



UCSD-EATS

Physical Resource Directory

Welcome to your personal collection of resources in the Utica area that we have compiled for the benefit of all Raiders!

In the following packets, you'll find local resources to help meet your needs under each category in the following format.

Organization Name

About: Short description.

Contact Email/phone number: most direct contact

Facebook: "Name you can search" and link to click

Ages served: All Ages; **Eligibility Criteria:**

Address: and **Hours of Operation:**

If you see something missing or want to make an edit to an entry please visit ucsd-eats.com.

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Fundamental Needs

If you are looking for support with immediate necessities such as food, housing, healthcare, and family support, or if you would like to find assistance with stabilizing needs such as identity, transportation, empowerment, or community support, this is the packet for you!

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Immediate Needs

The following resources will connect you with groups and services that provide support for immediate needs such as food, housing, healthcare, family services, and mental health and safety hotlines.

Food

These resources provide walk-in hot meals and grocery items for community members with immediate food needs.

St. Margaret's Food Pantry

About: Margaret's Food Pantry provides food for Utica community members. Walk-in during their hours of operation or contact via email to get support.

Contact Email: office@gracechurchutica.org

Facebook: [“St. Margaret's Food Pantry at Grace Church, Utica”](#)

Ages served: All Ages; **Eligibility Criteria:**

Address: 19 Devereaux St., Utica, NY

Hours of Operation: Tuesdays, 2pm - 5pm, Fridays 10am - 1pm

Johnson Park Center

About: JPC provides food assistance, emergency housing, or childcare/after school programs. JPC operates 2 monthly drive-thru food pantry services. Check their facebook for the most up to date hours and items available.

Contact: (315) 734-9608; **Email:** info@johnsonparkcenter.org

Ages served: All Ages; **Eligibility Criteria:**

Facebook: [“Johnson Park Center”](#)

Address: 1402, 1404, 1406, 1409-1411 West Street & 26, 5 Johnson Park

Hours of Operation: Monday - Wednesday, 3pm - 6pm with 2 monthly drive-thru services. Check Facebook for most up to date information.

HOPE House

About: HOPE House serves three meals a day Monday through Saturday and two meals on Sunday.

Phone: (315) 793-3723; **Email:** utica.hopehouse@gmail.com

Ages served: All Ages; **Eligibility Criteria**

Facebook: “[Hope House Utica](#)”; **Website:** <http://hopehouseutica.org/>

Address: 112 South Street, Utica, NY 13501

Hours of Operation: Monday - Saturday, 10am - 5pm, Sundays, 12pm - 5pm

Cornerstone Community Church - The Morrow Warming Center

About: They are a low barrier/harm reduction emergency overnight shelter for people experiencing homelessness. They also give out food and clothes.

Phone: 315-735-8586; **Email:** plymouthbethesda@cornerstoneutica.com;
diana@cornerstoneutica.com.

Ages served: All ages; **Eligibility Criteria:** anyone who is homeless.

Facebook: “[The Morrow Warming Center](#)”; “[Cornerstone Community Church](#)”;

Website: www.cornerstoneutica.com/morrow-wc

Address: 500 Plant Street, Utica, New York, 13502.

Hours of Operation: Monday - Friday, 9am - 5pm, and Sunday, 9am - 12:30pm.

Mother Marianne’s West Side Kitchen

About: They provide hot meals and/or bag lunches every day, from 11:30 A.M. to 12:30 P.M., to struggling families and individuals, the unemployed, and the homeless.

Phone: 315-735-3289; **Email:** mail@westsidekitchen.org

Website: www.mmwsk.org.

Ages served: All ages; **Eligibility Criteria:** anyone who is homeless.

Address: 500 Plant Street, Utica, New York, 13502.

Hours of Operation: Seven days a week, 11:30 A.M. - 12:30 P.M.

The Salvation Army - Soup Kitchen

About: The Salvation Army provides a soup kitchen for to-go meals or eat onsite.

Phone: 315-724-8736 (Captain Johnathan Ross); 315-724-8736 (Captain Kelly Ross)

Email: jonathan.ross@use.salvationarmy.org (Captain Johnathan Ross);
kelly.ross@use.salvationarmy.org (Captain Kelly Ross)

Ages served: All Ages; **Eligibility Criteria:** contact by phone or email.

Facebook: [“The Salvation Army of Utica New York”](#); **Website:**
<https://easternusa.salvationarmy.org/empire/utica/>

Address: 14 Clinton Pl., Utica, New York, 13501

Hours of Operation: Monday - Friday, 11:00am - 1:00pm

The Salvation Army - Ice Cream Cart Ministry

About: The Salvation Army provides ice cream cart ministry on Monday & Wednesday afternoons.

Website: <https://easternusa.salvationarmy.org/empire/utica/>

Phone: 315-724-8736 (Captain Johnathan Ross); 315-724-8736 (Captain Kelly Ross)

Email: jonathan.ross@use.salvationarmy.org (Captain Johnathan Ross);
kelly.ross@use.salvationarmy.org (Captain Kelly Ross)

Ages served: All Ages; **Eligibility Criteria:** contact by phone or email.

Facebook: [“The Salvation Army of Utica New York”](#); **Website:**
<https://easternusa.salvationarmy.org/empire/utica/>

Address: 14 Clinton Pl., Utica, New York, 13501

Hours of Operation: Monday & Wednesday afternoons.

Rescue Mission of Utica

About: This place serves individuals overcoming homelessness, abuse, addictions, and disabilities. Their programs provide safe lodging, food, clothing, case management, counseling, advocacy, education, referrals, spiritual, and other supportive services.

Phone: 315-735-1645; **Email:** mail@uticamission.org.

Ages served: All ages. **Eligibility Criteria:** In need of food, clothes, shelter, or counseling.

Facebook: [“Rescue Mission of Utica”](#); **Website:** www.uticamission.org

Address: 293 Genesee St, Utica, New York, 13501.

Hours of Operation: Monday - Friday, 8am - 4pm.

Kernan Elementary School Food Pantry

About: Non-perishables, such as cereals, canned goods, juices, etc.. For donations: all donations can be dropped off at the main doors of Kernan during school hours.

Phone: 315-792-2185.

Ages served: All Ages

Website:

<https://www.uticaschools.org/news/1777248/help-fill-our-kernan-food-pantry-for-the-upcoming-holiday-season>.

Address: 929 York Street, Utica, New York, 13502.

Housing Shelters

These resources provide assistance with finding housing for students, families, and individuals.

Cornerstone Community Church - The Morrow Warming Center

About: They are a low barrier/harm reduction emergency overnight shelter for people experiencing homelessness. They also give out food and clothes.

Phone: 315-735-8586; **Email:** plymouthbethesda@cornerstoneutica.com,
diana@cornerstoneutica.com

Ages served: All ages; **Eligibility Criteria:** anyone who is homeless.

Facebook: [“The Morrow Warming Center”](#); **Website:** www.cornerstoneutica.com/morrow-wc

Address: 500 Plant Street, Utica, New York, 13502.

Hours of Operation: Monday - Friday, 9am - 5pm, and Sunday, 9am - 12:30pm.

The House of the Good Shepherd - Milton Abelow Children’s Shelter

About: Provides diagnostic evaluation, emergency housing, and short-term placement for youth.

Phone: 315-235-7600; **Email:** info@hgs-utica.com.

Ages served: Ages 6-17; **Eligibility Criteria:** In need of shelter.

Facebook: [“The House of the Good Shepherd”](#); **Website:** www.hgs-utica.com

Address: 1550 Champlin Avenue, Utica, New York, 13502.

Hours of Operation: Administrative hours: Monday - Friday, 8am - 5pm; Services provided 24 hours/7 days.

Rescue Mission of Utica

About: This Rescue Mission of Utica serves individuals overcoming homelessness, abuse, addictions, and disabilities. Their programs provide safe lodging, food, clothing, case management, counseling, advocacy, education, referrals, spiritual, and other supportive services.

Phone: 315-735-1645; **Email:** mail@uticamission.org.

Ages served: All ages. **Eligibility Criteria:** In need of food, clothes, shelter, or counseling.

Facebook: [“Rescue Mission of Utica”](#); **Website:** www.uticamission.org

Address: 293 Genesee St, Utica, New York, 13501.

Hours of Operation: Monday - Friday, 8am - 4pm.

Catholic Charities - Grady's Way

About: This is a shelter for homeless boys ages 12 to 18. They have 11 - 13 beds and boys will stay there for 30 - 90 days. Programming includes life-skills development and tutoring, if necessary. Youths are self-referred or they will be referred by their school, their family, or the county. The facility responds to the need of youth in crisis, including food, clothing, emergency shelter, treatment, referrals, and long term planning.

Phone: 315-724-2158; **Email:** jhagen@ccharityom.org

Ages served: Ages 12 - 18 (boys); **Eligibility Criteria:** must be a boy going through homelessness.

Facebook: [Catholic Charities of Oneida & Madison Counties](#);

Website: www.catholiccharitiesom.org/

Address: 1404 Genesee St, Utica, New York, 13502

YWCA Hall House

About: Offers a 16-bed domestic violence shelter providing emergency shelter services, and support services.

Phone: 315-797-7740; **Email:** rionta@ywcamv.org.

Ages served: All ages. **Eligibility Criteria:** domestic violence victims.

Facebook: [“YWCA Mohawk Valley”](#); **Website:** www.ywcamv.org

Address: 7 Rutger Park, Utica, New York, 13501

Hours of Operation: 24 hours/7 days

Healthcare Services

If you are in need of support for healthcare services, see the resources below and find what works best for you and your family.

Planned Parenthood

About: Planned Parenthood is one of the nation’s leading providers of high-quality, affordable health care, and the nation’s largest provider of sex education. With or without insurance, you can always come to us for your health care. Interpreters available upon request.

Contact: 315-724-6146; Book an appointment on the website or via phone.

Ages served: All Ages; **Eligibility Criteria:** Open to all.

Website: plannedparenthood.org/health-center/new-york/utica/13502/utica-center-3318-91110

Address: 1424 Genesee Street, Utica, NY 13502; **Hours of Operation:** Monday (8:30 am - 5 pm); Tuesday (8:30 am - 7 pm); Wednesday (8 am - 4:30 pm); Thursday (8:30 am - 7:30 pm); Friday (8 am - 4 pm)

WellCare By Fidelis Care

About: WellCare By Fidelis Care provides health care services and resources for all ages in your community.

Phone: 1-888-343-3547; **Email:** Luis.Martinez@WellCare.com

Ages served: All Ages; **Eligibility Criteria:** reach out by email or phone.

Facebook: [“Fidelis Care”](#)

Website: <https://www.fideliscare.org/WellcareMedicare>

Utica Community Health Center (Mosaic Health Utica)

About: Utica Community Health Center is a Federally Qualified Health Center that provides medical and behavioral health services, social work care management, and financial assistance.

Phone: (315) 793-7600

Eligibility Criteria: Schedule an appointment by calling.

