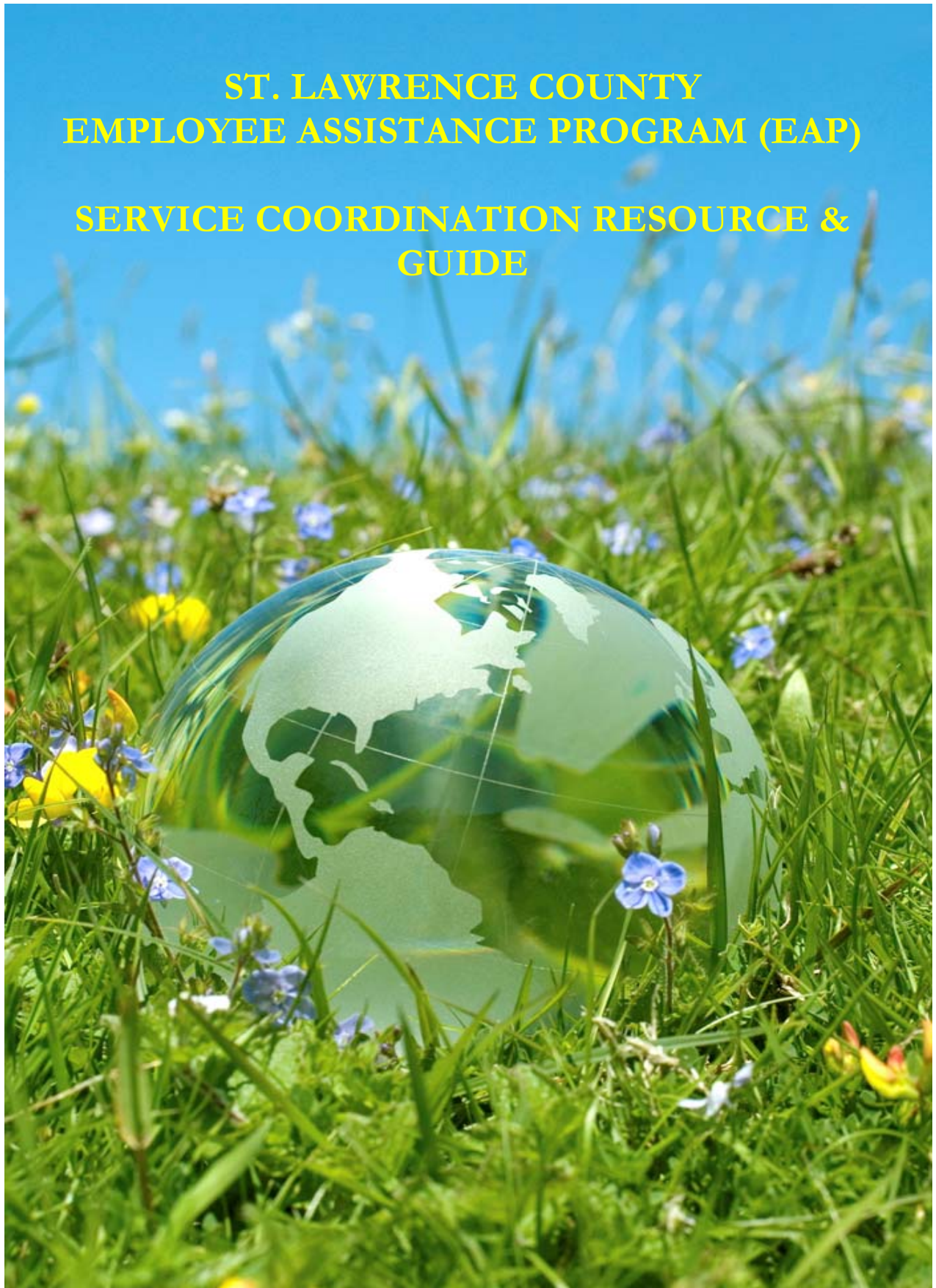


**ST. LAWRENCE COUNTY  
EMPLOYEE ASSISTANCE PROGRAM (EAP)**

**SERVICE COORDINATION RESOURCE &  
GUIDE**



## TABLE of CONTENTS

Adoption	3
Childcare	4
Counseling –Private Practitioners	5-9
Crisis Intervention	10-12
Death & Loss	12
Disability Services	13-15
Elder Care	16-17
Employment Assistance	18-19
Environmental	19
Farming Assistance	20
Financial Assistance	21
Financial Management Education & Assistance	22
Health Care Services	23-26
Higher Education Assistance	26
Housing	27
Legal Assistance	28
Mental Health Services	29-32
Neighborhood Centers / Food Pantries	32-34
Parenting Programs	35
Pet Needs / Care	35
Pregnancy	35
St. Lawrence Department of Social Services	36
Substance Abuse Providers	37-38
Support Groups	39-41
Veteran Services	41
Weight Problems / Eating Disorders	42
Youth Services	43-44
General Community Services	45

## **ADOPTION**

**New Life Adoption Agency.....315-422-7300**

[www.newlifeadoption.org](http://www.newlifeadoption.org)

711 East Genesee Street, Syracuse

A NYS licensed non-profit agency that provides services to families or individuals interested in expanding their family through adoption. NLAA operates a domestic program for both adoptive parents and birth parents as well as an international program through China. They provide post-placement supervision and post-adoption activities and support as well as month information seminars covering all aspects of adoption.

**St. Lawrence County Social Services Adoption Unit.....315-379-2190**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

Recruits, trains and certifies foster and adoptive homes. Works with children freed for adoption to place them in adoptive homes, facilitates adoptions.

## **CHILDCARE**

**Child Care Center, SUNY Potsdam.....315-267-2391**

[www.potsdam.edu](http://www.potsdam.edu)

On Campus

Child care services for faculty, staff and students of SUNY Potsdam as well as other New York State employees and community members.

**Canton Day Care Center, Inc.....315-379-1829**

[www.cantondaycare.org](http://www.cantondaycare.org)

205 State Street Road

Accepts children from the age of six weeks to twelve years old.

**Toddler Town Daycare Center.....315-705-4516**

[www.toddertownusa.net](http://www.toddertownusa.net)

Main Street

Accepts children from infant to school-age

**Potsdam Building Blocks Day Care Center.....315-265-8260**

[www.buildingblocksdaycare.org](http://www.buildingblocksdaycare.org)

68 Lawrence Avenue

Accepts children from infancy to twelve years old.

**Child Care Council, St. Lawrence..... (800) 246-5352**

Aids with referrals for parents/guardians who are seeking child care options. Provides assistance to area employers on issues regarding employee child care issues, enhanced referral process for employees, on-site presentations, and employee child care needs assessments. Provides technical and start-up information for both child care centers and family day care homes. Provides training services and workshops for child care providers. Offers the Child Development Associate credentialing program. Offer parenting education and awareness programs/opportunities.

**St. Lawrence County Head Start.....315-386-8574**

[www.slc-cdp.com](http://www.slc-cdp.com)

A comprehensive preschool program for children from economically disadvantaged families and children/families with disabilities with an emphasis on education, health, nutrition, social services and parent involvement.

## **COUNSELING –PRIVATE PRACTITIONERS**

**Notice:** This list is provided for the convenience of individuals; The Employee Assistance Program (EAP) makes no determination as to whether any of the listed private practitioners are appropriate under referral circumstances. EAP is not liable for any results or lack of results which may occur as a result of obtaining counseling services from a listed and/or recommended private practitioner.

**Paula Allen, CSW-R, LCSW.....315-393-3433**

Certified Social Worker  
Pray Road Stables  
148 Pray Road  
Ogdensburg, NY 13669

**Type of treatment:** Psychotherapy and equine-assisted psychotherapy. Specializes in preschoolers through 11 years of age and adults of all ages. Will also see adolescents in the equine-assisted therapy program for ADHD, mood and anxiety disorders, sexual and physical abuse issues, and trauma.

**Tracie Barnes (Counseling Services of Northern New York).....315-268-0264**

Independent Counselor  
6956 State Hwy. 56  
Potsdam, NY 13676

**Type of treatment:** Individual, marital, and group counseling for adults and children dealing with self-injury, social skills, and anger management.

**Robert Bowser, MSW, CSW-R.....315-393-3428**  
**Or 315-379-9333**

Psychiatric Social Worker  
501 Lisbon Street  
Ogdensburg, NY 13669

Type of treatment: Individual, marital, and family counseling. Specializing in depression, anxiety, grief, and marital problems.

**Angela Burke, LMSW.....315-386-4757**  
**Or 315-323-2493**

Psychiatric Social Worker  
33 Court Street  
Canton, NY 13617

Type of treatment: Individual counseling age 5-19 and family counseling.

**David Butler, Ph.D.....315-265-4303**

Licensed Psychologist  
30 Main Street  
Potsdam, NY 13676

Type of treatment: Individual and family therapy for adolescents and adults.

**Julie Catling, CSW-R.....315-386-8570**

Certified Social Worker

Licensed Psychotherapist

14 Minor Street., Lower Level #1

Canton, NY 13617

Type of treatment: General practice using cognitive and psychodynamic approaches depending on the needs of the client. Primarily individual, some couples, and family work.

Will see children age 9 and up

**Nellie Coakley, BSN, M.Ed.....315-386-4383**

Masters in counseling

7 College Street

Canton, NY 13617

Type of treatment: Trauma, grief, and loss. Specializing in war trauma.

**Mary Dalton, M.Ed.,NCC.....315-393-7054**

Licensed Mental Health Counselor

2025 County Rt. 28

Lisbon, NY 13658

Type of treatment: Individual, couples, and family counseling. Specializing in treating individuals experiencing chronic medical conditions as well as other grief and loss issues.

**Joan DeLarm, MSW, CSW-R, ACSW, DCSW.....315-764-9033**

Psychiatric Social Worker

Board Certified Diplomate

74 Andrews Street

Massena, NY 13662

Type of treatment: Individual, group, marital, and family psychotherapy.

