

## Support for Parents

**Building Healthy Families** supports pregnant women and families with newborns with the changes and challenges of parenting by providing information, activities, and resources. The program also offers ongoing home visiting to support parent-child bonding, healthy child development, and the achievement of family goals. Contact: 607.433.0444

**Early Head Start** home-based program supports pregnant women and families with children under 3 years old through weekly home visits and parent groups. The program teaches parents how to foster their child's overall development and connects families to community resources. Contact: 607.433.8055.

## Early Childhood Education

**Early Head Start** center-based programming is available in Oneonta for toddlers, ages 18 months to 3 years old. The program provides early learning, care and enrichment experiences to children and supports families through connections to community resources. Contact: 607.433.8055.

**Head Start** provides center-based education for children ages 3 to 5 and introduces kids to reading, math, music, art, and group experiences. Head Start also connects families to health care and supportive community services. Centers are located in various communities throughout Otsego County. Contact: 607.433.8055.

**Universal Pre-Kindergarten (UPK)** helps children develop early reading and math skills so they are better prepared for kindergarten. The program is open to any 4 year old child living in the Oneonta School District. No income-eligibility requirements. Contact OFO at 607.433.8055 or the Oneonta City School District at 607.433.8273.

**Bridges to Kindergarten** supports children and families as they transition from Head Start to public school. School-based and home-based services for families living in the Oneonta City School District. Contact: 607.433.8005.

## Employment Support

**Wheels to Work** helps eligible households purchase a reliable vehicle or make needed car repairs so adults can get to and from work or job training programs. Contact: 607.433.8335.

**Workforce Development** training in the field of building science and energy conservation. Attendees earn certifications and basic knowledge to start a career in weatherization and home performance field. Workshops offered in partnerships with the NYS Weatherization Directors Association and CDO Workforce. Contact: 607.433.8025.

## Food & Nutrition Assistance

**WIC** provides monthly food benefits to eligible pregnant women, post-partum women, and families with children up to age 5. The program also offers extra support to breast feeding mothers, nutrition education, and referrals to community services. Contact: 607.433.8071.

## Home Heating Assistance

**Emergency Utilities** offers support to households in a utility crisis that are not eligible for financial assistance through other sources. Payments available to avoid or restore a utility shut-off, deliver heating fuel/propane, or cooking fuel. Contact: 607.433.0444.



## Housing & Energy Conservation

**Energy Opportunities** promotes energy conservation and energy efficiency by completing home energy assessments and installing energy savings devices (e.g., air sealing, furnace repair/replacement, lighting, energy star appliances). Financial assistance available to eligible households to make recommended repairs. No income-eligibility requirements. Contact: 607.433.0444.

**Weatherization** assists income-eligible households in optimizing their home heating and cooling usage by installing energy efficient devices. Services based on need, but may include weather-stripping, testing/cleaning heating systems, insulation, and replacement of windows or doors. Serving households in Otsego and Chenengo Counties. Contact: 607.433.0444.

## Additional Services

**Community Advocate** is available to make referrals, advocate, and coordinate services for low-income individuals in Otsego County. Contact: 607.433.8005 or 607.433.8000.

**Health Insurance Navigators** offer one-on-one assistance to help families enroll in health insurance options through the New York State Health Plan Marketplace. Contact Mothers & Babies Perinatal Network to request an appointment in Oneonta: 800.231.0744.

**Homebuyer Education & Housing Counseling** is available to Otsego County residents looking to purchase a home. Counseling on fair housing, renter tenancy, and foreclosure prevention is also available. Contact: 607.433.8025 or 607.433.8000.

## Victim Support Services

**The Violence Intervention Program (VIP)** supports primary and secondary victims of domestic violence, sexual assault, and violent crimes. Services include a 24-hour hotline, individual and group counseling, one-on-one support at police stations, courts, and hospitals, and help in completing crime victim compensation claims. All services are free and confidential. Contact: 607.433.8038

**Emergency Shelter** is available to victims needing to leave an abusive situation. The safe house is staffed 24 hours a day, 7 days a week and is handicap accessible. Contact: 607.432.4855 (24/7).

**Transitional Housing** offers short-term housing assistance and supportive services for victims of violence who are homeless due to fleeing an abusive situation. Assistance is provided to establish new housing. Contact: 607.433.8038.

**Education** is available to primary and secondary schools, colleges, businesses, and community groups upon request. Specialized training is available for law enforcement and court personnel. VIP also coordinates volunteer training. Contact: 607.433.8038.

**24-Hour Victim Hotline** (voice/TTY)  
**607.432.4855**

## Emergency Housing Services

**Emergency Shelter** is available to homeless residents of Otsego County. Eligible individuals and families may stay at the homeless shelter up to 90-days while they look for new, permanent housing. Temporary housing is also available at area motels on a case-by-case basis. Contact: 607.433.8335.

**Rental Assistance** is available to eligible Otsego County households at risk of being evicted. Applicants may qualify for rental assistance to maintain their permanent housing. Contact: 607.433.8335

**24-Hour Housing Hotline**  
**607.433.8318**



3 West Broadway  
Oneonta, NY 13820  
[www.ofoinc.org](http://www.ofoinc.org)  
[www.facebook.com/ofoinc](https://www.facebook.com/ofoinc)

All services are available to eligible persons regardless of race, ethnicity, religion, language, ability, or sexual orientation.

# Opportunities for Otsego



**607.433.8000 | 800.986.5463**

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.

For more information contact OFO at:

**607.433.8000 or  
800.986.5463**

Monday – Friday  
8:00 AM – 5:00 PM

