



TIOGA COUNTY RESOURCE GUIDE

A directory of resources for Tioga County, NY's families and residents!



TABLE OF CONTENTS

IMPORTANT NUMBERS	4
BETTER HEALTH STARTS HERE	5
Health Insurance.....	5
Healthcare Clinics	6
Nearby Hospitals	7
Dental Care	9
Eye Care.....	10
Family Planning & Reproductive Health	10
Mental Health – Counseling & Treatment Services	11
Substance Use – Counseling, Treatment, And Prevention Services	12
Find Narcan In Tioga County.....	13
Medication Drop Box Locations	15
Quit Smoking	15
Sexual Assault, Domestic Violence & Human Trafficking	16
STRONG COMMUNITIES SUPPORT EVERYONE.....	17
Social Services & Assistance Programs	17
Financial Assistance	17
Legal Assistance	18
Support For Children & Parents	18
Tioga County Public Health – Children’s Services	18
WIC Services	19
Child Development & Parenting Support	19
Child Care & Head Start	20
Support For At-Risk Youth	21
Support For Individuals Living With Disabilities	21
Support For Veterans	23
Support For Older Adults	24
IN NEED OF A HELPING HAND?.....	25
Food Pantries & Meal Sites	25
Clothing Banks.....	25
Shelters for the Homeless	26
Safe & Affordable Housing.....	27

HEALTHY & SAFE COMMUNITIES	28
Code Enforcement	28
GETTING AROUND TIOGA COUNTY.....	30
Transportation Services	30
Tioga Opportunities, Inc. – Transportation Services	30
Transportation Planning Services.....	30
Taxi Services.....	31
LEARNING IS FUN!.....	32
Tioga County School Districts	32
Candor Central School District	32
Newark Valley Central School District	32
North Spencer Christian Academy	33
Owego Apalachin Central School District	33
Spencer-Van Etten Central School District.....	34
Tioga Central School District	34
Waverly Central School District	35
Alternative Educational Opportunities	36
LIBRARIES	37
LET’S PLAY.....	38
Physical Activity.....	38
Children’s Activities	39
Family Activities.....	40
Bowling Alleys.....	40
Theaters	40
Pools	41
Farms to Visit & Farmers’ Markets.....	41
Nature Preserves	42
Parks	42
RUNNING ERRANDS	44
Grocery Stores	44
Pharmacies	45
Laundromats	45

IMPORTANT NUMBERS

DOMESTIC VIOLENCE & CHILD ABUSE

A New Hope Center Hotline - 607-687-6866
National Domestic Violence Hotline - 1-800-799-7233
National Sexual Assault Hotline - 1-800-656-4673
NYS Child Abuse/Neglect Hotline - 1-800-342-3720
National Runaway Hotline - 1-800-786-2929

HELP ME 211 SUSQUEHANNA RIVER REGION

211 – Dial 211 or 1-800-901-2180 (or text your zip code to 898211)
Website: <https://www.helpme211.org/find-help> or scan the QR code!
Help Me 211 is a resource for a variety of needs from transportation to food pantries, and more!



MENTAL HEALTH, SUBSTANCE USE & SUICIDE PREVENTION

Tioga County Mental Hygiene - 607-687-4000
NYS Substance Abuse Hotline - 1-877-846-7369
Suicide And Crisis Lifeline - 988
Trevor Project (For LGBTQ+ Youth in Crisis) - 1-866-488-7386 or
Text “START” to 678-678
Crisis Text line - Text “Home” To 741741

POLICE/LAW ENFORCEMENT (Non-Emergency)

Tioga County Sheriff's Office - 607-687-1010
New York State Police - 607-561-7400
Candor Police Department - 607-659-7966
Owego Village Police Headquarters - 607-687-2233
Spencer Police Department - 607-589-6733
Waverly Police Department - 607-565-2836

IN EMERGENCY SITUATIONS, DIAL 9-1-1

BETTER HEALTH STARTS HERE

HEALTH INSURANCE

Need health insurance? These resources can help you find coverage that suits your needs!

MOTHERS & BABIES PERINATAL NETWORK

Navigators at Mothers & Babies can help you and your family find low cost, quality health insurance available through the New York State marketplace.

Phone: 607-772-0517

Address: 346 Grand Ave, Johnson City, NY 13790

SOUTHERN TIER INDEPENDENCE CENTER (STIC) PATIENT NAVIGATORS

Navigators help individuals apply for health insurance, understand their coverage options, and enroll in a plan that is right for them. There is NO CHARGE for assistance.

Phone: 607-724-2111

Email: stic@stic-cil.org

Main Office: 135 East Frederick St, Binghamton, NY 13904

Owego Office: 1062 St Rt 38, Owego, NY 13827

TIOGA OPPORTUNITIES, INC. - MEDICARE INSURANCE & COUNSELING

Trained Health Insurance Information Counseling and Assistance Program (HIICAP) counselors can provide education on Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance.

Eligibility Requirements: Must be a Tioga County resident and Medicare eligible or soon-to-be Medicare eligible.

Phone: 607-687-4222 or 607-687-4120

Email: aging@tiogaopp.org

Address: Countryside Community Center (9 Sheldon Guile Blvd, Owego, NY 13827)

TIOGA COUNTY DEPARTMENT OF SOCIAL SERVICES

Department of Social Services helps with enrollment in Medicaid, Managed Care, and Child Health Plus.

Eligibility Requirements: <https://mybenefits.ny.gov>

Phone: 607-687-8300

Address: 1062 St Rt 38, Owego, NY 13827

HEALTHCARE CLINICS

Find a primary care provider that you trust to help manage your care and ensure you are up to date on all preventative measures, like screening tests and vaccinations.

