

Tompkins County Re-Entry Toolkit

This toolkit was created to help you and your family feel supported and welcomed in returning to Tompkins County and overcoming the many hurdles of re-entering back to your communities. This little guide is filled not only with essential resources but with insider tips based on lessons learned by others who have been to prison or jails and back.

There are quotes sprinkled throughout this guide, from people who have been on the re-entry path, and *they look like this.*

Know that there are people back home who care about you and are rooting for your success!

Your voice matters! Please let us know if you think of ways this toolkit could be improved! Contact Phoebe phoebe@afj-ny.org.

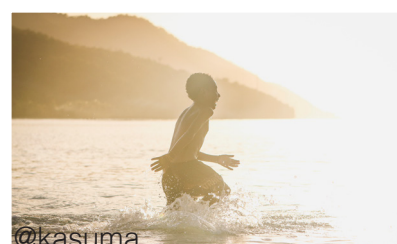
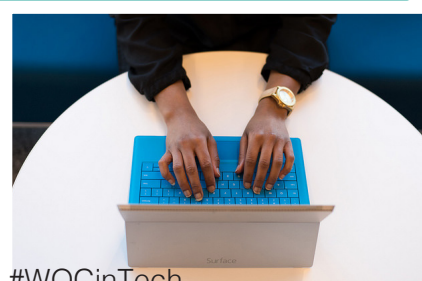
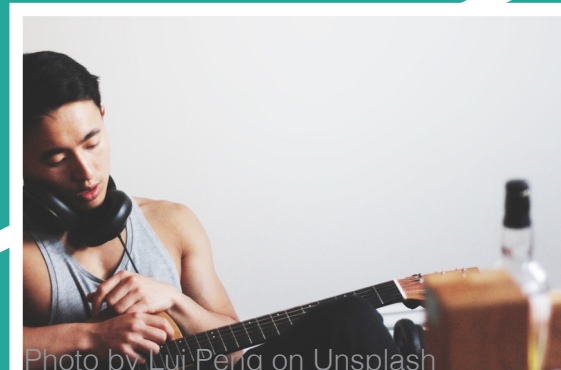
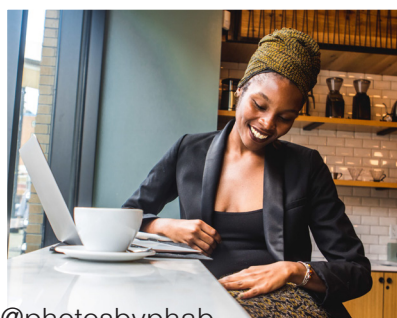


Table of Contents

FIRST STEPS . . . 3

JOBS AND TRAINING . . . 7

HOUSING . . . 10

TRANSPORTATION . . . 12

FOOD . . . 13

LEGAL ISSUES/SERVICES . . . 15

HEALTH AND HEALING . . . 16

FAMILY . . . 19

FINANCIAL EDUCATION . . . 20

EDUCATION . . . 21

RESOURCES . . . 22

NOTE: If you are viewing this document online, there are links throughout to help you navigate or connect to resources online. You can go directly to pages listed in the Table of Contents above, visit websites of organizations listed, and return to this page from any page in the document. There are many organizations who are here to help - some you may want to know upfront are: Alliance of Families for Justice (AFJ), Opportunity, Alternatives and Resources (OAR), Mentors for Change (MFC), and Ultimate Re-entry Opportunity (URO). Their contact info is in RESOURCES, pages 22 - 27. Please visit this section early! Contacts are listed when we have them, depending on when you're reading this, they may no longer be with the organization listed.



FIRST STEPS

“Re-entry is entering back into a lot of things. Society. Family. Relationships. It’s not easy. There are a lot of ways the system is set up that make it hard for you. But we’re here to help you take steps to make it through.”

BEFORE RELEASE FROM PRISON

- ✦ Start **3 to 6 months** ahead of your release! Your counselor may be able to help you start the process of planning early on, but don’t wait for them to do it all for you! Here are some steps you should take the lead on:
- ✦ Ask your counselor about in-house re-entry/pre-release programs and take full advantage of what they have to offer. Often, these programs will help you prepare for your release, give you access to a statewide employment database to search open job positions based on your interest, develop a resume and cover letter, and help you develop a reentry plan based on your needs.
- ✦ Send letters asking for applications that you want mailed to you regarding housing, trainings, Food Stamps (SNAP) applications, etc. from re-entry support organizations such as Mentors for Change (MFC), Alliance of Justice for Families (AFJ), Opportunity, Alternatives and Resources (OAR), and Ultimate Re-entry Opportunity (URO). Their contact info is in RESOURCES at the end.
- ✦ ***You need a birth certificate and social security card when you get out. If you don’t have them while in prison: contact your counselor. You will have a hard time getting them when you are out.***
- ✦ Order rap sheets **6 months** before you leave: go to the law library in the prison and order extra copies of your rap sheet for free. Know what’s on your records, make sure it’s accurate. Bring your rap sheets to LawNY when you get out for assistance in correcting any errors and for advice on your options under the sealing laws.

DOCUMENTS YOU WILL NEED

- ✦ **Birth Certificate:** If you were not able to attain this document while in prison, you may get one by contacting the health department of the county where you were born. If you were born in Tompkins County, check the RESOURCES section for the the Tompkins County Health Department contact information.
- ✦ **Social Security Card:** If you were not able to attain this document while in Prison, you may get one by visiting the Social Security Office at 127 W. State St./W. MLK Jr St. 2nd Floor, Ithaca, NY 14850. You’ll need a New York State issued ID or your Birth Certificate. If you miss those documents too you will need an advocacy plan and persistence. Keep letting the agencies know that you don’t have your documents and reach out to MFC, OAR, AFJ or URO to have someone advocate with you.
- ✦ **Temporary State ID:** You can get a Temporary State ID while in prison for when you get out (expires in 60 days). This ID does not replace a birth certificate or a Social Security card.

🔗 **New York State Sheriff's ID:** This is a permanent identification, similar to a driver's license. You can obtain one at the Tompkin's County Sherriff's Office 779 Warren Rd, Ithaca, NY 14850. (607) 272-2444. You'll need your birth certificate and social security card to get the ID or other documentation that show proof of age and where you live.

🔗 **Rap Sheets:** If you were not able to attain this report while in Prison, you may get one for free by visiting LawNY 902 Taber St. Suite 1 Ithaca, NY 14850 (607) 273-3667 and OAR (Opportunities, Alternatives and Resources) 910 W. State St./W. MLK Jr St., Ithaca, NY 14850.

🔗 **New York State Driver's License:** You'll need your birth certificate and social security card to get your driver's license at the Department of Motor Vehicles (DMV) 301 3rd St, Ithaca, NY 14850 (607) 273-7187.

🔗 If you have no identification, start at the Social Security Office. Expect to face challenges, but be persistent. A mentor or advocate can help.

AFTER RELEASE -

YOUR FIRST DAY BACK!

"Talking to someone helps. When you come out you want to focus. There is so much to do, so many distractions. It can be hard when things don't go so well not to have someone to lean on. Find friends, family members, a mentor who will be there for you."

The first day (and for the next couple of weeks) will be overwhelming, because you will need to make several initial contacts with people, agencies, services, and support systems. Remember that you have many people cheering for you and ready to guide and support your re-entry. Use your time wisely. Know what questions to ask, and know that people can work with you!

🔗 You have to get to both parole and DSS within the first 24 hours of your release.

🔗 **Parole:** If you are returning from state prison, get to parole in Elmira in the morning. If you are returning from federal prison, get to parole in Binghamton in the morning.

- State Parole 100 West Chemung Pl. Elmira, NY 14904 (607) 734-6667 C-Tran is the bus transportation to Elmira <https://ridectran.com/en/30-elmira-ithaca>
- US (Federal) Probation 15 Henry St # 103B, Binghamton, NY 13901. (607) 773-3202 Greyhound is the only bus route and is more than \$40 round trip. <https://www.greyhound.com/transit>.

