

2023

Parent Handy Book

The Parent Handbook of Otsego County Community Resources



Brought to you by the
Otsego Committee on Child Abuse & Neglect
PO BOX 911 Cooperstown NY 13326
PRODUCED IN COOPERATION WITH
Bassett Healthcare and
Otsego County Department of Social Services
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tinyurl.com/OtsegoOCCAN

[Click or Scan here for an online version](#)



EMERGENCIES

Call: 9-1-1

SUICIDE Emergency: Call: 9-8-8

ALCOHOLICS ANONYMOUS	1-888-227-6237
CHILD ABUSE REPORTING	1-800-342-3720
CRISIS INTERVENTION SERVICE (Psychiatric)	1-877-369-6699
DOMESTIC VIOLENCE Hotline	607- 432-4855
FIRE EMERGENCY	911
MEDICAL EMERGENCY	911
MOBILE CRISIS ASSESSMENT TEAM (MCAT)	877-369-6699

NATIONAL HOTLINES

MISSING & EXPLOITED CHILDREN	1-800-843-5678
RUNAWAY YOUTH	1-800-621-4000
SUICIDE PREVENTION	1-800-784-2433
VETERANS' CRISIS LINE	1-800-273 - 8255 – Press 1

OTHER

AO FOX HOSPITAL's ER	607-431-5000
BASSETT MEDICAL CENTER's ER	607-547-3355
NYSEG EMERGENCY	1-800-572-1111
POISON CONTROL	1-800-222-1222
State Police (Oneonta)	607-432-3211
State Police (Richfield Springs)	315-858-1122
Domestic Violence or Rape Crisis	607-432-4855

Otsego Committee on Child Abuse & Neglect
PO Box 911
Cooperstown, NY 13326

Dear Friends and Families:

We are again pleased to be able to provide the latest edition of the Parent Handy Book, a resource guide to services for parents and professionals in the Otsego County area. Copies of this book are available in print at area libraries and local agencies, and online at www.otsegocounty.com/dept/dss and www.ofoinc.org

The Otsego Committee on Child Abuse and Neglect (OCCAN) hopes that knowing where to turn for help will make a difference in dealing with the ordinary and extraordinary stresses of family life. OCCAN, since its origin in 1978, has focused on child abuse/neglect prevention through public awareness and professional development. This is OCCAN's 36th year of presenting local conferences. OCCAN is a local affiliate of Prevent Child Abuse – New York www.preventchildabuseny.org

We are again grateful to Bassett Healthcare's Printing Services for print production, and Otsego County's Information Technology Service for digital posting

While we have listed many services and organizations, you must make your own judgment about whether the service will work for you and your family. We know that there may be resources we haven't listed, but which may be useful to include in future editions. Please let us know your suggestions at the PO Box, above.

Sincerely,

Members of OCCAN:

Wendy Fink – Otsego County Department of Social Services, Retired
Robert Horan – Otsego County Department of Social Services
Bill Hayes – LCSW, Retired
Debra Ann Miller – Sanguine Family Counseling and Consultation Services
Sarah Purdy – Otsego County Child Advocacy Center
Treena Halstead – Opportunities for Otsego, Inc./ Building Healthy Families
Aaron Sorensen -Catskill Regional Teacher Center
Jeanette Westcott - Catholic Charities
Zoë Lamphere - Opportunities for Otsego, Inc./ Violence Intervention Program

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**1. Counseling, Listening,
Referral**

SECTION 1 COUNSELING, LISTENING, REFERRAL

AIDS Services

Albany – NYS Dept. of Health HIV and STD helpline: **1-800-962-5065**

Hours: Monday-Friday: 8AM-4:30PM

HIV Information, Testing & Counseling referrals (Anonymous, Free)

Family Planning of South Central NY **607-432-2250 or 1-800-230-PLAN**

37 Dietz St.

Oneonta, NY 13820

HIV & STD testing and counseling (confidential, anonymous, free);



Southern Tier AIDS Program **607-798-1706**

22 Riverside Drive

Binghamton NY 13905

M-F 9AM - 5PM

Serves eight counties. Accurate information, risk reduction strategies, help locating resources, and case management. All services are free.



National AIDS Hotline **1- 800-CDC-INFO**

M-F 9AM-5PM

Alcohol, Substance Use & Addiction Disorders/Family Supports

LEAF Council on Addictions **607-432-0090**

189 Main St. Suite 101

Oneonta, NY 13820

Monday – Friday 8:30am – 4:30 pm

Information, referral, and educational services on alcoholism, drug addictions, gambling addiction, and associated problems for community, family individuals; speakers to groups and schools.



Addiction Recovery Services **Adult services: 607- 431-1030**

242 Main Street 2nd Floor

Oneonta NY 13820

Clinic Oneonta: Mon – Fri 8:30am -4:30pm (closed noon-1 for lunch)



Satellite office:

140 County Hwy 33W, Suite 1

Cooperstown, NY 13326

Adult Services: 607-431-1030

Cooperstown: Mon-Wed; Fri 8:30am – 4:30pm (closed noon-1 for lunch)

Adult Services: **607-431-1030**

Confidential counseling services for those with alcohol and substance use disorders, other addictions, and for their significant others. Individual and group counseling, outpatient resources and referrals and referrals made to in-patient services or other facilities. Accepts crisis appointments and referrals from healthcare providers.

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[Alcoholic Anonymous \(AA\)](#)

1-888-227-6237 (2 B SOBER)

Self-help for alcoholics. Regular support group meetings. For information on AA in your geographic area, call the number above. No charge.



[Al-Anon-Otsego:](#)

Support for family and friends of alcoholics. Meetings are held in Oneonta, Andes, Sidney and Delhi. For locations and times, go to the website and click on a map region.



[Nar-Anon:](#)

Strength and hope support group meetings for friends and families of those with substance use disorders. Meetings in Delhi, Herkimer, Sidney, and Walton. For locations and times, visit the website, scroll to "upstate New York tabbed Meeting Search" click on and scroll to the city. Click on the city for meeting information.



[Narcotics Anonymous \(NA\):](#)

Self-help for substance use disorders. Regular support group meetings. For information on NA in your geographic area, visit: NA.org

[Friends of Recovery of Delaware and Otsego Counties](#)

607- 267-4435



[The Turning Point](#)

Addiction recovery community for individuals and families in recovery from addictive disorders: peer-led support groups, recovery coaching; linkage to/assistance with a variety of needed services, such as housing, employment, classes and workshops in life skills, health and wellness, education and career planning, free social/recreational activities, family centered events, leisure interest development, sport team events and more.

22 Elm Street

Oneonta, NY 13820

M-F 9AM- 5PM Saturday: 9AM-Noon

Delhi NY, 13753

84 Main Street

M-W 9AM- 5PM Th-F 9AM -7PM

Saturday: 9AM-12PM

607-746-3570



Mental Health and Wellness

Bassett Healthcare / Bassett Medical Center

1-800-BASSETT / 1-800-227-7388

1 Atwell Rd.
Cooperstown, NY 13326



Bassett Psychiatry

607-547-3500

Psychiatric outpatient services for adults, adolescents and children. Adult (18+) inpatient unit for short term services. Medicaid, Medicare, and other insurance and managed care plans. Call for specific information.

Bassett School Based Health Clinics

1-844-ALL-SBHC

Mental health care for enrolled students at each school, K-12. Counseling by licensed social workers. No cost to families after insurance billing. Some summer hours available.

www.bassett.org



Social Work Services

Primary care: 607-547-3183

Department-specific counseling and support for those dealing with health issues:

Adult Primary Care

607-547-3183

Cancer Treatment Institute

607-547-4963

Dialysis

607-547-3873/433-6468

Women's Health

518-369-2735

Inpatient psychiatry

607-547-3586

Pediatrics

607-547-3870

SUNY Oneonta Student Counseling Center

607-436-3368

State University College at Oneonta
Oneonta, NY 13820



Mon – Fri 8:30am – 4:30 pm (During the semester) 8-12 PM and 1- 4PM (during the summer)

FREE counseling for SUCO students to improve emotional, social, academic and vocational coping. Referral to longer term local services as needed.

NAMI of Delaware and Otsego Counties:

607-326-4797

The local affiliate of the National Alliance on Mental Illness provides a monthly support meeting for family members coping with a loved one's struggle with mental illness. Email

namidelawareco@gmail.com



Otsego County Mental Health Services

607-433-2343 (Adults age 18+)

242 Main Street 3rd Floor

607-433-2334 (children age 3 – 17)

Oneonta, NY 13820

www.otsegocounty.com/depts/mh

Mon. – Fri 8:30 am – 5:00 pm



Individual, family, children (ages 3 – 17) and adult (age 18 and older) counseling. MD and PNP

prescribers available. Sliding fee scale, Medicaid, Medicare, and other medical insurance payments accepted;

serves all Otsego County residents.

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Bereavement Support

Helios Care (formerly Catskill Area Hospice)

607-432-5525

297 River St. Service Rd.
Oneonta, NY 13820

<https://helioscare.org/>



Support groups, (ages 18 and over) meet once a month to serve those who have lost loved ones.

In-person meetings are held in Cobleskill, Delhi, Cooperstown and Oneonta. For (school-aged) children and teens, call for more information about age appropriate “coping kits” to be used with a caring adult.

Compassionate Friends

607-746-7396

www.tcfoneonta.org

Local chapter of a national network of support groups for parents, families or friends of families who have experienced the death of a child. Meets the third Thursday of the month at 7:00 p.m. Call or check the website for meeting location and updates.



Other Community Support Groups and Services

Catholic Charities

607-432-0061

Dispute Resolution Chenango/Delaware/Otsego Counties
176 Main Street
Oneonta, NY 13820



Voluntary and confidential assistance with discussion or conciliation of disputed topics that can result in agreement and potential submission to court. Includes custody/visitation, divorce, landlord/tenant, small claims, special education and agricultural. Virtual Services available.

Family Resource Network

607-432-0001

46 Oneida Street Oneonta, NY 13820

Information and referrals regarding children with special needs. Advocacy Program available via phone or email. Families Together Support Group meetings, Teen Scene, Dragon Dates, group events and activities available for youth.



Rehabilitation Support Services

607-433-1714

9 River Street
Oneonta, NY 13820

Resource assistance for people with mental health challenges: vocational services, housing assistance, recreational opportunities, guide to local resources.



Warm Line Peer Support: (not a crisis hotline)

Monday-Friday: 4:30-10:30 PM Saturday-Sunday: Noon-10:30PM

FREE Confidential peer support, referrals to community services, and alternative means for growth and health; Serves Otsego, Delaware, Schoharie and Chenango residents.

BIANYS of NYS

607-283-2163

Brain Injury Support Group zoom meetings held on the 4th Monday of the Month 1PM. Caregivers Support Group zoom meetings are held on the 2nd Tuesday afternoons and 1st Thursday evenings 4PM.

Email: khindes@bianys.or



Salvation Army

607-432-5960

25 River St.
Oneonta, NY 13820
www.salvationarmy.org



Mon. – Fri. 9AM-3PM

FREE assistance for families concerned with children's problems, bringing family together to address concerns.

SPOA (Single Point of Access)

607-547-1621

140 County Hwy. 33W,
Cooperstown NY



A clinical coordinator helps with adult and child mental health issues, locating and helping with referrals to –and navigation of– human services systems.

Veteran's Services

Otsego County Veterans Services

607-547-4224

Meadows Office Complex
140 County Hwy. 33W,
Cooperstown, NY



NY State Division of Veterans Services

607-432-4190 or 888-838-7697

242 Main St.
Oneonta NY 13820
www.veterans.ny.gov

Veterans crisis line: 1-800-273-8255



Information for veterans and their dependents on benefits and services available to them.

