

CONNECTING OUR COMMUNITY

Your guide to support and
resources available in the
Finger Lakes region



Mental Health & Substance Use

- NAMI Finger Lakes — support, education, crisis & community resources for mental health.
- Ontario County Mental Health — adult/youth services.
- Finger Lakes Counseling and Referral Agency (FLACRA) outpatient & residential substance use disorder services.
- 24 hours Mental Health Crisis line 877-356-9211 Or 211
- Domestic Violence and Sexual Assault Services 800-799-7233
- National Suicide Prevention life line Call 988
- National Eating Disorders Association line (800)391-2237

Basic Needs, Housing, Social Services

- Finger Lakes Community Action (Wayne CAP) — services including Head Start, energy services, healthy families, housing/rent assistance.
- 211 / LIFE LINE (Finger Lakes) — for people seeking assistance finding human services (housing, food, crisis, etc.) via phone or chat. [211 Lifeline](#)
- Food Resources: [Ontario County Food Pantries](#), [Wayne County Food Pantries](#), and [Foodlink Pop Up Pantries](#).

Health & Public Health

- Finger Lakes Health — community health education, screenings, volunteer coordination, primary care & more.
- Ontario County Public Health — programs such as immunizations, disease prevention, lead poisoning, etc. [Ontario County](#)

Online Free Growth Tools

- LinkedIn Learning (often free via library card) – courses on leadership, tech, productivity.
- Coursera & edX (audit mode free) – personal development, management, and university courses.
- Khan Academy – free courses for math, science, personal finance, and career prep.
- YouTube University – free tutorials on anything from mindfulness to Excel.

Youth, Disability & Family Support

- Arc Ontario & Arc Wayne — services for people with disabilities. [Finger Lakes Works](#)
- Center for Autism and Related Disorders, Inc. — autism support. [Finger Lakes Works](#)
- Family Counseling Services of the Finger Lakes — counseling for various populations (families, youth).

Education & Skills

- Finger Lakes Community College (FLCC) – Career & Adult Education offers GED prep, ESL (English as a Second Language), and free career development workshops. [flcc.edu/adult](https://www.flcc.edu/adult)
- Libraries Across the Finger Lakes. Most county libraries offer free access to: LinkedIn Learning (professional courses), digital literacy classes, resume/cover letter help, and book clubs & workshops
- Cornell Cooperative Extension (CCE) (in every Finger Lakes County) Free or low-cost classes on nutrition, gardening, family finances, parenting, and youth development Example: CCE Ontario
- Local YMCA & Community Centers – Many offer scholarship memberships or free wellness workshops.

Reach out today for assistance or information!