



SUNY OCC RESOURCE GUIDE

Information for resources
on and off campus



Counseling &
Community *Care* Hub

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REPORTING OPTIONS FOR URGENT SITUATIONS

TO REPORT AN ON-CAMPUS THREAT OR EMERGENCY: 315-498-2311

Call Campus Safety immediately.

For non-emergency issues and general safety questions, call 315-498-2478.

Campus Safety is located in the Service and Maintenance Building, room S119.

Website: <https://www.sunyocc.edu/campus-safety-and-security>

IF YOU WITNESS OR EXPERIENCE ON-CAMPUS SEXUAL ASSAULT, DATING VIOLENCE, OR STALKING

Refer to Title IX information located here and make a report: <https://www.sunyocc.edu/titleix>

REPORTING TIPS ON CRIMINAL ACTIVITY (ONONDAGA COUNTY)

Go to <https://sheriff.ongov.net/tip411> to complete an online anonymous tip to the Onondaga County Sheriff's Office. Or text: TIPONON to 847411. Must save/record the tip ID# assigned to your report to login, view feedback, and provide updated info to sheriff.

ONONDAGA COUNTY SHERIFF'S DEPARTMENT ABUSED PERSONS UNIT: 315-435-3092

Investigates all sex-related crimes, domestic violence, child abductions, child/infant deaths, missing persons reports, internet crimes, and maintains sex offender registry. Can call for victim assistance without first making a formal police report.

NYS SEXUAL ASSAULT AND DOMESTIC VIOLENCE HOTLINE: 800-942-6906

Or text 844-997-2121. Chat is also available:

<https://www.resourceconnect.com/nysdvsachat/chat>.

NATIONAL HUMAN TRAFFICKING RESOURCE CENTER: 888-373-7888

24/7 Hotline. Report situations regarding minors or adults revealing they are in forced, trapped, bonded situations of labor, domestic servitude, prostitution, drug dealing, forced marriage, etc. Call to make a report and get connected with a local service provider for the next step. Can also text 233733 or chat online: <https://humantraffickinghotline.org/en/chat>.

TITLE IX

WHAT IS TITLE IX?

Title IX is a 1972 federal law prohibiting discrimination on the basis of gender identity, sexual orientation, and pregnancy/parenting status in educational programs.

WHAT IS OCC'S POLICY?

Onondaga Community College is committed to fostering a campus community where individuals are treated with dignity and where allegations of sexual violence, domestic or dating violence, sexual harassment, and stalking are treated seriously and timely resolved. The College offers options, resource referral, support, and assistance to community members targeted by these acts so that they may continue to participate in campus programs and activities. The College also offers assistance with referral to public law enforcement and campus conduct processes.

Consistent with Title IX of the Education Amendments of 1972, Onondaga Community College does not discriminate on the basis of sex in its education programs and activities.

Website: <https://www.sunyocc.edu/titleix>

TITLE IX RESOURCES

ON-CAMPUS RESOURCES

Onondaga Community College Campus Safety & Security Department
Service & Maintenance Building
315-498-2311 (Emergency)
315-498-2478 (Non-emergency, general safety questions)

Counseling and Community Care Hub
Gordon Student Center, Room 230
315-498-2675
Free and confidential

Hailey Warren, Title IX Coordinator
Whitney Hall, Room 314
315-498-2613
h.warren@sunyocc.edu

OFF-CAMPUS RESOURCES

Call 911 for immediate access to police and emergency medical care.

Vera House for people experiencing domestic violence. Located at 723 James St, Syracuse.

24-hour line for sexual abuse/assault victims: 315-468-3260. Provides shelter services and counseling support for survivors of domestic abuse and sexual violence. Will also provide referrals to emergency rooms and healthcare services for examinations of sexual assaults.

Onondaga County Sheriff's Department Abused Person's Unit: 315-435-3092. You can call this number for victim assistance without having made a formal police report with any agency.

SUNY Sexual Assault & Violence Prevention Resources,
<https://system.suny.edu/university-life/sexual-assault-prevention/>

NYS Domestic and Sexual Violence Hotline: 1-800-942-6906.

Onondaga County District Attorney's Victim Assistance Program: 315-435-3916.

Dorothy Day House Women's Shelter: 315-476-0617.

Help People (Employee Assistance Program, employees only): 315-470-7447 or 1-800-777-6110. Confidential and free to call for links to services.

THE FOUR SCHOOLS OF OCC

SCHOOL OF ARTS, COMMUNICATION, BUSINESS, AND ENTREPRENEURSHIP: 315-498-7330

Whitney Applied Technology Center, Room 352

Email: Schoolofacbe@sunyocc.edu

Website: <https://www.sunyocc.edu/acbe>

SCHOOL OF HEALTH, WELLNESS, AND HUMAN SERVICES: 315-498-2458

Ferrante Hall, Room 262

Email: schoolofhwhs@sunyocc.edu

Website: <https://www.sunyocc.edu/hwhs>

SCHOOL OF LIBERAL ARTS AND SCIENCES: 315-498-7310

Mawhinney Hall, Room 282

Email: schooloflas@sunyocc.edu

Website: <https://www.sunyocc.edu/las>

SCHOOL OF TECHNOLOGY, ENGINEERING, AND COMPUTING: 315-498-7300

Whitney Applied Technology Center, Room 252

Email: schooloftec@sunyocc.edu

Website: <https://www.sunyocc.edu/tec>

ACADEMIC RESOURCES

CAREER AND TRANSFER SERVICES: 315-498-2585

Email: careerservices@sunyocc.edu

Reach out to the school of your degree program to speak with a career and transfer advisor.

OCC BOOKSTORE: 315-498-2246

Mawhinney Hall, Room 176

Box of Books program reduces the cost of textbooks by almost 50%. Reserve books online 2-4 weeks ahead of classes.

COULTER LIBRARY: 315-498-2334

Check out books, journals, movies, and music, as well as loaner laptops, calculators, webcams, etc.

Website: <https://www.sunyocc.edu/library>

STUDENT CENTRAL: 315-498-2000

Gordon Student Center Atrium

Assist with class schedule information, student accounts, financial aid, registration, transcripts, etc.

ENGLISH LANGUAGE INSTITUTE: 315-498-2884

Gordon Student Center, Room 202

Multiple levels of language instruction support to help English language learners.

Website: <https://www.sunyocc.edu/eli>

LAZER SUCCESS

User-friendly online platform to connect students, professors, navigators, and campus resources.

Website: <https://www.sunyocc.edu/lazersuccess>

MORE ACADEMIC RESOURCES

TESTING SERVICES: 315-498-2507

Coulter Hall, Room 103

Provides testing location for students with disabilities who are registered with the Office of Accessibility Resources (OAR). Also provides CLEP exams for students who attended high school in other countries.

INTERNATIONAL STUDENT SERVICES

Assists with F1 Visa status, changes, travel, health insurance, on-campus employment, internship authorizations, college transfers, filing for driver's licenses, ID, and social security numbers.

Website: <https://www.sunyocc.edu/international-student-services>

OFFICE OF ACCESSIBILITY RESOURCES (OAR): 315-498-2245

Coulter Hall, Room 104

Provides accommodations for documented learning disabilities, mental/behavioral disabilities, and mobility or other health challenges. Also connects students with ACCES-VR for vocational and independent living program services.

Website: www.sunyocc.edu/accessibility-resources

THE LEARNING CENTER: 315-498-2103

Gordon Student Center, Room 202

Provides free online and in-person tutoring. Students can make up to 2 appointments per week per course. Tutoring is available for specific subject areas, study skills, test taking skills, and writing support. <https://www.sunyocc.edu/learningcenter>

After-hours tutoring is also available through STAR-NY on Sunday-Thursday nights, 7pm-midnight on a walk-in basis without an appointment.

>Go to STAR-NY website: https://www.starny.org/tutoring_schedule

>Click the "Request a Tutor" button on the page

>Login with your OCC credentials

>Meet live with a tutor

OPPORTUNITY PROGRAMS

ADVANCING ACCESS IN ASSOCIATE PATHWAYS (ASAP): 315-498-2352

Coulter Hall

For full-time students in an approved major who currently have fewer than 21 college credits (not including credits in high school). Student must apply and qualify for at least \$1 of federal Pell or NYS grant aid (TAP or Excelsior).