Violence Intervention Program, Opportunities for Otsego

607-433-8038

3 West Broadway
Oneonta, NY 13820
Mon-Fri 8-5PM , and 24 hr oncall help.

Hotline: (607) 432-4855 (collect calls accepted)



Free, confidential services to victims of sexual assault, rape, date rape, incest, intimate partner violence, family violence, or crime. 24-hour crisis hotline, staffed safe house and transitional housing, individual and group counseling, legal advocacy and court accompaniment, crime victim board compensation assistance, domestic violence and sexual assault prevention education for schools and community organizations.

SECTION 2: CRISIS INTERVENTION /SAFETY NET SERVICES

American Red Cross

Central & Northern New York – Utica Office

315-733-4666

125 Business Park Drive, Suite 110
Utica, NY 13502



Northeastern New York

518- 458-8111

33 Everett Road
Albany, NY 12205

Monday-Friday, 8:30AM-4:30PM

FREE! disaster aid services to families and individuals including food, clothing, and shelter. Classes in first aid, CPR and Water Safety. Minimal charge for classes. Services and information for families in the military.

Catholic Charities

607-432-0061

Caring Connections

176 Main Street Oneonta, NY 13820

Monday – Friday, 8:30 AM – 4:30 PM. www.charitiesccdo.org

Support with emergency needs through advocacy, direct services, and education.



Family Service Association of Oneonta

607-432-2870

277 Chestnut Street Oneonta, NY 13820

Clothing, furniture, household goods, assistance with costs of transportation, prescriptions, holiday needs.



Mobile Crisis Assessment Team (MCAT):

1-844-732-6228

Assistance during a mental health crisis for children and adults in Oneida, Herkimer, Schoharie, Otsego, Delaware and Chenango Counties, de-escalating, preventing possible harm, keeping the problem outside of the legal system, and avoiding hospitalization when appropriate. MCAT works with the individual, family and community agencies.



New York State Child Abuse/Maltreatment Registry

24 hour Hotline: 1-800-342-3720

NYS Department of Social Services

40 North Pearl Street Albany, NY 12243

Opportunities for Otsego

607-433-8000 or 1-800-986-5463

3 West Broadway
Oneonta, NY 13820



Violence Intervention Hotline (sexual assault, domestic violence)

607.432.4855

Homeless Hotline Stop In: 10-20 Depew Street, Oneonta

607.433.8318

Otsego County Department of Social Services (DSS)

1-800-422-2512

140 County Highway 33W Cooperstown, NY 13326

607-547-1700

Monday – Friday, 8:30 AM – 4:30 PM (September through June)

Monday – Friday, 9:00 – 4:00 PM (July and August Only)



Basic life support services to all citizens of Otsego County. No appointment is required to apply for SNAP (Food Stamps), Temporary Assistance, Safety Net Assistance or Emergency Services. No new clients after 3:00 PM except for crisis or emergencies.

You must have an appointment to apply for medical assistance.

Bring the following documentation: Birth certificates for all family members, Social Security numbers for all family members, health insurance card, rent/mortgage receipt, fuel/utility bills, phone bill, marriage certificate or divorce papers, custody papers, disability notice, unemployment book, proof of any income, life insurance, current savings/checking account statement.

To learn about eligibility, visit: mybenefits.ny.gov



Medicaid - assists with medical costs, including prenatal care

Emergency & Temporary Assistance - cash benefit for necessities, assistance with the cost of housing

Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps) – assists with food costs

Home Energy Assistance Program (HEAP) – assists with the cost of heating

Child Care Subsidy – assists with cost of childcare

SECTION 3 EDUCATION, EMPLOYMENT & JOB SKILL DEVELOPMENT

CDO Workforce

607-432-4800 ext 109

12 Dietz Street

Oneonta, NY 13820

Education and training resources for Chenango, Delaware, and Otsego County residents



Literacy Volunteers of Otsego and Delaware Counties

607-287-0036

Basic literacy for Otsego and Delaware County residents

Clark Foundation Scholarship

607-547-9927

5229 State Highway 28

PO Box 427,

Cooperstown, NY 13326



Assists students and qualifying adults to attain education beyond high school. May include post-secondary programs at accredited institution of higher learning. Serves students in the following school districts: Cooperstown, Cherry Valley-Springfield, Edmeston, Gilbertsville-Mount Upton, Laurens, Milford, Morris, Mount Markham, Owen D. Young, Richfield Springs, Schenectady, Worcester, and Otsego Area BOCES.

Cornell Cooperative Extension of Schoharie & Otsego Counties

607-547-2536

123 Lake St.

Cooperstown, NY 13326

Fax: (607) 547-5180

otsego@cornell.edu



Extension Center:

518-234-4303

173 South Grand St, Suite 1

Cobleskill, NY 12043

schoharie-otsego@cornell.edu

8:30AM-4:30PM

Oneonta Outreach

607-433-2521

31 Maple St.

Oneonta, NY 13820

Provides informal education for all ages: classes, workshops and tours, informational and educational brochures; services include: Health and Nutrition, 4-H/Youth Development, Agriculture and Master Gardener Programs.

Access and Opportunities Program-SUNY Oneonta

607- 436-2407 or 2496

110 Netzer Administration Building
State University of NY at Oneonta
Oneonta, NY 13820
E-mail: E-mail: eop.ace@oneonta.edu



Assists financially and educationally disadvantaged individuals in admission to the college. They offer tutorial, financial counseling and advisory services throughout the college experience.

ARC Otsego

(607)433-8447, ext. 3110

Assists individuals with intellectual and developmental disabilities prepare for, find and maintain community employment.



High School Equivalency and Adult Education Information

Afton Adult/ Continuing Education Program

607-639-2811 OR 1-800-792-2145

29 Academy Street
PO Box 5
Afton, NY 13730



Free adult basic education and high school equivalency preparation classes throughout Delaware and Chenango Counties; GRASP home study program for adults aged 21; join anytime; work at your own pace; return assignments every 2 weeks.

Cooperstown High School

607-547-8181 or 607-547-5512

39 Linden Ave.
Cooperstown, NY 13326

Empire State College

607-203-8710

State Office Building, Room 505
44 Hawley Street
Binghamton, NY 13901



State Office Building, Suite 606
207 Genesee St.
Utica, NY 13501

315-982-6732

Call for information Monday – Friday 8:30AM – 4:00PM
Online higher education courses for non-traditional students offering individualized education and college programs to support life-long learning. Monthly informational meetings.

Herkimer-Fulton-Hamilton-Otsego BOCES

315-867-2000

352 Gros Boulevard
Herkimer, NY 13350



Adult programs to assist in literacy and math skills, learning English, or preparing to take a High School Equivalency exam. Individually prescribed instruction can be completed online, in class, or in a combination of formats. Call for more information.

DCMO BOCES

607-335-1200

Alan Pole Campus
678 County Rd. 32
Norwich, NY 13815

Harold Campus
270 BOCES Drive
Sidney Center, NY 13839

607-865-2500

FREE English as a second language and GED prep classes for ages 21 and older.



DCMO Health Occupations Programs

607- 335-1245

Website: www.dcmoboces.com

607-865-2552

Health Care Opportunities and Training



Local School Guidance Departments

See your local school guidance counselor for information on classes for adults, continuing education courses and vocational programs; grants, scholarships and loans for full time educational programs may be available.

Office of Continuing Education SUNY Oneonta

607-436-2548

132 Hunt College Union
Oneonta, NY 1382
Email: conted@oneonta.edu
9AM – 4:30PM



Information on continuing education courses available at State University of Oneonta and on college credit for life experience. Call for more information. Courses listed online.

Oneonta Adult Education

607-433-8200, ext. 1310/341

31 Center Street
Oneonta, NY 13820

Adult Basic Education (ABE) – training in basic life skills, reading, writing, and math for the workplace; English as a Second Language (ESOL) –High School Equivalency (Diploma) – preparation in writing, literature, science, social studies and math Test information and registration; GRASP or SMART (Home Study) for adults who are unable to attend class and are able to work independently at home for the high school equivalency diplomas.



Otsego Area Occupational Center (ONC BOCES)

607-286-7715

1914 County Hwy 35
Milford, NY 13807
Email: rdemars@oncbores.org



Adult & Continuing Education: Child Development Associate, Certified Nurses Aide, and Home Health Aide.

Adult Basic Education and High School Equivalency preparatory classes, free to adults 21 years and older who do not have a high school diploma or GED; Adult Education Home Study program (GRASP) prepares adults at home. Adults who participate in our GED programs are eligible to take vocational programs at our occupational centers, free of charge.

Otsego Area School of Practical Nursing

607-431-2562

31 Center St 3rd floor
Oneonta, NY 13820
Full-time, ten-month classroom/clinical instructional adult education program that runs from September to June for students with a high school diploma or General Equivalency diploma.



Employment

Catskill Center for Independence

607 - 432-8000 VOICE & TTY

Offers a variety of employment related services to assist those with disabilities.



CDO Workforce/Otsego County Office of Employment & Training

607-432-4800

12 Dietz Street
Suite 101
Oneonta, NY 13820
Monday – Friday 8:30am – 5:00pm

1-800-244-5779

FREE employment, training and education resources for Chenango, Delaware, and Otsego counties; for job seekers and employers .



Oneonta Job Corps Academy

607-433-2111

21 Homer Folks Ave.
Oneonta, NY 13820

1-800-733-JOBS
1-800-733-5627

Residential, educational, vocational and High School Equivalency education to eligible young adults (ages 16-24); offers auto body repair, auto mechanics, cement masonry, clinical medical assistant, electrician, facilities maintenance, health occupations/certified nurses' aide, medical office technology, and tile setting.



RSS Employment Services

607-433-1714

Rehabilitation Support Services
9 River Street
Oneonta, NY 13820

Vocational Education Support Program (VESP) that assists job-seekers with mental health challenges.



The Arc Otsego

607-432-8595

35 Academy Street
Oneonta, NY 13820
Vocational Training Center for individuals with developmental disabilities.



SECTION 4 ENERGY & EMERGENCY ENERGY SERVICES

Electric or Gas Emergency: Dial 911

Shut-off of gas or electricity can be a life threatening situation.

Do not ignore shut off notices or late bills.

You must contact NYSEG or National Grid first before emergency assistance can be arranged.



If you are late or unable to pay your monthly energy bill, call the company:

NYSEG (NYS Electric and Gas):

1-800-572-1111

National Grid: 1-800-NIAGARA

1-800-642-4272

REA Otsego Electric Cooperative:

607-293-6622

Talk to customer service representative to resolve your problem.

For Financial Assistance:

Department of Social Services

607-547-1700

Turned down by all but still in a life threatening situation?

NYS Public Service Commission Hotline 1-800-342-3355 (recorded message).

Catholic Charities of Delaware, Otsego, and Schoharie Counties



Delaware County

607-401-4071

21 Liberty Street Sidney, NY 13838

Otsego County

607-432-0061

176 Main Street Oneonta, NY 13820

Schoharie County

518-234-3581

489 West Main Street Cobleskill, NY 12043

Monday-Friday, 8:30AM-4:30PM

Assistance with utility emergencies including electric shut-offs, heating assistance, hot water, etc. All other resources and programs must be exhausted prior to receiving assistance from Catholic Charities.

Citizen Action Fuel Group

518-465-0336

94 Central Avenue

Albany, NY 12206

1-800-559-4645



Leave a message. They return calls on Tues., Weds, and Thurs only

Email: cafg@citizenactionny.org

Obtain membership in group purchasing power to lower fuel costs. No income eligibility.

Call for an application and information.

New York State Electric and Gas

Energy Assistance Program

Email: NYSEGEnergyAssistanceProgramMailbox@nyseg.com

Assists eligible customers to gain control of their energy bills, pay off past due amounts owed and stay current with future bills. Download [application](#) from website: nyseg.com



Project SHARE

1-800.599.4327

Assists income-eligible NYSEG customers with active disconnect notices in NYSEG service areas.

