

# Lockport Family Resource Guide



This booklet is funded by The Grigg Lewis Foundation, Inc.  
Lockport, NY 14094



The Mental Health Association in Niagara County, Inc.  
36 Pine Street  
Lockport, NY 14094  
(716) 433-3780  
[www.mhanc.com](http://www.mhanc.com)

# Emergency/ Hotline Phone Numbers

Note Page

## County Wide Helpline

Lockport.....433-5432

**Crisis Services**.....285-3515

**Rape Crisis**.....433-6716

## Domestic Violence Hotlines (Local)

Lockport (YWCA of Niagara).....433-6716

North Tonawanda (YWCA of Tonawanda).....692-5643

Niagara Falls (P.A.S.S.A.G.E. Program).....285-6984

**PASSAGE House Shelter:** provides free emergency shelter in a confidential location to women who are victims of domestic violence and their children.

**Child Abuse Hotline (New York State)**.....1-800-342-3720

**National Suicide Hotline**.....1-800-784-2433

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

**24-Hour Parent Help-Line**.....892-2172

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203 Calendar/Appointments

**October 2013**

Su	Mo	Tu	We	Th	Fr	Sa
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**November 2013**

Su	Mo	Tu	We	Th	Fr	Sa
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**December 2013**

Su	Mo	Tu	We	Th	Fr	Sa
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Appointments (Day, Date, Time)

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## Emergency Assistance

### Lockport Cares

192 Genesee Street Lockport NY, 14094

716.438.2273

Monday-Friday 9:00am-4:00pm

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

#### **Services Provided**

Provide emergency shelter and food for adults for a 10 day stay.

#### **Eligibility Requirements**

Individuals must be 18 years or older

#### **Cost**

None

### American Red Cross

1522 Main Street, Niagara Falls, NY 14305

Hours: Monday-Friday 9:00am-5pm

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

#### **Services Provided**

- Emergency Services: provide relief to people who have experienced natural disasters. Food, clothing, shelter and medical care are provided to disaster victims.
- Energy Assistance Programs: provides basic disaster preparedness information to every American citizen.
- HIV/AIDS Services: The American Red Cross, Serving Erie & Niagara Counties offers HIV/AIDS prevention practices to their own behavior.
- Services to the Armed Forces (SAF): Facilitates communication between military personnel and their families during peace and war times. SAF assists in relaying important messages– the news of birth and deaths, family illnesses and crisis situation– to loved ones all across the globe.

#### **Eligibility Requirements**

Energy Assistance Programs: -income eligible.

#### **Cost:**

None

### January 2013

Su	Mo	Tu	We	Th	Fr	Sa
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### February 2013

Su	Mo	Tu	We	Th	Fr	Sa
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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### March 2013

Su	Mo	Tu	We	Th	Fr	Sa
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### April 2013

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### May 2013

Su	Mo	Tu	We	Th	Fr	Sa
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### June 2013

Su	Mo	Tu	We	Th	Fr	Sa
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## Adult Employment/Career Assistance

### Cornell Cooperative Extension of Niagara County

4487 Lake Ave Lockport NY 14094

716.433.8839

Monday-Friday 8:00am-4:30pm

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

- **Environment & Natural Resources**

**Empower:** provide energy conservation workshops that teach consumers to conserve energy use and manage their finances in a way that will reduce energy costs.

- **Nutrition and Health**

**Nutrition Education:** provides research based information on proper nutrition and healthy lifestyle choices to residents of Niagara County through Eat Smart New York and Expanded Food & Nutrition Education Programs

- **Community and Economic Vitality**

**Pick Niagara:** Argi-Tourism campaign promoting local foods through print & virtual maps listing over 100 Niagara County farm businesses

- **Agriculture & Food Systems**

**Food Systems:** Assess hunger in Niagara County and develop action steps to alleviate food insecurity and support healthier local communities.

**Master Gardener:** provide training to resident of county that wish to become gardening “expert”.

**Consumer & Commercial Horticulture:** a horticulture educator provides answers to questions on plants and pests as well as educational workshops and classes.

## Emergency Assistance

### HEAP (Home Energy Assistance Program) Emergency Benefit

Helps qualifying low-income residents of New York state pay for heating bills.

For a list of HEAP contacts call the NYS Office of Temporary and Disability Assistance at: **(800)-342-3009**

### Hotline for Electric or Natural Gas Shutoffs:

Call this hotline if your heating utility provider has threatened to shut off your natural gas or electricity.

Contact the NYS Public Service Commission at: **(800)-342-3355**  
Phone lines are open Monday through Friday from 7:30AM-7:30PM

## Emergency Services

### Casey House

710 Cedar Avenue  
Niagara NY 14301  
**716-285-7125**

**Casey House** is an emergency short-term shelter for runaway, homeless, at-risk and throwaway youth. Located at 710 Cedar Avenue in Niagara Falls, Casey House is a twelve-bed co-ed facility, which can provide shelter services to youth ages 12 to 17. Non-residential services are available for youth age 18 to 20. Crisis intervention services are available 24/7 in order to respond immediately to a youth in need. The youth can contact Casey House directly at 285-7125 or the youth may be referred by a parent, guardian, school staff, law enforcement personnel or other concerned individual.

When a youth enters shelter, his/her parents or legal guardians are notified that the youth is in shelter in a safe location. The Casey House staff will maintain on-going contact with the family or guardian while the youth is in shelter.

Short-term, crisis oriented counseling is provided; if additional issues are present, the family and/or youth are referred to long-term counseling. This is frequently the case, because running away is often a symptom of underlying problems with the family system. Casey House works closely with other community service providers to ensure that the youth is linked with appropriate services in the community. A warm safe bed at Casey House is better than life on the streets.

## Adult Employment/Career Assistance

### Lockport Public Library Workforce

23 East Avenue, Lockport NY 14094  
716.433.5935ext. 209  
Monday-Thursday 9am-8pm Friday 9am-5pm Saturday 10am-5 (except for July and August)

#### **Services Provided**

Provide computing, job search, resume, and one-on-one classes

#### **Eligibility Requirements**

Individuals 16 years and older

#### **Cost**

None

### Board of Cooperative Educational Services (BOCES)

4124 Saunders Settlement Road Sanborn, NY 14132  
1800.836.7510  
Monday-Friday 8:00am-4:00pm  
www.onboces.org

#### **Services Provided**

Offer programs for special education, vocational education, academic and alternative programs, summer schools, staff development, computer services (management and instructional), educational communication, and cooperative purchasing. In addition, the BOCES provides: curriculum development and instructional improvement service, educational planning services, instructional materials services, continuing professional education services, pupil personnel services, state and federal liaison services, and adult and continuing education programs.

#### **Eligibility Requirements**

Varies for programs

## Adult Employment/Career Assistance

### Niagara County Community College Small Business Development Center

50 Main Street Lockport NY 14094

716.434.3815

Monday-Friday 8:30am-4:30pm

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

[sbdc@niagaracc.suny.edu](mailto:sbdc@niagaracc.suny.edu)

#### **Services Provided**

Offers a wide range of management assistance and technical services, such as: start-up information, business plan development, financial analysis, women owned and minority assistance, business certified, loan sources, recordkeeping, marketing, cash flow projections, training programs, procurement and exporting. Provides free confidential counseling to small business owners and entrepreneurs.