Website: <https://mosaichealth.org/utica>

Address: 1651 Oneida St, Utica, NY 13501;

Hours of Operation: Monday-Thursday: 8am - 7pm, Fridays 8am - 5pm

YWCA Domestic Violence Rape Crisis

About: YWCA Mohawk Valley provides free, confidential, and 24-hour crisis services to individuals experiencing domestic and sexual violence.

Phone: (315) 732-2159; **Email:** info@ywcamv.org

Ages served: All Ages; **How to get help:** call the hotline or email.

Facebook: "[YWCA Mohawk Valley](#)"

Website: <https://www.ywcamv.org/what-we-do/dsvs-services/>

Address: 1400 Noyes St, Utica, NY 13502.

Hours of Operation: 24/7

York Street Clinic (Mohawk Valley Psychiatric Center)

About: York Street Clinic (Mohawk Valley Psychiatric Center) provides individual therapy, family therapy, psychiatric (medication) services, and care management services.

Website: <https://omh.ny.gov/omhweb/facilities/mvpc/>

Phone: (315) 738-3800

Ages served: 18+; **Eligibility Criteria:** call to request assistance.

Address: 1400 Noyes St, Utica, NY 13502.

Hours of Operation: Monday and Tuesday, 8am - 6:30pm, Wednesday - Friday, 8am - 4:30pm

Resource Center for Independent Living

About: Their mission is to ensure a fully accessible, integrated society that enables full participation by people with disabilities.

Phone: 315-797-4642

Ages served: all ages; **Eligibility Criteria:** anybody who has a disability.

Facebook: <https://www.facebook.com/CNYRCIL/>; **Website:** www.rcil.com/.

Address: 131 Genesee St, Utica, NY, 13501.

Hours of Operation: Monday through Friday, from 8:00 A.M. to 4:00 P.M.

Adult Career and Continuing Educational Services-Vocational Rehabilitation (ACCES-VR)

About: They assist individuals with disabilities to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development. Their vision is to make sure all individuals with disabilities who want to work will have the opportunity to achieve employment and independence.

Phone (Utica District Office): 315-793-2536.

Ages served: all ages; **Eligibility Criteria:** anybody who has a disability.

Website: www.acces.nysed.gov/vr.

Address: 207 Genesee Street, Utica, NY, 13501.

Hours of Operation: Monday through Friday, from 8:30 A.M. to 5:00 P.M.

ADHD & Autism Psychological Services & Advocacy

About: They specialize in assessment and treatment of neurodevelopmental disorders including ADHD and Autism. However, they also provide their expert services to children, adolescents, and adults with associated disorders including depression, anxiety, substance abuse, learning, and conduct disorders.

Phone: 315-732-3431; **Email:** Mail@AAPSA.net.

Ages served: all ages; **Eligibility Criteria:** anybody who has ADHD, Autism, or any other associated disorders.

Facebook: [“ADHD & Autism Psychological Services and Advocacy”](#); **Website:** www.aapsa.net

Address: 122 Business Park Drive, Suite 1, Utica, NY, 13417.

Hours of Operation: Monday from 8:30 A.M. to 8:00 P.M., Tuesday through Thursday from 8:30 A.M. to 7:00 P.M., and Friday from 8:30 A.M. to 6:30 P.M.

Upstate Caring Partners

About: They provide innovative programs and services that support and create opportunities for people of all abilities. Their services include early childhood, education, residential, family & community, vocational, and behavioral health.

Phone: 315-724-6907; **Email:** info@upstatecp.org

Ages served: all ages; **Eligibility Criteria:** open to everyone.

Facebook: [“Upstate Caring Partners”](#); **Website:** www.upstatecp.org/

Address: 125 Business Park Drive, Utica, NY, 13502.

Hours of Operation: Monday through Friday from 8:00 A.M. to 5:00 P.M.

Central Association for the Blind and Visually Impaired

About: They offer low vision care, vision rehabilitation treatment, orientation and mobility, occupational therapy, pre-school vision screenings, educational services, support services, technology training, and adaptive sports and recreation programs.

Phone: 315-797-2233; **Email:** info@cabvi.org.

Ages served: all ages; **Eligibility Criteria:** open to anybody who is blind or visually impaired.

Facebook: [“Central Association for the Blind and Visually Impaired - CABVI”](#)

Website: www.cabvi.org

Address: 507 Kent St, Utica, NY, 13501.

Hours of Operation: Monday through Friday from 8:00 A.M. to 4:30 P.M.

The Arc: Oneida-Lewis Chapter

About: They provide a full spectrum of educational, vocational, employment, residential, family support, guardianship, respite, recreational, rehabilitation, day habilitation, clinical, children, adult, and senior services for people with developmental disabilities and their families.

Phone: 315-735-6477; **Email:** arcpr@thearcolc.org.

Ages served: All Ages; **Eligibility Criteria:** open to everyone.

Facebook: [“The Arc, Oneida-Lewis”](#); **Website:** www.thearc.org

Address: 245 Genesee Street, Utica, NY, 13501

Hours of Operation: Monday through Friday from 8:30 A.M. to 4:00 P.M.

YWCA Mohawk Valley

About: The YWCA Mohawk Valley is the only provider of domestic and sexual violence crisis services in Oneida County. They are the only provider of residential services to non-parenting homeless young women within a 50-mile radius of Utica, New York. They are the only provider of transitional housing for homeless survivors of domestic violence in a five-county region of New York State. They are the leading organization that provides prevention education regarding child sexual abuse, dating violence, domestic violence, sexual harassment, and sexual assault in both Herkimer and Oneida counties.

Phone: (315) 732-2159; **Email:** info@ywcamv.org

Ages served: All Ages; **How to get help:** call the phone number or send an email.

Facebook: [“YWCA Mohawk Valley”](#); **Website:** www.ywcamv.org.

Address: 7 Rutger Park, Utica, New York, 13501

Hours of Operation: Monday - Friday, 9:00 A.M. - 4:30 P.M.

Excellus BlueCross BlueShield

About: Excellus BlueCross BlueShield is a health insurance company, which helps people in our communities live healthier and more secure lives through access to high-quality, affordable health care.

Phone: 800-499-1275; **Website:** www.excellusbcbs.com/

Rescue Mission of Utica

About: The Rescue Mission of Utica offers the Addiction Stabilization Center (ASC), which provides a safe environment in which a person may minimize withdrawal symptoms, cravings, and psychiatric

and medical symptoms before referral or transition to another program or element of structured treatment/recovery.

Phone: (315-735-1645; **Email:** sarah.decker@uticamission.org

Ages served: 18+; **Website:** <https://uticamission.org/programs/addiction-stabilization-center/>

Address: 210 Lansing St. Utica, NY 13501

Upstate Family Health Center

About: The Upstate Family Health Center offers primary care, physical examinations, school-based health centers (including individual counseling in school), and opioid treatment programs (Utica Area List of Agencies).

Phone: 315-624-9470

Ages served: 18+; **Website:** www.upstatefamilyhealthcenter.org/

Address: 1001 Noyes St, Utica, NY 13502; **Hours of Operation:** M - F 8 am - 8 pm

Central New York Psychiatric Center

About: The Central New York Psychiatric Center is a comprehensive mental health service delivery system providing a full range of care and treatment to persons incarcerated in the New York State and County Correctional Systems.

Phone: 315-765-3600; **Website:** <https://omh.ny.gov/omhweb/facilities/cnpc/>

Address: 9005 Old River Road Marcy, NY 13403

Apex Medical Transport, Inc.

About: The Apex Medical Transport, Inc. is a transportation company providing non-emergency medical transportation services in New Hartford, New York, and Utica, New York, as well as all points in Oneida and Herkimer counties. Their mission is to facilitate safe and comfortable transportation for any person in need of a wheelchair.

Phone: 315-737-3456

Ages served: all ages; **Website:** <https://apexmedicaltransport.com/>

Address: 210 Lansing St. Utica, NY 13501; **Hours of Operation:** M - F 8 am - 5 pm

ADHD & Autism Psychological Services and Advocacy

About: The ADHD & Autism Psychological Services and Advocacy specializes in the assessment and treatment of neurodevelopmental disorders including ADHD and Autism.

Phone: 315-732-3431; **Email:** mail@aapsa.net

Ages served: all ages; **Website:** www.aapsa.net/

Youth Assertive Community Treatment (ACT)

About: The Youth Assertive Community Treatment (ACT) supports children with complex mental health needs and their families so that they may remain in their homes and communities, achieve success in their educational, vocational, or employment endeavors, and foster positive relationships among friends and family.

Phone: 315-792-9039; **Website:** www.ican.family/programs/youth-act/

Ages served: 10 -21

Adult Protective Services (APS)

About: The Adult Protective Services (APS) are provided to individuals over the age of 18 years who are at risk of harm due to their inability to care for and/or protect themselves or are vulnerable to abuse and exploitation of others.

Phone: 315-798-5968

Website: www.ocgov.net/departments/departments-of-family-and-community-services/departments-of-social-services/services/adult-protective-services/

The Beacon Center

About: The Beacon Center offers treatment for those with substance use and mental health disorders.

Phone: 315-366-4100; Email: help@beaconcenter.net

Website: www.beaconcenter.net/

Community Health and Behavioral Services

About: The Community Health and Behavioral Services offers comprehensive assistance to people of all ages in need of behavioral health support. These include individual counseling, psychiatric services, specialized group therapy, peer support specialists, relationship counseling, play therapy, behavioral health navigators, and substance use disorder services.

Phone: 315-798-8868; **Email:** FamilyConnection@upstatecp.org

Website: www.upstatecp.org/behavioral-health/

Address: 125 Business Park Drive, Utica, NY 13502

Care Net Pregnancy Center of Central New York

About: The Care Net Pregnancy Center of Central New York provides pregnancy counseling, material assistance, adoption referrals, parental training, and fatherhood program.

Phone: 315-738-9435; **Website:** <https://www.carenetcares.com/>

Center for Marriage and Family Therapy

About: The Center for Marriage and Family Therapy provides hope and healing through family, couple, and individual counseling.

Phone: 518-774-7345; **Website:** www.centerformarriageandfamilytherapy.com/

Central New York Health Home Network

About: Central New York Health Home Network provides person-centered care by coordinating resources and service needs for individuals with chronic health conditions.

Phone: 315-624-9670; **Website:** www.cnyhealthhome.net

Central New York Health Home Network

About: Health Friends work to improve the health of the areas under-served by providing partial medication payments for those in need, as well as directing and assisting individuals to patient assistance programs and other community organizations.

Phone: 315-724-0988; **Website:** www.healthfriendscny.com

Health Friends

About: Health Friends work to improve the health of the areas under-served by providing partial medication payments for those in need, as well as directing and assisting individuals to patient assistance programs and other community organizations.

Phone: 315-724-0988; **Website:** www.healthfriendscny.com

Helio Health

About: Helio Health is dedicated to transforming the lives of those struggling with substance abuse and mental health disorders.

