



Instructional Support Services

COMMUNITY RESOURCE MAP



*Scan QR code to
learn more or
visit our website.*



caybores.org/communityschools

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Please email awildenstein@cayboces.org with any changes or additions

EMERGENCY SERVICES:

911: If there is immediate danger call 911

Contact Community Services Hotline:

24 Hour Crisis Line - 315-251-0600 Suicide, Crisis & Telephone Counseling - 24 hr. Contact Hotline
315-251-0600 Alcohol & Substance Use Referrals - Prevention Network 315-471-1359 Development
Disabilities Services - Exceptional Family Resources 315-478-1462

For Community, Social or Government Services Information: Dial 2-1-1

New York State Child Abuse Hotline: 800-342-3720

Mandated Reporter Hotline: 800-635-1522

Trafficking & Exploitation Hotline: (Local) 315-218-1966; (National) 888-373-7888

Onondaga County District Attorney's Office: 315-435-2460

City of Syracuse Police Department: 315-435-3016

Onondaga County Sheriff's Office: 315-883-5617

CARE (Child Abuse Referral & Evaluation): 315-888-5617

Department of Social Services: 315-435-2884

Vera House (Domestic and sexual violence) 24 hour Crisis and support line: 315-468-3260

211: a free service, connects callers to critical health and human services in their community.

24 hours crisis and support line: 315-468-3260

HOPE for Bereaved staffs a Helpline: 315-475-HOPE (4673)

ARE YOU IN CRISIS, EXPERIENCING EMOTIONAL DISTRESS, OR WORRIED ABOUT SOMEONE YOU KNOW? Call or text 988 or chat 988lifeline.org OPEN 24 HOURS A DAY 7 DAYS A WEEK

Mobile Crisis Unit

Call 911 and ask police to call Mobile Crisis or call 315-253-0341

Support for anyone having suicidal or dangerous thoughts or experiencing a mental health crisis

Cayuga County Mental Health

Call 315-253-0341 or walk in (8:30 a.m. - 3:30 p.m.)

CCMH provides therapeutic mental health services to adults, children and families.

[CCMH Website and Information](#)

CCMH Crisis Services

315-253-0341

During business hours (9:00 a.m. - 5:00 p.m.), ask for a crisis worker.

Support for anyone having suicidal or dangerous thoughts or experiencing a mental health crisis

CPEP

315-448-6555

Staffed 24 hours a day/7 days a week St Joseph's Hospital, 301 Prospect Ave, Syracuse, NY 13203

Psychiatric Emergency Room that provides evaluation and treatment for individuals of all ages who are suffering from an acute mental health crisis.

Auburn Community Hospital

315-255-7011

Suggested to call before arriving

If you are having suicidal or other dangerous thoughts and feel unsafe

Child Advocacy Center of Cayuga County

Call Cayuga Counseling Services at 315-253-9795 and ask for the Child Advocacy Center

Multidisciplinary services for children and families affected by sexual abuse or severe physical abuse.

<https://healthworkforce.211lifeline.org/detail.php?id=7335318>

CONTACT: 877-400-8740

24 hours a day

Confidential, anonymous, free 24-hour telephone counseling, suicide prevention and crisis counseling in Cayuga County

NYS Office of Mental Health Crisis Support Hotlines

24 hours a day

Crisis support for suicide prevention, domestic violence, problem gambling and substance abuse/dependency.

[Hotline List](#)

Cayuga Counseling Services

315-253-9795

Call or visit the website

Therapeutic mental health services for adults, children and families.

<https://www.cayugacounseling.org/contact-us/>

Hospice of CNY of the Fingerlakes

315-634-2208

Families/children experiencing grief as the result of the loss of a loved one.