#### **Eligibility Requirements**

They serve existing small and new business ventures. They also provide specialized services and outreach to:

- Women
- Veterans
- People with disabilities
- Minority entrepreneurs

#### **Cost**

Based on training programs of interest

### Family & Children's Services

1522 Main Street

716.285.6984

Monday-Friday 9am-5pm

<http://www.niagarafamily.org>

**Employee Assistance Program:** E.A.P. provided by local employers to help their employees and/or their family members when problems may be interfering with their everyday functioning in the workplace or at home. In addition, EAP staff will provide on-site individual or group counseling designed to assist employees who have been exposed a traumatic incident at work. These include the sudden or accidental death of an employee while at work, traumatic incidents, or situations such as a robbery.

## Community Service Agencies

### Niagara County Community Action Program

160 Washburn Street Lockport, NY 14094

716.285.9681

<http://www.niagaracap.org>

Monday-Friday 8:00am-4:00pm

#### **Services-**

#### **Neighborhood Centers Program provides:**

- Information and referral
- Application Assistance
- Budget Counseling
- Food Pantries
- Clothing Pantries
- Professional Clothes Closet
- Fair Housing Advocacy
- Housing Location Services
- Landlord/Tenant Advocacy
- Crime Prevention Awareness
- Family Development-encourages families to work toward a healthy interdependence within their community.

**Rural Preservation Program** offers home repair grants, home ownership and maintenance counseling and links to organizations that offer additional services.

**Weatherization Assistance Program** assists residents with improvements in heating efficiency by producing fuel savings through energy conservation measures.

**Nutrition Outreach and Education Program** assists hungry families and individuals to obtain food stamp benefits.

**Fair Housing Advocacy Program** provides assistance to persons who feel they have been discriminated against in the area of housing

#### **Eligibility Requirements**

Resident of Niagara County and income eligible

#### **Cost**

None

## Recreational/Educational Programs for Youth

### Boy Scouts of America, Iroquois Trail Council

7121 Rochester Road, Lockport NY 14094

716.434.2851

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

Office Hours: Mon-Thur 2:00pm-6:00pm; Fri 8:00am-Noon

**Services Provided:** Youth Development & Education

Scouting programs teach young people skills that will help them to meet the challenge of making healthy and productive choices as they strive to reach their full potential. Our educational programs teach values, leadership, and life skills, personal responsibility, and community service opportunities to boys and young men and women from all socio-economic, ethnic, cultural, and religious backgrounds.

Youth members meet for structured weekly activities with adult volunteers and peers as well as for weekend outings. Summer camping opportunities are available, as well as a week-long summer Day Camp held in Lockport. Program experiences develop the ability to set and achieve personal and group goals, practice leadership, and provide career exploration. Young people develop a strong sense of self-reliance and self-worth while building a foundation of lifetime skills and values. Program groups exist in each of our local towns, and can be contacted through the Iroquois Trail Council.

#### **Eligibility Requirements**

Boys in grades 1-12 and girls ages 14-20 are eligible to join age-appropriate programs: Cub Scouts, Boy Scouts, Venturing & Exploring.

**Cost:** Fee varies depending on specific programs. Fundraising opportunities are available, as well as partial funding for summer camp scholarships.

## Domestic Violence Services for Women and Children

### Domestic Violence Program

YWCA of the Tonawandas.

For more information call: **(716)-692-5643**

#### **Provides:**

Individual counseling, Support groups ,Advocacy

- Babysitting
- Legal clinic
- Community education
- Community referrals
- Shelter
- Follow-up
- Career ,education, and parenting education.

**Cost-**All services are free and confidential.

### Kidstrong

Support group for children that have been affected by family violence. Program serves three age groups; 3-5 years, 6-8 years, and 9-12 years old. Ten sessions total. Parent must attend a parent group to enroll their child.

Meetings are held Thursdays at 6:00PM.

For more information call the YWCA of the Tonawanda's:

**(716)-692-5580**

### Offender Accountability Program

A 26-week batterers accountability program for men mandated by the courts or DSS. The program follows the guidelines set forth by New York State for batterers programs, and serves to provide a service to the courts for compliance issues. The group meets weekly. Those interested in enrolling should call to schedule an appointment.

Meetings:

Mondays and Wednesdays from 6:30PM-8:30PM

Saturdays from 9:00AM-11:00AM

For more information call the YWCA of the Tonawandas:

**(716)-692-5580**



## Domestic Violence Services for Men

### Beacon Center

36 East Avenue, Suite A

716.439.6815

Monday-Friday 9am-6pm

<http://www.beaconcenter.net>

**Women's Program/Men's Program:** provide participants a safe environment in which to share about their concerns and about unique influences in their lives. Beacon Center's Women's Program is geared toward helping women develop their self esteem as well as their assertiveness skills.

The men's program is designed to meet the special needs of some male patients. It provides a safe environment for exploring male issues, attitudes, and values. Topics of discussion include relationships, domestic violence, and expressing and handling the patients' emotions. The goal is to provide assistance and support that will lead to life-long recovery and healthier relationship with others.

For fees or accepted Insurances please call for more information.

## Recreational/Educational Programs for Youth

### The History Center of Niagara County

215 Niagara Street

Lockport, NY 14094

716-434-7433

[niagarahistory.org](http://niagarahistory.org)

Hours: Monday - Saturday, 9 a.m. to 5 p.m.

**Services Provided:** The Niagara County Historical Society Complex presents a glimpse of area life in Niagara County over the last 175 years. The Niagara Street building is the headquarters for the Niagara County Historical Society. Erie Canal Discovery Center part of the Niagara County Historical Society Museum Complex. This 1863 brick home features a Victorian Parlor, Historic Pantry, Old Toy Room, the Civil War Room and a Changing Exhibit Room. There are exhibits that appeal to children including an antique toy room, antique cars, the Erie Canal, Native Americans and pioneers. The Outwater Emporium, gift shop features toys, books and other gifts geared for adults and children of all ages. Youth programming on school holidays and during the summer school break.

**Eligibility Requirements:** None

**Cost:** Fee varies for programs

### Historic Palace Theatre

2 East Ave

Lockport, NY 14094

716-438-1130

Hours: Box Office-Mon-Fri.-10am to 2pm (Varies on weekends)

[www.LockportPalaceTheatre.org/events](http://www.LockportPalaceTheatre.org/events)

- Family oriented value entertainment
- Upcoming events and movies, check our web site.
- Auditions held four times yearly for youth participation in live theatre productions
- Summer Performing Arts programs-Call 438-1130 for more information
- Free community events year round.

## Recreational/Educational Programs for Youth

### Big Brothers Big Sisters of Niagara County, Inc

86 Park Avenue, Lockport NY 14094

716.434.1855

Monday-Friday 9am-5pm

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

- **Site Based mentoring:** a structure weekly member relationship held at Niagara Falls Boys and Girls Club Each mentoring session is an opportunity for Littles, with guidance of their Bigs, to learn about cooperation, team work, social skills, school readiness, self-esteem, and other personal goals while participating in activities they already enjoy.