Phone: 315-624-9835; **Website:** www.helio.health/

Mohawk Valley Perinatal Network

About: Mohawk Valley Perinatal Network assures access to health care for individuals across the region by helping them find affordable healthcare solutions. They work with health and human service professionals and consumers to improve the overall health of communities in the Mohawk Valley. Their mission is to improve both outcomes and maternal, child and family health, facilitate collaboration among providers and community organizations and advocate for change.

Phone: 315-732-4657; **Website:** www.newfamily.org

Momentum Community Wellness, Inc.

About: Momentum Community Wellness, Inc. is a not for profit organization committed to the realization of everyone's right to affordable, accessible, and appropriate health care information and wellness services.

Phone: 315-790-5392; **Email:** inertiatherapy@gmail.com

Website: www.inertiawellnesscenter.com/momentum/

Oneida County Health Department

About: Oneida County Health Department works with the New York State Department of Health to provide primary urgent care, clinics, and other services to our communities.

Phone: 315-798-6400; **Website:** www.ocgov.net/departments/health/

Upstate Caring Partners

About: Upstate Caring Partners provides innovative programs and services that support and create opportunities for people of all abilities.

Phone: 315-724-6907; **Website:** www.upstatecp.org

Family Services

These resources provide support for families in the Mohawk Valley. Programs include parental-related services, community events, and more.

The Neighborhood Center - Childcare & Family Services

About: The Neighborhood Center's Childcare & Family Services provides opportunities for family enrichment, cooperative resources, and advocacy.

Website: <https://www.neighborhoodctr.org/child-care-family-services/>

Contact: (315) 272-2600; **Email:** info@neighborhoodctr.org.

Ages served: All Ages; **Eligibility Criteria:** contact by phone or email.

Facebook: [“The Neighborhood Center, Inc.”](#)

Address: 624 Elizabeth St, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 8am - 4:30pm

The Salvation Army

About: The Salvation Army provides after-school programs, summer camps, sports, clubs, extracurricular activities, dance, art, music, character building, mentorship, and family support.

Website: <https://easternusa.salvationarmy.org/empire/utica/>

Contact: (315)-724-8736; **Email:** kelly.ross@use.salvationarmy.org

Ages served: All Ages; **Eligibility Criteria:** contact by phone or email.

Facebook: ["The Salvation Army of Utica New York"](#)

Address: 14 Clinton Pl., Utica, NY, United States, New York; **Hours of Operation:** Monday - Friday, 8:30am - 4:00pm

ICAN (Integrated Community Alternatives Network)

About: ICAN provides individual therapy, family therapy, mentoring, behavior management, and parental-related services

Phone: (315) 792-9039

Ages served: All Ages; **Eligibility Criteria:** contact via phone.

Facebook: ["Integrated Community Alternatives Network \(ICAN\)"; Website:](#) <https://ican.family/programs/>

Address: 310 Main St, Utica, NY 13501; **Hours of Operation:** Office - Monday - Friday, 8:30am - 4:30pm.

Center For Family Life and Recovery, Inc.

About: The Center for Family Life and Recovery provides behavioral health services, prevention services, and community and family recovery services.

Phone: (315) 733-1709

Ages served: All Ages; **Eligibility Criteria:**

Facebook: ["Center For Family Life and Recovery, Inc."](#)

Website: <https://www.whenthereshelpthereshope.com/>

Address: 502 Court St #401, Utica, NY 13502; **Hours of Operation:** Monday, 8:30am - 4pm, Tuesday - Wednesday, 8:30am - 8pm, Thursday, 8:30am - 9pm, Friday, 8:30am - 4pm

WIC Program

About: The WIC Program provides nutrition education and support for low-income mothers and children, including breastfeeding support.

Email: NYSWIC@health.ny.gov

Ages served: All Ages

How to apply: https://www.health.ny.gov/prevention/nutrition/wic/how_to_apply.htm

Website: <https://www.health.ny.gov/prevention/nutrition/wic/>

Catholic Charities

About: Catholic Charities provides therapy services, housing assistance, and pregnancy and planning support.

Contact: (315) 724-2158; **Email:** kflynn@ccharityom.org, jhagen@ccharityom.org

Ages served: All Ages; **Eligibility Criteria:** call to get assistance.

Facebook: [“Catholic Charities of Oneida & Madison Counties”](#)

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

Address: 1408 Genesee Street, Utica, NY 13502

Thea Bowman House

About: Their organization serves low-income, at-risk children and families in the Utica community for over 30 years. They provide quality care to some of the community’s most vulnerable children and youth in the hope of breaking the cycle of poverty through a structured program of educational and social enrichment. Their services include child care programs, child care assistance, summer reading program, community gardening program, food and clothing pantry, and holiday assistance.

Phone: 315-797-0748 (Lafayette Street); 315-735-6995 (Genesee Street)

Email: info@theabowmanhouse.org.

Ages served: All Ages; **Eligibility Criteria:** open to low-income children and families.

Facebook: [“Thea Bowman House”](#); **Website:** www.theabowmanhouse.org.

Address:

- Day Care Program: 731 Lafayette Street, Utica, New York, 13502.
 - Universal Pre-K & After School Programs: 309 Genesee Street, Utica, New York, 13501.
-

United Way of the Mohawk Valley

About: Their mission is to create a thriving community by connecting people, resources, and solutions throughout the Mohawk Valley. They build stronger communities by improving access to health, education, and financial stability - the building blocks for a good quality of life. They ensure people can live healthier lives by connecting them to a consistent source of health care and providing education, support, and outreach related to healthy living. They ensure children build a strong, early foundation by providing parents with tools to support their child’s development and education. They help individuals get living-wage jobs and build a solid financial foundation by empowering them to manage their money better.

Phone: 315-733-4691; **Website:** www.unitedwaymv.org/

Ages served: All Ages; **Eligibility Criteria:** call to get assistance.

Address: 258 Genesee Street, Utica, New York, 13502.

Utica Center for Development

About: A local non-profit agency focused on assisting veterans and their families. Assist those in need of basic human necessities throughout the organization's service area offer youth programs, gym rentals for the community, monthly events, and much more

Phone: (315) 765-0975; **Email:** frontdesk@ucdevelopment.org

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

Facebook: [“Utica Center for Development INC.”](#)

Address: 726 Washington Street Utica, NY 13502

Mental Health and Safety Hotlines

If you or someone close to you are in need of mental health support, assistance with domestic issues, or if you just need someone to talk to, the hotlines listed below are here to help.

Immediate Emergency Assistance

Call: 911

Oneida County Suicide & Crisis Lifeline

About: In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline.

Call / Text: 988; **Chat** at 988lifeline.org

National Suicide Prevention Lifeline

About: We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Call: (800) 273-TALK (8255)

Oneida County Mental Health Hotline

About: If you are experiencing mental distress during this time, please call the Oneida County Mental Health Hotline for direct access to a local mental health professional. It will be in operation from 8:30 a.m. to 6 p.m. Monday through Friday.

Call: 1-800-678-0888

Crisis Text Line

About: Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Text: HOME to 741741

Domestic Violence Hotline

About: 24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

Call: (800) 799-SAFE (7233); **Text:** START to (800) 799-SAFE

The Trevor Project

About: The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ young people. We provide information & support to LGBTQ young people 24/7, all year round.

Call: (866) 488-7386; **Text:** START to 678-678

Stabilizing Resources

The resources in this section provide assistance with stabilizing needs such as social support, transportation, youth empowerment, and community.

Food

Westminster Moriah Olivet Pantry

About: The pantry provides enough food for three days once per month to families and individuals that meet their eligibility criteria. It is open on Tuesdays from 1 PM to 3 PM for applications and food pickups.

Contact: (315) 732-6518; **Email:** Linda@WMOUtica.org

Ages served: All Ages; **Eligibility Criteria:** proof of address, proof of income and proof of number in household

Facebook: “[Westminster Moriah Olivet Church](#); **Website:** N/A

Address: 730 Broadway, Utica, NY 13502

Hours of Operation: Tuesdays 1pm - 3pm

Catholic Charities - Food Sen\$e

About: Catholic Charities Food Sen\$e program provides affordable and convenient monthly food delivery service. For \$20.50, a typical boxed unit includes 4-5 meats, 4-5 staple items, and 2 fresh (seasonal) items. Special add-ons are also offered.

Contact: (315) 724-2158 ext. 2248; **Email:** kflynn@ccharityom.org

Ages served: All Ages; **Eligibility Criteria:** Open to all. Visit website or contact to sign up.

Facebook: “[Catholic Charities of Oneida & Madison Counties](#)”

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

Address: 1408 Genesee St, Utica, NY; **Hours of Operation:** Monday - Friday, 9am - 3pm

Community Food Bank of the Greater Utica Area

About: This Community Food Bank provides food to supplement your main grocery sources. They are dedicated to assisting families and individuals in need by alleviating their immediate pain and problems regarding food insecurity and moving them toward self-sufficiency and financial independence.

Phone: 315-724-6000; **Email:** foodpantryuticany@gmail.com.

Ages served: All ages.

Eligibility Criteria: Based on how much food you need. You must complete their intake form or be referred by a participating agency. Please bring your completed intake form and all required documents to your initial interview. Link: <https://uticafoodpantry.org/get-help/#intake>.

Facebook: www.facebook.com/uticafoodpantry/; **Website:** www.uticafoodpantry.org

Address: 729 Broadway, Utica, New York, 13502.

Hours of Operation: Monday, Wednesday, and Friday, 11:00 A.M. - 1:00 P.M.

WIC Program

About: The WIC Program provides nutrition education and support for low-income mothers and children, including breastfeeding support.

Email: NYSWIC@health.ny.gov

Ages served: All Ages

How to apply: https://www.health.ny.gov/prevention/nutrition/wic/how_to_apply.htm

Website: <https://www.health.ny.gov/prevention/nutrition/wic/>

Supplemental Nutrition Assistance Program (SNAP)

About: This is a program that provides supplement assistance to low income households so they can obtain low cost nutritious meals. Benefits are provided thru Electronic Benefit Transfer (EBT), which is used like a “debit” card.

Phone: 315-798-5502.

Ages served: All Ages

How to apply: Call or come into the Utica or Rome office. You will be given an application and an appointment.

Website:

<https://ocgov.net/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/snap/>.

Address: 800 Park Avenue, Utica, New York, 13501

Housing Support

These resources provide assistance with finding housing for students, families, and individuals.

Rebuilding the Village

About: "Rebuilding the Village" through the Cornhill One Stop Shop provides assistance with applying for identification documents, housing support, and mentorships programs (for male youth, ages 14 - 24). Their services include aiding in obtaining birth certificates, working papers, social security cards, and driving permits.

Ages served: All ages; **Eligibility Criteria:** People living in Cornhill, West Utica and other areas of Utica that are within the HUD entitlement zone.

Facebook: [“Rebuilding The Village, Inc”](#); **Website:** <https://www.rebuildingthevillageutica.com/>

Address: 410 James Street, Utica, NY 13501

People First - Housing Search Assistance

About: First - Housing Search Assistance provides affordable housing and supportive family services.

Phone: (315) 735-5246; **Email:** jfurman@peoplefirstny.org.

Ages served: All Ages; **Eligibility criteria:** Contact by email or phone.

