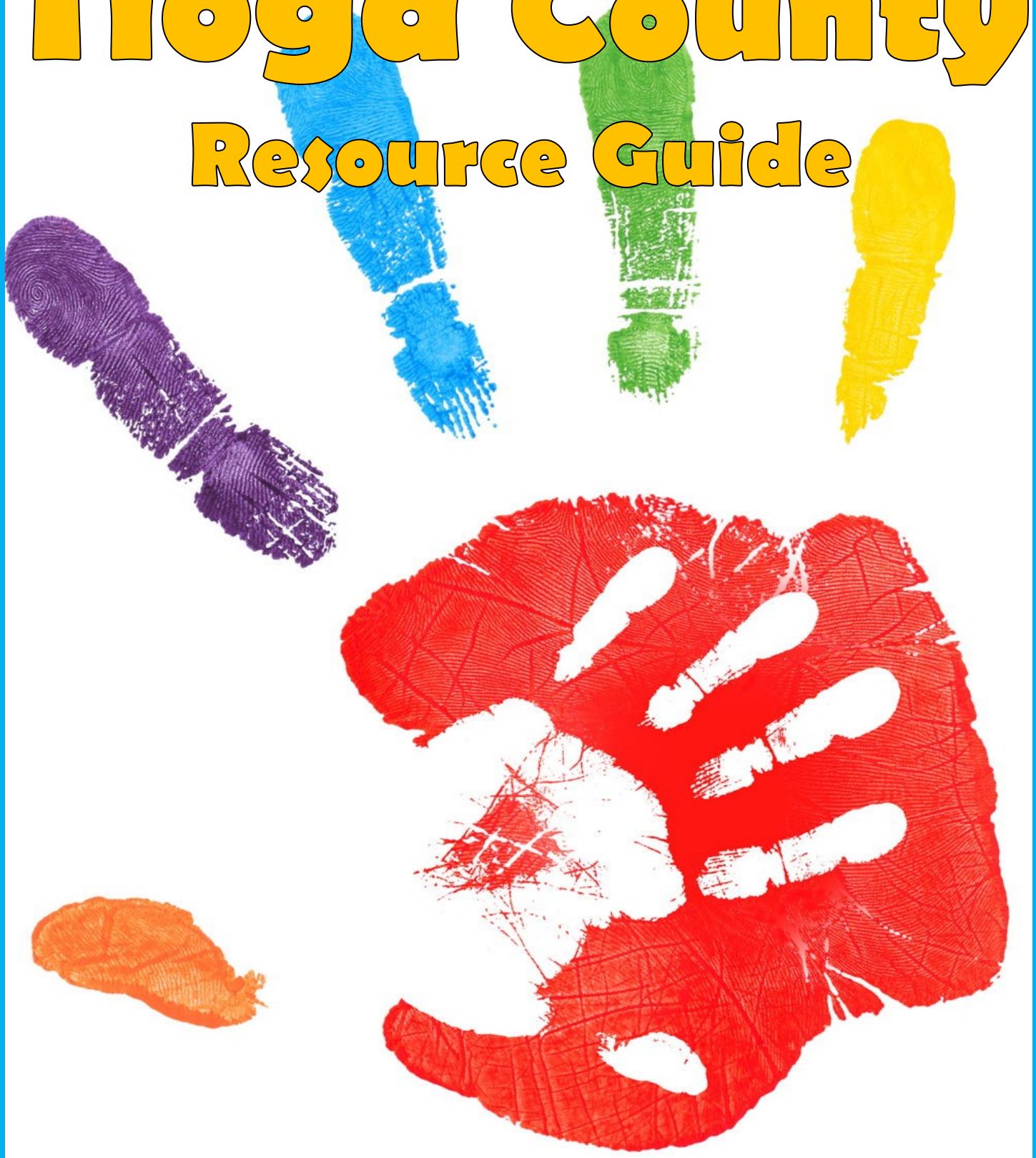
Tioga County

Resource Guide



A directory of resources for Tioga County NY's families and residents!

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Important Numbers and Hotlines

*Denotes 24/7 Resource

Tioga County Sheriff's Office ..... (607) 687-1010

New York State Police ..... (607) 565-8581

Candor Police Department ..... (607) 659-7966

Owego Village Police Headquarters ..... (607) 687-2233

Spencer Police Department ..... (607) 589-6733

Waverly Police Department ..... (607) 565-2836

Poison Control *1-800-222-1222

Tioga County Mental Hygiene ..... (607) 687-4000

A New Hope Center Hotline ..... Call: *(607) 687-6866

..... *1-800-696-7600

..... Text: *(607) 972-1996

National Domestic Violence Hotline *1-800-799-7233

NYS Child Abuse/Neglect Hotline *1-800-342-3720

National Runaway Safeline *1-800-786-2929

NYS Substance Abuse Hotline *1-877-846-7369

National Suicide Prevention Hotline *1-800-273-8255

Crisis Textline ..... *Text "HOME" to 741741

Trevor Hotline (for LGBTQ youth in crisis) *1-866-488-7386

National STD Hotline *1-800-232-4636

Help Me 211 (resource for a variety of needs) ..... Dial 2-1-1 or 1-800-901-2180

IN AN EMERGENCY, ALWAYS DIAL 9-1-1.

