Off-Campus Resource Guide

Last Updated 12/3/2021

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# **Food**

## **Community Kitchens**

### Loaves & Fishes

618 West State Street
Ithaca, NY - 14850
Phone: (607) 273-6684

[Website](https://loaves.org/)

Offers free “home cooked” meals for lunch and dinner, Monday-Friday (see website for schedule). The meals are prepared onsite by volunteers and a vegan/vegetarian option is available at every meal. In the time of COVID, all meals are “to go”, but pre-covid are served in a dining room.

## **Food** **pantries**

### Information

* 2-1-1 Food Pantry List through Human Services Coalition, organized by time and day - [Website](https://hsctc.org/211food/)
* TompkinsCounty.gov food pantry list - [Website](https://tompkinscountyny.gov/health/factsheets/coronavirusfood#datestimes)

### Ithaca Kitchen Cupboard

The Salvation Army Building
150 North Albany Street
Ithaca NY
Phone: (607) 273-2400

1:30 - 6:00 PM Monday - Friday

### No Mas Lagrimas | No More Tears

Phone: (607) 379-6195

[Website](https://nmlagrimas.wordpress.com/)

Amazing walk-up food stand open once a week. One of the few with fresh vegetables and farm produce. Great quality food, and no need for showing proof of qualification. The food is for everyone and anyone. Stand is often located outside of McGraw house in downtown Ithaca, though sometimes at the farmer’s market. Check the facebook page for location.

### Saint John’s Community Friendship Center

618 West State Street
Ithaca, NY - 14850
Phone: (607) 354-8990

[Website](https://www.sjcs.org/ithaca)

A food pantry that is open daily. Call in advance to confirm access during COVID. The Friendship Center also provides emergency shelter that offers emergency shelter to homeless individuals and families. Also offers a place to use the bathroom, shower, and send mail.

### Southside Food Pantry

GYM-Southside Community Center
305 S Plain St
Ithaca, NY 14850
Phone: (607) 273-4190

[Website](https://sspride.org/programs/)

The Southside Food Pantry partners with Food Bank of the Southern Tier, Wegmans, Tops, Greenstar, and Friendship Donation Network to offer canned goods, beverages, baked goods, sandwiches, salad, meat, milk, eggs, bread, etc.

At each pantry they provide three days’ worth of food to those in need.

1st & fourth Saturday of each month, 12-2pm
Emergency pantry is available daily by drop-in

# **Housing Services**

## **Rent and Utility Support**

### Housing Stability and Support Program (HSSP) through the Human Services Coalition

Phone: (607) 273-8686

[Website](https://hsctc.org/iedd/)

Service for City of Ithaca Residents who are facing eviction or rent burdened or fleeing domestic violence. Recipients receive direct payments of $300/month for 18 months and personalized assistance from 2-1-1 housing specialist for navigating local resources

### Section 8

Phone: (607) 273-8629

[Website](http://ithacaha.com/section-8/)

A subsidized housing program which allows income qualified participants the opportunity to rent housing units in the private market via federal funds provided to Ithaca Housing Authority by the U.S. Department of Housing and Urban Development (HUD).

### HEAP – Heat Assistance for Low-Income Qualified

Phone: 1-800-342-3009

[Website](https://www.ny.gov/services/apply-heating-and-cooling-assistance-heap)

The Home Energy Assistance Program (HEAP) is offered through NYS and helps low-income people pay the cost of heating their homes.

### Energy Assistance Programs (List)

Phone numbers included in list.

[Website](https://hsctc.org/wp-content/uploads/2019/08/Energy-2019.pdf)

Chart of energy assistance services in Tompkins County as of 2019.

## **Finding a place to rent**

### Websites

* [Ithaca.craigslist.org](http://www.ithaca.craigslist.org)
* Facebook Marketplace
* [Ithaca Renting](http://ithacarenting.com/)
* [IthacaRents.com](http://www.IthacaRents.com)
* [PPM Homes](http://ppmhomes.com/)
* [Trulia Apartment Rentals](https://www.trulia.com/for_rent/Ithaca%2CNY/)
* [Zillow Apartment Rentals](https://www.zillow.com/ithaca-ny/apartments/?utm_source=msn&utm_medium=cpc&utm_campaign=zrw_nb_dmageo_syracuseny_fr_dma_x_e_b_1&utm_content=412460104|1297424026808114|kwd-81089167714479:loc-71298||&semQue=null&k_clickid=_kenshoo_clickid_&msclkid=6757eb5f9cd11c68c6858af5d1c36638&utm_term=Ithaca%20rentals)

### Ithaca Neighborhood Housing Services (INHS)

Phone: (607) 277-4500

[Website](https://www.ithacanhs.org/rentwithINHS)

Extremely affordable and nice apartments. Requires completion of an application and proof of 12 months of consecutively paid rent. Applicants are often added to a waitlist.