Website: <https://www.sunyocc.edu/asap>

COLLEGIATE SCIENCE & TECHNOLOGY ENTRY PROGRAM (CSTEP): 315-498-2352

Coulter Hall, Room 214

For full-time registered who are under-represented ethnic groups and/or are economically disadvantaged students in the Science, Technology, Engineering, and Math (STEM) fields, as well as licensed professional Human Services and Health Careers. Programs include summer courses, corporate field trips, 4-year college visits, tutoring, and career skill development.

Website: <https://www.sunyocc.edu/cstep>

EDUCATIONAL OPPORTUNITY PROGRAM (EOP): 315-498-2352

Coulter Hall, Room 214

Must be a first semester full-time student, a NYS resident for the last 12 months, and educationally disadvantaged and low-income.

Website: www.sunyocc.edu/eop

TRIO/STUDENT SUPPORT SERVICES (SSS): 315-498-2352

Coulter Hall, Room 214

Must be a US citizen or a permanent resident and first generation student (neither parent completed a Bachelor's degree), low-income, or having a documented disability with the OAR office.

Website: www.sunyocc.edu/sss-trio

CONCERNED ABOUT A STUDENT?

ACADEMIC CONCERNS

Go to Lazer Success on the webpage to note a concern for a student to receive assistance. Website: www.sunyocc.edu/lazersuccess

STUDENTS IN DISTRESS

Submit a WeCARE referral online at <https://www.sunyocc.edu/concerned-about-student>. The WeCARE team reviews these reports and takes appropriate action to ensure the student's well-being, the community's safety, and the student's success.

*If you are concerned about an immediate threat or act of self-harm, please contact the Office of Campus Safety at 315-498-2311.

WHAT CAN YOU DO?

Information from the Counseling and Community Care Hub:

A student in distress may exhibit a variety of behaviors that indicate they are struggling:

- >Sudden changes in personality such as withdrawing or being overly emotional.
- >Uncharacteristic changes in attendance or quality of work.
- >Disruptive behaviors making teaching difficult.
- >Sudden changes in personal appearance or hygiene.
- >Lack of concentration.
- >Verbal or written expression of feeling hopeless or unable to cope.
- >Verbal or written threats of suicide, homicide, or self-harm.
- >Visible signs of physical distress such as bruising, abrasions, or cutting.
- >Obvious signs a student may be under the influence of drugs and/or alcohol.

Student-In-Crisis Protocol:

- >When a student's thoughts, emotions, or behaviors put themselves or others at risk, contact Campus Safety at 315-498-2311.
- >We welcome staff and faculty to consult with a counselor regarding how our services can assist with specific situations.
- >By working together, we can provide students with the support they need and empower them to make positive strides in overcoming challenges.

HOW YOU CAN HELP A STUDENT IN DISTRESS

WHAT YOU CAN DO

- >Do a “check-in” with students; ask how they are doing.
- >Promote open dialog about counseling as a valuable resource for addressing various personal challenges, aiming to reduce the stigma associated with seeking assistance.
- >Display informational materials about counseling services and crisis hotlines in classrooms and include them in course syllabi for awareness and easy access.
- >Provide students with contact information for the Counseling Center and offer assistance in scheduling appointments if needed.
- >Displaying empathy and fostering personal connections can significantly encourage students to seek additional support.

CLASSROOM MANAGEMENT

- >Concerned about a student?
- >For behavioral concerns, refer to classroom management response guide flowchart.
- >Please review and follow the classroom management response guide before submitting referral to Student Conduct.

OTHER RESOURCES

College Catalog, Academic Rules and Policies: <http://catalog.sunyocc.edu/>

Office of Students’ Rights, Gordon Student Center, Room 130, 315-498-2351

Student Rights’ and Responsibilities: <https://www.sunyocc.edu/students-rights-responsibilities>

Students’ Bill of Rights: <https://www.sunyocc.edu/office-students-rights/students-bill-rights>

HELPFUL CAMPUS RESOURCES

COUNSELING AND COMMUNITY CARE HUB: 315-498-2675

Gordon Student Center, Room 230

Office provides free short-term, solution-focused counseling for currently enrolled students, as well as case management and a food pantry. Office is open Monday-Friday, 8:30 AM-4:30 PM.

Website: <https://www.sunyocc.edu/counseling>

LAZER CARD: 315-498-2270

Gordon Student Center, Student Central

Used for both on-campus and off-campus purchases. Payments are withdrawn from the "Other" category on the account. Funds can be added by the student or a guest using the NetCardManager.

On Campus Use: The dining hall in the Gordon Student Center, Mawhinney dining location, and coffee bar areas, laundry facilities in the residence halls, vending machines on campus, Bookstore. Visit website for most up to date list of off-campus options.

Lost Lazer Card replacement fee is \$15.

Website: <https://www.sunyocc.edu/lazer-cards>

LOST AND FOUND: 315-498-2478

Call Campus Safety to see if the missing item has been turned in. They maintain a database of lost and found items. If you find an item that isn't yours, Campus Safety will also meet you to pick it up, document, and try to find the owner. Students are encouraged to keep a record of all personal property, especially electronics (i.e. record the serial numbers.) Detailed descriptions help Campus Safety locate the lost property and return it to the correct owner more quickly.

Website (includes link for personal property inventory form): <https://www.sunyocc.edu/campus-safety/lost-found>

Lost Dorm Keys: Report ASAP to Residence Life office, Gordon Student Center, Room 130, 315-498-2348, or email: reslife@sunyocc.edu

MORE HELPFUL CAMPUS RESOURCES

UPDATING PHONE NUMBER/ADDRESS

Website: <https://www.sunyocc.edu/updateyournumber>

UPDATING PHONE, NAME, OR PRONOUNS

- >Log in to MyOCC at <https://selfservice.sunyocc.edu/student>
- >Go to User Profile (click on your username in the top right corner of the screen)
- >Click on the "Edit Personal Identity" button
- >Enter your chosen name and/or pronouns, then SAVE.
- >Questions: Dean of Students at s.m.schuhert@sunyocc.edu

QUIET SPACES ON CAMPUS

Interfaith Meditation Room, Whitney Hall, Room 305

For students of diverse religious and non-religious backgrounds who want a space for meditation, self-reflection, and to engage in individual or group spiritual practice. Items from 3 faith traditions available for use: Christianity/Catholicism, Judaism, Islam. Room is open whenever the Whitney Building is open.

Quiet Contemplation Room, Coulter Hall, Room 140D

An inclusive student space to re-center, pray, or meditate.

Monday–Thursday 8:30 AM–7:30 PM, Friday 8:30 AM–4:00 PM. Visit 1st floor desk for room checkout.

Coulter Library Building

Quiet enclaves for reading, studying, relaxing.

Hours: Monday–Thursday 8:30 AM–8:00 PM

Check OCC website for updated weekend hours or call 315–498–2334, as Library is sometimes closed for part or all of certain weekends (<http://library.sunyocc.edu>).

SCHOLARSHIPS

Link for OCC Foundation Scholarship application as well as other non-OCC grant and scholarship options. *OCC Foundation scholarship application must be submitted PRIOR to the start of each semester.

Website: <https://www.sunyocc.edu/scholarships>

SOCIAL/RECREATIONAL RESOURCES

SOLE (STUDENT ORIENTATION, LEADERSHIP, AND ENGAGEMENT): 315-498-2762

Gordon Student Center, Room 114

Oversees Student Government Association and Lazer Lounge. List of student clubs is available on website: www.sunyocc.edu/sole

EXTRAORDINARY MEN OF DISTINCTION, EXTRAORDINARY WOMEN OF DISTINCTION: 315-498-2565

Coulter Hall, Room 110

Sponsored by the Meg O'Connell Center for Social Justice and Community Impact to develop leadership and community involvement skills. Students participate in social justice and other philanthropic endeavors and attend alumni presentations (role models for productive careers and volunteerism).

Website: www.sunyocc.edu/diversity-services

PHI THETA KAPPA: 315-498-2490

Coulter Hall, Room 204

The official international honor society of two-year colleges. Mission: to recognize and encourage the academic achievements of two-year college students, and to provide opportunities for individual growth through participation in scholarship, leadership, fellowship, and service.

Website: <https://www.sunyocc.edu/ptk>

ATHLETICS, INTRAMURALS: 315-498-2097

Allyn Hall, Room 101

>Men's team sports: baseball, basketball, cross-country, track & field, soccer, golf, lacrosse.

>Women's team sports: softball, basketball, cross-country, track & field, soccer, golf, lacrosse, volleyball, cheerleading.

>Co-ed: E-sports (competitive video games)

Website: <https://onondagalazers.com>

SOUTHWEST YMCA: 315-498-2699

Membership fee included with the OCC Student Health/Recreation Fee.

