LEWIS COUNTY RESOURCES AT YOUR FINGERTIPS.

This directory is brought to you by:

Lewis County Office for the Aging
5274 Outer Stowe Street, P.O. Box 193, Lowville, NY 13367
315-376-5313
www.lewiscounty.org/departments/office-for-the-aging

New York Connects
315-376-5432 (OFA)
315-785-8703, Ext. 211 (NRCIL)
1-800-342-9871
www.nyconnects.ny.gov

CLOTHING ASSISTANCE
Forest Finds, Lyons Falls 315-348-8119
Head to Toe, Lowville 315-376-4146
Matthews Place, Boonville 315-942-5636
Opportunity Knocks, New Bremen | lewiscountyopportunities.com 315-376-2981

CRISIS INTERVENTION
Adult Protective Services | lewiscounty.org 315-376-5400
Behavioral Health & Wellness Center | tlsnny.com 315-376-5450
Crisis Number (Evenings & Weekends) 315-405-0696
Crisis Text Line | crisistextline.org Text “HOME” to 741741
Evenings & Weekends (LCGH) | lcgh.net 315-376-5252
Child Abuse Hotline 800-342-3720
Children’s Mental Health Crisis Respite | childrenshomeofjeffersoncounty.org 315-955-9062
Community Crisis Response Team | lewislivesmatter.com 315-376-5453
Domestic Violence/Rape Crisis | lewiscountyopportunities.com 315-376-4357
LGBTQ Youth Suicide Prevention Line 866-488-7386
National Council on Problem Gambling | nyprogamblinghelp.org 315-413-4676
National Eating Disorders Association | nationaleatingdisorders.org 800-931-2237
Suicide Prevention Lifeline | suicidereventionlifeline.org 800-273-8255
EDUCATION

Alternative Center for Educational Services (ACES) | boces.com 315-377-7365
Adirondack Central | adirondackcsd.org 315-942-9200
Beaver River Central | brcsd.org 315-346-1211
Jefferson-Lewis BOCES (Adult Education) | boces.com 315-377-7300
Copenhagen Central | ccsknights.org 315-688-4411
Harrsville Central | hcsk12.org 315-543-2707
Lewis County Head Start | lewiscounty.nyheadstart.com 315-376-7531
Jefferson Community College | sunyjefferson.edu 315-786-2200
Lewis County Leadership Academy | adirondackstughill.com 315-376-2213
Literacy of Northern New York | literacynny.org 315-376-8188
Lowville Academy | lowvilleacademy.org 315-376-9000
  High School 315-376-9015
  Middle School 315-376-9010
  Elementary School 315-376-9005
River Valley Mennonite School 315-493-0187
South Lewis Central | southlewis.org 315-348-2500
  High School 315-348-2520
  Middle School 315-348-2570
  Glenfield Elementary School 315-348-2620
  Port Leyden Elementary 315-348-2660

EMPLOYMENT

ACCES-VR | accesses.nysed.gov/vr 315-793-2536
Lewis County Workplace | lewiscounty.org/department/Employment-Training 315-376-5800
Unemployment Insurance | labor.ny.gov 888-209-8124

FAMILY, YOUTH & CHILDREN SERVICES

Car Seat Fit Station 315-376-8202
Double Play Sports Community Center | doubleplaycc.com 315-376-7001
DSS Support Collection Unit 315-376-5400
Family Support Services (NRCIL) | nrcil.net 315-836-3735
Fort Drum Soldiers & Family Assistance Center 315-772-6556
North Country Prenatal/Perinatal Council | ncppc.org 315-788-8533
Single Point of Access (SPOA) Coordinator 315-377-6014
Transitional Living Services | tlsnny.com 315-376-8443

Daycare

Community Action Planning Council | capcjc.org 315-782-4900
DSS Daycare Funding | lewiscounty.org 315-376-5400
Hand in Hand Early Childhood Center | handinhandlowville.com 315-376-9414