Facebook: [“People First”](#); **Website:** <https://www.peoplefirstny.org>

Address: 509 Second Street, Utica, NY,

Mohawk Valley Housing & Homeless Coalition

About: Mohawk Valley Housing & Homeless Coalition provides homelessness prevention programs and assistance to those facing eviction.

Phone: (315) 316-0114; **Email:** sdarman@mhomeless.org

Ages served: All Ages; **Eligibility criteria:** anybody at risk of homelessness or facing eviction.

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

Address: United Way of the Mohawk Valley at 258 Genesee St., Utica, NY 13502 (by appointment only)

The City of Utica Section 8 Program

About: The housing choice voucher program is the federal government’s major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses, and apartments. Housing choice vouchers are administered locally by public housing agencies (PHAs)

including the City of Utica Section 8 Program. The City of Utica Section 8 Program receive federal funds from the U.S. Department of Housing and Urban Development (HUD) to administer the voucher program. A family that is issued a housing voucher is responsible for finding a suitable housing unit of the family's choice where the owner agrees to rent under the program. This unit may include the family's present residence.

Phone: 315-792-0199; **Email:** jpena@cityofutica.com.

Ages served: 18+.

Eligibility Criteria: Based on the total annual gross income and family size and is limited to U.S. citizens and specified categories of non-citizens who have eligible immigration status. In general, the family's income may not exceed 50% of the median income for the county or metropolitan area in which the family chooses to live.

Website: www.cityofutica.com/departments/section-8/index

Address: 1 Kennedy Plaza, Utica, New York, 13502.

Hours of Operation: Monday - Friday, 8:30 A.M. - 4:30 P.M.

Home Energy Assistance Program (HEAP)

About: This program can help eligible New Yorkers heat and cool their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off. HEAP may be able to help you if you heat your home with electricity, natural gas, oil, coal, propane, wood/wood pellets, kerosene, and corn.

Website: <https://otda.ny.gov/programs/heap/>.

Phone: 315-798-5559.

Ages served: 18+.

Eligibility Criteria: This is based on income, household size, the primary heating source, and the presence of a household member who is under age 6, age 60 or older, or permanently disabled.

Address: Oneida County Department of Social Services, 800 Park Avenue, Utica, New York, 13501.

Hours of Operation: Monday - Friday, 8:30 A.M. - 4:30 P.M.

Legal Services of Central New York

About: They provide free legal assistance for eviction defense, home conditions & safety for tenants, public benefits, economic security, consumer rights, education advocacy, employment & workers rights, language access, racial justice, mental health, and homelessness advocacy.

Phone: 877-777-6152; **Email:** sdahlin@lscny.org.

Ages served: 18+. **Eligibility Criteria:** Open to all.

Facebook: [“Legal Services of Central New York”](#); **Website:** www.lscny.org.

Address: 120 Bleecker Street, Utica, New York, 13501.

Hours of Operation: Monday - Friday, 9am - 5pm.

Home Ownership Center - Lead Safe Utica

About: This program addresses lead hazards in privately owned housing using funds awarded to the city of Utica by HUD. This program aims to prevent childhood lead poisoning by creating lead-safe housing and helps homeowners, landlords, and tenants control hazards from lead in paint, soil, and dust.

Phone: 315-724-4197; **Email:** home@unhs.org

Ages served: 18+; **Eligibility Criteria:** Must fill out a waitlist/intake form to determine eligibility: www.unhs.org/lead-safe-utica-intake-form/

Facebook: [“HomeOwnership Center - UNHS”](#); **Website:** www.unhs.org/lead-safe-utica/

Address: 1611 Genesee Street, Utica, New York, 13501

Hours of Operation: Monday - Thursday, 8am - 4:30pm

Central New York Fair Housing

About: This is a private, non-profit organization founded in 1991, dedicated to eliminating housing discrimination, promoting open communities, and ensuring equal access to housing opportunities for all people in Central and Northern New York.

Contact: 315-471-0420; **Email:** info@cnyfairhousing.org

Ages served: 18+; **Eligibility Criteria:** Anybody experiencing unfair housing practices

Facebook: www.facebook.com/CNYFairHousing/; **Website:** www.cnyfairhousing.org

Address: 731 James Street, Syracuse, New York, 13203

Hours of Operation: Monday - Friday, 9am - 5:00pm

Social and Identity Support

If you are looking for support from members of your community, these resources will connect you with organizations that provide safe spaces for residents of the Mohawk Valley.

Oneida County Pride Association

About: OCPA is a community-centered organization focused on serving the needs of the queer community in Oneida County, NY. They host Utica Pride Festival, Non-binary Game Nights, and other positive events for the Queer community!

Email: oneidacountypride@gmail.com.

Ages served: 12 - 18, 18+; **Eligibility Criteria:** open to all in the Queer community.

Facebook: [“Oneida County Pride Association”](#)

The Q Center (ACR Health)

About: The Q Center at ACR Health is a safe space for lesbian, gay, bisexual, transgender, queer, and questioning youth, their families, and allies to gather, share, and receive support. They offer case management assistance, after-school programs, support groups, special events, free HIV testing and more.

Contact: Cam Clarey (they/them) (315) 898 - 2515; **Email:** havallone@acrhealth.org; qcenter@acrhealth.org

Ages served: 5+; **Eligibility Criteria:** Contact through phone or email.

Facebook: [“ACR Health”](#); **Website:** acrhealth.org/youth-programs/q-centers/

Address: 617 W Genesee St, Syracuse, NY 13204

Hours of Operation: Monday - Friday, 8:30am - 4:30pm

Language Services

The Center

About: They provide language interpretation services in 40+ languages, 24/7, for a cost.

Phone: 315-749-7080 (to schedule an interpreter).

Email: scheduling@compassinterpreters.org (to schedule an interpreter).

Ages served: all ages; **Eligibility Criteria:** available to anyone who needs interpreter services.

Facebook: [“The Center”](#); **Website:** www.form.jotform.com/211884214653052 (to request an interpreter online), <https://www.thecenterutica.org/our-services/interpretation/> (to become an interpreter).

How to get involved: Contact by phone or email for more information.

Mohawk Valley Interpreters

About: They help people out with speaking a different language. It’s not just a matter of asking a bi-lingual speaker to assist you. It’s a matter of having a professionally trained interpreter who has the language skills, who can ensure that misunderstandings do not happen, who interprets everything - accurately and completely. Their full service interpreting agency provides trained and insured interpreters for health, legal, educational, business, and social services. MVI is available for you 24 hours a day, seven days a week.

Address: 2017 Genesee Street, Utica, New York, 13501.

Contact: 315-864-8006; **Email:** info@mvalinterpreters.com

Ages served: all ages; **Eligibility Criteria:** available to anyone who needs interpreter services.

Facebook: [“Mohawk Valley Interpreters”](#); **Website:** www.mvalinterpreters.com/

How to get involved: Contact by phone or email for more information.

T.O.N.E. (Translation of Nearly Everything)

About: They translate nearly everything, including standard person documents (i.e., birth certificates, diplomas, etc.). They can review nearly any document translated by another person or agency for accuracy and completeness. They will review a document and check for errors, accuracy,

completeness, and compliance with project specifications. They can transcribe a video, translate the script into target languages, and deliver scripts for subtitling.

Phone: 315-738-1084.

Ages served: all ages; **Eligibility Criteria:** available to anyone who needs interpreter services.

Facebook: [“TONE Translate”](#); **Website:** www.tonetranslate.com/

Address: 201 Blecker Street, Utica, New York, 13501

Transportation

If you need assistance with transportation, the resources below can help.

Bueno Express Transportation Corp.

About: Bueno Express Transportation Corp. provides transportation to Upstate New York and New York City.

Phone: (315) 797-1010; **contact Email:** admin@buenoexpresstransport.com

Ages served: All Ages; **Eligibility Criteria:** Contact Bueno Express Transportation Corp

Facebook: [“Bueno Express Transportation Corp.”](#); **Website:** buenotransit.com/

Address: 4 Hobart St, Utica, NY 13501

Centro of Utica / Oneida County

About: Centro of Utica provides essential bus services to the community, connecting residents to various destinations. Whether you need to commute to work, school, or other locations, Centro offers a convenient and reliable transportation solution.

Phone: (315) 442-3333; **Website:** <https://www.centro.org/>

Information & Cancellations: (315) 442-3434

Reservations & Confirmations: (315) 442-3420

Tele Device for Deaf (TDD): (315) 442-3430

Facebook: [“Central New York Regional Transportation Authority - Centro”](#)

Apex Medical Transport, Inc.

About: The Apex Medical Transport, Inc. is a transportation company providing non-emergency medical transportation services in New Hartford, New York, and Utica, New York, as well as all points in Oneida and Herkimer counties. Their mission is to facilitate safe and comfortable transportation for any person in need of a wheelchair.

Phone: 315-737-3456

Ages served: all ages; **Website:** <https://apexmedicaltransport.com/>

Address: 210 Lansing St. Utica, NY 13501; **Hours of Operation:** M - F 8 am - 5 pm

Youth Empowerment

If you are looking to get involved in your community and to strengthen your voice as a young person, the resources in this section can help. Get connected with groups and organizations that help empower students and young adults in New York state.

Safe Schools Mohawk Valley - Urban Leadership Institute

About: Safe Schools Mohawk Valley - Urban Leadership Institute is a 5-day conference for accepted high school students designed to empower the next generation of leaders, working on key leadership traits such as communication, decision making, teamwork, and more.

Website: <https://safeschoolsmohawkvalley.org/programs-and-services/#uli>

Contact: (315) 733-7768; **Email:** info@ssmv.org

Eligibility Criteria: Fill out [Online Form](#) or contact by phone or email for more information.

Address: 110 Lomond Ct, Utica, NY 13502; **Hours of Operation:** Monday - Friday, 8am - 4:30pm

Youth Power: Amplifying Youth Voices and Peer Advocacy

About: Youth Power offers training and education opportunities, advocates for peer support and provides technical assistance to support the active involvement of youth in various service levels.

Phone: (518) 432-0333; **Email:** info@ftnys.org

Ages served: 12 - 18; **Eligibility criteria:** learn how to get involved - ftnys.org/youthpower/youthpower-get-involved

Facebook: [“Families Together in New York State”](#); **Website:** ftnys.org/youthpower

Address: 737 Madison Ave, Albany, NY

Emerging Leaders United - Political Youth Coalition

About: ELU brings together a diverse community of young professionals dedicated to community service and volunteerism. By uniting the next generation of philanthropists, ELU aims to drive meaningful social change and improve the well-being of communities across the region.

Phone: (518) 456-2200; **Email:** EmergingLeaders@unitedwaygcr.org.

Ages served: 18+; **Eligibility Criteria:**

Facebook: [“United Way of the Greater Capital Region”](#)

Oneida County Board of Elections

About: The Oneida County Board of Elections is committed to upholding the highest standards of integrity in the election process, the Board of Elections administers all federal and state election laws. Whether you are a voter seeking information on registration, polling locations, or election dates, or if you are interested in understanding the election laws that govern the county, the Oneida County Board of Elections is a valuable resource.