#### **Waiting List Children Un matched (WLCUM):**

- The “Waiting List Children Unmatched” program gives children and youth the opportunity to have fun, learn and be active with BBBSNC while casework staff finds the right Big for every child.
- Activities that children are involved on camperships, in service workshops, summer afternoon activities, group events/parties, holiday assistance, school supply assistance
- **In Service Workshops:** Interactive workshops that focus on the challenges mentor role models and case work staff identify in children. Topics of the workshops include child safety and personal empowerment, anger management and conflict resolution, how to be Healthy, being proud, social etiquette, literacy and cultural enrichment, team building and coping with and preventing bullying.
- **Camp:** Big brothers Big Sisters of Niagara County partners with organizations to provide children and youth who would not otherwise be able to attend, with the opportunity for camp. However the opportunities are limited. Children are selected based on criteria for each program, established by respective camp.

#### **Eligibility Requirements**

Children and youth must be between the ages of 7-15 and reside in Niagara County. The custodial parent or guardian must contact the Agency to enroll a child. Referrals are not accepted.

#### **Cost**

None

## Domestic Violence Services/Women’s and Children’s Support

### Family & Children’s Service

1522 Main Street

716.285.6984

Monday-Friday 9am-5pm

<http://www.niagarafamily.org>

- **PASSAGE House Shelter:** provides free emergency shelter in a confidential location to women who are victims of domestic violence and their children. **Outreach Services:** provide counseling to empower women to feel more in control of their lives and their choices; most importantly the choices that will keep them and their children safe.
- **Support Groups (Women and Children):** offers a 13-week support/educational group for women who have experienced domestic violence. It is extremely important that women realize that they are not alone in their struggles. The Support Group provides a safe place for women to learn from each other and to share and support each other in ways that help them grow and heal from an abusive relationship. Children’s support groups are offered as well.
- **PATHWAYS-Men’s Group (Personal Accountability Toward Healthy WAYS )** is a group education program for men who are physically and/or psychologically abusive in their intimate relationships. Men in the group are given the opportunity to learn and to practice new interpersonal skills for developing more equitable and respectful relations.
- **Women As Offenders:** a 16-week Educational Group is available for women who are mandated after appearing as defendants on domestic abuse charges in Niagara Falls Domestic Violence Court or other local courts. This group is focused on taking personal accountability for behavior, learning ways to have healthy relationships, and learning techniques to handle stress, anger and other emotions.

#### **Cost**

None, as long as client meets eligibility requirements.

## Domestic Violence Services/Women's and Children's Support

### YWCA

32 Cottage Street Lockport NY  
716.433.6714  
Monday-Friday 8:30am-4:30pm

#### **Crisis Services-**

- **Domestic Violence Self-Help Support Group and Rape Crisis**  
"Battered Women" support group provides support and assistance to women affected by an abusive relationship. Other groups also available. Child care available. In addition to groups, the organization offers counseling and court advocacy. Provides a domestic violence safe house, with both residential and non-residential programs. Meeting locations are confidential, please call for location.
- **Transitional Home:** 3 houses with 2 apartments within each unit. These houses are for victims of domestic violence.
- **Counseling** for both children and women who experienced domestic violence.
- **Carolyn's House:** home for homeless single mom. Has many programs such as employment preparation programs, GED classes, financial literacy, parenting and health and wellness programs and culinary training, and IDA. The objectives of Carolyn are to empower women and assist women to develop skills that will allow them to live independently.

#### **Eligibility Requirements**

Women and Children of Niagara County

**Cost**-Fee varies for programs

For the rape crisis hotline, meeting locations,

## Recreational/Educational Programs for Youth

### YMCA

19 East Avenue, Lockport NY 14094  
716.434.8887

#### **Hours: Fall/Winter:**

Monday-Saturday 5:00am-8:30pm Sunday 1:00-4:30

#### **Spring//Summer:**

Monday-Friday 5:00am-8:30pm Saturday 5:00am-4:00pm

<http://www.lockportymca.com>

#### **Services Provided**

Provide various programs that range from:

- Fitness & wellness: zumba, yoga, aerobic training
- Aquatics: water exercise and swimming courses
- Youth program: child day care, camp kenan
- School age child care: before and after school program
- Teen programs: teen leader's club, teen nights
- Camp Kenan

#### **Eligibility Requirements**

Everyone

#### **Cost**

Fee various base on program

### Salvation Army

50 Cottage Street, Lockport Ny  
7164341276

Monday-Friday (:00am-3:00pm

<http://www.salvationarmyusa.org>

#### **Services**

Provides various service for individuals of all ages:

**Youth Camp** activities, nutrition and recreational programs.

## Recreational/Educational Programs for Youth

### The Kenan Center

433 Locust Street, Lockport NY 14094

716.433.2617

Monday-Friday 9am-5pm

<http://kenancenter.org>

#### **Services Provided**

The center offers various art, education, and recreational programs  
Art:

- The Kenan Center House Gallery: art exhibition from both local and regional artists. The gallery also hosts the *Storrs All-High Photo Show*, which showcases the photographic talents of high school students from across western and central New York.
- Missoula Children's Theatre (MCT) Residency provides hands-on theater experience to children in grades K-12.

Education:

- The Kenan Center Nursery School (KCNS) program nurtures each child's unique physical, social, and intellectual development by providing planned learning experiences. The goal of the KCNS program is for each child to develop self confidence, perseverance, sense of accomplishment and positive feelings toward learning.

Recreation:

- The Kenan Center provides youth soccer program to over 400 children each session (3Per year)
- The Kenan Arena is a modern, multi-use facility that houses the Kenan sports and recreation department.

#### **Eligibility Requirements**

Serve people of all ages

#### **Cost**

Membership fee. Fee for program varies. Financial Aids are available

## Consignment Shops

### Goodwill

282 South Transit Street

Lockport, NY 14094

M-Sat: 9:30 a.m.-7 p.m.

Sunday Noon-5 p.

### Grace Church Thrift Shoppe

106 LaGrange Street, Lockport, NY

Thrift Shoppe Hours - Wednesday, Thursday and Friday

1:00pm till 4:00pm

<http://www.gracelkpt.org/ThriftShoppe.dsp>

(716) 633-1072

### Finders Keepers

is Western New York's Premiere Consignment Shop

for Children's and Maternity Clothing

Mon-Sat 10-5 pm. Thurs till 8 pm.

5945 Main Street, Williamsville, NY 14221

## Consignment Shops

### St. John the Baptists Outreach Ministry

160 Chestnut Street Lockport NY 14094

716.433.5252

Hours: Monday, Wednesday, Friday 12:00pm-3:00pm

<http://www.stjohnslockport.org>

#### **Services Provided:**

- **Sister Helen's Food Pantry:** distributes food three days a week in addition to special distributions of complete meals at Thanksgiving and Christmas.
- **Diaper pantry** distributes infant care product to eligible households.
- **Clothing Center distributes** gently -used furniture, beds and appliance to people in need of basic home furnishings in Eastern Niagara County. Both the Food Pantry and Clothing Center are open on Monday, Wednesday, and Friday from Noon-3pm, and Monday evening from 5:30pm-7:30pm

#### **Eligibility Requirements**

Residents of Lockport and income eligible

#### **Cost**

None

## Recreational/Educational Programs for Youth

### Lockport Youth and Recreational

201 Willow Street Lockport , NY 14094

716.434.3071

Monday-Friday 8:30-4:30pm

<http://lockportyouthandrec.webs.com>

#### **Services Provided**

Provides recreational, educational, and cultural activities for children and families of the city. Fulfills the need in the community for an outlet for both parents and children.