### INHS Rental Assistance Program

Phone: (607) 277-4500

[Website](https://www.ithacanhs.org/rentalassistance)

COVID rental assistance program that aids with up to 12 months of past due rent and for some households, and up to 3 months of additional future rental assistance if the household is expected to spend 30 percent or more of their gross monthly income on rent. The program can also pay for up to 12 months of overdue electric or gas bills.

### The Learning Web – Youth Outreach

Phone: (607) 275-0122

[Website](https://www.learning-web.org/help-finding-housing/)

Youth outreach services provide housing assistance and housing scholarships for youth 16-24 year old. Housing scholarships are available for youth who are going to school full-time or working at least 30 hours/week that do not have a safe place to live. The Learning Web will pay the security deposit, monthly rent and utility charges for apartments for 12 months. They will also pay for basic household furniture and supplies to set up the apartment.

### United Way / 2-1-1 Alice Program

Phone: 1-877-211-8667

[Website](https://www.uwtc.org/united-way-2-1-1-alice)

A mini-grant of up to $500 for Tompkins County Residents threshold and those who work in the county who satisfy a low-income to address basic need expenses – Rent, childcare, utility bills, medical expenses, car repair/insurance, other basic needs.

## **Emergency Housing**

### Catholic Charities – A Place to Stay (Program)

Phone: (607) 272-5062

[Website](https://www.catholiccharitiestt.org/programs/transitional-housing/)

A transitional housing for single women who are currently/have a recent history of homelessness. Housing is eligible to Tompkins County residents and available from a few weeks to several months. Along with a safe place to stay, the program also provides them with life skills training through classes on budgeting, nutrition, and tenant rights and responsibilities. Additionally, supports the residents in achieving long-term housing.

### Saint John’s Community Friendship Center

618 West State Street
Ithaca, NY - 14850
Phone: (607) 354-8990

[Website](https://www.sjcs.org/ithaca)

An emergency shelter that offers emergency shelter to homeless individuals and families. Also offers a place to use the bathroom, shower, send mail, and access a pantry.

### YMCA Cortland – Aid to Victims of Violence

Phone: (607) 274-6288

[Website](https://alcoholdrugcouncil.org/)

Aid to Victims of Violence provides comprehensive services to victims of domestic violence, sexual assault, child abuse, and other crimes. emergency housing; and crime victims compensation assistance.

# **Mental Health Support**

Below is a list of therapy services for both specific targeted groups and general support.

### Advocacy Center

Phone: (607) 277-3203
Hotline: (607) 277-5000

[Website](https://www.actompkins.org/#modal)

Provides support, advocacy and education for survivors, friends, and families of domestic violence, and sexual assault in Tompkins County. Services include a 24/7 crisis hotline, support groups, empowerment classes, therapy services and referral to therapists, and legal advocacy.

### Alcohol & Drug Council

Phone: (607) 274-6288

[Website](https://alcoholdrugcouncil.org/)

Alcohol and Drug Council (ADC) provides information, education, counseling, and referral services to treat alcohol and drug abuse. Services include preventative programs, Individual counseling, group therapy, psychiatric assessments, as needed, and involvement in community recovery-based supports.

### Cortland LGBTQ Center

Phone: (607) 756-8970 ext 253

[Website](https://cortlandlgbtqcenter.org/consultation-support)

The Cortland LGBTQ Center is a division of Family & Children Services and offers one-on-one phone and zoom support for people who are questioning their own identity or looking for some one-on-one guidance to better support LGBTQ people in their life.