APALACHIN FAMILY CARE

Phone: 607-625-4843

Address: 6889 NY-434, Apalachin, NY 13732

GUTHRIE OWEGO - FIFTH AVENUE (PREVIOUSLY LOURDES)

Walk-in Care Services Offered

Clinic Phone: 607-687-1122

Walk-in Care Phone: 607-972-2335

Address: 500 Fifth Ave, Owego, NY 13827

GUTHRIE OWEGO - ROUTE 38

Phone: 607-687-6101

Address: 1246 St Rt 38, Owego, NY 13827

GUTHRIE WAVERLY

Phone: 607-565-9975

Address: 29 North Chemung St, Waverly, NY 14892

TIOGA COUNTY PUBLIC HEALTH

Vaccination Appointments for Eligible Individuals ONLY

NOT a Primary Care Office

Phone: 607-687-8600

Address: 1062 St Rt 38, Owego, NY 13827

TIOGA OPPORTUNITIES, INC. – FAMILY HEALTH SERVICES

Same-day Appointments Offered

NOT a Primary Care Office

Phone: 607-687-5333

Address: 110 Central Ave, Owego, NY 13827

UHS PRIMARY CARE - CANDOR

Phone: 607-659-7272

Address: 54 Main St, Candor, NY 13743

UHS PRIMARY CARE – NEWARK VALLEY

Phone: 607-642-5211

Address: 119 Whig St, Newark Valley, NY 13811

UHS PRIMARY CARE – OWEGO

Phone: 607-687-0350

Address: 42 West Main St, Owego, NY 13827

NEARBY HOSPITALS

ARNOT OGDEN MEDICAL CENTER

Phone: 607-737-4100

Address: 600 Roe Ave, Elmira, NY 14905

CAYUGA MEDICAL CENTER

Phone: 607-274-4011

Address: 101 Dates Dr, Ithaca, NY 14850

GUTHRIE CORTLAND MEDICAL CENTER

Phone: 607-756-3500

Address: 134 Homer Ave, Cortland, NY 13045

GUTHRIE LOURDES HOSPITAL

Phone: 607-798-5111

Address: 169 Riverside Dr, Binghamton, NY 13903

GUTHRIE ROBERT PACKER HOSPITAL

Phone: 570-888-6666

Address: 1 Guthrie Sq, Sayre, PA 18840

ST. JOSEPH'S HOSPITAL

Phone: 607-733-6541

Address: 555 St Joseph's Blvd, Elmira, NY 14901

UHS BINGHAMTON GENERAL HOSPITAL

Phone: 607-762-2200

Address: 10-42 Mitchell Ave, Binghamton, NY 13903

UHS WILSON MEDICAL CENTER

Phone: 607-763-6000

Address: 33-57 Harrison St, Johnson City, NY 13790

DENTAL CARE

TIOGA COUNTY MOBILE DENTAL VAN

The Tioga Mobile Dental Van travels throughout Tioga County providing dental care. Sites include Tioga County schools where children have easy access to receiving care during the school day. Services offered include dental cleanings, sealants, fluoride treatments, fillings and extractions. Services are available for children and adults. Children are seen for free. For adults, most insurances are accepted, and a sliding scale fee is utilized for those without insurance.

Appointment Required

Phone: 607-972-7552

Dental Van Schedule: ph.tiogacountyny.gov

DINOSAUR DENTAL (PEDIATRIC DENTIST)

Phone: 607-953-4445

Address: 1700 Monroe St, Endicott, NY 13760

DR. JOSEPH A. PICCO FAMILY DENTISTRY

Phone: 607-565-7355

Address: 16 Frederick St, Waverly, NY 14892

DR. MATTEW K. COOK

Phone: 607-687-4522

Address: 218 Front St, Owego, NY 13827

HIAWATHA DENTAL CENTER

Phone: 607-687-7536

Address: 153 Main St #4, Owego, NY 13827

LAYLOR FAMILY DENTAL

Phone: 607-754-2217

Address: 2521 Vestal Pkwy W, Vestal, NY 13850

OWEGO DENTAL

Phone: 607-687-1424

Address: 230 Front St, Owego, NY 13827

WILSON DENTAL

Phone: 607-565-4374

Address: 463 Fulton St, Waverly, NY 14892

EYE CARE

GUTHRIE WAVERLY EYE CARE

Phone: 607-565-2177

Address: 150 Broad St, Waverly, NY 14892

WILLIAMS FAMILY EYE CARE

Phone: 607-687-3391

Address: 293 Main St #1615, Owego, NY 13827

FAMILY PLANNING & REPRODUCTIVE HEALTH

MOTHERS & BABIES PERINATAL NETWORK

Mothers & Babies' Community Health Workers are trained to help women of child-bearing age and their families with any health care or related issues they may have. Mothers & Babies is located in Johnson City, but serves Tioga County residents.

Phone: 607-772-0517

Address: 346 Grand Ave, Johnson City, NY 13790

TIOGA OPPORTUNITIES, INC. – FAMILY HEALTH SERVICES

Same-day Appointments Offered

Services: Birth control, STD/STI testing, health education, and more!

Phone: 607-687-5333

Address: 110 Central Ave, Owego, NY 13827

MENTAL HEALTH – COUNSELING & TREATMENT SERVICES

TIP: CHECK IF YOUR EMPLOYER HAS AN EMPLOYEE ASSISTANCE PROGRAM THAT OFFERS MENTAL HEALTH SERVICES!

