

SERVING OUR COMMUNITY'S

BODY. MIND. SOUL

A Resource Guide of Services and Programs

Available to the Residents of the CSSD

Revised 2016

This Resource Guide has been published for the areas within the Central Square School District Community by members of the Body Mind Soul Task Force. It is meant to be used as a reference for programs and services available to community members within the borders of the Central Square School District. This Task force is made up from representatives of the community including: local businesses, school district, government officials, local community service organizations, and area clergy. The mission of this group is to create and maintain a collaborative network of service.

EMERGENCY NUMBERS

Ambulance, Fire, or Police *emergencies only*..... **911**

Give your name, phone number, address and state the emergency.

Child Abuse and Maltreatment Hotline.....1-800-342-3720

New York State Police (non-emergency)..... 668-2496

Oswego County Sheriff's Office (non-emergency).....349-3411

Toll Free.....1-888-349-3411

Village of Central Square Police Department (non-emergency).....676-4303

Poison Control.....476-4766

Toll Free.....1-800-222-1222

SAF – Abuse and Assault Hotline.....342-1600

Runaway/Homeless Hotline (collect calls accepted).....342-7618

Toll Free.....1-877-342-7618

SOVAC (*non-emergency*)..... 676-5071

North Shore Ambulance (*non-emergency*).....675-3110

Substance Abuse Hotline.....1-800-522-5353

Drug Task Force Oswego Co. Tip Line.....349-8222

non-emergency call center349-8501

New York State DEC.....426-7431

GENERAL INFORMATION/REFERRALS

If multiple services are needed and you're not sure where to start, try one of these #:

211CNY(*Connecting people w/services in Central and Northern NY*) 211 or 1-844-245-1922

Dept. of Social Services.....963-5000

Toll-free.....1-888-963-5377

United Way of Greater Oswego County.....593-1900

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CHILD AND YOUTH SERVICES

ARISE	342-4088
Dept. of Social Services.....	963-5000
Toll-free.....	1-888-963-5377
(Adoption Services, Child Protective & Preventive Services, Foster Care Services, Child Care Subsidy)	
Child Advocacy Center	592-4453
Catholic Charities.....	598-3980
(Family Support Services, Family Education & Partnerships, Community Mentoring, Keeping Kids Connected)	
National Runaway Hotline	1-800-621-4000
PATH (Program to Assist Teenage Homeless)	598-6664
YES (Youth Emergency Services/Runaways)	Hotline 342-7618
COLLECT CALLS ACCEPTED or Toll Free	1-877-342-7618
Oswego City/County Youth Bureau.....	349-3451
Oswego County Child Care Council	343-2344
A community resource for education, training, information and referral	
Oswego Police Dept. Youth Officer	342-8235
Oswego County Opportunities.....	598-4717
Oswego County 4-H Program (Cornell Cooperative Ext.)	963-7281
Youth Works (Oswego County Employment and Training	

CHILDBIRTH.... See Pregnancy

CHURCHES

Bethel Community Fellowship (Pastor Ralph Stamp)675-9499

240 St Rt 49, Cleveland, NY

Email: nhfministry@gmail.com

(Crisis counseling, Emergency Food Constantia/Cleveland, Budgeting Training/Counseling)

Brewerton United Methodist Church (Pastor Jack Keating) 676-3999

5395 Orangeport Road, Brewerton NY

Website: www.brewertonumc.com

(Food Pantry, Daycare)

Caughdenoy United Methodist Church (Pastor Jim Karins) 668-2973

3 County Route 37, Central Square, NY

Email: caughdenoyumc@gmail.com

(Sunny Days Nursery School)

Central Square Community Church (Pastor Craig Wilson) 668-6278

883 US Route 11, Central Square, NY

Email: asstshepherd@yahoo.com Website: www.cscny.org

Christian Community Church (Pastor Bob Freeman)..... 668-3127

121 Eldebrry Lane, Central Square NY

Website: www.cccny.org

Cleveland United Methodist Church (Pastor Stephen Maddox)..... 675-8824

73 Bridge St., Cleveland, NY

Constantia Center Baptist (Pastor Mark Ransom) 675-8837

668 County Route 17, Bernhards Bay NY

Constantia United Methodist Church (Rev. David Carnie)623-7102

Frederick Street, Constantia NY (AA meetings, Family Groups, no website)

