

The Three RRR exercise – Linking The Great Depression with Service

Tompkins County Immigrant Rights Coalition

Supports the campaign to reform immigration for America, including worker's rights, reuniting families, getting fair wages, etc.

Head Start

Federal program that helps pre-kindergartners and their families who may be in or near poverty get help with basic education and social skills, as well parenting skills, nutrition information, etc.

Red Cross

Helps locally, nationally, and internationally with disaster relief, homelessness, blood drives, and other basic needs.

YES (Youth Employment Services) and Workforce New York

These two organizations (one for teens and one for adults) help people gain job skills, from resume writing to interviewing to apprenticeships learn a new trade.

Loaves & Fishes / Foodnet

These two organizations provide meals – one in a community kitchen in a church for anyone who feels they need the food or company, and one that delivers meals to people's homes, most of who are elderly and are on a fixed income.

Ithaca Neighborhood Housing Services

Non-profit that helps first time home buyers obtain a house, as well as helping people on fixed incomes maintain their homes, as well as other housing services for people in need.

Worker's Center

Fights to protect anyone who feels they are treated unfairly at their job, as well as trying to change laws to protect workers

WIC (Women Infants and Children)

Federal program that provides foods, health care referrals, and nutrition education for low-income pregnant, infants, and children up to the age of five who are at nutritional risk.

Catholic Charities of Tompkins / Tioga Counties

Religious based organization that helps all people with a variety of human services, from supplying basic toiletries and clothing, to supporting families with children with special needs, to assisting new immigrants to our community.

Ithaca Health Alliance

Non-profit that tries to make sure everyone has access to health care, especially the uninsured and underinsured.

Suicide Prevention and Crisis Services

Provides a 24 hour phone line to people in crisis, as well as helping individuals, families and communities deal with the after effect of suicides and other traumas.

Hunger Action Network of New York

Group that combines grassroots organizing at the local level with state level research, education and advocacy to address the root causes of hunger, including poverty.