Phone: (315) 798-5765; **Email:** BoardofElections@ocgov.net

Democratic Commissioner: sbormann@ocgov.net; **Republican Commissioner:** nshortell@ocgov.net

Ages served: 18+; **Eligibility Criteria:** Oneida County residents 18+. Contact or visit a website to learn more.

Facebook: [“Oneida County Board of Elections”](#); **Website:** <https://ocgovboe.net/>

Address: 321 Main St #3, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 8:30am - 4:30pm

League of Women Voters

About: The LWV is a nonpartisan, grassroots nonprofit dedicated to empowering everyone to fully participate in the democratic process. The organization engages in advocacy, education, litigation, and organizing to protect every American's freedom to vote.

Contact: (202) 429-1965; **Email:** lwv@lwv.org

Facebook: [“League of Women Voters of the US”](#); **Website:** <https://www.lwv.org/>

Ages served: All Ages

Utica Youth Common Council

About: The Utica Youth Common Council is a unique platform that allows youth to engage in civic participation, learn about the inner workings of local government, and have their voices heard.

Email: uticayouthcommoncouncil@gmail.com.

Application Form:

<https://drive.google.com/file/d/144-xGzMM4XAR7kezUQneInNxb1wug2qa/view>

Ages served: 15-18

Website: <https://www.facebook.com/uticaycc/>

YWCA Amend Together

About: AMEND Together is a primary prevention initiative dedicated to ending violence against women and girls by engaging men and boys to change the culture that supports violence.

Contact: Dwayne Engram; **Phone:** 315-732-2159

Eligibility criteria: Men and boys of Mohawk Valley area

Address: 7 Rutger Park, Utica NY 13501

Facebook: [“YWCA Mohawk Valley”](#); **Website:** ywcamv.org

Address: 7 Rutger Park, Utica NY 13501

City of Utica Youth Bureau

About: The Youth Bureau is an agency of the City of Utica created to provide activities, programs and services to all youth under the age of 18. Collaboration with municipalities, agencies, schools and the faith based community results in a growing variety of activities: academic, governmental, musical, recreational, technological, volunteer, physical wellness and others.

Contact: (315) 223-4320; **Email:** cloconti@cityofutica.com.

Facebook: [City of Utica Youth Bureau](#);

Website: <https://www.cityofutica.com/departments/youth-bureau/index>

Address: 220 Memorial Parkway Utica, New York 13501

Oneida County Youth Bureau

Description: The Oneida County Youth Bureau is made up of a staff of dedicated people whose mission is to serve the youth of Oneida County. The Youth Bureau is a department of Oneida County created to provide access activities, programs and services to all youth under the age of 21. The Youth Bureau is responsible for planning, coordinating and supplementing the activities of public, private and religious agencies devoted to, in whole or in part, to the welfare and protection of youth.

Contact: Kevin M. Green; **Phone:** 315-798-5027; **Email:** kgreen@ocgov.net

Facebook: “Oneida County Youth Bureau”

Website: <https://ocgov.net/departments/youth-bureau/>

Address: 800 Park Avenue Utica, NY 13501

MVCC Youth Entrepreneurs Academy (YEA)

About: The Young Entrepreneurs Academy (YEA!) is a groundbreaking and exciting program that transforms local middle and high school students into real, confident entrepreneurs. Students from all local school districts are encouraged to apply, and educators are invited to nominate students they believe will excel in the program. Full and partial scholarships are available to qualifying students.

Contact: Michelle Truett; **Phone:** 315-534-0067; **Email:** michelle@484design.com

Ages served: 11-18, grades 6th-12th **Eligibility:** Students from any local district

Facebook: [“Young Entrepreneurs Academy MVCC”](#)

Website: <https://www.mvcc.edu/cced/community-education/young-entrepreneurs-academy.php>

Address: 1101 Sherman Drive, Utica, NY 13501

Ziyara Shriners

About: Ziyara Shriners is an international fraternity organization that helps good men become better leaders, husbands, fathers, friends, and community contributors. local [Shrine Centers](#) (chapters) around the world have thousands of activity-based clubs, units and events that provide ways for members to connect with each other in a fun environment. A unique aspect of our local chapters is that creativity is encouraged, and if a club for a particular activity doesn't exist, members are empowered to create one.

Phone: 315-732-5328; **Email:** Office@ziyarashriners.com

Facebook: [“Ziyara Zanies”](#); **Website:** <https://www.ziyarashriners.com/>

Address: 8209 Halsey Rd., Whitesboro NY 13492

Hours of Operation: Tuesdays and Thursdays, 10am - 4pm

Community Support

The resources in this section will connect you with groups and organizations that strive to support the local community. Find the right resource for you and get involved!

Utica Rotary Club - Tree Planting

About: If you are a business, professional, or community-minded individual looking for an opportunity to make a positive impact in the lives of others, the Utica Rotary Club might be a match. The Utica Rotary Club is committed to serving the local community and promoting high ethical standards, fellowship, and goodwill worldwide.

Phone: (315) 351-2591; **Email:** UticaUrbanTreeProject@gmail.com

Ages served: All Ages; **Eligibility Criteria:** <https://uticarotary.org/form/membership-inquiry/>

Facebook: [“Rotary Club of Utica, New York”](#); **Website:** <https://uticarotary.org/>

Wilson's Cops and Kids

About: If you are a youth aged 8-18 interested in learning the fundamentals of boxing in a safe and supportive atmosphere, Wilson's Cops and Kids might be for you. Coach Wilson, along with officers from the Utica Police Department, leads this free boxing gym program.

Phone: (315) 765-0975; **Email:** Wilsonscopsandkids@yahoo.com

Ages served: 8 - 18; **Get involved:** Walk in or contact for more information.

Website: ucdevelopment.org/programs/youth-boxing.php

Address: 1002 Cornelia St, Utica, NY 13502; **Hours of Operation:** Monday - Friday, 4:30 - 6:30pm, Saturday 8:30 - 10:30 pm

Utica Bike Rescue

About: Utica Bike Rescue focuses on providing refurbished bicycles, bicycle safety, and bicycle maintenance programs. Their primary activities include serving children, students, refugees, and households with lower incomes.

Contact: (315) 525-9554; **Email:** matt@uticabikerescue.org

Ages served: 9 - 18; **Eligibility Criteria:** contact uticabikerescue.org/contact-us.php to learn more.

Facebook: "[Utica Bike Rescue](#)"; **Website:** <http://uticabikerescue.org/>

Address: 8 College St, Clinton, NY 13323

Tramonte Cafe

About: Tramontane Cafe is a coffee shop offering low cost food, local goods, and performances.

Website: <https://www.facebook.com/TRAMONTANECAFE>

Contact: (315) 790-5113

Address: 1105 Lincoln Ave, Utica, NY 13502; **Hours of Operation:** Tuesday, 10am - 4pm, Wednesday 7:30am - 4pm, Thursday 10am - 8pm, Friday - Saturday 10am - 4pm

The Neighborhood Center - Outreach & Prevention

About: The Neighborhood Center's Outreach & Prevention (O & P) is a drop-in program offering social, recreational, and educational activities for youth. This program also provides a teen night 1 night a week during the school year and based on need more frequently in the summer months. This program offers meaningful activities based on the 40 Developmental Assets and supervised socialization to gain important interpersonal skills.

Contact: Anna Iziarry **Phone:** (315)-272-2600; **Email:** annai@neighborhoodctr.org

Eligibility Criteria: Youth up to 18 y/o

Facebook: [“The Neighborhood Center, Inc.”](#);

Website: neighborhoodctr.org/child-care-family-services/outreach-and-prevention/

Address: 624 Elizabeth St, Utica, NY 13501; **Hours of Operation:** Weekdays from 10:00 am to 3:00 pm, Monday nights from 5:00 pm to 7:00 pm.

The Neighborhood Center - AIM

About: The program, led by adult mentors, offers group sessions for youths aged 13-18, focusing on real-life problem-solving, forward thinking, and life skills development.

Website: <https://www.neighborhoodctr.org/child-care-family-services/project-aim/>

Contact: Arianna DeLoach; **Phone:** (315) 272-2600; **Email:** info@neighborhoodctr.org

Ages served: 13 - 18; **Eligibility Criteria:** contact by email to get involved.

Facebook: [“The Neighborhood Center, Inc.”](#)

Address: 624 Elizabeth St, Utica, NY 13501; **Hours of Operation:** Weekdays 8:30am - 4:30pm

The Center

About: The Center provides assistance with resettlement and integration into the community.

Contact: (315)-738-1083; **Email:** info@thecenterutica.org

Ages served: All Ages; **Eligibility Criteria:** any community member seeking assistance with resettlement.

Facebook: [“The Center”](#); **Website:** <https://www.thecenterutica.org/>

Address: 201 Bleecker St, Utica, NY 13501; **Hours of Operation:** Weekdays 8am - 4:30pm

Midtown Utica Community Center (MUCC)

About: MUCC provides educational and cultural programs, resources, a safe space, and connections to the community. MUCC also provides youth employment and paid internship opportunities.

Website: <http://midtownutica.org>.

Contact: (315)-496-1791; **Email:** info@midtownutica.org

Eligibility Criteria: Open to all. Visit the website to see programs.

Address: 43 Scott St, Utica, NY 13501; **Hours of Operation:** Monday - Thursday, 10am - 5pm

House of the Good Shepherd

About: If you are seeking treatment, education, and support programs for children and families, House of the Good Shepherd can help.

Contact: (315) 235-7600

Ages served: All Ages; **Eligibility Criteria:** Open to all. Contact for assistance.

Facebook: [“The House of the Good Shepherd”](#); **Website:** <https://www.hgs-utica.com/>

Address: 1650 Champlin Ave, New Hartford, NY 13413

Empowered Pathways - Women’s Employment Resource Center

About: Empowered Pathways - Women's Employment Resource Center provides assistance with job preparation and finding employment, resolving family issues, or dealing with challenges related to disability

Contact: (315) 724-1718; **Email:** kathy@empoweredpathwayscny.org

Ages served: All Ages; **Eligibility Criteria:** Open to all women. Contact or visit the website to learn more.

Facebook: [“Empowered Pathways CNY”](#)

Website: empoweredpathwayscnyc.org/womens-employment-resource-center

Catholic Charities - Community Assistance

About: Services include food vouchers, personal hygiene items, diapers, rent and utility assistance available on a limited basis, referrals to other providers when CC is unable to assist and linkages to the Social Services Department.

Website: <https://www.catholiccharitiesom.org/community-assistance>

Phone: (315) 724-2158 ext. 2248; **Email:** kflynn@ccharityom.org

Ages served: All Ages; **Eligibility Criteria:**

Facebook: [“Catholic Charities of Oneida & Madison Counties”](#)

Address: 1408 Genesee Street, Utica, NY 13502; **Hours of Operation:** Monday - Friday, 8am - 4pm

Academics First

About: Academics First provides infant and toddler care, needs-based student growth, and more.