New York State Energy Office

1-866-NYSEERDA

17 Columbia Circle
Albany, NY 12203-6399
Email: info@nyserda.ny.gov



Monday-Friday, 8:30AM-5:00PM

Energy conservation information, energy investment loans to businesses and zero interest loans for HEAP recipients.

Home Energy Assistance Program (HEAP):

Otsego County Department of Social Services

607-547-1622

140 Co Hwy 33W Cooperstown, NY 13326

Hotline:

1-800-422-2512

Apply ONLINE: www.mybenefits.ny.gov



Assists income-eligible individuals with fuel and utility assistance, emergency assistance and furnace repair and replacement. One-time benefit paid directly to fuel dealer. Must have vendor relationship for fuel oil, kerosene, electric, gas, wood, coal or rent and heat. Typically begins in November if funding is available. Public assistance and food stamps recipients are automatically eligible.

Emergency Aid to Families (EAF):

Emergency needs for pregnant women and families with at least one child less than 18 years of age or under age 19 and regularly attending full time secondary school in specific circumstances. Call for more information. Must apply in person and bring shut off notice.

For 60 years and older with no previous HEAP benefit and not receiving public assistance:

Weatherization and Energy Services**1-855-547-4390****Energy Services Opportunities for Otsego, Inc.****607-433-0444**

182 Roundhouse Road,
Oneonta, NY 13820



Assistance to help make your home more energy efficient, warmer and safer. Some installation and repairs available to income eligible homeowners and renters.

Empower New York:

No-cost energy efficiency assessments and solutions for income-eligible residents.

**Energy Opportunities**

Fee for Service component for those looking for energy conservation services outside of program services.

Otsego County Sheriff**607-547-4271**

172 County Highway 33 West
Cooperstown, NY 13326

For emergency only: dial 911

Email: SHERIFF@otsegocounty.com

Open 24 hours a day, seven days a week.

Call for assistance in case of life threatening situations and in relevant emergencies. Will notify fire department, ambulance or DSS (Department of Social Services) in case of emergency. No charge.

607-547-4273

Corrections Phone: 607-547-4252

Project Share**1-800-572-1111**

New York State Electric and Gas
Oneonta, NY 13820

65 Country Club Rd,

Assists income-eligible and Veterans with active shut-off notices.

SECTION 5 FOOD AND NUTRITION SERVICES & CLOTHING

[A. O. Fox Hospital Nutrition Consultation Services](#)

607-431-5181

Fox Care Center

1 Foxcare Drive Suite 300

Oneonta, NY 13820,

Registered dietitian available for nutrition consultation to tailor a diet program that is right for you and your family. Must have a Nutrition Consultation Referral form from a physician.



Bassett Healthcare Outpatient Nutritional Counseling

607-547-5181

To make an appointment

For Cooperstown:

607-547-3456

For Cobleskill:

518-254-3456

For Delhi:

607-746-0300

For Herkimer:

315-867-2700

For Little Falls:

315-823-1000

For Oneonta:

607-433-6300

Offers outpatient nutritional counseling. Call for information or appointment.

Breastfeeding Support

Bassett Hospital Birthing Center

607-547-3535

24-hour access to newborn breastfeeding support by nursing staff / Lactation specialists

Otsego County Public Health

607-547-4230

Le Leche League

607-638-9058

Local Contact: Text ONLY

Email: otsegocountylll@gmail.com

Facebook at La Leche League of Otsego County, NY, USA

Parent-to-parent breast/chest/human-milk feeding support, education, information, and encouragement



1-877-4-LALECHE

[Mothers & Babies Perinatal Network](#)

1-800-231-0744

Assists in connecting to local Lactation Consultation



[Opportunities for Otsego WIC Program](#)

Personalized breastfeeding support for income-eligible households



Cornell Cooperative Extension of Schoharie and Otsego Counties



Cooperstown Office:

123 Lake Street,
Cooperstown, NY 13326
Email: otsego@cornell.edu
Monday-Friday 8:30AM to 4:30PM

607-547-2536

Oneonta Office:

31 Maple Street,
Oneonta, NY 13820
Wednesday & Friday 8:30AM to 4:30PM, Closed 12:30 to 1:30PM

607-433-2521

Cobleskill Office

173 South Grand Street, Suite 1,
Cobleskill, NY 12043
E-mail: schoharie@cornell.edu
Monday-Friday 8:30AM to 4:30PM

518-234-4303

518-296-8310

EFNEP-Expanded Food & Nutrition Education Program

607-547-2536

518-234-4303

518-296-8310

A trained Nutrition Program Educator will meet individually or in a small group for interactive lessons focusing on meal planning, budgeting, preparing low cost, nutritional meals, and ways to increase physical activity. Eligibility is based on income and children in the household.

Master Gardener Program

607-547-2536 (Ext. 221)

Cornell trained volunteers answer questions and provide information about growing your own vegetables. Also visit Home Gardening <https://gardening.cals.cornell.edu/>



Food: Feeding Programs and Food Pantries

Otsego County Hunger Coalition:

<https://www.otsegohunger.com/>



A comprehensive and current list of community food pantries by township and Feeding Programs, including school back pack programs, senior meals, free public meals, and farmer's markets; addresses and contact information included.

SNAP BENEFITS (Supplemental Nutrition Assistance program):

Otsego County Dept. of Social Services (607) 547-1700 Toll free: 1-800-422-2512

Meadows Office Complex
Physical Address
1410 County Hwy 33W



Cooperstown, NY 13326

Mailing Address: 197 Main Street Cooperstown, NY 13326

Supplemental Food Assistance (Food Stamps) Apply to find out eligibility. Call for information or apply online at <https://mybenefits.ny.gov>

Nutrition Outreach and Education Program (NOEP) 607-386-3562

Catholic Charities Otsego County

607 432-0061 ext 108

176 Main St Oneonta NY 13820



New York State SNAP (Food Stamp) Hotline 1-800-342-3009

If you are having trouble getting Food Stamps, call for information and help.

Office of the Aging 607-547-4232

Cooperstown Office

140 County Highway 33 West #5,

Cooperstown, NY 13326

Monday-Friday, 8:30AM-4:30PM

Oneonta Satellite Location available by appointment only.

Email Office for the Aging: aginginfo@otsegocounty.com

Email NY Connects: nyconnects@otsegocounty.com

(WIC) Women, Infants and Children 607-433-8071

Supplemental food, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women and families with children under the age of 5 years old. Call for information and eligibility. Nutrition education and vouchers to purchase formula and nutritious food.



Clothing and Thrift Stores

Audrey's Old and New

(607) 287-2786

4255 US Hwy 20, Richfield Springs

Open Fri-Sat 10am-5pm

Call ahead to be sure it's open.

Back on the Rack

(315) 858-7225

403 Earl Road, Richfield Springs

Open Mon-Sat 10am-5pm

Catholic Charities

607-432-0061

176 Main Street

Oneonta, NY 13820

Creekside Industries (a Division of ARC Otsego)

607-433-8447

Pick up is at 102 Browne Street, Oneonta

Low cost diapers (infant and adult), personal and sanitizing wipes, household paper goods. Call and place an order.



Family Service Association Clothing Room

607-432-2870

277 Chestnut Street

Oneonta, NY 13820

Monday-Thursday, 9AM-4PM

FREE! clothing, shoes, and bedding, baby clothing and diapers.



Helios Care (formerly Catskill Area Hospice) Thrift and Boutique

607-432-5335

269 Main Street

Oneonta, NY 13820

Monday-Saturday 10am-4pm

Gently used clothing accessories, household goods, kitchenware at affordable prices.

Magic Closet

607-263-5927

Episcopal Parish House

162 Main Street

Morris, NY 13808

Low cost clothing, toys, household appliances, kitchenware, books, videos, etc.

Milford Clothing Bank

607-263-5116

First United Methodist Church

133 N Main Street Milford, NY 13807
Saturday 9:30-11:30AM Free clothing, toys, household goods

My Neighbor's Closet

Serves Cooperstown school district families: www.angelnetworkofcooperstown.org

Or Contact: Cooperstownangel@gmail.com



Salvation Army Thrift Shop

607-432-0952

105 Main Street
Oneonta, NY 13820

Shakedown Street

607-436-9776

167 Main Street
Oneonta, NY 13820
New and Used low cost women's and men's clothing

Silks and Treasures Consignment Shop

607-432-0578

11 Elm Street
Oneonta

SPCA Better Exchange Thrift Shop

607-547-9462

4841 State Hwy 28
Cooperstown, NY
Tuesday-Saturday, 10AM-4PM

The Storehouse Inc.

(607) 397-8226

145 Main Street,
Worcester, NY
Open Thurs-Sat 10am- 4pm

Unadilla House of Consignment

607-369-2827

214 Main Street
Unadilla, NY
Wednesday-Saturday 10am-4pm

[Catholic Charities of Delaware, Otsego, and Schoharie Counties](#)

607-432-0061

176 Main Street
Oneonta, NY 13820

Emergency connections to housing assistance services, including rental assistance when available.



[City of Oneonta Code Enforcement](#)

607-433-3435

City Hall
258 Main Street
Oneonta, NY 13820
Monday – Friday, 8:00 AM – 4:00 PM
EMAIL: codeenforcement@oneonta.ny.us

City Clerk at 432-6450
FAX: (607)432-0945

Enforcement of all fire and safety codes for rental housing in the City of Oneonta. Call from tenants WELCOME. Confidentiality of informer protected. Renters do not lose housing. Daycare inspections. Call to schedule a visit.



[City of Oneonta Housing Authority](#)

607-432-0170

2 Mitchell Street (Nader Towers – off River Street)
Oneonta, NY 13820
Monday – Friday, 8:00 AM – 4:00 PM

Information and applications for rental assistance for seniors and low income family housing in the City of Oneonta. You must file an application. Pick one up on site or call to have one mailed. Verification is required, and there is a WAITING LIST.



[Habitat for Humanity of Otsego County](#)

607-432-7874

(Office Located at Elm Park United Methodist Church 401 Chestnut Street Oneonta)
Mail: 403-B Chestnut St.
Oneonta, NY 13820

Email: HabitatOtsego@gmail.com

Not-for-profit organization that builds and renovates affordable housing. Approved applicants contribute “sweat equity”, and purchase homes financed with affordable, no-interest loans. [Applications](#) and information available on the website: <https://habitatotsego.org/homeowner-application/>



[Low Income Household Water Assistance Program \(LIHWAP\)](#)

1-800-342-3009

Office of Temporary and Disability Assistance (OTDA)

Hotline: 1-833-690-0208

Assists low-income households with costs of water and sewer services, including past due bills.



Oneonta Single-Room Occupancy (SRO)

607-436-9250

Catholic Charities Housing Office:

52 Maple Street,
Oneonta, NY 13820
www.cchoalbany.org



Affordable shared housing for single adults in need of stable, safe and affordable supported housing.

Income-eligibility with case management services available. [Application](#) required. Download, call or pick one up at Maple Street office or 176 Main Street Oneonta. Mail to: Oneonta SRO Housing Office, 52 Maple Street, #13, Oneonta 13820. Unable to assist with emergency housing.

Oneonta Water Treatment Facility

607-433-3470

110 East Street
Oneonta, NY 13820

(Laboratory directly) 607-433-3486

Tests drinking water for harmful bacteria. Drinking water test is \$35/sample. Pick up lab bottle and instructions from the water treatment plant. Call for further information.

Opportunities for Otsego, Inc.

office 607-433-8337

Emergency Housing Assistance Program:

hotline 607-433-8318

Emergency shelter and assistance for homeless and at-risk households. Case managers assist with the transition from temporary to permanent housing and with connections to community resources and safe, stable housing.

