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Food

Community Kitchens

Loaves & Fishes

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

[Website](#)

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. Meals are offered in the dining room at St. John’s Church.

Food pantries

Information

- 2-1-1 Food Pantry List through Human Services Coalition, organized by time and day - [Website](#)

Ithaca Kitchen Cupboard

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

[Website](#)

Monday – Thursday 1:30pm – 3:00pm

Friday 1:00pm – 2:30pm

No Mas Lagrimas | No More Tears

Phone: (607) 379-6195

[Website](#)

Food rescue and distribution: available most Thursdays 4:00pm – 6:00pm at 301 S Geneva St in front of the playground. Offers fresh, canned, and processed food for all. Occasionally offers hygiene and cleaning products.

Check their Facebook page for food events:

[Facebook](#)

Southside Food Pantry

GYM-Southside Community Center
305 S Plain St, Ithaca, NY 14850

Phone: (607) 273-4190

<https://sspride.org/programs#programs-canvas.9>

The Southside Food Pantry partners with Food Bank of the Southern Tier, Wegmans, local farmers, Greenstar, etc. This food pantry also offers community meals and direct links to CSA shares.

Tuesdays & Thursdays: 3:30pm – 5:30pm

First & last Saturdays of the month: 12:00pm – 2:00pm

Emergency Pantry: Call ahead

Immaculate Conception Food Pantry

Parish Hall

113 N Geneva Street, Ithaca, NY

(607) 273-6121

Community partners include Wegmans, TOPS, Ithaca Bakery, Panera, Greenstar, Lansing Market, PC Fresh, 7-11, BJ's, Local Farms and CSAs

Tuesdays: 1:00pm – 2:00pm

Calvary Baptist Church Food Pantry

507 North Albany Street, Ithaca, NY

(607) 273-7291

[Website](#)

Offers a food pantry every third Saturday of the month from 12:00pm – 2:00pm

Baptized Church of Jesus Christ Pantry

412 First Street Ithaca, NY, 14850

(607) 272-1984

Wednesday at 10:00am - 12:00pm and every 3rd Saturday of the month from 10:00am - 12:30pm

Housing Services

Rent and Utility Support

Tompkins Community Action

(607) 273-8816

info@tcaction.org

Mon - Fri: 9:00 - 4:30

<https://tcaction.org/housing-services/>

This organization provides rental assistance programs, including the Housing Choice Voucher Program and the Tenant-based Rental Assistance Program.

Human Services Coalition, Ithaca Eviction/Displacement Defense Project (IEDD)

Phone: (607) 273-8686

To learn more about our housing programs dial 2.1.1 (1.877.211.8667) or email our housing specialist:

Brett Irish: birish@hsctc.org

The purpose of the IEDD program is to prevent displacement from the City of Ithaca by preventing avoidable non-payment evictions through a comprehensive array of strategies. Including access to legal representation in eviction proceedings, housing stability supplements, support tenant and community education.

[Website](#)

Housing Choice Voucher (HCV) Section 8

Phone: (607) 273-8629

[Website](#)

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](#)

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 the list.

[Website](#)

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

Finding a place to rent

Websites

- [Ithaca Craigslist Apartments/Housing for Rent](#)
- Facebook Marketplace
- [Ithaca Renting](#)
- [IthacaRents.com](#)

- [PPM Homes](#)
- [Trulia Apartment Rentals](#)
- [Zillow Apartment Rentals](#)
- [Apartments.com](#)

Ithaca Neighborhood Housing Services (INHS)

Phone: (607) 277-4500

[Website](#)

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.

The Learning Web – Housing Scholarship Program

Phone: (607) 275-0122

[Website](#)

Youth outreach services provide housing assistance and housing scholarships for youth 16-24 years 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.

Emergency Housing

Tompkins County Department of Social Services

Phone: 607-274-503

[Website](#)

During regular business hours (Mon-Fri, 8:00 AM - 4:30 PM) contact Emergency Housing Services at the number listed above.

Catholic Charities – A Place to Stay (Program), OMH Housing

Phone: (607) 272-5062

[Website](#)

A Place to Stay is 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.

OMH Housing is a program that assists individuals with mental health diagnoses to find housing and financial assistance. It offers a rental subsidy and case management support.

Contact Shawnae Milton: shawnae.milton@dor.org

Code Blue Emergency Shelter

300 North Tioga Street, Ithaca, NY

Phone: (607) 274-5348

This Code Blue Emergency Shelter building offers a warming center space: Monday – Friday 4:00pm – 7:00pm, and an Emergency Shelter that operates: Monday – Friday 7:00pm – 8:00am. The building’s warming center is open all day (24hrs) on weekends and holidays. Clients may access both warming center services and Code Blue shelter. When the facility is not operating, clients may use the Human Services Building Lobby at 320 W. Martin Luther King Jr. Street, Ithaca for warmth.