FAST

Online referral: Families in need of emotional support

www.cayugacofast.com

AUTISM SERVICES:

Cayuga Onondaga BOCES-Autism Support Services

315-253-0361

<https://www.cayboces.org/Page/58>

Autism Supports Autism Council of Rochester

585-413-1681

2118 Chili Avenue, Westgate Plaza Rochester, New York 14624

<https://www.theautismcouncil.org/#about>

Autism Learning Partners

855-295-3276 ext. 276 620

Park Ave Suite 237 Rochester NY 14607

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

Autism Up

585-248-9011

50 Science Parkway Rochester, NY 14620

<https://autismup.org>

UR Developmental and Behavioral Pediatrics (Kirch)

585-275-2986

<https://www.urmc.rochester.edu/childrens-hospital/developmentaldisabilities.asp>

BEHAVIORAL HEALTH:

Anxiety, Depression and Panic Attack (ADAPA) Support Group

315-252-5861

<https://aecsd.education/districtpage.cfm?pageid=1449>

Meetings take place from 7:00 to 8:30 p.m. the second and fourth Tuesday of every month on the second floor of Auburn Community Hospital. To participate in a Zoom meeting, contact Kristen Wilmot at 315-252-5861

Auburn Enlarged City School District

Student services webpage, providing access to a range of mental health resources for parents and children:

<https://aecsd.education/districtpage.cfm?pageid=1449>

Community Action Programs (CAP) Cayuga/Seneca domestic violence hotline

315-255-6221

<https://caphelps.org/programs/>

Trained program advocates are on call 24/7 to provide free, confidential support and services to victims of domestic violence and their loved ones.

Cayuga Counseling Services

315-253-9795

17 E. Genesee St., Auburn, NY 13021

<https://cayugacounseling.org/mental-health-services/>

Provides a variety of mental health services, from prevention and education to individual, group, couples and family therapies, treatment and crisis intervention.

<https://cayugacounseling.org/mental-health-services/>

Cayuga County Mental Health

315-253-0341

146 North St., Auburn, NY 13021

<https://www.cayugacounty.us/589/Mental-Health>

Offers mental health treatment for Cayuga County residents through outpatient clinic, 24/7 crisis hotline, care management and coordinated services for families with youth who have significant behavioral health needs.

Individuals interested in services may call 315-253-0341 (24/7) or walk in between the hours of 8:30 a.m. - 3:30 p.m. Monday through Friday.

Cayuga County

Mobile Crisis mental health counselors that come to you 9:00 a.m - 12:00 a.m.

315-253-0341: M-F 9:00 a.m. - 5:00 p.m. for Daytime Mobile Crisis

315-251-0800: 24/7 Crisis Line which can also access mobile crisis from 5:00 p.m. - 12 a.m.

There is also adult respite for folks needing a break/short stay in a safe therapeutic home-like environment during a "crisis": 855-778-1900

This preventive and supportive service helps reduce unnecessary hospital or law enforcement visits.

Confidential Help for Alcohol and Drugs (CHAD):

315-253-9786

<https://www.chadcounseling.org/>

Supports physical, mental and spiritual rehabilitation chemical dependency programs through substance use disorder treatment and prevention services.

Substance Abuse and Mental Health Services Administration Helpline

1-800-985-5990 or Text Talk With US to 66746

NYS Mental Health Hotline: 844-863-9314

East Hill Medical Center

315-253-8477

144 Genesee St., Auburn, NY 13021

Provides counseling and behavioral health assistance.

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

Helio Health

315-401-4288

Mental Health Outpatient Services. In Cayuga County

<https://www.helio.health/about/locations/meadows-integrated-outpatient-clinic/>

Liberty Resources Mobile Crisis Team

315-251-0800

Central New York Region: Available 24/7 to assist children & adults experiencing a mental health or substance use crisis

<https://www.liberty-resources.org/mobile-outreach-residential-respite-services/>

National Alliance on Mental Illness (NAMI) of Cayuga County:

315-255-7443

Provides a family support group at Auburn Community Hospital, 17 Lansing St. To participate via Zoom, contact Terri Wasilenko at 315-255-7443.