Website: <https://www.sunyocc.edu/southwest-ymca>

CHILD CARE RESOURCES

CHILDREN'S LEARNING CENTER: 315-498-2346

Ferrante Hall, Second Floor, Room 200

Hours: 7:30am-5:30pm

Ages: 6 weeks through 5 years old

Affordable & accessible childcare to the children of OCC students, OCC employees, and general community members. Drop-in care is not available.

Apply online: <https://www.sunyocc.edu/childrens-learning-center>

CHILD CARE SOLUTIONS CNY: 315-446-1220

Provides referrals to childcare providers and programs regulated by New York State in Onondaga and Cayuga Counties, learn about payment options for childcare, and other helpful parent resources by speaking with a Parent Services Expert.

PEACE, INC: 315-470-3300

Early Head Start serves infants & toddlers up to age 3 and pregnant women. Head Start serves children ages 3-5; high quality individualized educational programming to prepare children and families for kindergarten.

Website: <https://www.peace-caa.org/programs/hs/>

Early Head Start program: 315-470-3346 ext 303, 343, or 348

Email: hs-ehs@peace-caa.org

NYS OFFICE OF CHILDREN AND FAMILY SERVICES

Statewide list of regulated childcare providers in New York State.

Website: <https://ocfs.ny.gov/main/>

ONONDAGA COUNTY CHILD CARE ASSISTANCE PROGRAM: 315-435-5683

Child Care Funding is available. Visit website for eligibility requirements and to submit an application.

Website: <https://onondaga.gov/dss/childcare/apply/>

YMCA OF CENTRAL NEW YORK

Services range from full day childcare for 6 weeks to 5 years old, preschool programs, and child watch during the times that members are using the gym facilities. There are also 21 elementary school sites providing afterschool programs. Multiple YMCA locations. Website: www.ymca.org

CLOTHING/FOOD RESOURCES

COMMUNITY CARE HUB CLOTHING DONATIONS

Hallway near Gordon Student Center Room 230.
Maintains a clothing rack of donated, used items.

PARENT AND ADULT LEARNER SUITE (PALS)

Mawhinney Hall, Room 186
Children's clothing exchange (main room, front cabinet).

CAREER AND TRANSFER SERVICES/CAREER CLOSET

Mawhinney Hall, Room 182
Stop by to pick out free professional clothes for graduation, a job interview, internship, or new job.

COMMUNITY CARE HUB FOOD PANTRY: 315-498-2675

Gordon Hall, Room 230
Short-term assistance with food, personal care items, meal vouchers, and pantry items, referrals for other community services, supportive case management.

DINING AND VENDING MACHINES: 315-497-2267

American Dining Creations is located in Gordon Student Center Cafeteria.
Call or visit website: <https://www.sunyocc.edu/dining-services> for questions about meal plans, special dietary needs, or vending machine problems.

GRUBHUB

Download the app and add Onondaga Community College as your school to receive a \$10 discount by email, unlimited free delivery, and more exclusive perks.

OFF-CAMPUS LAZER CARD VENDORS

Website: <https://www.sunyocc.edu/where-use-your-lazer-card>

OFF-CAMPUS FOOD RESOURCES

FOOD BANK OF CNY: 315-437-1899

Assistance with SNAP applications, list of service area food pantries. For summer food service for schoolchildren, call 866-348-6479 for the USDA hotline or text the word "food" to 877-877 for free meal finder list, or go to www.nokidhungry.org/help for free meal finder list.

FOOD \$EN\$E

Monthly food buying co-op for anyone who wants to stretch their grocery dollars. Provides a monthly box of 12-15 staple grocery items at a discounted price. There are no qualifications, no subscriptions, and no requirements to participate in Food \$en\$e. List of pickup locations are available on website: <https://foodsense.foodbankcny.org/>

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP, FORMERLY KNOWN AS FOOD STAMPS): 315-435-2985

Assistance benefits are based on household size, income, assets, and several other factors to determine eligibility. Application is available on website: <https://onondaga.gov/dss/>

MEALS ON WHEELS OF SYRACUSE: 315-478-5948

300 Burt St., Syracuse, 13202

A meal service for those whose level of functioning prevents them from shopping or cooking for themselves, no age or income restrictions for private-pay plans. Program and pay options vary depending on age, medical concerns, and living situation.

WOMEN, INFANTS, AND CHILDREN (WIC): 315-435-3304

307 Gifford St., Syracuse, 13204.

These programs are available for low-income unemployed and employed families; income guidelines determine eligibility. There are also WIC clinics in Camillus, Lafayette, Liverpool, the Onondaga Nation, and Syracuse north side. For online application: www.wicstrong.com

SUMMER FOOD SERVICE PROGRAM FOR CHILDREN 18 AND UNDER

Website: <https://www.fns.usda.gov/summer/sunmeals>

HOUSING RESOURCES

COMMUNITY CARE HUB: 315-498-2675

Gordon Student Center, Room 230

Case management assistance for students experiencing housing instability.

EMERGENCY SHELTER: 211

All emergency shelter access in Onondaga County is coordinated via the CNY 2-1-1 Help Center. To reach by cellphone: call 2-1-1, then follow the prompt to find Onondaga County, press 4, then "homeless, in need of emergency housing."

ACR HEALTH: 315-475-2430

This is a Rapid Rehousing program for homeless LGBTQ+ youth between the ages of 18-24 at ACR. Must be homeless for one night (meaning able to document being at a shelter for one night from what the agency has told the community). Assistance with housing cost: total assistance at first and then gradually increase the individual's responsibility to increase their independence. They also aid with additional resources such as education and case management.

Website: <https://www.acrhealth.org/youth-programs/youth-housing/>

ARISE INC: 315-671-2924

Provides support and housing to anyone with a disability, including substance use disorder, counseling, and resume building coaches help get you on the right track for employment, as well as referral to other services.

Website: <https://www.ariseinc.org/>

CHADWICK RESIDENCE AND SUPPORTED APARTMENTS: 315-376-6554

335 Valley Dr. Syracuse, NY 13207

Housing for women ages 16+ who HUD documented homeless, as well as women who have up to two children age 7 years or younger. Residents must also have a documented disability. Families in supported apartments can have older children.

Website: <https://www.chadwickresidence.org/>

MORE HOUSING RESOURCES

CATHOLIC CHARITIES OF ONONDAGA COUNTY

Relocation assistance for homeless and housing vulnerable individuals and families: 315-475-3807

262 East Onondaga St. Syracuse, NY 13204

If someone needs immediate assistance, they can utilize this program and will be evaluated for needs and assessed for which housing program is most appropriate.

Permanent supportive housing program office: 315-671-4221

1654 W. Onondaga St. Syracuse, NY 13204

Rapid rehousing/subsidy program for those who are chronically homeless (been homeless for over a year or have been homeless for a total of 12 months within 3 years). Need to be referred to program, cannot self-refer. There is a list and getting into this program is not always immediate.

Emergency Shelter for Men: 315-423-9137 1074

S. Clinton St. Syracuse, NY 13202

For males over 24 years old, must have a referral from DSS/211

CHRISTOPHER COMMUNITY INC: 315-424-1821

990 James St, Syracuse, NY 13203

For families there is a waiting list. The application must be faxed or e-mailed over.

For seniors, go to the website for application.

Provides senior and family housing throughout Upstate NY, including Veteran's Affairs Subsidized Housing Vouchers.

Website: www.christopher-community.org

CNY FAIR HOUSING: 315-471-0420

James St. suite 200, Syracuse, NY 13203

Provides advocacy and free legal advice and services for housing and discriminatory violations.

Website: www.cnyfairhousing.org

HOUSING VISIONS INC: 315-472-3820

1201 E. Fayette St. Suite 22, Syracuse, NY 13210

Provides affordable apartments. Multiple apartment buildings around CNY. Check website to request an application.

Website: www.housingvisions.org

MORE HOUSING RESOURCES

RESCUE MISSION: 315-372-2324

Men and Women 18+ mobile unit homeless outreach service, day center and homeless shelters.

Crossroads Adult Home: permanent residence, supportive living service. Referrals can be obtained from DSS/2-1-1.

SALVATION ARMY RESIDENTIAL SERVICES: 315-479-1157

Adult and youth shelters, Housing Assistance and Life Skills Education (HALE) program.

Website: www.sasyr.org

SALVATION ARMY WOMEN'S SHELTER: 315-472-0947

664 W Onondaga St, Syracuse, NY 13204

18+ women only, no children, must be homeless. Referral from DSS/211. Have to have a mental health diagnosis, have a substance use disorder, or are leaving a domestic violence situation.