### Family & Children Services

Phone: (607) 273-7494

[[Website](https://lifestagescounseling.org/)](https://www.fcsith.org/)

Family & Children services offers mental health services for adults, including assessment & treatment, case/crisis management, diagnosing mental illness, individual, family & couples counseling, and psychiatric referrals. Counseling service topics range from anxiety, depression & stress; drug use, alcohol & addiction; grief, loss, separation & divorce; PTSD & other past traumatic life experiences; and step-parenting, blended families & relationship conflict.

Fees for service are reimbursable through Medicaid, Medicare, and private health insurance. This practice serves all patients regardless of ability to pay. Discounts for essential services are offered based on family size and income.

### Life Stages

No listed phone number.
Email: info@lifestagescounseling.org

[Website](https://lifestagescounseling.org/)

Located downtown. A team of eleven therapists who provide individual counseling for people of all ages as they face challenges across the lifespan.

### Mindwell

Phone: (607) 260-3100

[Website](https://www.mindwellcenter.com/)

A group of clinical therapists that specialize in Cognitive Behavioral Therapy, measurement-based care, and research-based assessment. Ithaca College is working with Mindwell to accept the college’s insurance. Mindwell also offers a sliding scale fee for those eligible.

### Suicide Prevention And Crisis Center

Phone: (607) 272-1505
Crisis Line: (607) 272-1616 or 800-273-TALK (8325)

[Website](https://ithacacrisis.org/)

Provides free and confidential crisis counseling 24/7/365.

### Tomkins County Mental Health

Phone: (607) 274-6200

[Website](https://www2.tompkinscountyny.gov/mh)

Provides mental health, developmental disabilities, and chemical dependency by providing prevention and early detection, comprehensively planned care, treatment, and rehabilitation services. Services include same day walk-ins; individual, family, and group therapy; and psychiatric services.

### YMCA Cortland – Aid to Victims Of Violence

Phone: (607) 274-6288

[Website](https://alcoholdrugcouncil.org/)

Aid to Victims of Violence provides comprehensive services to victims of domestic violence, sexual assault, child abuse, and other crimes. Services include accompaniment to hospitals, law enforcement agencies, District Attorney’s offices, and courts, etc.; crisis intervention; 24-hour confidential phone counseling; support counseling; emergency housing; and crime victims compensation assistance.

## **Support Groups**

### ACA (Adult Children of Alcoholics) Meetings

Email: Sue at millers5175@gmail.com

[Website](https://www.ithacacommunityrecovery.org/meetings/aca-adult-children-of-alcoholics-2-2/)

ACA (Adult Children of Alcoholics) is an anonymous Twelve step – Twelve tradition program of adult women and men who came of age in an alcoholic or otherwise dysfunctional home. ACA meetings are In-Person Hybrid and occur Sundays and Wednesdays, weekly.

### Alcohol & Drug Council

Phone: (607) 274-6288

[Website](https://alcoholdrugcouncil.org/)

Alcohol and Drug Council (ADC) provides information, education, counseling, and referral services to treat alcohol and drug abuse. Services include preventative programs, Individual counseling, group therapy, psychiatric assessments, as needed, and involvement in community recovery-based supports.

### Alchoholics Annonymous, Ithaca

Phone: (607) 273-1541

[Website](https://aaithaca.org/)

Alcoholics Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking.

Meetings are available every day of the week, morning to night. Meetings offered include in-person, zoom, and accessible specific.

### Al-anon/Al Teen Meetings

Phone: (607) 387-5701

[Website](https://www.ithacacommunityrecovery.org/meetings/al-anon-alateen-2-2-2/)

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Meetings are offered all days, excluding Wednesday and Friday. In-person and zoom meetings are offered.

### Cortland LGBTQ Center - Support Groups

Phone: (607) 756-8970 ext 253

[Website](https://cortlandlgbtqcenter.org/groups)

The Cortland LGBTQ Center is a division of Family & Children Services and offers a range of support groups- Gender Sexuality Alliance for LGBTQ+ youth ages 13-19; Youth 13-20 exploring their gender identity and one for adults (ages 20 and up); and a monthly LGBTQ Lunch hour meetup. All meetings are currently help virtually.

### Hospicare Bereavement Support Group

Phone: Laura Ward by email or call (607) 272-0212

[Website](https://www.hospicare.org/grief-support-groups/)

Hospicare hosts a variety of support groups throughout the year, both in Ithaca and in Cortland (currently all virtual due to COVID). Some are ongoing, some are time-limited, and some are specific to a particular relational loss (such as the loss of a spouse/partner or bereaved parents).