Divine Mercy Parish (Rev. Christopher Celentano).....676-2898

(St. Bernadette's, St. Mary's, St. Michael's, St. Agnes)

592 S Main St, Central Square, NY 13036

Email: Divinemercury@syrdio.org Website: www.divinemercurybcs.org

(Food pantry, thrift store, Teen Edge Youth Group, Step by Step Wellness-Catholic Charities)

First Baptist Church of Central Square (Pastor Megan Biddle) 668-2138

701 North Main St., Central Square, NY

Email: Info@fbc-cs.com Website: www.fbc-cs.com

- Trinity Episcopal** 706-8476
Route 49, Constantia NY
- Wellspring Family Life Church (Pastor Mike McGinness)** 676-2184
137 US Route 11, Central Square, NY
Email: thewatercooler@wellspringflc.org Website: www.wellspringflc.org Facebook
- Mallory Wesleyan Church (Pastor Greg Stein)**..... 676-4792
Box 16, 5 Baum Rd., Mallory, NY 13103
Email: steigr@gmail.com Website: www.mallorywesleyan.org
(community crisis care fund, emergency pantry)
- Victory Bible Church (Pastor Daniel LeClair)** 676-5998
255 Hungry Lane Road, Central Square, NY Facebook
(Health Support Group, 4-H and Youth Development)
- West Monroe United Methodist Church (Pastor David Carnie)** 676-3555
2495 State Route 49, West Monroe, NY
Email: westmonroeumc@yahoo.com

CLOTHING/FURNITURE

- American Red Cross (Fire – Vouchers Only) 343-0967
- Downstairs Scotty Thrift Store at Divine Mercy CS.....676-2898
Tues. 9-3, Fri. 9-1 (call for emergencies)
- Catholic Charities Thrift Store598-3980 ext. 255
- Constantia United Methodist Church Thrift Store.....675-1503
Thurs. & Fri. 10-5 (call for emergencies)
- Salvation Army (Oswego) 8am – 1pm 343-6491
Emergency only 342-8048
- Care & Share Shop, 963-4519
5910 Main Street, Mexico
Mon & Fri 1-3pm, Wed. 5-7pm, 1st Saturday of each month 10am-12pm
Our Lady of Rosary 1st Tuesday of every month
- Rescue Mission Thrifty Shop 699-1960
- Goodwill –Cicero.....1-800-GOODWIL

CONTINUING EDUCATION

BOCES Programs (Main Switchboard).....	963-4251
Basic Education, External High School Diploma Program, Life Skills Program, Home Study, Continuing Education/Adult Education, Migrant Tutorial Program	
OCO Literacy Volunteers of Oswego County	342-8839
Bryant & Stratton Business School.....	652-6500
Cayuga Community College.....	592-4143
Cornell Cooperative Extension of Oswego County.....	963-7286
Jefferson Community College.....	786-2200
Empire State College.....	472-5730
Onondaga Community College	498-2221
State University of New York at Oswego.....	312-2270

COUNSELING SERVICES ... see Mental Health

DISABILITY SERVICES:

Birth to Age 3, Early Intervention.....	349-3500
Ages 3 – 5 Committee on Preschool Special Education (CPSE)	
Central Square School District.....	668-4220
ACCES VR: Adult Caring & Continuing Education Services.....	1-800-782-6164
Vocational Educational Services for Individuals with Disabilities	
Alzheimer’s Association (CNY Chapter)	Oswego: 596-4016 Syracuse: 472-4201
American Cancer Society (Central New York Office).....	1-800-887-5514
ARISE	
(Central Square – call Oswego to make appointment within the local area.....	342-4088
(Pulaski Office).....	298-5726