<https://naminy.org/>

CHILD CARE:

Cayuga Onondaga BOCES-Daycare

315-255-0075

<https://www.cayboces.org/domain/25>

Child Care Solutions

315-446-1220 ext. 303

100 North St, Suite 3 Auburn, NY 13021

<https://childcaresolutionscny.org/start-your-search-us>

Cayuga Community College

315-294-8603

81 Wall St. Auburn, NY 13021

<https://www.cayuga-cc.edu/students/resources/childcare/>

FOOD & NUTRITION:

CAP Mobile Food Pantry

315-255-1703

Call 9:00 a.m. - 5:00 p.m.

This program delivers food to isolated and homebound residents of Cayuga County

SNAP

315-253-1210

Cayuga County Outreach Coordinator - Angela Mastracchio 315-437-1899 ext. 227

www.mybenefits.ny.gov

WIC

315-253-1406

If you are pregnant, breastfeeding or have children under the age of 5, including fathers and caretakers.

www.wicstrong.com/agency/cayuga

AUBURN FOOD PANTRIES:

Calvary Food Pantry CNY Inc.

315-252-7772

90 Franklin St., Auburn, NY 13021

Hours: Mon. and Wed., 10:00 a.m. - 6:00 p.m., Fri., 10:00 a.m. - 2:00 p.m.

Cayuga/Seneca Community Action Agency, Inc. (CAP)

315-255-0038

89 York St., Auburn, NY 13021

Hours: M – F, 9:00 a.m. - 5:00 p.m.

Community Caring Program

315-253-3437

151 Wall St., Auburn, NY 13021

Hours: Tues. – Sat., 9:00 - 11:00 a.m.

Perishables: 2nd Mon., 5:00 - 7:00 p.m.

First Love Ministries Food Pantry

315-253-3437

151 Wall St., Auburn, NY 13021

Hours: M, W, F, 1:00 - 2:30 p.m.

Holy Family Catholic Church Lunches with Love

85 North St., Auburn, NY 13021

St. Alphonsus Food Pantry

315-252-0710

85 E. Genesee St., Auburn, NY 13021

Hours: Mon.-Sat., 9:00 - 11:30 a.m.

Salvation Army Food Pantry

315-253-0319

18 E. Genesee St., Auburn, NY 13021

Hours: M-F, 1:00 - 3:30 p.m.

AUBURN SOUP KITCHENS:

First Love Fellowship

315-253-3437

99 Wall St., Auburn, NY 13021

Hours: M-F, 11:45 a.m. - 1:00 p.m.

SS. Peter and John

315-252-5721

169 Genesee St., Auburn, NY 13021

Hours: Sat., 12:00 - 1 p.m.; Sun., 8:00 - 10:00 a.m.

The Salvation Army

18 E. Genesee St., Auburn, NY 13021

Hours: Sun., 4:30 - 5:30 p.m.

CAYUGA COUNTY FOOD PANTRIES:

Brutus-Sennett Food Pantry First Baptist Church

315-834-6581

30 Liberty St., Weedsport, NY 13166

2nd & 4th Mon., 6:30 - 7:30 p.m.

Cato Christian Food Pantry

315-626-2734

2570 E. Main St., Cato, NY 13033

Name beginning with "A-L" on 3rd Thurs.;

Name beginning with "M-Z" on 4th Thurs.

Hours: 5:30 - 7:00 p.m.

Community Food Pantry Loc-Mor Thrift Store

Moravia families call: 315-497-0977

Locke families call: 315-497-1874

Fair Haven Community Church Food Cupboard

315-947-6233

14463 Richmond Ave., Fairhaven, NY 13064

Hours: 3rd Tues., 6:00 - 7:00 p.m.

Genoa Food Pantry United Church of Genoa

315-533-0093

Intersection of Rt. 90 & Rt. 34

Hours: 3rd Sat of month; 9:00 - 10:30 a.m.

Jordan-Elbridge Food Pantry

315-689-6240 Ext. 115

St. Patrick Church, Jordan

Moravia Hope Pantry

76 West Cayuga Street Moravia, NY

1st and 3rd Sat., 9:30 a.m. - 11:30 a.m.

