



Guide to Services for the Unemployed

United Way of Central New York has prepared this brochure in cooperation with the Greater Syracuse Labor Council to help working people overcome the difficulties that unemployment can bring. This guide lists services that are available in Onondaga County and all phone numbers are in area code 315 unless otherwise noted.

Introduction

Unemployment can place especially difficult new stresses on displaced workers and their families. Dealing with unexpected financial pressures and uncertainty about the future is a tremendous burden. Fortunately, a wide variety of supports are available to help during this difficult period.

Many of the services listed in this brochure are funded by United Way with dollars contributed by people across our community. Others are funded by tax dollars for the community’s well-being.

Please be aware that some services listed here are available to you at no charge, while other agencies do charge a fee—often based on your ability to pay.

Note to United Way Donors

First, we thank you. As a United Way of Central New York donor, you helped to support system of care in this community. This network includes a variety of programs and services that may be able to help you now. Please do not hesitate to seek help should you need it.

When you become unemployed, the pledge you made through payroll deduction is automatically stopped. You are no longer responsible for the dollars pledged through your paycheck. We appreciate your past support and wish you every success in finding new, satisfying employment.

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Unemployment Compensation

New York State Dept. of Labor, Unemployment Service Division

For unemployment compensation call -----1-888-209-8124

ALSO Information is available from:

- Your union steward
- Your local labor union
- Your employer's personnel office

Financial Assistance

Onondaga County Department of Social Services

Administers programs such as financial aid service, general welfare assistance, Medicaid, food stamps, day care for children, and institutional care.

Civic Center, 2nd Floor, 421 Montgomery Street, Syracuse, NY 13202 ----- 435-2726/435-2935

Consumer Credit Counseling

Offers counseling, payment negotiation and alternatives to personal bankruptcy.

Sliding scale fee. -----474-6026

Cooperative Federal Credit Union

Foreclosure prevention, financial education, credit building-----471-1116

Health Insurance

Child Health Plus

A New York State health insurance plan for children under the age of 19 who are not eligible for Medicaid and who have limited or no health insurance. Even if your family income is high, you can enroll your child in Child Health Plus.-----1-800-698-4KIDS (1-800-698-4543)

COBRA

Laws require most employers sponsoring group health plans to offer a temporary extension of health coverage at group rates where coverage would otherwise end. For more information contact your employer or union representative.

Visit the COBRA website at www.insure.com/health/cobra.html

EPIC

A New York State cost sharing program for Seniors 65 or older depending on income. Elderly Pharmaceutical Insurance Coverage is for those who are not eligible for full Medicaid benefits or have other prescription coverage that is better than EPIC. ----- 1-800-332-3742

Family Health Plus

This program of the NYS Health Department serves lower income adults who do not have health insurance through their employers, yet have an income which disqualifies them for other public programs. Family Health Plus assures that adult family members are able to receive quality health care in New York. For more information visit their website at www.health.state.ny.us.

For an application call the NYS Medicaid hotline at -----1-800-541-2831

Healthy New York

This state-sponsored insurance program requires all HMOs to provide affordable insurance coverage to eligible individuals and small businesses without health insurance coverage. Income guidelines apply. Contact the HMO of your choice.

Medical and Dental Care

MEDICAID

Onondaga County Department of Social Services-Medicaid Office

421 Montgomery Street/Civic Center, Syracuse, NY 13202 ----- 435-2928

SYRACUSE COMMUNITY HEALTH CENTERS

Residents of Syracuse and Onondaga County may receive ambulatory medical, dental and mental health services. Fees on a sliding scale. No one is denied services because of an inability to pay.