🔗 **Get your rights:** When you first meet with your parole officer there will be plenty to talk about. Make sure that you ask about your voting rights. There was an executive order passed recently that restores voting rights to individuals on parole. Also, a person convicted of a felony in the State of New York may register or vote at any election if: they have been discharged from parole, or their maximum sentence of imprisonment has expired, or they have been pardoned, or restored to the rights of citizenship by the governor.

✦ **Transportation:** Parole does not handle your transportation. Get transport vouchers/bus passes at the Department of Social Services (DSS), Mentors for Change (MfC), Catholic Charities, Opportunities, Alternatives and Resources (OAR), or Hospitality Employment Training Program (HETP). Call those places ahead of time to make sure your vouchers are there when you get there. Arrange transportation ahead of your release through MFC, OAR, or SURJ.

✦ **Communication:** Get your own cell phone, essential for managing communication between different services, opportunities, and relationships. Visit DSS, OAR, MFC, or AFJ to get support with getting a SafeLink prepaid cell phone, which is free. SafeLink provides low to no-income people with a prepaid cell phone with limited minutes each month without charge.

✦ **Housing:** If your housing situation is not set, make sure that you visit DSS and get a “Emergency Shelter Voucher” within 24 hours of release. The vouchers are temporary and you may have to re-qualify every day. The Shelter has curfews and there is no “check-in” between 8pm and 5am. Your belongings are not safe, and you may have to share a room with another person, depending on your situation. Housing Advocates are available through the Shelter and are there to help you find housing; they can help you to do things like move procedural barriers for you.

✦ **Support System:** Regardless of your situation, it’s a good idea to begin building a relationship with positive mentors. Don’t wait. Visit someone from MFC, AFJ, OAR, or a family friend. Let them know that you are here and reach out for their support. The mentors there have gone through the incarceration system themselves. A mentor can be a family member, friend, or community member who will help you navigate your first few weeks/months. Ask your mentor about how to expand your network and build more positive relationships. If MFC or AFJ haven’t contacted you, find them at 516 State St./W. MLK Jr St., Ithaca, NY 14850 phoebe@afj-ny.org. Don’t forget to check out the Housing section in this toolkit on page 10 for tips to handle housing challenges. MFC and AFJ have welcoming and support groups Thursdays at 5:00pm childcare, food and transportation are available. Please arrange for childcare or transportation ahead of time.

CHANGES IN DAILY

LIFE AND ROUTINE

“Beware of your “blast from the past”. Keep the focus, keep your eyes on the prize of what you really want to accomplish (staying free, finding work, being self-employed, getting that degree etc.). Take your power back.”

✦ Ask yourself and reflect: What do you see as priorities upon release? What are your skills and strengths and how might they help you overcome the challenges you will face? What brings you serenity and a sense of steadiness? Ask yourself honestly about what your real needs are and how you can best take care of them. Some needs will be ongoing, some will be coming up randomly.

- ✿ Immediate financial assistance, clothing and personal care items are available through Catholic Charities. Monies are available through Greater Ithaca Activities Center (GIAC). Vouchers to purchase household items are available through the Finger Lakes ReUse (FLR). See details and services in the RESOURCES section at end.
 - ✿ Plan to create positive connections, community, and support when you get home, including a network of people returning from incarceration. Re-establish positive relationships but find new ones too. Look for people who are supportive.
 - ✿ Bring your circle of familiar people into the new places that are healthy for you, and surround them with positive people.
 - ✿ You may find you need to stop going to your old group if they are likely to pull you back down into bad habits, which can lead to use of drugs, failing curfew, missing work, or just making you feel low about yourself. Get clear about who are your true friends and supporters, versus who leads you away from your goals. Or, change the relationship you had with them into a positive one. Help them help you.
 - ✿ Respect your restrictions and spell them out to your community so they can help you stick to them.
 - ✿ Be prepared to be turned down a number of times about jobs, housing, etc. You don't have to go through it alone. Choose your friends well and nurture those friendships, as they will help you deal with the frustration. You may find it helpful to have someone go with you to social service offices for assistance and emotional support.
 - ✿ Find *Positive Reinforcement* each day (spiritual, exercise, friendship, etc.) Learn how to manage your newfound lack of structure. Use some of your time to take care of yourself. Read, listen to music, work out, take a walk in nature.
 - ✿ Find ways to focus your energy and skills to achieve what you want. Volunteer. Helping people can make you feel better about yourself, learn new skills, and build a supportive community. If you feel angry against the system, join groups that help people work to change it for the better, for justice.
- Examples: Immigration Rights Coalition, Mentors for Change (MFC), Showing Up For Racial Justice (SURJ), and Black Lives Matter Ithaca. See details and contact information in the RESOURCES section at the end of the toolkit.

✿ Get used to changes in technology: Women's Opportunity Center, Workforce NY, and Opportunity, Alternatives and Resources (OAR) have computer classes. The public library and Workforce NY have computers you can learn with and use. Short YouTube video tutorials are also very helpful with improving smartphone and computer skills.



@terricksnoah

JOBS AND TRAINING

“For people leaving the legal system after many years behind bars there is a lot to reintegrate. The new computers, new phones, new buildings in the old skyline we remember of our town (no more phone booths, no more ‘Octopus’ in Ithaca) things have moved right on while we were inside. Ask for help to learn about these. Remind friends and family to be patient about your learning process.”

Many jobs are available in Tompkins County and your record cannot legally be held against you in New York State unless it relates to the specific job you’re applying for. (Theft record won’t work for financial jobs, DWI eliminates driving jobs, etc.). Still, there are many obstacles to overcome:

- ✿ Many employers discriminate in any case, so you may have to keep applying and reapplying.
- ✿ Having big gaps in your employment history can affect your self-confidence and eligibility for the job.
- ✿ Reliable public transportation is a challenge, especially for late or night shifts.
- ✿ Mandated appointments and surprise visits from parole in the middle of the day can make it easier for employers to fire you.
- ✿ Keeping up with housing, transportation, parole requirements, and other challenges while working a minimum wage job can make it hard to be reliable and keep your spirits up.

TIPS!

- ✿ Expect to get many rejections, so put yourself in a positive mental state and get support from other people and from community hubs like the Multicultural Resource Center (MRC). Don’t Give Up!
- ✿ If you feel you have been discriminated against in applying for work - or on the job - know your rights, and check with LawNY, Tompkins County Workers Center, Multicultural Resource Center (MRC), or Alliance of Families for Justice (AFJ).
- ✿ When seeking work, and on the job, dress appropriately, be on time, and develop a friendly, positive attitude.
- ✿ Be prepared to work less popular shifts, get your foot in the door, then work your way up.
- ✿ If there are big gaps in your work history, focus on building a record of trainings (see training options below) and use prison work and trainings on your resume.
- ✿ All employers have access to tax breaks for hiring formerly incarcerated folks. It is called Work Opportunity Tax Credit and is for no later than a year after release from prison. To provide more information to your potential employer visit <https://www.labor.ny.gov/careerservices/work-for-success/incentives.shtm>.

- ✦ If the employer has concerns about your record being a risk-factor, you can get access, for free, to a kind of insurance and security for them through the Department of Labor Federal Bonding Program (FBP), which you can use for the first 6 months of employment. Forms can be accessed through the US Department of Labor in Center Ithaca 171 E. State St./E. MLK Jr St. Ithaca, NY 14850, Ithaca Commons or by visiting www.bonds4jobs.com.
- ✦ If you need to show credit history and have none, check out the Alternatives Federal Credit Union (AFCU) Credit Builder Loan program to raise your credit score. You take out a \$500 loan and pay it off in small amounts over time. See details and services in RESOURCES section at end.
- ✦ Build rapport with the people you're working with, so you have allies for support and advocacy.
- ✦ Be careful about what you post on social media, as your employer may be checking and using it against you.
- ✦ If there is a question on a job application about your record, say you have a record but that you'll explain in detail at the interview.
- ✦ You do not have to offer information about your legal background. Don't offer information they don't ask about, but be honest if they do. If you are on parole, it would be better to share that information, so that there are no surprises when a parole officer stops by.
- ✦ Line up reliable transportation by checking bus routes, rides through Showing Up for Racial Justice (SURJ), and Way2Go.

