

Health and Wellness

Abuse Support Group for Women

607-732-1979

AIDS Support

1-800-388-9416

Alcohol & Drug Abuse Council of Chemung County

(607)734-1567

451 East Market Street
Elmira, New York 14901

Al-Anon and Al-Ateen

1-800-245-4656

Alcohol Anonymous (A.A.)

607-737-6733

Arnot Health

607.737.4100

600 Roe Ave
Elmira, NY 14905

<http://www.arnothealth.org/>

607-737-6733

Arnot-Ogden Childbirth Preparation Classes and Sibling Classes

607-737-4499

Asthma Awareness Group for children and families

607-737-4100

Caregiver Support Group

607-739-8711

Celiac Support Group

607-565-3477

Cerebral Palsy of Chemung County

607-734-7107

CHADD

607-739-0105

Support for parents with children with Attention Deficit Disorder

Chemung County Dental Clinic

607-737-2870

Chemung County La Leche League

607-733-6958, 732-1835, 737-0777, 562-7364

Chemung County Health Department

103 Washington Street, Elmira, New York.

<http://www.chemungcountyhealth.org/>

Public Health Director - Robert E. Page

607-737-2068

Director of Environmental Health Services - Thomas G. Kump, P.E.

607-737-2019

EHS@co.chemung.ny.us

Public Health Clinical Director - Melissa Klossner

607-737-2028

Director of Patient Services / Home Health Agency - Melissa Traub

607-737-2028

Deputy Public Health Director / Finance - Harry Shepard

607-737-2028

Child Abuse Hotline

1-800-342-3720 (Public)

1-800-635-1522 (Mandated)

1-800-732-5207 (Childcare Complaints)

1-716-238-8531 (Rochester)

Child and Adolescent Bipolar Foundation

www.bpkids.org

CompassionNet

150 North Main Street, Suite 1

Elmira, NY 149001

607-737-7139

CompassionNet is a special program that recognizes the stress that is placed on the whole family when a child is diagnosed with a potentially life-threatening condition. CompassionNet works through dedicated case managers to help families navigate the health care system.

We have two goals:

1. To assist families with the emotional, social, financial and spiritual challenges associated with a child's condition.
2. To help families cope effectively with a child's illness and treatment. Case managers help to identify each individual family's needs and goals that promote improved quality of life. Families may be connected with services that range from counseling to respite care, and from day care to play therapy. Case managers can coordinate or purchase additional services and supports that assist in maintaining the family's well-being.

Fees:

(MUST MEET ONE OF THE FOLLOWING) Diagnosis of a condition that places the child at risk for not reaching adulthood, or The child experiences an acute exacerbation of a chronic illness that places him/her at risk for not reaching adulthood.

Council on Alcohol & Substance Abuse of Livingston County, INC

607-737-5215

Crisis Program

607-737-5369

Depression and Bipolar Support Alliance

607-734-4789

Elmira Psychiatric Center

Contact Information

100 Washington Street Elmira, NY 14901-2898

Phone: (607) 737-4711

Admissions/Referrals

Phone: (607) 737-4905

Fax: (877) 356-4822

<https://www.omh.ny.gov/omhweb/facilities/elpc/facility.htm>

The Elmira Psychiatric Center, located in the Southern Tier and Finger Lakes Regions of Upstate New York, provides a wide array of comprehensive psychiatric services including Inpatient care and Community Based Psychiatric Services. Inpatient programs (located in Elmira) consist of a 60 bed Adult, 20 bed Geriatric and 20 bed Child/Adolescent Unit.

Community-based services comprise the largest component of the treatment spectrum and include Assertive Community Treatment, Clinic Treatment, Community Residences, School-based Day Treatment, Drop-In Centers, Family Care Residences, Intensive Case Management, Mobile Mental Health, and Prepaid Mental Health.

Families Anonymous

Bethany Lutheran Church

256 S Walnut St

Elmira, NY 14904

607-733-6775

Meeting held every Monday at 7 pm

<http://www.familiesanonymous.org/>

Family Services of Chemung County

1019 East Water Street • Elmira, NY 14901

(607) 733-5696

http://www.familyservicesofchemung.com/home_2.nxg

The purpose of Family Services is to assist individuals, families and the community in meeting the complexities of daily living by fostering the ability to develop and maintain positive relationships and promote healthy, independent personal development, and responsible social functioning.

Family Counseling Center

550 East Church Street • Elmira, NY 14901

(607) 737-1353

Founded in 1994 by Family Services of Chemung County, Inc., The Family Counseling Center's state-licensed staff provides individual, family, couples and group counseling services to people throughout the Chemung County area. Our mission is to provide excellent, efficient and affordable counseling services.

How Much Does it Cost?

Costs of providing counseling are significant, but health insurance and funds from the United Way will help make it affordable. Our sliding fee scale is based on income, family size, and special circumstances. We accept most health care plans including Blue Cross/Blue Shield, ELMCO, GHI, North American, POMCO, Primary Health Plan, and RMSCO.