#### **Eligibility Requirements**

Residents of Lockport

#### **Cost**

Free

### Cornell Cooperative Extension of Niagara County

4487 Lake Ave Lockport NY 14094

716.433.8839

Monday-Friday 8:00am-4:30pm

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

#### **Services Provided**

Children, Youth & Families

- **4H Program:** provide opportunities in Animal Science, Science & Technology, Healthy Lifestyles and Citizenship to youth 5-19. Program includes practical skills such as budgeting, food preparation, etc., as well as necessary social skills such as team and group working skills.
- **Day Camp:** 4 week summer program provided at low cost for local youth 5-11 years old. Enrichment activities are offered in science, food and nutrition, and garden based learning.
- **Aquaponics:** teaches youth and adults through an on-site system through portable learning units about ecosystems through garden based learning
- **Legislative Intern Program:** Match high school juniors and seniors with Niagara County government officials to discover first hand how government works.
- **Eligibility Requirements**  
Individuals of all ages

#### **Cost**

Varies for Program

## Recreational/Educational Programs for Youth

### YWCA

32 Cottage Street Lockport NY

716.433.6714

Monday-Friday 8:30am-4:30pm

#### **Youth Programs:**

- **Pre-School** (3-4 year olds) & Playroom Plus (2 year olds)- aim to help children gain positive sense of self while engaging in activities that stimulate curiosity.
- **Universal Pre-Kindergarten** (4 year olds)- provide developmentally appropriate opportunities that create academic, social, emotional and physical success for each child.
- **Before and after school programs** for Intermediate Youth (5th and 6th Grade): provide a quality before and after school program environments for intermediate school youth that is safe, nurturing, supportive and enjoyable. The programs offer homework assistance, recreation, arts & crafts and community service opportunities.
- **Summer Camp** (5 year olds)- children are challenged to gain positive sense of themselves, engage in learning activities that stimulate their natural curiosity , develop friendships and relate to others with respect.
- **Girls sports**– provide girls in Pre-K through 8th grade an opportunity to participate in year round sports programs that include basketball, soccer, lacrosse, and volleyball. The objectives of the program are to help teen girls develop leadership skills, learn to value teamwork, and build confidence.

#### **Eligibility Requirements**

Women and children of Niagara County

#### **Cost**

Fee varies for programs

## Assistance for Teen Mothers

### Orleans/ Niagara BOCES Teen Mom Education

3181 Saunders Settlement Road

Sanborn, NY 14132

Niagara Career and Technical Center

*Instructor:* Marguerite Behnke

e-mail: [mbehnke@onboces.org](mailto:mbehnke@onboces.org)

#### **Services Provided:**

This unique program is designed to meet the needs of a young woman who is pregnant or parenting, who is determined to graduate from high school, and concerned about a future for herself and her child.

- All academic classes leading to a Regents diploma
- Vocational training in a variety of areas
- Parenting Education
- Pre-natal and postpartum education
- Educational speakers
- Articulation with various Niagara County agencies
- Hands on activities
- Kindermusik
- Infant/Child CPR
- Field trips for Moms and Babies

### Traffic Safety Educator– Grace Destino

Niagara County Sheriff's Office

5526 Niagara Street Ext., P.O. Box 496

Lockport, NY 14095

438-3190

[Grace.Destino@niagaracounty.com](mailto:Grace.Destino@niagaracounty.com)

- Car seat donations. Call for more information.

## Assistance for Teen Mothers

### Catholic Charities– WIC Program

285-0975

237 4th Street

Niagara Falls, NY 14303

439-4712

Bewley Building, Suite 200

Lockport, NY 14094

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

The Erie County Referrals: 716-218-1400

Niagara County Referrals: 716-285-0975

#### **Services Provided:**

**WIC (Women, Infants and Children)** is a federal nutrition program which provides food through food checks, participant-centered nutrition education, breastfeeding education and support and referrals for eligible pregnant women, breastfeeding women, and infants and children under 5 years old

#### **Eligibility Requirements**

Income restricted

#### **Cost**

Free if income eligible

### Niagara County Community Action Program

160 Washburn Street Lockport, NY 14094

716.285.9681

<http://www.niagaracap.org>

Monday-Friday 8:00am-4:00pm

**Community Child Care Clearing** house of Niagara serve as “An Informational Source” for parents, providers, businesses and the community regarding:

- Assisting families in finding child care
- Promoting quality child care for all children
- Helping individuals become registered/licensed child care providers
- Providing professional development for child care providers
- Supplying resources for businesses and the community

## Recreational/Educational Programs for Youth

### LCTV Main studio:

293 Niagara Street, Lockport, NY

(716) 434-1733

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

Satellite studio:

Kenan Arena Annex (upstairs)

433 Locust Street, Lockport, NY

(716) 478-0577

#### **Youth Services:**

##### **Television Production training for ages 10-18 at our Kenan Arena studio.**

- **Summer Youth Television Program:** An intensive three-week morning session held in July and again in August each year, open to ages 13-18. Students learn to use professional TV equipment and learn camera work, audio, graphics, editing and directing. A field trip to a TV station in Buffalo is included. Students work in groups to make a final video project, which is shown at a Parents Reception at the conclusion of the program.
- **TVU, After-School Drop-In Program:** A twice-a-week program for students in grades 7-12, meets on Tuesdays and Thursdays from 2:30 – 5:30 PM, from October through June. Students can learn and practice TV production skills, do homework, enjoy board games or art. There are occasional guest speakers and workshops.
- **Emmet Belknap 5<sup>th</sup>/6<sup>th</sup> Grade Television Production Class:** A twice-a-week program for 5<sup>th</sup> and 6<sup>th</sup> grade students, meets on Mondays and Wednesdays from 3-5:30 PM, from October to June. Participants learn all aspects of television production. Students have the opportunity to produce a final video project, which is show at a Parents Reception at the conclusion of the program. This program is offered in cooperation with the Lockport City School District; participants are chosen by teachers and administrators at Emmet Belknap Intermediate School.
- **Tours:** Tours of the studio are available for school, church, scout and community groups. Tours can be done for ages 4 and up. Camera workshops are available for older children (age 10+) which can be used to meet Scout badge requirements. Tours must be scheduled in advance.

#### **Eligibility Requirements**

Summer Youth Television Program: ages 13-18; TVU, grades 7-12; Emmet Belknap class, grades 5 and 6; tours, all ages.

**Cost** Summer Youth Television Program, \$75 per session. TVU Drop-In Program, Emmet Belknap Program, and tours are free of charge.