JOB & TRAINING RESOURCES

(see general info in the RESOURCES section)

“Coming out of jail and reintegrating life has many challenges (finding housing, good work, education). Even though we have paid our debt to society, we will most likely continue to be penalized when we return. When we come out it takes a while to find our balance. We have to be willing to face up, to focus, to do the little things that make the difference.”

✦ **Challenge Industries** helps create employment for people with disabilities, prison records, or public assistance barriers. They place people quickly in the college dining halls as well as other jobs. Help with resumes and technology skills classes, 950 Danby Rd #179, Ithaca, NY 14850 Geno Tournour at (607) 272-8990.

✦ **Finger Lakes ReUse (FLR)** offers job training in computers, experience in retail work, and jobs in those fields. ReSET (Skills and Employment Training) offers 2 free job training programs; ReSET Technology provides skills in computer technology, and ReSET Retail And Customer Service trains in skills related to sales and customers care.

- Ithaca ReUse Center, M-S 10am to 6pm, Sun 10am to 5pm, 214 Elmira Rd, Ithaca, NY 14850 (607) 257-9699.
- Triphammer ReUse Center, M-S 10am to 6pm, Sun 10am to 5pm, 2255 N Triphammer Rd/Triphammer Mall, Ithaca, NY 14850 (607) 257-9699.

🔗 **Hospitality and Employment Training Program (HETP)** Training for hospitality services (hotels, motels, food service), office and customer service related, also bus driver jobs. HETP can mail applications to you in jail or you can fill them out over the phone. Only intake is a meeting. Contact Aleshia Akers, aakers@cityofithaca.org, GIAC 301 Court St, Ithaca, NY 14850 (607) 272-3622.

🔗 **Learning Web** helps people up to 24 years old get on-the-job training experience 515 W Seneca St, Ithaca, NY, 14850 (607) 275-0122.

🔗 **Mentors for Change (MFC) and Alliance for Families for Justice (AFJ)** provide informal individual, family, and group support for job search and referrals. Networking with peers and mentors available 1st and 3rd Thursdays 5:30-7:00 pm, Phoebe Brown 516 W. State St./W. MLK Jr St. Ithaca, NY 14850 phoebe@afj-ny.org.

🔗 **Opportunities, Alternatives & Resources (OAR)** resume writing and job search 910 W. State St./W. MLK Jr St. Ithaca, NY 14850 (607) 272-7885.

🔗 **Ultimate Reentry Opportunity (URO)** helps connect local employers with formerly incarcerated individuals through job fairs. Contact through the Cornell Cooperative Extension of Tompkins County, 615 Willow Ave, Ithaca, NY 14850 (607) 272-2292.

🔗 **Women's Opportunity Center (WOC)** Not as structured as the HETP. Intimate and welcoming, computer classes, resume writing support, provides experience working in retail 315 N Tioga St, Ithaca, NY 14850 (607) 272-1520.

🔗 **Workforce NY** offers jobseekers in Tompkins county help with applying for jobs, writing a resume, getting access to paid trainings and workshops, such as welding, CPR, Serve Safe training --- but you have to take the initiative --- know what you want and ask for what you want. Located in Center Ithaca on the Commons, 171 E. State St./E. MLK Jr St. #241 Ithaca, NY (607) 272-7570.



HOUSING

“When I’m confused I ask: what are my barriers, my challenges and what can I do to handle them.”

You should try to secure housing before you get out. If you don’t show that you have a Tompkins County home that’s approved by parole, you will have to go to the shelter. St-John Community Services contact Chris Teitelbaum at (607) 354-8990, 618 W. State St/W. MLK Jr St, Ithaca, NY 14850. If you have options for where you can go, choose a place that will serve as your safe haven.

Some people can’t be placed at the shelter because they don’t have proof of county residence. Demonstrate to the Department of Social Services (DSS) that you are actually a resident of the county. Make sure to talk to a family member or friend to get a notarized letter to prove residency.

You have to go to DSS (8:30am to 4:30pm) right after your parole meeting to apply for emergency shelter and get payments for staying at the shelter. If denied go to Law NY (9am to 5pm), they can guarantee one night at a hotel with proof of DSS denial or proof that the shelter is full. Visit the AFJ, OAR, MFC or URO offices to get assistance with alternative accommodations or call MRC (607) 279-8157. Your last alternative is to reach out to your network of family and friends.

Have a DSS application filled out 2-3 months before you get out. Have someone, such as family members or Mentors for Change (MFC) mentors, fill out the DSS intake form and sign it for you. Get it notarized. DSS doesn’t do applications for Section 8.

Just because you are homeless doesn’t mean you are necessarily going to be placed at the shelter; they could be full. Your belongings are not safe, and you may have to share a room with another person, depending on your situation. You can only stay at the shelter for 45 days. If you are in the shelter and you are considered homeless and you apply for a Section 8 voucher, your name would go towards the top of the list, especially if you have a family. It may be a good idea to go the shelter route first.

Mentors for Change (MFC) and Alliance of Justice for Families (AFJ) can mail you an application or help you fill out the form for section 8, after you settle in. You can get applications directly from Tompkins Community Action (TCA) and from Ithaca Housing Authority (IHA). Ask if you would you like MFC to help you apply.

When you get your first months rent support from DSS, depending on whether you are a single person or have a family, they give you \$400, which is less than what you need. Housing agencies legally cannot discriminate based on criminal record. But landlords still have discretion and can make it difficult to get housing.

Be prepared to get denied housing – if you do get denied, stay strong and file an appeal to the landlord/agency directly. Reach out to Law NY www.lawny.org/node/51/ithaca-location. Bring someone with you. Prepare yourself for the appeal. You still have a chance if you appeal. MFC/AFJ can help with the appeal process and provide a sample letter to request an appeal.

St-John Community Services, formerly Rescue Mission or DSS will help you find a house, usually out of town, with just a room with shared bathroom and kitchen.

Get ready to share the cleanup!

To make a complaint about unsafe conditions (needles under the sink, broken heater, etc) where landlord doesn't respond, talk to your DSS caseworker, your mentor, LawNY, and/or the Office of Human Rights.

HOUSING OPPORTUNITIES

(see general info in the RESOURCES section)

✦ **Chartwell House for Men and Magnolia House for Women** are available through Tompkins Community Action (607) 273-8816.

✦ **Endeavor House at OAR** provides a supervised, transitional, safe, and sober space from the streets when without a job or home. 910 W. State St./W. MLK Jr St., Ithaca, NY 14850 (607)272-7885.

✦ **Unity House** offers short term “respite apartments” if you have mental health issues or are developmentally disabled. They sometimes subsidize rent 15 Catherwood Rd Suite 1 Ithaca, NY 14850 (607)272-1741.

✦ **The Learning Web** helps with housing if you're under 24. 515 W Seneca St, Ithaca, NY 14850 (607) 275-0122.

✦ **Catholic Charities** offers housing counseling services, assistance including help with rental security deposits, and two housing programs; Mortgage Foreclosure Prevention and Financial Fitness, call Jane Sokolowski at (607) 734-9784, x2132.

✦ **Ithaca Housing Authorities (IHA):** Assists area low income families and individuals with safe, decent, and affordable housing opportunities and related services. Provides Section 8 vouchers and Public Housing. 798 S Plain St, Ithaca, NY 14850 607-273-8629.