### Food Addicts in Recovery Anonymous

Phone: Ann H. - (607) 351-4141

[Website](https://www.foodaddicts.org/meeting/1488)

Food Addicts in Recovery is an international fellowship of men and women who have experienced difficulties in life because of the way they eat. Through shared experience and mutual support, members help each other to recover from the disease of food addiction. The program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. FA meets weekly in-person.

### Gamblers Anonymous

Phone: Gamblers Anonymous Hotline: 855-222-5542

[Website](https://www.ithacacommunityrecovery.org/meetings/gamblers-anonymous-2/)

GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. GA meets weekly over zoom.

### Ithaca Community Recovery

518 West Seneca St.
Ithaca, NY 14850
Phone: (607) 216-8754

[Website](https://www.ithacacommunityrecovery.org/about-icr/)

ICR provides safe, affordable, drug/alcohol free meeting and event space for 12 Step and other recovery-oriented groups, individuals and their families. The website provides details for recovery groups, contact information, and meeting times.

### Ithaca Transgender Group

[Website](http://www.ithacatransgendergroup.com/)

The Ithaca Transgender Group is a confidential, peer-led support group. If you identify as transgender, gender-queer, or fall anywhere along the gender spectrum, you're welcome here. This group meets every other Sunday from 5:00 p.m. to 7:00 p.m. All meetings are confidential and held in an informal setting. They also hold meetings where we welcome significant others, friends, family, and allies.

### National Alliance on Mental Illness: Family Support Group

Email: namiflsupport@namifingerlakes.org
Phone: (607) 288-2460

[Website](http://www.namifingerlakes.org/)

NAMI FL Family Support Groups are led by trained facilitators who have lived experience with loved ones who live with mental health conditions. NAMI offers family support groups and partner/spouse support group. NAMI support groups share concerns, coping skills, and compassion in a supportive atmosphere.

### Overeaters Annonymous of Ithaca

[Website](https://ithacaoa.com/)

The OA program offers physical, emotional, and spiritual recovery for those who suffer from compulsive eating. Members find recovery on all three levels by following a Twelve-Step program patterned after Alcoholics Anonymous. OA has meetings Mondays and Wednesdays, which are currently held over zoom.

### Pet Loss Support Group

Phone: Cathie Simpson - (607) 205-8918

[Website](https://www.psychologytoday.com/us/groups/pet-loss-support-group-ithaca-ny/21786)

This free and confidential support group is open to all humans who have lost a companion animal for any reason. We offer an opportunity to be in a safe, supportive environment where everyone is grieving for their pets. The group is run by Cathie Simpson, who is a local mental health therapist. Starting in March 2020, it will meet online with Zoom.

### Planned Parenthood – LGBTQ+ Support Group

Phone: (607) 273-1513

[Website](https://www.plannedparenthood.org/health-center/new-york/ithaca/14850/ithaca-health-center-3333-91110/lgbtq)

This may be a useful resource in the instance the student wants to avoid billing their parent’s insurance for health services.

PP offers a LGBTQ Support Group. In addition, PPSFL offers LGTBQ education, hormone replacement therapy and service referrals ([Website](https://www.plannedparenthood.org/health-center/new-york/ithaca/14850/ithaca-health-center-3333-91110/lgbtq)).

Additional services include sex education; STI screening, treatment and vaccinations; birth control; emergency contraception; HIV services; pregnancy testing and services; gynecological annual exams. All services are available at a sliding scale.

### Recovering Couples Anonymous

[Website](https://www.ithacacommunityrecovery.org/meetings/recovering-couples-anonymous-2/)

The primary purpose of RCA is to help couples find freedom from dysfunctional patterns in relationships. By using the tools of the program, atttendees take individual responsibility for the well-being of the relationship, build new joy, and find intimacy with each other.

Members are committed to restoring healthy communication, caring and greater intimacy to our relationships. Attendees may suffer from many addictions and co-addictions; some identified and some not, some treated and some not. Weekly meetings are based on the 12 Steps, 12 Traditions and Principles are adapted from A.A.