Migrant Farm Worker Outreach Good Shepherd Catholic Community

315-497-2049

Delivery to migrant/immigrant farm workers

Port Byron Community Food Pantry/First United Methodist Church

315-776-5156

8510 South St., Port Byron, NY 13140

Hours: 1st & 3rd Wed., 12:00 - 2 p.m.; 2nd & 4th Wed., 6:00 - 8:00 p.m.

Throopville Community Church

315-253-7850

2026 Turnpike Rd., Auburn, NY 13021

Hours: Thurs, 4:30 - 6:30 p.m.

Western Cayuga County Emergency Food Pantry

Trinity United Church of Christ

315-889-7302

Corner of North Cayuga & Chapel St., Union Springs 13160

HOUSING:

Auburn Housing Authority

- Owns and operates three affordable housing complexes: Malone Village, Brogan Manor and Olympia Terrace.
- Operates the Section 8 housing choice voucher program.

Apply online at www.auburnha.org/apply, call, walk in, or take an application from the container attached to the front of the main office.

HEATING:

HEAP:

Home Energy Assistance Program (HEAP) applications for regular and emergency benefits.

315-255-4904

<http://www.mybenefits.ny.gov>

Catholic Charities of the FingerLakes

315-253-2222

134 East Genesee Street Auburn NY 13021

Hours: M-F, 8:00 a.m. – 4:00 p.m.

CLOTHING:

Cayuga/Seneca Community Action Agency, Inc. (CAP) Thrift Shop

315-255-1703

89 York Street Suite 1, Auburn NY 13021

Second Baptist Clothes Closet

315-253-4455

1 North Herman Avenue Auburn NY 13021

Free clothing on the 2nd Friday and Saturday of the month 9:00 - 11:00 a.m.

MEDICAL:

Auburn Community Hospital (ACH)

315-255-7011

17 Lansing St., Auburn, NY 13021

Mental Health evaluations at ER for hospitalization in Behavioral Unit psychiatric intervention.

<https://www.auburnhospital.org/>

Medicaid

315-253-1382 or 888-355-5777

** accepts Medicaid

www.nystateofhealth.ny.gov

WellNow

315-704-6097

217 Grant Ave., Auburn

<https://www.wellnow.com/urgent-care-centers/new-york/auburn/271-grant-avenue-13021>

***Aurora Medical**

315-364-3388

18 Wells Rd., Aurora

<https://www.fcmg.org/locations/aurora/community-medical-center>

Moravia Health Center

315-497-9066

23 Central St., Moravia

<https://www.familyhealthnetwork.org/moravia/>

Port Byron Community

315-776-9700

Health Center 60 Main St., Port Byron

https://www.localcommunityhealth.com/port-byron-community-health-v2/?utm_source=GMBSocialClimb&utm_medium=PortByronCommunityHealth

CNY Poison Emergency Center

800-222-1222

PRIMARY CARE DOCTORS:

Auburn Internal Medicine

315-255-0947

161 Genesee St. Auburn NY 13021 (Dr. Graney, Dr. McSwain)

<https://www.auburnhospital.org/practice/auburn-internal-medicine-pediatrics/>

Auburn Family Care

315-282-0525

8 Hulbert St., Auburn (Dr. Levy, Dr. Keenen)

<https://www.fcmg.org/locations/auburn/auburn-familycare>

Trinity Family Medicine

315-282-7956

8 Hulbert St., Auburn (Dr. Boyle)

<https://www.auburnhospital.org/practice/trinity-family-medicine/>

PARKS AND RECREATION:

Cayuga County Parks and Trails

315-253-1622

<https://www.cayugacounty.us/1682/Contact-Us>

Onondaga County Parks

315-451-7275

106 Lake Drive Liverpool, New York 13088

<https://onondagacountyparks.com>

SUBSTANCE USE ASSISTANCE:

Cayuga County Mental Health Center

315-253-0341

146 North Street Auburn NY 13021

<https://www.cayugacounty.us/589/Mental-Health>

Healing Cayuga

315-253-1522

www.cayugacounty.us/healingcayuga

Free Narcan

www.cayugacounty.us/narcan

Confidential Help for Alcohol and Drugs (CHAD)