TIOGA COUNTY MENTAL HYGIENE DEPARTMENT

Open Access Walk-in Clinic Option

Phone: 607-687-4000

Address: 1062 St Rt 38, Owego, NY 13827

***Waverly Satellite Clinic opening in 2025. Please call the main office for more information. ***

CALMING WATERS COUNSELING SERVICES

Marriage & Family Therapy

Phone: 607-744-1100

Address: 1277 Taylor Rd, Owego, NY 13827

CENTER FOR PSYCHOLOGICAL SERVICES

Phone: 607-785-4156 or 607-625-4355

Address: 3 Tioga Blvd, Suite 5, Apalachin, NY 13732

FAMILY & CHILDREN'S COUNSELING SERVICES

Phone: 607-687-3540

Address: 153 Main St, Owego, NY 13827

HEAHEA

Eating Disorder Treatment

Phone: 607-298-5885

Address: 537 Glen Mary Dr, Owego, NY 13827

SOUTHERN TIER COUNSELING SOLUTIONS, PLLC

Phone: 607-218-2010

Address: 383 Glen Mary Dr, Suite 1, Owego, NY 13827

SP COUNSELING AND TREATMENT

Phone: 607-374-9103

Address: 228 Main St, Owego, NY 13827

SUBSTANCE USE – COUNSELING, TREATMENT, AND PREVENTION SERVICES

**TIOGA COUNTY MENTAL HYGIENE DEPARTMENT –
ALCOHOL AND DRUG SERVICES DEPARTMENT**

Phone: 607-687-4000

Address: 1062 St Rt 38, Owego, NY 13827

CASA-TRINITY, INC.

Phone: 607-223-4066

Address: 72 North Ave, Owego, NY 13827

HELIO HEALTH

Phone: 607-296-3072

Address: 249 Glenwood Rd, Binghamton, NY 13905

RENOVATION HOUSE

Phone: 607-589-4413

Address: 379 Dean Creek Rd, Spencer, NY 14883

FIND NARCAN IN TIOGA COUNTY

Narcan is a life-saving medication given during an opioid overdose. Narcan is free to the public at any of the following locations.

TIOGA COUNTY PUBLIC HEALTH

Narcan Trainings Offered

Phone: 607-687-8600

Address: 1062 St Rt 38, Owego, NY 13827

TIOGA COUNTY MENTAL HYGIENE DEPARTMENT

Narcan Trainings Offered

Phone: 607-687-4000

Address: 1062 St Rt 38, Owego, NY 13827

TIOGA COUNTY SAFETY OFFICE

Address: 56 Main St, Owego, NY 13827

TIOGA COUNTY VETERAN'S OFFICE

Address: 56 Main St, Owego, NY 13827

APALACHIN LIBRARY

Address: 719 Main St, Apalachin, NY 13732

BERKSHIRE FREE LIBRARY

Address: 12519 St Rt 38, Berkshire NY 13736

CADY LIBRARY

Address: 43 East River Rd, Nichols, NY 13812

CANDOR FREE LIBRARY

Address: 2 Bank St, Candor, NY 13743

A NEW HOPE CENTER

Address: 20 Church St, Owego, NY 13827

BREAD OF LIFE FOOD PANTRY

Address: 1 Water St, Candor, NY 13743

CASA-TRINITY, INC.

Address: 72 North Ave, Owego, NY 13827

CATHOLIC CHARITIES TOMPKINS/TIOGA

Address: 932 W. River Rd, Nichols, NY 13812

OPEN DOOR MISSION

Address: 425 North Ave, Owego, NY 13827

PARK TERRACE COMMUNITY UMC

Address: 30 Glann Rd, Apalachin, NY 13732

THE RED DOOR

Address: 359 Broad St, Waverly, NY 14892

TIOGA OPPORTUNITIES, INC.

Address: 9 Sheldon Guile Blvd, Owego, NY 13827

TIOGA OPPORTUNITIES, INC. – FAMILY HEALTH SERVICES

Address: 110 Central Ave, Owego, NY 13827

MEDICATION DROP BOX LOCATIONS

Safely dispose of any unwanted, unused, or expired medications at a medication drop box in Tioga County!

OWEGO POLICE DEPARTMENT

Phone: 607-687-2233

Address: 90 Temple St, Owego, NY 13827

Hours: Monday – Friday, 8:00am – 4:00pm

TIOGA COUNTY SHERIFF

Phone: 607-687-1010

Address: 103 Corporate Dr, Owego, NY 13827

Hours: Monday – Friday, 8:00am – 4:00pm

WAVERLY POLICE DEPARTMENT

Phone: 607-565-2836

Address: 32 Ithaca St, Waverly, NY 14892

Hours: Monday – Friday, 8:30am – 4:00pm

***TIP:** CVS AND WALGREENS LOCATIONS ALSO HAVE MEDICATION DROP BOXES!*

QUIT SMOKING

MOTHERS & BABIES PERINATAL NETWORK

Mothers & Babies offers a smoking cessation program for pregnant women, their partners and new moms & dads trying to quit smoking.

Phone: 607-772-0517

Address: 346 Grand Ave, Johnson City, NY 13790

NEW YORK STATE SMOKERS QUITLINE

Phone: 866-697-8487

SEXUAL ASSAULT, DOMESTIC VIOLENCE & HUMAN TRAFFICKING

A NEW HOPE CENTER

24HR Hotline/Textline: 607-687-6866

Address: 20 Church St, Owego, NY 13827

SAFE HARBOUR

The Safe Harbour program provides safety planning, intervention, and support to youth who have experienced Commercial Sexual Exploitation of Children (CSEC), or who are at risk of exploitation. The Safe Harbour program advocates provide education, awareness, and prevention services in the community. They offer one-on-one or group services.

Phone: 607-687-8318

HUMAN TRAFFICKING HOTLINE

24HR Hotline: 888-373-7888

Textline: 233733

NATIONAL SEXUAL ASSAULT HOTLINE

24HR Hotline: 1-800-656-4673

STRONG COMMUNITIES SUPPORT EVERYONE

SOCIAL SERVICES & ASSISTANCE PROGRAMS

TIOGA COUNTY DEPARTMENT OF SOCIAL SERVICES

Department of Social Services provides financial and social services to qualifying county residents including adult and adolescent services, child protective services, child support enforcement, employment services, foster care, adoption, and home finding services.

Enrollment in the following assistance programs: Supplemental Nutrition Assistance Program (SNAP), Home Energy Assistance Program (HEAP), Family Assistance, and Safety Net.