**Parenting Classes**
Care Net of NNY | carenetnny.com
- Lowville 315-874-4015
- Lyons Falls 315-775-6087
- Watertown 315-782-5433
Cornell Cooperative Extension of Lewis County | ccelewis.org
Northern Regional Center for Independent Living (NRCIL) | nrcil.net
- Lowville 315-836-3735
- Watertown 315-785-8703

**Programs for Pregnant Moms**
Breast Feeding/Lactation Consultant | lcgh.net
Care Net of NNY | carenetnny.com
- Lowville 315-376-5200
- Lyons Falls 315-376-5602
- Watertown 315-804-6174
Lewis County General Hospital Maternity | lcgh.net
- Lowville 315-874-4015
- Lyons Falls 315-775-6087
- Watertown 315-782-5433
Planned Parenthood of NNY | plannedparenthood.org
- 315-376-6427
Women, Infants, Children (WIC) Program | nocofamilyhealth.org
- 315-376-5475
North Country Prenatal/Perinatal Council | ncppc.org
- 315-788-8533

**FOOD ASSISTANCE**
Home Delivered Meals (Office for the Aging) | lewiscounty.org
- 315-376-5313
SNAP Benefits (Food Stamps) | mybenefits.ny.gov | nyconnects.ny.gov
- 315-376-5400

**Food Pantries**
Lewis County Opportunities (Copenhagen/Croghan/ Harrisville/New Bremen/Port Leyden) | lewiscountyopportunities.com
- 315-376-8202
Lowville Food Pantry | lowvillefoodpantry.org
- 315-376-7431
Matthew’s Place
- 315-942-5636

**HEALTH SERVICES, SUPPORTS & CENTERS**

**Health Supports**
Cancer Services of the North Country | health.ny.gov/cancerservicesprogram 866-442-2262
Care Net of NNY | carenetnny.com
- Lowville 315-874-4015
- Lyons Falls 315-775-6087
- Watertown 315-782-5433
Hospitals
Carthage Area Hospital | carthagehospital.com 315-493-1000
Lewis County General Hospital | lcgh.net 315-376-5200

Medical Centers
Beaver River Health Center | lcgh.net 315-346-6824
Copenhagen Health Center | lcgh.net 315-688-2305
LCGH Extended Hours Walk-In Clinic | lcgh.net 315-376-5473
Harrsville Health Center | lcgh.net 315-537-5003
North Country Family Health Center | nocol familyhealth.org 315-376-6427
South Lewis Health Center | lcgh.net 315-348-8407
Lowville Urgent Care | lowvillemedical.com 315-376-1401
Veterans Affairs Clinic Rome | va.gov 315-334-7100
Watertown
Syracuse | syracuse.va.gov 315-425-4400

Mental Health Services
Behavioral Health and Wellness Center | tlnsny.com 315-376-5450
Carthage Area Hospital Behavioral Health | carthagehospital.com 315-493-3300
Children’s Home of Jefferson County | chjc.org 315-788-7430
Crisis Telephone 315-782-2327
CREDO Community Center | credocc.com 315-376-5958
Mobile Integration Team (St. Lawrence Psychiatric Center) | omh.ny.gov 844-863-9314
Northern Regional Center for Independent Living Peer Support 315-836-3735

STD Testing
Lewis County Public Health | lewiscountypublichealth.com 315-376-5453
Planned Parenthood of NNY | plannedparenthood.org 315-804-6174
### Substance Abuse
- CREDO Community Center | [credo.com](http://credo.com) | 315-376-5958
- Mountain View Prevention Services | [mountainviewprevention.org](http://mountainviewprevention.org) | 315-376-2321
- PIVOT: Alcohol & Substance Abuse Council of Jefferson Cty. | [pivot2health.com](http://pivot2health.com) | 315-788-4660
- Samaritan Medical Center Behavioral Health | [samaritanhealth.com](http://samaritanhealth.com) | 315-779-5060
- United Prevention (UP!) Coalition | [uplewiscounty.org](http://uplewiscounty.org) | 315-376-2321