Arthritis Foundation (CNY Chapter)	637-3568
Association for Retarded Citizens (ARC of Oswego County)	598-4859
Aurora of CNY (Services for visually or hearing impaired)	422-7263
BOCES Preschool Program for Children with Special Needs	
Mexico Campus	963-4319
Central NY Developmental Services (Oswego County)	598-6120
Citizen Advocacy, Inc. of Oswego County.....	593-2303
Communication Disorder Unit (CDU)	464-4806
Developmental Evaluation Center (Margaret Williams DEC)	472-4404
(Upstate Hosp./NYS Office of Persons with Developmental Disabilities)	
Early Childhood Direction Center	443-4444
Toll Free.....	1-800-962-5488
Early Intervention Program.....	349-3500
Easter Seals - Disabilities Awareness.....	1-800-221-6827
ENABLE (Cerebral Palsy Center)	455-7591
Infant Preschool Developmental Services (IPDS).....	598-4859
Little Lukes / Rehab Resources.....	701-1107
Multiple Sclerosis Resources of CNY	438-4790
NYS Vocational Rehabilitation (ACCES VR)	428-4179
Oswego County Health Dept. Program For Children with Special Needs ..	349-3500
Early Intervention, Child Find, 3-5 Special Needs programs, Physically Handicapped, Children's Program	
Oswego Industries	598-3108
Parents of Special Children, Inc'	598-7672
Pemberton Associates / Pinnacle Preschool	963-0864
Physically Handicapped Children's Program	349-3546

Residential Services, OCO	598-4717
Spina Bifida Clinic (Center for Neuro-developmental Pediatrics)	464-6395
Transitional Living, OCO.....	598-4717

DOMESTIC VIOLENCE SERVICES

Abuse & Assault Hotline (OCO Services to Aid Families - SAF).....	342-1600
OCO Domestic Violence & Sexual Abuse Counseling.....	342-1600
OCO Visitation Center.....	598-6988
Vera House	468-3260
Sexual assault/domestic violence and Counseling for all ages	

EMPLOYMENT

AmeriCorps.....	349-3451
Community Service Center – Oswego	342-3905
Experience Works	963-5223
For 55 and over with limited work experience	
Oswego County Dept. of Employment & Training.....	591-9000
Classroom Training Program, Comprehensive Employment Opportunity Support Center, On the Job Training (OJT), Youth Works, Resource Center to Look for Jobs, Job Listings Available	
OCO Job Assistance and Readiness Training (JART).....	598-6664
Mexico Career Center	963-5512
NYS Department of Labor	479-3228
Oswego Industries Vocational Employment Program	598-3108
Career Employment Services	598-3112
ACCES VR: Adult Caring & Continuing Education Services.....	1-800-782-6164
Vocational Educational Services for Individuals with Disabilities	

FINANCIAL ASSISTANCE

Consumer Credit Counseling Services of Central NY	474-6026
Childcare Subsidy	963-5456
Cornell Cooperative Extension of Oswego County	963-7286
Public Assistance (cash assistance)	963-5000
Home Energy Assistance Program (HEAP)	963-5288
Medical Assistance (Medicaid)	963-5000
Medicaid Managed Care	963-5481
Social Security	342-3558
Supplementary Security Income (S.S.I.).....	342-3558
Identity Theft Resource Center	1-888-400-5330
Women, Infants, Children Supplementary Food Program (W.I.C.).....	343-1311

FOOD

Backpack Buddy Program (Cleveland Methodist / summer program).....	675-3575 or 675-8225
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Food Pantries

CS Community Food Pantry at Divine Mercy	676-2898
592 South Main Street, Central Square Tuesday 9-3, Friday 9-1, 1 st Thursday 5-7pm and by appt.	
Brewerton United Methodist Church	676-5528
5395 Orangeport Road, Brewerton Tuesday 10-Noon, Thursday 4:30-6:30pm	
North Shore Food Pantry	675-3536
2 nd Saturday 8:30-11:30, 4 th Wednesday 5-7pm and by appointment	

Meals on Wheels:

Under 60 years old	598-4712
Over 60 years old (through Office for the Aging)	349-3484

Community Senior Centers/Meal Sites:

Constantia	623-9803
Fulton	592-3408
Mexico.....	963-7757
Senior Centers (general information ext. 1813).....	598-4712
Food Stamps (aka SNAP—Supplemental Nutrition Assistance Program) ..	963-5000
Online Application	www.mybenefits.ny.gov
Central New York Food Bank.....	1-800-522-5006
Food Sense (CS Location – Divine Mercy Parish).....	676-2898
(Brewerton Location – United Methodist Church).....	676-5528
Catholic Charities Emergency Services Food Pantry	598-3980
Summer Food Service Program (for children 18 and under)	598-4712