## Programs for Youth at Risk

### Lockport Opportunity Project

319 West Ave Lockport NY 14094

716.478.4626

Monday-Friday 7:30am-3:00pm

<http://www.lockportschools.org>

#### **Services Provided**

Provide education for at-risk and special needs students may avail themselves to alternative opportunities for success.

#### **Eligibility Requirements**

- Must be classified as a Special Education or 504 student entering grades 9-12.
- May have behavioral disorders of varying degrees.
- Has experienced retention at the middle school level.
- Has failed 2-3 core courses.
- Has experienced 8th grade.
- Is at-risk of continued failure.
- Is not a severe discipline problem or violent. LOP does not restrain.
- Experiences core curriculum, limited HS electives, and core course credit.

May graduate with a Regents or local diploma.

### Berkshire Farm Center and Services for Youth

36 East Avenue, Suite A Lockport NY 14094

716-862-4212

Monday-Friday 9am-5pm

<http://www.berkshirefarm.org>

#### **Services Provided**

- Foster Care Services provide training, support, and counseling to families interested in becoming adoptive families.
- School-based prevention programs that work with school and families.

#### **Cost**

None

## Assistance for Teen Mothers

### Lockport Care- Net Pregnancy

229 East Avenue Lockport, NY 14094

716.434.0251

Tuesday and Thursday 10am-8pm Friday: 10am-2pm

<http://www.lockportcarenet.com>

[info@lockportcarenet.com](mailto:info@lockportcarenet.com)

#### **Services Provided:**

The agency provides free pregnancy test, peer counseling, education rewards program, abortion recovery services, community support services, adoption referrals, and material aid such as baby and maternity clothing, baby gift basket and parents welcoming bags. In addition the agency also provides information on: parenting, adoption, abortion procedures and risks, pregnancy, fetal development, infant care, sexually transmitted diseases, and abstinence. Learning for Life Program: give women an opportunity to earn free one item furniture by participation in educational sessions. These sessions consist of courses that teach information on pregnancy, childbirth, parenting, childcare, and spirituality.

#### **Eligibility Requirements**

Any pregnant women

#### **Cost**

None

#### **CHOICE**

282-4375

Niagara Falls

433-6632

Lockport

694-9727

- Program offers EPIC parenting classes along with nutrition and cooking classes.
- Services offered through a collaboration between Niagara Community Action Program and Cornell Cooperative Extension.

The FRC programs emphasize building strengths and abilities in order to maximize the capacity of families to raise healthy children and contribute to their communities.

**Cost:** None



## Assistance for Teen Mothers

### Center For Young Parents

4455 Porter Road, Niagara Falls, NY 14305

716.286.0762 716.286.0763

Monday-Friday 8:00am-4:00pm

cyp405@verizon.net

#### **Services Provided:**

- **Parenting Classes at Niagara Falls High School:** Provides parenting classes at the Niagara Falls High School as part of the on-going academic education of pregnant and parenting teens. The courses cover topics such as pre-natal care, care and feeding of infants, toddler behavior and nutrition and basic health care of children.
- **Parents As Teachers Parenting:** this program is designed to be presented during home visits with individual families. Neuroscience and brain development are emphasized through instruction in prenatal care and nutrition, developmental play and reading to infants and toddlers.
- **Youth Employment Program:** Provides job sit placement in the local area, summer employment, career workshops, field trips, job readiness skills, mock interview, career exploration, resume, cover letter preparation, assistance in developing positive work habits, help with GED, college exploration and application assistance.
- **Counseling Services:** Has a certified social work/counseling staff in Niagara Falls and Lockport offices to work with pregnant and parenting young mothers and young fathers.

#### **Eligibility Requirements**

Niagara County resident who is pregnant or parenting female and male teens up to the age 21.

Youth Employment Program is for pregnant or parenting teen between the ages of 14-21.

#### **Cost**

None

## Programs for Youth at Risk

### Community Missions of Niagara Frontier, Inc.

1570 Buffalo Avenue, Niagara Falls, NY 14303

716.285.3403

Hours: 24/7

www.communitymissions.org

- Youth services provide services to the needy, troubled, emotionally disturbed and homeless youth populations under the age of 21, through the current referral or placement processes operating with New York State.
- **Aurora House** is a residential program for youth who have been diagnosed as severely emotionally disturbed and qualify for a structured community residence environment.
- **Orchard House** is certified non-secure detention facility for youth under the age of 18.
- **Juvenile Intensive Case** Management Program provides intensive supervision and support, while also implementing accountability-based interventions, to help juvenile (ages 7-15) probationers avoid further crime and violence.
- **Children and Youth Out-of-Home respite Bed Program** offers

### Gang Resistance Education And Training (G.R.E.A.T)

130 Beattie Avenue, Lockport, NY 14094

716.478.4800

#### **Services Provided:**

The G.R.E.A.T is a 13 week school-based program that is instructed by law enforcement officer. The program is offered to all seventh grade students during health class in Lockport school district and discusses communication skills, decision making, conflict resolution, and standing up to peer pressure.

#### **Cost**

None

## Programs for Youth at Risk

### Hillside Children's Services

66 Stevens Street, Lockport NY 14094

716.539.5400 716.433.6170

Monday-Friday 8:30-4:00pm

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

#### **Services Provided**

- **Adoption Resource Network:** provide opportunities for youth and families to learn about pre or post adoption resources through quality educational programs, referrals to medical, mental health and other service providers.
- **Therapeutic Foster Care:** provides a safe and therapeutic family environment for youth whose behaviors make it difficult for them to remain at home or cannot be managed at a lower level of foster care. The goal of TFC is to reunify the youth with their own families, or, if the child is freed, to establish them as quickly as possible in permanent adoptive families.
- **In-Home Parenting Services:** aim to prevent foster care placement of children or to strengthen reunification of families so that replacement of children is not necessary. This is done by increasing safety, family support, strengthening family relationships, increasing parenting skills, teaching children and parents coping skills, and enhancing individual growth and self-esteem.
- **Customized Community Services:** designed to meet the needs of parents/guardians that are raising children with serious emotional disturbances and/or behavioral challenges. Goals are developed and based on the child/families strengths, needs, and desire for the identified support services. Customized Community Services can also be provided in school and mental health settings if there is a contract in place with a funder who has agreed to purchase Customized Services from Hillside. Hillside

#### **Eligibility Requirements**

Niagara County residents

#### **Cost**

None

## Assistance for Teen Mothers

### St. John the Baptists Outreach Ministry

160 Chestnut Street Lockport NY 14094

716.433.5252

Hours: Monday, Wednesday, Friday 12:00pm-3:00pm

<http://www.stjohnslockport.org>

**Diaper pantry** distributes infant care product to eligible households.

#### **Eligibility Requirements**

Income restricted

#### **Cost**

Free if income eligible

### Niagara County Headstart Inc

85 North Adam Street Lockport, NY

716.433.1055

Monday-Friday 8:30-4:30

#### **Services Provided**

Provide preschool program for three and four year old low income children and their families.