Phone: 607-687-8300

Address: 1062 St Rt 38, Owego, NY 13827

Website: <https://tiogacountyny.gov/departments/social-services/>

FINANCIAL ASSISTANCE

CATHOLIC CHARITIES TOMPKINS/TIOGA

The Emergency Financial Assistance Program is available for Tioga County residents based on income eligibility. Assistance that may be available includes utility assistance to avoid shut off, help with rental arrears, and help with security deposits to find appropriate housing.

Phone: 607-414-1023

Address: 932 W. River Rd, Nichols, NY 13812

OPEN DOOR MISSION

Phone: 607-687-1121

Address: 425 North Ave, Owego, NY 13827

TIOGA COUNTY RURAL MINISTRY

Tioga County Rural Ministry provides financial assistance for Tioga County residents facing emergency situations. They offer assistance with rent, utilities, auto repairs, and more.

Phone: 607-687-3021

Address: 143 North Ave, Owego, NY 13827

TIOGA COUNTY SOCIAL SERVICES EMERGENCY AID

Phone: 607-687-8300

Address: 1062 St Rt 38, Owego, NY 13827

LEGAL ASSISTANCE

A NEW HOPE CENTER

Phone: 607-687-6866

LAW HELP NY

Website: lawhelpny.org

TOMPKINS/TIOGA NEIGHBORHOOD LEGAL SERVICES

Phone: 607-273-3667

SUPPORT FOR CHILDREN & PARENTS

TIOGA COUNTY PUBLIC HEALTH – CHILDREN’S SERVICES

Phone: 607-687-8600

Address: 1062 St Rt 38, Owego, NY 13827

CHILD FIND

Child find is a screening program for children birth – 3 years of age at risk for developmental delays. If a potentially qualifying disability or delay is identified, the child will be referred to the Early Intervention Program.

EARLY INTERVENTION (EI)

Early intervention is a free program for children from birth to age three who have developmental delays or disabilities. EI provides services needed to improve child and family development.

CHILD PASSENGER SAFETY (CAR SEAT PROGRAM)

Free car seat installation checks by Certified Child Passenger Safety Technicians are offered to all Tioga County residents. Free car seats are available to qualifying families.

Distribution Program Eligibility Requirements: Must be a Tioga County resident, receive some form of public assistance, and be in need of a primary seat for the child.

WIC SERVICES

WOMEN, INFANTS, AND CHILDREN (WIC)

Phone: 607-687-3147

Address: 110 Central Ave, Owego, NY 13827

Website: <https://tiogaopp.org/women-infants-children-wic/>

CHILD DEVELOPMENT & PARENTING SUPPORT

FAMILY RESOURCE CENTERS

Offered through Cornell Cooperative Extension of Tioga County, Family Resource Centers are free community centers for families with young children. Play groups are currently being held in Berkshire, Candor, Nichols, Spencer, Owego, and Waverly.

Phone: 607-398-0487

Website: “Like” Family Resource Centers of Tioga County, NY on Facebook!

MOTHERS & BABIES PERINATAL NETWORK

Mothers & Babies offers a wide variety of programs for new and expecting moms including safe sleep education and smoking cessation programs. Mothers & Babies can also help connect families to healthcare services.

Phone: 607-772-0517

Address: 346 Grand Ave, Johnson City, NY 13790

PARENTS AND CHILDREN TOGETHER (PACT)

PACT is an in-home program offered through Guthrie Lourdes that supplies infants and children with fun activities that promote development. Services are offered from pregnancy until the children reach age five.

Phone: 607-687-6145

Address: 1062 St Rt 38, Owego, NY 13827

CHILD CARE & HEAD START

CHILD CARE ASSISTANCE PROGRAM (CCAP)

See if you are eligible to have some or all of your childcare costs paid for.

Eligibility: <https://ocfs.ny.gov/programs/childcare/ccap/>

Phone: 607-687-8300

Address: 1062 St Rt 38, Owego, NY 13827

EARLY HEAD START & HEAD START

Early Head Start and Head Start are offered through the Family Enrichment Network. Early Head Start offers a center base, full day early childhood program for low-income families with children six weeks to three years of age.

Head Start is for preschool children from low-income families. Head Start provides preschool children with early learning experiences that are aimed at meeting their developmental, social, and physical needs; income eligibility and age guidelines apply.

Phone: 607-723-8313 x850

Address: 1277 Taylor Rd, Owego, NY 13827

SEARCH FOR CHILD CARE

Find a licensed in-home daycare or daycare center:

<https://ocfs.ny.gov/programs/childcare/looking/ccfs-search.php>

SUPPORT FOR AT-RISK YOUTH

SINGLE POINT OF ACCESSIBILITY (SPOA)

SPOA for children and families identifies children with the highest risk of placement in an out-of-home setting and develops appropriate strategies to manage those children in their home.

Phone: 607-687-4000

Address: 1062 St Rt 38, Owego, NY 13827

SUPPORT FOR INDIVIDUALS LIVING WITH DISABILITIES

ACHIEVE – ARC OF NY

The mission of ACHIEVE is to “advocate for an enhanced quality of life through skill advancement, inclusion, integration, and independence of persons with intellectual, developmental, and other disabilities through services provided in Broome, Chenango, and Tioga Counties”.

Phone: 607-723-8361

Address: 4733 Vestal Pkwy E, Vestal, NY 13850

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

ADULT CAREER AND CONTINUING EDUCATION SERVICES – VOCATIONAL REHABILITATION (ACCES-VR)

Provides vocational rehabilitation and independent living services for students with disabilities.

Phone: 607-721-8400

Address: 44 Hawley St #705, Binghamton, NY 13901

BROOME-TIOGA BOCES – WEST LEARNING CENTER

West Learning Center provides programs to support students with special needs or disabilities. Programs include Alternative Education, Crossroads, and Reclaim.

Phone: 607-748-8261

Address: 471 Pennsylvania Ave, Apalachin, NY 13732

CATHOLIC CHARITIES TOMPKINS/TIOGA

A wide variety of services are offered to help people with developmental disabilities gain new skills. Services offered include community habilitation, pre-vocational community-based services, employment training program, and supportive employment.