HOUSING/WEATHERIZATION/HEATING/HOMELESS SERVICES

Homeless Services (OCO).....	342-7618
Toll Free.....	1-877-342-7618
PATH (Program to Assist Teenage Homeless)	598-6664
Oswego Housing Development Council	625-4520
Housing Council Fax.....	625-7347
HUD Rental Assistance Program	349-8263
Home Energy Assistance Program (HEAP).....	963-5021
Meadowview Apartments (Low income housing)	668-8086
Oswego County Dept. of Housing and Weatherization Program.....	297-4205
(Administered by P.E.A.C.E Inc.)	

LEGAL SERVICES

Attorney General	488-4848
Oswego County Bar Association (Free Legal Services)	343-1939
Better Business Bureau	479-6635
Crime Victims Assistance	342-1544
Lawyer Referral Services of Onondaga County	471-2690
Legal Services of Central New York	532-6900
Legal Aid Society of Mid-NY Inc..... www.lasmny.org	342-2191
Legal Clinic (Fridays only 2-4 PM)	806-6164
New Justice (Dispute Mediation)	343-8370
http://www.newjusticeservices.org/OswegoCounty.aspx	
Oswego County Family Court.....	349-3350
Oswego County Office of the Aging	349-3484
Oswego County Probation Department	349-3477
Toll Free.....	1-888-349-3476
Oswego County Government Offices (General number).....	1-800-596-3200
Small Claims Court	477-2784
Tenant Disputes (Legal Services).....	342-2191

LOCAL GOVERNMENT

Central Square Village.....	668-2558
Town Of Constantia	623-7771
Cleveland Village	675-8611
Town of Hastings.....	668-2543
Town of West Monroe	668-3521

MEDICAL

CLINICS/HEALTH CENTERS

Central Square Family Health Center	676-2935
Camden Medical Care (family/pediatrics)	245-0505
Mexico Health Center	963-4133
Pulaski Health Center.....	298-6564
Parish Health Center.....	625-4388
St. Joseph’s Maternal/Child Health Center, Syracuse.....	703-5200
OCO Family Planning Health Centers:	
Mexico (Wednesdays)	963-0815
Pulaski (Fridays).....	298-4878
Open Hand Clinics @ Rural and Migrant Ministry.....	298-1154
Wednesdays Only	
Well Child/Immunization Clinic (2 mos-5yrs).....	349-3547
Toll Free.....	1-800-596-3200 ext. 3547

HEALTH INSURANCE

Child Health Plus (* Facilitated enrollment by Oswego County Opportunities)

Americhoice by United Health Care	1-888-617-8979
Blue Cross Blue Shield.....	1-800-650-4359
Total Care	1-800-223-7242
Family Health Plus	1-800-396-7177
Fidelis	1-888-343-3547
Self screening for multiple programs	www.mybenefits.ny.gov

Healthy NY – Public Health Insurance 963-5000
(Child Health Plus, Family Health Plus, Medicaid)

Medicaid Managed Care	963-5481
Oswego County Opportunities (Facilitated enrollment).....	342-0888
Oswego County Dept. of Social Services.....	963-5000
Toll Free.....	1-888-963-5377

HOSPITALS/URGENT CARE

OSWEGO HOSPITAL	349-5511
Emergency Room.....	349-5522

SYRACUSE

Community General.....	492-5011
Crouse-Irving Memorial	470-7111
St. Joseph’s Hospital	448-5111
Upstate Medical Center.....	464-5540

WATERTOWN

House of the Good Samaritan Medical Center.....	785-4194
Emergency Room.....	785-4100

Fulton Urgent Care..... 592-3500
510 South 4th Street, Fulton 9am-9pm

North Medical Urgent Care 452-2828
5100 West Taft Rd, Liverpool 7am-10pm

Central Square Urgent Care 668-5212
3045 East Ave., Central Square 9am-9pm

HOME HEALTH CARE

ARISE, Consumer-Directed Personal Assistance Program (ext 214).....	342-4088
Home Health Services.....	349-3548
Hospice Care (For terminally ill).....	349-8259
Public Health Nursing Service.....	349-3548
Seniors Helping Seniors	720-4441