315-253-9786

75 Genesee Street, Suite 4 Auburn, New York, 13021

<https://www.chadcounseling.org>

Farham Family Services Opioid Treatment Program

315-702-8460

Syracuse Recovery Services (SRS)

315-282-5351

180 Genesee St. Auburn NY 13021

<https://www.srsrecovery.org>

Nick's Ride 4 Friends

315-246-6485

13 Chapel Street Auburn, NY 13021

<https://www.nicksride4friends.org>

LAW ENFORCEMENT/LEGAL ASSISTANCE:

Lawyers in Cayuga County

<https://lawyers.law.cornell.edu/lawyers/new-york/cayuga-county>

Lawyers in Onondaga County

<https://lawyers.law.cornell.edu/lawyers/new-york/onondaga-county>

TRANSPORTATION:

SCAT Van

<https://www.cayugacounty.us/599/Transportation>

Offers door-to-door transportation to needed services for the elderly and disabled. Vehicles equipped with wheelchair lifts are available to provide transportation to people throughout Cayuga County, including the City of Auburn.

Eligibility: Resident of area served. Ages 60 years or older. Disabled of any age.

Fees: Donations accepted but not required. \$3.00 one-way trip within the city of Auburn. \$4.00 one-way trip outside the city of Auburn.

To request service, please call the appropriate number, one week prior notice.

- Auburn - Phone: 315-253-0996
- Cato-Sterling/Fair Haven area - Phone: 315-626-2732
- Moravia - Phone: 315-497-2652
- Union Springs - Phone: 315-255-1421
- Weedsport/Port Byron - Phone: 315-253-0996

CENTRO Buses

https://www.centro.org/service_schedules/service-area-cayuga-county

Any Taxi Service

315-252-2222

255 Grant Ave Auburn, NY

Deluxe Taxicab

315-253-3333

255 Grant Avenue Auburn, NY

Total Taxi Incorporated

315-253-3332

57 Genesee St Auburn, NY

VETERAN RESOURCES:

Cayuga County Veterans Service Agency

315-253-1281

95 Genesee Street 3rd Floor Auburn, NY 13021

<https://www.cayugacounty.us/318/Veterans-Service-Agency>

Veterans of Foreign Wars (VFW) locations:

Auburn Post 1975

44 E Genesee Street, Auburn, NY 13021

Clifford E. Galbraith Memorial Post 7127

P.O. Box 547, Moravia, NY 13118 [View Map](#)

Fleming Post 11071

5463 North Road, Auburn, NY 13021 [View Map](#)

Frontenac Post 7274

574 Route 34B, King Ferry, NY 13081 [View Map](#)

Owasco Memorial Post 6575

2 Bristol Avenue, Auburn, NY 13021 [View Map](#)

Thurston-Schramm-Reynolds Post 8137

513 Erie Street, Montezuma, NY 13117 [View Map](#)

American Legion Locations:

Carnicelli-Indelicato Post 1776

P.O. Box 511, Auburn, NY 13021

Cayuga County American Legion

10435 State Route 38, Port Byron, NY 13140

Clark-Heck Post 568

P.O. Box 767, Weedsport, NY 13166 [View Map](#)

Donald R. Ward Post 1259

P.O. Box 143, Cayuga, NY 13034 [View Map](#)

George Ingersoll Post 658
P.O. Box 243, Fair Haven, NY 13064

John Cool Post 257
P.O. Box 61, Port Byron, NY 13140

LaBuff-Cole Post 911
2598 Legion Street, Cato, NY 13033

Rowe-Churchhill Post 710
288 Main Street, Moravia, NY 13118 [View Map](#)

Swietoniowski-Kopeczek Post 1324
168 State Street, Auburn, NY 13021 [View Map](#)

W. Mynderse Post 97
18 South Street, Seneca Falls, NY 13148 [View Map](#)

Walter T. Conley Post 1107
8 Schobey Street, Union Springs, NY 13160

WELLNESS:

