

Tioga County Resource Guide



Includes Resources for Tioga, Broome, Chenango Cortland, Bradford, Chemung

Updated August 2025

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Mental Health Providers and Services

Tioga County

Tioga County Department of Mental Hygiene – 607-687-4000

Owego Location: 1062 State Route 38, Owego, NY 13827

Waverly Location: 32 Ithaca Street, Waverly, NY

Provides outpatient therapy for adults, children, families, couples experiencing difficulties with mental health or substance use. Assessments are provided Monday through Friday, in the Owego location. Call for more information. Telehealth Services are also available for both Assessment and Treatment.

Tioga County Mental Hygiene School Based Services are also available on site in the following districts:

Owego Elementary School
Apalachin Elementary School
Newark Valley Elementary, Middle and High School
Waverly Elementary School
Spencer VanEtten Elementary, Middle and High Schools
Tioga Central Schools

*Referrals to these services go through the school

Tioga County Adult SPOA (single point of access) 607-687-4000

Southern Tier ACT team -referrals go through SPOA

Tioga County Rehabilitative Support Services

- **Community Residences** can house anywhere from 8-14 individuals and is staffed 24/7. Our dedicated staff works intensely with residents in this Medicaid funded program to formulate individualized goals in areas of medication management / training, life skills training, and services / interventions that promote health and wellness. Group living programs are intended to transition residents to more independent settings as soon as possible
- **Treatment Apartments** are OMH-licensed residential units of one, two, or three bedrooms with visiting staff who provide individualized Medicaid-reimbursed services similar to, but generally less intensive than, those offered in a group living setting. Residents are expected to transition to more independent living when able. On-call is available 24 hours a day, 7 days a week. <https://rehab.org/housing-options/>

Hope Center Counseling | 607.203.1593

The Family & Children's Society | 607.687-3940

Guthrie Medical Group | 570.882.3337

Samaritan Counseling | 607.754.2660

Aspect Mental Health | 607 341-4950

Attuned Counseling and Trauma Therapy | 570- 731-0497

Clinical Asso of the Southern Tier | 607-963-1771

Valley Behavioral Clinic | 607-426-0990

Med Psych Associates | 607-821-2444

Southern Tier Counseling | 607-734-0980

Center For Psychological Services (607) 785-4156

Michele Fletcher, LCSW-R, CASAC | 607.785.4156

Brian Hart | 607.625.5407

Edward Kamin, PhD | 607.785.4156

Mark Kovalski, PhD | 607.785.4156

Stephanie Lockshin, PhD | 607.785.4156

Barbara Myers, PsyD | 607.785.4156

Online Counseling Options

Better Help (online) <https://www.betterhelp.com/>

Zoc Doc (online) <https://www.zocdoc.com/therapist-counselors>

Broome County

Associates of Psychotherapy I 607.768.8879

Bonita Donovan I 607.760.3358

Carole Belardinelli I 607.757.9389

Catholic Social Services I 607.729.9166

Oakdale Psychology I 607.754.1101

Jeffrey Cole psychologist I 607.761.2934

Family & Children's Society I 607.729.6206

Debra Saltzman I 607.798.9463

David Rustin I 607.727.6451

Joanne Thomas I 607.648.9249

Jodi Lowry I 607.786.8717

Judy Vieux I 607.723.3167

Patricia Dailey I 607.237.5418

Heidi Kaufman I 607.771.2172

Samaritan Counseling Center I 607.754.2660

Sue Rapp I 607.743.4536

Susan Henderson I 800.537.0634

Tina Folger I 607.773.0034

Virginia Bronson I 607.427.9382

Kimberly Keuter I 607.206.8262

Laura Ward I 607.341.0624

Lourdes Mental Health Group I 607.584.4465

Aspect Mental Health I 607 341-4950

The Hope Center I 607-246-4744

Whole Wellness Counseling center I 607-600-8698

Intuitive Strengths I 607-953-0294

GBHC Community Treatment and Recovery Center - Adults only (CTRC) 607-797-0680..

GBHC Child & Adolescent Services. 607-773-4187.