SALVATION ARMY EMERGENCY FAMILY SHELTER: 315-475-1322

749 S. Warren St., Syracuse, NY 13202

Men, women, and children allowed. Referral from DSS/211. Will also accept pregnant people.

SALVATION ARMY BARNABAS SHELTER: 315-475-9744

3624 Midland Ave, Syracuse, NY 13205

Co-ed facility for young adults age 18-24. Can stay in shelter for 2-4 weeks and there is no cost.

SALVATION ARMY BARNABAS APARTMENTS: 315-475-9744

3624 Midland Ave, Syracuse, NY 13205

Apartments for homeless youth and young adults age 16-21. They can stay in the apartments for up to 18 months. This program is free.

MORE HOUSING RESOURCES

STATE STREET APARTMENTS: 315-475-7663

1480 State St. Syracuse, NY 13202

Ages 18-25 with a mental health diagnosis, S.P.O.A. referral and/or a shelter referral.

This is Permanent housing but you must be homeless. Offers case management services, independent skills training, social group support, and educational/recreational activities to build independence.

VERA HOUSE: 315-468-3260

Shelter for those seeking help regarding domestic violence situations. Address is concealed until you are escorted to the shelter after an interview for the safety and security of those seeking refuge from their abusers.

No waiting list, call the hotline, they will help to find another shelter if full.

Women and children allowed, now accepting men who meet the requirements.

Age 16+ children must be accompanied by an adult.

No referral processes.

Counseling offered, crisis support center, help to find support groups near you.

Serves all populations.

HEALTHCARE RESOURCES

COMMUNITY CARE HUB: 315-498-2801

For connection to community partners, on campus tabling schedule, and enrollment assistance.

OFF-CAMPUS ENROLLMENT ASSISTANCE

Fidelis Care and eligibility for other managed Medicaid plan options:
888-343-3547

United Health Care, Medicaid, Essential Plan, Child Health Plus: 315-415-9676

NEW YORK STATE OF HEALTH, OFFICIAL HEALTHCARE MARKETPLACE

Local help available. Assistors and Brokers are certified experts who provide application and enrollment assistance to individuals, families, and small businesses through NY State of Health.

Website: <https://nystateofhealth.ny.gov/individual/>

SYRACUSE COMMUNITY HEALTH: 315-234-5996

139 OCC Dr. S, Residence Hall C

Hours: 10 AM-6 PM Monday-Friday.

Primary care and quick care.

Other locations:

819 S. Salina St: Quick Care Clinic, behavioral health, urgent dental health, and pharmacy.

930 S. Salina St: Adult and pediatric medicine and routine dental health.

SCH West: 603 Oswego St Syracuse NY 13204, 315-424-0800

SCH East: 1938 E. Fayette St Syracuse NY 13210, 315-474-4077

Website: <https://syracusecommunityhealth.org>

UPSTATE COMMUNITY HOSPITAL EMERGENCY ROOM: 315-492-5535

4900 Broad Rd, Syracuse, NY 13215

MORE OFF-CAMPUS HEALTHCARE RESOURCES

RAHMA HEALTH CLINIC: 315-565-5667

3100 S. Salina St, Syracuse, NY 13205

By appointment only. Serves those who do not have insurance, are under-insured, or are under-served communities.

Website: <https://rahmafreeclinic.com/our-services>

CHRISTIAN HEALTH SERVICE OF SYRACUSE: 315-433-9999

3200 Burnet Ave, Syracuse, 13206

Provides affordable health services, online language translation available

Website: <https://www.chsos.org/>

LIBERTY RESOURCES INTEGRATED HEALTH CARE: 315-472-4471

1045 James St, Syracuse NY 13203

Provides primary care, mental health counseling, medication management, substance use disorder treatment, peer services, and care management to individuals and families.

Website: www.liberty-resources.org

UPSTATE ORTHOPEDICS – ORTHONOW!: 855-678-4666

6620 Fly Rd, East Syracuse, NY 13057 (Upstate Bone and Joint Center)

For immediate treatment of sprains and strains, minor fractures and dislocations, sports-related injuries, and injuries that do not require stitches.

Hours: Monday-Friday 5:00 PM – 8:30 PM, Saturday 9:00 AM – 2:30 PM

Website: <https://www.upstateorthopedics.com/urgent-walk-in-care/orthonow>

SEXUAL AND REPRODUCTIVE HEALTHCARE RESOURCES

COUNSELING AND COMMUNITY CARE HUB: 315-498-2675

Gordon Student Center, Room 230

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

SYRACUSE COMMUNITY HEALTH (ON-CAMPUS): 315-476-7921

139 OCC Dr. S, Residence Hall C

Hours: 10 AM-6 PM, Monday-Friday

PLANNED PARENTHOOD: 866-600-6886

1120 E. Genesee St., Syracuse, NY 13210

Provides birth control, emergency contraception, STD testing & treatment, pregnancy testing and planning, pregnancy terminations, prenatal and postnatal care, wellness/preventive medical testing, gender-affirming services, vaccines, and counseling for reproductive health concerns.

Book online at <https://www.plannedparenthood.org/health-center/new-york/syracuse/13210/syracuse-health-center-2471-91040>

ACR HEALTH COMPREHENSIVE ADOLESCENT PREGNANCY PREVENTION (CAPP): 315-475-6041

617 W. Genesee St., Syracuse, NY 13204

Provides safer sex supplies, pregnancy prevention education. Provides on-site STI and rapid HIV testing, call 315-898-2436 for appt.

Website: <https://www.acrhealth.org/youth-programs/capp/>

ACR HEALTH Q CENTER: 315-475-2430

617 West Genesee St, Syracuse, NY 13204

Case management services are available for LGBTQ+ youth who need assistance with housing, advocacy, medical care, mental health services, transportation, identity documents, and other issues. Also offers support groups and LGBTQ-Affirming HIV/STD Testing.

Website: <https://www.acrhealth.org/youth-programs/q-centers/>

MORE SEXUAL AND REPRODUCTIVE HEALTHCARE RESOURCES

WILLOW NETWORK (FORMERLY CARENET): 315-284-6151

Multiple locations around NYS. Liverpool office has closed.

Free and confidential pregnancy testing, options counseling, referrals for ultrasound services, STI testing and treatment provided on-site via Next Step medical testing, and pregnancy loss support. In-person & virtual parenting classes (including court-ordered). Other sites: Boonville, Camden, Ilion, Morrisville, Oneida, Rome, and Utica.

Website: <https://www.willownetwork.org/>

REACH CNY CAPP: 315-424-0009

1010 James St, Syracuse NY 13203

A member of the [Association of Perinatal Network of NY, Inc.](#), which works to improve perinatal, maternal, and child health throughout New York State, and to support the work of the individual Perinatal Networks. Provides safer sex supplies and assistance with setting up and getting to needed health care appointments. Also offers pregnancy, STD, and HIV preventions programs and youth development programs.

Website: <https://www.reachcny.org/what-we-do/youth-development/quest-youth-development-and-leadership/comprehensive-adolescent-pregnancy-prevention.html>

NEW HOPE FAMILY SERVICES: 315-437-8300

3519 James St., Syracuse, NY 13206

Provides pregnancy testing, including ultrasounds, and options counseling.

Website: www.newhopefamilyservices.com, contains an online chat link.

ONONDAGA COUNTY HEALTH DEPARTMENT SEXUAL WELLNESS CENTER: 315-435-3236

*John H. Mulroy Civic Center, 421 Montgomery Street, Room 80 (Basement level),
Syracuse, NY 13202*

Sees patients on a walk-in basis but appointments are also available. Offers STI testing, contraceptive services, and PrEP.

Website: <http://www.ongov.net/health/sexualwellness.html>

MORE SEXUAL AND REPRODUCTIVE HEALTHCARE RESOURCES

UPSTATE UNIVERSITY HOSPITAL PRE-EXPOSURE PROPHYLAXIS (PREP)

PROGRAM: 315-464-5533

Nappi Wellness Center, 725 E Adams St, Syracuse, NY 13210

Provides pre- and post-STD exposure preventive measures: condoms/lube, STI/HIV testing, and medication for those at risk. Facilitates referral to both Primary Care at Upstate Inclusive Health Services and Pediatric Primary Care (age 13-24 years) as appropriate.