Tioga County Local Government

Board of Elections ..... (607) 687-8261
1062 State Route 38, PO Box 306, Owego, NY 13827

Coroner ..... (607) 217-8581
1062 State Route 38, Owego, NY 13827

County Attorney ..... (607) 687-8253
56 Main Street, Owego, NY 13827

County Clerk ..... (607) 687-8660
16 Court Street, PO Box 307, Owego, NY 13827

Department of Motor Vehicles (DMV) ..... (607) 687-8250
56 Main Street, Owego, NY 13827

District Attorney ..... (607) 687-8650
20 Court Street, Owego, NY 13827

Economic Development & Planning ..... (607) 687-8255
56 Main Street, Owego, NY 13827

Emergency Services ..... (607) 687-8466
103 Corporate Drive, Lower Level, Owego, NY 13827

Historian ..... (607) 687-8646
1062 State Route 38, PO Box 231, Owego, NY 13827

Information Technology ..... (607) 687-8294
56 Main Street, Room 211, Owego, NY 13827

Legislature ..... (607) 687-8240
56 Main Street, Owego, NY 13827

Legislative Clerk ..... (607) 687-8235
56 Main Street, Owego, NY 13827

Mental Hygiene ..... (607) 687-0200
1062 State Route 38, PO Box 177, Owego, NY 13827

Tioga County Local Government

Personnel & Civil Service..... (607) 687-8494
56 Main Street, Owego, NY 13827

Probation Office..... (607) 687-8535
20 Court Street, Suite 01, Owego, NY 13827

Public Defender ..... (607) 687-1000
171 Main Street, Owego, NY 13827

Public Health ..... (607) 687-8600
1062 State Route 38, PO Box 120, Owego, NY 13827

Public Works..... (607) 687-0302
477 NY-96, Owego, NY 13827

Real Property & Assessment Rolls..... (607) 687-8661
56 Main Street, Owego, NY 13827

Sheriff's Department..... (607) 687-1010
103 Corporate Drive, Owego, NY 13827

Social Services ..... (607) 687-8300
1062 State Route 38, PO Box 240, Owego, NY 13827

Treasurer ..... (607) 687-8670
56 Main Street, Room 210, Owego, NY 13827

Veterans' Service Agency ..... (607) 687-8228
1062 State Route 38, Room 1145, Owego, NY 13827

Health Insurance

Southern Tier Independence Center Patient Navigators 607-644-6406
Health Navigators available to assist with process of health insurance application.

Tioga Opportunities, Inc 607-687-4222
Provide assistance with Medicare.

Child Health Plus 1-800-698-4543
NYS low-cost or free (based on eligibility) health insurance for children up to age 19.

New York State of Health..... 1-855-355-5777
Or visit: *https://nystateofhealth.ny.gov/*
New York State Health Insurance Marketplace

Medicare 1-800-633-4227
Or visit: *https://www.medicare.gov/*
Federally funded insurance program for individuals age 65 years or older.

Legal Assistance

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.

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 in Tioga County.

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

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 who 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
..... Mental Health: (607) 584-4465

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

Children's Services

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.

Early Intervention Program (EIP).....(607) 687-8600
For children birth-3 years suspected of developmental delays; such as speech, physical, cognitive, social-emotional, and health conditions.

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.

Single Point of Accessibility (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

Abide in the Vine Child Care Center (Owego) ..... **(607) 687-2422**

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**

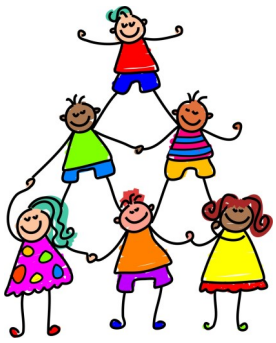
Giggle Box Playhouse (Apalachin) ..... **(607) 321-3343**

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 Preschools

Appleseed Pre-School (Apalachin) .....**(607) 625-2733**
For children ages 6 weeks to 5 years old.

Candor Community Pre-School .....**(607) 659-5015**

Spencer-Van Etten Elementary School Pre-K .....**(607) 589-7110**

Tioga County Schools

Apalachin Elementary School .....**(607) 687-6289**

Owego Elementary School .....**(607) 687-7303**

Owego-Apalachin Middle School .....**(607) 687-7302**

Owego Free Academy ..... **(607) 687-7301 ext. 1**

Candor Elementary .....**(607) 659-3935**

Candor Central Junior/Senior High School .....**(607) 659-5020**

Newark Valley Middle School .....**(607) 642-5524**

Newark Valley Senior High School .....**(607) 642-8351**

Nathan T. Hall Elementary School (Newark Valley) .....**(607) 642-3340**

Tioga County Schools

Spencer-Van Etten Elementary School ..... **(607) 589-7110**

Spencer-Van Etten Middle School ..... **(607) 589-7120**

Spencer-Van Etten High School ..... **(607) 589-7140**

Tioga Elementary School ..... **(607) 687-8002**

Tioga Center Middle School ..... **(607) 687-8004**

Tioga Senior High School ..... **(607) 687-8001**

Tioga Hills Elementary School (Vestal located Central SD) ..... **(607) 757-2366**

Waverly Middle School ..... **(607) 565-3410**

Waverly High School ..... **(607) 565-8101**

Elm Street Elementary School (Waverly) ..... **(607) 565-8186**

Lincoln Street Elementary School (Waverly) ..... **(607) 565-8176**

Continuing Education

Adult Education/ High School Equivalency ..... (607) 763-3638
Program offered through Broome-Tioga BOCES for those over 18 years of age.

Broome-Tioga BOCES ..... (607) 763-3300
Programs offered include: cosmetology, welding, auto body repair, and more!

BOCES Career Training (Elmira Location) ..... (607) 739-7905
(Ithaca Location)..... (607) 257-1551

SUNY Broome Community College ..... (607) 778-5001
Earn an associate's degree or a certificate in a variety of fields.

Tioga Adult Learning Lab (TALL)..... (607) 778-6406
Programs offered include: introductory computer classes, Microsoft software training, and one-on-one tutoring to increase computer literacy.

Tompkins Cortland Community College (TC3)..... (607) 844-8211
Earn an associate's degree or a certificate in a variety of fields.

Family Activities

There is always something fun to do in Tioga County!
Check out these seasonal or year-round activities your family can take part in!