#### **Eligibility Requirements**

Income restricted

#### **Cost**

Free if income eligible

### Postpartum Depression Support Group

Provides support for new mothers feeling anxious or depressed, who would like emotional support, education, reassurance and professional referral lists.

Meetings located at: Millard Fillmore Suburban Hospital  
1540 Maple Road  
Williamsville, NY 14221  
2nd Thursday of each month

For more information call Nancy Owen at: **(716)-568-3628**  
or Kim Deyot at **(716)-568-3650**

**Cost: Free**

## Assistance for Teen Mothers

### Family and Children's Service of Niagara, Inc.

285-6984  
1522 Main Street  
Niagara Falls, NY 14305  
433-6019  
21-41 Main Street  
Lockport, NY 14094  
[www.niagarafamily.org](http://www.niagarafamily.org)

- **Healthy Families Niagara** is a prevention program that focuses on the well being of children, while supporting and encouraging the family during pregnancy and continuing through the first five years of parenthood. Provides family support and education and referrals.
- **Fatherhood Initiative-** The objectives of the Fatherhood Initiative are to increase men's awareness of their importance in their child's life and to improve their understanding of positive parent-child interaction and healthy child development. For more information call 278-1605.
- **PASSAGE for Parents Program-**Provides a coordinated approach of supervised visitation, In-Home individualized parenting instruction and family case management, as well as parenting workshops and community presentations. Families must be referred to the program from Niagara County DSS.
- **Parents Program** offers 5-week parenting workshops approximately three times a year at various locations in Niagara County . The workshops are free to the community. Parenting is one of the hardest jobs – 24/7, no sick time, no vacation time and no on-the-job training. The Parenting Workshops are structured around the needs of the participants.

**Cost: For more information or to see if you're eligible please call 2895-6984**

## Programs for Youth at Risk

### Drug Abuse Resistance Education (D.A.R.E)

5526 Niagara Street Extension Lockport, NY 14094  
716.438.3310  
<http://www.niagarasheriff.com/DARE.aspx>  
[Robert.richards@niagaracounty.com](mailto:Robert.richards@niagaracounty.com)

#### **Services Provided**

Collaborative effort by D.A.R.E certified law enforcement officers, educators, students, parents, and the community to offer an educational program in the classroom to prevent or reduce drug abuse and violence among children and youth. The focus audiences of the program are students in grade 5-6. The program is designed to help students recognize and resist the many direct and subtle pressures that influence them to experiment with alcohol, tobacco, marijuana, inhalants, or other drugs or to engage in violence. The program content is organized into 10-45 minute lessons taught by a specially trained law enforcement officer with suggested extended activities to be integrated into other instruction by the classroom teacher.

#### **Eligibility Requirements**

5th-6th Graders

#### **Cost**

None

## Programs for Youth at Risk

### Treatment Alternative to Street Crime (TASC)

111 Main Street Lockport, New York 14099

716.438.4061

<http://www.criminaljustice.ny.gov/opca/niagara.htm>

#### **Services Provided**

Provide assessment, court advocacy, court ordered restrictions, counseling, enhanced information services, field supervision, job placement assistance and mediation.

#### **Eligibility Requirements**

Adult felons. Must have a history of substance abuse, be a resident of Niagara County, with no parole or probation detainees.

#### **Cost**

None

### Niagara County Probation Department

111 Main Street Suite 201 Lockport NY 14094

716.438.4005

Monday-Friday 8:00am-5:00pm

<http://www.niagaracounty.com/>

#### **Services Provided**

The probation department provides preparation of pre-sentence investigations and reports for the criminal courts and the supervision of criminals sentenced to probation. Investigation and supervision functions are also provided for criminals released from jail by the Local Conditional Release Commission. Intake, investigation and supervision services are provided for Family Court. Services for pretrial and alternative sentencing are also available.

#### **Eligibility Requirements**

Mandated by court

#### **Cost**

None

## Legal Services

### Niagara County Legal Aid Society

The legal aid office provides legal counseling and assistance for a variety of needs.

Please call the legal aid office for details about types of help available for your case: **(716)-284-8831**

A representative from the Legal Aid Society is available weekly on Wednesdays at the Mental Health Association for individuals with a mental health diagnosis.

Located at: 36 Pine St.

Lockport, NY 14094

To set up an appointment please call the Mental Health Association at:  
**(716)-433-3780**

### Neighborhood Legal Services

Provides free legal services to persons with a low income and also to persons with disabilities.

For more information call: **(716)-847-0650**

### Mental Hygiene Legal Services

Responsible for protecting the rights of people who reside in, or need the care of, facilities licensed to provide services for mental illnesses.

For more information call: **(716)-845-3650**

### New York State Public Service Commission

Provides a variety of information about consumer rights, protections, and responsibilities under New York State Law.

For a review of consumer rights visit: [www.askpsc.com](http://www.askpsc.com)  
or call: **(888)-275-7721**

## Grief/Bereavement Issues

### GriefShare

A support group for adults coping with the sudden traumatic loss of a loved one.

Meetings located at: Niagara Falls Memorial Medical Center  
621 10th St.  
6th Floor  
Niagara Falls, NY 14301  
1st and 3rd Thursday of each month  
from 6:00PM-7:30PM

Mental Health Association in Niagara County  
36 Pine St.  
Lockport, NY 14094  
2nd and 4th Wednesday of each month  
from 6:00PM-7:30PM

For more information call: **(716)-433-3780**

### Camp Hope

A free summer camp for children ages 7-13 years who have lost a loved one. Children are accepted on a first-come, first-serve basis.

For information call: **(716)-280-0777**  
or visit: [www.niagarahospice.org/grief-children](http://www.niagarahospice.org/grief-children)

## Programs for Youth at Risk

### Niagara County Child Protective Services

20 East Avenue Lockport, NY 14094  
716.439.7707

Monday-Friday 8:00am-4:00pm

<http://www.niagaracounty.com/socialservice/childprotective.asp>

#### **Services Provided**

Investigate complaints of abuse and maltreatment or neglect against children under the age of 18 years.

#### **Eligibility Requirements**

Youth under 18years old

#### **Cost**

None

### New Jerusalem Reporting Center for Boys

2709 20<sup>th</sup> Street Niagara Falls NY 14305  
716.282.2217

Monday-Friday 7am-6pm

#### **Services Provided**

Provides 5 days a week after school program for boys on Probation. In the program clients are encourage to engage in non competitive recreational activities and group counseling as well as one to one counseling.

#### **Eligibility Requirements**

Boys that are residents of Niagara County and on probation. Refer from Department of probation and social services.

#### **Cost**

None

## Youth Mental Health/Drug Addictions

### Beacon

36 East Avenue, Suite A

716.439.6815

Monday-Friday 9am-6pm

<http://www.beaconcenter.net>

#### **Services Provided:**

Provide outpatient alcoholism and substance-abuse treatment services for chemically dependent persons and the significant others in their lives.