**Robin Einbinder, LCSW.....315-265-7114**

Licensed Clinical Social Worker

68 Lower Pine Street

Potsdam, NY 13676

Type of treatment: Individual and family therapy; women's issues; GLBT community welcome

**Brenda Lee Emerson.....315-265-3398**

Licensed Mental Health Counselor

231 Sweeney Rd.

Potsdam, NY 13676

Type of treatment: Marriage and family; substance abuse and addictions; adolescent and childhood mental health illnesses; anxiety and depression

**Brenda Greene, Ph.D.....315-764-9053**

Clinical Psychologist

234 River Drive

Massena, NY 13662

Type of treatment: Individual psychotherapy; marital and family therapy

**Carol Griffith, Ph.D.**.....315-210-6475

Clinical Psychologist  
1 Bridge Plaza, Room 205  
Ogdensburg, NY 13669  
Type of treatment: Psychological and neuropsychological services for children, adolescents,  
and adults

**Kurt Halliday, Ph.D.**.....315-262-5355

Clinical Psychologist 315-370-0805  
The Tallman House  
5862 US Hwy. 11  
Canton, NY 13617  
Type of treatment: Affective, substance abuse and trauma disorders

**Mark House, MA.**.....315-379-0805

Psychotherapist  
The Tallman House  
5862 US Hwy. 11  
Canton, NY 13617  
Type of treatment: Individual, couples, and family counseling and psychotherapy and  
consultation

**Robert Jordan, M.Ed.**.....315-393-6939

Licensed Mental Health Counselor  
10145 St. Hwy. 37  
Ogdensburg, NY 13669  
Type of treatment: Individual, marital, and family counseling of all ages

**Shannon Jordan, M.Ed., RN.**.....315-393-6939

Licensed Mental Health Counselor  
10145 St. Hwy 37  
Ogdensburg, NY 13669  
Type of treatment: Individual, marital, and family counseling of all ages

**Jeffrey Lazovik, M.Ed., LMHC.**.....(Home) 315-347-4068

Nationally Certified Counselor ... (Work) 315-267-2330  
4120 County Rt. 17  
Dekalb Jct., NY 13630  
Type of treatment: Individual, mental health counseling for adolescents and adults

**Colleen Livingston, M.D.....315-379-9162**

**Brenda Yarcag, CSW-R**

**Jacqueline Fleischer, MS, CRC**

Psychiatrist and Certified Social Worker

North Country Psychiatric Associates

80 East Main Street

Canton, NY 13617

Type of treatment: Adult psychiatry involving psychotherapy and medication including anxiety, depression, and stress reactions; coping with loss and illness; treatment for eating disorders.

**A. James Murray, MSW, ACSW, LCSW-R.....315-265-5147**

Licensed Clinical Social Worker

10 Cherry Street

Potsdam, NY 13676

Type of treatment: Individual and couples counseling for adults age 18 and up, specializing in depressive and anxiety disorders, grief and abuse issues.

**Jackie Schwartz, MS, LMHC.....315-379-0805**

Licensed Mental Health Counselor

Tallman House

5862 State Hwy. 11

Canton, NY 13617

Type of treatment: Individual, marriage and group counseling; treatment of adults and children for depression, anxiety, eating disorders, substance abuse, and self-injury

**Pamela S. Short, M.Ed., CASAC.....315-229-4400**

Counselor

Career Coach

2017 State Hwy. 310

Madrid, NY 13660

Type of treatment: Women's issues, relationship counseling, step-family issues; grief work; children of alcoholics and/or other dysfunctional adult/children issues; career counseling; and stress

**Lisa Thomas, LCSW-R.....315-347-2029**

Licensed Clinical Social Worker

Russell, NY

Type of treatment: Individual therapy with adults 21+(in-home therapy available for some 65+). I work with people who are experiencing depression, anxiety, adjustment disorders, panic disorders, grief and loss issues, women's issues and other problems on a case-by-case basis.



**Patricia Gunnison, MS, Ed.D, NCC, CCMHC,NBCCH.....315-386-8817**

Nationally Certified Counselor  
P.O. Box 427  
29 Park Street  
Canton, NY 13617

Type of treatment: Unless specifically requested Hugh and Patricia work together as a team in the counseling session to provide individual counseling, marital counseling, group counseling, bereavement counseling, and hypnocounseling for clients. Works with almost any kind of addictive patterns of thinking and behaving patterns. Uses hypnosis to help people stop smoking and interrupt other forms of addictive thinking and behavior. Therapy usually consists of 5 sessions, however, most clients are finished in 3-4 sessions.

**Daniel Hernandez, ACS.....315-379-1540**

Licensed Mental Health Counselor  
5888 County Route 27  
Canton, NY 13617

Type of treatment: Individual, group, and family counseling. Specialty: group work. Which included: children and adolescent bereavement, work with families that have a member with terminal illness, loss of a child, complicated grief, and suicide and homicide survivors. Grief group work with individuals that have special therapeutic needs.

**Ed Sachs, MA Counseling.....315-265-8252**

3 Prospect Place  
Potsdam, NY 13676

Type of treatment: Individual, marital, family and group counseling, alcohol abuse/substance abuse counseling, and bereavement counseling. Deals with any area of need, but specializes in those clients who have a Christian worldview and seek a spiritual perspective.

**Catherine M. Kilroy, RN, BS Psychology.....315-265-1711**

Potsdam

Type of treatment: Individual, marital, family, group, substance abuse and alcoholism, bereavement counseling. Also works with child abuse cases, rape and post-traumatic stress disorder.

**Patricia Whelehan, Ph.D Antropology; Certified HIV pre/post test counselor (NY & CA); American Board of Sexology mentor, diplomate and clinical supervisor; ABS/American Board of Sex Educators, Counselors and Therapists certified sex therapist.....315-267-2048**

Anthropology Dept  
122 MacVicar Hall  
SUNY Potsdam

Type of treatment: Individual counseling. Prefers to handle cases involving gender and orientation issues; issues around HIV and sexuality; women's sexuality; cultural performance expectations on men; adult survivors of child sexual abuse.

## CRISIS INTERVENTION

**REACHOUT of SLC.....315-265-2422**

[www.reachouthotline.org](http://www.reachouthotline.org)

REACHOUT is a 24-hour hotline providing crisis intervention and problem-solving for a wide range of problems including: alcohol & substance abuse, depression, bereavement, domestic violence, suicide, rape/sexual assault, AIDS, health problems, sexuality, housing, mental illness, and family issues.

**Child Abuse Reporting.....1-800-342-3720**

This Central Registry relays information from the calls to the local Child Protective Service for investigation, monitors their prompt response, and identifies if there are prior child abuse or maltreatment reports.

**Domestic and Sexual Violence Hotline.....1-800-942-6906**

The hotline is staffed by individuals thoroughly trained in all aspects of domestic violence and sexual assault, including, but not limited to: crisis intervention, dynamics of domestic violence, safety planning, services and community resources offered within localities statewide, public assistance, issues impacting underserved communities, legal and criminal justice issues, health/medical issues, batterers programs, systems advocacy, offender accountability initiatives, and national services for victims. Additionally, staff is trained in counseling skills. The hotline often serves as a point of entry into the network of services for women who are abused and their children. Hotline counselors may advocate for victims of domestic violence who have experienced roadblocks to receiving services or are experiencing potentially dangerous practices by service providers.

**Farm Network.....1-800-547-FARM**

**National Runaway Hotline.....1-800-621-4000**

This 24-hour hotline service for U.S. parents and youth offers crisis intervention, message service, educational information, referrals, and runaway searches.

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

The centers are immediately available, 24 hours per day, seven days per week, to health care professionals, as well as the general public, for the purpose of providing expert telephone consultation for emergency poison exposures and inquiries.

**Growing Up Healthy, Maternal & Child Health.....1-800-522-5006**

The Department operates the Growing Up Healthy Hotline, which provides information about health care, nutrition and other health and human services. The hotline provides information and referral 24 hours/day, seven days a week in English and Spanish and other languages.

**AIDS Hotline.....1-800-541-2437**

Recorded messages available 24 hours per day on topics of transmission, prevention, diagnosis, treatment of HIV/AIDS and general information on STDs. Referrals given for HIV Testing and other related services.

**New York State HIV Counseling Hotline..... 1-800-872-2777**

Counselors available to answer questions about HIV/AIDS/STDs and provide referrals for related services.

**St. Lawrence Valley Renewal House.....call collect 315-379-9845  
[www.slvrenewalhouse.org](http://www.slvrenewalhouse.org)**

Staff, volunteers and interns respond to emergency calls 24 hours a day, 7 days a week. Our services are free and confidential. After hours, please call 265-2422 (Reachout) and ask for a Renewal House advocate. Collect calls are accepted.

Renewal House provides short-term individual counseling for victims of domestic violence to help cope with abuse, consider options, and [plan for safety](#). Home visits are provided when a client does not have transportation.

**Jefferson County Women’s Center.....315-782-1823  
Watertown**

Offers a 24hr hotline and emergency shelter for battered women and their dependent children.

**Vera House.....315-425-0818  
24 hour crisis and support lines.....Domestic Violence...315-468-3260  
[www.verahouse.org](http://www.verahouse.org) Rape & Sexual Assault..315-422-7273**

It is the mission of Vera House, Inc. to end all domestic and sexual violence, to assist families in crisis, to support those affected by domestic and sexual violence to live safe, self-sufficient lives, to empower women and children, and to promote a culture of equality and respect in all relationships.

**Crime Victims Board.....800-247-8035  
[www.cvb.state.ny.us](http://www.cvb.state.ny.us)**

The board’s mission is: to provide compensation to victims of crime for certain unreimbursed expenses causally related to their victimization; to provide direct services to crime victims; and to advocate for crime victims in New York State.

**Domestic Abuse Response Team (DART)..Victim Services Coordinator 315-379-2225  
Senior Probation Officer 315-379-2230  
Victim Advocate 315-379-9845**

DART is a coordinated interagency effort (District Attorney, Probation Department and Renewal House) designed to address domestic violence.

**St. Lawrence County Emergency Services.....Business 315-379-9464  
Emergency 911**

Dispatches all fire and rescue units in St. Lawrence County. Provides information and shelter in case of a disaster. Provides coordination and control for volunteer fire departments and rescue squads. Obtains emergency resources for all emergency organizations. Provides fire investigation services at the request of the fire department, training for volunteer fire departments and technical assistance.