The Journey Through Psychological Services 607-600-9687

Endwell Mental Health Counseling <https://endwellmentalhealth.com/>

Southern Tier Mental Health Counseling (607) 239-5766

Kayla Wilson at Mind Flow Care- to schedule www.mindflowmindcare.com/appointments (accepts Medicaid and specializes in maternal child)

Prescribers -Psychiatric Medication Only

Southern Tier Psychiatry | 607.786.0435

Aspect Mental Health I 607.341.4950

Dr. Shah I 607.786.0435

Dr. Argiro I 607.205.3237

Dr. Idahosa I 607.821.2444

Dr. Edward Major I (607) 723-0597

Dr. Michael Lavin I (607) 584-4465

Dr. Jill Krilov I 607-754-1101

Kristina Singley, MSN at Attuned Counseling – 570-731-0497

Dr. Tara Belsare | 607-723-7308

Dr. Suresh Undavia | 607-785-4277

Dr. Nina Pesante | 607-754-3646

Dr. Martin Kass | 607-771-0765

Zoe Zerwekh, NPP | 607-217-0071

Colleen Coddington, PMHNP | 607-584-4465

Dr. Susan Watrous | 607-239-1183

Dr. Kanchan Mahon | 607-748-9900

Dr. Paulina Bajsarowicz | 607-773-4061

Online Prescribers

<https://www.talkspace.com/psychiatry>

<https://www.forhers.com/c/mh/introduction>

www.brightside.com

<https://thriveworks.com/psychiatry/>

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

Couples Counseling

Evolution Mental Health Counseling -15 Riverside Dr. Johnson City, 607-217-4170

Vestal Therapy Associates-(607) 768-8879

Professional Psychotherapy-16 Leroy St. Binghamton, NY, (607) 798-9463

Samaritan Counseling Center-3001 E. Main ST. Endwell, 607-754-2660

Susan Henderson, R.P. LCSW/ SAP- RIVERHOUSE 38-40 Front Street Binghamton, 1-800-537-0634

Oakdale Psychology Associates-116 Clayton Avenue, Vestal, (607) 754-1101

Associates of Psychotherapy | 607.768.8879

The Journey Through Psychological Services 607-600-9687

Cortland County

Family Counseling Services of Cortland County, Inc.- 165 Main St, Cortland, NY 13045 Phone: (607) 753-0234

Counseling Services of Cortland-17-29 Main St #202, Cortland, NY 13045 Phone: (607) 662-0209

North Main Counseling- 84 N Main St #103, Cortland, NY 13045 Phone: (607) 545-4532

Copeland Ave Counseling, PLLC- 24 Copeland Ave, Homer, NY 13077 Phone: (607) 749-5711

Maureen Kiely LCSW-R Counseling Services-143 Main St. Cortland NY 13045 Phone: 607-745-4066

Patricia Wood Psychotherapy and Counseling-55 Port Watson St, Cortland, NY 13045 Phone: (607) 756-0398

Bradford County

Center for Holistic and Integrative Mental Health -(570) 888-1541

Concern-(570) 268-3073

Mental Health Associates- (570) 265-2525

New Hope Counseling- (570) 888-6734

Northern Tier Counseling -(570) 265-0100

Chemung County

Chemung County Mental Health- (607) 737-5501

Clinical Associates of the Southern Tier- (607) 936-1771

Elmira Psychiatric Center (607) 733-2901

Family Services of Chemung County (607) 733-5696

Field of Dreams Counseling (607) 732-4140

Pathways INC (607) 937-3200

Suicide Prevention

Tioga County Mental Health Crisis –

Between 9am and 5pm call the clinic at 607-687-4000 OR walk-in;

Afterhours (after 5pm, weekends, and holidays) **call 607-687-1010** – ask for the on call mental health social worker

*Mobile Crisis Program – call the clinic 607-687-4000 during clinic hours 9am-5pm

Suicide and Crisis Lifeline - 988

Hours: Available 24 hours. Languages: English, Spanish

Suicide Prevention Hotline 1-800-273-8255

Tioga County's Suicide Prevention Coalition (607) 687-4000

Tioga County Warm Line (RSS) (607) 687-1314 /// 1-844-976-5463

The Warm Line is not a crisis hotline. Warm Line offers: peer self-help, referrals to community resources, nonjudgmental listeners, and more! Hours operation are 4:00pm-9:00pm Saturday and Sunday.