Phone: 607-414-1023

Address: 932 West River Rd, Nichols, NY 13812

COMMUNITY OPTIONS, INC. OF WAVERLY

Provides residential and employment support services to individuals with Traumatic Brain Injuries.

Phone: 607-565-0023

Address: 354 Broad St, Waverly, NY 14892

NEW YORK STATE HEALTH HOME PROGRAM

Program available to those who get health benefits through the Medicaid Program.

What is a health home? A ‘Health Home’ is not a physical place; it is a group of health care and service providers working together to make sure you get the care and services you need to stay healthy.

For more information:

https://www.health.ny.gov/health_care/medicaid/program/medicaid_health_homes/

NEW YORK STATE OFFICE FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

The New York State Office for People With Developmental Disabilities (OPWDD) is responsible for coordinating services for New Yorkers with developmental disabilities, including intellectual disabilities, cerebral palsy, Down syndrome, autism spectrum disorders, Prader-Willi syndrome and other neurological impairments.

Phone: 1-866-946-9733

RACKER CENTER

The mission of Racker is to “support people with disabilities and their families to lead fulfilling lives by providing opportunities to learn and be connected with others.”

Phone: 607-687-8929

Address: 1277 Taylor Rd, Owego, NY 13827

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

SOUTHERN TIER INDEPENDENCE CENTER (STIC)

Provides services pertaining to independent living, Americans with Disabilities Act (ADA), assistive technology, and more.

Phone: 607-724-2111

Main Office: 135 East Frederick St, Binghamton, NY 13904

TICKET-TO-WORK

Free and voluntary programs are available to people ages 18 to 64 who are blind or have a disability and who receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) benefits. This program assists with finding and maintaining employment.

Phone: 607-778-6478

TIOGA COUNTY NY CONNECTS

Serving older adults and individuals with disabilities of all ages, NY Connects provides free, unbiased information and assistance on services such as home care, transportation, and meals.

Phone: 607-687-4120

Address: 9 Sheldon Guile Blvd, Owego, NY 13827

UNITED STATES SOCIAL SECURITY ADMINISTRATION

Enrollment for Social Security Disability (SSD) and Supplemental Security Income (SSI).

Phone: 1-800-772-1213

Website: <https://www.ssa.gov/>

SUPPORT FOR VETERANS

TIOGA COUNTY VETERANS' SERVICE AGENCY

Phone: 607-687-8228

Address: 56 Main St, Owego, NY 13827

BINGHAMTON VETERANS' AFFAIRS CLINIC

Phone: 607-772-9100

Address: 203 Court St, Binghamton, NY 13901

BINGHAMTON VET CENTER

Phone: 607-772-2393

Address: 53 Chenango St, 1st Floor, Binghamton, NY 13901

SAYRE VETERANS' AFFAIRS CLINIC

Phone: 570-888-6803

Address: 1537 Elmira St, Sayre, PA 18840

VETERANS' CRISIS LINE

Phone: Dial 988, then Press 1

Text: 838255

SUPPORT FOR OLDER ADULTS

TIOGA OPPORTUNITIES, INC.

Tioga Opportunities offers a variety of resources for older adults including Medicare insurance and counseling, in-home care, congregate dining, home delivered meals, exercise classes, and more! Please call Tioga Opportunities for more information on their services.

Phone: 607-687-4222 or 607-687-4120

Email: aging@tiogaopp.org

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

Address: 9 Sheldon Guile Blvd, Owego, NY 13827

TIOGA COUNTY PUBLIC HEALTH – CAR FIT PROGRAM

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

Phone: 607-687-8600

Address: 1062 St Rt 38, Owego, NY 13827

IN NEED OF A HELPING HAND?

FOOD PANTRIES & MEAL SITES

Food pantries are located throughout Tioga County. Please see below for ways to access updated lists to find a food pantry near you.

TIOGA COUNTY FOOD PANTRIES AND MEAL SITES

The Food Bank of the Southern Tier provides updated lists and information on food pantries and meal sites in Tioga County on their website.

Google Doc Link: https://docs.google.com/document/d/1xFn5oBHmZ4YdB-gv8SKP78_Zj6CL836-jB-BYwpuooU/edit

Food Bank of the Southern Tier Website: <https://www.foodbankst.org/find-food/>

Food Bank of the Southern Tier Phone: 607-796-6061

2-1-1 SUSQUEHANNA RIVER REGION

Search for food pantries and meal sites on 2-1-1's website or call 2-1-1 and ask for helping finding food near you!

2-1-1 Link: <https://www.helpme211.org/find-help/>

Phone: 211 or 1-800-901-2180 or text your zip code to 898 211

CLOTHING BANKS

2-1-1 SUSQUEHANNA RIVER REGION

Search for clothing banks on 2-1-1's website or call 2-1-1 and ask for help finding food near you!

2-1-1 Link: <https://www.helpme211.org/find-help/>

Phone: 211 or 1-800-901-2180 or text your zip code to 898 211

CANDOR CHILDREN'S CLOSET & BOUTIQUE

For children and students of the Candor School District

Phone: 607-659-5015

Address: 224 Owego Rd, Candor, NY 13743 (Located in the McKendree Global Methodist Church)

OPEN DOOR MISSION

Thrift Shop

Phone: 607-687-1121

Address: 425 North Ave, Owego, NY 13827

RED DOOR THRIFT STORE

Thrift Shop

Phone: 607-249-6062

Address: 359 Broad St, Waverly, NY 14892

SHELTERS FOR THE HOMELESS

A NEW HOPE CENTER

Women & Children Only

24HR Hotline/Textline: 607-687-6866

Address: 20 Church St, Owego, NY 13827

CATHOLIC CHARITIES TOMPKINS/TIOGA

A Place to Call Home

Women Only

Phone: 607-206-5335 or 607-431-8775

OPEN DOOR MISSION

Men Only

Phone: 607-687-1121

Address: 425 North Ave, Owego, NY 13827

SAFE & AFFORDABLE HOUSING

TIOGA OPPORTUNITIES, INC.