FREE to income-eligible households. Minimal fee for non-eligible households.



Housing Services

607-433-8000

Opportunities for Otsego, Inc.
3 West Broadway
Oneonta, NY 13820

Information and resources for renters and prospective homeowners, including affordable housing options, education on credit, preparing for home ownership, maintaining a home, and budgeting.



Weatherization:

607-433-0444

182 Roundhouse Road
Oneonta, NY 13820

No cost assistance to income-eligible homeowners and tenants. Home energy conservation that makes homes more energy efficient, affordable, comfortable and safe. Owners of rental buildings renting to low-income tenants can access this service with a minimal contribution towards the cost of the Weatherization services.

Otsego County Code Enforcement

607- 547-4320

140 County Highway 33W
Suite 2
Cooperstown, NY 13326

Hours: Monday – Friday, 8:30AM-4:30PM (9AM-4:00PM in July and August)

Email: Otsegocounty.com

Provides fire and safety inspections for rentals and other buildings; issues building permits; issues certificates of occupancy; orders removal and cleanup of garbage, refuse, junk vehicle parts; ANSWERS HOUSING COMPLAINTS; and completes home inspections for day care and adult homes. Call or stop in.

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Otsego County Department of Social Services

607-547-1700

The Meadows Complex (for Income Maintenance services)

1-800-422-2512

140 County Highway 33W

Cooperstown, NY 13326

Email: Otsegocounty.com

Monday – Friday, 8:30AM – 4:30PM

Monday – Friday, 9:00 – 4:00 PM (July-August)

Assistance with temporary housing, referrals, assistance to locate housing and household items, security letter/deposit. Personal interview required. Call or email for documentation needed for assistance.

Rent Assistance Program: HUD Section 8 Rental Assistance

607-547-8839

Rent assistance for low-income renters.



Otsego Rural Housing Assistance, Inc.

607-286-7244

Milford Commons

50 West Main Street

PO Box 189

Milford, NY 13807

Email: ORHA@stny.rr.com

Monday – Friday, 9:00 AM – 5:00 PM

Rehabilitation and emergency repairs, home accessibility modifications, Modifications for Handicap Accessibility and Independent Living; Emergency Housing Repairs for Seniors; Mortgage Counseling; and Home-buyer Assistance.



Rehabilitation Support Services Housing

1-800-377-32819

River Street,

Oneonta NY 13820

Hours: Saturday-Sunday 4:30PM-10:30PM

NYS Office of Mental Health (OMH) residential group homes, licensed and supported apartment living, care coordination and case management, supported employment and agency-run businesses, wellness centers, personalized recovery-oriented services, and a wide array of related support programs. The division office for Chenango County is located in Otsego county.

Soldier On

1-866-406-8449

Veteran Outreach

1-413-200-3013

Provides in-home case management, referral services, and temporary financial assistance for housing to veterans facing homelessness.



USDA, Rural Development (for Otsego County)

607-334-3814

8 Dietz Street

Oneonta, NY 13820

Single Family Housing Programs give families and individuals the opportunity to buy, build, repair, or refinance affordable homes located in rural America. Eligibility for these loans, loan guarantees, and grants is based on income.

Visit the website to locate [apartments to rent](https://www.rd.usda.gov/apartments-to-rent) for low-income renters in Otsego County: [rd.usda.gov](https://www.rd.usda.gov)



SECTION 7: LEGAL AND CONSUMER SERVICES

Catholic Charities

607-432-0061

176 Main Street
Oneonta, NY 13820

Mon. – Fri. 8:30 AM – 4:30 PM. Evening and weekend hours by appointment

Otsego County Drug Treatment Court Case Management

Individualized case management services for participants in Drug Treatment Court designed to increase accessibility to needed services and supports to needed to maintain a sober lifestyle.

Dispute Resolution Center of Delaware, Chenango and Otsego Counties

Provides mediation services to residents of Otsego County to assist in resolving community conflict and personal disputes outside of court. Conducts conflict management workshops.

Victim Impact Panels

607-432-0061 ext. 102

Meets court ordered requirements for people who have committed crimes involving driving under the influence of drugs or alcohol that demonstrates the impact of these crimes on the community toward reducing recidivism. Must register to attend a Panel, and there is a fee. Call to schedule a Panel presentation for school or group event.

Alternatives to Incarceration

Offers eligible individuals who have been charged with crimes and violations in certain categories the opportunity to complete community service assignments in lieu of spending time incarcerated. Provides restitution to the community.

Legal Services of Central New York

1-877-777-6152

Oneonta
189 Main St., Ste 301
Oneonta, NY 13820



Also at Catholic Charities certain times:

176 Main Street Oneonta

Monday-Friday 9:00am-5:00pm

General: [\(607\) 766-8118](tel:6077668118)

Legal HelpLine: [\(877\) 777-6152](tel:8777776152)

FREE! Legal services to help people overcome obstacles, achieve goals, and pursue justice. Obstacles may include poverty, criminal record, renting, health care access, and the following populations as listed.

Call or visit an office for assistance.

Continued on next page....

Rights of New Americans

Assists immigrants, refugees, asylum seekers and other new Americans with civil legal issues that create barriers to immigration status and/or where a client's immigration status prevents access to housing, income, employment, or other fundamental needs.

Mental Health & Homelessness Advocacy

Addresses discrimination in housing, employment, and public accommodations; discontinuance of benefits or services; maintaining a least restrictive environment; financial exploitation; and homelessness prevention for people with mental health needs.

Employment & Workers' Rights

Assists people with employment discrimination, wage and hour, equal pay, wrongful termination, reentry, and family and medical leave.

New York State Bar Association

800 342-3661

Hours: 9-noon, M-F

Assists with finding a lawyer in the local community and provides guidelines for deciding when and how to hire a lawyer. Contact <https://www.lawhelp.org/> to find legal help if you can't afford it.



New York State Division of Human Rights

607 721-8467

State Office Building

44 Hawley Street, Room # 603

Binghamton, NY

Email: InfoBinghamton@dhr.ny.gov

Investigates complaints of discrimination because of sex, race, religion, color and/or ethnic origin in employment, credit, housing, disability or public accommodation.

Otsego County Family Court

607 322-3130

32 Chestnut Street,

Cooperstown NY 13326

Email: OtsegoFamilyCourt@nycourts.gov

Monday-Friday: 8:30AM-4:30PM; closed Noon-1PM

Original jurisdiction for all cases involving child maltreatment, child care; child support, custody; juvenile delinquency, family offense, orders of protection, adoption proceedings; status review of foster children.

Probation Department

607 547-4216

197 Main Street #3

Cooperstown, NY 13326

Email: probation@otsegocounty.com

Monday – Friday, 9:00 AM – 5:00 PM (9:00AM – 4:00PM July & August)

Assists parents of children under age 18 who need extra supervision (PINS Program). Call for appointment.

Surrogate Court

607 240-5966

197 Main Street

Cooperstown, NY 13326

Email: OtsegoSurrogate@nycourts.gov

Monday – Friday, 8:30 AM – 4:30 PM

Processes and records all petitions (administration of estates, adoptions, etc.). Holds genealogical records.

Minimal charge for copies. No charge for information.

Otsego County Treatment Court

607 547-7587

Otsego County Treatment Court Coordinator's Office

197 Main Street

Cooperstown, NY 13326

Provides comprehensive and integrated services to address the multifaceted needs of individuals with a chemical dependence/substance use disorder and their families. Criminal Treatment Court case management services are provided through Catholic Charities: 176 Main Street, Oneonta, NY 13820 607-432-0061.

Otsego County Department of Social Services Fair Hearing

1(518) 474-8781

Office of Temporary and Disability Assistance

Office of Administrative Hearings

PO BOX 1930

or 1 (800) 342-3334

Contact or complete a [Fair Hearing Request Form](#) to tell a Judge why you think a decision about your case made by a local social services agency is wrong. A written decision will be offered



Otsego County Department of Veterans Services

607 547-4245

140 County Highway 33W

Cooperstown, NY 13326

M-F 8:30-4:30

Provides information on eligibility for benefits and services based on military service. Advisors assist with navigating veterans' service systems.

SECTION 8:

MEDICAL / DENTAL

American Cancer Society

1-800-227-2345 (National Info Line)

Information on cancer-related service organizations, support groups, lodging, and insurance problems.



Hospitals in the Bassett Healthcare Network

607-547-3456 or 1-800-BASSETT

<p><u>A. O. Fox Hospital and FoxCare Services</u> 607-432-2000 1 Norton Ave. Oneonta, NY 13820 Switchboard/Information: 607-432-2000 Emergency Room: 607-431-5000</p>	<p>Bassett Birthing Center 607-547-3535 or 1-800-BASSETT 1 Atwell Road Cooperstown, NY 13326</p>
<p><u>Bassett Medical Center</u> 607-547-3456 or 1-800-BASSETT 1 Atwell Road Cooperstown, NY 13326  Emergency Room: 607-547-3355</p>	<p><u>Cobleskill Regional Hospital</u> 518-254-3456 178 Grandview Drive Cobleskill, NY 12043 Emergency room, inpatient adult care including medical rehabilitation services and specialty clinics. Medicaid accepted. </p>
<p><u>Little Falls Hospital</u> 315-823-1000 140 Burwell Street  Emergency room, inpatient adult care including medical rehabilitation. Outpatient day surgery, radiology, laboratories, outpatient dialysis and Physical / Occupational Therapy</p>	<p><u>O'Connor Hospital</u> 607-746-0300 460 Andes Road Delhi, NY 13753 Emergency Department: 607-746-0300 Emergency room, inpatient adult care including medical rehabilitation services, specialty clinics, pharmacy, outpatient primary care for adults and children 6 months and older. </p>
<p>A O Fox Tri-Town Regional Hospital Campus 607-563-7080 43 Pearl Street Sidney, NY 13838 Emergency room. No inpatient services. Outpatient laboratories radiology (CT, ultrasound, X Rays, mammograms)  and</p>	

Outpatient and Primary Care

Bassett Healthcare Network

Listed are clinics within Otsego County. For a list of Bassett or AO Fox clinics outside Otsego County contact Bassett Healthcare at (607) 547-3456 or 1-800- BASSETT and A.O. Fox at (607) 432-2000

Cherry Valley

607-264-3036

Community Health Center
2 Main Street
Cherry Valley, NY 13320
Monday, Tuesday, Thursday, Friday, 8:30 AM – 5:00 PM
Wednesday, 1:00 PM – 9:00 PM

A private, primary care, health facility for the whole family. Medical exams/services, immunizations, referrals. Medicaid accepted.

Cooperstown

607-547-3456 or 1-800-BASSETT

1 Atwell Road
Cooperstown, NY 13326

Medical and Specialty Clinics

607-547-3456

Pediatric Clinic

607-547-3290

Full medical services for children. Pediatric specialties: hearing, speech, orthopedics, physical and occupational therapy, and cardiology. Medicaid accepted.

Psychiatry Clinic

607-547- 3500

Women's Health Clinic:

607-547- 3160

Reproductive, maternity and follow-up care by certified nurse- midwives and doctors. Introductory class on prenatal care, nutrition, nurse midwifery; for newly pregnant first-time moms. Childbirth classes offered third trimester of pregnancy.

Edmeston- Burlington

607-965-8900

15 Turner Lane
Edmeston, NY 13335
Monday – Friday, 7:00 AM – 5:00 PM. Family Practice: all ages

Hartwick Seminary Specialty Services

607-547-7646

4580 State Hwy. 28
Milford, NY 13807
Monday – Friday, 8:00 AM – 5:00 PM
Plastic surgery, cosmetic services and advanced skin care; dermatology; interventional pain management and wound care.