How Does it work?

The Family Counseling Center uses a respectful, goal-oriented; even fun therapeutic model that focuses on your strengths and resources to help promote positive change. Our solution-focused approach usually requires fewer sessions than do traditional methods.

Fidelis Care of New York

<http://www.fideliscare.org/>

Syracuse
5010 Campuswood Dr.
East Syracuse, NY 13057
(315) 437-1835
Fax: (315) 437-4875
M-F: 8:30am - 5:00pm
Appointments Available

Fidelis Care is the New York State Catholic Health Plan, providing quality, affordable, New York State-sponsored health insurance coverage for people of all ages and at all stages of life.

From its origin in 1993 as the Catholic Health Services Plan of Brooklyn and Queens, Inc., Fidelis Care has grown – both in scope of its mission and the services it provides. Today, through a State wide network of more than 63,000 providers, we support more than one million children and adults, making Fidelis Care one of the largest government programs-based health insurance plans in New York State.

Fidelis Care offers free or low-cost comprehensive health insurance, including Medicaid Managed Care, Medicare Advantage, Child Health Plus, and products available through NY State of Health: The Official Health Plan Marketplace. Additionally, Fidelis Care offers Managed Long Term Care products for adults who qualify for nursing home care, but are capable of staying safely in their own homes with the right care and support.

Finger Lakes Parent Network

25 West Steuben Street
Bath, NY 14810
Phone: (607) 776-2164
Phone: (800) 934-4244
Fax: (607) 776-4327
Email: flpninc25@flpn.org

Finger Lakes Parent Network Inc. offers family support services in the nine counties of Wayne, Ontario, Seneca, Yates, Schuyler, Steuben, Chemung, Tioga and Allegany. Collaboration between families and service providers is integral to the program. The program began in July 1990 as the Finger Lakes Family Support Project with a grant from the NYS Office of Mental Health and was sponsored by the Steuben County Department of Community Services with the support of Pathways Inc. and the Steuben Church People Against Poverty (SCAP). The project was directed by a professional staff member of Elmira Psychiatric Center (EPC). Caregiver support groups were facilitated by a Family Consultant and EPC support staff; they also offered on-site childcare opportunities in Ontario, Wayne, Steuben and Chemung.

The Finger Lakes Parent Network received its corporate seal in November 1994. A Board of Directors was established in April 1995 and in December 1995 FLPN, Inc. received official notification of not for profit status.

Today the Finger Lakes Parent Network Inc. is an independent family support organization run by and for families. Services have developed to include: advocacy, information and referral, parent education, teen programs, family recreation and respite/skill building.

Over half of the FLPN, Inc. Board of Directors is comprised of family members. Family support services reduce stress and help families to care for children with emotional, behavioral, mental and/or developmental disabilities at home and/or in their communities. Any family residing in any of the nine counties is eligible for services at no cost. A diagnosis is not required.

HIV/AIDS Support Group

1-800-388-9416

Narcotics Anonymous

1-800-477-6291

Narcotics Anonymous or NA is a 12 step program that is similar to the other non-profit organization: Alcoholics Anonymous. This program is designed to help people who have a drug problem. However, not every drug addict can enter NA and have success. It takes a good level of will power to make it through.

New Dawn

Southern Tier Addiction Rehabilitation Services

(607) 737-7801 between the hours of 8:00 AM and 4:30 PM for more information.

Comprehensive Care:

The goal of treatment is to arrest the disease and prepare the patient for long-term recovery and a healthy productive life without the use of addictive chemicals. Our treatment includes medical monitoring; physical aspects of care; individual, family, and group therapy; introduction and involvement in 12-step recovery programs of Alcoholics Anonymous and Narcotics Anonymous; therapeutic and educational lectures and films; nutritional assessment and information; and exercise.

Project Rachel

1-888-972-2435

<http://hopeafterabortion.com/>

Support for women who have had an abortion

Rural Health Network

607-737-2826

Social Connection

(607) 732-4855

454 West Church Street

Elmira, CA 14901

A mental health peer run social club. A place where peers can meet for guidance, mutual support, socialization and recreation.

Southern Tier Addiction Rehabilitation Services

(607) 737-7801

We have over thirty-five years of experience in helping hundreds of individuals confront their alcohol or chemical dependencies as a treatable disease and change their lives.

Our program addresses the physical, emotional, behavioral, and spiritual needs of an individual. It is a program that has earned a reputation from those who have completed it as the "toughest program you will ever love."

We Want To Help. We know how alcoholism and chemical dependency affect people...destroying their lives and the lives of their families.

Southern Tier Hospice & Palliative Services (CareFirst)

607-962-4100 Or 1-800-300-5394

11751 E. Corning Road
Corning, NY 14830-3657

CareFirst, formerly known as Southern Tier Hospice and Palliative Care, is a not-for-profit community-based program providing complete hospice, palliative care, and grief support services to residents of Chemung, Schuyler and Steuben counties of New York State.

