPA). . . . 1-888-477-2669

HOME HEALTH/LONG-TERM CARE
CASA (EISEP Program) 778-2420
Family & Children's Society 729-6209
Health Dept - Broome 778-3930
Health Dept - Tioga 1-800-282-4884
Hospice East - Broome 798-5692
Hospice West - Tioga 687-0682
Hospice - Guthrie 1-800-598-6155
Caregiver Resource Ctr
Office for Aging - Broome 778-2411
Office for Aging - Tioga 687-4120
Tioga Long Term Care Access 687-8550
Twin Tier Home Health Care 763-8946

HOMELESSNESS/EMERGENCY SHELTERS

Berkshire Farms (<i>Youth</i>)	772-3123
Catholic Charities TTLP (<i>Youth</i>)	584-7800
Dept of Social Svcs - Broome.	778-2504
Dept of Social Svcs - Tioga	687-8300
Red Cross (<i>fire/flood victims</i>)	785-7207
Salvation Army Adult Rehab	723-5381
SOS Shelter (<i>Domestic Violence</i>)	754-4340
Tioga County Open Door Mission	687-1121
Volunteers of America	772-1156
The Y (YMCA) - men	772-0560
YWCA - women	772-0340

HOUSING /RENT/MORTGAGE

Binghamton Code Enforcement.	772-7010
Binghamton Community Development (<i>HUD</i>)	772-7028
Binghamton Housing Authority	723-9491
First Ward Action Council.	772-2850
Metro Interfaith Housing	772-6766
Opportunities for Broome.	723-6493
SEPP Housing	723-8989
Tioga Opportunities	687-0707
Town of Union (<i>HUD</i>).	786-2985

INFORMATION & REFERRAL

2-1-1 First Call For Help	Dial 2-1-1 or 1-800-901-2180
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LEGAL SERVICES

ACCORD (<i>Dispute Resolution</i>)	
Broome	724-5153
Tioga	687-8222
Bar Assn (<i>Lawyer Referral</i>)	
Broome	723-6331
Tioga	1-800-342-3661
Legal Aid-Mid State NY.	1-877-777-6152
Neighborhood Legal Svcs (<i>Tioga</i>)	273-3666 or 1-800-724-4170

MULTICULTURAL COMMUNICATIONS

American Civic Assn	723-9419
Broome County Urban League.	723-7303
Jewish Federation	724-2332
Mental Health Assn	771-8888
NAACP (<i>local</i>)	1-877-622-2798

PARENTING

Binghamton School District - <i>PACT</i>	762-8197
Catholic Social Services - <i>PPA Program</i>	729-9166
Cornell Cooperative Ext - Broome.	772-8953
Cornell Cooperative Ext - Tioga	687-4020
Family & Children's Society.	729-6206
Family Enrichment Network	723-8313
Lourdes Hospital - <i>PACT</i>	584-4550
Mothers & Babies Perinatal Network	772-0517 or 1-800-231-0744
Tioga County - <i>PACT</i>	607-687-6145
See also: " <i>Headstart</i> "	

PARENT RESOURCE CENTERS

PAL Family Resource Ctr	771-6334
Parent Resource Place - Endicott	785-4331
Parent Resource Ctr - Owego.	687-1571
Parent Resource Ctr - Waverly.	565-2374

PHYSICIAN REFERRAL

Medical Society	772-8493
Lourdes Hospital	798-5831 or 1-877-956-8733
United Health Svcs Nurse Direct.. . . .	763-5555 or 1-800-295-8088

PREGNANCY

Birthright.	798-7661
Broome County Social Svcs - <i>PCAP</i>	778-2669
Catholic Social Svcs (<i>EPS</i>).	729-9166
Family & Children's Society - Broome.	729-6206
- Tioga.	687-3540

Life Choices Center	723-3342
Lourdes Hospital - <i>PCAP</i>	798-8058
Mothers & Babies Perinatal Network.	772-0517 or 1-800-231-0744
Planned Parenthood	723-9692
Tioga County Health Dept - <i>PCAP</i>	1-800-282-4884
United Health Svcs - <i>PCAP</i>	763-5142

PROTECTIVE SERVICES

A New Hope Center	1-800-696-7600
Abused/Neglected Children (<i>NYS</i>).	1-800-342-3720
Adult Protective - Broome	778-2635
Adult Protective - Tioga	687-8550
Child Protective - Broome	778-2675
Child Protective - Tioga	687-8355
Crime Victims Assistance - Broome	722-4256
SOS Shelter	754-4340

RAPE VICTIMS 24-HR HOTLINE

A New Hope Center - Tioga.	687-6866 or 1-800-696-7600
Crime Victims Assistance - Broome	722-4256
Life Choices Center	723-3342

SELF-HELP SUPPORT GROUPS

2-1-1 First Call For Help	Dial 2-1-1 or 1-800-901-2180
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SENIOR SERVICES

Action for Older Persons.. . . .	722-1251
CASA	778-2420
Faith in Action	724-9130 x318
Family & Children's Society	729-6206
Office for Aging - Broome.	778-2411
Office for Aging -Tioga Opportunities	687-4120
Senior Helpline - NYS.	1-800-342-9871
Tioga County Rural Ministry	687-3021

SEXUALITY

Planned Parenthood	723-9692
Southern Tier AIDS Helpline.	1-800-333-0892
See also: " <i>AIDS/HIV</i> "; " <i>Family Planning</i> "; " <i>Pregnancy</i> "	

SUICIDE

See " <i>CRISIS & SUICIDE COUNSELING</i> "
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UTILITIES

HEAP Home Energy Assistance Program	
Dept of Social Svcs - Broome.	778-2638
Office for Aging - Broome.	778-2063
Dept of Social Svcs - Tioga	687-8300
Opportunities for Broome.	723-6493
Tioga Opportunities	687-4222
NYSEG <i>Consumer Advocate</i>	762-5965
.	1-888-315-1755
NYSEG Emergency Assistance Program	1-888-315-1755
Project Share (<i>NYSEG Customers only</i>)	785-7207

VOLUNTEERISM

Faith in Action	724-9130 x318
RSVP	231-0726
Voluntary Action Center.	729-9100

VOTER REGISTRATION

Board of Elections - Broome.	778-2172
-Tioga	687-8261
League of Women Voters.	724-6830
Voting Information.	775-5041

YOUTH COUNSELING

Berkshire Farms.. . . .	772-3123
Boys Town (<i>Phone counseling</i>)	1-800-448-3000
Gateway Center for Youth.	584-7800
Lourdes Center for Mental Health	584-4465
Nat'l Runaway Hotline.	1-800-786-2929
Nineline	1-800-999-9999
Youth Crisis HOPELINE	1-800-SUICIDE
.	1-800-784-2433

 See also: "*Pregnancy*"

**COMMUNITY
RESOURCES**

Broome & Tioga Counties

Susquehanna River Region ★



Get Connected. Get Answers.

**FIRST CALL
FOR HELP**



**Information & Referral
Telephone Service**

Bringing people and services together

Dial 2-1-1
or 1-800-901-2180

www.firstcallforhelp.info