MENTAL HEALTH/COUNSELING SERVICES

Adult Mental Health (Catholic Charities) Step by Step Wellness & Peer Advocacy.....	598-3980
ARISE Mental Health.....	298-5726
Center for Therapeutic Healing (http://therapeutichealingcny.com)..... (Clinical therapy, anger management, couples workshops, youth recreation therapy groups)	382-5684
Child Advocacy Center	592-4453
Contact –Syracuse (free 24 hour counseling Children & Adults)	251-0600
Family Partners & Counseling	342-0033
Integrative Counseling Services, Inc. (Dr. Jodi Mullen)..... Insurance list changes so you need to call for insurance information	342-4471
Information & Referral (Onondaga County).....	435-8300
Liberty Resources Kinship Program..... Medicaid/Child Health Plus; Temporary assistance for needy families Work with preschool children All services come through the Department of Social Services	598-4642
Oswego Hospital, Mental Health Services.....	343-8162
Oswego County Opportunities Mental Hygiene Services..... Developmental Disabilities, Day Habilitation, Chemical Dependency	598-4710
Oswego County Veterans Agency.....	591-9100

OSWEGO COUNTY HEALTH DEPARTMENT

Main Switchboard.....	349-3545
Diabetes Screening (1 st Thurs. of month 9-12)	
Hypertension Screening Clinic	
Immunization Clinics (Oswego-Fri. 12:30 – 3:30 pm) – (Pulaski – Fri. 9 – 11:00 am)	
Physically Handicapped Children’s Program	
Prenatal Services	
Public Health Nursing Services	
Sexually Transmitted Disease Clinic (Mon. 2:00 pm)	
TB Clinic	
Children with Special Needs.....	349-3500
Environmental Health.....	349-3557
Home /Long Term Care Nursing.....	349-3548
Hospice.....	349-8259
Immunization Clinic.....	349-3547
Pulaski – 1 st and 3 rd Fridays 9:00 AM-11:00 AM	

OTHER HEALTH RESOURCES

AIDS Community Resource.....	475-2430
AIDS Hotline.....	1-800-592-0830
Cancer (Information Service).....	1-800-422-6237
Growing Up Healthy.....	1-800-522-5006
Office for the Aging.....	349-3484
Women, Infants, Children Supplemental Food Program (W.I.C.).....	343-1311
Toll Free.....	1-888-730-3803
Rabies Vaccine Clinic –OCHD.....	349-3547
Animal Bite.....	349-3564

PREGNANCY/CHILDBIRTH

Crisis Pregnancy Center Hotline	343-7147
Family Planning Health Centers:	
Mexico (Wednesdays)	963-0815
Pulaski (Friday only)	298-4878
Lamaze Childbirth (Oswego Hospital).....	349-5572
LaLeche League Oswego (breastfeeding program).....	343-4046
Oswego County Adolescent Pregnancy Prevention and Service Project ...	963-4361
Oswego County Pregnancy Care Center	343-4866
OPTIONS - Teen Pregnancy and Teen Parenting Program	598-6664
Mom's Program	349-3391
Oswego County OB/GYN. (Not PCAP)	343-2590
Pregnancy Care Program/Public Health	435-2000
Women, Infants, Children Supplemental Food Program (W.I.C.)	343-1311

PRESCHOOLS - NURSERY SCHOOLS - DAY CARE

Head Start Office	598-4711
Toll Free.....	1-800-359-1171
Low Income Day Care Subsidy (DSS)	963-5000
Toll-free:.....	1-888-963-5377

ALTMAR/PARISH/WILLIAMSTOWN

Parish Community Preschool	625-4682
Williamstown Community Preschool	964-1132

CENTRAL SQUARE

A.A. Cole PTO Pre-K.....	623-9823
BASCOL	622-4815
Brewerton Community Child Care	668-7444
Sunny Days Pre-K.....	676-4379

MEXICO

Little Steps, Mexico.....	963-7113
Pinnacle School.....	963-3680
Oswego County Child Care Council.....	343-2344
A community resource for education, training, information and referral	
Low Income Day Care Subsidy.....	963-5456
Applications taken at Office of Employment & Training	
Success by Six	593-1900