SYRACUSE COMMUNITY CONNECTIONS: 315-474-6823

401 South Ave, Syracuse, NY 13204

JEWELS (Joyfully Empowering Women through Everyday Life Situations): for young BIPOC women who may be at high risk for contracting HIV/other STIs.

FACES (Facing Adversity in our Community through Education and Support): An HIV/STI prevention program encouraging condom use and improving condom negotiation skills. Also offers support programs for those who have HIV.

SANOFKA REPRODUCTIVE HEALTH AND HEALING CENTER: 315-920-2787

2323 S Salina St, Syracuse, NY 13205

Provides comprehensive pregnancy, birthing, reproductive health care, yoga, and wellness-focused support for BIPOC families in Central NY.

Website: www.sankofaheals.com

EMPLOYMENT RESOURCES

ON-CAMPUS WORK STUDY JOBS

This is part-time employment on campus. Students must be eligible according to Financial Aid criteria and must be enrolled in 6 or more credits. Students can check in with Financial Aid regarding possible eligibility: 315-498-2000.

Students who do not qualify for work-study may still be able to work on campus with American Dining Creations, Barnes & Noble Bookstore, Campus Safety, YMCA, the Learning Center, and the Recruitment Office. However, these positions are very limited, and not always available.

PEACE, INC WORKFORCE PREPARATION: 315-849-7019

Early Childhood Career Pathways Program for those interested in a career in early childhood education. Email: workforcedevelopment@peace-caa.org

CENTER FOR COMMUNITY ALTERNATIVES: 315-422-5638

115 E Jefferson St., Suite 200, Syracuse, NY 13202

Offers community-based workforce programs that train justice system-involved individuals to find and keep gainful employment by connecting them to educational/vocational training and job placements.

ACR HEALTH EMPLOYMENT PROGRAM: 315-475-2430

627 W Genesee St, Syracuse, NY 13204

Job readiness assessment, job placement, enrolling in GED, educational and vocational programs, skill building/technical support, post-employment support. Also have social support/life skills groups for LGBTQ+ youth, including how to get a job, as well as case management to help with finding employment. Case management includes Onondaga County and Oswego County.

Website: <https://www.acrhealth.org/support-services/employment/>

ACCES-VR: 315-428-4179

333 E. Washington St., Syracuse, 13202 Rm #230

Assisting individuals with disabilities to achieve and maintain employment and to connect with independent living resources statewide.

Website: www.acces.nysed.gov/vr

MORE EMPLOYMENT RESOURCES

SPANISH ACTION LEAGUE CAREER SERVICES: 315-475-6153

700 Oswego St., Syracuse NY 13204

Offers resume and cover letter preparation, interview skills workshop, OSHA training certification, career counseling, and job search assistance for Spanish-primary language job seekers. For employers: provides recruitment assistance, interpretation, and translation services.

Website: <https://laligacny.org/services/workforce-development/>

NATIVE AMERICAN COMMUNITY SERVICES: 315-322-8754

Promotes workforce and self-employment development for non-reservation Native Americans. Can provide funding for student expenses not covered by financial aid. Syracuse Office located at CNY Works.

Website: www.nacswny.org

ONONDAGA SMALL BUSINESS DEVELOPMENT CENTER: 315-498-6070

Mulroy Hall, room 407A

Email: sbdc@sunyocc.edu

Offers free consultations to local start-ups and existing small businesses with service locations in 8 counties: Cayuga, Cortland, Jefferson, Lewis, Madison, Onondaga, Oswego, and Seneca.

Website: <https://www.northcentralsbdc.org/>

NEW YORK SMALL BUSINESS DEVELOPMENT CORPORATION: 800-732-7232

A network of 20 campus-based centers and outreach offices across New York State.

Provides business advising sessions in several languages. Free and confidential consultations. To make an on-line appointment, go to www.nysbdc.org

CNY WORKS: 315-473-8250

960 James St. 1st Floor, Syracuse, NY 13203

To register at CNY Works: attend an orientation during which you will complete a customer registration packet and be provided with an overview of services. Go to website www.cnyworks.com to fill out the [Customer Registration Form](#) and bring it with you along with a current resume and a form of identification.

FINANCIAL RESOURCES

OCC FINANCIAL AID SERVICE CENTER: 315-498-2000

Student Central Counter (Gordon Student Center Atrium)

Email: occinfo@sunyocc.edu

Staff are dedicated to helping students to navigate the financial aid process, complete the FAFSA and TAP applications, financial aid verification, determine federal and state aid eligibility, and apply for loans and scholarships.

SYRACUSE FINANCIAL EMPOWERMENT CENTER: 315-474-1939

625 Erie Blvd West Suite 100, Syracuse, NY, 13204

Free financial counseling on subjects such as goal setting, reducing debt, increasing savings, building credit, student loans, tax relief, banking, home foreclosure prevention.

Website: <https://www.syr.gov/Departments/NBD/Syracuse-FEC>

COMMUNITY BANK SPECIAL PURPOSE CREDIT PROGRAM: 315-288-2005

5966 State Rte. 31, Cicero, 13039

Offers 100% financing, no down payment required, no closing costs, and waived mortgage fees. This program helps current homeowners near the Syracuse city center to upgrade or refinance their homes, and to help prospective buyers achieve the dream of homeownership. Program is offered once per year.

AMERICU CREDIT UNION: 315-356-3000

There are 20 locations throughout central and northern NYS. Offers financial wellness seminars on banking and money basics, building and understanding credit, educational funding/scholarships, understanding financial fraud and investment concepts, budgeting, and money management. Offers free banking memberships.

Website: www.americu.org

REFUGEE AND IMMIGRANT SELF-EMPOWERMENT: 315-214-4480

302 Burt St, Syracuse, NY 13202

For international-origin individuals pending U.S. citizenship (less than 5 years residency). The Individual Development Account Program helps with home and vehicle purchases, business start-ups, vocational, and higher education options.

Website: <https://refugeeandimmigrant.org>

TAX PREPARATION RESOURCES

PEACE, INC: 315-634-3756

Free tax preparation for low/moderate income households. Based on total household income, changes each year. Interpreter services can be arranged as needed. By appointment only. Year-round program.

Website: <https://www.peace-caa.org/programs/taxes/>

IRS VOLUNTEER INCOME TAX ASSISTANCE (VITA): 800-906-9887

Offers free tax preparation for low-income households, those with disabilities, and those who speak limited English.

Website: <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)

Foundation Tax-Aide Volunteers do free tax return preparation at various locations. Free to anyone regardless of age, do not have to be an AARP member.

Website: <https://www.aarp.org/money/taxes/aarp-taxaide/locations/>

LEGAL RESOURCES

*The Community Care Hub (Gordon Student Center, Room 230) can provide a space for on-campus legal appointments if needed: 315-498-2801 or email: communitycare@sunyocc.edu

VOLUNTEER LAWYERS PROJECT OF CNY: 315-471-3409

221 S Warren St, Suite 200, Syracuse NY 13202

Assists with a range of civil legal issues including Family Legal Support, Housing and Homeless Advocacy, Elder Law, Economic development, Veterans, Immigration, LGBTQ Rights. Also run the 5th Judicial Help Center, located at 401 Montgomery St, Syracuse, on the 5th floor. This location offers a free legal library to print, scan, and fax documents, and free legal advice from an on-site attorney Wednesdays between 9:30-11:30 AM. 5th Judicial Help Center: 315-671-1144.

Virtual court access is also available by appointment for city court if needed. Call 315-671-4699 for an appointment.

Online intake: <https://vlpcny.org/index.php/intake/>

HISCOCK LEGAL AID SOCIETY: 315-422-8191

351 S Warren St, Syracuse NY 13202

Provides legal representation for civil cases, family court, immigration, appeals (criminal convictions, family court judgments), parole revocation hearings, extraditions to other states.

Website: <https://www.hlalaw.org/>

LEGAL SERVICES OF CNY: 315-703-6500

221 S. Warren St, Suite 300, Syracuse, NY 13202

Serves a 13-county region of upstate NY: Broome, Cayuga, Chenango, Cortland, Delaware, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Otsego, and Oswego. Interpreters are available.

Website: <https://www.lscny.org/> for online application and locations.

CNY LEGAL HELPLINE FOR URGENT LEGAL MATTERS: 877-777-6152

If you have a court date or hearing of any kind that is already scheduled, or you are in receipt of court papers or a letter from an attorney, or have a legal emergency including anything relating to threat of eviction, utility shut-off, or domestic violence development, please call immediately and follow the prompts. Interpreters available.