Bereavement Resources (Broome and Surrounding Counties)

ACBC The Grief Recovery Method® (607) 723-7308 ext 101. 477 West State Street, Binghamton, NY 13901

Grief Support Group-the action program for moving beyond Death, Divorce, and Other Losses. Your feelings are normal and natural. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural.

Whether your loss is from: death, divorce or end of a relationship, loss of a career, loss of trust, loss of faith, loss of safety and/or loss of health. Groups take place: evenings Thursday 6-8pm or days Tues/Thurs 11am-12:30 pm

Compassionate Friends <https://www.compassionatefriends.org/>

Lourdes Hospice Bereavement Program (607)798-5692

free adult support groups and individual sessions for men and women throughout the year at the Vestal office. Groups and individual sessions are available to anyone who has lost a loved one, not just a loss through Lourdes Hospice. Once a support group has begun, no new members may join, but you may sign up to start the next group. Please fill out enrollment form and mail to: Lourdes Hospice, 4102 Old Vestal Rd. Vestal, N.Y. 13850. Attn: Bereavement Team. For the benefit of each group participant, family members may not attend the group together. All groups and individual sessions are held at the Vestal office at 4102 Old Vestal Road, Vestal, N.Y. 13850. We offer one to four individual bereavement sessions per individual or family, by appointment only. Please contact The Bereavement Team with any questions

ACBC Grief Recovery Group Jill Lloyd (607)422-4242 300 Main St. Vestal NY

(community) Thursdays from 6-8 pm at the Addiction Center of Broome County 30_W State Street 2nd floor Binghamton NY 13901-contact Adult Bereavement Support Group Open to all. This group is a drop-in format and meets each Tuesday from 6-8 p.m. contact Rev Ernest Steffensen at (607)770-7670. Donation appreciated.

Bereaved Parent Group (607) 239-4222

support for parents whose child has died, as well as for other family members and friends. Groups meet the 1st Monday of each month at 7 pm and the 3rd Saturday at 10 am. at the Nimmonsburg Methodist Church, 918 Upper Front St, Binghamton contact Pam Kroft, Chapter Leader at for more information.

Chenango County Spousal Grief Support Group 607-334-3556

This group is for someone who has lost a spouse. Meetings are the 1st Wednesday of the month. Contact Brionna at for more information.

DORS (Death from an Overdose Recovery Support) Group Contact Marie Halecki at 584-9160

closed group for 6 weeks from 5:00 PM to 6:30 PM at Lourdes At Home/Lourdes Hospice on 4102 Old Vestal Road. Also piloting a children's group. (JDORS) for the children that have lost a parent to an opioid overdose. These groups run simultaneously. JDORS will be held in the children's playroom, while the adult DORS group will be held in the conference room. Both groups will have facilitators and co-facilitators and will follow a curriculum format..

HALos (Help After Loss) (607) 639-HALO (4256)

This resource is for those who have experienced a loss of any kind. HALos volunteers specialize in grief work with children and families. Group and individual support is offered. for more information or visit www.helpafterloss.com

Widows & Widowers of the Southern Tier-Meetings are a social breakfast format. Everyone welcome. Group meets on Wednesdays at 9 a.m. at Denny's Restaurant, Vestal. Phone (607) 798-9660 for more information or on Tuesdays at 8:30 a.m. at the Blue Dolphin Restaurant, 434 NY-17, Apalachin, NY contact Helen at 748-0937 for more information.

Guthrie Community Bereavement Support Groups

Contact Rev Jeff Wilkinson phone (570) 265-8615

Find a grief group - <https://www.griefshare.org/> (loss of spouse and grief share)

Substance Use Services and Supports

Providers

Tioga County Department of Mental Hygiene – 607-687-4000 1062 ST RT 38, Owego NY 13827

UHS Addiction Medicine-10-42 Mitchell Avenue, Binghamton, 607-762-2901

Chenango County Behavioral Health Services-607-337-1600, 5 Court St. Norwich

Addiction Center of Broome County-30 W. State St. Binghamton

Fairview Recovery Services-607-722-8987, 5 Merrick St. Binghamton

Helio Health-607-296-3072, 249 Glenwood Rd. Bldg 1 Binghamton

New Horizons Binghamton-607-762-3288 (24 Hour crisis line-607-762-2257)