- **Intensive Outpatient:** This program allows patients to remain at home with their families and to maintain their employment. Patients are expected to meet in five group-therapy sessions per week and remain abstinent. In this program patient will identify relapse triggers in his or her life and will begin to identify appropriate ways to express feelings in all situations without the use of alcohol or other drug.
- **Outpatient Counseling:** provides a thorough evaluation on all incoming patients to determine whether or not alcohol or substance –abuse treatment is indicated.
- **Adolescent/Young Adult Programs:** aims to help young adults to learn about their alcohol or other drug use, how to have lifestyles that are free from all mood-altering substances, how to deal with peer pressure and improve self esteem, and how to have fun without the use of alcohol or other drugs. The programs is consist of individual therapy once a week, group-therapy sessions twice weekly, and Family Day once a month.

#### **Eligibility Requirements**

Any individual 13 years and over

#### **Cost:**

Accept various insurance. If you do not have insurance the first visitation fee is \$195.

## Group for Parents who have A Child who has a Mental/ Emotional Health Diagnosis

### S.M.I.L.E. (Support Me In Life's Endeavors)

A parent-directed family support group structured to provide information, education, trainings, and support to family members so that they can better meet the emotional, social, and behavioral needs of their children. This group is for parents of children up to the age of 18.

Meetings located at: The Dale Association  
33 Ontario St.

Childcare provided Lockport, NY 14094  
2nd and 4th Tuesday of each month  
from 7:00PM-8:30PM

Wheatfield Community Center  
2790 Church Rd.  
Childcare provided North Tonawanda, NY 14120  
2nd and 4th Friday of each month  
from 7:00PM-8:30PM

Independent Living Center  
746 Portage Rd.  
No childcare Niagara Falls, NY 14301  
2nd and 4th Thursday of each month  
from 12:30PM-2:00PM

For more information call: **(716)-439-1179**

## Adult Depression/Anxiety Support

### 24-Hour Drop-In Center

Designed to provide 24-hour, face-to-face support to individuals experiencing emotional distress, that without supportive intervention, might result in emergency room treatment or hospitalization.

Office located at: 344 Walnut St.  
Lockport, NY 14094

For more information call: **(716)-433-1086**

### Depression/Anxiety Support Group

Provides support in a group setting to individuals with depression and anxiety disorders.

Meetings located at: Mental Health Association in Niagara County  
36 Pine St.  
Lockport, NY 14094  
Every Thursday from 6:00PM-8:00PM

DeGraff Hospital  
445 Tremont St.  
North Tonawanda, NY 14120  
2nd and 4th Wednesday of each month  
from 6:00PM-7:30PM

For more information call: **(716)-433-3780**

### National Alliance on Mental Illness

Provides support, education, and advocacy for family members of the mentally ill person. Currently meeting in homes every three months. There is a \$15 fee for this service.

To set up an appointment call Irene Tomaszewski at: **(716)-754-1151**

## Youth Mental Health/Drug Addictions

### Northpointe Council Inc

800 Main Street Suite 2A Niagara Falls, NY 14301

716.282.1228

Outpatient Clinics: Monday-Thursday: 8:30am-8:30pm, Friday: 8:30 am-5:30pm

Methadone Clinic: Monday-Friday: 6:00am-2:00 pm, Saturday: 7:00 am-9:00pm, Sunday: 8:00am-9:00pm

<http://www.northpointecouncil.org>

#### **Services Provided**

- **Prevention Program:** provides a wide range of services to promote responsible choices regarding alcohol, other drug use and gambling and to educate the community about alcoholism and addictive behaviors particularly that they are preventable and treatable health issues.

#### **Treatments Programs-**

- **Chemical Dependency Outpatient Clinics:** provide treatment and counseling services to both individuals and families affected by chemical dependency and other addictions.
- **First Step Chemical Dependency Crisis Center:** 17 bed residential facility that serves people who are experiencing problems caused by alcohol and drugs. The program offers non-medical detoxification and a sober environment in which people may safely begin the process of recovery.
- **Methadone Maintenance Treatment Program:** use methadone to stop opiate dependent client from using heroin and all other opiate-based drugs.

#### **Eligibility Requirements**

Individuals over 18 year old

#### **Cost**

Medicaid

## Youth Mental Health/Drug Addictions

### Monsignor Carr

20 Market Street Lockport NY

716.478.0315

Monday-Thursday 8:00am-8:00pm

#### **Services Provided:**

Monsignor Carr Institute is a licensed outpatient mental health clinics offering service to children and adolescents. It provides assessment, verbal therapies, medication management, behavioral management, parenting skills trainings, and art therapy.

#### **Eligibility Requirements**

Children from the age of 3 to 18 years old

#### **Cost**

Medicaid, sliding scale fee

### Horizon Health Services

36 East Avenue Lockport, NY 14094

716.443.2484

Monday 9:00am-8:00pm Tuesday-Thursday 9:00am-8:30pm Friday

9:00am-1:00pm

[www.horizon-health.org](http://www.horizon-health.org)

#### **Services Provided:**

- Provide outpatient services for Alcohol/Drug Use Treatment
- Adolescent Alcohol/Drug Use Treatment
- Trauma Informed Care
- Medication Assisted Treatment

#### **Eligibility Requirements**

Individuals 14 and older

#### **Cost**

Third party reimbursement, Medicaid, and sliding scale fee.

## Adult Mental Health Counseling

### Mental Health Clinic

#### **Adult Mental Health Clinics**

##### **Lockport Outpatient Clinic**

**Location:** Mountview Campus – Shaw Building,  
5467 Upper Mountain Rd., Suite 200,  
Lockport NY 14094-1854

**Telephone:** (716) 439-7400

**Fax:** (716) 439-7421

##### **Niagara Falls Outpatient Clinic**

**Location:** Trott Access Building, 2nd Floor, 1001 Eleventh St., Niagara Falls 14301

**Telephone:** (716) 278-1940

### Catholic Charities

Bewley Building Suite 450 Lockport NY 14094

716.433.0246

Monday-Friday 9:00am-4:00pm after Labor Day 9:00am-4:45pm

<http://www.ccwny.org>

Provides counseling for family, individual and married couples. Need to schedule an appointment if accessing for service; they do not take walk-ins.

#### **Eligibility Requirements**

Based on assistance needed

#### **Cost**

Based on assistance needed



## Adult Mental Health Counseling

### The Dale Association's PROS Center for Wellness

33 Ontario Street  
Lockport, NY 14094  
716.433-1937

Monday-Friday 8:30am-4:30pm  
<http://www.daleassociation.com/>

**PROS Center for Wellness** is a comprehensive, recovery-oriented program for people 18 years and older with severe and persistent mental health conditions. PROS integrates treatment, support and rehabilitation in a manner that facilitates recovery and the fulfillment of ones full potential.

#### **How do I get started?**

Call today to schedule your pre-admission screening or to learn more at: **716-433-1937**. Whether you already have a diagnosis or only suspect a diagnosis, our professional, experienced and caring staff will perform an assessment to determine if our PROS Center for Wellness is right for you.

**Cost:** We proudly accept Medicaid, and private pay.

Transportation, breakfast and lunch are available.