✦ **Second Wind Cottages** is a tiny house (16'x20') project of Carmen Guidi, to house men only 1435 Elmira Rd, Newfield, NY, 14867 (607) 227-6268.



TRANSPORTATION

“If you can see it in your mind you can achieve it with the right effort and support. Don't let anything distract you.”

The public transportation system in Tompkins County is limited and can be frustrating to navigate. Due to gentrification, more affordable housing is available outside the City of Ithaca, which makes it difficult to find adequate transportation. Be prepared to take multiple buses to reach your destination. There are other alternatives, but they can be pricey.

You can get transportation vouchers/bus passes at Department of Social Services (DSS), Mentors for Change (MFC), Catholic Charities, Opportunities, Alternatives and Resources (OAR), or Hospitality Employment Training Program (HETP). Call those places ahead of time to make sure your vouchers are there when you get there.

Organizations like MFC, OAR or SURJ can arrange planned and emergency transportation through their volunteer system. Contact them directly to set this up. See details in RESOURCES section at end.

For public bus route and schedule information look up Tompkins Consolidated Area Transit (TCAT) at www.tcatbus.com.

Other transportation options: Way2Go, a transportation service that connects people to existing options (607) 272-2292. Two community taxi services are available locally Uber, www.uber.com and Lyft, www.lyft.com. Lime Bikes is a bicycle-sharing system in Ithaca, www.limebike.com.



FOOD

“We are equal, we need one another. We all know and have expertise beyond education. What is yours?”

There are many food resources available throughout Tompkins County. Most food pantries contain large portions of processed food items like bread, bagels, muffins, etc., so make sure you balance your intake and choose fresh fruits and vegetables for healthy meals. You may find hot and healthy meals available at Loaves and Fishes, Southside Community Center, Multicultural Resource Center (MRC), and Mentors for Change (MfC). If you have free time, you could participate in free community events that serve lunches and dinners.

SOUP KITCHENS (MEAL PROGRAMS)

- ✦ **Loaves and Fishes** 5 days a week, healthy food, positive atmosphere. Lunch 9am-2:30pm Mon, Wed & Fri; Dinner 2:30pm-8pm, Tue & Thus, 210 N.Cayuga St, Ithaca, NY 14850 (607) 272-5457.
- ✦ **Salvation Army**, Sat: 10am-1:30pm; Sun: 1pm-5:30pm, 150 N. Albany Street, Ithaca, NY 14850 (607)273-2400.
- ✦ **Food not Bombs** Sat at noon, food and free market, Dewitt Park, corner of Buffalo & Cayuga St, Ithaca, NY 14850.
- ✦ **Southside Community Center** 1st & 4th Saturday of month, 12-2pm, 305 S. Plain St, Ithaca (607) 273-4190.

FOOD PANTRIES (FOOD SUPPLIES)

- ✦ **Baptized Church Food Pantry** Hours: Wed: 10am-12pm; Sat: 10am-12:30pm. 412 First Street, Ithaca, NY 14850.
- ✦ **Caroline Food Pantry** 1st & 3rd Mon 5pm-7pm. 522-26 Valley Road, Brooktondale, NY 14817 (607) 539-6537.
- ✦ **Danby Food Pantry** 3rd Thurs, Danby Federated Church, 3-6pm, 1859 Danby Road, Danby, NY 14850 (607) 272-1687; Residents only (607) 273-6850.
- ✦ **Dryden Kitchen Cupboard** Mon: 11am-12pm; Wed: 5-6pm; Fri: 11am-12pm; Sat: Last 11am-12pm 6 North Street, Dryden, NY 13053 (607) 844-8321.
- ✦ **Enfield Food Distribution** Mon: 1-3:30 pm; Sun: 12-1pm 182 Enfield Main Road, Enfield, NY 14850 (607) 273-5682.
- ✦ **Freeville Pantry** 2nd & 4th Mon: 5:30-7pm 38 Main St, Freeville, NY 13068 (607) 844-8760.
- ✦ **Groton Food Providers** Sat: 2nd & 4th 10am-11:30am 701 South Main St, Groton, NY 13073 (607) 898-5263.
- ✦ **Immaculate Conception Food Pantry** Tue: 1-2pm 113 N. Geneva Street, Ithaca, NY 14850 (607) 273-7128.
- ✦ **Ithaca Kitchen Cupboard**, Mon-Fri 9am to noon and 1:30-4pm (except holidays), 150 N. Albany Street, Ithaca, NY 14850 (607) 273-2400, (607-273-7850) and (607-280-4776).

✦ **Lansing Food Pantry** Mon: 4th 1pm-3pm (3rd Monday Nov & Dec.) East Shore Drive, Lansing, NY 14882 (607) 592-4685.

✦ **Newfield Kitchen Cupboard** 1st & 3rd Wed 6-7pm 227 Main Street, Newfield, NY 14867 (607) 564-7860.

✦ **Rescue Mission Pantry** Mon: 2-4pm; Tue to Fri: 9-11am & 2-4pm 618 W. State St./W. MLK Jr St. Ithaca, NY 14850 (607) 273-6684 ext. 22.

✦ **Southside Community Center** Tue 4:30-6:30pm; Thu 4:30-6:30pm; 1st and 4th Fri and Sat Bakery and Produce only, 12-2pm, 305 South Plain Street, Ithaca, NY 14850 (607) 273-4190.

✦ **Tompkins Community Action (TCA)**, Households receive three days' worth of food and personal care items once a month. Mon 2:30pm- 4:30pm, Tues 10:30am to 1:30 pm 701 Spencer Rd, Ithaca, NY 14850 (607) 273-8816 contact Danielle Harrington.

✦ **Trumansburg Food Pantry** every other Mon: 1-2pm and 5:15-6pm 80 East Main St, Trumansburg, NY 14886 (607) 387-9024.

✦ **Help Beyond Food**, dial 2-1-1 or (800) 346-2211, monthly food assistance through SNAP (food stamps), (607) 796-5592.

✦ **Food Bank of the Southern Tier** has information and an up-to-date schedule of mobile foodbanks and pantries all over NYS, also offers hunger education programs, www.foodbankst.org.



Karolina / Kaboompics at rawpixel

LEGAL ISSUES/SERVICES

"I expected my things to be cared for while I was in, since someone in authority took them at the shelter. But not at all. My wallet had everything I needed, now that's gone. My focus is to get back to work, I gotta focus. It is harder than I thought it was going to be. I focus on my parole, my parole officer, on the here and now, on what I can do. I get my shit done right away. I want to find my balance, my center and go from there."

RESTORE YOUR RIGHTS

After release, if you want to get your records sealed, get in touch with LawNY.

Get your rap sheet through LawNY while you're in prison (file for it 6 months before release) or send away for it. You can get it while inside for free, when you're out you have to pay. Check to see if there is stuff on it that shouldn't be there.

Anyone who feels that their liberty is at risk can qualify for free legal counsel, apply through LawNY.

Know your rights about housing and employment; contact the Office of Human Rights, the Dorothy Cotton Institute, and LawNY. Knowing your rights will help you make successful arguments instead of having low self-esteem. Know how to argue your case in situations that are aggravating. Protest against places where people on bail are put together with convicted felons. People don't realize their rights. For example, you have the right to not be in handcuffs while detained, and you are innocent until proven guilty.

You may believe that you will have less time with a plea bargain; however, plea bargains are carried for the rest of your life even though you might not be guilty. "When we let the lawyer handle everything we get steamrolled 9 times out of 10".

✦ **Remember, you are your own best advocate!**

✦ **Voting rights:** When you first meet with your parole officer there will be plenty to talk about. Make sure that you ask about your voting rights. There was an executive order passed recently that restores voting rights to individuals on parole. Also, a person convicted of a felony in the State of New York may register or vote at any election if: they have been discharged from parole, or their maximum sentence of imprisonment has expired, or they have been pardoned, or restored to the rights of citizenship by the governor.