Tioga Opportunities offers the following services for qualifying individuals: energy/weatherization services, home repair, radon testing & mitigation, rental assistance, and safe and affordable housing.

Phone: 607-687-4222

Email: housing@tiogaopp.org

Address: 9 Sheldon Guile Blvd, Owego, NY 13827

HEALTHY & SAFE COMMUNITIES

CODE ENFORCEMENT

Code enforcement ensures compliance of local ordinances, building codes, and property maintenance. They are also responsible for public nuisance abatement and other issues relating to public health.

TOWN OF BARTON

Phone: 607-565-2261 x 3

TOWN OF BERKSHIRE

Phone: 607-206-2501

Email: Berkshire.code.enforcement@gmail.com

TOWN OF CANDOR

Phone: 607-659-3175 x4

Email: Code.enforcement@townofcandor.org

VILLAGE OF CANDOR

Phone: 607-744-1301

TOWN OF NEWARK VALLEY

Phone: 607-642-3617

Email: Nvcode@stny.rr.com

VILLAGE OF NEWARK VALLEY

Phone: 607-642-8686

Email: Code@newarkvalleyvillage.com

TOWN OF NICHOLS

Phone: 607-699-9770 x2

VILLAGE OF NICHOLS

Phone: 607-731-9529

TOWN OF OWEGO

Phone: 607-687-0123 Dept. 6

VILLAGE OF OWEGO

Phone: 607-687-1221

TOWN OF RICHFORD

Phone: 856-689-3573

Email: Codeofficer@richfordny.com

TOWN OF SPENCER

Phone: 607-589-8178

Email: codesp@htva.net

VILLAGE OF SPENCER

Phone: 607-589-4310

Email: codeenforcement@villageofspencer.com

TOWN OF TIOGA

Phone: 607-687-0843

Email: Tiogatowncode@htva.net

VILLAGE OF WAVERLY

Phone: 607-426-7240

GETTING AROUND TIOGA COUNTY

TRANSPORTATION SERVICES

TIOGA OPPORTUNITIES, INC. – TRANSPORTATION SERVICES

MEDICAID TRANSPORTATION

Phone: 1-866-932-7740 (Request Tioga Opportunities)

Eligibility: For Medicaid recipients in need of transportation to a Medicaid-covered appointment. Request Tioga Opportunities when calling the Medical Answering Services.

TRANSPORTATION REFERRAL SERVICES

Phone: 607-687-4222

Eligibility: Tioga County residents

VOLUNTEER TRANSPORTATION SERVICES

Phone: 607-687-4222

Eligibility: Older adults and individuals with disabilities

TRANSPORTATION PLANNING SERVICES

GETTHERE CALL CENTER

The Rural Health Network's Getthere call center provides free transportation education, referral, and planning services.

Phone: 1-855-373-4040

2-1-1 SUSQUEHANNA RIVER REGION

Search for transportation options on 2-1-1's website or call 2-1-1 and ask for help finding food near you!

2-1-1 Link: <https://www.helpme211.org/find-help/>

Phone: 211 or 1-800-901-2180 or text your zip code to 898 211

TAXI SERVICES

RIDE TIOGA

Phone: 607-687-7433

Areas Served: Apalachin, Barton, Berkshire, Candor, Newark Valley, Nichols, Owego, Richford, Waverly.

VALLEY TAXI

Phone: 570-888-2365

Areas Served: Waverly area

LEARNING IS FUN!