MORE LEGAL RESOURCES

ONONDAGA COUNTY DISTRICT ATTORNEY'S VICTIM ASSISTANCE PROGRAM (VAP): 315-435-3916

505 S. State St, 4th floor, Syracuse, NY 13202

Provides general and emotional support services to victims and their family members: information and reminders regarding court dates and other appointments, help in initiating the return of confiscated property, court accompaniment, updates on status of cases to victims, assistance with victim impact and parole hearing statements, and assistance to victims in filing for NYS Office of Victim Services Compensation for medical, counseling, funeral, loss of support, loss of wages and/or court transportation costs. Website includes link to view Victims' Bill of Rights (Spanish version also available).

Website: <https://da.ongov.net/victims-assistance-program/>

LAWHELP.ORG

LawHelp.org was created to help people without lawyers understand their rights, make informed decisions, and connect to help in your local community.

LawHelp.org provides referrals to nonprofit legal aid organizations in every state and territory, free legal rights resources, court forms, and self-advocacy tools to find pro-bono (free) or low-cost legal aid in NYS and other states.

Website: <https://www.lawhelp.org/>

VIRTUAL COURT ACCESS PROGRAM: 315-671-4699

Program goal is to provide safe and private locations where community members can connect with the Courts via computer when they need to. Locations include several libraries in Syracuse, as well as LaFayette, Camillus, Baldwinsville, Watertown, Old Forge, and Pheonix. You must have the information about your scheduled court date with you, including the date, time, and which court you have to appear in. You will then be scheduled for a location that is most convenient for you. Translation services are available. For complete listing of Onondaga County and other county locations, google "Virtual Access to the Courts."

Email: 5thVirtualCourtAccess@nycourts.gov

MENTAL HEALTH RESOURCES

OCC COUNSELING CENTER: 315-498-2675

Gordon Student Center, Room 230

Monday-Friday 8:30-4:30

Short-term, solution-based personal and mental health counseling, support groups, referrals for long-term counseling, and telepsychiatry referrals to Upstate University Hospital for evaluation and medication management.

After Hours: main phone automatically turns over to Contact Community Services.

24-HOUR CRISIS LINES/LIFELINES

2-1-1 CNY Helpline: call 211 or 844-245-1922; press 1 for mental health crisis, press 3 for information and referrals.

9-8-8 Suicide and Crisis Lifeline: Call or text 988; for online chat: 988lifeline.org

Contact Community Services 24/7 Crisis Line: 315-251-0600

Website: www.contactsyracuse.org

OFF-CAMPUS CRISIS CARE

St. Joseph's Hospital: 201 Prospect Ave, Syracuse NY 13208

CPEP (Psychiatric ER): 315-726-8610

Mobile Crisis Outreach: 315-569-4129

Upstate University Hospital ER: 315-464-5611

Location: 750 Adams St, Syracuse, NY 13210

Website: www.upstate.edu

Liberty Resources Mobile Crisis Teams:

Adults: 315-251-0800, Youth: 315-463-1100

Helio Health Crisis Stabilization Center (Meadows Integrated Outpatient Clinic for Substance Use, Mental Health, and Gambling Challenges): 315-434-5333

Location: 329 N. Salina St, Syracuse, NY 13203

OFF-CAMPUS MENTAL HEALTH RESOURCES

ARISE CHILD AND FAMILY SERVICES, INC: 315-472-3171

635 James Street, Syracuse, NY 13203

Offers outpatient mental health services, psychiatric care, and school-based mental health services.

Accepted Insurances: Medicaid, Managed Medicaid, Medicare, Aetna, Beacon, Empire, Tricare Excellus, Fidelis, Molina, MVP, United Healthcare A sliding fee discount program is offered based on family size and income for all who are uninsured or underinsured.

Website: <http://www.ariseinc.org>

BRIGHT PATH COUNSELING CENTER: 315-458-0919

7266 Buckley Rd North Syracuse, NY 13212

Offers outpatient mental health services.

Accepted Insurances: Medicare and Medicaid as well as most third-party medical insurance policies.

Website: <http://www.brightpathcounseling.com>

HUTCHINGS ADULT OUTPATIENT SERVICES: 315-426-3600

620 Madison Street, Syracuse, NY 13210

Provides outpatient mental health services, including medication management, to individuals ages 18 years and older.

Accepted Insurances: Medicaid, Managed Medicaid, Medicare, Children's Health Insurance Program (CHIP), and many private insurances. A sliding fee discount program is offered based on family size and income for all who are uninsured or underinsured.

Website: <http://www.omh.ny.gov/omhweb/facilities/hupc>

LIBERTY RESOURCES INTEGRATED HEALTH CARE: 315-472-4471

1045 James Street, Syracuse, NY 13203

Provides primary care, mental health services, psychiatry, medication management, substance use disorder treatment, peer services, and care management to individuals and families.

Accepted Insurances: Medicaid, Managed Medicaid, Medicare, Aetna, Beacon, Empire, Excellus, Fidelis, Molina, MVP, United Healthcare A sliding fee discount program is offered based on family size and income for all who are uninsured or underinsured.

Website: <http://www.liberty-resources.org>

MORE OFF-CAMPUS MENTAL HEALTH RESOURCES

HELIO HEALTH MEADOWS INTEGRATED OUTPATIENT CLINIC: 315-471-1564

329 North Salina Street, Syracuse, NY 13203

Provides outpatient treatment for substance use disorders, mental health diagnosis, and problem gambling. Provides services to individuals of all ages. Accepted Insurances: Aetna, BCBSWNY, Beacon, CDPHP, Cigna, Excellus, Fidelis, Indian Health Services, Lifetime Benefit Solutions, Molina, Optum/UHC, Wellcare, MVP Health Care, New York State Medicaid, Medicare

PSYCHIATRY SERVICES OF NY (FORMERLY PSYCHOLOGICAL HEALTHCARE): 315-422-0300

3300 James Street Syracuse NY 13206, other locations in Liverpool and Baldwinsville

Provides mental health counseling at multiple locations with practitioners of various specialties and target populations. Some practitioners work with individuals as young as 5 years old.

Accepted Insurances: Medicaid, Managed Medicaid, Medicare, Children's Health Insurance Program (CHIP), and many private insurances.

ST. JOSEPH'S ADULT OUTPATIENT BEHAVIORAL HEALTH CLINIC: 315-703-2700

301 Prospect Avenue, Syracuse, NY 13203

A team of psychiatrists, nurse practitioners, psychologists, and social workers, along with skilled nurses and paraprofessionals, provides comprehensive outpatient psychiatric services. Treatment includes individual psychotherapy, group therapy and medication therapy combined with family and vocational counseling.

Accepted Insurances: Medicaid, Managed Medicaid, Medicare, Children's Health Insurance Program (CHIP), and many private insurances. A sliding fee discount program is offered based on family size and income for all who are uninsured or underinsured.

SYRACUSE COMMUNITY HEALTH BEHAVIORAL HEALTH SERVICES: 315-234-5918

819 South Salina Street, Syracuse, NY 13202

Offers outpatient mental health, psychiatric care, and substance abuse services for individuals.

Accepted Insurances: Medicaid, Managed Medicaid, Medicare, Children's Health Insurance Program (CHIP), Aetna, Beacon, Empire, Excellus, Fidelis, Molina, MVP, United Healthcare. A sliding fee discount program is offered based on family size and income for all who are uninsured or underinsured.

LGBTQ+ RESOURCES

OCC TRANSGENDER AND GENDER–NONCONFORMING STUDENT RESOURCES

Information on updating chosen name, gender-inclusive restrooms, athletics, campus housing, policies, and where to go for concerns.

Website: <https://www.sunyocc.edu/transgender-gender-nonconforming-student-resource-page>

ACR HEALTH Q CENTER: 315–701–2431

835 W. Hiawatha Blvd, Syracuse, NY 13204

Services Include: Case Management, HIV testing, support groups for youth and parents, social events, cultural competency training, housing for LGBTQ+ youth, and advocacy services. Also maintains a transgender resource guide.

Website: <https://www.acrhealth.org/youth-programs/q-centers/>

GENDER–AFFIRMING CARE

Upstate Inclusive Health Services: 315–464–5533

Nappi Wellness Institute, 725 E Adams St, Syracuse, NY 13210

Hormone Replacement Therapy (HRT) and LGBTQ+ primary care, as well as PrEP and HIV care.

Website: <https://www.upstate.edu/inclusive-health-services/>

Upstate Pediatric and Adolescent Center: 315–464–5831

90 Presidential Plaza, Syracuse, NY 13202

Hormone Replacement Therapy (HRT) for up to age 21.