Phone: (315) 624-0272; **Email:** contact@academicsfirstutica.org

Ages served: 0 - 12; **Eligibility Criteria:** Open to all.

Facebook: [“Academics First”](#); **Website:** hgs-utica.com/

Address: 309 Genesee Street, Utica, NY, United States, New York; **Hours of Operation:** Monday - Friday 6am - 6pm.

ARC of Oneida/Lewis

About: The Arc Oneida-Lewis provides a full spectrum of educational, vocational, employment, residential, family support, guardianship, respite, recreational rehabilitation, day habilitation, clinical, children, adult, and senior services for people with developmental disabilities and their families.

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

Contact: (315) 735-6477; **Email:** arcpr@thearcolc.org

Facebook: [“The Arc, Oneida-Lewis”](#)

Address: 245 Genesee St. Utica, NY 13501; **Hours of Operation:** M-F: 8:30-4 PM

Legal Services

If you are looking for support in getting legal assistance, the resources below will help you with this.

Legal Services of Central New York

About: They provide free legal assistance for eviction defense, home conditions & safety for tenants, public benefits, economic security, consumer rights, education advocacy, employment & workers rights, language access, racial justice, mental health, and homelessness advocacy.

Phone: 877-777-6152; **Email:** sdahlin@lscny.org.

Ages served: 18+. **Eligibility Criteria:** Open to all.

Facebook: "[Legal Services of Central New York](#)"; **Website:** www.lscny.org

Address: 120 Blecker Street, Utica, New York, 13501.

Hours of Operation: Monday - Friday, 9am - 5pm.

See something missing or want to make an edit? Visit ucsd-eats.com.

Academic and STEM Resources

If you are looking for support in your Academic journey, the resources below will connect you with groups and organizations that can provide assistance, mentorship, and growth opportunities. See what appeals to you and get involved!

Academic

These resources provide support for Academic pursuits. Resources include High School clubs, Math & Science opportunities, Language & Literacy programs, Mentorship, and more.

Proctor High School Clubs

The clubs listed below are open to all raiders! Find the club(s) that appeal to you, and get involved!

Local History Club

About: The Local History Club led by Mr. Parrotta in Room D144 organizes field trips, historical tours, and inviting guest speakers to provide insights into the local history. The club also focuses on promoting and preserving the history of Proctor High School.

National Honor Society

About: The National Honor Society (NHS) is a prestigious organization at Proctor High School, led by Mrs. Griffiths in Room B310, that recognizes outstanding high school students. It goes beyond being just an honor roll and aims to acknowledge students who have excelled in scholarship, service, leadership, and character.

How to get involved: To become a part of the National Honor Society, students are encouraged to attend meetings held on the last Wednesday of each month in Room B310 with Mrs. Griffiths. Membership in the NHS is a prestigious honor that reflects a commitment to academic excellence, community service, leadership, and strong character.

Colgate Seminar

About: Led by Mrs. Dawes in Room D336 every Wednesday, Colgate Seminar is a series of trips designed to introduce students to various college-level subjects with the aim of encouraging college attendance.

The program is open to all Juniors and Seniors; however, selection is limited, and only students who have proven themselves reliable, academically and behaviorally in good standing (overall grade of 80+), will be considered.

How to get involved: Attend Colgate Seminar every Wednesday in Room D336 with Mrs. Dawes. If you meet the criteria and are interested in exploring college-level topics, this is an opportunity to broaden your horizons and prepare for higher education.

Mathletics Club

About: Mathletics led by Mrs. Millner in Room B115 welcomes students of all skill levels who share an interest in showcasing their individual, group, and team math skills. Primary activities include participating in math competitions with other districts, allowing members to demonstrate their mathematical abilities in various formats.

How to get involved: Join Mathletics by attending meetings led by Mrs. Millner in Room B115.

Environmental Science Club

About: The Environmental Science Club led by Mr. Boyd in Room B110 aims to create a community of environmentally conscious individuals working towards a sustainable and eco-friendly future. Primary activities include collecting recyclables biweekly throughout the school, participating in outings to enhance outdoor skills such as biking, hiking, skiing, and kayaking, utilizing the school's greenhouse for seed starting and plant growth, beautifying the community through tree planting and clean-up initiatives, and more.

How to get involved: Join us every Wednesday in Room B110 with Mr. Boyd to become a part of the Environmental Science Club.

Math & Science

These resources will help you strengthen your skills in Math & Science.

SUNY Poly - High School Training Program

About: If you are interested in science, math, or technology, SUNY Poly - High School Training Program might be a match. Primary activities include training with lithium-ion batteries, electrical energy storage, battery management systems, and more. Successful participants in the program have gone on to pursue degrees in STEM fields and kick-start their careers in technological industries.

Website: <https://sunypoly.edu/esttp/high-school-training.html>

Contact: (315) 792-7500; **Emails:** Dr. Harry Efstathiadis at hefstathiadis@sunypoly.edu; Dr. Iulian Gherasoiu at gherasi@sunypoly.edu; Amir Hegazy at ahegazy@sunypoly.edu

Apply Online:

<https://webapp.sunypoly.edu/forms/energy-storage-technology-high-school-students-training-program/>, or contact by phone or email for more information.

Ages served: 15+

Harvard LabXChange

About: If you are interested in digital science education, Harvard LabXChange might be a match. Primary activities include accessing digital science education resources for learners and educators.

Website: <https://www.labxchange.org/explore>

How to get involved: Explore the Harvard LabXChange platform to access free digital science education resources. Visit their website for more information and to get started on your science education journey. Sign up online: <https://www.labxchange.org/sign-up>

Ages served: 15 - 18

Language & Literacy

If you are hoping to strengthen your Language & Literacy, look no further than the resources listed below!

Midtown Utica Community Center - Language Literacy and After School Tutoring

About: Midtown Utica Community Center (MUCC) is a hub dedicated to empowering immigrants and refugees. Activities include language literacy programs, after-school tutoring, and support services for refugees and immigrants. MUCC focuses on five pillars: Youth Programming, Civic Engagement, Refugee Integration, Localization Initiatives, and Education, contributing to a vibrant, inclusive, and harmonious community.

Contact: (315)-496-1791; **Email:** info@midtownutica.org

Ages served: All Ages; **Eligibility Criteria:** Contact MUCC to inquire about language literacy programs, after-school tutoring, and other support services. Whether you're looking to contribute as a volunteer or seeking assistance, MUCC welcomes your involvement in building a thriving community.

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

Address: 43 Scott St, Utica, NY 13501

Hours of Operation: Monday - Thursday, 10am - 5pm

Utica Public Library

About: The Utica Public Library provides courses and events for local children and teens, access to the library during open hours, and more. Free for everyone in the local community.

Phone: (315) 735-2279

Ages served: All Ages; **Eligibility Criteria:** open to all. Apply for a library card in person.

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

Address: 303 Genesee St, Utica, NY 13501; **Hours of Operation:** Monday - Thursday, 9am - 8pm, Friday, 9am - 5pm, Saturday, 9:30am - 12:30pm

Tutoring & Mentorship

If you would benefit from additional tutoring or academic mentorship, the resources below can help connect you with opportunities for external support, scholarships, and academic empowerment.

Fair Opportunity Project - College Essay Review

About: Fair Opportunity Project's College Essay Review provides free professional feedback on college essays.

Eligibility Criteria: Sign up online: fairopportunityproject.org/signup

Website: <https://www.fairoppportunityproject.org/essay-review>

Utica Dollars for Scholars

About: Utica Dollars for Scholars provides student grants for continuing education.

Email: uticadfs@gmail.com

Ages served: 15+; **Eligibility Criteria:**

Website: <https://utica.dollarsforscholars.org/>

Young Scholars Liberty Partnerships Program

About: The Young Scholars Liberty Partnerships Program is designed by education professionals to motivate students to stay in school, earn a New York State Regents Diploma with Advanced Designation, and excel in their educational journey. Primary activities include academic enrichment, social support, and cultural experiences tailored to enhance students' overall development.

Contact: (315) 792-3237; **Email:** pgmatt@utica.edu;

Ages Served: Grades 7-12; **Eligibility Criteria:** Reach out to program coordinators or visit website

Website: <https://www.utica.edu/academic/yslpp/index.cfm>

On Point for College

About: On Point for College provides free services such as college attainment support, career planning and placement assistance, and support for non-college post-secondary credential attainment. Successful participants in the program have gone on to achieve their educational and career goals.

Phone: (315) 790-5588

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

CSTEP Summer Program

About: CSTEP Summer Program provides tutoring, academic advising, or counseling services. Primary activities include conferences, workshops, job shadowing, mentoring, internships, and more. Successful participants in the program have gone on to pursue their dream careers.

Contact: (315) 792-3202

Email: kabeane@utica.edu

How to get involved: Apply online, contact by phone or email for more information.

The Center

About: They offer free English classes in person on Monday through Friday, from 9:00 A.M. to 2:30 P.M.

Address: 201 Bleecker Street, Utica, New York, 13501.

Contact: 315-738-1083; **Email:** info@thecenterutica.org.

Website: www.thecenterutica.org/our-services/adult-learning/.

How to get involved: Apply online, contact by phone or email for more information.

Additional Resources

These additional resources provide other forms of academic support. If you see something that appeals to you, get involved!

Utica University High School Bridge Program

About: The Utica University High School Bridge program offers students the chance to earn college credit by participating in a combination of AP and Bridge program courses. Primary activities include taking advanced courses that provide a preview of college-level curriculum and earning credits that can be applied toward a degree at Utica University.

Contact: (315) 792-3039; **Email:** eanassar@utica.edu

Eligibility Criteria: Visit website to apply online:
<https://www.utica.edu/forms/bridge-program/index.cfm>. Contact by phone or email for more information.

Website: <https://www.utica.edu/admissions/high-school-bridge-program>

Mohawk Valley Community College Continuing Education Courses

About: If you are interested in learning new skills online, Mohawk Valley Community College Continuing Education Courses might be a match. Primary activities include courses in paralegal studies, project management, personal enrichment, and more.

Website: <https://www.mvcc.edu/cced/community-education/online-instruction.ph>

STEM

This section includes resources focused on STEM topics (Science, Technology, Engineering, and Math).

Academic Support

These resources provide academic opportunities and support in STEM disciplines.

Utica University High School Bridge Program

About: This program offers highschool students the chance to earn college credit by participating in a combination of AP and Bridge program courses.

Contact: (315) 792-3039; **Email:** eanassar@utica.edu

How to get involved: Visit website to apply online: <https://www.utica.edu/forms/bridge-program/index.cfm>. Contact by phone or email for more information.

Website: <https://www.utica.edu/admissions/high-school-bridge-program>

Harvard LabXChange

About: If you are interested in digital science education, Harvard LabXChange might be a match. Primary activities include accessing digital science education resources for learners and educators.

Website: <https://www.labxchange.org/explore>

How to get involved: Explore the Harvard LabXChange platform to access free digital science education resources. Visit their website for more information and to get started on your science education journey. Sign up online: <https://www.labxchange.org/sign-up>

SUNY Poly - High School Training Program

About: SUNY Poly - High School Training Program is for students interested in Science, Technology, Engineering and Math. Primary activities include training with lithium-ion batteries, electrical energy storage, battery management systems, and more.