✦ **LawNY:** provides "Know Your Rights" training, helps with rap sheets, refers a limited number of civil matters to pro bono attorneys. Help with issues like landlord/tenant, foreclosures, SSD/SSI, public benefit denials, unemployment insurance benefits, 902 Taber Street, Suite 1, Ithaca, NY 14850 (607) 273-3667 or (800) 724-4170.

HEALTH AND HEALING

“When it hurts you gotta make it go away without drugs or drink. Find your support, people who believe in you, and help you believe in yourself. You can make this happen. I look at myself in the mirror: “Today I can do this.”

Everyone needs and is entitled to health and healing. Incarceration can be traumatic, not only for the inmate, but also their families. Paying attention to health and recovery needs will give you the strength to overcome the obstacles of your re-entry. Health is not only about medicine and doctors, it's how you take care of yourself on all levels: mind, body, spirit, and relationships.

Take care of your hygiene to uplift your morale and help bring out your best to the world. Take time away from all the running around you need to do by going to supportive spaces like AFJ, OAR, etc. Get refreshed in nature at the many trails and waterfalls in gorgeous Ithaca. There are also free **fitness trails, art walks, mural tours, and summer concerts**. If you can access YouTube, you can learn many health and healing skills like meditation, yoga, capoeira, dance, and healing movement.

Below are resources that will help you navigate conventional, agency-based approaches as well as the wide range of alternatives in the community. The St-John Community Services agency that manages the shelter provides showers, towels and hygiene products while you are at the shelter.

HEALTH

- ✦ **Advocacy Center** offers support, advocacy, and education for survivors of domestic and sexual violence PO Box 164 Ithaca, NY 14851 hotline (607) 277-5000, office (607) 277-3203. See many resources at www.actompkins.org.
- ✦ **Bramble Ithaca** is a community healing space and herb store offering herbal health consultations, a lending library, and classes. Mon 11-6, Wed through Sat 11-6 Press Bay Alley, 118 West Green Street, Ithaca, NY (607) 379-0113, Mon 11-6, Wed through Sat 11-6
- ✦ **Catholic Charities** helps individuals and families apply for health insurance coverage and SNAP (food stamp) programs. To schedule an appointment, for health coverage help, call (888)-343-3547.
- ✦ **For Brown Bleeders** herb-based products, creative healing space and discussions for marginalized people of color, forbrownbleeders@gmail.com
- ✦ **Ithaca Community Accupuncture** friendly, reasonable (sliding scale \$20-\$40), 209 Dey St. Ithaca, NY 14850 (607) 319-5454.
- ✦ **Ithaca Free Clinic** A 100% free conventional and holistic healthcare services for anyone without health insurance. Many services are available, call or visit their website for details www.ithacahealth.org. Walk-in hours: Mon 2-6pm or Thurs 4-8pm, 521 W Seneca St, Ithaca (607) 330-1254.
- ✦ **ReEntry Theatre Program** or Civic Ensemble meets Mondays from 9am-11am (except national holidays) at Day Reporting. The ReEntry Theatre Program is fun,

challenging, creative, and open to anyone who has experienced incarceration. We work with theatre professionals to learn theatre skills, develop scenes and plays, and build community. NO EXPERIENCE NECESSARY. FREE. 322 W. State St./W. MLK Jr St. Ithaca, NY (607) 241-0195 www.civicensemble.org or email info@civicensemble.org.

✿ **Tompkins County Health Department** offers birth and death certificates, immunization clinic for adults and children, childbirth classes & breastfeeding support, maternal-child home visits, indoor mold assessment, lead poisoning testing, tick and rabies treatment, and more. 55 Brown Road, Ithaca, NY 14850 (607) 274-6600.

✿ **YMCA** provides income-based scholarships for the use of its fitness facilities and their pool, 50 Graham Road West, Ithaca, NY 14850 (607) 257-0101, TCAT Bus Route 30 gets you there.

DOMESTIC AND SEXUAL VIOLENCE

✿ **EMERGE** is a 40 week domestic violence education for offenders, court ordered or self referred. 201 East Green Street, Ithaca, NY 14850 (607) 274-6200.

✿ **The Domestic Violence Victim Service at the Advocacy Center**, offers support, advocacy, and education for survivors of domestic and sexual violence PO Box 164, Ithaca, NY 14851 hotline (607) 277-5000, office (607) 277-3203. See many resources www.actompkins.org.

✿ **The Sex Offender Aggression Retraining Program**, 3rd floor of the Mental Health Dept, 201 East Green Street, Ithaca, NY (607) 274-6252.

MENTAL HEALTH AND SUICIDE PREVENTION

“When I focus on my goals I get sidetracked by people hustling me. I walk away from them, I say to myself “You need to keep walking away now.”

✿ **Family and Children’s Services** provides affordable mental health care and related social services for children and adults, 127 W. State St, Ithaca, NY 14850 (607) 273-7494.

✿ **The Mental Health Department** provides prevention, early detection, planned care, treatment, and rehabilitation services for mental health, developmental disabilities, and chemical dependency. Walk-ins welcome Mon-Fri until 2:30pm 201 East Green Street, Ithaca, NY 14850 (607) 274-6200.

✿ **The Suicide Prevention and Crisis Service** promotes constructive responses to crisis and trauma and to prevention of violence to self and others, free and confidential crisis line staffed by trained counselors, 124 E. Court St, Ithaca, NY 14850 (800) 273-8255 (TALK), office (607) 272-1505 ext. 101. Contact Sheila McCue, social worker, offers free after-trauma sessions and alcoholism treatment through the Suicide Prevention and Crisis Services. (607) 277-0313.

DRUG AND ALCHOL PROGRAMS

“What do you need so that you don't need to steal, do drugs, do petty crime anymore?”

✦ **The Alcohol and Drug Council** offers relapse prevention, substance abuse counseling, outpatient clinic 201 East Green Street 5th Floor, Ithaca, NY (607) 274-6288.

✦ **Casa Trinity** of Tompkins and Tioga counties helps with substance abuse education, prevention, and treatment. Mobile service: they can come treat you where you are. They typically reply within a few hours, 4612 Millennium Dr, Geneseo, 14454 (585) 433-0075 www.casa-trinity.org.

✦ **The Cayuga Addiction Recovery Services**, outpatient and residential treatment on a court-mandated basis. Be prepared to manage a process that many find tedious.

- Residential Facility, 6621 NY Route 227, Trumansburg, NY, 14886 (607) 387-6118
- Ithaca Outpatient Clinic (607) 273-5500, 334 W. State St, Ithaca, NY 14850
- Business Office (607) 273-5500, 38 East Main St, Trumansburg, 14886 NY
- Opioid Treatment Program (607) 273-5500, Methadone/Buprnrphine, individual & group counseling, case management. Tue, Wed, Thurs 7:30am-8pm 334 W. State St, Ithaca, NY 14850

✦ **The Chartwell House for Men** is a permanent subsidized residence for homeless men in active recovery from alcohol and/or substance abuse. The staff works with the tenants to create safe and sober living environment. Have your counselor contact Tompkins County Action (TCA) at (607) 273-8816, (607) 277-1154 about application and availability, 322 N Meadow St, Ithaca 14850.

✦ **The Magnolia House for Women**, is a permanent supportive housing program for homeless women in recovery from substance abuse, 14 studio apartments. Have your counselor contact Tompkins Community Action (TCA) at 273-8816 about application and availability, that may take up to 2-3 years.

✦ **Center of Treatment Innovation (COTI)** peer advocates provide non-clinical support.

Mobile units meet you where you are. Program manager is Karen Caminiti (888) 428-4571.