Support Groups

Alcoholics Anonymous (AA) 24 hour line-607-722-5983

AI-Anon/Alateen 24 hour line-607-722-0889

Dual Recovery Anonymous-607-771-8888 ext. 375

Tioga County Advocacy, Support and Prevention ASAP Coalition

was created to deal with important issues like alcohol-related deaths and the opioid epidemic. We are a group that works together throughout the county and receives support from the Drug Free Communities (DFC) grant; this has helped us bring much needed resources to Tioga County and the coalition. <https://tiogaasap.org>

Narcan Medication/ Xylazine Test Strips

Tioga County Mental Hygiene Department (607) 687-4000 - 1062 NY-38, Owego, NY 13827

Tioga County Public Health (607) 687-8600 - 1062 NY-38, Owego, NY 13827

CASA-Trinity, Inc (607) 223-4066 72 North Avenue, Owego, NY 13827

You can also check with your pharmacy to see if they carry Narcan. New York State's N-CAP program will cover up to \$40 of your co-pay - no prescription needed! Narcan is a life-saving medication given during an opioid overdose.

Children and Youth Resources

Family Planning Services (Tioga Opportunities, Inc.) (607) 687-5333
Reproductive health services including STD testing, birth control, and more.

Al-Anon and Alateen Support Group (Broome/Tioga) (607) 722-0889
For those whose lives are impacted by a friend or family member suffering from alcoholism.
Visit: <https://al-anon.org/newcomers/teen-corner-alateen/>

Youth Empowerment Support Services (YESS) (607) 414-1023
Academic support program in Newark Valley and Spencer Van Etten school district.

Lourdes Center of Youth Services (607) 584-4500

Lourdes Mental Health: (607) 584-4465

Teen Helpline: (800) 852-8336
Talk to other teens, trained to help, about everyday struggles and problems.

Children with Special Healthcare Needs Program (CYSHCN) (607) 687-8600 Referral and educational program for children birth-21 years with serious or chronic health conditions.

Child Find (607) 687-8600
Screening program for children birth-3 years at risk of developmental delays. Families fill out a survey to determine if their child needs an Early Intervention evaluation.

Tioga County Early Intervention Program (EIP) (607) 687-8500
For children birth-3 years suspected of developmental delays; such as speech, physical, cognitive, social-emotional, and health conditions.

Tioga County Preschool Special Education Program (607) 687-8600
Facilitates and coordinates services for Tioga County families and children 3-5 years, that may have special educational needs.

Tioga County Child Passenger Safety Program (607) 687-8612
Free car seat installation checks by Certified Car Seat Technicians, child passenger safety education; and one free car seat for families in need on public assistance.

Tioga County Single Point of Accessibility (C-SPOA) (607) 689-8161
Program designed to identify, screen, and assign/care coordination to eligible high need/risk children.

Institute for Child Development (607) 777-2829
Early intervention and preschool programs, after school programs, speech services, and social learning center. Includes services for children with autism.

Daycare and Childcare Resources

Boys & Girls Club (Owego)	(607)687-0690
Cub Care Children's Center (Vestal)	(607)786-9006
Family Enrichment Network (Owego)	(607)687-6721
Family Enrichment Network (Newark Valley)	(607)354-3102
Family Enrichment Network (Waverly)	(607)249-6302
First United Methodist Church (Newark Valley)	(607)642-8811
Giggle Box Playhouse (Apalachin)	(607)321-3343
Mom's House (Johnson City)	(607)644-9972
Play Yard Concepts (Apalachin)	(607) 625-3982
Racker Center (Owego)	(607) 687-8929

*Find a licensed in-home daycare: <https://ocfs.ny.gov/main/childcare/looking.asp>

Tioga County Social Services Programs

Department of Social Services (607) 687-8300

Provides financial and social services to qualifying county residents including: adult and adolescent services, assistance programs, child protective services, child support enforcement, employment services, and foster care, adoption, and home finding Services.

Child Protective Services (CPS) (607) 687-8300

Child Abuse Hotline: 1-800-342-3720 Responds to reports of suspected child abuse/neglect

Supplemental Nutrition Assistance Program (SNAP) (607) 687-8300

Provides a higher level of nutrition to income-eligible individuals and families by enhancing their ability to purchase healthy food.