**DEATH & LOSS**

**Catholic Charities.....315-393-2660  
[www.cathcharities.org](http://www.cathcharities.org)**

Counseling & Mental Health, Death & Loss, Teen Parenting

**HOSPICE of SLC.....315-265-3105  
[www.seriousillness.org](http://www.seriousillness.org)**

Hospice patients are those with very serious medical conditions. Usually they have diseases that are life threatening and make day-to-day living very uncomfortable physically, emotionally, or spiritually. Some are in pain. Others experience difficult symptoms such as nausea, extreme fatigue, and shortness of breath. These symptoms may be caused by the disease, or they may have been caused by treatments intended to cure the disease. Often patients turn to hospice because they are anxious or depressed, or they are feeling spiritually distressed because of their medical condition. Hospice specializes in easing pain, discomfort, and distress on all levels. The care we provide is often helpful for conditions such as cancer, heart disease, COPD (emphysema), advanced dementia, or a general weakness and "failure to thrive." Seriously ill patients who have decided that their priority is to have the best quality of life possible are the people who are best suited for hospice.

## DISABILITY SERVICES

**ACCES-VR.....1-800-222-5627**

[www.acces.nysed.gov](http://www.acces.nysed.gov)

Adult Career and Continuing Education Services-Vocational Rehabilitation services enable people with disabilities to gain employment. Serves emotionally disabled (psychiatric disorders), mentally disabled, and physically disabled as well as people with learning disabilities and persons recovering from substance and alcohol abuse, when that disability interferes with their ability to work.

**NYSARC.....315-379-9531 (Central Office)**

[www.slnysarc.org](http://www.slnysarc.org)

**315-379-0441 (Career Opportunities)**

New York State Association for Retarded Citizens (NYSARC) Provides vocational, residential, therapeutic, and case management services for mentally retarded and developmentally disabled people.

**United Helpers Care.....315-393-3074**

[www.unitedhelpers.org](http://www.unitedhelpers.org)

United Helpers means homes and services for thousands of North Country seniors, developmentally disabled and mentally ill people and their families.

**Cerebral Palsy Association of the North Country.....315-386-8191**

[www.cpnorthcountry.org](http://www.cpnorthcountry.org)

Cerebral Palsy Association of the North Country advocates with and for individuals with cerebral palsy and similar service needs, and their families in the counties of St.

Lawrence, Franklin, Clinton, Essex, and Jefferson, and provides lifelong opportunities and choices that promote independence, inclusion and an enhanced quality of life.

Community Health Center of the North Country, operated by Cerebral Palsy, provides quality health care to the entire community regardless of ability to pay.

Cerebral Palsy Association of the North Country provides community living opportunities and family services to individuals with a disability. Services include

service coordination, supervised and supportive housing, residential and day habilitation services, waiver respite, assistive technology, community education and a consumer

directed personal assistant program. Community Health Center, operated by Cerebral Palsy Association of the North Country, is a community health center dedicated to

providing quality health care to all members of the community, regardless of the ability to pay. Open to the public, Community Health Center offers primary care, dental,

psychiatry and counseling, physical therapy, and optometry to individuals of all ages.

We welcome Medicaid, Medicare, Child and Family Health Plus participants as well as self pay and private insurance for most services. A sliding fee scale is available for

qualifying individuals for primary care and some dental services.

**BOCES.....315-386-3395**

[www.sllboces.org](http://www.sllboces.org)

St. Lawrence-Lewis BOCES serves 18 school districts in **St. Lawrence** and **Lewis** Counties, New York, by providing cost-effective shared services, including career training for high-school students and adults, special education, alternative schools, technology education, and teacher training, as well as dozens of programs to expand educational opportunity and help districts operate more efficiently.

**Massena Independent Learning Center.....315-764-9442**

[www.milcinc.org](http://www.milcinc.org)

15 Center Street, Massena

Provides assistance to people with disabilities in the areas of housing, personal and peer counseling, individual advocacy, independent living and more.

**LEAP (Living Exploring All Possibilities).....315-265-4723**

LEAP obtains and coordinates appropriate services in the community for developmentally disabled persons based on their needs.

**St. Lawrence County Handicapped Parking Education.....315-386-2207**

**Easter Seals New York.....800-727-8785**

[www.easterseals.com](http://www.easterseals.com)

Albany

Provides information and referral for the disabled, offers speech therapy, operates a summer day camp, offers speech therapy, occupational therapy and physical therapy, provides early intervention services, case management and after school programming.

**Sunmount Developmental Disabilities Services Office.....hotline.....518-359-4097**

Tupper Lake

The NYS Office for People With Developmental Disabilities' Senior Companion Program is an outstanding program provided in conjunction with The Federal Corporation for National and Community Service. This program partners New York State seniors with adults who have developmental disabilities to offer them opportunities to better integrate into their communities and to foster life long friendships. Senior Companions aren't staff, or program aides, but people who are willing to offer support and friendship to adults who have developmental disabilities. Senior Companions volunteer 15 - 40 hours per week. For their service they receive a tax-free stipend, paid vacation & other leave benefits, as well as a daily meal or meal allowance and travel reimbursement if needed. Senior Companions must be at least 55 years old to apply. For more information please call (518)359-4097.

**NYS Commission for the Blind and Visually Impaired.....518-891-7518**

[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)

Saranac Lake Office

Vocational Rehabilitation, children's services, services for adults over age of 55 and a business enterprise program

**Guide Dog Foundation for the Blind.....800-548-4337**

[www.guidedog.org](http://www.guidedog.org)

Smithtown

Offers a 25-day training program which consists of selecting a dog, and training guide dogs and students together

**Guiding Eyes for the Blind.....800-942-0149**

[www.guidingeyes.org](http://www.guidingeyes.org)

Yorktown Heights

Matches legally blind students with guide dogs, considering personality, background, age, physical capabilities, and geographical location. Residential training lasts 26 days.

**National Education for Assistance Dog Services.....978-422-9064**

[www.neads.org](http://www.neads.org)

West Boylston, M.A.

A two week facility-based training program for clients which provides trained hearing and service dogs for hearing impaired and physically disabled people.

**North Country Association for the Visually Impaired.....518-562-2330**

[www.ncavi.org](http://www.ncavi.org)

**NYS talking books and Braille Library.....toll free 800-342-3688**

Albany

**Business 518-474-5935**

Provides talking books, Braille books and magazines, tape and record players for recorded material. Houses recreational and informational reading. Publishes a quarterly newsletter.

**Learning Disability Association of Mohawk Valley.....315-785-9440**

Watertown

Tries to ensure the provision of necessary services for people with learning disabilities, neurological impairment, attention deficit hyperactivity disorder and their families through direct service delivery, liasons with other service providing agencies, and advocacy on behalf of clients with local and state agencies.

**Senior Companion Program.....518-359-4097**

Tupper Lake

Through the New York State Office for People with Developmental Disabilities, the Senior Companion Program offers companionship and friendship to people with developmental disabilities. Senior Companions help these individuals get involved with a wide variety of community inclusion and recreational activities. They volunteer from 15 to 40 hours a week and receive a tax free stipend, paid vacation and other leave benefits. They also receive a daily meal or meal allowance. Senior Companions must be 60 years of age or older and their annual net income must be within program guidelines.

## **ELDERCARE**

**United Helpers Care.....315-393-3074**

[www.unitedhelpers.org](http://www.unitedhelpers.org)

United Helpers means homes and services for thousands of North Country seniors, developmentally disabled and mentally ill people and their families.

**St. Lawrence County Office for the Aging.....315-386-4730**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

The Office for the Aging provides service and advocacy for county residents 60 years and older. Noon meals and Home Delivered Meals are provided to county residents. Other services include Expanded In-Home Services For the Elderly; Family Caregiver Support; Senior Community Service Employment Program; Transportation; Home Repair; Legal Services; Weatherization, Referral and Packaging Program (WRAP); Health Insurance Information Counseling and Assistance Program; and the Ombudsman Program. Provides information and application assistance for many entitlement and tax programs. In 2010, St Lawrence County Public Transportation is now a program administered through St. Lawrence County Office for the Aging.

**St. Lawrence County Public Health.....315-386-2325**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

The St. Lawrence County Public Health Department has been serving the county since 1936. We offer a wide variety of health services and programs to county residents, geared toward improving both individual health and well being and that of the community.

**Hospice of SLC.....315-265-3105**

[www.seriousillness.org](http://www.seriousillness.org)

Hospice patients are those with very serious medical conditions. Usually they have diseases that are life threatening and make day-to-day living very uncomfortable physically, emotionally, or spiritually. Some are in pain. Others experience difficult symptoms such as nausea, extreme fatigue, and shortness of breath. These symptoms may be caused by the disease, or they may have been caused by treatments intended to cure the disease. Often patients turn to hospice because they are anxious or depressed, or they are feeling spiritually distressed because of their medical condition. Hospice specializes in easing pain, discomfort, and distress on all levels. The care we provide is often helpful for conditions such as cancer, heart disease, COPD (emphysema), advanced dementia, or a general weakness and "failure to thrive." Seriously ill patients who have decided that their priority is to have the best quality of life possible are the people who are best suited for hospice.

**CareGivers.....315-379-1445**

[www.caregivershomecare.com](http://www.caregivershomecare.com)

Provides RN, LPN, Home Health Aides, Personal Care aides and housekeeping services for individuals in their homes. This care is an alternative to institutional care for persons recovering from illness or injury, senior citizens who need a little extra help with daily routines, mothers with newborns etc.



**Meals on Wheels.....315-769-5083**

Massena

A non-profit organization that delivers hot, nutritional meals to the elderly, ill, homebound, and less fortunate.