Syracuse Community Health Center

819 S. Salina Street, Syracuse, NY 13202 ----- 476-7921

Syracuse Community Health Center / East

1938 E. Fayette Street, Syracuse, NY 13210 ----- 474-4077

Syracuse Community Health Center / West

603 Oswego Street, Syracuse, NY 13204 ----- 424-0800

Teen Health Program

1701 South Ave., Syracuse, NY 13204 ----- 234-8336

HOSPITAL CLINICS

Community General Hospital

4900 Broad Rd., Syracuse, NY 13215 ----- 492-5011

Crouse Hospital

736 Irving Ave. Syracuse NY 13210 ----- 470-7111

St. Joseph's Hospital Health Center

301 Prospect St., Syracuse, NY 13202 ----- 448-5111

University Hospital

750 E. Adams St., Syracuse, NY 13201 ----- 464-5540

Information and Referrals

For 24-hour-a-day, seven-day-a-week information about local services

visit www.ongov.net or call HELPLINE ----- 435-8300

Counseling Services

EMPLOYMENT COUNSELING

The agencies listed below can help you find a new job, evaluate your work skills, or pursue a career change. Call for details about the services these agencies offer.

Center for Community Alternatives

(specializes in helping people with criminal records through employment counseling and job placement services)

115 E. Jefferson St., Syracuse, NY 13202 -----422-5638

CNY Works

443 N. Franklin St., Syracuse, NY 13204 -----473-8250

Experience Works / Syracuse EOC

100 New St., Syracuse, NY 13202 -----475-7554

Jobs Plus 1/For public assistance recipients only

677 South Salina St., Syracuse, NY 13202 -----442-3242

OCM-BOCES Career Resource Center

Room C217, 4500 Crown Road, Liverpool, NY 13088, www.ocmboces.org -----453-4410

Senior Community Service Employment Project

Onondaga County Office of Aging and Youth
Civic Center, 13th Floor, 421 Montgomery St., Syracuse, NY 13202 -----435-2362

Onondaga County Department of Personnel

Civic Center, 13th Floor, 421 Montgomery St., Syracuse, NY 13202 -----435-3537

P.E.A.C.E., Inc.

217 S. Salina Street, 2nd Floor, Syracuse, NY 13202 -----470-3300

Spanish Action League/LA LIGA

700 Oswego St., Syracuse, NY 13204 -----475-6153

Westcott Community Center

826 Euclid Ave., Syracuse, NY 13210 -----478-8634

Workforce Development

404 Oak St., Lower Level, Syracuse, NY 13203 -----422-3363, ext. 13

INDIVIDUAL AND FAMILY COUNSELING

The agencies below can help you manage stress and find solutions:

ARISE Child and Family Service

635 James St., Syracuse, NY 13203 -----472-3171

Catholic Charities/Family Division – Counseling

1654 W. Onondaga St., Syracuse, NY 13204 -----424-1840

Community General Hospital

4900 Broad Road, Syracuse, NY 13215 -----492-5011

Crouse Hospital

736 Irving Ave., Syracuse, NY 13210 -----470-7111

Huntington Family Centers

405 Gifford St., Syracuse, NY 13204 -----476-3157

Hutchings Psychiatric Center

620 Madison St., Syracuse, NY 13210 -----426-3600

Brownell Center / Liberty Resources

324 University Ave., Syracuse, NY 13210----- 472-4471

St. Joseph's Hospital

301 Prospect Ave., Syracuse, NY 13203----- 448-5111

The Salvation Army of Syracuse	
677 S. Salina St., Syracuse, NY 13202 -----	475-1688
Southwest Community Center	
401 South Ave., Syracuse, NY 13204 -----	474-6823
Syracuse Community Health Center	
819 S. Salina St., Syracuse, NY 13202 -----	476-7921
Syracuse Community Health Center East	
1938 E. Fayette St., Syracuse, NY 13210 -----	474-4077
Syracuse Community Health Center West	
603 Oswego St., Syracuse, NY 13204 -----	424-0800
Syracuse Jewish Family Service	
4101 E. Genesee St., Syracuse, NY 13204 -----	445-0820
Syracuse University Goldberg Couple and Family Therapy Center	
426 Ostrom Ave., Syracuse, NY 13244 -----	443-3023
VA Healthcare Network / Upstate New York at Syracuse	
800 Irving Ave., Syracuse, NY 13210 -----	425-4400

SUPPORT GROUPS

Find support in a peer-to-peer setting:

AL-ANON	
118 Court Street, 3 rd Floor, Syracuse, NY 13208 -----	471-0191
Alcoholic Anonymous	
100 East Manlius Street, East Syracuse, NY 13057 -----	463-5011
Gamblers Anonymous -----	458-0085
Narcotics Anonymous	
Heart of New York Chapter, Syracuse -----	472-5555
Overeaters Anonymous	
check online for meetings across the area -----	www.oa.org

SPECIALIZED COUNSELING

A list of some of the local telephone counseling services available for specific problems:

Child Abuse	
Child Abuse 24-Hour Hotline -----	422-9701 / 1-800-342-3720
24-hour crisis	
CONTACT -----	251-0600
Developmentally disabled children	
Early Childhood Direction Center -----	443-4444
Mental health	
Mental Health Association -----	445-5606

Mediation

New Justice Conflict Resolution Services ----- 471-4676

Alcohol and drugs

Prevention Network/OCAA----- 471-1359

Poison prevention and crisis

Poison Control Center ----- 1-800-222-1222

Addiction recovery

Syracuse Behavioral Healthcare 24-hour hotline ----- 471-0568

Domestic violence 24-hour support line

Vera House----- 468-3260

Youth emergency service

YES Crisis Line ----- 463-1100

Food Assistance

Includes food stamps, free meal sites, food pantries, supplemental nutrition and pre-paid voucher programs.

FOOD STAMP PROGRAM

Food assistance available to income-eligible people. Electronic Benefit Transfer (EBT), a system of debit cards, has replaced checks and paper stamp coupons. For more information contact:

Onondaga County Department of Social Services/Food Stamp Division

Civic Center, 2nd Floor, 421 Montgomery Street, Syracuse, NY 13202----- 435-2935

Food Bank of Central New York ----- 437-1899

WIC PROGRAM

A supplemental nutrition program for eligible women who are pregnant or breast-feeding and children ages 0-5.

WIC 375 W. Onondaga Street, Syracuse, NY 13202 ----- 435-3304

WIC Program North 7608 Oswego Road, Liverpool, NY 13090 ----- 652-3117

FREE MEAL SITES

Assumption Church / Bagged lunches twice a day

812 North Salina Street, Syracuse, NY 13208----- 473-9101

Hopps Memorial CME Church

1110 South State Street, Syracuse, NY 13202----- 478-0191

Rescue Mission Alliance

148 Gifford Street, Syracuse, NY 13202 ----- 472-6251

Samaritan Center, Inc.

310 Montgomery Street, Syracuse, NY 13202 ----- 472-8156

FOR CHILDREN

- Children's Summer Lunch Program – through Food Bank** ----- 437-1899
School Lunch Program ----- Contact your school

FOOD PANTRIES

InterReligious Food Consortium

Emergency food supplies at agencies and churches. Callers will be connected with a food pantry in their neighborhood. Call from 9am – 3pm----- 474-8855

Food Sense Program / Food Bank

Participants pre-pay with cash or food vouchers early in the month and receive food at the end of the month. This program has no income restrictions and is open to anyone seeking to stretch food dollars. For a list of sites and additional information call the Food Bank ----- 437-1899.

Fresh Food Recovery Program / The Food Bank

Offers fresh dairy, produce and other perishable foods daily at 20 neighborhood sites. For dates and sites call ----- 437-1899

Our community has nearly 100 food pantries. A few are listed below.

- Catholic Charities Downtown Emergency Assistance Services** ----- 424-1876
Dunbar Association Neighborhood Advisory Program (seniors)-----476-4269
Huntington Family Center ----- 476-3157
InterReligious Food Consortium -----474-8855
Northeast Community Center-----472-6343
P.E.A.C.E., Inc. Eastside Family Resource Center ----- 470-3325
St. Lucy's Church Pantry-----424-0023
The Salvation Army Emergency/Basic Needs Services Program----- 479-1157

Energy Assistance

HEAP (Home Energy Assistance Programs)

Financial energy assistance for income-eligible families and individuals ----- 435-8295

Department of Aging/HEAP

Financial energy assistance for income-eligible seniors----- 435-2362

Care and Share Program – through American Red Cross

Home energy assistance for those who meet eligibility guidelines:

- At least 60 years of age or have someone living in your home who is at least 60 years of age, OR
- Receive disability income or have a medical emergency and NOT eligible for HEAP.