✦ **Drug and Alcohol Rehab Services in Tompkins County** and detox center for adolescents, men, women, seniors (800) 304-2219.

✦ **The Southern Tier AIDS Program Drug Council (STAP)** provides comprehensive HIV/AIDS services and needle exchange, 314 MLK Jr St/W State St, Ithaca NY (607) 272-4098.

✦ **Dick Van Dyke Addiction Treatment Center** Short term in-patient care for men and women. 1330 County Rd 132, Ovid, NY 14521 (607) 869-9500.



rawpixel

FAMILY

"It takes time to get myself back on track, I got 2 years probation and this is a repeat. My kids are my motivation."

Custody, separation, parents or siblings in jail/prison are traumatic experiences for children and families. There is a need for ongoing communication with them, and there are support services available. If you actually committed the crime you were accused of, you may want to listen to understand how it impacted each of your family members, and share appropriately about your experience.

✦ **Alliance of Families for Justice (AFJ)** helps families impacted by mass incarceration. Phoebe Brown 516 W. State St./W. MLK Jr St. Ithaca, NY 14850 phoebe@afj-ny.org.

✦ **Advocacy Center:** offers support, advocacy, and education for survivors of domestic and sexual violence PO Box 164 Ithaca, NY 14851 hotline (607) 277-5000, office (607) 277-3203. See many resources at www.actompkins.org.

✦ **Family and Children's Services** provides affordable mental health care and related social services for children and adults, 127 W. State St./W. MLK Jr St. Ithaca, NY 14850 (607) 273-7494. Diana Levy is the contact.

✦ **Catholic Charities Community Connections** program supports parents going through the Child Protective Services (CPS) process and/or who have had their children placed in foster care 324 W Buffalo St, Ithaca NY 14850 (607) 272-5062 ext28.

✦ **Child Development Council of Tompkins County** can offer daycare (some financial assistance available), teen pregnancy & parenting program (TP3) for youth (male or female under 21), Family Support Services (FSS) 609 W Clinton St. Ithaca, NY 14850 (607) 273-0259.



Jira at rawpixel

FINANCIAL EDUCATION

"I keep climbing, keep focused on the immediate steps needed in my life."

We all have to have a relationship with money, and it's important to develop good financial habits - establish credit, open a bank account, save money, structure your spending so you don't go hungry, and gradually work your way through a positive journey. A number of groups are here to help you with that process.

✦ **Alternatives Federal Credit Union (AFCU)** has a Credit Builder Loan program to raise your credit score. You get a \$500 loan that you can pay off gradually. Contact Brendan Wilber or drop by AFCU. AFCU also helps create economic opportunities, offers classes and workshops on management of personal finances and loans 125 N. Fulton St./Hwy 13 S, Ithaca, NY 14850 (607) 273-4611.

✦ **Tompkins Community Action (TCA)** helps with financial education, fiscal literacy, budgeting, establishing good credit, and creating a personal five year savings plan (607) 273-8816.

✦ **Catholic Charities** also helps folks build up their credit and develop good financial habits. Contact Jane Sokolowski (607) 734-9784, ext 2132 or Amy Bell (607) 734-9784, ext 2127 for the Financial Fitness program.



Ake at rawpixel

EDUCATION

“Go to new places with an open mind (museums, library, juice bar) places you might not usually go to.”

Here are local options to help school aged youth, young adults and adults attain education goals while in or coming out of incarceration:

✦ **Learning Web:** education and job training for Tompkins county youth through mentor-apprentice relationships. Support service for high School age and young adults age 16-24 who need help finding housing. Helps young people age 14-21 in family foster-care homes (need to be referred by the Tompkins County Department of Social Services), 515 W Seneca St, Ithaca, NY 14850 (607) 275-0122

✦ **Opportunity, Alternatives and Resources of Tompkins County (OAR):** assists incarcerated and formerly incarcerated individuals, offers College Initiative Upstate (CIU) collegeinitiativeupstate@gmail.com which, can be used as an Alternative to Incarceration (ATI) both pre-and post-release. 910 W. State St./W. MLK Jr St. Ithaca, NY 14850 (607) 272-7885.

✦ **FAFSA** Federal Pell and New York State TAP grants are available to almost everyone coming out of jail or prison who has earned little or no income during the previous tax year. Grants can cover part or the entire cost of tuition and books. www.nysed.gov/finance-business/funding-grants.

✦ **Tompkins Cortland Community College (TC3)** Inexpensive, accredited, college level programs can be a stepping stone to 4-year colleges. (TC3) Financial Aid, room 101, 170 North St, P.O. Box 139, Dryden, NY 13053, (607) 844-6580

- **TC3 Pathways Scholarship:** for adult students over 24 with demonstrated financial need, offers up to \$7,000, (607) 844-8222 ext 4261 Alexis is a good contact here.

✦ **Tompkins-Seneca-Tioga Board of Cooperative Educational Services (TST BOCES)** offers an Incarcerated Youth Program in partnership with the Tompkins County Jail. Housed in the jail at 779 Warren Road, Ithaca, 14850 (607)-257-5316. This service offers educational classes to learners up to 21 years of age while they are incarcerated. <http://tstboces.org/external-programs/incarcerated-youth-program/>

✦ **The Adult Career and Continuing Education Services (ACCESS-VR)** can provide financial support, tuition, books for vocational rehabilitation services to individuals with disabilities. “Disabilities” include mental, physical, addiction or learning disabilities interfering with your present job or that prevent you from working. Informational sessions are held at Workforce NY, in Ithaca. Southern Tier District office, Dorothy Marinaccio (607) 721-8375.

RESOURCES

Resources that are particularly culturally welcoming and competent are shown with a ✨

✨ **ALTERNATIVES FEDERAL CREDIT UNION (AFCU):** is a friendly place to open a bank account and offers credit report counseling, help create economic opportunities, offers classes and workshops on management of personal finances, (607) 273-4611, toll free (877) 273-AFCU, 125 N. Fulton St. Ithaca, NY 14850 Carl and Brendan are good contacts.

🔗 **ADVOCACY CENTER:** offers support, advocacy, and education for survivors of domestic and sexual violence PO Box 164 Ithaca, NY 14851 hotline (607) 277-5000, office (607) 277-3203. See many resources at www.actompkins.org.

🔗 **ALCOHOL AND DRUG COUNCIL:** of Tompkins County: 201 E Green St, Suite 500, Mental Health Building, Ithaca, NY 14850 (607) 274-6288.

✨ **ALLIANCE OF FAMILIES FOR JUSTICE (AFJ):** Support, Empower, and Mobilize - families and communities impacted by mass incarceration through reentry and family support services, legal referrals, job search, advocacy and communication skills training, voter rights and registration, human rights violations, links to other resources like housing and transportation. Phoebe Brown, 516 W. State St./W. MLK Jr St. Ithaca, NY 14850 phoebe@afj-ny.org.

✨ **BLACK LIVES MATTER - ITHACA (BLM):** Black Lives Matter Ithaca is a grassroots organization committed to the political, economic, social, and cultural empowerment of black residents of Ithaca. www.facebook.com/Black-Lives-Matter-Ithaca-459262570936151/

✨ **BRAMBLE ITHACA:** is a community healing space and herb store offering herbal health consultations, a lending library, and classes. Mon 11-6, Wed through Sat 11-6 Press Bay Alley, 118 West Green Street, Ithaca, NY 14850 (607) 379-0113, Mon 11-6, Wed through Sat 11-6.

🔗 **CAYUGA ADDICTION RECOVERY SERVICES (CARS):** outpatient and intensive residential treatment:

- Residential Facility 6621 NY Route 227, Trumansburg, NY 14886 (607) 387-6118
- Ithaca Outpatient Clinic 334 West State St, Ithaca, NY 14850 (607) 273-5500
- Business Office 38 East Main St, Trumansburg, NY 14886 (607) 387-5535

🔗 **CASA TRINITY** of Tompkins and Tioga counties: substance abuse education, prevention and treatment, they typically reply within a few hours, they can even come to you and treat you there, 4612 Millennium Dr, Geneseo, 14454, (585) 991-5012 www.casa-trinity.org.