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Oneonta

Bassett Health Center	607-433-1790
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125 Main Street
Oneonta, NY 13820
Monday: 8:00 AM – 7PM Tuesday-Friday, 8:00 AM – 3:30 PM; Saturday, 8:00 AM – Noon
Pediatrics, obstetrics and adult primary care.

Bassett Health Center Oneonta Pediatrics	607-433-1792
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Child and Adolescent Health Care of Oneonta	607-432-5600
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1 FoxCare Center Route 7,
Suite 213
Oneonta, NY 13820
Hours: Monday – Thursday, 8:00 AM – 6:00 PM; Friday, 8:00 AM – 4:00 PM
Full medical services for children. Medicaid accepted.

Oneonta convenient care	607-433-6400
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One Associate Drive,
Oneonta NY 13820
Hours: Monday- Friday 8AM- 7PM Saturday-Sunday: 9AM- 4PM:

Walk-in clinic for treatment of minor illnesses and injuries. First come-first served. Most insurance accepted.

Oneonta Family Practice	607-432-1163
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1 FoxCare Drive - Route 7
Suite 308 Oneonta, NY 13820
(General Information) Hours: Monday – Friday, 8:00 AM – 5:00 PM.

Oneonta Specialty Services	607-433-6300
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One Associate Drive
Oneonta, NY 13820
Mon. – Fri., 8 AM – 5 PM
Multi-specialty services including urgent care, outpatient surgery, dialysis, eye care, orthopedics, sports medicine, physical therapy and other specialties. Call for details.

Oneonta Family Medicine:	607-431-1015
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Hannaford Plaza
739 State Highway 28
Oneonta NY 13820

Susquehanna Family Practice and gender wellness center: 607-431-5757

1 FoxCare Drive,
Suite 103
Oneonta, NY 13820
Monday – Friday, 8:00 AM – 5:00 PM.
Primary health care.

Richfield Springs 315-858-0040

8550 State Highway 28
Richfield Springs, NY 13439
Monday – Friday, 8AM – 5PM
Primary health for children and adults.

Sidney

Bassett Health Center 607-561-2021

39 Pearl Street
Sidney, NY 13838
Hours: Monday - Friday, 7:30 AM– 5:00 PM

Sidney Primary Care/Fox 607-563-8022

59 River Street
Sidney NY13838

West Winfield 315-822-6348

544 East Main Street
West Winfield, NY 13491
Monday - Friday, 8:00 AM – 5:00 PM

School Based Health Centers (SBCH)–Bassett Healthcare

Health centers located in various area schools that provide diagnosis and treatment for acute and chronic illness, reproductive health services, and mental health services. Preventive dental is available in some locations. Call for more information **844-255-7242**. No out-of-pocket charge after billing to insurance or Medicaid.

Cooperstown SBHC 607-547-5069 8:00am – 10:30am 607-547-1105 11:00am – 4:00pm	Delaware Academy and Central School- 607-746-7454
Edmeston Healthzone– 607-965-6930	Gilbertsville Mt. Upton- 607-783-2250
Laurens Healthzone – 607-432-2050 ext-1300	Milford SBHC – 607-286-7909
Morris Health zone – 607-263-2619	Richfield Springs Central School- 315-858-0610
Schenevus SBHC – 607-638-5402	Sidney Elementary & Middle School- 607-561-7795
South Kortright Central School- 607-538-1932	Stamford Central School- 607-652-2065
Unadilla Valley SBHC 607-847-6050	Worcester SBHC – 607-397-1013

UHS Oneonta

179 River St.
Oneonta, NY 13820
Offers general primary and pediatric services.

607-433-3484



Helios Care (Formerly hospice)

297 River Street
Service Road, Suite 1,
Oneonta, NY 1382

24 hour on-call service

Provides medical and emotional support for individuals and families coping with life-limiting illness. May be cared for at home, hospital or nursing home. Bereavement counseling, support groups and "Forget Me Not" for grieving children and teens. Serves Otsego, Delaware and Schoharie Counties.

607-432-5525



Health Insurance

New York State Health Marketplace

Coverage available for children and adults based upon income. One application per household. Proof of income, residency, birth certificate required.

Mothers and Babies Perinatal Network for assistance from a Navigator: **607-772-0517**

Monday - Friday, 8:30 AM - 4:30 PM

Website: <http://www.mothersandbabies.org/enrollment.asp>

1-800-231-0744



Bassett Healthcare Health Insurance Specialists

607-433-4040

125 Main St.
Oneonta NY 13820
1 Atwell Rd,

Cooperstown NY

607-547-0642

FREE! One-on-one assistance with the completion and filing of applications for Medicaid and other insurance programs. May arrange to meet at a School-Based Health Center (SBHC) or at a Bassett Network Facility.



Dentists

American Mobile Dental

8 Grand St.
Oneonta, NY 13820
1-877-248-6684 or 607-432-1010

Dr. Paul Caruso Orthodontist

29 Pioneer St
Cooperstown, NY
607-547-2121

Dinosaur Dental
1700 Monroe St
Endicott, NY
607-955-4445 (<5 years old)

Ninel Wendover
6411 State Hwy 28
Fly Creek, NY 13337
607-547-1291

Oneonta Dental Care

53 Chestnut Street
Oneonta, NY 13820
607-432-4621

Dr. Alexander Knox
429 Main Street
Oneonta, NY 13820
607-433-2037

Otsego Dental

32 Main St
Oneonta, NY 13820
607-441-3200 (sees patients <5 years old)

Dr. Gerald Pondolfino
39 Dietz St.
Oneonta, NY 13820
607-432-2867

Northern Catskill Dental Associates

6 Double Day Court
Cooperstown, NY 13326
607-547-2313

Scott Benjamin
60 Union St,
Sidney, NY 13838
607-563-3927

Dr. Prasperk Bonsi
482 Main Street
Oneonta, NY 13820
607-433-1472

Dr. David Dugan — Oral Surgeon
39 Country Club Rd.
Oneonta, NY 13820
607-432-8808

Dr. Michelle Gifford
10 Whitney Way
Bainbridge, NY
607-967-8200

Dr. Kathy Knox
374 Main St.
Otego, NY 13825
607-988-6555



www.otegofamilydentalpc.com/

Fox Care Dental One
FoxCare Drive, Suite 304
Oneonta, NY 13820
607-433-1778

Dr. Robert Pondolfino
39 Dietz St.
Oneonta, NY 13820
607-432-4681

Dr. Paul Weber
5920 State Hwy 28
Cooperstown, NY 13326
607-547-1336 (<5;M)

At Home Care – Bassett Healthcare

607-432-7924

25 Elm Street

Oneonta, NY 13820

Monday — Friday, 8:00 AM — 5:00 PM.

1-800-783-0613



With physician referral, provides intermittent skilled health care services Nursing, OT/PT dietician, Speech, Home Health Aides, and Medication Management to individuals in their homes. May be covered by Medicare, Medicaid and private insurers. Sliding scale for out-of-pocket payments.

Otsego County Department of Health

607-547-4230

140 County Highway 33 West, Suite 3

Cooperstown, NY 13326

Immunizations for adults and children; general health and wellness education, screening, referral, information/education on lead, chronic disease, injury prevention, rabies, investigation and follow up for animal bites, maternal and child home visiting, car seat program; and public health emergency preparedness and response; COVID information

urgent after hours: 607-547- 1697



Family Planning of South Central NY

607-432-2250

37 Dietz St.

Oneonta, NY 13820

M 8-4:30, T 9-6 W-F 8-5. Some Saturday hours

Information and medical services related to reproduction, family planning, sexually transmitted disease, and women's health. All services are confidential. Medicaid accepted, also sliding fee scale. No one refused care. Prevention programs and education for schools, groups, and youth.



Bassett Healthcare Childbirth Classes

607-547-3535

Prenatal childbirth instructionClasses cover breathing techniques, pain management, anatomy, coach's role, newborn care, and many other topics. [Register online](#) :

www.bassett.org/form/cooperstown-childbirth-classes-



Smoking Cessation

New York State Smokers' Quitline

1-866-697-8487

Provides information, coaching, support, and referral. Free starter nicotine replacement therapy (NRT) in patch or gum form. Visit the [website](#) for online community support group:<https://www.nysmokefree.com/>



Smoking Cessation for Pregnant Women

1-800-231-0744

Mothers and Babies Perinatal Network of South Central NY

457 State Street

Binghamton, NY 13901

quitkit@mothersandbabies.org

Free individual counseling and quit kit to pregnant women and their families who would like to stop smoking.



SECTION 9: PARENTING AND FAMILY SUPPORT SERVICES

Bugbee Children's Center SUNY Oneonta

607-436-2484

Bugbee Hall, SUNY Oneonta
19 State Street (Mail address 108 Ravine Parkway)
Oneonta, NY 13820



www.suny.oneonta.edu/bugbee-childrens-center

Monday - Friday 7 AM.

Safe, healthy and developmentally engaging care for children aged 8 weeks to 5 years. Children of SUNY students, staff, and NYS employees have priority.

Catholic Charities Childcare Services

607-432-0061

176 Main Street
Oneonta, NY 13820



Caring Connections

607-432-0061

176 Main Street
Oneonta, NY 13820

Assistance for individuals and families struggling to meet basic needs, including listening, referrals, budgeting assistance, advocacy, and when needed, material goods and financial assistance. All other means for meeting financial and material assistance must be exhausted first. Apply in person



Community Maternity Services (CMS)

FREE! outreach site of Community Maternity Services of Schoharie County serves pregnant and parenting teens in Otsego County. Home visits help to prepare young parents for the challenges of child rearing with information about child development, family budgets, operating a home and balancing work, school and parenting. Court ordered parenting education programs provided.

Child Care Resource and Referral

607-432-0061

Referrals to NYS registered and/or licensed child care providers and tips on choosing an appropriate provider. Recruiting, training and technical assistance for local child care providers and programs. Sponsor of the Child and Adult Care Food Program (CACFP).



Family Resource Network (FRN)

607-432-0001 or 1-800-305-8814

46 Oneida Street
Oneonta, NY 13820

Email: familyrn@gmail.com Website: www.familyrn.org



Parent-run organization serving families of children with special needs. Provides information, parent and youth peer and group supports and advocacy services to families who have children with developmental, health care, and mental health needs.

Family Service Association of Oneonta, Inc.

607-432-2870

277 Chestnut Street
Oneonta, NY 13820

Monday–Thursday 9AM-4PM, Fri. by appointment

FREE information, advocacy, and referral services for individuals and families in need: parenting resources and classes, clothing, emergency services for Otsego County residents (limited funds for medications, transportation, housing), school supplies, hygiene/cleaning supplies and household goods, Thanksgiving and Holiday food baskets and assistance.



Parenting Classes

607-432-2870

www.fsaoneontany.org

FREE! Programs designed for parents around personal growth, parenting skills, problem solving and sharing. Films, discussion, and resources are available. Check website for dates/locations:

www.fsaoneontany.org



New York State Kinship Navigator

1-877-454-6463

87 North Clinton Avenue
Rochester, NY 14604

TTY: New York Relay 711 or 1-800-421-1220 Email: navigator@nysnavigator.org

Monday – Friday: 10 AM – 4 PM

Information and resources for kinship caregivers (grandparents, aunts/uncles, etc.) across all of New York State. Advice on custody and visitation, guardianship and decision-making authority, access to official records, eligibility for public assistance, foster care, tax credits, childcare and respite.



Noah's World

607-432-PLAY

144 Roundhouse Road
Oneonta, NY 13820

Admission fee is required for this safe place that has equipment and toys that are educational and skill-building for children under 10 years old of all abilities. Sensory cave, ball pit, jungle gym, group and party reservations and classes available.