Pays for any kind of fuel including gas, electric, wood, propane and coal-----234-2202

Consumer Advocates at National Grid

Onondaga, Cortland, Cayuga Counties – Mary Beth Basha-----460-7654

Oswego, Jefferson, Madison Counties – Martani de Rooy ----- 460-7259

Oneida, Herkimer, Lewis Counties – Carolyn King -----460-7011

Legal Assistance

Frank H. Hiscock Legal Aid Society

351 South Warren Street, Syracuse, NY 13202 ----- 422-8191

Legal Services of CNY

472 South Salina Street, Suite 300, Syracuse, NY 13202-----475-3127

Onondaga County Bar Association

109 South Warren Street, Suite 1000, Syracuse, NY 13202

Main number ----- 471-2667

Lawyer's Referral Service----- 471-2690

Volunteer Lawyer Project ----- 471-3409

Westcott Community Center

826 Euclid Ave., Syracuse, NY 13210 -----478-8634

Franciscan Northside Ministries (*Thursday evenings*)

804 N. Salina Street, Syracuse, NY 13208 ----- 423-9961

Child Care

Child Care Solutions

Referrals for child-care services across the county (very limited number of subsidies available).

6724 Thompson Road North, Syracuse, NY 13211 ----- 446-1220

Department of Social Services

Assistance for very low income families. ----- 435-2726

Refugee Services

InterFaith Works/Refugee Resettlement Program

The goal of this program is to create a support network through sponsorship, acculturation, family reunification, advocacy, education, and job placement. ----- 474-1261/ 422-1593

The Northside CYO/Catholic Charities' Refugee Resettlement Program

Links refugees to appropriate social services and education programs, and provides employment assistance. ----- 474-7428

Recreation & Fun

Our community offers a wide variety of recreation and entertainment opportunities that provide low- or no-cost stress relief. If your town is not listed below, please call to see what is available.

Bishop Foery Foundation -----	475-8316
Boys and Girls Clubs of Syracuse -----	472-6714
Hawley Youth Organization – at Northeast Community Center -----	472-6343
Jewish Community Center of Syracuse -----	445-2360
North Area Athletic & Education Center -----	471-8662
North Syracuse Parks and Recreation -----	458-8050
Northeast Community Center, Inc. -----	472-6343
Northside CYO -----	474-7428
Onondaga County Parks -----	451-7275
Rescue Mission Alliance -----	472-6251
Salina Civic Center -----	455-7096
Solvay Geddes Community Youth Center -----	488-3666
Southwest Community Center -----	474-6823
Syracuse Division of Parks, Recreation & Youth Programs -----	473-4330
Town of Clay Recreation and Human Resources Dept. -----	652-3800
Town of Lysander, Parks and Recreation -----	635-5999
Town of Onondaga -----	469-3464
Westcott Community Center -----	478-8634
YMCA of Syracuse / Downtown -----	474-6851
Vincent House -----	475-9844
YMCA of Syracuse / East Area Branch -----	637-6436
YMCA of Syracuse / North Area Family Branch -----	451-2562

VOLUNTEER OPPORTUNITIES

Why not consider sharing some of your time and talents with others? One of the reasons Onondaga County is an excellent place to live is the wide range of community services that exist here. The agencies that deliver these services depend on volunteers. This is a great way to learn about the community and even find a new career. If you would like to get involved call

United Way’s Volunteer Center----- **at 428-2211**
or go to www.1800volunteer.org



This booklet was prepared as a public service by United Way of Central New York in partnership with The Greater Syracuse Labor Council.

This booklet is available in PDF format in the publications section of United Way of Central New York's website:

www.unitedway-cny.org