Website: <https://sunypoly.edu/esttp/high-school-training.html>

Phone: (315) 792-7500; **Emails:** Dr. Harry Efstathiadis: hefstathiadis@sunypoly.edu, Dr. Iulian Gherasoiu: gherasi@sunypoly.edu, Amir Hegazy: ahegazy@sunypoly.edu

Eligibility Criteria: Students grade 11 or 12 interested in STEM.

Apply here:

<https://webapp.sunypoly.edu/forms/energy-storage-technology-high-school-students-training-program/>

Mohawk Valley Community College Math Corps Summer Program

About: Mohawk Valley Community College Math Corps Summer Program fosters a love for learning and provides academic support for middle school and high school students. This program creates a safe and family-like environment at the college, building strong mentoring relationships, and developing a self-perpetuating corps of students who excel academically.

Contacts: Kaitlyn Barlow, Program Coordinator: 315-731-5834, kbarlow@mvcc.edu; Todd Kubica, Program Director: 315-731-5827, tkubica@mvcc.edu

Ages served: 9 - 18; **Eligibility Criteria:** Apply online: <https://www.mvcc.edu/math-corps/summer-camp.php>.

Website: <https://www.mvcc.edu/math-corps/>

MVCC FIRST Robotics Club

About: MVCC's FIRST Robotics program is dedicated to fostering an interest in science, technology, engineering, and mathematics (STEM) through engaging robotics competitions. Participants in the program have the opportunity to develop technical skills, teamwork, and problem-solving abilities.

Email: tbetz@mvcc.edu

Eligibility Criteria: Email for more information on how to sign up.

Facebook: "[FIRST at MVCC](#)"; **Website:** <https://www.mvcc.edu/firstrobotics/index.php>

MUCC Robotics Team

About: The MUCCBots are a group of highly motivated middle and high school students who work together to create a robot that enters competitions.

Email: muccrobotics@gmail.com;

Ages served: Middle school and high school students. **Eligibility Criteria:** Visit Facebook Page for Google Form Application

Facebook: "[MUCC Robotics Team](#)"; **Website:** <https://www.mvcc.edu/firstrobotics/index.php>

Address: 41 Scott Street, Utica, NY, United States, New York

MVCC Robotics Science and Technology Entry Program (STEP)

About: STEP serves to encourage qualified high school students to consider careers in STEM fields and licensed professions. Programming includes peer mentoring, tutoring, standardized test preparation, college visits, workshops, and educational field trips — activities centered on fostering student success in high school and beyond.

Contact: (315) 792-5529 **Email:** chamilton@mvcc.edu;

Ages served: High school and college school students.

Eligibility Criteria: To be eligible, students must:

- Be members of historically underrepresented populations, such as African-American, Hispanic/Latino, Native American/Alaskan, or economically disadvantaged.
- A U.S. citizen or permanent New York State resident.
- Maintain a minimum cumulative grade point average of 2.5.

Website: <https://www.mvcc.edu/step/index.php>

Project Fibonacci

About: The Project Fibonacci® Foundation, Inc. provides a series of immersive learning programs on STEAM topics in cooperation with local schools, businesses and non-profit organizations.

Contact: (315) 334-1163 ; **Email:** info@projectfibonacci.org

Eligibility Criteria: Email or call for more information

Website: <https://projectfibonacci.org/wp/>

Job Opportunities

If you are looking for job opportunities or career growth in STEM fields, this section can help!

Human Technologies

About: Primary activities include Facilities Management and Environmental Services, 3PL/Supply Chain and Order Fulfillment Services, Uniform and Apparel Management Services, and Manufacturing and Packaging Operations. Human Technologies actively seeks customers, suppliers, and like organizations who share their open, honest, and transparent management style to create mutually rewarding partnerships.

Successful participants in the program have contributed to the organization's mission of creating employment opportunities for people with disabilities while fostering collaborations with customers, suppliers, and like-minded organizations.

Website: <https://htcorp.net/>

Contact: (315) 724-9891; **Email:** customersvc@htcorp.net

College Readiness

The resources in this section can help connect you to opportunities that can help you on your path to college. Resources include support, scholarships, mentorship, networking opportunities, and more.

College Support

If you are looking for opportunities to find support for the college application process, check out the resources below!

Mohawk Valley Community College Continuing Education Courses

About: Mohawk Valley Community College Continuing Education Courses provides courses in business, coding, paralegal studies, project management, personal enrichment, and more.

Website: <https://www.mvcc.edu/cced/community-education/online-instruction.php>

Ages served: 15+; **Eligibility criteria:** See website for courses and prices.

On Point for College

About: On Point for College provides free services such as path to college support, career planning and placement assistance, and support for non-college post-secondary credential attainment.

Phone: (315) 790-5588; **Form:** onpointforcollege.org/about-us/contact-us/

Eligibility Criteria: student age 17 - 29

Sign up here: onpointforcollege.org/programs-and-services/signing-up/

Website: onpointforcollege.org

Address: 2608 Genesee St Suite 1, Utica, NY 13502

Hours of operation: Monday - Friday 9am - 5pm

OHM BOCES Regional Program for Excellence

About: If you are a high school junior or senior looking to explore career options, the OHM BOCES Regional Program for Excellence (RPE) offers an opportunity for a summer or school year internship of 72-75 hours. The program is designed to provide a unique and individualized experience for each participant, allowing them to meet with mentors and gain valuable insights into their chosen career paths.

Contact: (315) 793-8529; **Email:** StCareers@oneida-boces.org

Eligibility Criteria: highschool junior or senior interested in exploring career options. Contact via phone or email to learn more.

Website: <https://www.oneida-boces.org/Page/44>

Young Scholars Liberty Partnerships Program

About: The Young Scholars Liberty Partnerships Program is designed by education professionals to motivate students to stay in school, earn a New York State Regents Diploma with Advanced Designation, and excel in their educational journey. Primary activities include academic enrichment, social support, and cultural experiences tailored to enhance students' overall development.

Contact: (315) 792-3237; **Email:** pgmatt@utica.edu;

Ages Served: Grades 7-12; **Eligibility Criteria:** Reach out to program coordinators or visit website

Website: <https://www.utica.edu/academic/yslpp/index.cfm>

Utica University High School Bridge Program

About: Utica University High School Bridge offers students the chance to earn college credit by participating in a combination of AP and Bridge program courses.

Contact: (315) 792-3039; **Email:** eanassar@utica.edu

Eligibility Criteria: Must be a highschool student. Learn more and apply here:
utica.edu/forms/bridge-program/index.cfm

Website: utica.edu/admissions/high-school-bridge-program

Safe Schools Mohawk Valley - Urban Leadership Institute

About: Safe Schools Mohawk Valley - Urban Leadership Institute is a 5-day conference for accepted high school students designed to empower the next generation of leaders, working on key leadership traits such as communication, decision making, teamwork, and more.

Website: <https://safeschoolsmohawkvalley.org/programs-and-services/#uli>

Contact: (315) 733-7768; **Email:** info@ssmv.org.

Eligibility Criteria: Fill out [Online Form](#) or contact by phone or email for more information.

Address: 110 Lomond Ct, Utica, NY 13502; **Hours of Operation:** Monday - Friday, 8am - 4:30pm

Fair Opportunity Project - College Essay Review

About: Fair Opportunity Project's College Essay Review provides free professional feedback on college essays.

Eligibility Criteria: Sign up online: fairopportunityproject.org/signup

Website: <https://www.fairoppportunityproject.org/essay-review>

SUNY Poly - High School Training Program

About: SUNY Poly - High School Training Program is for students interested in Science, Technology, Engineering and Math. Primary activities include training with lithium-ion batteries, electrical energy storage, battery management systems, and more.

Website: <https://sunypoly.edu/esttp/high-school-training.html>

Contact: (315) 792-7500; **Emails:** Dr. Harry Efstathiadis: hefstathiadis@sunypoly.edu, Dr. Iulian Gherasoiu: gherasi@sunypoly.edu, Amir Hegazy: ahegazy@sunypoly.edu

Eligibility Criteria: Students grade 11 or 12 interested in STEM.

Apply here:

<https://webapp.sunypoly.edu/forms/energy-storage-technology-high-school-students-training-program/>

Scholarships

The resources in this section will help connect you with scholarship opportunities. If you see an opportunity that appeals to you, see the eligibility criteria sections to learn more!

Women's Fund

About: The Women's Fund provides financial support to local non-profit agencies dedicated to benefiting the most vulnerable women and girls in the community.

Contact: (315) 381-3072; **Email:** info@womensfundhoc.org

Eligibility Criteria: If you are interested in supporting or applying for grants or scholarships, contact the Women's Fund for more information on the application process and eligibility criteria.

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

Scholarship Guru

About: Scholarship Guru provides free training on financial aid for college, scholarship guides, personalized services, and more.

Email: greenecarlynn@gmail.com

Eligibility Criteria: Free for all! Visit website or contact by email to learn more.

Website: <https://beacons.ai/scholarshipguru/home>

Mohawk Valley Community College Foundation

About: If you are interested in supporting higher education opportunities for students, the Mohawk Valley Community College Foundation might be a match. Primary activities include creating opportunities and breaking barriers for students to access higher education through scholarships and other programs.

Contact: (315) 792-5555; **Email:** amarken@mvcc.edu

Eligibility Criteria: Current or future MVCC student. See here for application and materials: mvcc.edu/scholarships/

Website: <https://www.mvcc.edu/foundation/>

Utica Dollars for Scholars

About: Utica Dollars for Scholars provides student grants for continuing education.

Email: uticadfs@gmail.com

Eligibility Criteria: Complete application by March 15 of each year.

Website: <https://utica.dollarsforscholars.org/>

ACR Health - Scholarship - Eddie Future Greatness Fund

About: ACR Health - Scholarship - Eddie Future Greatness Fund provides scholarships to LGBTQ+ to spur their ambition and desire to succeed.

Website: <https://www.acrhealth.org/youth-programs/eddie-future-greatness-fund>

Eligibility Criteria: Must be LGBTQ youth or ally, age 16-26, and registered for an accredited post secondary institution. Apply on website.

Tutoring & Mentorship

If you would benefit from Tutoring or Mentorship during the college application process, the resources below are here for you!

OHM BOCES School and Business Alliance

About: OHM BOCES School and Business Alliance (SABA) is on a mission to inspire and enable students to make informed decisions about post-secondary and career opportunities. Primary activities include work-based learning experiences, career development experiences, and connecting students with industry professionals.

Contact: (315) 793-8529; **Email:** StCareers@oneida-boces.org

Eligibility Criteria: Students K - 12.

Website: <https://www.oneida-boces.org/Page/66>

Young Entrepreneurs Academy

About: This groundbreaking program aims to transform students into real, confident entrepreneurs. Students from all local school districts are welcome to apply, and educators can nominate students they believe will excel in the program. Full and partial scholarships are available for qualifying students.