### HOUSING ASSISTANCE
- Emergency Homeless Assistance (DSS) | [lewiscounty.org](http://lewiscounty.org) | 315-376-5400
- Lewis County Opportunities, Inc. | [lewiscountyopportunities.com](http://lewiscountyopportunities.com) | 315-376-8202
- Snow Belt Housing Company | [snowbelt.org](http://snowbelt.org) | 315-376-2639
- Transitional Living Services Supportive Housing | [tlsny.com](http://tlsny.com) | 315-376-8443

### LAW ENFORCEMENT (DIAL 911 FOR EMERGENCIES)
- Lowville Village Police Department | 315-376-6511
- Lewis County Sheriff’s Department | 315-376-3511
- Department of Environmental Conservation | [dec.ny.gov/lands/8075.html](http://dec.ny.gov/lands/8075.html) | 315-376-3521
- New York State Police | [troopers.ny.gov](http://troopers.ny.gov) | 315-376-6513

### LEGAL SERVICES
- District Attorney | [lewiscounty.org](http://lewiscounty.org) | 315-376-5390
- Family Court | [nycourts.gov/courts/5jd/lewis](http://nycourts.gov/courts/5jd/lewis) | 315-376-5345
- New York State Justice Center | [justicecenter.ny.gov](http://justicecenter.ny.gov) | 855-373-2122
- Legal Services of CNY | [lseny.org](http://lseny.org) | 877-777-6152
- Persons in Need of Supervision (PINS) | [lewiscounty.org](http://lewiscounty.org) | 315-376-5400
- Probation Department | [lewiscounty.org](http://lewiscounty.org) | 315-376-5358
- Public Defender | [lewiscounty.org](http://lewiscounty.org) | 315-376-7543
- Resolution Center of Jefferson & Lewis Counties | [resolution-center.net](http://resolution-center.net) | 315-785-0333

### RESOURCES, INFORMATION & ASSISTANCE
- ACR Health Home | [acrhealth.org](http://acrhealth.org) | 800-475-2430
- Alzheimer’s Association | [alz.org](http://alz.org) | 800-272-3900
- American Heart Association | [heart.org](http://heart.org) | 800-242-8721
- American Red Cross | [redcross.org](http://redcross.org) | 315-234-2200
- Department of Motor Vehicles | [lewiscounty.org](http://lewiscounty.org) | 315-376-5331
- Lewis County Community Services | [lewiscounty.org](http://lewiscounty.org) | 315-376-5858
- Lewis County Office for the Aging | [lewiscounty.org](http://lewiscounty.org) | 315-376-5313
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Lewis County Public Health Agency</td>
<td>lewiscounty.org 315-376-5453</td>
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<tr>
<td>Lewis County Veterans Service Agency</td>
<td>lewiscounty.org 315-376-5316</td>
</tr>
<tr>
<td>LCGH Fund for Hope</td>
<td>lewiscountyhospitalfoundation.org 315-376-5110</td>
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<tr>
<td>Migrant Worker Support/Outreach (Oswego County)</td>
<td>oco.org/health-services/migrant-health 315-598-4740</td>
</tr>
<tr>
<td>Mountain View Prevention Services</td>
<td>mountainviewprevention.org 315-376-2321</td>
</tr>
<tr>
<td>NY Connects (Choices for Long Term Care)</td>
<td>nyconnects.ny.gov LC OFA 315-376-5432 NRCIL 315-785-8703, Ext. 211 Statewide 800-342-9871</td>
</tr>
<tr>
<td>Northern Regional Center for Independent Living</td>
<td>nrcil.net 315-836-3735 Watertown 315-785-8703</td>
</tr>
<tr>
<td>Poison Control Center</td>
<td>800-222-1222</td>
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<tr>
<td>Social Security Administration</td>
<td>ssa.gov 800-772-1213</td>
</tr>
<tr>
<td>Watertown Office</td>
<td>866-627-6995</td>
</tr>
<tr>
<td>Soldier On Veterans Outreach</td>
<td>wesoldieron.org 866-406-8449</td>
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<tr>
<td>Smoking Cessation</td>
<td>nysmokefree.com 866-697-8487</td>
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<tr>
<td>Single Point of Access (SPOA) Coordinator</td>
<td>315-377-6014</td>
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<tr>
<td>Taking Care of Our Own</td>
<td>lctakingcareofourown.com 315-348-4211</td>
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<tr>
<td>Transitional Living Services</td>
<td>tlny.com 315-376-8443</td>
</tr>
<tr>
<td>Traumatic Brain Injury</td>
<td>ariseinc.org Syracuse 315-472-3171 Oneida 315-363-4672</td>
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**Disability Services for Adults and Children**