Home Energy Assistance Program (HEAP) (607) 687-8300 Assists low-income individuals with heating and utility bills.

Protective Services for Adults (PSA) (607) 687-8300

On-going services for those 18 years and older who are unable to meet their essential needs of food, clothing, shelter, and/or medical care.

Person in Need of Supervision (PINS) (607) 687-8333

Provides services to qualifying individuals under the age of 18 years who are considered otherwise beyond lawful control of a parent or guardian.

Tioga Career Center (607) 687-8500

Employment services for businesses looking to hire as well as those seeking jobs in Tioga County.

Crime Victim's Assistance Center (607) 722-4256

Provides education and support regarding crime prevention and response. Offers compassionate assistance to victims of crime.

Social Security Administration Office 1-866-964-3971

2 Court Street, Binghamton, NY 13901

Transportation Resources

GetThere Call Center (Toll Free): (855) 373-4040

Transportation information and trip planning (public transit service and schedules, carpooling and commuting, transportation to healthcare appointments)

Transportation to Employment Program: GetThere/Rural Health Network Phone: (607)692-7669 ext. 223

Contact: Katie McDonald Blaine—Transportation to Employment Coordinator

Email: kblaine@rhnscnv.org Fax: (607)584-0583

- Short-term transportation assistance when someone has started a new job and needs transportation solutions.
- Help to establish a long-term strategy for transportation to work.
- Provides public transit passes and fuel cards for carpooling.

Tioga County Medicaid Transportation: (855)733-9398

- Transportation via cab/bus for Medicaid recipients
- Mileage reimbursement for Medicaid recipients who drive

Owego Taxi Service (607) 687-1171

Serves: Owego, Apalachin, Waverly, Newark Valley, Richford, Berkshire, Barton, Tioga, Nichols, and Candor.

Tioga Opportunities, Inc. (607) 687-4222

For older adults and individuals with disabilities residing in Tioga County, NY.

Valley Taxi, Inc. (570) 888-2365

Serves the Waverly area

Uber and Lyft Download the apps!

Food Resources

*Subject to change, please call ahead

Berkshire Helping Hands Food Pantry (607) 657-8158

Monday from 6:30pm-7:30pm and Thursdays from 2:00pm-4:00pm 11 Jewett Hill Road, Berkshire, NY 13736

Bread of Life Food. Pantry (607) 220-6149 1 Water Street, Candor, NY 13743

Wednesdays from 3:00pm-5:30pm

Lounsberry Food Pantry (607) 687-0442 3586 E River Rd, Nichols, NY 13812

Second Monday of each month 12:00pm-3:00pm and Third Saturday from 12:00pm

Open Door Mission (607) 687-1121 425 North Avenue, Owego, NY 13827

Monday-Wednesday, 10:00am-4:00pm

Park Terrace Food Pantry (607) 625-4134 30 Glann Road, Apalachin, NY 13732

Saturdays from 11:00am-1:00pm

Helping Hands Food Pantry 11 Jewett Hill Rd, Berkshire

Open to all with zip code 13736 and 13835; Mondays 6:30pm-7:30pm and Thursdays 2pm-4pm

Project Neighbor of Newark Valley (607) 642-3339 79 Whig Street, Newark Valley, NY 13811

Tuesdays and Thursdays from 3:00pm-4:00pm

Owego First Baptist Church

228 Main St Owego, FREE MEAL (take out) Thursdays 5pm-6pm

Spencer Van Etten Community Food Cupboard (607) 589-4412

Second Thursday of each month from 9:00am-11:00am & Last Thursday of each month from 9:00am-11:00am. 91 Orchard Street, Spencer, NY 14883

Tioga County Rural Ministry (607) 687-3021

Monday-Thursday from 10:00am-4:00pm and Friday 10:00am-1:00pm 143 North Avenue, Owego, NY 13827

Tioga Outreach Center - Food Pantry (607) 272-5062 ext 307

Tuesday-Friday from 9:00am-12:00pm and 1:00pm-3:00pm
139 Roki Boulevard, Nichols, NY 13812