🔗 **CATHOLIC CHARITIES** of Tompkins and Tioga (CC) 324 W Buffalo St. Ithaca 14850:

- **Good Samaritan** provides emergency, short-term financial assistance, free clothing, bus passes and personal care items, assists with health insurance coverage and SNAP (formerly food stamp) program applications, to schedule an appointment, call 1 (888) 343-3547 or Laurie Konwinski (607) 272-5062 ext 12.
- **Housing Counseling Services** offers assistance with rental security deposits; Mortgage Foreclosure Prevention, and Financial Fitness, Jane Sokolowski (607) 734-9784, x2132 or Amy Bell (607) 734-9784, x2127.

- **Community Connections** program supports parents going through the CPS process or who have had their children placed in foster care (607) 272-5062 ext 28.
- ✦ **CHALLENGE INDUSTRIES:** committed to creating employment for people with disabilities, help with legal issues or public assistance barriers. They offer technology skills classes, resume writing help, job and housing referrals email info@aboutchallenge.org, 950 Danby Rd. (R96B), Suite 179, Ithaca, NY 14850 Trisha Wilson (607) 272-8990.
- ✦ **CHARTWELL HOUSE:** Permanent single room occupancy, subsidized residence for homeless men in recovery. A supportive, safe, and sober living environment. Have your counselor contact Tompkins Community Action (TCA) about application and availability, can take up to 2-3 years, 322 N Meadow St, Ithaca, NY 14850 (607) 273-8816, (607) 277-1154.
- ✦ **CHILD DEVELOPMENT COUNCIL OF TOMPKINS COUNTY:** daycare assistance, teen pregnancy & parenting program (TP3) for youth (male or female under 21), Family Support Services (FSS), and parenting support for families and parents over 21 with children up to age 5 (607) 273-1055
 - Confidential and anonymous telephone guidance service for parents and child care providers (607) 273-0259.
 - Ithaca office M -F 9am - 4:30pm 609 West Clinton Street, Ithaca 14850, (607) 273-0259.
 - Child Abuse Hotline (800) 342-3720
- ✦ **CENTER OF TREATMENT INNOVATION (COTI)** peer advocacy and provide non-clinical support. Mobile units can meet you where you are. Program manager is Karen Caminiti (888)428-4571.
- ✦ **DEPARTMENT OF LABOR:** provides forms for employer insurance program, Federal Bonding Program (FBP). 171 E. State St./E. MLK Jr St. Ithaca, NY 14850 in Center Ithaca. (607) 272-7570 WWW.BONDS4JOBS.COM.
- ✦ **DEPARTMENT OF MOTOR VEHICLES:** 301 3rd St. Ithaca, NY 14850 (607) 273-7187.
- ✦ **DEPARTMENT OF SOCIAL SERVICES OF TOMPKINS COUNTY (DSS):** provide benefits and services to assist families and individuals; financial and emergency assistance (607) 274-5345, housing assistance (607) 274-5644, food assistance (607) 274-5201, Medicaid Programs (607) 274-5244, www.tompkinscountyny.gov/dss 320 W. State St./W. MLK Jr St. Ithaca, NY 14850.
- ✦ **DICK VAN DYKE ADDICTION TREATMENT CENTER:** Short term in patient care for men and women. 1330 County Rd 132, Ovid, NY 14521 (607) 869-9500.
- ✦ **DOROTHY COTTON INSTITUTE:** programs, resources, and education for human rights movement 301 Salem Dr. Ithaca, NY 14850 (607) 257-6785.
- ✦ **DRUG AND ALCOHOL PROGRAMS:** See page 17.
- ✦ **FAMILY AND CHILDREN'S SERVICES:** provides affordable mental health care and related social services for children and adults, 127 W. State St, Ithaca, NY 14850 (607) 273-7494. Diana Levy is the contact here.

✦ **FINGERLAKES REUSE (FLR):** the FLR has two locations, full of household goods, furniture, building materials, refurbished computers, and home electronics. The Reuse Community Fund is a scholarship program for people returning from prison. FLR offers job training in retail and computers. Anise Hotchkiss is the contact here. Two ReUse Centers locations:

- Ithaca ReUse Center, M-S 10am to 6pm, Sun 10am to 5pm, 214 Elmira Road, Ithaca (607) 257-9699
- Triphammer ReUse Center, M-S 10am to 6pm, Sun 10am to 5pm, 2255 N Triphammer Road, Ithaca (607) 257-9699

✦ **FOR BROWN BLEEDERS:** herb-based products, creative healing space and discussions for marginalized people of color, forbrownbleeders@gmail.com. Rose Fluerant is the contact here.

✦ **FOOD PANTRIES:** See page 13.

✦ **GREATER ITHACA ACTIVITIES CENTER (GIAC):** provides multicultural, educational and recreational programs focused on social and individual development, for all ages. Advocating for the rights and needs of youth, families, and disenfranchised populations. Offers employment training opportunities. 301 W Court St, Ithaca, NY 14850 (607) 272-3622.

✦ **HEALTH DEPARTMENT:** See “T” for Tompkins County Health Department.

✦ **HOSPITALITY EMPLOYMENT TRAINING PROGRAM (HETP):** training for hotel, motel, food and customer service and bus driver jobs, offers 6 month training includes work experience, training begins January and September. Contact Contact Aleshia Akers, aakers@cityofithaca.org, GIAC 301 Court St, Ithaca, NY (607) 272-3622.

✦ **IMMIGRATION RIGHTS COALITION (IRC):** offers rapid response and advocacy for immigrants, refugees, and political asylees. Patricia Rodriguez (607) 358-5119.

✦ **ITHACA HEALTH ALLIANCE:** membership based organization that helps with medical care and resources.

- ITHACA FREE CLINIC (IFC): IFC offers 100% free healthcare services for anyone without health insurance. Therapeutic services by appointment on Tuesdays; Occupational Therapy, Pre-Employment Physicals (currently once a month), and a Pain Management Clinic. Primary care visits, Monday 2-6pm or Thursday 4-8pm, 521 W Seneca St, Ithaca, NY 14850 (607) 330-1254.

✦ **ITHACA HOUSING AUTHORITY (IHA):** assists area low income families and individuals with safe, decent, and affordable housing opportunities. Provides housing and Section 8 vouchers, 798 S Plain St, Ithaca, NY 14850 (607) 273-8629.

✦ **ITHACA RESCUE MISSION:** Look under “S” for St John Community Services, formerly Ithaca Rescue Mission.

✦ **LAWNY:** provides “Know Your Rights” training, helps with rap sheets, refers a limited number of civil matters to pro-bono attorneys. Help with landlord/tenant, foreclosures, SSD/SSI, public benefit denials, unemployment insurance benefits, 902 Taber Street, Suite 1, Ithaca, NY (607) 273-3667 or (800) 724-4170. www.lawny.org/node/51/ithaca-location

🔗 **LEARNING WEB:** education and job training for Tompkins county youth through mentor-apprentice relationships. Support for high School age and young adults age 16- 24 who need help finding housing. Helps young people age 14-21 in family foster-care homes (need to be referred by the Tompkins County Department of Social Services), 515 Seneca St, Ithaca, NY 14850 (607) 275-0122.

🔗 **LOAVES AND FISHES:** 5 days a week, healthy food, positive atmosphere. Lunch Mon, Wed & Fri, 11:30am-1:00pm Dinner Tue & Thus, 5:00pm-6:30pm, 210 N.Cayuga St, Ithaca, NY 14850 (607) 272-5457.