Cardinal Lanes Bowling Alley ..... (607) 642-8028
24 Watson Ave., Newark Valley, NY 13811

Chuckster's Family Entertainment Center..... (607) 748-7888
1915 Vestal Parkway W, Vestal, NY 13850

CCE Family Resource Center ..... (607) 687-4020 ext 308
Locations in Owego and Waverly!

Hickories Park ..... (607) 687-1199
359 Hickories Park Road, Owego, NY 13827

Iron Kettle Farm ..... (607) 659-7707
707 Owego Road, Candor, NY 13743

Marvin Park (Public Pool)**..... (607) 687-1101**
50 W Main Street, Owego, NY 13827

Owego Bowl ..... (607) 687-5631
1404 Taylor Road, Owego, NY 13827

Owego Gymnastics and Activity Center..... (607) 687-2458
748 NY-38, Owego, NY 13827

Side Hill Acres Goat Farm ..... (607) 659-4121
79 Spencer Road, Candor, NY 13743

SRAC Archeological Center..... (607) 565-7960
345 Broad Street, Waverly, NY 14892

Stoughton Farm ..... (607) 642-3675
10898 NY-38, Newark Valley, NY 13811

Ti-Ahwaga Community Players..... (607) 687-2130
42 Delphine Street, Owego, NY 13827

Family Activities

Tioga County Boys and Girls Club .....(607) 687-0690
201 Erie Street, Owego, NY 13827

Tioga Golf Club .....(607) 699-3881
151 Roki Boulevard, Nichols, NY 13812

Tioga Theater .....(607) 687-5401
208 Main Street, Owego, NY 13827

Valley Bowling Center.....(607) 565-9946
13 North Chemung Street, Waverly, NY 14992

Waterman Conservation Education Center/Wildlife Refuges .....(607) 625-2221
403 Hilton Road, Apalachin, NY 13732

Waverly Glen Park .....(607) 565-8641
85 Moore Street, Waverly, NY 14892

YMCA of Broome County.....(607) 772-8984
61 Susquehanna Street, Binghamton, NY 13901

YWCA Binghamton .....(607) 772-0340
80 Hawley Street, Binghamton, NY 13901

Camps

Camp Ahwaga Children's Camp..... (607) 761-4253
Educational and recreational day camp for children age 4-21 years with disabilities.

Waterman Explore ..... (607) 625-2221
Day camp operated by the Waterman Conservation Education Center. Activities include: hiking, arts & crafts, and other forms of outdoor recreation!

Club Positive ..... (607) 239-1382
Offers day camps for children age 5-12 years. Activities include: swimming, field trips, and more! Breakfast and lunch provided.

Maple Ridge Summer Camp..... (607) 687-2238
Faith-based camp located at Maple Ridge Ranch in Owego. Activities include: outdoor recreation, guest speakers, and other empowering experiences.

Junior Hoopster Basketball Camp..... (607) 687-0690
Day camp help by the Tioga County Boys & Girls Club.

Lions Camp Badger ..... (607) 589-4800
Camp located in Spencer, NY for adolescents with disabilities.

Newark Valley Joint Summer Recreation..... (607) 229-2462
Open to residents of Newark Valley, Richford, and Berkshire. Includes fun, food, and games!

Waverly Recreation Summer Day Camp ..... (607) 565-8641
Five week long day camp for children in grades K-8.

4-Hidden Valley..... (607) 687-4020
4-H camp operated by Cornell Cooperative Extension. Residential and day camps are available.

Transportation

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!

Get There Call Center.....1-855-373-4040

Free transportation education, referral, and planning services. Does **not** provide transportation, but helps you find transportation services.

If you are in an emergency situation
DIAL 9-1-1
for ambulatory transportation.

Find Food

***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
Wednesdays from 3:00pm-5:30pm
1 Water Street, Candor, NY 13743

Lounsberry Food Pantry ..... (607) 687-0442
Second Monday of each month 12:00pm-3:00pm and Third Saturday from 12:00pm-3:00pm
3586 E River Rd, Nichols, NY 13812

Open Door Mission ..... (607) 687-1121
Monday-Wednesday, 10:00am-4:00pm
425 North Avenue, Owego, NY 13827

Park Terrace Food Pantry ..... (607) 625-4134
Saturdays from 11:00am-1:00pm
30 Glann Road, Apalachin, NY 13732

Project Neighbor of Newark Valley ..... (607) 642-3339
Tuesdays and Thursdays from 3:00pm-4:00pm
79 Whig Street, Newark Valley, NY 13811

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

Find Food

***Subject to change, please call ahead**

Valley Food Pantry.....(570) 888-8826
Monday & Friday 10:00am-12:00pm & Wednesday from 2:00pm-4:00pm
418 Waverly Street, Waverly, NY 14892

Food Bank of the Southern Tier .....(607) 796-6061
388 Upper Oakwood Ave., Elmira, NY 14903
To find other local foodbanks visit: https:www.foodbankst.org/find-food/

For more information visit foodbankst.org
or call the 2-1-1 hotline.
"Like" Tioga County Food for Families
on Facebook for Food Pantry & Meal Site updates!

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

Salvation Army Thrift Store.....(607) 565-7137
561 Broad Street, Waverly, NY 14892

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

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 .....(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.....(607) 723-5381
3-5 Griswold Street, Binghamton, NY 13904

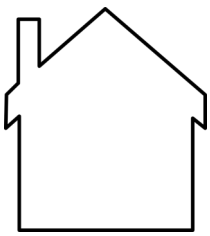
The "Y" (YMCA) Emergency Shelter for Men..... (607) 772-0560 ext. 336 ext. 338
61 Susquehanna Street, Binghamton, NY 13901

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



Financial Assistance

Tioga County Rural Ministry .....(607) 687-3021
143 North Avenue, Owego, NY 13827

Tioga County Social Services Assistance Programs .....(607) 687-8300
1062 NY-38, Owego, NY 13827

Home Safety

Tioga County Healthy Neighborhoods Program .....(607) 687-8600
Call to schedule an appointment! Provides **free** in-home assessments to evaluate home safety for all Tioga County residents. Assessment areas include: fire safety, lead, fall prevention, and more.