RECREATION

Amboy 4-H Environmental Education Center.....	963-7286
ARISE at the Farm (Chittenango).....	687-6727
Camp Hollis.....	349-3451
Camp Zerbe	349-3451
CYO	598-3980
Central New York Girl Scout Council	698-9400
Fort Ontario State Historic Site	343-4711
Haldane Center	298-5274
Pulaski/Richland Summer Recreation and Skating Rink	
Half-Shire Historical Society	298-3620
Hiawatha Council – Boy Scouts	463-0201
Summer Recreation Programs:	
Town of Constantia @ David Webb Memorial Park.....	623-9206
Village of Central Square/ Town of Hastings Recreation.....	668-2558
Town of West Monroe.....	668-8314

Local Libraries:

Brewerton(Onondaga County Public Library)	676-7484
Central Square.....	668-6104
Parish.....	625-7130
Mexico.....	963-3012
Camden.....	245-1980

SENIOR SERVICES

Experience Works.....	963-5223
For 55 and over with limited work experience	
OCO Nutrition Services.....	598-4712
Meals on Wheels, Dining and Activity Centers, OCO-RIDES medical transportation)	
Office for the Aging.....	349-3484
Retired Seniors Volunteer Program (RSVP)	341-2317
Seniors Helping Seniors	720-4441
Social Security Office.....	1-800-772-1213

SUBSTANCE ABUSE SERVICES

County of Oswego Council on Alcoholism.....	342-2370
Alcoholics Anonymous.....	463-5011
Or 471-0191	
OCO Arbor House (Alcohol Halfway House).....	564-5506
Harbor Lights.....	963-0777
Farnham Substance Abuse Treatment & Prevention.....	342-4489
Narcotics Anonymous Info Line.....	472-5555
Anonymous Drug Tip Line.....	1-888-511-8997
STOP DWI in Oswego County.....	349-3210

SUPPORT GROUPS

Alzheimer’s Support Group.....	676-7533
Anorexia-Bulimia Support Office (M-F 8:30-5:00)	445-1975
Non-emergency calls can leave message on answering machine after 5:00	
ARISE	
(Central Square – call Oswego to make appointment within the local area).....	342-4088
(Pulaski)	298-5726
Aurora of CNY, Inc. (Visually & Hearing Impaired Services).....	422-7263
Fax Number	422-4792
Bereaved Parent Group (Hope for Bereaved)	475-4673
General support group, suicide support, youth groups and one on one counseling	
Child Advocacy Center	592-4453
FADD (Families with Attention Deficit Disorder)	216-6425
or	343-9562
Relatives Raising Relatives	598-3980
Liberty Resources.....	598-4642
Domestic Violence & Sexual Abuse Groups (Oswego County Opportunities)	342-1600

TRANSPORTATION

Medical Transportation

A & E Medical Transportation.....	343-2804
Oswego County Opportunities, Inc.—Medical Rides.....	598-4713
Veteran’s DAV Van	425-4352

Public Transportation

Oswego County Opportunities Inc. www.oco.org/transportation.htm	598-4713
Toll Free.....	1-877-484-3287
Trailways Bus Line.....	1-800-858-8555
Pete’s Taxi Service (County Route 37).....	676-2777

VETERINARY SERVICES

Animal Ark Veterinary Hospital	623-9842
Highland Animal Hospital.....	676-7387
North County Veterinary Services	298-5141
Oswego County Humane Society	207-1070
United Friends of Homeless Animals.....	298-4733

OTHER SERVICES

Bureau of Vital Statistics (Birth Certificates, City of Oswego births only).....	342-8114
County Clerk’s Office.....	349-8385
Motor Vehicle Bureau – Pulaski	298-6521
National Grid	1-800-932-0301
Volunteer Opportunity Services (OCO)	598-4712 Ex. 1807
Retired Seniors Volunteer Program (RSVP)	341-2317
Seniors Helping Seniors.....	720-4441
Office of Emergency Management (Oswego County)	591-9150
Oswego County Coop. Ext. (Nutrition/Education).....	963-7286
Oswego County Board of Elections	349-8350
Oswego County Offices (General Information).....	349-3400
Toll Free.....	1-800-596-3200
Traffic Safety Board	343-2344
Veteran’s Service Agency.....	591-9100
or.....	343-0394