Valley United Presbyterian Church

459 Park Ave Waverly

FREE food drive through , You MUST register first by calling 570-423-1540

Tuesdays 10-12pm (you must come at the time you are assigned

Waverly CHOW for children

Call for emergency food bags 570-888-8244

Open Door Mission

Lockwood Church 95 Church St Lockwood Fridays 1-3pm

Catholic Charities Nichols

Nichols hours of operation: Tuesday-Friday from 9:00am-11:45am and 1:00pm-2:45pm

To find other local foodbanks visit: <https://www.foodbankst.org/find-food/>

Clothing Banks & Thrift Stores

The Clothes Closet of The Bridge email: clothescloset@thevalleybridge.org Located behind the North Waverly Chapel at 40 State Route 34, Waverly, NY 14892

Binghamton Thrifty Shopper (607) 348-0092 1139 Upper Front St, Binghamton, NY 13905

Goodwill Store & Donation Center (607) 797-3414 3701 Vestal Parkway E, Vestal, NY 13850

Open Door Mission (607) 687-1121 425 North Avenue, Owego, NY 13827

Red Door Thrift Store (607) 249-6062 359 Broad Street, Waverly, NY 14892

Up the Creek Ladies Consignment Boutique (607) 687-1470 163 Main Street, Owego, NY 13827

Catholic Charities Nichols (607) 414-1023 139 Roki Blvd, Nichols, NY 13812

Nichols hours of operation: Tuesday-Friday from 9:00am-11:45am and 1:00pm-2:45pm

Homeless Shelters

A New Hope Center (Women & Children) (607) 687-6866

20 Church Street, Owego, NY 13827

Open Door Mission (Men) (607) 687-1121
425 North Avenue, Owego, NY 13827

American Red Cross (Disaster only) (607) 785-7207
620 East Main Street, Endicott, NY 13760

Binghamton Rescue Mission (607) 201-1030
56-58 Whitney Avenue, Binghamton, NY 13901

Men's VOA (Volunteers of America) (607) 772-6679
320 Chenango Street, Binghamton, NY 13901

Rise-NY (DBA-SOS Shelter, Inc.) (607) 748-7453
Domestic Abuse Shelter in Endicott, NY. Call for more information.

Salvation Army Adult Rehabilitation Center
3-5 Griswold Street, Binghamton, NY 13904 (607) 723-5381

The "Y" (YMCA) Emergency Shelter for Men (607) 772-0560 ext. 336 ext. 338 61 Susquehanna Street, Binghamton, NY 13901

Volunteers of America *affordable housing also available* (607) 772-1156
321 Chenango St, Binghamton, NY 13901

YWCA Women's Emergency Shelter (607) 772-0340 ext. 223 ext. 241
80 Hawley Street, Binghamton, NY 13901

Affordable Housing

Tioga Opportunities, Inc. Housing (607) 687-0707 1023 State Route 33, Owego, NY 13827

Tioga County Rehabilitative Support Services

Supported Apartments are Non-licensed apartment living with rental assistance and case management housing support services provided to help individuals secure and maintain successful community living. Residents choose their own apartment, receive funding for furnishings and security deposits, and may choose to live alone or have the option of selecting an apartment-mate(s). Staff visits residents at least once a month or more often if necessary.

<https://rehab.org/housing-options/>

LGBTQ RESOURCES

Pride & Joy Families <https://www.binghamton.edu/prideandjoyfamilies/resources/index.html>

LGBTQ support group @ Voices Recovery Center 340 Prospect Street Binghamton Saturdays 3-4 pm phone 607- 821-7811

Trans Lifeline is a 501(c)3 non-profit dedicated to the well-being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have. Phone US: (877) 565-8860 Canada: (877) 330-6366 Eastern time: 11am to 3am

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. www.thetrevorproject.org

Pregnancy, Parenting, & Family Planning

Tioga County Department of Social Services (607) 687-8300 1062 NY-38, Owego, NY 13827

Tioga County WIC Program (Tioga Opportunities, Inc.) (607) 687-3147 110 Central Avenue, Owego, NY
Women, Infants, Children supplemental nutrition program. WIC also provides support, counseling, and referrals

Tioga Opportunities, Inc. Family Planning Services (607) 687-5333 110 Central Avenue, Owego, NY
Reproductive healthcare for men and women.