Veterans Affairs

Tioga County Veteran's Service Agency.....(607) 687-8228
1062 NY-38, Room 1145, Owego, NY 13827

Binghamton Veteran's Affairs (VA) Clinic .....(607) 772-9100
203 Court Street, Binghamton, NY 13901-3601

Binghamton Vet Center .....(607) 722-2393
53 Chenango Street, Binghamton, NY 13901

Sayre VA Clinic.....(570) 888-6803
1537 Elmira Street, Sayre, PA 18840

Southern Tier Veterans Support Group.....(607) 205-8332
PO Box 1201, Vestal, NY 13851

Veterans Affairs Service Agency.....(607) 724-1299
44 Hawley Street, Binghamton, NY 13901

Veterans Crisis Line.....1-800-273-8255 (Press 1)

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 13827
Women, Infants, Children supplemental nutrition program. WIC also provides support, counseling, and referrals as needed.

Tioga Opportunities, Inc. Family Planning Services..... (607) 687-5333
110 Central Avenue, Owego, NY 13827
Reproductive healthcare for men and women.

AspireHope 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

STDs & HIV/AIDS Testing

Tioga Opportunities, Inc. Family Services.....(607) 687-5333
110 Central Avenue, Owego, NY 13827
Information and appointments available for reproductive heath 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.....*1-800-656-4673

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.

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

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

Mental Health

Tioga County Mental Hygiene Department ..... (607) 687-4000
1062 NY-38, Owego, NY 13827
Open access walk-in services for mental health and alcohol and drug abuse are now available during clinic hours. No appointment required. First come first serve basis.

Tioga County Mental Hygiene Satellite Clinic ..... (607) 565-9594
80 William Donnelly Parkway, Waverly, NY 14892

Abide in the Vine Counseling Center ..... (607) 744-1100
1277 Taylor Road, Owego, NY 13827
Faith-based family and marriage counseling service.

Center for Psychological Services ..... (607) 785-4156
3 Tioga Boulevard #5, Apalachin, NY 13732
Provides a vast array of services to a wide variety of populations and presenting problems.

Waverly Medical Associates, LLC..... (607) 821-2444
Specializes in psychiatry, including adult and child/adolescent psychiatry.

Mental Health

Family & Children's Society ..... (607) 687-3540
153 West Main Street, Owego, NY 13827
Services include: The Family Mental Health Clinic, individual & family counseling, elderly counseling, and more.

Four Corners Assessment & Counseling, LLC ..... (607) 205-1394
231 Main Street Lobby Level, Vestal, NY 13850
Provides diagnostic evaluations, psychotherapy, and counseling for those living with autism and other disabilities.

Mental Hygiene Legal Services ..... (607) 271-9262
Located in Elmira Psychiatric Center: 100 Washington Street #4301, Elmira, NY 14901
Protects and advocates for the rights of individuals with mental illnesses, developmental disabilities, or alcoholism.

Southern Tier Counseling Solutions ..... (607) 222-5639
14 George Street #1, Owego, NY 13827
Services include: grief therapy, women's therapy, child therapy, and teen therapy

Journey of Hope Counseling Center ..... (607) 269-7171
2219 West Danby Road, West Danby, NY 14883
Faith-based counseling service with specialties in depression, anxiety, and addiction.

Suicide Prevention

Tioga County Suicide Prevention Coalition ..... (607) 687-4000
Call for more information.

Tioga County Warm Line
..... (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, non-judgmental listeners, and more!
Hours operation are 4:00pm-9:00pm Saturday and Sunday.

Suicide Prevention Hotline *1-800-273-8255

Health & Medical Care

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 heath education, STD testing, and birth control options.

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

Dr. Keith A. Nichols, M.D., FAAFP (Primary Care) **.....(607) 687-5794**
130 Temple Street, Suite 100, Owego, NY 13827

Guthrie Family Care (Primary Care) **.....**
Waverly: 29 North Chemung Street **.....(607) 565-9975**
Owego: 1246 NY-38 **.....(607) 687-6101**

Lourdes Family Practice (Primary Care) **.....(607) 687-1122**
Lourdes Walk-In Clinic.....(607) 972-2335
500 5th Avenue, Owego, NY 13827

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

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**

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

Dental Care

Tioga County Mobile Dental Van .....(607) 687-8595
Call to find out where the dental van is currently located and schedule an appointment!
To view the full schedule visit: www.ph.tiogacountyny.gov
Services include: cleanings, x-rays, sealants, fillings, extractions, and fluoride treatments! All insurances are accepted. Sliding scale fee for those without insurance.

Bronsky Orthodontics.....(607) 687-0905
218 Front Street, Owego, NY 13827

Dr. Joseph A. Picco Family Dentistry .....(607) 565-7355
16 Fredrick Street, Waverly, NY 14892

Hiawatha Dental Center .....(607) 687-7536
153 Main Street #4, Owego, NY 13827

Matthew K. Cook, DDS .....(607) 687-4522
218 Front Street, Owego, NY 13827

Owego Dentist (D. Christian Aumock, DDS) .....(607) 689-9040
230 Front Street, Owego, NY 13827

Riverow Dental, PLLC.....(607) 687-4664
248 Front Street, Owego, NY 13827

Stephen McKee, DDS.....(607) 565-7811
403 Chemung Street, Waverly, NY 14892

Wilson Dental.....(607) 565-4374
463 Fulton Street, Waverly, NY 14892

TIOGA Smiles
DENTAL SERVICES

Alcohol & Drug Abuse

Tioga County Alcohol and Drug Services .....(607) 687-0200
1062 NY-38, Owego, NY 13827
Offers group sessions, counseling, and evaluations.