Opportunities for Otsego

607-433-8000

3 West Broadway
Oneonta, NY 13820

1-800-986-5463



Family and Child Development Support Services

Building Healthy Families

607-433-0444

FREE! Individualized in-home support during pregnancy and beyond that increases parenting knowledge, enjoyment, and confidence while reducing stress associated with parenting challenges. Fosters resiliency, bonding and child social-emotional health to last a lifetime. Enroll while pregnant and up to 3 months after birth. No application necessary. Call or complete a [survey](#), and we'll call you!



Early Head Start

607-433-8055

FREE! Community-based program for low-income families with infants and toddlers and pregnant women. The program promotes healthy prenatal outcomes, child development, and healthy family functioning. Services offered until a child enters Head Start. Eligibility is based on Federal Income Guidelines. Call or complete an [application](#).

607-433-8063



Early Head Start Toddler Room

607-432-5313

256 River Street Oneonta, NY 13820

607-433-8063, ext. 104

Year-round classroom that provides developmentally appropriate educational services to children ages 18 months to 3 years. Hours of operation are 8am-2pm, Monday – Friday. FREE! for income-eligible families.

Head Start

607-433-8055

607-433-8063

FREE! Comprehensive preschool program that assists children from income-eligible families develop the early reading and math skills they need to be successful in school. The program promotes school readiness by enhancing the social and cognitive development of children ages 3 through 5. Locations throughout Otsego County. Eligibility is based on Federal Income Guidelines. Call or complete an [application](#).



Universal Pre-Kindergarten (UPK)

FREE! High quality educational program in collaboration with [Oneonta City School District](#) for children who turn four by December 1st and reside in the Oneonta District. Complete BOTH [registration form](#) and [Head Start application](#).



WIC (Women, Infants, and Children)

607-433-8071

Email: wic@ofoinc.org

Supplemental food, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

Income eligibility is 185% of the Federal Poverty Level. People that have SNAP or TANF or Medicaid are automatically income eligible.



Otsego County Department of Social Services (DSS)

Meadows Office Complex

140 Co Hwy 33W

Cooperstown, NY 13326

www.otsegocounty.com

Monday – Friday, 8:30 AM – 4:30 PM (September through June)

Monday – Friday, 9:00 – 4:00 PM (July and August Only)



Financial Assistance:

607-547-1700

- Public Assistance: Financial assistance for basic needs.
- Temporary Assistance (TANF) – Financial assistance for children and families for basic needs
- Safety Net Assistance – Financial assistance for single adults or households without children
- Emergency Assistance for Adults (EAA) – for SSI recipients for needs not met by SSI monthly check
- Emergency Assistance to Families (EAF) – temporary emergency needs of families with children under 21
- Medicaid: medical care costs, including pregnancy-APPOINTMENT NEEDED
- Home Energy Assistance Program (HEAP)
- SNAP (Food Stamps): monthly benefits to buy needed food
- Medicaid Transportation
- Child Care Subsidy: child care cost assistance for parents in full time school, job training, or full-time work
- Homeless Services: assistance with temporary emergency housing

No appointment required to apply for SNAP (Food Stamps), Temporary Assistance, Safety Net Assistance or Emergency Services. No new clients after 3:00 PM except for crisis or emergencies. Call or visit [website](#) to find out documentation needed to apply.

Family Support and Child Welfare Services:

607-547-4355

197 Main Street
Cooperstown, NY 13326

Satellite Office (Physical Address ONLY)
242 Main St.
Oneonta, NY 13820

- Child Welfare Services and Income Maintenance application intake only.
- Child Preventive Services:
Parent-requested services to prevent disruption of family life and placement of children in foster care.
- Foster Care Training and Certification:
Information, training, and resources to become a certified foster parent.

Protective Services for Adults

607-547-1700

Investigates reports of possible abuse/neglect of adults and works with adults who have protective needs.

[Otsego County Office for the Aging](#)

607-547-4232

The Meadows Complex
140 County Highway 33W #5
Cooperstown, NY 13326
Monday-Friday, 8:30AM-4:30PM

Link to: [NY Connects Resource Directory](#)



Resources, information, and services for those aged 60 years and older that promote quality of life, safety, and independence. Call for information, assistance and eligibility requirements.

OWL(Oneonta World of Learning)

167 Youngs Road
Oneonta, NY 13820

Admission is by donation to this children's museum. Children with their grown ups are encouraged to engage in open play with Rig-a-ma-jigs and big blue blocks. Crafts and directed activities are sometimes provided. Children can also explore Fortin Park using the outdoor world of learning education buckets

607-431-8543 (Voicemail Only)



Prevention Information Resource Center (PIRC) 1-800-CHILDREN 1-800-445-1273

Prevent Child Abuse New York

1 Steuben Street Suite 120,
Albany, NY 12207

Available 24 hour/day, 7 days a week in English & Spanish

www.preventchildabuseny.org

Information, resources, and referrals for parents, child care professionals and child abuse prevention advocacy.



Religion/Communities of Faith

<u>Burlington Flats Baptist Church</u> 101 Arnold Road Burlington Flats, NY 13315 www.Bflatsbaptist.com 607-965-8914	<u>Christ Church Episcopal</u> 46 River Street (Parish-69 Fair St) Cooperstown, NY 13326 www.ceccoop.net/ 607-547-9555
Garrattsville United Presbyterian Church 947 County Hwy 16 Burlington Flats, NY 13315 607-722-4210	<u>Community Bible Chapel</u> 577 Greenough Road Cooperstown, NY 13326 www.communitybiblechapel.com 607-547-9371
St. John Lutheran Church 2546 State Hwy 80 W. Burlington, NY 13482	<u>Jail Ministry of Otsego Cty (JMOC)</u> PO Box 1023 Cooperstown, NY 13326-4950 www.jmoconline.org/
St. Thomas the Apostle Roman Catholic Church PO Box 246 (1 Church St) Cherry Valley, NY 13320 www.turnpikecatholics.com/ 607-264-3779	<u>First Presbyterian Church</u> 25 Church Street Cooperstown, NY 13326 www.cooppres.org/ 607-547-8401
Quakers Worship Group 25 Church Street Cooperstown, NY 13326 www.fgcquaker.org/find-a-meeting/ 607-435-9951	<u>St. Mary's Our Lady of the Lake Roman Catholic Church</u> 31 Elm Street Cooperstown, NY 13326 stmaryscoop.org/ 607-547-2213

Rangjung Yeshe Gomde Tibetan Meditation Center (Buddhist) 412 Glimmerglen Road Cooperstown, NY 13326 gomdecooperstown.org/about/ 607-547-5051	United Methodist Church 66 Chestnut Street Cooperstown, NY 13326 www.cooperstownumc.org 607-547-9540
St. Albans Anglican Church 34 North Street Edmeston, NY 13335 315-527-1531	Second Baptist Church 7 North Street Edmeston, NY 13335 607-965-8540
United Methodist Church 3 North Street / PO Box 331 Edmeston, NY 13335 www.unyumc.org/ 607-965-804	First Baptist Church 134 West Edmeston Road West Edmeston, NY 13485 315-855-7540
Fly Creek United Methodist Church 852 County Hwy 26 / PO Box 128 Fly Creek, NY 13337 http://flycreekumc.org/ 607-547-9946	First Presbyterian 113 Marion Avenue / PO Box 314 Gilbertsville, NY 13776 607-783-2867
Gilbertsville Baptist Elm & Commercial St / PO Box 216 Gilbertsville, NY 13776 607-783-2993	Christ Church Episcopal 166 Marion Avenue / PO Box 345 Gilbertsville, NY 13776 607-783-2267
Congregation Philadelphia 2580 Route 11 Hartwick, NY 13348 607-293-6189	Cooperstown Assembly of God 4354 State Hwy 80 Hartwick, NY 13348 www.ourconnectchurch.org/ 607-547-2833
First Baptist Church 300 Main Street / PO Box 276 Hartwick, NY 13348 607-293-8168	Hartwick Christian Church West Main Street / PO Box 65 Hartwick, NY 13348 607-293-7548
Evangelical Lutheran Church 4636 State Hwy 28 Hartwick Seminary, NY 13349 607-547-9613 / 607-432-6852	Laurens Presbyterian 3 Main Street Laurens, NY 13796 607-432-3738
St. Matthew Lutheran 125 Main Street Laurens, NY 13796 607-432-9120	Cooperstown Junction United Methodist Church 6367 State Hwy 7 Maryland 12116 www.unyumc.org 607-286-9948

Word of Faith Christian Family 6568 State Hwy 7 Maryland, NY 12116 www.wofcfc.org 607-432-4287	Milford United Methodist 113 North Main Street / PO Box 127 Milford, NY 13807 www.unyumc.org 607-286-7762
First Baptist 50 Broad Street / PO Box 96 Morris, NY 13808 607-263-5147	Light Waters Baptist Church 193 County Hwy 49 Morris, NY 13808 607-263-2353
Holy Cross Roman Catholic Church 98 Main Street, Box 118 Morris, NY 13808 www.rcda.org 607-263-5143	Zion Episcopal Church 158 Main Street / PO Box 56 Morris, NY 13808 607-263-5927
Morris United Methodist 17 Church Street / PO Box 246 Morris, NY 13808 www.unyumc.org 607-285-4031	St. Andrews' Episcopal Church 42 South Main Street New Berlin, NY 13411 607-334-8801
First United Methodist Church 51 South Main Street / PO Box 430 New Berlin, NY 13411 www.unyumc.org 607-847-6350	Assembly of God Back River Road / 1667 Cty Hwy 48 Oneonta, NY 13820 607-432-4863
Atonement Lutheran Church One Center Street Oneonta, NY 13820 607-432-6852	Baha'i Rowe House / 31 Maple Street Oneonta, NY 13820
Buddhist - The Three Treasures Zen Center at Unitarian Universalist Society 12 Ford Ave Oneonta, NY 13820 www.thethreetreasures.org/ 607-988-7966	Butternuts Friends Meeting (Quakers) 381 Main Street / PO Box 242 Oneonta, NY 13820 oneonta3d.com/butternut-quakers/ 607-435-9951
ChurchNtheHood - Movement PO Box 63 Oneonta, NY 13820 803-403-3763	Community Gospel 12 Grove Street Oneonta, NY 13820 www.cgconeonta.org 607-432-203
Christian Science Society 381 Main Street / PO Box 602 Oneonta, NY 13820-0602 oneonta3d.com/christian-science-society/	Elm Park United Methodist Church 401 Chestnut Street Oneonta, NY 13820 www.elmparkumconeonta.org/ 607-432-6552

<p>Emmons United Methodist Church 5702 State Hwy 7 Oneonta, NY 13820 www.unyumc.org 607-547-8003</p>	<p>First Presbyterian Church 296 Main Street Oneonta, NY 13820 607-432-4286</p>
<p>First United Methodist Church 66 Chestnut Street Oneonta, NY 13820 www.firstumc-oneonta.org 607-432-4102</p>	<p>First United Presbyterian Church 2 Walling Avenue (at 381 Main St.) Oneonta, NY 13820 oneonta3d.com/first-united-presbyterian-church/ 607-432-7520</p>
<p>Hill City Church Back River Road / 1796 Cty Hwy 48 Oneonta, NY 13820 607-432-8523</p>	<p>Institute for Spiritual Development PO Box 1266 Oneonta, NY 13820 www.isdoneonta.org 607-433-2089</p>
<p>Living Water Faith Fellowship 7 Lewis Street Oneonta, NY 13820 607-433-2234</p>	<p>Main Street Baptist Church 333 Main Street Oneonta, NY 13820 www.msbchurch.org/ 607-432-5712</p>
<p>Milford Center Community Bible 2582 State Hwy 28 www.mccbchurch.org/ Oneonta, NY 13820 607-432-2973</p>	<p>Oneonta Reformed Presbyterian 381 Main Street Oneonta, NY 13820 607-865-6481</p>
<p>River Street Baptist 133 River Street Oneonta, NY 13820 riverstreetbaptistchurch.weebly.com 607-432-8285</p>	<p>The Salvation Army Church 25 River Street Oneonta, NY 13820 607-432-5960</p>
<p>Seventh Day Adventist 634 State Hwy 205 Oneonta, NY 13820 www.oneontaadventist.org/contact 607-432-8354</p>	<p>Southside Wesleyan 5308 State Hwy 23 Oneonta, NY 13820 www.southsidewesleyanny.org 607-432-1083</p>
<p>St. Innocent Orthodox Mission 305 Main St / PO Box 1237 Oneonta, NY 13820 www.stinnocentmission.org/ 607-644-2055</p>	<p>St. James' Episcopal Church 305 Main Street Oneonta, NY 13820 http://stjamesoneonta.org 607-432-1458</p>