**The Colby Center for Psychiatry.....518-897-2871**

Saranac Lake

[www.amccares.org](http://www.amccares.org)

Provides 24-hour free telephone information, assessment and referral regarding mental health issues (all ages) Operates an inpatient treatment unit for individuals age 65 and over with acute psychiatric disorders

**St. Lawrence County Handicapped Parking Education.....315-386-2207**

**Highland Nursing Home Inc (Massena).....315-769-9956**

[www.highlandnursinghome.com](http://www.highlandnursinghome.com)

**Kinney Nursing Home (Gouverneur).....315-287-1000**

**St. Joseph's Home (Ogdensburg).....315-393-3780**

[www.stjh.org](http://www.stjh.org)

**St. Regis Nursing Home Inc. (Massena).....315-764-2494**

[www.stregisnh.com](http://www.stregisnh.com)

## EMPLOYMENT ASSISTANCE

**Department of Labor.....315-769-3596 (Massena)**  
**[www.labor.state.ny.us](http://www.labor.state.ny.us) 315-393-4600(Ogdensburg)**

**One Stop Career Center.....315-386-3276**  
**[www.slconestop.com](http://www.slconestop.com)**

Human Service Center  
80 St. Hwy. 310  
Canton

The Department of Labor Division of Employment and Workforce Solutions offices provide convenient "one-stop shopping" for employment-related needs. They offer many DOL programs in a single location – including career-related assistance and services for employers. Some offices are located in One-Stop Career Centers, where the Department of Labor works in tandem with county and local workforce agencies.

**Management Recruiters of St. Lawrence County.....315-393-9460**  
Ogdensburg

Places employment candidates with background in the electronics field in upper and middle-level management positions throughout the county, primarily in the electronics manufacturing industry. Mostly a national service, doesn't do much placement locally. Not an employment agency.

**Penski.....315-265-8860 (Potsdam)**  
**[www.penski.com](http://www.penski.com) 315-764-5410 (Massena)**  
**315-393-0395 (Ogdensburg)**

Looking for a job? A career change? An opportunity to earn extra money? Don't know what's out there? At Penski, Inc. we understand your circumstances and would be pleased to assist you with your job search at no charge to you. Penski, Inc. can market your name and resume to dozens of local employers. We have more contacts with hiring authorities than any other staffing firm in the area. We do business with 100s of area companies who are looking for qualified candidates just like you.

**Kelly Services.....315-268-0456**  
**[www.kellyservices.com](http://www.kellyservices.com)**

22 Depot Street  
Potsdam

Kelly assigns professional and technical employees in the fields of finance and accounting, education, engineering, information technology, law, science, and healthcare.

**North Country Bridge Program.....315-705-2067**

This program assist individuals with job readiness training that prepare participants with the fundamental skills necessary to obtain and retain employment, vocational education training that prepares participants to secure employment in careers that provide high-wages and benefits as well as opportunities for pathways to career growth. It also assists with work experience opportunities that provide participants, who have little or no employment history, and with the structured and supported opportunities to learn and apply the skills necessary to obtain employment. They provide training to acquire digital literacy and software application skills that are demanded for all potential employment opportunities and case management and counseling to enable participants to remain in and complete programs that will lead to economic self-sufficiency.

**NYSARC.....315-379-9531 (Central Office)**

[www.slhysarc.org](http://www.slhysarc.org)

**315-379-0441 (Career Opportunities)**

New York State Association for Retarded Citizens (NYSARC) Provides vocational, residential, therapeutic, and case management services for mentally retarded and developmentally disabled people.

**ACCES-TR.....1-800-882-2802**

[www.vesid.nysed.gov](http://www.vesid.nysed.gov)

Vocational & Educational Services for Individuals with Disabilities (VESID) services enable people with disabilities to gain employment. Serves emotionally disabled (psychiatric disorders), mentally disabled, and physically disabled as well as people with learning disabilities and persons recovering from substance and alcohol abuse, when that disability interferes with their ability to work.

## **ENVIRONMENTAL**

**St. Lawrence County Soil and Water Conservation District.....315-386-3582**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

Offer technical services pertaining to conservation. Tree sale program. Fish sale program. Provides soil research and information, pond information, mined land reclamation plans, and agricultural value assessments on requested areas.

**NYS Department of Environmental Conservation.....315-265-3090**

[www.dec.ny.gov](http://www.dec.ny.gov)

Provides information on forestry, wildlife, state land, and recreation opportunities in St. Lawrence County. Offers the following programs: state land management, private land services and wildlife services.

**Adirondack Park Visitor Interpretive Center at Paul Smiths.....518-327-3000**

[www.apa.state.ny.us](http://www.apa.state.ny.us)

Provides information about the Adirondack Park, maintains a visitor center and offers environmental education.

## **FARMING ASSISTANCE**

**USDA Natural Resource Conservation Service.....315-386-2401**

Canton

[www.nrcs.usda.gov](http://www.nrcs.usda.gov)

Provides technical information primarily to farmers on certain farm projects, including managing milkhouse wastes, drainage projects, barnyard projects, animal waste facilities and soil information.

**Cornell Cooperative Extension of St. Lawrence County.....315-379-0926**

Canton

[www.cce.cornell.edu](http://www.cce.cornell.edu)

Farm Business Management, natural resources and community development, crops and soil management, dairy/livestock agent....etc.

**Farm Credit East.....800-295-8431**

[www.farmcrediteast.com](http://www.farmcrediteast.com)

This is a nationwide farm credit cooperative. It makes loans primarily to farmers for any purpose as well as rural home loans. This service offers counseling and computerized bookkeeping to farms and agri-business. They provide other financial planning services and assistance with farm tax returns and leasing vehicles.

**Seedcorn, Inc.....315-265-3385**

Potsdam

Provided organizational and networking assistance to newly forming community organizations. Promotes sustainable agricultural issues, renewable energy and conservation resources. Sponsors the food-based Education Project. Assists local organic farmers and other local growers.

## FINANCIAL ASSISTANCE

**Child Support Enforcement Hotline.....877-696-6775**

For single moms due support, the U.S. Department of Health and Human Services will send a handbook complete with advice and contact numbers.

**Child-Care-Subsidy Hotline.....800-424-2246**

When daycare costs are too high, there is help. The National Association of Child Care Resources is federally funded. They will help callers find options for child care payment assistance programs.

**Mortgage Payment Assistance.....800-750-8956**

For individuals and families falling behind on mortgage payments, this national agency will work with their mortgage company to arrange a workout plan to catch up missed payments. Housing counselors will discuss all options available to avoid foreclosure. Agency does not make loans or buy property.

**Debt Relief Hotline.....800-685-2706**

For individuals and families struggling with credit card debt, (typically over \$10,000); relief is available. This national agency will contact a family's creditors, reduce payments, interest, and even principal amounts owed. Harassing collection calls will stop.

**Student Loan Relief Hotline.....866-836-9168**

This agency works for students and graduates who wish to reduce their monthly payments by consolidating. Experts in all options available, counselors will evaluate current debt load and seek ways to provide relief. Candidates must have over \$10k in Student Loan debt, and not more than 150 days past due.

**Tax Relief Hotline.....877-283-8580**

This national agency works directly with the IRS on behalf of citizens who generally owe \$10,000 in back taxes. Services include: offers in compromise, payment plans, innocent spouse relief, and relief from garnishments. Consultations are free.

**Free Bankruptcy Advice.....800-379-0985**

Employees who cannot use other debt solutions may need to speak with an attorney. The nation's largest consumer law firm has made this hotline available. Individuals may call for a free conversation to discuss whether debt relief under bankruptcy makes sense for them.

**Discount Prescriptions.....800-291-1206**

Individuals can save between 20% and 40% on their prescription medications. No exam needed. This is a national program. No need to make trips to the pharmacy, medication shipped to the home. Call for free information.

**Consumer Credit Counseling Service of Central New York.....315-782-2227**

A comprehensive money management and debt repayment assistance program. Assists with delinquent mortgage, pre-purchase and reverse mortgage counseling.

## **FINANCIAL MANAGEMENT EDUCATION & ASSISTANCE WEBWATCH**

<http://www.cccscny.org>

This is the website for the Consumer Credit Counseling Service of Central New York. The site provides a wide range of information on consumer credit information, workshops, and classes to groups of people of all ages on a wide variety of topics.

<http://www.feedthepig.org> and/or <http://www.financialliteracy.org>

Both sites offer tools, tips, and resources that will help you think through your spending and savings habits, identify ways you can start saving, and commit to making changes that will reduce debt and grow your savings. Information is also available on budgetary basics, health care/insurance, housing issues, social security, long-term & dependent care.

## HEALTH CARE SERVICES

**St. Lawrence County Public Health.....315-386-2325**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

The St. Lawrence County Public Health Department has been serving the county since 1936. We offer a wide variety of health services and programs to county residents, geared toward improving both individual health and well being and that of the community. The department's philosophy is that prevention is better than a cure, healthy families need healthy environments, safety first must be a way of life, and that people must be empowered to take care of themselves.

**St. Lawrence County Health Initiative.....315-261-4760**

[www.getthehealthyslc.org](http://www.getthehealthyslc.org)

The Health Initiative coordinates and provides screenings for uninsured and under-insured residents and financial assistance for follow-up care. They manage several educational media campaigns based on the three task areas of access to care, nutrition and fitness and substance use. The Health Initiative also develops an educational program using community residents to provide one-to-one education and referrals for health related information.

**CareGivers.....315-379-1445**

[www.caregivershomecare.com](http://www.caregivershomecare.com)

Provides RN, LPN, Home Health Aides, Personal Care aides and housekeeping services for individuals in their homes. This care is an alternative to institutional care for persons recovering from illness or injury, senior citizens who need a little extra help with daily routines, mothers with newborns etc.

**Free Clinic for Uninsured Adults, Massena.....315-769-8017**

139 Main Street

Provides primary health care services, pulmonary care and gynecological care to uninsured adults.

Open: 2pm-5pm on Thursdays

7pm-9pm on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of month

**Aids Community Resources.....315-386-4493**

[www.aidscommunityresources.com](http://www.aidscommunityresources.com)

Hotline.....888-475-2437

Provides education, information and referral about AIDS to people at high risk, to health and human service professionals and to the general public. This resource works to ensure the availability of support services for people affected by HIV or AIDS infection.

**Northeastern New York Alzheimer's Disease Assistance Center.....800-388-0199**

Plattsburgh State University

Provides neuropsychological evaluation and diagnosis of impairments of memory, thinking, and behavior as well as case management which includes ongoing assessment of social services needs.