### Women’s Opportunity Center

Phone: (607) 272–1520
Email: info@womensopportunity.org

[Website](https://www.womensopportunity.org/)

The Women's Opportunity Center (WOC) is a not-for-profit organization that supports social and economic self-sufficiency primarily for economically disadvantage women. WOC provides employment skills training, individualized coaching, financial literacy, computer literacy, health and wellness coaching, and professional dressing.

# **Jobs/Internships**

### The Learning Web – Youth Outreach

Phone: (607) 272-8162

[Website](https://www.learning-web.org/youth-outreach/finding-jobs/)

Youth outreach services provide paid apprenticeships for 16-24 year old’s in areas of the youths interests to help them gain job experience. Some apprenticeships have the opportunity to become full-time employment.

### The Hospitality Employment Training Program (HETP) Through GIAC

Phone: (607) 272-3622

[Website](https://giac.recdesk.com/Community/Page?pageId=25346)

HETP offers paid internship to individuals seeking to gain experience in the hospitality industry. This program also offers networking opportunities with local business leaders; resume/cover letter writing & interview prep workshops; conflict management and de-escalation training; advice from a professional stylist & assistance purchasing interview and work appropriate outfits. Anyone 18+ eligible to apply and transportation and childcare assistance are available.

### Women’s Opportunity Center

Phone: (607) 272–1520
Email: info@womensopportunity.org

[Website](https://www.womensopportunity.org/)

The Women's Opportunity Center (WOC) is a not-for-profit organization that supports social and economic self-sufficiency primarily for economically disadvantage women. WOC provides employment skills training, individualized coaching, financial literacy, computer literacy, health and wellness coaching, and professional dressing.

# **Transportation**

### Go Ithaca

Phone: (607) 391-1389

[Website](https://www.goithaca.org/)

A free membership-based program that provides sustainable and affordable transportation solutions to improve commutes and complete errands while supporting a healthy lifestyle, reducing vehicle pollution, and decreasing traffic congestion in our community.

New members may be eligible to receive a $50 credit for Ithaca Carshare; $50 coupon for walking & biking gear; FREE 40-ride TCAT pass, then 50% off monthly top-ups; FREE access to 511NY carpooling network; and discounts on day and monthly parking passes.

### Ithaca Carshare

Phone: (607) 277-3210

[Website](https://www.ithacacarshare.org/)

Ithaca Carshare provides access to a fleet of cars across Ithaca for a monthly membership fee. They offer a two tier membership – a low monthly cost plan with higher hourly rate for infrequent use, and a higher monthly cost, lower hourly rate for regular use.

### Medicab

Phone: 1-866-753-4543 or 1-315-701-7551 for the Medical Answering Services to make ride requests

[Website](http://www.ithacataxi.biz/medicab.html)

Medicab provides transportation to medical appointments for Medicaid enrollees. Prior authorization of taxi and livery services is required to ensure that Medicaid enrollees use the means of transportation most appropriate to their medical needs. Orders for taxi or livery services need to be made in advance. Ordering transportation can either be done by the Medicaid enrollee, or by the Medicaid enrollees’ medical provider.

# **Other**

### Catholic Charities

Phone: (607) 272-5062

[Website](http://www.catholiccharitiestt.org/)

Offers free clothing. Assists with applications for Medicaid/Food Stamp/Section 8 as going to the Social Services office or filling out forms are overwhelming.

Once-a-year emergency financial help (when resources are available):

* Security deposits (limited funding available), eligibility requirements:
	+ Tompkins County resident moving within Tompkins County
	+ Ineligible for Department of Social Services security deposit voucher
	+ Family hasn't previously received security deposit funds
* Utilities- Must have shut-off notice and denial from DSS
* Back rent
* Prescription medications
* Transportation, bus passes or gas vouchers for
	+ Education (semester long)
	+ Employment (verification required-not to look for employment)
	+ Medical emergency appointments within Tompkins County

Financial fitness services and mortgage foreclosure prevention.

### United Way / 2-1-1 Alice Program

Phone: 1-877-211-8667

[Website](https://www.uwtc.org/united-way-2-1-1-alice)

A mini-grant of up to $500 for Tompkins County Residents threshold and those who work in the county who satisfy a low-income to address basic need expenses – Rent, childcare, utility bills, medical expenses, car repair/insurance, other basic needs.