St. Mary's Catholic Church 39 Walnut Street Oneonta, NY 13820 www.smcconeonta.org 607-432-3920	Temple Beth El 83 Chestnut Street / PO Box 383 Oneonta, New York 13820 www.templebetheloneonta.org 607-432-5522
Twelve Tribes 81 Chestnut Street Oneonta, NY 13820 www.twelvetribe.com 607-267-4062	Unitarian Universalist Society of Oneonta 12 Ford Avenue Oneonta, NY 13820 www.uuso.org 607-432-3491
Unatego Community Church 290 Main Street / PO Box 306 Otego 13825 / Unadilla 13849 607-369-7425	First Christian Church 704 County Hwy 6 Otego, NY 13825 firstchristianchurchofotego.weebly.com 607-988-7144
Orthodox Church in America Holy Myrrhbearers Monastery 144 Bert Washburn Road Otego, NY 13825 www.holymyrrhbearers.com 607-432-3179	Otego Presbyterian PO Box 23 16 River Street Otego, NY 13825 607-988-2861
Otego United Methodist 10 Church Street / PO Box 288 Otego, NY 13825 www.unyumc.org 607-988-2866	Portlandville United Methodist Church 2878 Hwy Route 28 / PO Box 306 Portlandville, NY 13834 www.unyumc.org
Bible Church 17 Church Street Richfield Springs, NY 13439 www.richfieldspringsbiblechurch.org 315-858-2989	Church of Christ Uniting 22 Church Street Richfield Springs, NY 13439 www.rschurchofchristuniting.com 315-858-1553
St. Joseph the Worker Catholic Church 37 Canadarago Street Richfield Springs, NY 13439 315-858-1682	Otego Presbyterian Church 16 River Street Otego, NY 13825 607-988-2866
Church of the Holy Spirit Arch Street 607-432-6835 Schenevus, NY 12155	Schenevus United Methodist 66 Main Street / PO Box 176 Schenevus, NY 12155-0176 www.unyumc.org 607-638-5867

First Presbyterian Church of Unadilla 156 Main Street / PO Box Z Unadilla, NY 13849 www.unadillapresbyterian.org 607-369-4630	Old Stone Community Church 7370 State Hwy 28 / PO Box 251 Schuyler Lake, NY 13457 315-855-9949
Fellowship Baptist Church 1050 Covered Bridge Road Unadilla, NY 13849	Schuyler Lake United Methodist Church 128 Church Street / PO Box 102 Schuyler Lake, NY 13457 607-547-9946 607-369-2754
Friends Meeting at Rogers Hollow Road 747 County Hwy 2 Unadilla, NY 13849	St. Matthew's Episcopal Church 240 Main Street / PO Box 537 Unadilla, NY 13849 https://www.suep.org/ 607-369-3081
Sand Hill UMC / Unadilla Ctr UMC 127 Sand Hill Rd / 1203 Butternut Rd Unadilla, NY 13849 www.unyumc.org 607-369-4360	First United Methodist Church 170 Main Street / PO Box 654 Unadilla, NY 13849 www.unadillaumc.com 607-369-2052
Wells Bridge Baptist PO Box 100 / 107 Church St Wells Bridge, NY 13859 607-988-7090	Westford United Methodist County Hwy Route 34 / PO Box 176 Westford 13488 / Schenevus 12155 www.unyumc.org 607-397-9340
Church of Jesus Christ Of Latter-Day Saints - Balmoral Dr (30 Ceperley Ave, Oneonta 13820) West Oneonta, NY 13861 607- 432-7242	Jehovah's Witnesses 3985 State Hwy 23 West Oneonta, NY 13861 607- 432-4114
Spirit & Truth Christian Assembly Old Town Hall, 51 Country Club Rd PO Box 122 West Oneonta, NY 13861 www.spiritandtruthonline.com 607- 433-0129	West Oneonta Baptist Church 2845 County Hwy 8 / PO Box 224 West Oneonta, NY 13861 www.wobconline.com 607- 432-2290
East Worcester United Methodist 4 South Hill Road / PO Box 665 Worcester 12197/E Worcester 12064 www.unyumc.org 607-397-9431	First Baptist Church 108 County Hwy 38 East Worcester, NY 12064-0739 607-397-1714
Pilgrim Holiness Church 745 County Hwy 28 East Worcester, NY 12064 607-397-8973 OR 518-495-5178	First Presbyterian Church 174 Main Street Worcester, NY 12197 607397-9260
St. Joseph's Roman Catholic 201 Main Street Worcester, NY 12197-0358 607-397-9373	Worcester United Methodist 111 Main Street Worcester, NY 12197 www.unyumc.org 607-397-9108

Veterans Affairs

Veterans Service Agency-Otsego

607-547-4224

Mailing Address

197 Main Street
Cooperstown, NY 13326

Hours: Tues, Thurs, Fri.

Physical address:

140 County 33W
Cooperstown, NY
Hours: Mon. – Fri. 9am – 2pm



242 Main Street
Oneonta, NY 13820
appointment only

607-432-4190

FREE! Information and assistance for all veterans, their dependents and survivors.

CNY Veterans Outreach Center

315-765-0975

726 Washington Street
Utica, NY 13502

Hours: Thur 10am-2pm (or by appointment)

Emergency housing, housing placement, and employment services for veterans and their families. Food pantry items, clothing, and furniture available upon request. Appointments available at Opportunities for Otsego, 3 West Broadway, Oneonta, NY 13820.



Soldier On

1-866-406-8449 or 1-413-200-3013

Assistance to veterans and their families who are homeless or at risk of becoming homeless, including case management, connection to services, legal support, and transportation needs.



SECTION 10: SERVICES FOR CHILDREN & ADULTS **WITH SPECIAL NEEDS**

Access Pass [NYS Parks & Recreation](#)

518-474-2324

State Parks

Albany, NY 12238

Permits NY State residents with a permanent disability free use of parks, historic sites and recreational facilities operated by the NYS Office of Parks, Recreation and Historic Preservation and the NYS Department of Environmental Conservation. Visit the website for information and [application](#): parks.ny.gov/documents/admission/AccessPass



[Association for Vision Rehabilitation and Employment, Inc.](#)

607-724-2428

174 Court Street

Binghamton, NY 13901

A private, non-profit organization that serves people with vision problems in the Twin Tier region, including Otsego County, offers technology, counseling and visual rehabilitation.



[The ARC Otsego](#)

607-432-859

35 Academy Street

Oneonta, NY 13820

Monday – Friday, 8 AM – 4 PM

Support and programs for individuals with intellectual and developmental disabilities and their families throughout Otsego County, including: in-home respite and rehabilitation, day programs; sheltered employment, residential living options, clinical services, service coordination, adaptive technology and environmental modifications, and guardianship services. Eligibility is based on a diagnosis of an intellectual and/or developmental disability.



[BOCES \(Boards of Cooperative Educational Services\) of NY State](#)

Education and services for students with disabilities, including instruction, life skills, career path support, and summer programming. Programs for birth – 21 years old including home based, center based and classrooms. Eligibility determined by Early Intervention Services ([Department of Health](#)) and the student's school district Committee on Special Education.

[DELAWARE-CHENANGO-MADISON-OTSEGO BOCES](#)

607-335-1233

6678 County Road 32

Norwich, NY, 13815-3554

www.dcmoboces.com

Serves school districts in Otsego County: Sidney, Gilbertsville-Mount Upton, Unadilla Valley, Unatego.



[Robert W. Harrold Campus](#)

607-865-2500

270 BOCES Drive Sidney Center, NY 13839-3105

Herkimer-Fulton-Hamilton-Otsego BOCES **315-867-2000**

352 Gros Blvd.
Herkimer, NY 13350-1499



Otsego Northern Catskill BOCES: **607-588-6291**

2020 Jump Brook Rd,
Roxbury, NY 12474



Otsego Area Occupational Center **607-286-7715**
1914 County Route 35, Milford, NY 13807

Serves school districts in Otsego County: Charlotte Valley, Cherry Valley-Springfield, Cooperstown, Edmeston, Gilboa-Conesville, Laurens, Milford, Morris, Oneonta, Schenectady, Worcester.



Brain Injury Association of New York State **518-459-7911**

5 Pine West Plaza Suite #506
Albany NY, 12205



Family Help Line: **1-800-228-8201**

Education, advocacy and community support services that lead to improved outcomes for children and adults with brain injuries. Video library, regional support groups, advocacy. [Local support group](#).

Broome Developmental Center **607-770-0211**

249 Glenwood Rd
Binghamton, NY 13905

Coordinates services for individuals with developmental and intellectual disabilities from six years up. Case management, long-term care, housing, employment, vocational training, family support.



Catskill Center for Independence **607-432-8000 (Voice and TTY)**

Physical Address
6104 State Highway 23
Oneonta, NY 13820

Mailing Address
P.O. Box 1247
Oneonta, NY 13820

FREE! Information, referral, advocacy, and assistance with housing, life skills, employment, and transportation for individuals with disabilities.



Down Syndrome Aim High Resource Center **518-738-0020**

22 Corporate Wood Blvd., 5th Floor
Albany, NY 12211
Email: info@dsahrc.org

Parent-to-parent and professional services and support for children with Down Syndrome and their families.



Early Childhood Direction Center

607-724-2111

Southern Tier Independence Center
135 East Frederick Street
Binghamton, NY 13904
Email: ecdc@stic-cil.org

Assists parents of children with disabilities age birth to five years of age with information, referral, and advocacy.

Early Intervention Program and Preschool Special Education

607-547-6474

Otsego County Department of Health
Division for Children with Special Needs
140 County Highway 33 W, Suite 3
Cooperstown, NY 13326



FREE! Identification, tracking, evaluation, and service coordination for infants and toddlers with developmental concerns. Provides special education services to those identified as eligible (speech, physical, occupational therapies, itinerant teacher/integrated classroom). Call to refer children under two years of age. Call the child's [school district](#) to refer children 2 to 5 years old.

Family Resource Network (FRN)

607-432-0001 or 1-800-305-8814

46 Oneida Street
Oneonta, NY 13820
Email: familyrn@gmail.com Website: www.familyrn.org



Parent-led organization serving families of children with special needs. Provides information, parent and youth peer and group supports and advocacy services to families who have children with developmental, health care, and mental health needs.

Kennedy Willis Center on Down Syndrome

607-965-2046 Ext. 117

Pathfinder Village
3 Chenango Road
Edmeston, NY 13335-2314
Email: info@pathfindervillage.org



Continuing education, information, and life planning resources for families supporting individuals with developmental disabilities.

Kids Unlimited Preschool & UPK (Springbrook)

607-353-7272 Ext. 2900

Springbrook Community Campus
55588 State Highway 7
Oneonta, NY 13820



Provides integrated preschool for children of all abilities and early intervention programs for children from birth to age five, daycare, and Universal Pre-Kindergarten for the [Oneonta School district](#). Tuition rates vary for staff members, children entering through a school district, those with a special need, or private pay.