Three interdisciplinary teams in Corning, Watkins Glen and Bath provide individualized care to patients and their families, primarily in the home. Each team provides physician services, home care nursing, social work, spiritual care, grief services, and the assistance of trained volunteers. The team works in cooperation with the patient's personal physician to provide compassionate professional care and support for the patient and their families.

Southern Tier Pediatrics

Elmira Office

302 Hoffman St.
Elmira, NY 14905

Corning Office

254 E. 1st St.
Corning, NY 14830

Horseheads Office

100 John Roemmelt Dr. Suite 203
Horseheads, NY 14845

Ph. 607-734-2264 Ph. 607-937-5317 Telephone - 607-796-2686

Southern Tier Tobacco Awareness Coalition

607-937-9922

1 Park Place
Corning, NY

Over two decades ago, representatives of health agencies and organizations in Chemung, Schuyler, and Steuben counties recognized the need to work together to provide education about the hazards of tobacco product use. Combining the work plans for the small grants allotted to each county at that time, enabled the American Lung Association, American Heart Association, and the three respective health departments to maximize their efforts

towards tobacco-use prevention and cessation. The success of these efforts led other interested parties, including the American Cancer Society and a variety of youth, school, civic organizations, and hospitals to join in, and allowed for increased grant funds.

During the ensuing years, the coalition has pursued an increasing number of venues to bring this critical health message to the public. Programs have been developed and implemented for youth from pre-school through college, and for adults in community, health, and work sites. In addition to public education, the coalition has both developed and supported programs designed to assist with the cessation of tobacco product use and worked to encourage the changes in public policy that promote an improved quality of health in their communities.

Southern Tier Tobacco Awareness Community Partnership, a program of the Chemung County Health Department, is a Community Partnership funded by the New York Bureau of Tobacco Control (NYSBTC).

Tobacco Cessation Center at Arnot Health

607-737-4463

When you or a loved one is ready to quit using tobacco, Arnot Health can double your chances of success with free classes, counseling, and support. Arnot Health Tobacco Cessation Programs for individuals, healthcare providers, and other organizations have succeeded in reducing tobacco use in Chemung, Schuyler, Steuben and Yates Counties. Our mission is to eliminate tobacco by providing free access to evidence-based tobacco cessation programs.

Trinity of Chemung County

150 Lake Street, 2nd Floor
Elmira, NY 14901
(607) 737-5215

Trinity of Chemung County has provided prevention, education, treatment, referral, and recovery services to individuals, families, and communities affected by alcohol, tobacco, and drugs in Chemung County since 2009. Our service area is that of the former ADAC/ADRC (Alcohol Drug Abuse Council of Chemung County/Alcoholism & Drug Rehab Clinic). Since taking over the Chemung County service area, Trinity of Chemung County has increased the amount of persons served dramatically. Currently, our clinic serves over 300 clients each month.

We are a private, nonprofit organization, that is licensed by the NYS Office of Alcoholism and Substance Abuse Services (OASAS) to provide addiction recovery and prevention services. The Agency is funded through county, state, and federal sources, as well as private grants, third-party reimbursement, and private-pay consumers.

Trinity is owned and administrated by CASA of Livingston County, also an OASAS certified organization which has been operating in Livingston County since 1975. Both CASA and Trinity are governed by a Board of Directors, selected from our service areas, who deliver a variety of functions. Our board members represent key contacts with community groups, agencies and stakeholders, they have; professional expertise, commitments to or experience with our clientele, and represent factors of our community's populations.

Trinity of Chemung County offers a variety of prevention and treatment services, many of which can be tailored to the individual needs of those seeking services. Our qualified staff is dedicated to providing services in a supportive, team structure.

Twin Tiers Breastfeeding Network

Jenn Rivers 607-742-7705

WIC (Women Infants and Children)

(607) 737-2039

103 Washington Street

P.O. Box 588

Elmira, NY 14902-0588

WIC stands for *Women, Infants & Children*.

*WIC saves you money on your food budget.

*WIC gives you or your child food checks every month.

*WIC supplements what you buy for your family

*WIC shows you how to be healthier and eat more healthy foods

*WIC helps you and your family find medical care and you can learn about other services in your community that might benefit you.

Wounded Healers' Bereavement Support Group, Inc.

607-796-2795

511 Westlake St

Horseheads, NY 14845

MONTHLY SUPPORT GROUP MEETING..... 2nd Tuesday of each month
(except August) 7:30 -9:00 PM St. Mary Our Mother School 811 Westlake
Street Horseheads, NY 14845 Phone: 607-796-2795

The Wounded Healers' Bereavement Support Group, Inc. is a not-for-profit,
501(c)3 organization that serves individuals, families, schools, hospitals, and
businesses.

The Wounded Healers' has been in existence since 1989 with its inception in
Auburn, NY and continuing service in the wider Finger Lakes area.

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