Addiction Center of Broome County .....(607) 723-7308
30 W State St, Binghamton, NY 13901
Addiction treatment center.

CASA-Trinity, Inc.. .....(607) 223-4066
72 North Avenue, Owego, NY 13827
Recovery services and education for individuals, families, and communities.

Helio Health .....(607) 296-3072
249 Glenwood Road, Building 1, Binghamton, NY 13905
Withdrawal & Stabilization (detox) and Inpatient Rehabilitation Services.

24/7 HOPEline *1-877-846-7369
..... TEXT: 467369

National Drug Helpline *1-800-633-3239

Tioga County COTI Programs

The Center for Treatment Innovation (COTI) is a mobile organization that helps those battling addiction access treatment services.

CASA-Trinity COTI Program .....(607) 223-4826

Addiction Center of Broome County COTI Program .....(888) 428-4571
.....(607) 237-0249
30 West State Street, Binghamton, NY 13901

Narcan

Narcan is a life-saving medication given during an opioid overdose.

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

Tioga County Mental Hygiene Department .....(607) 687-4000
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!

Medication Drop Box Locations

Tioga County Sheriff's Office.....(607) 687-1010
103 Corporate Drive, Owego, NY 13827 Monday-Friday 8:00am-4:00pm

Owego Village Police Headquarters.....(607) 687-2233
90 Temple Street, Owego, NY 13827 Monday-Friday 8:00am-4:00pm

Waverly Police Department.....(607) 565-2836
32 Ithaca Street, Waverly, NY 14892 Monday-Friday 8:30am-4:00pm

Apalachin Pharmacy.....(607) 625-2129
6843 NY-434 #6845, Apalachin, NY 13732 Monday-Friday 8:00am-6:30pm
Saturday 9:00am-3:00pm

Smoking

Did you know, smoking is the leading cause of lung cancer in the United States?
It is also one of the most difficult additions to quit.

Tobacco Free Broome-Tioga.....(607) 778-3068
Community education and advocacy program.

NYS Smoker's Quitline.....*1-866-697-8487
Talk to a trained coach who will help you take the first steps toward quitting.

UHS Stay Healthy Center .....(607) 763-6060
635 Harry L Drive #601, Oakdale Mall, Johnson City, NY 13790
Provides individual smoking cessation counseling.

You can also speak to your primary care provider!

***Denotes 24/7 resource**

Disability

ACHIEVE..... (607) 723-8361
56 Broadway Road, Owego, NY 13827..... (607) 687-5140
Provides a variety of services to enhance the lives of those living with disabilities and their families.

Adult Career and Continuing Education Services - Vocational Rehabilitation (ACESS-VR)..... 1-800-888-5010 or (607) 721-8400
44 Hawley Street, Binghamton, NY 13901
Vocational rehabilitation services designed to assist those with disabilities find employment.

Autism Society of America, Central NY Chapter ..... (315) 447-4466
Information and support for individuals with Autism and their families.

Broome-Tioga Board of Cooperative Educational Services (BOCES)
435 Glenwood Road, Binghamton, NY 13905 **..... (607) 763-3300**
Educational institution with educational programming and support services.

Community Options, Inc. of the Southern Tier ..... (607) 722-5971
182 State Street, Binghamton, NY 13901
Provides residential, day habilitation, recreational, and employment opportunities for individuals with disabilities.

Down Syndrome Information Network of the Twin Tiers ..... (607) 654-0146
A network of families in the Twin Tiers region focused on making the community more inclusive for those with Down Syndrome.

Epilepsy-Pralid, Inc..... (607) 340-2000
31 Adams Avenue, Suite 2, Endicott, NY 13760
Provides education, support, training, and advocacy for individuals, and their families, living with developmental or acquired brain conditions.

Family Resource Network, Inc. ..... (607) 432-0001
Provides information and referral services. Functions as a resource center for families of children with special needs.

Institute for Child Development..... (607) 777-2829
Located behind the East Gym on Binghamton University Campus.
Provides Early Intervention and Preschool Programs for children with developmental delays, including evaluations for Autism.

Lions Camp Badger ..... (607) 589-4800
Six week summer program for adolescents through the Empire State Speech and Hearing Clinic. Located in Spencer, NY.

Disability

New York State Health Home Program 518-473-5569

For those who qualify for Medicaid, a group of healthcare and service providers will work together to make sure you have the services you need to stay healthy! Services may include: housing, medications, transportation, health care providers, mental health providers, and more!

NY Connects 1-800-342-9871

Provides free unbiased information regarding long-term services and support in New York State for those with any type of disability.

Racker Center .....(607) 687-8929

1277 Taylor Road #4, Owego, NY 13827

Provides strength-based support for individuals with disabilities and their families. Services include, but are not limited to, therapies, evaluations, care management, and financial assistance.

US Social Security Administration 1-866-964-3971

2 Court Street, Binghamton, NY 13901

Call for information on Social Security Disability (SSD) and Supplemental Security Income (SSI).

Southern Tier Independence Center (STIC) .....(607) 724-2111

135 E Frederick Street, Binghamton, NY 13904

Provides support and information.

Special Olympics, Southern Tier .....(315) 314-6839

Provides opportunities for athletic training, competition, and socialization.

Ticket-to-Work and Disability Resources.....(607) 778-6478

Tioga-Broome support for finding and maintaining employment for people with disabilities.

Tioga County Public Health.....(607) 687-8600

1062 NY-38, Owego, NY 13827

Programs for children birth-21 years who have a diagnosis, suspected developmental delay, or health condition requiring assistance.