**Fox-McLellan Ambulette Service.....315-393-4870**

Ogdensburg

Provides local and long-distance non-emergency medical transportation by stretcher or wheelchair

**Seaway Transportation.....315-353-6618**

Canton (Ask for Daphne)

Provides handicapped accessible transportation to destinations anywhere within New York State. Kinds of transportation could include: rides to medical appointments, recreational outings, to meetings, to visit a friend, etc.

**NYS Commission for the Blind and Visually Impaired.....518-891-7518**

[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)

Saranac Lake Office

Vocational Rehabilitation, children's services, services for adults over age of 55 and a business enterprise program

**Guide Dog Foundation for the Blind.....800-548-4337**

[www.guidedog.org](http://www.guidedog.org)

Smithtown

Offers a 25-day training program which consists of selecting a dog, and training guide dogs and students together

**Guiding Eyes for the Blind.....800-942-0149**

[www.guidingeyes.org](http://www.guidingeyes.org)

Yorktown Heights

Matches legally blind students with guide dogs, considering personality, background, age, physical capabilities, and geographical location. Residential training lasts 26 days.

**National Education for Assistance Dog Services.....978-422-9064**

[www.neads.org](http://www.neads.org)

West Boylston, M.A.

A two week facility-based training program for clients which provides trained hearing and service dogs for hearing impaired and physically disabled people.

**North Country Regional Traumatic Brain Injury Center.....518-564-5048**

[www.tbicenter.org](http://www.tbicenter.org)

SUNY Plattsburgh

Services for survivors of traumatic brain injuries

**Richard E. Winter Cancer Treatment Center.....800-640-7199**

Ogdensburg

Offers radiation treatment and chemotherapy, provides free transportation services for patients



**North Country Children's Clinic.....315-782-9450**  
[www.childrens-clinic.org](http://www.childrens-clinic.org)

- **North Country Children's Dental Clinic.....315-393-0447**  
221 Hamilton Street, Ogdensburg  
Offers the following dental services: fillings, cleanings, sealants, fluoride treatments, stainless steel crowns for children, x-rays and simple extractions.
- **North Country Prenatal Perinatal Council**  
**Watertown Main Office 315-788-8533**  
**Massena/Ogdensburg 315-804-0150**  
**Canton/Gouverneur 315-386-8128**  
Provides enrollment assistance for the following programs: Medicaid, Family Health Plus and Child Health Plus
- **Women, infants, and Children (WIC)**  
Clinics held regularly in Gouverneur, Brasher, Heuvelton, Star Lake, Norfolk, Morristown, Canton, Potsdam, Massena and Ogdensburg

**Children's Miracle Network of Northern New York.....315-785-4053**  
[www.samaritanhealth.com](http://www.samaritanhealth.com)

Watertown

Assists families of children with any medical problems (not just a certain disease). Types of help available include: payment of outstanding medical bills, reimbursement for travel expenses incurred during treatment received outside the area, and with the purchase of equipment used to improve the child's quality of life.

**American Heart Association.....800-242-8721**  
[www.americanheart.org](http://www.americanheart.org)

Provides heart-health information, information on risk factors for cardiovascular disease and stroke. Holds events and programs in communities around the country, information on which can be found on their web site. Offers training in CPR.

**HIV Uninsured Care Programs.....Hotline 800-542-2437**  
**Office 518-459-1641**

Provides free HIV/AIDS drugs to low income individuals not covered by Medicaid or adequate third-party insurance. Offers a full range of primary care services to low-income persons. Provides home care services to chronically dependent individuals with HIV illness or AIDS.

**The Natural Look Mastectomy Boutique.....315-322-5584**  
1355 St. Hwy. 345, Potsdam

Sells items relating to mastectomy including wigs for chemotherapy clients.

**St. Lawrence County Red Cross.....315-268-0102**  
Potsdam

Offers various health and safety services, such as courses in Standard, Community and Advanced First Aid, CPR, life-saving, emergency response training, babysitting etc. Military services, provides disaster planning, provides relief to victims of single-family disasters and sponsors the Care and Share program.

**Health Services of Northern New York.....800-244-4065**  
56 Market Street, Potsdam

Certified Home Health Agency which provides home health care up to 24 hours a day for persons of any age.

**New York State Department of Health.....866-881-2809**

## **HIGHER EDUCATION ASSISTANCE**

**Potsdam Akwesasne Talent Search Program (PATS).....315-267-2762**  
[www.potsdam.edu/community/pats/index.cfm](http://www.potsdam.edu/community/pats/index.cfm)

SUNY Potsdam

Career counseling and post-secondary school counseling for students in grades 6-12 and adults who are out of school. Emphasis is upon keeping people in high school and getting them to apply to and attend post-secondary education.

**St. Lawrence University Higher Education Opportunity Program .....315-229-5580 (HEOP)**

A state funded program for New York State residents who, because of academic or economic circumstances, would be unable to attend a post-secondary institution. Offers academic, personal and financial counseling throughout the academic year.

**North Country Migrant Education Program.....315-267-2510**  
[www.potsdam.edu](http://www.potsdam.edu)

Serves children (0-21) of migrant agricultural or logging workers and their parents. Coordinates with local educational and community services to meet the needs.

**Ogdensburg Free Academy Continuing Education Program.....315-393-0900**  
**Ext 200**

Offers adult education classes, which vary from year to year. Previous offerings have included swimming, swimmercize, scuba diving, walking for fitness, chair caning, art classes, calligraphy, computer classes, CPR, home horticulture, and bridge.

**SUNY Potsdam Office of Continuing Education/Summer Programs.....800-458-1141**  
[www.potsdam.edu/CONT.ED/home.page.html](http://www.potsdam.edu/CONT.ED/home.page.html)

Offers off-campus credit courses and non-credit classes. Off-campus credit courses are college courses through SUNY Potsdam which are given at other locations. These class locations include Canton, Hogansburg, Salmon River Central School, Watertown, Star Lake, and Wellesley Island. Most of these courses are on the graduate level, but undergraduate courses are also offered, mostly at Jefferson Community College and the Hogansburg site.

## HOUSING

**Housing Authorities.....Canton 315-386-8381**  
**Massena 315-764-1706**  
**Ogdensburg315-393-3710**  
**Potsdam 315-265-3680**

Offers low-cost housing units for elderly, people with disabilities, and families. One, two, three or four bedroom units available.

- **Canton Enriched Housing Program.....315-386-8830**  
An extra program of the Canton Housing Authorities for people in need of some assistance due to disabilities, age or health conditions, in maintaining an independent lifestyle.

**Cambray Housing Corporation.....315-287-1020**  
68 West Main Street, Gouverneur  
Manages housing of several types. Provides grants for home repair, acquisition of existing home or construction of new homes.

**St. Lawrence County Housing Council.....315-386-8576**  
19 Main Street, Canton  
Offers grants/loans for home repair or rehabilitation to homeowners or landlords in targeted communities in St. Lawrence County and more.

**USDA Rural Development.....315-386-2401 ext 4**  
1942 Old Dekalb Road, Canton  
Gives loans to buy, build and repair single family homes for low-income applicants who will live in that home. Provides loans and grants to the elderly (62 + years) applicants for home repair of single-family residences and more.

**Raquette River Habitat for Humanity.....315-244-1335**  
Enables affordable homes to become a reality for those who would otherwise have no hope of home ownership. Habitat accepts applications from those interested in receiving a home.

**Village of Potsdam Planning and Development Office.....315-265-1670**  
Potsdam  
Provides housing rehabilitation grants and loans to address substandard housing conditions and downtown commercial rehabilitation loans. Oversees commercial construction and development projects, providing low interest loans and architectural services for façade improvements. Offers microenterprise revolving loan fund for small business start-up and expansion. Loans for \$25,000 with 5-7 year pay back. Provides assistance to first time homebuyers.

## LEGAL ASSISTANCE

Rural Law Center.....315-769-2500  
[www.rurallawcenter.org](http://www.rurallawcenter.org)

North Country Legal Services.....315-386-4586

Provides free legal counsel to financially qualified people in the following types of civil cases:

- Landlord/tenant disputes
- Disputes with government agencies, especially public entitlements
- Some consumer protection cases
- Some unemployment insurances cases
- Special grants to work with people labeled developmentally disables and/or mentally ill whose income iv over normal NCLS income guidelines
- Special grant through the Office of the Aging to provide services for people age 60 and over whose income is over normal NCLS income guidelines

Probation.....315-379-2230  
[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

St. Lawrence County Public Defender.....315-379-2115  
[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

Sheriff's Juvenile Aid.....315-379-2362  
[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

Legal Aid Society.....315-386-4586  
17 Hodskin Street, Canton  
Provides protection and advocacy for individuals with mental illness or developmental disabilities.

State of New York Office of the Attorney General.....800-771-7755  
[www.oag.state.ny.us](http://www.oag.state.ny.us)  
Protects consumers from fraudulent, misleading, deceptive and illegal business practices as well as many other services.

Office of Consumer Services.....administration 518-474-3280  
[www.dps.state.ny.us](http://www.dps.state.ny.us) Hotline 800-342-3355  
Helpline 800-342-3377

Provides toll-free telephone numbers for consumers to call for information or complaints about their utility service.

New York State Consumer Protection Board.....800-697-1220  
[www.consumer.state.ny.us](http://www.consumer.state.ny.us)

Utility Intervention Unit which represents consumer's interests in proceedings before the Public Service Commission and federal regulatory agencies. The unit consists of attorneys and experts in economics, accounting, and engineering who analyze utility service rate issues and present the public's case in PSC hearings.

## MENTAL HEALTH SERVICES

**ValeHaven HFA.....315-769-6618**

10 Woodlawn, Massena

An adult home which works with residents to create an individual care plan, giving assistance when needed and freedom when wanted. Provides 24 hour supervision, on-site assistance and supervision of medication. Offers laundry services, recreational activities, home cooked meals, housekeeping to residents. Plans shopping trips and other outings.

**St. Lawrence County Community Services.....315-386-2167**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

Services offered are individual, group, and family counseling to children, adolescents, and adults, education and therapy, symptom management, assessment and treatment planning and health screening and referral.