Bayview Wellness Center & Spa

315-591-7847

498 Main St, Sterling, NY 13156

<https://www.tourcayuga.com/listing/bayview-wellness-center/>

specializes in Yoga, Massage, and Meditation

Catalfano Massage Therapy

315-730-1647

The Carr Building, 188 Genesee St., Ste. 217 Auburn, NY 13021

Massage, Migraine Buster, Reiki, Spiritual Renewal Massage, Essential Oils

Crystal Clear Health & Wellness

(680) 677-1958

Allcrystalclearcoaching@gmail.com

31 Loop Rd Suite 2, Auburn, NY 13021

Life Coaching, Energy Management, Intuitive Readings, Holistic Nutrition & Wellness, Reiki & Sekham, Sound Healing, Chakra Balancing, Yoga, Biomat Healing, Ionic Foot Detox

<https://crystalclearlifecoaching.org/>

Diane's Delicate Touch Therapeutic Massage

315-720-3132

diane@delicatetouchmassage.com

2693 East Brutus Street, Weedsport, NY 13166

Swedish/Relaxation Massage, Pain Management, Deep Tissue Massage, Sports Massage, Myofascial Release, Pregnancy Massage, Trigger Point Therapy, Massage Cupping Therapy, Hot Stone Massage, Chair Massage, Raindrop Technique, Reiki

<http://delicatetouchmassage.com/>

Eclectic Hedge

315-567-3574

theeclectichedge@gmail.com

8893 S Seneca St, Weedsport, NY 13166

Reiki, Integrated Energy Therapy® (IET®) Session, Oracle Reading

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

Pure Moon Yoga and Breathwork

315-246-5000

galbatolc@gmail.com

71 Genesee St, Auburn, NY 13021

Yoga, Private Breathwork Sessions

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

Sunvalley Metaphysical

315-252-0214

sunvalleyetaphysical@gmail.com

3292 Depot Rd, Auburn, NY 13021

Reiki

<http://www.sunvalleyetaphysical.com/>

Synchronistic Elements at Crystal Clear Health & Wellness

315-406-9247

31 Loop Rd, Auburn, NY 13021

Chakra Cleansing, Crystal Reiki, CBT Cognitive Behavior Life Coaching

<https://crystalclearlifecoaching.org/>

The Center

315-704-0319

MAH@TheCenter4Wellness.com

1 Hoffman St, Auburn, NY 13021

Acupuncture, Ear Candling, Energy Medicine, Hand & Foot Treatments, Holistic Health Consult, Hypnosis, Life Coaching, Massage & Spa, Myofascial Release w/ Cranial Sacral, Personal Counseling, Reflexology, Reiki (Usui & Karuna), Skin Care, Yoga, Dream Work Analysis, Energy Medicine, Angel Card Reading, Reiki Certification, Workshops & Presentations

<https://www.thecenter4wellness.com/>

The Spa at the Inns of Aurora

315-364-8888

700 Sherwood Rd, Aurora, NY 13026

Massage & Bodywork, Wholeness Healing, Reiki, Hydrotherapy

<https://www.innssofarora.com/spa/>

Zen Den

315-370-5211

25 Seminary St, Auburn, NY 13021

contactzendenstudio@gmail.com

Yoga, Reiki Meditation & Yin Yoga-Studio Class

<https://www.zenden-studio.com/>

Serenity Wellness

315-370-5282

214 Seymour Street, Auburn NY 13021

Vibrational Sound Healing, Reiki Sessions, Guided Meditation, Chakra Healing & Balancing, Ionic Foot Detox

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

Massage by Rachel LaMay

315-604-8252

massagebyrachellamay@gmail.com

130 Genesee Street, Lower Level, Auburn, NY 13021

Massage Therapy, Skin Care, Reiki

<https://rachel-lamay-lmt.square.site/>

New Leaf Massage Therapy

315-224-0270

922 Main St, Locke, NY 13092

Massage

<https://www.newleafmassagetherapy.net/>

Cosmic Thriving

33 William St Suite 7, Auburn, NY 13021

Life Coaching, Guided Meditation, Intuitive Readings, Energy Healing, Crystals