Religious Services

Apalachin

Abide in the Vine Fellowship	(607) 768-3426
Apalachin United Methodist Church	(607) 625-2733
Christian and Missionary Alliance Church of Apalachin	(607) 625-2013
Community Baptist Church	(607) 762-2679
Faith Christian Fellowship of Apalachin	(607) 625-2853
Park Terrace United Methodist Church	(607) 625-4134
Saint Margaret Mary	(607) 625-3191
South Apalachin Baptist Church	(607) 625-4367

Barton

American Evangelical Christian Church	(607) 565-2891
Tioga Center Baptist Church	(607) 687-2330
Barton United Methodist Church	(607) 565-8691

Berkshire

Berkshire Congregational Parsonage	(607) 657-8058
Church of Christian Gospel Faith	(607) 657-8559
First Congregational Church of Berkshire	(607) 657-2677
Saint John's Episcopal Church	(607) 642-5422
Berkshire United Methodist Church	(607) 657-2510
Jenksville United Methodist Church	(607) 642-3227

Candor

Allen Memorial Baptist Church	(607) 659-5335
Candor Congressional Church	(607) 659-7646
Catatonk Baptist Church	(607) 659-4014
Kingdom Hall of Jehovah's Witnesses	(607) 659-7690
McKendree United Methodist Church	(607) 659-4906
Saint Francis Church	(607) 659-5959
Saint Mark's Episcopal Church	(607) 659-7479
Seventh Day Adventist Church	(607) 687-3078
Straits Corner Baptist Church	(607) 659-4328

Newark Valley

Fairfield United Methodist Church	(607) 425-4804
First Baptist Church	(607) 642-8133
First United Methodist Church of Newark Valley	(607) 642-8811
Newark Valley United Church of Christ	(607) 308-1503
Saint John the Evangelist	(607) 642-3362

Nichols

First Presbyterian Church	(607) 699-3050
Lounsberry United Methodist Church	(607) 699-7281
Nichols Baptist Church	(607) 414-1021
Nichols United Methodist Church	(607) 699-7978

Richford

Richford Congregational Church	(607) 657-2592

Owego

Abide in the Vine	(607) 687-3426
Calvary's Love Assembly of God Church	(607) 768-9204
Bridge of Hope Ministries, Inc.	(607) 659-5959
The Church of Jesus Christ of Latter Day Saints	(607) 687-3822
Church of the Nazarene	(607) 687-1932
Church Commons	(607) 972-7054
First Baptist Church of Owego	(607) 687-4394
First Congregational United	(607) 764-5520
First Presbyterian Union Church	(607) 687-1682
Flemingville United Methodist Church	(607) 687-6690
Gateway Ministries, Inc.	(607) 687-5971
Gospel Chapel	(607) 687-4954
Heart of God Fellowship	(607) 689-0399
He's Alive Ministries	(888) 814-6968
Lakeview Chapel, Inc.	(607) 687-3261
Living Water Baptist	(607) 768-3030
Lord Hill Church	(607) 687-4392
The Nazarene Parsonage	(607) 687-0451
Owego United Methodist Church	(607) 687-2417
Reformed Presbyterian Church	(607) 687-3820
South Owego Bible Church	(607) 687-4537
Saint Patrick's Parish	(607) 687-1068
Saint Maximus Church	(607) 835-6194
Saint John's Episcopal Church	(607) 687-2830
Tioga County Rural Ministries, Inc.	(607) 687-3021
Unity of Light Spiritual Center, Inc.	(607) 754-4814
Sword and the Spirit Christian Fellowship	(607) 687-9700
Whittemore Hill United Methodist Church	(607) 754-2490
Zion Lutheran Church	(607) 687-1205

Spencer

Bible Baptist Church of North Spencer	(607) 589-7505
Faith Bible Chapel	(607) 589-4097
Halsey Valley Victory House Ministries, Inc.	(607) 589-6083
Ithaca Zen Center	(607) 272-0694
Spencer Federated Church	(607) 589-4412
Saint Paul's Lutheran Church	(607) 589-6025

Tioga Center

Tioga Center United Methodist Church	(607) 699-6000
Tioga Center Baptist Church	(607) 687-2330

Waverly

Christian and Missionary Alliance of Waverly	(607) 565-2492
Christian Life Church	(607) 565-9777
Church of the Nazarene	(607) 565-2286
Emory Baptist Chapel	(570) 423-0503
Faith Southern Baptist Church	607) 565-7040
First Baptist Church	(607) 565-9593
Kingdom Hall of Jehovah's Witness	(607) 565-8424
North Waverly Chapel	(607) 565-9342
Saint James	(607) 565-2521
Waverly United Methodist Church	(607) 565-8650

Physical Activity

Art of Combat MMA ..... **(607) 972-8441**
1518 Day Hollow Road, Owego, NY 13827

Buff Daisy Fitness ..... **(845) 596-7013**
4 Whig St, Newark Valley, NY 13811

Fay's Fitness, Inc. ..... **(607) 659-4818**
41 Owego Road, Candor, NY 13743

Four Seasons Fitness Studio ..... **(607) 429-9814**
32 Lake Street, Owego, NY 13827

Inspire S-VE Community & Fitness Center ..... **(607) 589-7688**
57 E Tioga Street, Spencer, NY 14883

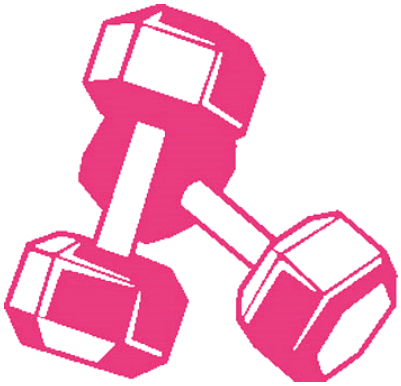
New Image Fitness Center ..... **(607) 565-4439**
307 Broad Street, Waverly, NY 14892

Peak Performance Physical Therapy/Tioga Fitness Center ..... **(607) 687-7645**
115 Hickories Park Road, Owego, NY 13827