TIOGA COUNTY SCHOOL DISTRICTS

CANDOR CENTRAL SCHOOL DISTRICT

CANDOR CENTRAL SCHOOL DISTRICT

Phone: 607-659-5010

Address: 1 Academy St, Candor, NY 13743

CANDOR ELEMENTARY SCHOOL

Phone: 607-659-3935

Address: 1 Academy St, Candor, NY 13743

CANDOR JR/SR HIGH SCHOOL

Phone: 607-659-5020

Address: 1 Academy St, Candor, NY 13743

NEWARK VALLEY CENTRAL SCHOOL DISTRICT

NEWARK VALLEY CENTRAL SCHOOL DISTRICT

Phone: 607-642-3221

Address: 68 Wilson Creek Rd, Newark Valley, NY 13811

NATHAN T. HALL ELEMENTARY

Phone: 607-642-3340

Address: 86 Whig St, Newark Valley, NY 13811

NEWARK VALLEY MIDDLE SCHOOL

Phone: 607-642-5524

Address: 88 Whig St, Newark Valley, NY 13811

NEWARK VALLEY HIGH SCHOOL

Phone: 607-642-8351

Address: 68 Wilson Creek Rd, Newark Valley, NY 13811

NORTH SPENCER CHRISTIAN ACADEMY

NORTH SPENCER CHRISTIAN ACADEMY

Phone: 607-589-6366

Address: 721 Ithaca Rd, Spencer, NY 14883

OWEGO APALACHIN CENTRAL SCHOOL DISTRICT

OWEGO APALACHIN CENTRAL SCHOOL DISTRICT

Phone: 607-687-7307

Address: 5 Sheldon Guile Blvd, Owego, NY 13827

APALACHIN ELEMENTARY SCHOOL

Phone: 607-687-7304

Address: 405 Pennsylvania Ave, Apalachin, NY 13732

OWEGO ELEMENTARY SCHOOL

Phone: 607-687-7303

Address: 2 Sheldon Guile Blvd, Owego, NY 13827

OWEGO APALACHIN MIDDLE SCHOOL

Phone: 607-687-7302

Address: 3 Sheldon Guile Blvd, Owego, NY 13827

OWEGO FREE ACADEMY

Phone: 607-687-7301

Address: 1 Sheldon Guile Blvd, Owego, NY 13827

SPENCER-VAN ETTEN CENTRAL SCHOOL DISTRICT

SPENCER-VAN ETTEN CENTRAL SCHOOL DISTRICT

Phone: 607-589-7100

Address: 16 Dartts Crossroad, Spencer, NY 14883

SPENCER-VAN ETTEN ELEMENTARY SCHOOL

Phone: 607-589-7110

Address: 7 Langford St, Van Etten, NY 14889

SPENCER-VAN ETTEN MIDDLE SCHOOL

Phone: 607-589-7120

Address: 1 Center St, Spencer, NY 14883

SPENCER-VAN ETTEN HIGH SCHOOL

Phone: 607-589-7140

Address: 16 Dartts Crossroad, Spencer, NY 14883

TIOGA CENTRAL SCHOOL DISTRICT

TIOGA CENTRAL SCHOOL DISTRICT

Phone: 607-687-8000

Address: 27 5TH Ave, Tioga Center, NY 13845

TIOGA CENTRAL ELEMENTARY SCHOOL

Phone: 607-687-8002

Address: 27 5TH Ave, Tioga Center, NY 13845

TIOGA CENTRAL MIDDLE SCHOOL

Phone: 607-687-8004

Address: 27 5TH Ave, Tioga Center, NY 13845

TIOGA CENTRAL HIGH SCHOOL

Phone: 607-687-8001

Address: 27 5TH Ave, Tioga Center, NY 13845

WAVERLY CENTRAL SCHOOL DISTRICT

WAVERLY CENTRAL SCHOOL DISTRICT

Phone: 607-565-2841

Address: 15 Frederick St, Waverly, NY 14892

ELM STREET ELEMENTARY

Phone: 607-565-8186

Address: 145 Elm St, Waverly, NY 14892

LINCOLN STREET ELEMENTARY

Phone: 607-565-8176

Address: 45 Lincoln St, Waverly, NY 14892

WAVERLY MIDDLE SCHOOL

Phone: 607-565-3410

Address: 1 Frederick St, Waverly, NY 14892

WAVERLY HIGH SCHOOL

Phone: 607-565-8101

Address: 1 Frederick St, Waverly, NY 14892

ALTERNATIVE EDUCATIONAL OPPORTUNITIES

BROOME-TIOGA BOCES

BOCES offers a wide variety of programs. Please visit their website to learn more.

Link: <https://www.btboces.org/Default.aspx>

Phone: 607-763-3300

GREATER SOUTHERN TIER BOCES

Programs related to adult education and career services.

Link: <https://www.gstboces.org/>

Phone: 607-739-3581

JOHNSON CITY LEARNING CENTER – ADULT EDUCATION

Offered through Broome-Tioga BOCES, adults can take GED classes and explore career options in the healthcare field or in other trades.

Link: <https://www.btboces.org/JCLCPrograms.aspx>

Trade Careers Phone: 607-763-3616

Health Careers Phone: 607-763-3661

TIOGA ADULT LEARNING LAB

Program offered through the Tioga County Career Center to provide computer skills training, assistance with resumes and online applications.

Phone: 607-687-8500

Address: 1062 St Rt 38, Owego, NY 13827

TOMPKINS-SENECA-TIOGA BOCES

BOCES offers a wide variety of programs. Please visit their website to learn more.

Link: <https://www.tstboces.org/>

Phone: 607-257-1551

LIBRARIES

APALACHIN PUBLIC LIBRARY

Phone: 607-625-3333

Address: 219 Main St, Apalachin, NY 13732

CADY LIBRARY

Phone: 607-699-3835

Address: 42 East River Rd, Nichols, NY 13812

CANDOR FREE LIBRARY

Phone: 607-659-7258

Address: 2 Bank St, Candor, NY 13743

COBURN FREE LIBRARY

Phone: 607-687-3520

Address: 275 Main St, Owego, NY 13827

SPENCER LIBRARY

Phone: 607-589-4496

Address: 41 North Main St, Spencer, NY 14883

TAPPAN-SPAULDING MEMORIAL LIBRARY

Phone: 607-642-9960

Address: 6 Rock St, Newark Valley, NY 13811

WAVERLY FREE LIBRARY

Phone: 607-565-9341

Address: 18 Elizabeth St, Waverly, NY 14892

LET'S PLAY

PHYSICAL ACTIVITY

ART OF COMBAT SPORTS CHAMPIONSHIPS

Phone: 607-972-8441

Address: 1518 Day Hollow Rd, Owego, NY 13827

BUFF DAISY FITNESS

Phone: 845-596-7013

Address: 4 Whig St, Newark Valley, NY 13811

FAY'S FITNESS, INC.

Phone: 607-659-4818

Address: 41 Owego Rd, Candor, NY 13743

FOUR SEASONS FITNESS STUDIOS

Phone: 607-429-9814

Address: 32 Lake St, Owego, NY 13827

INSPIRE S-VE COMMUNITY & FITNESS CENTER

Phone: 607-589-7688

Address: 57 East Tioga St, Spencer, NY 14883

NEW IMAGE FITNESS CENTER

Phone: 607-565-4439

Address: 307 Broad St, Waverly, NY 14892

PEAK PERFORMANCE PHYSICAL THERAPY & TIOGA FITNESS

Phone: 607-687-7645

Address: 115 Hickories Park Rd, Owego, NY 13827

SUMMIT FITNESS

Phone: 607-687-7645

Address: 30 Elm St, Owego, NY 13827

TIOGA COUNTY BOYS & GIRLS CLUB

Phone: 607-687-0690

Address: 201 Erie St, Owego, NY 13827

WAVERLY FITNESS CENTER

Phone: 607-742-8838

Address: 370 Broad St, Waverly, NY 14892

CHILDREN'S ACTIVITIES

FAMILY RESOURCE CENTERS

Offered through Cornell Cooperative Extension of Tioga County, Family Resource Centers are free community centers for families with young children. Play groups are currently being held in Berkshire, Candor, Nichols, Spencer, Owego, and Waverly.

Phone: 607-398-0487

Website: "Like" Family Resource Centers of Tioga County, NY on Facebook!