- Coordinated Children’s Services Initiative (CCSI).....315-394-0180

**St. Lawrence Psychiatric Center.....315-541-2001**

[www.omh.state.ny.us](http://www.omh.state.ny.us)

Ogdensburg

There are three residential programs located on the facility grounds: Adult Services, a Sex Offender Treatment Program (SOTP), and Children/Youth Services. All residential programs offer a comprehensive range of services including individual and group counseling, diagnostic evaluation, psychological testing, crisis intervention, psychopharmacology, medical evaluation, vocational assessment, education, socialization, task and skill training, physical therapy, structured learning therapy, occupational therapy, and recreational therapy. In addition, weight rooms, a recipient resource center, a snack bar, and community programs are available.

- Community Resource Center

**St. Lawrence County Mental Health Clinic: Canton..... 315-386-2167**

80 State Hwy 310, Suite 1 Canton

The St. Lawrence County Mental Health Clinic, including Expanded Children’s Services, is an outpatient clinic treatment program certified by the New York State Office of Mental Health. Both programs provide a full range of outpatient psychiatric services, including individual, group, and family therapy.

**St. Lawrence Psychiatric Center: Gouverneur Mental Health Clinic.....315-287-2811**

28 William Street, Gouverneur

Provides preventive therapies to permit persons to remain in their community through the provision of outpatient treatment and to minimize the possibility of admission to an inpatient service.

**St. Lawrence Psychiatric Center: Massena Mental Health Clinic.....315-769-8441**

23 Maple Street, Massena

Provides preventive therapies to children and adults to permit them to remain in their communities through the provision of outpatient treatment and to minimize the possibility of admission to an inpatient service.

**St. Lawrence Psychiatric Center: Ogdensburg Mental Health Clinic...315-394-0101**

109 Ford Street, Ogdensburg

Provides preventive treatment to permit persons to remain in their community through the provision of outpatient treatment and to minimize the possibility of admission to an inpatient service.

**Catholic Charities: Coordinated Children’s Services Initiative (CCSI)...315-394-0180**

Pritchard Pavilion, Ogdensburg

This program serves families who have a child with a serious emotional disturbance. Works with families from a strengths based perspective to keep children at home and in their community.

**Cerebral Palsy Association of the North Country: Canton (clinic).....315-386-8191**

4 Commerce Lane Canton, NY 13617

Provides primary care, foot care, psychiatry, counseling, physical therapy, dental, pediatric/orthopedic evaluation, optometry, and healthy living partnership program. The clinic is open to the public and recently became designated a Federally Qualified Health Care Center.

**St. Regis Mohawk Mental Health Services.....(518) 358-3141, Ext. 160**

412 State Rte. 37, Akwesasne

The purpose of the St. Regis Mohawk Mental Health (also known as KANIKONRI:IOHNE) is to ensure that those members of the Akwesasne community who are having emotional troubles, both children and adults, get the treatment they need to feel better.

**Brattleboro Retreat.....800-738-7328**

Brattleboro, Vermont

[www.brattlebororetreat.org](http://www.brattlebororetreat.org)

Provides a full continuum of care for children, adolescents, adults and older adults who are suffering from psychiatric or addictive illness. Psychiatric treatment/ substance abuse treatment includes: outpatient, intensive outpatient, partial hospital, residential and acute care programs.

**Community Resource Center.....315-393-2430**

Ogdensburg

A sheltered workshop for those recovering from mental illness. An outpatient program operating under the auspices of the St. Lawrence Psychiatric Center which addresses the employment needs of individuals recovering from mental illness. Acquisition of basic work skills and behaviors is the primary focus of this vocational program. Services to transition workers into the community are available. Skill development areas include: light industrial packaging, woodworking, janitorial, food service, office skills, and shipping and receiving.

**St. Lawrence Public Health.....315-386-2325**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

This program provides assistance in locating a physician or other health care provider to ensure each child has a medical home. The program may also provide assistance in obtaining insurance and/or other programs that help to cover health care costs – i.e. Medicaid, Child Health Plus, or the Physically Handicapped Children’s Program. Supportive measures as well as medical information may be provided.

**Saint Francis Academy Adirondack Experience.....518-523-1718**

[www.adkexperience.com](http://www.adkexperience.com)

Lake Placid

Provides adventure based counseling and therapy for boys and girls ages 10-18. Combines the philosophy of wilderness experience with intensive counseling for high risk children.

**Step by Step Inc. (Standing Together Effectively for People).....315-394-0597**

[www.stepbystepinc.org](http://www.stepbystepinc.org)

Ogdensburg

An organization for consumers of mental health services which provides individual peer support and limited advocacy.

**North Country Transitional Living Services.....315-782-1777**

[www.nctls.org](http://www.nctls.org)

Watertown

Transitional Living Services of Northern New York (TLS) is a private not-for-profit agency which was incorporated in 1977 to establish residential services for the mentally ill population who were unable to live independently in the community. Since 1977 our agency has expanded and now provides services to children, adolescents and adults. TLS’ primary goal is to assist people to live in the least restrictive setting possible. This goal is accomplished through varying levels of support.

**Northern Regional Center for Independent Living.....800-585-8703**

210 Court Street, Suite 107, Watertown, NY

[www.nrcil.net](http://www.nrcil.net)

A variety of topics for families with children with disabilities are provided. Topics include, but are not limited to special education, special procedures, student and family rights, disability specific topics, transition from preschool to school, transition from high school, and grief/sensitivity. Call for specific details, location, and dates. Requests for specific trainings are welcomed. NRCIL is a disability rights and resource center that promotes

community efforts to end discrimination, segregation, and prejudice against people with disabilities, by working in community partners to create an accessible, inclusive society. Through NRCIL, people discover choices to live more independently, with enhanced dignity.

## **NEIGHBORHOOD CENTERS / FOOD PANTRIES**

### **Alms of Love Food Pantry.....315-262-0222**

3662 County Route 14, Madrid, NY 13660

Hours of Operation: Thursday: 10:00am-2:00pm

### **Canton Neighborhood Center.....315-386-3541**

5 West Street, Canton, NY 13617

Hours of Operation: Monday-Friday: 8:00am-3:00pm, but available by appointment between 3:00pm-4:00pm

### **Christian Life Fellowship Food Pantry.....315-287-7656**

52 Church St, Gouverneur, NY 13642

Hours of Operation: Thursday: 9:00am-12:00pm

### **Church & Community Program Food Pantry.....315-386-3534**

95 Main Street, Canton, NY 13617

Hours of Operation: Monday – Friday: 8-4pm

(It is suggested that you call first)

### **Colton/Pierrepont/Parishville Center.....Colton - 315-262-3175**

864 Route 68, Colton, NY 13625

**Pierrepont - 315-386-8311**

Hours of Operation: Monday & Friday 9am-1pm Colton, Tues & Thurs 9am-1pm

Pierrepont, Wed 9-1pm Parishville

**Parishville – 315-265-6180**

### **Free Community Meal Soup Kitchen.....315-848-3562**

1046 Oswegatchie Trail, Star Lake, NY 13690

Hours of Operation: Wednesdays 5 pm

### **Gouverneur Neighborhood Center.....315-287-3370**

15 Rock Island Street, Gouverneur, NY 13642

Hours of Operation: Monday-Friday: 8:00am-12:00pm & 1:00pm-3:00pm

Thrift Shop is open 8am-2:30pm

Closed first Friday of every month

### **Hammond Food Pantry**

30 Lake Street, Hammond, NY 13646

Hours of Operation: 3rd Thursday 11am-2pm and by appt



**Massena First UMC Meal Program Soup Kitchen.....315-769-8036**

189 Main Street, Massena, NY 13662

Hours of Operation: 1st, 2nd, 4th, 5th Thursday: 4:30pm-6:00pm

Also a community meal offered every Thursday except the third one of every month from 4:30-6pm

**Massena Neighborhood Center.....315-764-0050**

27 Brighton Street, Massena, NY 13662

Hours of Operation: Monday-Friday: 8:00am-3:00pm from 3:00pm-4:00pm by appointment

**Angel Food Ministries.....315-769-9941**

[www.angelfoodministries.com](http://www.angelfoodministries.com)

New Testament Church, Andrew Street, Massena

Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit.

Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60. Food Stamps are accepted.

**Norfolk / Raymondville Pantry.....315-384-4629**

Main Street, Raymondville, NY 13678

Hours of Operation: 3rd Saturday 9-11:30am and by appt

**Ogdensburg Neighborhood Center.....315-393-5561**

On the corner of Caroline and 330 Ford Street in the basement, Ogdensburg, NY 13669

Hours of Operation: Monday-Friday: 8:00am-4:00pm Closed for lunch 12pm-1pm

**Potsdam Neighborhood Center .....315-265-3920**

2 Park Street, Potsdam, NY 13676 (basement of village office)

Hours of Operation: Monday-Friday: 8:00am-12:00pm & 1:00pm-3:00pm. Available 3:00pm-4:00pm by appointment, closed 1st Friday of every month

**Richville Baptist Chapel Food Pantry.....315-287-0259**

209 Main Street, Richville, NY 13681

Hours Of Operation: 2nd Wednesday 1:30pm-3:30pm and by appointment

**Salvation Army of Massena Food Pantry.....315-769-5154**

20 Russell Road, Massena, NY 13662

Hours of Operation: Monday thru Friday: 8:30am - 1pm

**Salvation Army of Ogdensburg Food Pantry.....315-393-3351**

401 Franklin Street

Hours of Operation: Monday – Thursday 9-2

They offer seasonal assistance as well as book bags and school supplies.

**St James Outreach.....315-287-0114**

164 E. Main Street, Gouverneur, NY 13642

Hours of Operation: Monday – Saturday 10am-2pm

**St Vincent de Paul of Massena Food Pantry.....315-769-1200**

128 Main Street, Massena, NY 13662

Hours of Operation: Monday-Friday 10am-4pm for clothes items with food distribution twice a month

**St Vincent de Paul of Ogdensburg.....315-393-3930**

415 Hamilton Street

Operates a thrift store, provides gas vouchers and bus vouchers for emergency transportation, offers emergency shelter for overnight homeless, free used clothes for fire victims, and works with disaster victims with the Red Cross and visits the sick in the hospital.