Stormpeak CrossFit ..... **(607) 227-0405**
107 Main Street, Candor, NY 13743

Waverly Fitness Center ..... **(607) 742-8838**
270 Broad Street, Waverly, NY 14892

Yeaman Athletics ..... **(607) 427-0411**
30 Elm Street, Owego, NY 13827



Golf Courses

Apalachin Golf Course .....(607) 625-2682
607 South Apalachin Road, Apalachin, NY 13732

Catatonk Golf Club, Inc. .....(607) 659-4600
71 Golf Club Road, Candor, NY 13743

DJ's Golf Center .....(607) 565-2618
273 County Road 60, Waverly, NY 14892

Grandview Farms Golf Course.....(607) 657-2619
400 Hartwell Road, Berkshire, NY 13736

Hollybrook Country Club .....(607) 589-4431
49 Fisher Settlement Road, Spencer, NY 14883

Links at Hiawatha Landing .....(607) 687-6952
2350 Marshland Road, Apalachin, NY 13732

Pheasant Hill Country Club .....(607) 687-0722
6333, 2771 Waits Road, Owego, NY 13827

Shepard Hills Country Club .....(607) 565-9500
17 Chemung Street, Waverly, NY 14892

Tioga Golf Club .....(607) 699-3881
151 Roki Boulevard, Nichols, NY 13812

Parks

Ahwaga Park.....
180 Front Street, Owego, NY 13827

Draper Park .....
132 Front Street, Owego, NY 13827

Hickories Park..... **(607) 687-1199**
359 Hickories Park Road, Owego, NY 13827

Hull Park.....
Route 96, Candor, NY 13743

Hyde Park .....
George St, Owego, NY 13827

Kirby Park .....
East River Road, Nichols, NY 13812

Logan Hill Nature Preserve.....
124 Logan Hill Road, Candor, NY 13743

Marvin Park ..... **(607) 687-1101**
50 West Main Street, Owego, NY 13827

Muldoon Park.....
451 Pennsylvania Avenue, Waverly, NY 14892

Nichols Pond.....
12 Owego Street Exd, Spencer, NY 14883

Owego Riverwalk.....
Front Street, Owego, NY 13827

Ransom Park.....
Route 17C, Tioga Center, NY 13845

Rawley Park .....
13334 NY-38, Richford, NY 13835

Rebecca Weitsman Memorial Dog Park..... **(607) 687-1199**
359 Hickories Park Road, Owego, NY 13827

Trout Ponds Park .....
44 Spring Street, Newark Valley, NY 13811

Two Rivers State Park .....
Banzhoff Road, Waverly, NY 14892 *access also available through Waverly Glen Park

Waterman Conservation Center..... **(607) 625-2221**
403 Hilton Road, Apalachin, NY 13732

Waverly Glen Park ..... **(607) 565-8641**
85 Moore Street, Waverly, NY 14892

Libraries

Apalachin Public Library .....(607) 625-3333
719 Main Street, Apalachin, NY 13732

Berkshire Free Library.....(607) 657-4418
12519 St Rt 38, Berkshire, NY 13736

Cady Library .....(607) 699-3835
42 East River Road, Nichols, NY 13812

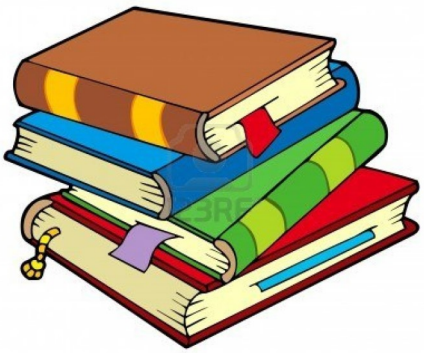
Candor Free Library .....(607) 659-7258
2 Bank Street, Candor, NY 13743

Coburn Free Library.....(607) 687-3520
275 Main Street, Owego, NY 13827

Spencer Library .....(607) 589-4496
41 North Main Street, Spencer, NY 14883

Tappan-Spaulding Memorial Library .....(607) 642-9960
6 Rock Street, Newark Valley, NY 13811

Waverly Free Library.....(607) 565-9341
18 Elizabeth Street, Waverly, NY 14892



Grocery Stores

Community Shop ..... **(607) 687-4287**
106 North Ave, Owego, NY 13827

Hollenbeck's Shurfine Grocery Store ..... **(607) 642-3430**
17 North Main Street, Newark Valley, NY 13811

John's Fine Foods ..... **(607) 687-2470**
88 North Ave, Owego, NY 13827

Price Chopper ..... **(607) 687-5449**
42 W Main St, Owego, NY 13827

Speedsville Store LLC ..... **(607) 657-4436**
36 Mill Rd, Berkshire, NY 13736

Spencer Shurfine Foodmart ..... **(607) 589-4999**
15 North Main Street, Spencer, NY 14883

Sweeny's Market ..... **(607) 625-3341**
6518 St Rt 434, Apalachin, NY 13732

Ted Clark's Busy Market, Inc ..... **(607) 565-9065**
118 Broad Street, Waverly, NY 14892

Tops Friendly Market ..... **(607) 687-2546**
1145 St Rt 17, Owego, NY 13827

Get your groceries delivered to your home via INSTACART! (at participating stores)

Pharmacies

Apalachin Pharmacy.....(607) 625-2129
6843 St Rt 434 #6845, Apalachin, NY 13732

CVS Pharmacy .....(607) 687-5623
39 Park St, Owego, NY 13827

Owego Pharmacy .....(607) 687-8779
1135 NY 17C, Owego, NY 13827

Walgreens .....(607) 687-0891
153 Main St, Owego, NY 13827

Walgreens .....(607) 642-3355
21 N Main St, Newark Valley, NY 13827

Laundromats

Moreton Cleaners.....(800) 753-1492
413 Broad St, Waverly, NY 14892

Owego Coin Laundry .....(607) 754-2444
Fox St, Owego, NY 13827

Quick's Laundromat .....(607) 972-7752
31 Main St, Candor, NY 13743

Wash-It, LLC.....(607) 846-2074
441 Chemung St, Waverly, NY 14892

HOW SAFE IS YOUR HOME?
Tioga County Public Health
Healthy Neighborhoods Program
Call Us Today!
607-687-8600