OWEGO GYMNASTICS & ACTIVITY

Phone: 607-687-2458

Address: 748 St Rt 38, Owego, NY 13827

TIOGA COUNTY BOYS & GIRLS CLUB

The Boys & Girls Club offers a variety of athletic programming year-round for adults and children.

Phone: 607-687-0690

Address: 201 Erie St, Owego, NY 13827

FAMILY ACTIVITIES

BOWLING ALLEYS

CARDINAL LANES BOWLING ALLEY

Phone: 607-642-8028

Address: 24 Watson Ave, Newark Valley, NY 13811

OWEGO BOWL

Phone: 607-687-5631

Address: 1404 Taylor Rd, Owego, NY 13827

VALLEY BOWLING CENTER

Phone: 607-565-9946

Address: 13 North Chemung St, Waverly, NY 14892

THEATERS

TI-AHWAGA COMMUNITY PLAYERS

Phone: 607-687-2130

Address: 42 Delphine St, Owego, NY 13827

TIOGA THEATER

Phone: 607-687-5401

Address: 208 Main St, Owego, NY 13827

POOLS

GREATER OWEGO COMMUNITY POOL

Pool Hours and Availability: <https://www.oacsd.org/page/oa-community-pool>

Address: 1 Sheldon Guile Blvd, Owego, NY 13827

MARVIN PARK

Address: 50 West Main St, Owego, NY 13827

TIOGA CENTRAL SCHOOL INDOOR POOL

Pool Hours and Availability: <https://www.tiogacentral.org/Aquatics.aspx>

Address: 27 5TH Ave, Tioga Center, NY 13845

FARMS TO VISIT & FARMERS' MARKETS

IRON KETTLE FARM

Phone: 607-659-7707

Address: 707 Owego Rd, Candor, NY 13743

SIDE HILL ACRES GOAT FARM

Phone: 607-659-4121

Address: 79 Spencer Rd, Candor, NY 13743

STOUGHTON FARM

Phone: 607-642-3675

Address: 10898 St Rt 38, Newark Valley, NY 13811

FIND A FARMERS' MARKET

The New York State Department of Agriculture has an online Farmers' Market tool:
<https://agriculture.ny.gov/farmersmarkets>

NATURE PRESERVES

BRICK POND

Address: East Front St, Owego, NY 13827

OAKLEY CORNERS STATE FOREST

Address: Parking available near Hullsville Rd in Owego

WATERMAN CONSERVATION EDUCATION CENTER

Phone: 607-625-2221

Address: 403 Hilton Rd, Apalachin, NY 13732

PARKS

AHWAGA PARK

Address: 180 Front St, Owego, NY 13827

DRAPER PARK

Address: 132 Front St, Owego, NY 13827

HICKORIES PARK

Address: 359 Hickories Park Rd, Owego, NY 13827

REBECCA WEITSMAN MEMORIAL DOG PARK

Address: 359 Hickories Park Rd, Owego, NY 13827

KIRBY PARK

Address: 65 East River Rd, Nichols, NY 13812

LOGAN HILL NATURE PRESERVE

Address: 124 Logan Hill Rd, Candor, NY 13743

MARVIN PARK

Address: 50 West Main St, Owego, NY 13827

MOYER PARK

Address: 18 Park Dr, Candor, NY 13743

MULDOON PARK

Address: 451 Pennsylvania Ave, Waverly, NY 14892

NICHOLS POND

Address: 12 Owego Steet Exd, Spencer, NY 14883

RANSOM PARK

Address: 3050 NY-17C, Barton, NY 13734

RAWLEY PARK

Address: 13334 NY-38, Richford, NY 13835

TROUT PONDS

Address: 44 Spring St, Newark Valley, NY 13811

TWO RIVERS STATE PARK

Address: Banzhoff Rd, Waverly, NY 14892

WATERMAN CONSERVATION CENTER

Address: 403 Hilton Rd, Apalachin, NY 13732

WAVERLY GLEN PARK

Address: 85 Moore St, Waverly, NY 14892

RUNNING ERRANDS

GROCERY STORES

THE COMMUNITY SHOP

Address: 106 North Ave, Owego, NY 13827

GRAND UNION

Address: 1145 St Rt 17C, Owego, NY 13732

HOLLENBECK FOOD-SHUR FINE

Address: 17 North Main St, Newark Valley, NY 13811

JOHN'S FINE FOODS

Address: 88 North Ave, Owego, NY 13827

PRICE CHOPPER

Address: 42 West Main St, Owego, NY 13827

SPEEDSVILLE GENERAL STORE

Address: 36 Mill Rd, Berkshire, NY 13736

SPENCER SHUR FINE FOOD MART

Address: 15 North Main St, Spencer, NY 14883

SWEENEY'S MARKET

Address: 6518 St Rt 434, Apalachin, NY 13732

PHARMACIES

CVS PHARMACY

Address: 39 Park St, Owego, NY 13827

THE OWEGO PHARMACY

Address: 1135 St Rt 17C, Owego, NY 13827

WALGREENS

Address: 153 Main St, Owego, NY 13827

WAVERLY PHARMACY

Address: 443 Cayuta Ave, Waverly, NY 14892

LAUNDROMATS

COIN LAUNDREY

Address: Fox St, Owego, NY 13827

MORETON CLEANERS

Address: 413 Broad St, Waverly, NY 14892

OWEGO COIN LAUNDREY

Address: 765 St Rt 17C, Owego, NY 13827

SUNSHINE LAUNDRY

Address: 87 Orchard St, Spencer, NY 14883

WASH IT LAUNDROMAT

Address: 441 Chemung St, Waverly, NY 14892

QUICK'S LAUNDROMAT

Address: 31 Main St, Candor, NY 1374



THIS GUIDE WAS CREATED BY TIOGA COUNTY PUBLIC HEALTH.

While we try to keep information up to date, we recommend calling and verifying information with the agency or establishment.

If you have questions regarding this guide, please call Tioga County Public Health at 607-687-8600. For all other questions, please contact the agencies directly.



Updated September 2024