



CHILDCARE & ADULT EDUCATION



Child Development Council

Childcare referrals and parenting support. No charge.
(607) 273-0259



Tompkins Learning Partners

Free tutoring in reading, writing, math, computer skills and ESL
(607) 277-6442



TST-BOCES Adult Education

High School Equivalency classes to prepare for the TASC (formerly called GED). ESL classes also offered.
(607) 273-4095

FINANCES



Cornell Cooperative Extension of Tompkins County

Free workshops on how to make a budget and save money
(607) 272-2292



Dept of Social Services Temporary Assistance

Temporary financial assistance to families and individuals
(607) 274-5348



United Way/211 COVID 19 Response Program

Grants up to \$500 to help households pay for expenses such as rent, phone bills, child care, and insurance
211 or (877) 211-8867

SOCIAL SUPPORT



Cancer Resource Center of the Finger Lakes

Free support groups, wellness programs, and 1:1 support
(607) 277-0960



Ithaca Community Recovery

Free support groups for individuals and families impacted by substance use
info@ithacacommunityrecovery.org



Mental Health Association of Tompkins County

Free peer support groups, support, and advocacy
(607) 273-9250

ONE STOP SHOP



2-1-1 Tompkins/Cortland

If you would like to talk with someone who can help you figure out which programs or services might be best for you, try calling **2-1-1** first. They are available 24/7 and can tell you more about any of the programs and services included in this brochure and many more.

2-11 or (1-877) 211-8667



Cayuga
HEALTH PARTNERS

COMMUNITY RESOURCES

We care about *everything* that shapes your health.



TRANSPORTATION



Friends in Service Helping

Free rides for Tompkins County residents in need of medical and health-related services

211 or (877) 211-6777



Gadabout

Affordable transportation service for elderly and/or disabled residents in Tompkins County

(607) 273-1878



Medicaid Transportation

Free transportation to and from medical appointments. Mileage can be paid for as well.

(866) 753-4543



Way2Go

Tompkins County's transportation information hub. Learn about the county's transportation resources.

(607) 272-2292

FOOD



Cornell Cooperative Extension of Tompkins County

Free food & nutrition workshops

(607) 272-2292 ext. 128

Email Tina at tmf8@cornell.edu



Foodnet Meals On Wheels

Home meal deliveries for elderly adults. Community meals offered as well.

(607) 266-9553



Loaves and Fishes

Free hot meals on site. All are welcome.

210 N Cayuga St, Ithaca, NY 14850

(607) 272-5457



SNAP

Monthly benefits to purchase food

(607) 274-5201

(800) 221-5689

HOUSING & UTILITIES



Department of Social Services

Help with home heating bills and fixing home heating equipment

(607) 273-7494



Healthy Neighborhoods Program

Free home safety visits, products, and advice to help make your home more safe

(607) 274-6702



Ithaca Housing Authority

Affordable housing through the HCV/Section 8 and Public Housing programs

(607) 273-8629



Ithaca Neighborhood Housing Services

Low-interest loans for home buyers, affordable rentals, and housing repair services

(607) 277-4500



Tompkins Community Action

Affordable rentals through HCV/Section 8 program, supportive housing and home heating assistance

(607) 273-8816