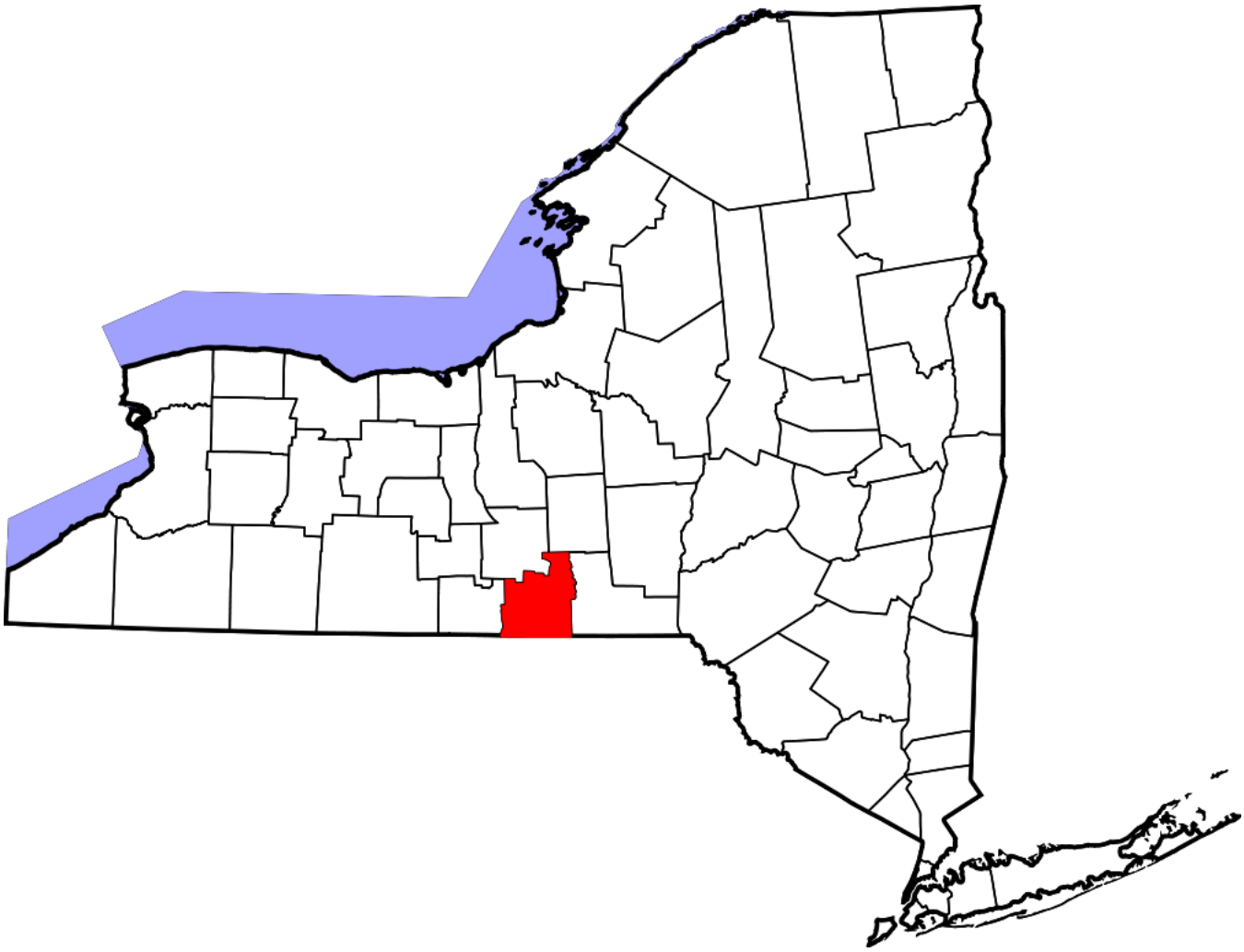
Prevent Rabies.
Vaccinate Your Pets!
607-687-8600

Is Your Child On Track With Kids Their Age?
Meet with an
Early Intervention Service Coordinator
Talk to us about your child's needs
Develop a personalized family plan
You Do NOT Need A Doctor's Referral For Your Child To Get
Early Intervention Services!
Call Tioga County Public Health at 607-687-8600

WONDERING IF YOUR CHILD IS ON TRACK
WITH KIDS THEIR AGE?
CHILD FIND
FOR CHILDREN BIRTH TO AGE 3
NO REFERRAL NEEDED!
SCREEN FOR DEVELOPMENTAL DELAY & CONNECT
CHILDREN TO THE RESOURCES THEY NEED!
Tioga County Public Health 607-687-8600

Child Passenger Safety
90% of car seats are installed incorrectly...
have a Certified Technician check yours today!
You may be eligible for a FREE car seat!
NYS law requires all children under 8 years old riding in a passenger vehicle to be restrained in a car seat or booster seat.
Tioga County Public Health
607-687-8600

Tioga County Public Health
Nursing Services
• Promote Vaccines to All Age Groups
• Lead Poisoning Education
• Disease Control & Monitoring
• Educate & Support New Parents
• Vaccines for Those in Need
607-687-8600



This guide was put together by Tioga County Public Health.

While we try to keep information up-to-date, we recommend calling and verifying information with a local agency for services to confirm availability.

If you have any questions regarding this guide, please call
Tioga County Public Health at 607-687-8600.
For all other questions, please contact agencies directly.

Public Health
Prevent. Promote. Protect.
Tioga County

Are we missing something? Contact us with any information regarding resources in Tioga County we may have missed!

Updated July 2021