🔗 **MAGNOLIA HOUSE:** permanent supportive housing program for homeless women in recovery from substance abuse, 14 studio apartments. Have your counselor contact Tompkins Community Action (TCA) at (607) 273-8816 about application and availability.

🔗 **MENTAL HEALTH DEPARTMENT:** prevention, early detection, planned care, treatment, and rehabilitation services for mental health, developmental disabilities, and chemical dependency. Walk-ins welcome M-F 8:30 - 2:30pm 201 E. State St./E. MLK Jr St. Ithaca, NY (607) 274-6200.

🌟 **MENTORING FOR CHANGE (MFC):**

A “Welcome Home” re-entry hub. Provides informal individual, family, and group support for job search and referrals, resume writing, legal referrals, human rights violations, and links to other resources like housing and transportation. Contact Phoebe Brown 516 W. State St./W. MLK Jr St. Ithaca, NY 14850 phoebe@afj-ny.org.

🌟 **MULTICULTURAL RESOURCE CENTER:** cultural and political education, antiracism organizing, and cross-cultural movement to promote racial justice, cultural dignity, equity & inclusion, and indigenous rights, Fabina Colon 516 W. State St./W. MLK Jr St. Ithaca, NY 14850 (607) 279-8157.

🔗 **OPPORTUNITY, ALTERNATIVES AND RESOURCES OF TOMPKINS COUNTY (OAR):** assists incarcerated and formerly incarcerated individuals. Offers College Initiative Upstate (CIU) collegeinitiativeupstate@gmail.com, which can be used for Alternative to Incarceration (ATI) both pre/post-release. Provides technology classes, legal assistance, and transitional housing.

- The Endeavor House provides transitional housing when without a job or home, M-F 9am- 3:30 pm walk-ins welcome and from 3:30 -5 pm by appointment only 910 W. State St./W. MLK Jr St. Ithaca, NY (607) 272-7885.

🔗 **OFFICE FOR THE AGING:** assists older adults and persons with long term care needs to live independently in their homes, M-F 8:30am to 4:30pm. 214 W. State St./W. MLK Jr St. Ithaca, NY 14850 (607) 274-5482.

🔗 **OFFICE OF HUMAN RIGHTS (OHR):** civil rights enforcement and outreach, complaints of discrimination in housing, employment, lending, public accommodation, and education. M-F 8:30am-4:30pm, 120 W. State St./W. MLK Jr St. Ithaca, NY 14850 (607) 277-4080.

🔗 **PROBATION AND COMMUNITY JUSTICE DEPARTMENT:** provides court-ordered community supervision and alternative programs to reduce reliance on incarceration. 320 W. State St./W. MLK Jr St. Ithaca, NY (607) 274-5380.

✦ **REENTRY THEATRE PROGRAM:** Civic Ensemble meets Mondays from 9am-11am (except national holidays) at Day Reporting. The ReEntry Theatre Program is fun, challenging, creative, and open to anyone who has experienced incarceration. We work with theatre professionals to learn theatre skills, develop scenes and plays, and build community. NO EXPERIENCE NECESSARY. FREE. 322 W. State St./W. MLK Jr St. Ithaca, NY (607) 241-0195 www.civicensemble.org or email info@civicensemble.org.

✦ **RESCUE MISSION:** Look under “S” for St John Community Services, formerly Ithaca Rescue Mission.

✦ **SHOWING UP FOR RACIAL JUSTICE (SURJ):** community organizing, mobilizing and partnerships with POC groups, SURJ moves white people to act for racial justice. Offers transport support for rides. tc-surj@googlegroups.com <https://tompkinscountysurj.com/>

✦ **SOUP KITCHENS:** Food Resources listed on page 13.

✦ **SOUTHSIDE COMMUNITY CENTER:** fosters the development of self-pride among the African-American citizens of greater Ithaca. Provides many education and support services. 305 S. Plain St Ithaca, NY 14850 (607) 273-4190.

✦ **SOUTHERN TIER AIDS PROGRAM DRUG COUNCIL (STAP):** provides comprehensive HIV/AIDS services in multiple locations. Main Office 314 W. State St./W. MLK Jr St. Ithaca, NY 14850 (607) 272-4098.

✦ **ST JOHN COMMUNITY SERVICES, FORMERLY ITHACA RESCUE MISSION:** emergency shelter, transitional and permanent housing. Day center (Friendship Center) provides a variety of services. The Friendship Center is open M-F, 9 am to 4 pm, 618 W. State St./W. MLK Jr St. Ithaca, NY Contact Chris Teitelbaum at (607) 354-8990.

✦ **SUICIDE PREVENTION AND CRISIS SERVICE:** free and confidential crisis line staffed by trained counselors 124 E. Court St, Ithaca, NY 14850 office@ithacacrisis.org (800) 273-8255 (TALK), office (607) 272-1505 ext. 101. Contact Sheila McCue (607) 277-0313.

✦ **TC3 PATHWAYS TO SCHOLARSHIP:** for adult students over 24 with demonstrated financial need. Applicants must enroll for at least six credits per semester. Additional requirements. Pathways Scholarship offers up to \$7,000, (607) 844- 8222 ext 4261.

✦ **TOMPKINS COMMUNITY ACTION (TCA):** The Supportive Housing Programs for families and individuals contact Danielle Harrington 701 Spencer Rd, Ithaca, NY (607) 273-8816.

- See Magnolia House for Women
- See Chartwell House for Men

The Supportive Housing Services provides rental subsidies to income-eligible individuals and households. Participants pay between 30-40% of their monthly adjusted income. Section 8 recipients are eligible for The Family Self-Sufficiency program which offers support and training in job readiness skills, employment opportunities, personal savings plan, community resources, financial education & establishment of good credit, life skills, GED attainment & secondary education, maintaining employment, parenting & family support networks, ‘being a good tenant’ and dispute resolution.

- Primary School Support (607) 844-4490, Longview Head Start (607) 375-6324
- Home Ownership Options and Home Performance and Weatherization Assistance (607) 273-8816

✦ **TOMPKINS COUNTY HEALTH DEPARTMENT:** for vital records, birth and death certificates contact (607)274-6642. Ithaca location at 55 Brown Road, Ithaca, NY 14850 (607) 274-6600.

✦ **TOMPKINS COUNTY SHERIFF'S OFFICE:** 779 Warren Rd, Ithaca, NY 14850. (607) 272-2444.

✦ **TOMPKINS COUNTY WORKERS CENTER:** worker rights and responsibilities. Occupational Safety and Health Administration (OSHA): Carlos Gutierrez provides training, individuals or groups (607) 269-0409 or email, carlos@tcworkerscenter.org.

✦ **ULTIMATE RE-ENTRY OPPORTUNITY (URO):** brings together agencies for improved reentry coordination and helps connect local employers with formerly incarcerated individuals. Cornell Cooperative Extension of Tompkins County, 615 Willow Ave, Ithaca, NY (607) 272-2292 Taili Mugambe is the contact.

✦ **UNITY HOUSE:** transitional and permanent housing, respite care, and employment for people in recovery, coping with mental illness and/or diagnosed with developmental disability, 15 Catherwood Rd # 1, Ithaca, NY 14850 (607) 272-1741.

✦ **WAY2GO:** transportation services that connect people to options, (607) 272-2292.

✦ **WOMEN'S OPPORTUNITY CENTER (WOC):** help low income women out of poverty through career counseling, training, help become job ready and find employment; computer classes, resume writing support, experience working in retail, 315 N Tioga St, Ithaca, NY (607) 272-1520.

✦ **WORKER CENTER:** See "T" for Tompkins County Workers Center.

✦ **WORKFORCE NY:** the Career Center assists you to apply for jobs, write a resume, career counseling, help with interviews, access to paid trainings, CPR, Serve Safe training, 171 E. State St/E. MLK Jr. #241 St, Ithaca, (607) 274-7526, (607) 272-7570.