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<tr>
<th>Service</th>
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<tr>
<td>The ARC Oneida/Lewis-NYSARC</td>
<td>thearc.org 315-348-8401</td>
</tr>
<tr>
<td>Central Association for the Blind</td>
<td>cabvi.org 315-797-2233</td>
</tr>
<tr>
<td>Central NY Developmental Disabilities Office, Region 2</td>
<td>opwdd.ny.gov 315-473-6978</td>
</tr>
<tr>
<td>Children with Special Needs (Public Health)</td>
<td>lewiscounty.org 315-376-5453</td>
</tr>
<tr>
<td>Disabled Persons Action Organization</td>
<td>dpao.org 315-782-3577</td>
</tr>
<tr>
<td>Lyons Falls</td>
<td>315-348-8380</td>
</tr>
<tr>
<td>LifePlan CCO NY</td>
<td>lifeplancony.com 315-565-2612</td>
</tr>
<tr>
<td>LCGH Adult Day Health Care</td>
<td>lcg.net 315-376-5640</td>
</tr>
<tr>
<td>NNY Cerebral Palsy Association</td>
<td>nnycerebralpalsy.org 315-788-5650</td>
</tr>
<tr>
<td>Northern Regional Center for Independent Living</td>
<td>nrcil.net 315-836-3735</td>
</tr>
<tr>
<td>The Arc Jefferson-St. Lawrence Early Intervention/Case Management</td>
<td>thearc.org/chapter/the-arc-jefferson-st-lawrence 315-788-2730</td>
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**Insurance**

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<tr>
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<tr>
<td>AIDS Community Resource Health Patient Navigator</td>
<td>communityhealthadvocates.org/agency/acr-health 800-475-2430</td>
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<tr>
<td>North Country Prenatal/Perinatal Council</td>
<td>ncppc.org 315-788-8533</td>
</tr>
</tbody>
</table>
Lewis County Office for the Aging (Medicare) | lewiscounty.org 315-376-5313

**Personal Care/Home Care**
Lewis County Department of Social Services | lewiscounty.org 315-376-5400
Lewis County Office for the Aging | lewiscounty.org 315-376-5313
Seniors Helping Seniors | seniorcarenorthernny.com 315-405-4950
US Care Systems Inc. | uscaresystems.com 315-376-6070

**Utility Assistance**
Home Energy Assistance Program (HEAP) | otda.ny.gov/programs/heap 315-376-5400
Lewis County Opportunities | lewiscountyopportunities.com 315-376-8202
Lifeline (Phone discount) | lifelinesupport.org 800-921-8101
National Grid
  Emergency Assistance Program (extra discount for HEAP recipients) 315-460-7671
Safelink Wireless | safelinkwireless.com 800-723-3546

**Weatherization**
EmPower | nys erda.gov/All-Programs/Programs/EmPower-New-York 800-263-0960
Lewis County Opportunities | lewiscountyopportunities.com 315-376-8202
Snow Belt Housing Co. | snowbelt.org 315-376-2639
USDA Rural Development | rd.usda.gov/ny 315-782-7289

**Transportation**
Disabled Veterans Van 315-412-6058
Lewis County Office for the Aging | lewiscounty.org 315-376-5313
Lewis County Public Transportation | lewiscounty.org/public-transportation 315-376-6508
Medical Answering Service (MAS) | medanswering.com 800-430-6681
Volunteer Transportation Center | volunteertransportationcenter.org 315-788-0422

For more information, visit:
nyconnects.ny.gov
lewiscounty.org