YMCA Cortland – Aid to Victims of Violence

Phone: (607) 274-6288

[Website](#)

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](#)

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](#)

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](#)

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](#)

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](#)

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](#)

A group of clinical therapists that specialize in Cognitive Behavioral Therapy, measurement-based care, and research-based assessment. They accept Aetna insurance and also offer 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](#)

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

Tompkins County Mental Health Services

Phone: (607) 274-6200

[Website](#)

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](#)

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](#)

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](#)

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.

Alcoholics Anonymous, Ithaca

Phone: (607) 273-1541

[Website](#)

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.

Cortland LGBTQ Center - Support Groups

Phone: (607) 756-8970 ext. 253

[Website](#)

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 held virtually.

Hospicare Bereavement Support Group

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

[Website](#)

Hospicare hosts a variety of support groups throughout the year, both in Ithaca and in Cortland. 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). Currently offers a general grief support group virtually every other Wednesday 5:30pm – 7:30pm, and one in-person general grief support group once monthly. Visit the website for more information. Group registration is required prior to joining.

Food Addicts in Recovery Anonymous

Phone 1: Laura P. (484) 269-3380

Phone 2: Jessica M. (773) 575-6215

[Website](#)

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 on Saturdays at 8:00am on zoom.

Gamblers Anonymous

Phone: Gamblers Anonymous Hotline: 855-222-5542

[Website](#)

Gambles 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, click on Ithaca Community Recovery “other meetings” tab to see when GA meetings are available.

Ithaca Community Recovery

518 West Seneca St.

Ithaca, NY 14850

Phone: (607) 216-8754

[Website](#)

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](#)

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.

Mindwell

Phone: (607) 260-3100

[Website](#)

Offers DBT groups in person and virtually, an in person Healthy Relationships Group, and a virtual Harm Reduction for Cannabis Group. Mindwell accepts Aetna in-network and offers a sliding scale.

National Alliance on Mental Illness: Family Support Group

Email: namiflsupport@namifingerlakes.org

Phone: (607) 288-2460

[Website](#)

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 a partner/spouse support group. NAMI support groups share concerns, coping skills, and compassion in a supportive atmosphere.

Overeaters Anonymous of Ithaca

[Website](#)

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: (607) 273-3036

Text: (607) 342-5614

[Website](#)

This free and confidential support group is open to all humans who have lost a companion animal for any reason. They 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. Call or text to register. Meets in person in a location downtown and meets on the 4th Tuesday of each month from 7 to 8 pm.

Recovering Couples Anonymous

[Website](#)

The primary purpose of RCA is to help couples find freedom from dysfunctional patterns in relationships. By using the tools of the program, attendees 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, adapted from A.A.

Women's Opportunity Center

Phone: (607) 272-1520

Email: info@womensopportunity.org

[Website](#)

The Women's Opportunity Center (WOC) is a not-for-profit organization that supports social and economic self-sufficiency primarily for economically disadvantaged 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](#)

Youth outreach services provide paid apprenticeships for 16-24 year old's in areas of the youth's 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](#)

HETP offers paid internships 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+ is eligible to apply and transportation and childcare assistance are available.

Women's Opportunity Center

Phone: (607) 272-1520

Email: info@womensopportunity.org

[Website](#)

The Women's Opportunity Center (WOC) is a not-for-profit organization that supports social and economic self-sufficiency primarily for economically disadvantaged 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](#)

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 30-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](#)

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 a higher hourly rate for infrequent use, and a higher monthly cost, lower hourly rate for regular use.

NY State Medicaid Transportation Tompkins County

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

[Website](#)

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](#)

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.

Planned Parenthood

Phone: (607) 273-1513

[Website](#)

Offers service for individuals with or without insurance, for those concerned about cost, they offer low or no-cost services.

Services offered include abortion, birth control, emergency contraception, gender-affirming care, HIV service, pregnancy testing and planning, prenatal and postpartum services, STD testing and treatment, sexual and reproductive concerns, vaccines, wellness and preventative care.

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

Tompkins County Department of Social Services (DSS)

Phone: (607) 274-5680

320 W Martin Luther King/State St., Ithaca, NY, 14850

Website

The DSS provides multiple links to different resources individuals can apply for, including resources such as the temporary cash assistance program, food assistance programs, health insurance through Medicaid, among other services. Please check their website for further information on what services are offered.

Human Services Coalition, 2-1-1 Tompkins/Cortland

Phone: 211

Website

211 connects people in need with different services that are designed to address that need. Callers are referred to service providers according to their situation. Help with finding housing, food pantries in your area, or employment include topics this service helps to provide. No question is too big or too small!