Planned Parenthood: 866–600–6886

1120 E. Genesee Street Syracuse, NY 13210

Hormone Replacement Therapy (HRT).

Website: <https://www.plannedparenthood.org/health-center/new-york/syracuse/13210/syracuse-health-center-2471-91040/gender-affirming-care>

SAGE UPSTATE: 315–478–1923

431 East Fayette Street, Syracuse, NY 13202

Promotes health and well-being of older LGBTQ+ adults.

Website: <https://www.sageupstate.org/>

PARENTING RESOURCES

PARENTING AND ADULT LEARNING SUITE (PALS)

Mawhinney Hall, Room 186

Always open, study & lounge space, children's playroom, nursing/changing room.

COUNSELING AND COMMUNITY CARE HUB: 315-498-2675

Gordon Student Center, Room 230, Monday-Friday 8:30 AM-4:30 PM. Email: counselingcenter@sunyocc.edu. Connection with resources, case management, and support.

SOUTHWEST YMCA (ON CAMPUS)

Provides childcare while parents use the gym, can schedule limited (up to 2 hours) childcare while parent leaves the facility.

24/7 PARENTAL STRESS LINE: 800-632-8188

Website: www.parentshelpingparents.org

HELP ME GROW

Assists families and professionals in connecting children to the grid of community resources (access to diapers, formula, food sources, clothing, car seats, etc.).

Website: <https://www.211cnny.com/helpmegrow/>

PEACE, INC: 315-470-3300

Parenting supports, foster grandparenting, youth mentoring, and 5 family resource centers. Family Resource Centers are located in Onondaga County: Eastside (13210), Southside (13205), Westside (13204), Tully, Baldwinsville. These sites provide youth activities, employment support, emergency assistance, family advocacy and development support.

Website: <https://www.peace-caa.org/programs/frc/>

MORE PARENTING RESOURCES

REACH ONONDAGA COUNTY HEALTHY FAMILIES: 315-424-0009

1010 James St. Syracuse, 13203

Help with WIC, SNAP, other public assistance, connecting with daycare, healthcare, prenatal and postnatal education and support.

Website: <https://www.reachcny.org/>

NEW HOPE FAMILY SERVICES: 315-437-8300

3519 James St, Syracuse, 13206

Provides maternity clothing, baby formula, diapers, and baby clothing. Offers car seats, strollers, pack and play, and some other baby furniture/accessories, when available. Donation based. Also provide free pregnancy confirmation, testing, and ultrasounds.

website: www.newhopefamilyservices.com

HEALTHY NEIGHBORHOODS: 315-435-5431

Provides a FREE home safety check for indoor air quality, lead home referrals, fire hazards, slips/trips/fall prevention, pest control, and asthma education to residents in the City of Syracuse.

website: <https://onondaga.gov/health-env/healthy-neighborhoods/>

CATHOLIC CHARITIES PARENT EDUCATION PROGRAMS

Offers a variety of home visiting programs aimed at promoting school readiness, improving parent wellness, and strengthening parent-child relationships.

Individual programs and phone numbers listed on website.

Website: www.ccoc.us/services/capacity-building-services/parent-education-programs

CATHOLIC CHARITIES CHILD PASSENGER SAFETY PROGRAM: 315-424-1800

Free car seats for income eligible families who complete safety training. Call to register for the next available class.

Website: www.ccoc.us/services/capacity-building-services/parent-education-programs

MORE PARENTING RESOURCES

CHILDREN'S CONSORTIUM: 315-471-8331

Provides parenting education to caregivers, parents, and grandparents of children from birth to 18 years of age, with focus on positive methods of discipline, communication, and family functioning.

Website: <https://www.211cnny.com/resource/childrens-consortium/>

EARLY CHILDHOOD ALLIANCE PARENT PARTNERS: 315-616-6854

Multiple programs to address different needs. Parenting and early learning tips. Connection to basic needs (formula, diapers, food) and childhood services/supports. Assistance monitoring child development and finding childcare.

HEALTHY FAMILIES HOME VISITING PROGRAM: 315-435-2000

Free home visits to pregnant women, new moms, and their babies. Visits include health screenings, family planning, nutrition, baby care, growth and development and other maternal child health topics.

Website: <https://onhealthyfamilies.com/>

HUNTINGTON FAMILY CENTER: 315-476-3157

405 Gifford Street, Syracuse NY 13204

Family Support Network Program: Provides support and home visitation on an as-needed basis to pregnant/parenting adults. Group sessions take place three mornings a week and provide parenting education, basic life skills, information, and linkages to other community programs. Childcare is provided during group sessions and transportation tokens can be acquired to get to and from group.

Eligibility: Pregnant women and parenting adults in the City of Syracuse.

Website: www.huntingtonfamilycenters.org

PARENTING: EARLY LEARNING SUPPORTS

EARLY HEAD START/HEAD START

Provides free learning, development, health and family services/supports to low-income families and children from birth to age 5. Visit the website to locate the program closest to you.

Website: <https://headstart.gov/center-locator>

DOLLY PARTON'S IMAGINATION LIBRARY: 315-706-6924

Children from birth through age 5 receive a free book in the mail once a month. Register at the website.

Website: <https://onliteracy.org/imagination-library>

ONONDAGA COUNTY PUBLIC LIBRARIES: 315-435-1900

Children 5 and older may apply for a library card (with parental accompaniment) at any of the county's 30 + public libraries.

Website: www.onlib.org

SYRACUSE CITY SCHOOL DISTRICT UNIVERSAL PREKINDERGARTEN PROGRAM (UPK): 315-435-4276

Effective standards-based instruction for preschoolers (3- and 4-year-olds) and comprehensive services for their families. Half and full day sessions available.

Website: <https://www.syracusecityschools.com>

TALK, READ, SING ONONDAGA

Provides resources for language, math, and social-emotional skills in young children.

Website: <https://talkingisteaching.org/>

REFUGEE RESOURCES

INTERFAITH WORKS OF CNY: CENTER FOR NEW AMERICANS: 315-449-3552

1010 James St, Syracuse NY 13203

Resettlement services for refugees, asylum seekers, and special immigrant visa recipients. Also offer translation services, English and cultural orientation classes, housing, furnishings, food, health care, and employment access needs.

Website: www.interfaithworkscny.org

CATHOLIC CHARITIES OF ONONDAGA COUNTY STABILITY SERVICES:

315-474-7428

Offers services to help refugees to connect to education, housing, jobs, English language classes, and healthcare.

Website: <https://ccoc.us/services/stability-services>

NORTHSIDE CYO REFUGEE RESETTLEMENT PROGRAM: 315-474-7428

527 N. Salina St., Syracuse, NY 13208

Resettlement services, including obtaining foster parents for unaccompanied minors.

REFUGEE AND IMMIGRANT SELF-EMPOWERMENT (RISE): 315-214-4480

Southside Office: 302 Burt St., Syracuse, 13202

Northside office: 710 Kirkpatrick St. Syracuse, 13208

Syracuse Refugee Agricultural Program: farming classes connected to 3 community gardens (northside), a mixed vegetable farm (Lacona), meat goat farm (Tully).

Case management and employment services, afterschool programs, English classes, life skills classes, childcare field job preparation, business development mentoring, and assisting with home and vehicle purchases.

Website: <https://refugeeandimmigrant.org/>

SPANISH ACTION LEAGUE (LA LIGA): 315-475-6153

700 Oswego St, Syracuse, NY 13204

24/7 Hotlines: Language Services, 315-466-6608; DV Crisis: 315-466-4713

Offers housing services, workforce development, youth leadership, language services, social wellness services, and emergency services.

Website: <https://laligacny.org/>

SENIOR CITIZEN RESOURCES

CATHOLIC CHARITIES OF ONONDAGA STABILITY SERVICES: 315-424-1810

Assists adults over 60 years old to remain in their homes, linking them with in-home care, Project Fix minor repair program, financial management, transportation, and Americorps Senior Companions (volunteers 55+).

Website: <https://ccoc.us/services/stability-services>

PROGRAM FOR ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE): 315-452-5800

Arranges for home health aide care, rehabilitation services, health clinic, both part-time and full-time day habilitation center, and provides transportation to and from programs.

Website: www.pacecny.org

INTERFAITH WORKS OF CNY CENTER FOR HEALTHY AGING: 315-499-3552

1010 James St., Syracuse, NY 13203

Serves adults age 60+. Adaptive equipment: walkers, wheelchairs, hygiene supplies, hearing aids, glasses. Can set up Medicaid cab and Call-A-Bus service for clients. Senior Companion Services using Americorps (volunteers 55+) provide in-home help and companionship. One-to-One volunteers visit clients in nursing homes.