**Star Lake Food Pantry.....315-848-3562**

4208 Route 3, Star Lake, NY 13690

Hours of Operation: 2nd & 4th Wednesday: 9:30-11:30am

**Tri-Town Community Services.....315-389-5663**

Route 11C, North Lawrence, NY 12967

**315-389-4485**

Hours of Operation: 2nd Friday 9:30am-11am

**. 315-389-4950**

**Waddington Family Resource Center.....315-388-5934**

38 Main Street, Waddington, NY 13694

Hours of Operation: Monday and Wednesday 9-11am Saturday 9am-12pm and by appt

**St. Patrick's Church Food Pantry.....315-389-5401**

Brasher Falls

(please call first)

**Council of Religious Concern Thrift Store (CORC).....315-265-3940**

8 Willow Street, Potsdam

Thrift store

## **PARENTING PROGRAMS**

**New Testament Church.....315-769-9951**

Massena

[www.ntcmassena.com](http://www.ntcmassena.com)

Parenting Class- Loving Your Kids on Purpose by Danny Silk. This is a seven week video series with hour long classes every Wednesday night every spring and fall.

**Northern Regional Center for Independent Living.....800-585-8703**

210 Court Street, Suite 107, Watertown, NY

[www.nrcil.net](http://www.nrcil.net)

A variety of topics for families with children with disabilities are provided. Topics include, but are not limited to special education, special procedures, student and family rights, disability specific topics, transition from preschool to school, transition from high school, and grief/sensitivity. Call for specific details, location, and dates. Requests for specific trainings are welcomed. NRCIL is a disability rights and resource center that promotes community efforts to end discrimination, segregation, and prejudice against people with disabilities, by working in community partners to create an accessible, inclusive society. Through NRCIL, people discover choices to live more independently, with enhanced dignity.

## **PET NEEDS/CARE**

**Massena Humane Society.....315-764-1330**

Provides shelter for stray and unwanted animals and tries to find homes for them. Provides spay/neuter program for elderly and people with low incomes.

**Potsdam Humane Society.....315-265-3199**

Handles pet adoption. Investigates reports of animal cruelty. Handles lost, stray dogs. Handles dogs brought in by dog control. Maintains a list of immunization clinics for pets. Sponsors low-cost neutering and spaying, as well as low-cost programs for pet medical emergencies.

**St. Lawrence County SPCA.....315-393-5191**

6718 State Highway 68, Ogdensburg

Takes in stray and surrendered animals. Places animals in homes. Refers to state certifies wildlife rehabilitators when wildlife calls are received. Responds to animal cruelty cases. Maintains a registry of lost animals.

## **PREGNANCY**

**Linkages for Prevention.....315-287-2661**

A community based adolescent pregnancy prevention program at Gouverneur Central School.

**Planned Parenthood of Northern NY Community Health Worker Program**

.....315-782-1818

Case management services for pregnant and/or parenting women. It can assist with information and/or provide referrals for services.

## **ST. LAWRENCE COUNTY SERVICES**

### **Department of Social Services:**

- **Children’s Services.....315-379-2706**
  - Adolescent Services
  - Adoption Services
  - Foster Care/Preventive Units
- **Child Support.....315-379-2165**
- **Disabled Client Assistance Program.....315-379-2146**
- **Employment/One Stop.....315-386-3276**
- **Child Health Plus/Medicaid.....315-379-2105**
- **Food Stamps.....315-379-2155**
- **Home Energy Assistance Program.....315-379-2303**

## **SUBSTANCE ABUSE PROVIDERS**

**St. Lawrence Addiction Treatment Center.....315-393-6602**

[www.oasas.state.ny.us](http://www.oasas.state.ny.us)

Inpatient addiction treatment facility. Length of stay is individualized, but average is 27 days. Provides individual and group counseling, recovery skill-building and symptom management. It also offers orientation and education about alcohol abuse and other substance abuse.

**St. Lawrence County Chemical Dependency.....315-386-2189**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

Offers services to individuals and families with alcohol abuse and/or substance abuse problems. Provides outpatient individual, group and family counseling and referrals for inpatient treatment and other levels of treatment. Offers the Families in Recovery Program, a four week program for any individual or family affected by substance abuse. Offers two tracks, one for adults, and one for children. Provides case management services by referral from SLCASAS clinical staff and Department of Social Services.

**Chemical Dependency Services at Canton-Potsdam Hospital.....315-315-265-3300**

[www.cphospital.org](http://www.cphospital.org)

Alcohol and other drug detoxification and rehabilitation as well as outpatient services at The Richville Clinic & Norwood Satellite Clinic for the chemically abusing/dependent person and/or their families.

**North Country Freedom Homes.....315-379-0139**

[www.ncfreedomhomes.org](http://www.ncfreedomhomes.org)

Two halfway house programs for people who have recently completed treatment for alcohol abuse and substance abuse and are ready to readjust to community life. Locations in Madrid and Canton.

**Alcoholics Anonymous**

[www.ny-aa.org](http://www.ny-aa.org)

Meetings in many towns at various times around St. Lawrence County with times and locations listed on-line

Services with help for addictions that are NOT in St. Lawrence County

**CREDO Community Center for the Treatment of Addictions.....315-782-2207**

[www.credocommunitycenter.com](http://www.credocommunitycenter.com)

Outpatient, residential and aftercare treatment for alcohol abuse and substance abuse.

**Tully Hill Chemical Dependency Treatment Center.....800-456-6114**

[www.tullyhill.com](http://www.tullyhill.com)

Just south of Syracuse

A 56 bed inpatient alcohol/substance abuse detoxification and rehabilitation facility.

**Samaritan Medical Center Outpatient Alcohol Services.....315-779-5060**  
[www.samaritanhealth.com](http://www.samaritanhealth.com)

Syracuse  
Traditional and intensive outpatient alcohol abuse services

**Syracuse Behavioral Healthcare.....24 hours hotline 315-471-0568**  
[www.sbh.org](http://www.sbh.org)

Offers comprehensive services in the treatment of alcohol and/or substance abuse.  
Provides outpatient and inpatient treatment programs, offers case management and operates community residences.

**Crouse Chemical Dependency Treatment Services.....800-727-6873**  
[www.crouse.org](http://www.crouse.org)

Syracuse  
Crouse Hospital offers services for out-of-town residents. They have a Detoxification Unit and inpatient rehabilitation

**New Hope Manor.....800-944-8434**  
[www.newhopemanor.org](http://www.newhopemanor.org)

A residential substance abuse treatment facility for women in Sullivan County, New York.

**Four Winds – Saratoga.....800-888-5448**  
[www.fourwindshospital.com](http://www.fourwindshospital.com)

A mental health system offering inpatient, outpatient, partial hospitalization and consultation and referral services. Treats children, adolescents, adults and older adults suffering from psychiatric disorders, and from addictions related to psychiatric disorders such as alcohol abuse, substance abuse and eating disorders.

**Conifer Park.....800-989-6446**  
[www.coniferpark.com](http://www.coniferpark.com)

A private residential chemical dependency treatment facility situated on 32 wooded acres in Glenville, NY. Easily accessible from all major cities in the Northeast, the facility offers comprehensive services for the treatment of alcoholism and substance abuse in a beautiful, tranquil setting conducive to recovery.

**St. Joseph’s Rehabilitation Center.....518-891-3950**  
Saranac Lake

An inpatient alcohol and substance abuse treatment facility. Average length of stay is 4 to 8 weeks.

**Saint Francis Academy Adirondack Experience.....518-523-1718**  
Lake Placid

Provides adventure based counseling and therapy for boys and girls ages 10-18. Combines the philosophy of wilderness experience with intensive counseling for high risk children.

## SUPPORT GROUPS

**Alcoholics Anonymous .....315-261-5954**

[www.ny-aa.org](http://www.ny-aa.org)

Sunday, 10:00 a.m., Monday, 8:00 p.m., Sat., 7:30 p.m.

Canton-Potsdam Hospital Rehab Unit, 20 Cottage Street, Potsdam

Many other meetings in other towns at various times around St. Lawrence County with times and locations listed on-line

**Al-Anon.....315-265-6186**

Wednesday, 8:00 p.m. – 9:00 p.m.

Conference Room A, Canton-Potsdam Hospital

Many other meetings in other towns at various times around St. Lawrence County with times and locations listed on-line

**Alzheimer's Support Group .....315-386-4541 ext. 219**

205 St. Street Rd., Canton

The support group of caregivers who, through group interaction give each other support in facing the myriad of problems encountered as caregivers of Alzheimer's residents. There are no eligibility requirements. Members consist of family or friends of Alzheimer patients. Meets once a month.

**Breast Cancer Support Group.....315-261-5935**

2<sup>nd</sup> Wednesday, 4:30 p.m. – 6:00 p.m.

2<sup>nd</sup> Floor Classroom, Canton-Potsdam Hospital

**Breastfeeding Class.....315-261-5965**

2<sup>nd</sup> Thursday, 7:00 p.m.

Jan/Mar/May/Jul/Sep/Nov

Conference Room A & B, Canton-Potsdam Hospital

**Breastfeeding Support Group.....315-769-4349**

Held the 1<sup>st</sup> Tuesday of the month, except holidays at the New Testament Church Nursery, beginning at 10:00 a.m. Support Group is taught by Certified Childbirth Educator Snow Harper-Moulton, R.N. No pre-registration is required. Refreshments will be served.

**Celiac Support Group.....315-261-5975**

4<sup>th</sup> Monday, 7:00 p.m.

2<sup>nd</sup> Floor Classroom, Canton-Potsdam Hospital

**Celiac Support Group Meetings .....315-769-4305**

Held the 1<sup>st</sup> Tuesday of each month except holidays, in the Main Floor Board Room beginning at 5:00 p.m., Massena Memorial Hospital

**Fibromyalgia Support Group.....315-268-3761**

4<sup>th</sup> Monday

6:30 p.m. March – October

5:30 p.m. November - February

Center for Health Sciences, 59 Main Street, Potsdam

<http://people.clarkson.edu/~lrussek/FMSG.html>

**Fibromyalgia Support Group Meetings.....315-769-4262**

Held the 2<sup>nd</sup> Saturday of the month, except for holidays for the months of January – May 2011. The meetings will be held in the Lower Level Conference Room beginning at 1:30 p.m., Massena Memorial Hospital For more information, please call Maxine Dodge

**Look Good, Feel Better.....315-261-5935**

4<sup>th</sup> Monday

(No meetings in May, November and December)

4:30 p.m. – 6:00 p.m., 2<sup>nd</sup> floor classroom, Canton-Potsdam Hospital

**Man-to-Man Support Group.....315-268-9314**

2<sup>nd</sup> Tuesday, 4:00 p.m. – 5:30 p.m.