Parent to Parent of NYS

800 305-8817

500 Balltown Road
Schenectady NY 12304

A statewide network of parents who provide emotional support to families of individuals with special needs.



Rehabilitation Support Services (RSS)

607-433-0002

PO Box 781 9
River Street Oneonta, NY 13820

Housing, employment, crisis/respite services, treatment, care coordination, socialization and wellness programs provided to individuals with psychiatric and substance use disorders.



Supplemental Security Income (SSI)

1-877- 483-0689 (Oneonta)

Social Security Administration
31 Main Street, Suite 1
Oneonta, NY 13820

TTY: 607-433-6607

Federal income assistance for the aged, blind, and disabled people who have little or no income; cash to meet basic needs for food, clothing, and shelter. [Eligibility tool](#) on website:
<https://ssabest.benefits.gov/>



Springbrook



607-286-7171

105 Campus Drive Oneonta, NY 13820

Supports and services for people with developmental disabilities, including preschool, residential and day school, therapeutic supports, employment services, and housing.



SECTION 11: TRANSPORTATION

<u>ABC Taxi</u> 607-437-5267 67 Maple St. Oneonta, NY 13820 	<u>A &D Taxi</u> 607-433-1726 83 Lower River Street Oneonta, NY 13820 
All Star Taxi 607-267-1834 2595 County Hwy 35 Schenevus, NY 12155	Gary's Taxi 518-673-3974 221 Moyer St. Canajoharie, NY 13317
Hill City Taxi 607-433-2227 2 Lower River St. Oneonta, NY 13820	Tri Town Taxi 607-563-9393 53 River St. Sidney, NY 13838

Birnie Bus **1-800-734-3950**

<http://birniebus.com/>



Oneonta Terminal **607.432.4705**

108 Silas Lane Oneonta, NY

Richfield Springs Terminal **315.858.6444**

928 County Highway 27 Richfield Springs, NY 13439

Bus Terminal (Oneonta): **607-432-2661**

47 Market Street
 Oneonta, NY 13326

Adirondack Trailways Bus: **(24 hr customer service)1-800-776-7548**

Greyhound Bus: **(24 hr customer service)1-800-858-8555**

Terminal: M-F: 8 AM - 5 PM; Sat: 8:30 AM- 4 PM; sun: 8:30 AM-5PM
 Serves State Route 28 corridor Utica: Cooperstown - Oneonta and beyond

Get There Call Center

Rural Health Network of South Central New York

1-855-373-4040

Monday-Friday, 8:30am-4:30pm

Transportation assistance, support, and information to residents of Broome, Chenango, Delaware, Otsego, and Tioga counties. Call M-F

Medicaid Transportation

1-866-333-1030

Medical Answering Service

Transportation to and from medical, optical, dental and psychological services available for Medicaid patients. Call in advance to make arrangements. A full 3 business days' notice is required. Some out of county travel available in special circumstances with doctor's referral. No charge.

Oneonta Public Transit (OPT)

607-432-7100

Clinton Plaza
104 Main Street
Oneonta, NY 13820



7AM — 5:30PM Daily except Sunday

View their website or call for information regarding rates, OPT routes, schedules and handicapped services.

Cooperstown Line:

Bus service from Oneonta to Cooperstown and return. Routes 7 and 28 to and from Cooperstown. Currently the schedule is as follows:

Leaves Oneonta: M-F: Every hour between 6:00 AM and 5:00 PM

Leaves Cooperstown: M-F: Every hour on the hour from 7:00 AM — 6:00 PM

*On Saturdays only: Leaves every 2 hours (Oneonta on even hours and Cooperstown on odd hours)

Cost: \$3.50 adult one way (ages: 18-62) \$2.00 for senior citizens (age: 62+) or students (ages: 5-18)
free for children under 5

Oneonta Line:

Serves the City of Oneonta, the University, North and South Sides, East and West End, River Street/Downtown and Otego, Hillside

Cost: \$1.25 adult one way (ages: 18-62) \$0.75 for senior citizens (age: 62+) \$0.50 students (ages: 5-18)

Transfers - \$0.50 Free for children under 5

Opportunities for Otsego

607-433-8335 ext. 5

Wheels to Work

Support for income eligible employed pregnant parents or caretakers of a minor child to acquire safe, reliable transportation so they may get to and from work. Coordinates the purchase of affordable/used vehicles, offers financial assistance for vehicle repairs and general financial management skills. Residents of Otsego county can [apply](#) on the website: <https://ofoinc.org/find-program/wheels-work>



Otsego Express (GUS the Bus)

1-(800) 388-9853

928 County Highway 27
Richfield Springs, NY 13439



Cost: \$1.00 adults \$ 0.50 seniors age 60+ free under age 6
Public transportation on several routes throughout Otsego County, handicapped accessible with 24 hour notice. Monthly passes, senior citizen discounts, single trip fare. Zoned service provides "dial-a-ride" pick-up/drop-off on certain days. View their website or call for rates, routes and/or schedules.

Veterans' Service Agency

607-547-4224

Oneonta, NY 13820
Monday — Thursday:
9:00 AM - 3:00 PM
Tues, Thurs, Fri: 9:00 AM – 1:00PM



Passenger van transport Tuesday thru Friday to the VA hospital in Albany and back for ALL veterans, plus some Social Services, Medical Assistance recipients by prior arrangement. Pick up points in most communities.

CONTACT THE DRIVER A MINIMUM OF TWO (2) DAYS IN ADVANCE

607-267-8571 or 315-264-3995

12. Youth Programs and Service

SECTION 12 YOUTH PROGRAMS/SERVICES

American Red Cross

315-733-4666

Eastern NY Chapter
1415 Genesee Street
Utica, NY 13501



CPR, First Aid, and Water Safety/Lifeguarding certification courses. Some fees are involved. [Online classes and registration](#) for classes are available on the website: <https://www.redcross.org/take-a-class>

Big Buddy Program

607-746-1600

Delaware Opportunities, Inc.
35430 State Highway 10
Hamden, NY 13782



Email: bigbuddy@delawareopportunities.org

FREE! Mentoring to county resident children (5 to 14 years old) to support, guide and encourage and to give tools needed to succeed in life. Big Buddies generally spend 4 to 8 hours a month with their Little Buddy. Group activities are offered once a month.

Boy Scouts of America — Leatherstocking Council

315- 735-4437

1401 Genesee St.
Utica, New York 13501
www.leatherstockingcouncil.org.
M-F 9-5



Serves girls and boys, first grade to age 18 with character development, physical fitness, an citizenship through group and individual experiences. Year-round camping program.

CDO Workforce Youth Services Program

607 432-4800

12 Dietz Street
Oneonta, NY 13820
www.cdoworkforce.org
M-F 8:30-5



Assistance to teens and young adults for internships, summer employment, guidance in resume writing, GED preparation and application, and career planning.

Clark Sports Center

607 547-2800

124 County Highway 52

PO Box 850

Cooperstown, NY 13326

www.clarksportscenter.com

Mon. - Fri. 5:30 AM – 9:00 PM; Sat. 8 AM-5 PM; Sun. 8 AM -12 PM

Wide choice of recreational activities and services for all ages. Activities include: Sports programs, bowling, basketball, camping, hiking, swimming and lessons, after-school activities, summer camp, aerobics, adult fitness, rock climbing, special events and more. Reduced fee membership available with proof of income.



Cornell Cooperative Extension

607 547-2536

123 Lake Street

Cooperstown, NY 13326

Email : otseqo@cornell.edu

Monday - Friday: 8:30 AM - 4:30 PM

Educational programs for youth and families, including workshops, 4-H Club support, farm tours, special events, and camping. The 4-H Program offers educational and fun activities for youth ages 5-19 and adult volunteers.



Family Planning of South Central New York, Inc.

607-432-2252

37 Dietz Street

Oneonta, NY 13820

M-F 9am-5pm, T 9am-7pm, Thur 9am-6pm, Saturday (twice a month) 9 am-1 pm.

Clinic locations in Norwich, Oneonta, and Sidney with educators that provide current information on human sexuality and reproductive health to parents and youth. Can travel and support parents to talk about sensitive topics with children. An Education Resource Center has pamphlets, books and videos. Many services are FREE! or available for a modest fee.



Family Resource Network

607-432-0001

46 Oneida Street

Oneonta NY 13820

www.familyrn.org

Youth peer groups, special events and excursions, blogs and online networking, programs to assist ages 12-17 develop social skills and explore challenging topics. Young adult groups (18-21) meet weekly and for special events.



Girl Scouts of NYPENN Pathways

800-943-4414

www.gsny penn.org

Offers school-aged girls the opportunity to make new friends, develop leadership skills and build self-confidence. Local Troop activities focus on Science/Technology/Engineering/Math, Outdoor Activities, Life Skills, and Entrepreneurship. Contact the regional office and ask to speak with the coordinator for your county.



Girls On The Run, Central New York

607- 263-0304

www.girlsontheruncny.org

Girls 8-13 learn life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.



Oneonta Boys and Girls Club, Inc.

607-432-1133

70 River Street
Oneonta, NY 13820

Mon. - Fri.: 1 PM-9 PM; Sat.: 10 AM -6 PM. Closed Sunday.

Offers youth ages 7-15 a wide range of sports and fitness activities, arts and crafts, wood shop, game room, camping, and outdoor excursions. Memberships available to age 21. Call or stop in.



Oneonta Family YMCA

607-432-0010

20-26 Ford Avenue
Oneonta, NY 13820

M-TH, F 5:45am-9pm Sat 8am-4pm Sun- CLOSED

Wide choice of recreational activities and programs: pool, gym, fitness center, youth gym and social program, swimming, gymnastics, family fun, child care services, preschool program, after-school and vacation day programs, summer day camp, and other services. Annual, monthly, and daily fees. Memberships and income-eligible scholarships are available.



The Oneonta Teen Center

607 441-3999

Academy Street
Oneonta, NY 13820

ourotc@gmail.com

Tuesday through Friday after school and evenings. Some Saturday hours.

FREE! And open to youth looking for a safe social space and fun and educational programs and activities. Provides prevention and recovery-sustaining programming for youth ages 12-18 who are influenced by substance use and identify as being in recovery. Activities include: cooking classes, programs supporting social and emotional stability, including stress management and coping, and tons of daily fun activities that are suggested and planned by the youth members.



Oneonta Police Department Explorers Post #1908

607 432-1111

Public Safety Building
81 Main Street
Oneonta, NY 13920

Dependent upon staff availability, provides experiential learning and guidance to males and females ages 14 - 21 years of age who have completed the 8th grade and are interested in working in the law enforcement field. The core character traits that Explorers strive to maintain are: Respect, Responsibility, Honesty, Trust, Caring, Fairness, Self-Discipline, Courage and Citizenship.



Otsego County Office of Employment and Training

607-432-4800

12 Dietz Street

Oneonta, NY 13820

8:30 AM - 5:00 PM; summer (July and August) 9:00 AM -4:00 PM

Assists youth 14-21 with assessment, development of marketable skills, job search, resume, and career exploration. Resource room with office equipment for job search needs and on-the job training opportunities available.



Richfield Springs Community Center, The Zone

315-858-09386

Ann Street (corner of Ann St. and Walnut St.)

PO Box 108

Richfield Springs, NY 13439



Programs for youth and community including, but not limited to: The Zone: Every Friday Night from 7:00 to 10:00 pm for teens in Grades 7-12. After School Program: Every Wednesday and Friday afternoon during the school year from 3 to 5 pm for students in Grades 5 to 8. PLAY: Positive Lifestyle Activities for Youth: Every Tuesday and Thursday afternoon during the school year from 3 to 5 pm for students in Grades K to 4.