Website: <https://www.interfaithworkscny.org/programs/senior-services/>

ONONDAGA COUNTY OFFICE FOR AGING: 315-435-2362

421 Montgomery St, Syracuse, NY 13202

Assist seniors and caregivers by providing the services and benefits that older adults need to live independently (i.e. information and referrals related to home repairs, legal services, senior center activities, health promotion initiatives, transportation options and shopping services)

Website: <http://ongov.net/aging/>

ON-CAMPUS TECHNOLOGY RESOURCES

OCC HELPDESK: 315-498-2999

Coulter Hall, Room 240

Email: helpdesk@sunyocc.edu

Assists students with accessing the college networks, log-in assistance, troubleshooting technology issues, and more.

Website: <https://www.sunyocc.edu/helpdesk>

OCC D2L BRIGHTSPACE ASSISTANCE: 315-498-2999

SUNY Online D2L Brightspace Assistance: 844-673-6786

Assistance with navigating D2L Brightspace is also available through The Learning Center: <https://www.sunyocc.edu/learning-center>

TECHNOLOGY GUIDES

Office 365: <https://www.sunyocc.edu/helpdesk/office-365>

OCC Email Guide: <https://www.sunyocc.edu/helpdesk/email-guide>

OneDrive Guide: <https://www.sunyocc.edu/helpdesk/onedrive-guide>

Student Computing Info: <https://www.sunyocc.edu/helpdesk/student-computing-info>

Accessing the College Networks: <https://www.sunyocc.edu/helpdesk/accessing-college-networks>

Printing at OCC: <https://www.sunyocc.edu/helpdesk/printing>

OFF-CAMPUS TECHNOLOGY RESOURCES

ONONDAGA COUNTY PUBLIC LIBRARIES: 315-435-1900

Information about locations and technology available.

INTERFAITH WORKS DIGITAL INCLUSION PROGRAM: 315-499-3552

Provides access to low-cost internet devices: cellphones, laptops, chrome books. Also provides 5-week training classes for older adults and their caregivers.

CNY DIGITAL EMPOWERMENT PROGRAM: 315-472-6343

The Syracuse Northeast Community Center, a member of the CNY Digital Inclusion Coalition, has a program called CNY Digital Empowerment for residents of the City of Syracuse. Digital Navigators provide many services including training, technical assistance, connections to subsidies, devices, and referrals for other essential services.

PEACE, INC

2 of their Family Resource Centers provide free computer use for job and apartment searches. Fax machine available.

Southside Center: 136 Dr. Martin Luther King West, Syracuse, 13205, 315-470-3342

Eastside Center: 202 S. Beech St., Syracuse, 13210, 315-470-3325

ACR HEALTH Q CENTER: 315-475-2430

617 W. Genesee St., Syracuse, 13204

The David Bohnett CyberCenter offers state-of-the-art technology resources

TRANSPORTATION RESOURCES

CENTRO BUS

Buy 20% discounted bus passes at OCC Campus Bookstore (Mawhinney Hall, Room 175, 315-498-2246).

Limited availability of emergency passes at Community Care Hub (Gordon Student Center, Room 230).

Bus schedule for your route is available online at "Centro Bus Schedule to OCC."

The Centro app also shows routes.

RIDE SHARING

Download the smartphone apps for UBER and LYFT, these require credit or debit card payments per use.

LYFT PASS PROGRAM

Email rideshare@sunyocc.edu or go to www.sunyocc.edu/occ-lyft-pass-program. Up to \$10 off your ride, limit of 10 rides per month, ride must start from or end at OCC's Main Campus or the Liverpool campus, valid on standard Lyft rides only, credits are available for use from Monday-Friday 6 AM-10 PM (no weekends).

VEO MICRO-MOBILITY SCOOTERS

VeAccess Syracuse discounted fare program for recipients of SNAP, Medicaid, or other means-tested local, state, and federal assistance programs. Veo also provides a call-based system to allow non-smartphone users and unbanked users to access their devices.

Email: hello@veoride.com OR call 1-855-VEO-2256.

Website: <https://www.veoride.com/veo-access/>. Complete an application online.

Helmets are available through the SOLE Office in Gordon Student Center.

VETERANS RESOURCES

OCC OFFICE OF VETERANS AND MILITARY SERVICES: 315-498-2200

Coulter Hall, Room 217

Email: veterans@sunyocc.edu

OVMS acts as a direct link between students and the VA regional office, which includes handling VA benefit certification and payment inquiries. Assists with traditional college process, academic planning, and obtaining VA education benefits (which need to be requested/ renewed for each semester).

VETERANS CRISIS LINE

>Call: 9-8-8, press 1

>Text: 838255

>Online chat: www.veteranscrisisline.net/get-help-now/chat

ONONDAGA COUNTY VETERANS SERVICE AGENCY: 315-435-3219

John H. Mulroy Civic Center, 421 Montgomery St, 11th Floor, Syracuse, NY 13202

Assists veterans, military personnel, and their families apply for benefits.

Website: <https://onondaga.gov/veterans/>

CLEARPATH FOR VETERANS: 315-687-3300

1223 Salt Springs Rd., Chittenango, NY 13037

Provides and trains service dogs, peer mentors, support groups, family-oriented activities, outings and events, life skills workshops, and community awareness outreach.

Website: <https://www.clearpath4vets.com/>

SUPPORTIVE SERVICES FOR VETERAN FAMILIES (CATHOLIC CHARITIES): 315-378-4054

Provides supportive services to low-income Veterans and their families who are homeless or are in danger of losing their homes. Services include outreach, case management, and assistance obtaining VA and other benefits. Provides time-limited payments to third parties, such as landlords, utility companies, moving and storage companies, and childcare providers, if those payments can help Veteran families stay in or obtain permanent, sustainable housing.

Email: [SSVF@ccoc.us](mailto:ssvf@ccoc.us)

National SSVF website: www.va.gov/homeless/ssvf . Call: 1-800-698-2411 for more info.

MORE VETERANS RESOURCES

VA HOSPITAL BEHAVIORAL HEALTH OUTPATIENT CLINIC: 315-425-3463

620 Erie Blvd. West, Syracuse, NY 13204

Inpatient and outpatient mental health and addiction services.

SYRACUSE VA MEDICAL CENTER: 315-425-4400

800 Irving Ave., Syracuse, NY 13210

General Information Line: 800-877-6976

Satellite clinics: Auburn, Binghamton, Watertown, Potsdam/Messina, Ithaca, Oswego, and Rome.

Mental Health Intensive Case Management (MHICM) seeks to optimize the health status, quality of life, and community functioning of veterans diagnosed with serious mental illness who frequently utilize the VA mental health inpatient and emergency services.

SYRACUSE VET CENTER: 315-478-7127

109 Pine St, Syracuse NY 13210

Confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST).

VA HEALTH CARE FOR HOMELESS VETERANS (HCHV): 315-425-3463

620 Erie Blvd. West, Syracuse, 13204

Provides immediate food and shelter, including both transitional and permanent housing, job training, life skills development, education, support with justice system navigation and community re-entry from jail, financial support to promote stable living situation, facilitate treatment for substance use disorders, depression, health and dental care.

NATIONAL CALL CENTER FOR HOMELESS VETERANS: 877-424-3838

Assists veterans who are homeless or at imminent risk of becoming homeless.

VOTER REGISTRATION RESOURCES

CRITERIA

Must be a US citizen, 18 years old prior to the election you want to vote in, live at your present address at least 30 days prior to that election, not be in jail or on parole for a felony conviction, and not claim the right to vote elsewhere.

TO REGISTER

On-campus: Forms are available at the SOLE (Student Orientation, Leadership and Engagement) office in the Gordon Student Center, Room 114.

Off-campus: public libraries, Dept. of Motor Vehicles, and the Onondaga County Board of Election site at 1000 Erie Blvd. East, Syracuse, 13204. Hours: 8:30 AM to 4:30 PM. Call 315-435-8683

Electronic Form Access: There are fillable voter registration forms in English and Spanish on the OCC website: <https://www.sunyocc.edu/voter-registration>
Other helpful links under this category: "register to vote online" through the NYS DMV, the "Board of Elections website" for registering at an address outside of Onondaga County, and a link to "find your polling place." For general info on the voting process, check this website: www.ongov.net/elections.