Conference Room A, Canton-Potsdam Hospital

**Narcotics Anonymous.....315-261-5954**

Tuesday 8:00 p.m.

Sunday 7:00 p.m.

Canton-Potsdam Hospital, Rehab Unit, 20 Cottage Street, Potsdam

**Narcotics Anonymous Support Group Meeting .....315-384-4833**

Held every Saturday, except holidays in the Community Education Room at Massena Memorial Hospital beginning at 7:00 p.m.

**Neurological Disabilities.....315-261-5461**

1<sup>st</sup> Wednesday, 6:00 p.m.

Physical Rehab, 49 Lawrence Ave.

**Prenatal Class.....315-261-5965**

2<sup>nd</sup> Thursday, 7:00 p.m. – 9:00 p.m.

2<sup>nd</sup> Floor Classroom, Canton-Potsdam Hospital

**Sleep Disorders Screening Clinic.....315-268-0642**

4<sup>th</sup> Monday, 7:00 p.m. – 8:00 p.m.

Canton-Potsdam Hospital, Sleep Lab, 20 Cottage Street, Potsdam

**Childbirth Preparation Classes.....315-769-4349**

Classes are held on Wednesday in the Community Education Room at Massena Memorial Hospital beginning at 7:00 p.m. A mom-to-be should sign-up by 20 weeks gestation. To register for a class, please call.



**Emotions Anonymous Support Group Meetings.....315-769-9240**

Held every Sunday, except holidays in the Community Education Room at Massena Memorial Hospital beginning at 6:00 p.m. For more information, please call.

**Multiple Sclerosis Support Group Meetings .....315-769-4262**

The 4<sup>th</sup> Tuesday of each month, except for holidays in the Community Education Room at Massena Memorial Hospital beginning at 7:00 p.m.

**Overeaters Anonymous Support Group Meeting .....315-384-4833**

Held every Thursday, except holidays in the Community Education Room at Massena Memorial Hospital beginning at 7:00 p.m.

**Quit Tobacco Workshops.....315-769-4262**

Held every other Tuesday in the Lower Level Conference Room at Massena Memorial Hospital beginning at 4:00 p.m. Starting Jan. 11<sup>th</sup> 2011.

**Weight Loss Surgery Group .....315-769-4262**

Held the 3<sup>rd</sup> Wednesday of the month, except holidays in the Emergency Preparedness Room at Massena Memorial Hospital beginning at 6:30 p.m. For more information, please call the Levine Outpatient Center at 769-4340 or the above listed number.

## **VETERAN SERVICES**

**St. Lawrence County Veteran Service Department.....315-386-4754**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

Confidential service for St. Lawrence County veterans. Provides advocacy for various veteran's benefits on the Federal, State and local level. Provides information and referral for veteran's services. Operates Outreach Offices in Massena and Gouverneur (2 days a month each), Star Lake, (1 day a month), and in-home visits to housebound veterans.

**Army Community Services.....800-826-0886**

Fort Drum

Services offered to military.

**New York State Division of Veteran's Affairs.....315-393-0580**

[www.veterans.ny.gov](http://www.veterans.ny.gov)

Ogdensburg

Provides information and files claims for veterans and their dependents concerning all federal and state benefits available as well as general information regarding veteran's needs.

## **WEIGHT PROBLEMS/EATING DISORDERS**

### **Weight Watchers**

[www.weightwatchers.com](http://www.weightwatchers.com)

An integrated approach emphasizing good eating choices, healthy habits, a supportive environment and exercise. A plan that allows you to eat what you like, with an emphasis on nutrition and advice on staying satisfied by choosing the foods you enjoy. A sensible plan to help you lose weight at a healthy rate plus the knowledge and info you need to help you keep it off for good. A time-tested approach informed by analyzing years of scientific studies. Flexible food plans that can adapt to any lifestyle or unique needs.

Massena – Cross Current Youth Center, Main Street – Thurs. @ 5 pm, Sat. @ 8 am

Ogdensburg – Claxton Hepburn Hospital – Tues. @ 5 pm

Canton – St. Mary’s School – Wed. 4:45 pm

Hammond – Hammond Presbyterian Church – Mon. @ 5 pm

Malone – Alice Hyde Medical Center – Tues. @ 6pm

### **TOPS (Take Off Pounds Sensibly)**

[www.tops.org](http://www.tops.org)

TOPS Club, Inc. is the original, nonprofit, weight-loss support and wellness education organization. We were established in 1948 to champion weight-loss support and success. TOPS promotes successful, affordable weight management with a philosophy that combines:

- healthy eating
- regular exercise
- wellness information
- awards and recognition
- support from others at weekly chapter meetings (meeting sites listed under [www.tops.org](http://www.tops.org))

**Four Winds – Saratoga.....800-888-5448**

[www.fourwindshospital.com](http://www.fourwindshospital.com)

A mental health system offering inpatient, outpatient, partial hospitalization and consultation and referral services. Treats children, adolescents, adults and older adults suffering from psychiatric disorders, and from addictions related to psychiatric disorders such as alcohol abuse, substance abuse and eating disorders.

### **Transitional Living Services of Northern New York: Eating Disorder Services**

[www.nctls.org](http://www.nctls.org)

**(315) 782-1777, Ext. 34**

Watertown

Provides case management services for people with eating disorders in the North Country. A coalition of local agencies provides comprehensive seamless services to children and adults with eating disorders from Jefferson, Lewis, and St. Lawrence Counties.

## **YOUTH SERVICES**

**St. Lawrence County Youth Bureau.....315-379-9464**

[www.co.st-lawrence.ny.us](http://www.co.st-lawrence.ny.us)

Offers the Youth Conservation Corps during the summer which is a youth employment opportunity. Provides services through community based organizations and the Resource Allocation Process.

**St. Lawrence County Youth Advocacy Program (YAP).....315-379-0518**

[www.yapinc.org](http://www.yapinc.org)

Provides a community based alternative for youth who are currently residing in residential care/detention programs or are at risk for placement in such a facility.

**Rose Hill Youth Services Can/Am.....315-776-7344**

[www.rosehillrehab.org](http://www.rosehillrehab.org)

A 30 bed residential inpatient alcohol abuse and substance abuse treatment center for adolescent males and females between the ages of 12 and 21.

**Boys and Girls Club of Ogdensburg.....315-393-1241**

Community building housing a variety of educational, cultural, recreational activities and youth programs.

**Seaway Youth for Christ.....315-344-1268**

[www.seaway-yfc.org](http://www.seaway-yfc.org)

Offers activities for teens, counseling and tutoring.

**Cross-Current Youth Ministries.....315-769-9951**

[www.ntcmassena.com](http://www.ntcmassena.com)

Peer counseling, mentoring, every other week gathering, and small group function.

**Potsdam Akwesasne Talent Search Program (PATs).....315-267-2762**

[www.potsdam.edu/community/pats/index.cfm](http://www.potsdam.edu/community/pats/index.cfm)

SUNY Potsdam

Career counseling and post-secondary school counseling for students in grades 6-12 and adults who are out of school. Emphasis is upon keeping people in high school and getting them to apply to and attend post-secondary education.

**Hiawatha Seaway Council Boy Scouts of America.....315-463-0201**

[www.cnyscouts.org](http://www.cnyscouts.org)

Syracuse

Provides leadership training, focusing on character building, citizenship and physical abilities. Provides long-term camping programs under professional supervision. Coordinates various programs and special events, such as camporees, scout service centers, etc.

Offers a troop for people with special needs in Massena which is associated with ARC and sponsored by the VFW. There is no age limits with this troop.

**Thousand Islands Girl Scout Council.....800-491-1890**

445 Factory Street, Watertown

Provides social and skill building activities through troop meetings

Operates residential summer camps.

**Upward Bound.....315-379-3940**

[www.canton.edu](http://www.canton.edu)

SUNY Canton, 34 Cornell Drive

Encourages and prepares students for post-secondary education. Offers regular tutoring, counseling, field trips, college visits and workshops during the school year. Provides a 5-week residential summer program at SUNY Canton.

**Saint Francis Academy Adirondack Experience.....518-523-1718**

Lake Placid

Provides adventure based counseling and therapy for boys and girls ages 10-18. Combines the philosophy of wilderness experience with intensive counseling for high risk children.

**Northern Regional Center for Independent Living.....800-585-8703**

210 Court Street, Suite 107, Watertown, NY

[www.nrcil.net](http://www.nrcil.net)

A variety of topics for families with children with disabilities are provided. Topics include, but are not limited to special education, special procedures, student and family rights, disability specific topics, transition from preschool to school, transition from high school, and grief/sensitivity. Call for specific details, location, and dates. Requests for specific trainings are welcomed. NRCIL is a disability rights and resource center that promotes community efforts to end discrimination, segregation, and prejudice against people with disabilities, by working in community partners to create an accessible, inclusive society. Through NRCIL, people discover choices to live more independently, with enhanced dignity.

## **GENERAL COMMUNITY SERVICES**

**Community Development Program.....315-386-1101**

1 Commerce Lane, Canton

Emergency food program through Neighborhood Centers. Head Start. Rent Subsidy Program. Personal Care Program. Weatherization Assistance Program. Family Self-Sufficiency, Transportation and HUD.

**St. Lawrence Chamber of Commerce.....315-386-4000**

Canton

Promotes measures for the benefit of economic development of St. Lawrence County, such as tourism, small business, health insurance services, and regulatory legislation.

**North Country Library System.....315-782-5540**

Library services for those who are in need of specialized information and materials, or who, for various reasons, are unable to use their public library.

**Social Security Administration.....315-393-1417**

818 Commerce Park Drive, Ogdensburg

**Potsdam Food Co-op.....315-265-4630**

24 Elm Street Potsdam

Consumer cooperative that sells food, natural foods, supplements, seeds and some household items at slightly above cost. Emphasis is placed upon foods which have had a minimum of processing and additives.