Aspire Hope of NY (607) 776-2164
Offers support groups, parent and caregiver education, respite care, and more.

Cornell Cooperative Extension (607) 687-4020 ext.305 Offers various parenting education programs. Please call for more information.

Life Choices Center (607) 205-8506 93 Oak Street, Binghamton, NY 13901
Free confidential services for pregnant women and reproductive health education.

Mothers & Babies (607) 772-0517 457 State Street #1, Binghamton, NY 13901
Connects individuals and families to healthcare and other services

Parents and Children Together (PACT) (607) 687-6145 Located at the Department of Social Services building - 1062 NY-38, Owego, NY
In-home program that supplies children under 5 with fun activities that promote development.
Women's Help Center (814) 536-5361 Please call for more information.

IF YOU SUSPECT A CHILD IS BEING NEGLECTED OR ABUSED CALL 1-800-342-3720

Postpartum Depression/Counseling Resources

Tioga County Mental Hygiene 607-687-4000

Mothers and Babies: Postpartum Support Services - 1-800-231-0744 Office number - 607-772-0517
457 State St. Binghamton NY 13901

Samaritan Counseling Center: Located @ 3001 East Main St. Endicott NY 13760

- PPD services - 607-523-4155

Postpartum Resource Center of NY:

- Call Toll Free - 855-631-0001
- Contact # - 631-422-2255

Susan Henderson, Private Therapy @ Broome Co.

- 800-537-0634
- susanhendersonpsychotherapy.com

UHS Out-patient Mental Health Office @ 33 Mitchell Ave, Summit Building, Binghamton NY 13903

- 607-762-2340
- Walk-in hours M-F: 8:30-10:30 - first come first serve basis

Pastor Deborah Wilson

- Non-denominational comfort care provider 607-761-5907

Comfort Care (loss of children at any age)

- Pam Kroft 607-239-4222

HAL (Help After Loss) - Joyce Humpohrey 607-639-4256; in Sidney, NY

STDs & HIV/AIDS Testing

Tioga Opportunities, Inc. Family Services (607) 687-5333

110 Central Avenue, Owego, NY 13827

Information and appointments available for reproductive health education, STD testing, and birth control options.

NYS AIDS Hotline *1-800-541-2437

Provides free confidential support and information about HIV/AIDS and others STDs.

Southern Tier AIDS Program (STAP) (800) 333-0892

22 Riverside Drive, Binghamton, NY 13905 (other locations in NYS also available) Offers HIV testing and syringe exchange program.

Sexual Assault & Abuse

Sexual assault is any type of sexual contact or behavior that occurs without consent of the recipient. If you or someone you know experiences sexual assault in any form do not hesitate to get help.

A New Hope Center (607) 687-6866 Text line: *(607) 972-1996

20 Church Street, Owego, NY 13927

National Sexual Assault Hotline *1400-656-4673

Domestic Violence

Domestic Violence (aka domestic abuse, relationship abuse, or intimate partner violence) is a pattern of behaviors used by one partner to maintain power and control over another in an intimate relationship. Domestic abuse is not always physical, it can be in the form of financial control, using children as a threat, or emotional abuse.

A New Hope Center *(607) 687-6866 Text line: *(607) 972-1996 20 Church Street, Owego, NY 13927

Free confidential comprehensive services to all victims of abuse

National Domestic Violence Hotline *1-800-799-7233 *Denotes 24/7 resource.

Human Trafficking

Human trafficking, according to the federal government, is any person who exchanges sex for something of value under duress in the form of force, fraud, or coercion, or any person who has not yet reached the age of 18 who exchanges sex for something of value (regardless of whether force or coercion was present).

Safe Harbour (607) 687-8328

Provides assistance to families and youth who have been victims of human trafficking or are at risk of victimization.

Contact A New Hope Center at 607-687-6866 if immediate assistance is needed or call 911 in an emergency situation*

National Center for Missing and Exploited Children (NCMEC) *1-800-843-5678

Human Trafficking Hotline *1-888-373-7888 or text 233733 *Denotes 24/7 resource.