## Youth-Mental Health/Drug Addictions

### Eastern Niagara Hospital

521 East Avenue Lockport, NY 14094  
716.514.5700  
24/7

<http://www.enhs.org>

#### **Services Provided:**

Provide various health care related services

#### **Eligibility Requirements**

Individuals of all ages

#### **Cost**

Accept various insurance

### Single Point of Access (SPOA)

5467 Upper Mountain Road suite 200, Lockport NY  
716.439.7527

Monday-Friday 9:00am-5:00pm  
<http://www.niagaracounty.com>

#### **Services Provided**

SPOA provides streamlined entry to mental health case management and residential services for children, adults and any residents that call for assistance.

#### **Eligibility Requirements**

Children 5-17 years old and any adults that is 18 and above.

#### **Cost**

None

## Special Needs Population

### Children with Special Needs Early Intervention/Child Find Niagara County Department of Health

Lockport.....439-7460

Niagara Falls.....278-8180

Programs within this division are:

Early Intervention/Child Find Program (EI/CF) which serves children birth through two years of age.

Preschool Special Education Program which serves children three to five years of age.

Physically Handicapped Children's Program (PHCP) which serves children birth to twenty-one years of age

Children With Special Health Care Needs Program (CSHCN) which serves children birth to twenty-one years of age.

### Autism Society of Western New York Support Groups

Supports several groups for parents of children with Autism Spectrum Disorders, and Pervasive Developmental Disorders, and other childhood disorders, as well as hosts workshops to inform parents and the public about these disorders. Those interested are encouraged to join the mailing list to receive helpful information about upcoming events and other topics relevant to childhood disorders.

For more information call: **(716)-633-2275**

For meeting times and locations visit: [www.autismwny.org/Events](http://www.autismwny.org/Events)

## Adult Mental Health Programs

### Family & Children's Services

1522 Main Street

716.285.6984

Monday-Friday 9am-5pm

**Mental Health: Supportive and Intensive** Case Management provides home-based services which include support and linkage to other services such as income assistance, housing, food stamps, Medicaid and medical treatment to increase the individual's ability to live independently. Services are offered on an outreach basis.

## Adult Substance Abuse Treatment

### Beacon Center

36 East Avenue, Suite A

716.439.6815

Monday-Friday 9am-6pm

<http://www.beaconcenter.net>

#### **Services Provided:**

Provide outpatient alcoholism and substance-abuse treatment services for chemically dependent persons and the significant others in their lives.

**Outpatient Counseling:** provides a thorough evaluation on all incoming patients to determine whether or not alcohol or substance –abuse treatment is indicated.

#### **Cost:**

Accept various insurance. If you do not have insurance the first visitation fee is \$195

## Adult Mental Health Programs

### Community Missions of Niagara Frontier, Inc

1570 Buffalo Avenue, Niagara Falls, NY 14303

716.285.3403

Hours: 24/7

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

#### **Services Provided:**

Provide community-based and support services to any individuals/families in need of it.

- **Crisis Services** provide emergency assistance to any individual in need of food, shelter, clothing and furniture
- **Family Service** Program provides education about agency programs and community resource linkages. It offers support and information tailored to the needs of individual families.
- **Recovery Services** provide oriented, community based and restorative environment for people experiencing the effects of psychiatric illness.
- **Adult Residential** Services provide an enriching and supportive living environment for people experiencing the effects of psychiatric illness. These programs aim to restore necessary skills for individuals' success and satisfaction in the permanent housing choice within an atmosphere of optimism and hope.
- **Apartment Program** is a transitional residence treatment program designed to facilitate movement to the resident's permanent housing choice.
- **Supported Housing** is a permanent, affordable, independent housing service for adults with emotional/mental illness. Community Residences have trained staff that provide Case Management services and Psychiatric Rehabilitation Planning with input from family members/advocates and involved service providers.

#### **Eligibility Requirements**

Various by program

#### **Cost**

None

## Special Needs Population

### Aspire of Western New York Respite Programs

Has a variety of respite services including overnight, in-home, hourly, and weekend respite programs. Eligible children have a developmental disability and are on Medicaid.

For more information call the central intake department at:

**(716)-838-0047**

### Down's Syndrome Parents Group of Niagara County

Provides child and parent advocacy, family support advocacy, referrals, consultations, and information sharing. Also holds a fundraiser called Buddy Walk of Niagara the second weekend of September.

For more information call Chris Sirriani at: **(716)-870-4904**

### Parent Matching Program

Parents of special needs children may request to be matched with a Support Parent, who has been in a similar situation and can lend a caring ear to parents.

For more information call: **(716)-517-3448**

## Adult Mental Health Programs

### Dale Association

315 Bewley Buidling Lockport, NY 14094

716.433.4440

Monday-Friday 8:30am-4:30pm

<http://www.daleassociation.com/>

**Mental Health Services:** provides outpatient mental health care to adult of all ages.

- **PROS:** A participant driven and recovery oriented program. PROS integrate treatment, support and rehabilitation in a manner that facilitates the individual's recovery, and helps the individual integrate back into the community. The goals of PROS are to improve functioning, increase employment, attain higher levels of education, enhance relationships and secure preferred housing.
- **Outpatient Counseling and Treatment:** Provide counseling services and group counseling for adults 18 years and old who are suffering from mental health problems such as stress, anger, anxiety, bipolar disorders, depression, grief, relationship issues, other mental health problems.
- **Peer Specialist Program:** provide assistance to individuals 18 years and older with mental health issues. The program will assist them in their own recovery process.

#### **Eligibility Requirements**

Adults of all ages (18 and older) that live in Niagara County

#### **Cost**

Depends on Insurance

## Adult Mental Health Programs

### Mental Health Association in Niagara County Inc

36 Pine Street Lockport, NY 14094

716.433.3780

Monday-Friday 8:30 am-4:00

<http://www.mhanc.com>

#### **Services Provided:**

**In Home Respite Program:** provide childcare to children with a current mental health diagnosis. This provide parents/guardian a chance to run personal errands, attend personal/professional appointment, and personal time to relax. Parents are allow to request worker up to 3 times per week and max of 5 hours per visit.

**Compeer Program:** matches volunteers with adults and youth receiving therapy for mental illness. Volunteer are only requested to spend at least 4 hours per month.

**Consumer Planning Advisory Committee:** consumers and providers of mental health get together each month to discuss gaps and needs in services.

**Educational Service:** provide workshops that present information on topics related to mental health/illness and promote awareness.

**Youth Booth:** offers educational and informational materials to youth on sensitive issues such as: bullying, anger management, peer pressure, depression, family problems, addictions, and suicide prevention.

**Anti-Bullying program for youth:** promote awareness of it and skills on managing it.

**Legal Advocacy Services** provides an attorney to represent mental health clients in a variety of administrative and judicial settings to obtain essential public benefits, gain necessary services, and to protect their legal rights.

**Mom's Net Program** provides a Warm-Line, a Resource Guide, education, literature and screenings for moms, families and healthcare providers on Postpartum Depression.

#### **Eligibility Requirements**

Niagara County residents

#### **Cost**

None

### Community Education and Referral

FREE educational programs, presentations, and work shops on a variety of mental health topic are available. Topics can be adapted to the needs of any business, church, club, organization, or school.

We also offer a free library of books and videos to the community on various subjects. For more information, call the Mental Health Association at (716)-433-5432.