If you are in an emergency situation, dial 9-1-1

Legal Aid:

LawNY (607)273-3667, Toll Free: (800)724-4170

- Public Benefits Law/Issues (cash assistance, SNAP, Medicaid)
- SS1/SSD Termination Appeals (must have been denied once already)
- Mortgage/Tax Foreclosures
- Consumer Law
- Civil Legal Services (eviction/back rent court proceedings)
- Uncontested Divorces

Southern Tier Independence Center : (607)724-2111 Contact: Frank Pennisi

- Employment Rights
- Unlawful Firings

Social Security Disability - Contact: Karen Demetros Phone: (607)687-8481

Assistance with SSD applications for public assistance clients only

Code Enforcement

Provides protection against public nuisances and enforces violations pertaining to public health
Verify who your Town or Village's code enforcement officer is with a community leader.

A New Hope Center *(607) 687-6866

Provides information, advocacy, and referrals for victims of domestic violence, sexual assault, and other crimes.

Tompkins/Tioga Neighborhood Legal Services (607) 273-3667

Provides services to low-income residents in cases involving public benefits, housing, and homelessness.

ACCORD, A Center for Dispute Resolution, Inc (607) 724-5153

Located in Binghamton NY, ACCORD helps organizations, families, and individuals find solutions to conflict

Legal Services of Central NY, Inc Legal HelpLine: (877) 777-6152 Binghamton Office: (607) 231-5988

Provides legal advice, counsel, and representation for those living in poverty with civil cases.

New York State Lawyer Referral Service

1-800-342-3661

Service that aids in connecting individuals with a lawyer.

Health & Primary Medical Care

United Health Services (UHS) Primary Care

- Owego: 42 West Main Street (607) 687-0350
- Candor: 54 Main. Street (607) 659-7272
- Newark Valley: 119 Whig Street (607) 642-5211

Guthrie Family Practice (Primary Care) -(607) 687-1122

- Guthrie Walk-In Clinic (607) 972-2335
- 500 5th Avenue, Owego, NY 13827.
- Waverly: 29 North Chemung Street (607) 565-9975
- Owego: 1246 NY-38 (607) 687-6101

Apalachin Family Care (Primary Care) (607) 625-4843 6889 NY- 434, Apalachin, NY 13732

Dr. Susan Choi 607-625-2136 3 Tioga Blvd Suite 3, Apalachin, NY 13732

Northern Tioga Center for Family Health (Primary Care) (607) 657-8521 13293 NY-38, Richford, NY 13835

Tioga County Public Health Department (607) 687-8600 1062 NY-38, Owego, NY 13827

Resource for general health questions and information. Provides a wide variety of resources and programs for Tioga County residents.

Tioga Opportunities, Inc. Family Health Services (607) 687-5333 110 Central Avenue, Owego, NY 13827

Information and appointments available for reproductive health education, STD testing, and birth control options.

Hospitals

United Health Services (UHS) Hospital

33 Harrison St Johnson City, NY 13790 607-763-6000

Guthrie

169 Riverside Dr, Binghamton, NY 13905 (607) 798-5111

Binghamton General (UHS)

10-42 Mitchell Ave, Binghamton, NY 13903 (607) 762-2200

Guthrie Robert Packer Hospital

1 Guthrie Sq, Sayre, PA 18840 570-888-6666

Inpatient psychiatric units

Binghamton General (UHS)

10-42 Mitchell Ave, Binghamton, NY 13903 (607) 762-2200 (adult only)

Guthrie Robert Packer Hospital

1 Guthrie Sq, Sayre, PA 18840 570-888-6666 (adult and adolescent)

Cayuga Medical Center

101 Dates Drive Ithaca NY 14850 (607) 274-4011 (adolescent 13-17 and adult unit)

Four Winds Saratoga

30 Crescent Ave, Saratoga Springs, NY 12866 (518) 584-3600 (adult and adolescent)

St. Joseph's Hospital

555 St. Joseph's Boulevard, Elmira, NY 14901 (607) 733-6541 (adult only)

Elmira Psychiatric Center

100 Washington St, Elmira, NY 14901 (adolescent 13-17 and adult unit)

Hutchings Psychiatric Center

500 Cedar St, Syracuse, NY 13210 (Children 5+, adolescent 13-17 and adult unit)