Contact: (315) 534-0067; **Email:** michelle@484design.com

Eligibility Criteria: Must be a middle or high school student.

Apply Online: mvcc.edu/cced/community-education/pdf/yea-2023-2024-application.pdf

Website: mvcc.edu/cced/community-education/young-entrepreneurs-academy.php

Midtown Utica Community Center (MUCC)

About: MUCC provides educational and cultural programs, resources, a safe space, and connections to the community. MUCC also provides youth employment and paid internship opportunities.

Contact: (315)-496-1791; **Email:** info@midtownutica.org

Eligibility Criteria: Open to all. Visit website to see programs.

Website: <http://midtownutica.org>

Address: 43 Scott St, Utica, NY 13501; **Hours of Operation:** Monday - Thursday, 10am - 5pm

Fair Opportunity Project - Mentoring

About: Fair Opportunity Program offers personalized guidance for various aspects of your academic journey, including SAT preparation, essay writing, and FAFSA assistance.

Eligibility Criteria: Free for all.

Sign up online: <https://www.fairoppportunityproject.org/signup>

Website: <https://www.fairoppportunityproject.org/mentorship>

Fair Opportunity Project - College Essay Review

About: Fair Opportunity Project's College Essay Review provides free professional feedback on college essays.

How to get involved: Free for all.

Sign up online: [fairoppportunityproject.org/signup](https://www.fairoppportunityproject.org/signup)

Website: <https://www.fairoppportunityproject.org/essay-review>

City of Utica Youth Bureau

About: The City of Utica Youth Bureau provides recreation services, sports, tutoring & mentoring, and has a youth advisory board.

Contact: Chet LoConti (315) 223-4320; **Email:** cloconti@cityofutica.com; kbrown@cityofutica.com

Ages Served: Youth Under The Age of 18; **Eligibility Criteria:** Complete sign-up for different programs based on sport season.

Website: <https://cityofutica.com/departments/youth-bureau/index>

Address: 220 Memorial Parkway, Utica, New York 13501

Networking Resources

If you are looking to expand your network and build meaningful connections, check out the resources in this section. You'll find opportunities for events and organizations that can help you grow your circle and better your future!

Youth Peer Advocate (YPA) Credential

About: If you are a young adult aged 18 to 30 looking to use your personal experiences navigating services and systems to support youth on their recovery journeys, the Youth Peer Advocate (YPA) Credential might be a match. This two-part, self-paced, training provides valuable skills for those interested in entering the peer workforce.

Contact: (518) 432-0333; **Email:** YPAcredential@ftnys.org

Eligibility Criteria: Must be ages 18 - 30 and interested in entering the peer workforce.

Website: <https://www.ftnys.org/yp-ypa-credential/>

Junior Youth Peer Advocate (JYPA) Training Program

About: The Junior Youth Peer Advocate (JYPA) Training Program introduces essential skills such as communication, group facilitation, cultural curiosity, and more.

Contact: (716) 339-7777; **Email:** msimpson@ftnys.org

Eligibility Criteria: must be a highschool student. To get involved, reach out to the email listed above.

Website: <https://www.ftnys.org/junior-youth-peer-advocate-training/>

Chamber of Commerce – Young Catalyst

About: The Young Catalyst organizes networking events, volunteering in the local community, and encourages supporting each other through business with the Chamber.

Contact: (315) 724-3151

Ages served: 18+; **Eligibility Criteria:** young professional.

Website: <https://greateruticachamber.org/catalyst/>

Workforce Development Board

About: The Workforce Development Board provides comprehensive support for individuals seeking to enhance their career and educational prospects. This includes offering vocational programs,

financial support for career and educational goals, developing job readiness skills, providing case management and service coordination, and connecting individuals to community resources.

Contact: (315) 207-6951; **Email:** info@working-solutions.org

Eligibility Criteria: anyone looking for job opportunities. For more information on vocational programs and support services, contact the Workforce Development Board.

Website: <http://www.working-solutions.org>

Rome Community Job Fairs

About: Rome Community Job Fairs hosts job fairs to bring together job seekers and employers in the Rome Community.

Contact: (315) 240-1262; **Email:** bryce@romejobsfairs.org

Eligibility Criteria: Job seeker in the Rome area.

Next Job Fair: April 4, 2024 - learn more: <https://www.romejobfairs.org/job-fairs/>

See something missing or want to make an edit? Visit ucsd-eats.com.

Work Exploration and Career Development

This section is dedicated to exploring your career options and pursuing your professional goals.

Hiring and Professional Development

Find online resources, networking events, hiring opportunities, and job fairs in the sections listed below!

Online Professional Resources

These resources will help you connect with online opportunities for career exploration and professional development. If you see a resource that appeals to you, get involved online!

Mohawk Valley - Center for Corporate & Community Education

About: If you are interested in education, training, or consulting services, Mohawk Valley - Center for Corporate & Community Education might be a match. Primary activities include client training sites, online resources, on-campus events, and more.

Website: <https://www.mvcc.edu/cced/>

Contact: (315) 792-5300; **Email:** ccedadmin@mvcc.edu

Ages served: 15+; **Eligibility criteria:** all ages and interests.

Address: 1101 Sherman Dr AB 166, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 8:30am - 4:30pm

Mohawk Valley Community College - thINCubator

About: If you are a small business owner or aspiring entrepreneur in the greater Mohawk Valley region, thINCubator might be a match. Primary activities include business advice, mentoring, workshops, programs, and providing a coworking space to help start or grow small businesses.

Contact: (315) 880-0511; **Email:** info@thincubator.co

Sign up here: <https://thincubator.co/advisement-mentoring/>

Website: <https://thincubator.co/>

Address: 326 Broad St, Utica, NY 13501; **Hours of Operation:** 24/7

Connect Mohawk Valley - Working Solution

About: Working Solutions connects job and internship seekers with local employers.

Contact: (315) 207-6951; **Email:** jdelapaz@working-solutions.org

Eligibility Criteria: open to all.

Website: <https://www.connectmohawkvalley.com/>

OHM Boces - Roadmap Links to Success

About: OHM Boces - Roadmap Links to Success is an online resource that provides exposure to careers, as well as local employers who are hiring, in-demand jobs and paths to employment!

Contact: (315) 793-8500; **Email:** webmaster@oneida-boces.org

Website: <https://www.oneida-boces.org/domain/328>

OHM BOCES School and Business Alliance

About: SABA provides career development experiences and connects students with industry professionals. to empower students to successfully transition into post-secondary studies and career pathways.

Contact: (315) 793-8529; **Email:** StCareers@oneida-boces.org

Website: <https://www.oneida-boces.org/Page/66>

Career Exploration

These resources will help you explore career paths that appeal to you. You'll find opportunities for education, mentorship, training, and more!

Mohawk Valley - Center for Corporate & Community Education

About: Mohawk Valley - Center for Corporate & Community Education provides classes, education, training, and consulting services.

Contact: (315) 792-5300; **Email:** ccedadmin@mvcc.edu

Sign up online: <https://www.campusce.net/mvcc/category/category.aspx>

Website: <https://www.mvcc.edu/cced/>

Address: 1101 Sherman Dr AB 166, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 8:30am - 4:30pm

OHM Boces - Roadmap Links to Success

About: OHM Boces - Roadmap Links to Success is an online resource that provides exposure to careers, as well as local employers who are hiring, in-demand jobs and paths to employment!

Contact: (315) 793-8500; **Email:** webmaster@oneida-boces.org

Website: <https://www.oneida-boces.org/domain/328>

Connect Mohawk Valley - Working Solution

About: Working Solutions connects job and internship seekers with local employers.

Contact: (315) 207-6951; **Email:** jdelapaz@working-solutions.org

Eligibility Criteria: open to all.

Website: <https://www.connectmohawkvalley.com/>

Workforce Development Board

About: The Workforce Development Board provides comprehensive support for individuals seeking to enhance their career and educational prospects. This includes offering vocational programs, financial support for career and educational goals, developing job readiness skills, providing case management and service coordination, and connecting individuals to community resources.

Contact: (315) 207-6951; **Email:** info@working-solutions.org

Eligibility Criteria: anyone looking for job opportunities. For more information on vocational programs and support services, contact the Workforce Development Board.

Website: <http://www.working-solutions.org>

CSTEP Summer Program

About: CSTEP Summer Program provides tutoring, academic advising, or counseling services. Primary activities include conferences, workshops, job shadowing, mentoring, internships, and more. Successful participants in the program have gone on to pursue their dream careers.

Contact: (315) 792-3202

Email: kabeane@utica.edu

How to get involved: Apply online, contact by phone or email for more information.

OHM BOCES School and Business Alliance

About: OHM BOCES School and Business Alliance (SABA) is on a mission to inspire and enable students to make informed decisions about post-secondary and career opportunities. Primary activities include work-based learning experiences, career development experiences, and connecting students with industry professionals.

Website: <https://www.oneida-boces.org/Page/66>

Contact: (315) 793-8529; **Email:** StCareers@oneida-boces.org

Eligibility Criteria: Students K - 12.

Rome Community Job Fairs

About: Rome Community Job Fairs hosts job fairs to bring together job seekers and employers in the Rome Community.

Contact: (315) 240-1262; **Email:** bryce@romejobsfairs.org

Eligibility Criteria: Job seeker in the Rome area.

Next Job Fair: April 4, 2024 - learn more: <https://www.romejobfairs.org/job-fairs/>

Workforce Development Board

About: The Workforce Development Board provides comprehensive support for individuals seeking to enhance their career and educational prospects. This includes offering vocational programs, financial support for career and educational goals, developing job readiness skills, providing case management and service coordination, and connecting individuals to community resources.

Contact: (315) 207-6951; **Email:** info@working-solutions.org

Eligibility Criteria: anyone looking for job opportunities. For more information on vocational programs and support services, contact the Workforce Development Board.

Website: <http://www.working-solutions.org>

Job Fairs

This section includes local Job Fairs that will help you explore hiring opportunities in your area, network with your peers, and learn from employers near you.

Monthly Virtual County Job Fair

About: Explore job opportunities and connect with employers in Herkimer, Madison, and Oneida Counties at the Monthly Virtual County Job Fair hosted by Working Solutions.

Contact: (315) 207-6951; **Email:** info@working-solutions.org

Eligibility Criteria: Anyone looking for employment.

Website: <https://www.working-solutions.org/news/free-virtual-job-fair-september-26-2023>

Rome Community Job Fairs

About: Explore job opportunities and connect with employers at Rome County Job Fairs.

Contact: (315) 240-1262; **Email:** bryce@romejobsfairs.org

Eligibility Criteria: If you are a job seeker, attend the upcoming job fair on April 4, 2024, to explore job opportunities. See more events here: <https://www.romejobfairs.org/job-fairs/>.

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

Hiring

These resources provide direct Hiring opportunities in the Utica area, and can help connect directly to jobs.

Mohawk Valley Health System

About: The MVHS Medical Group comprises 17 primary care locations, a Children’s Health Center, a Women’s Health Center, general, orthopedic, and neurological surgeons, and a Breast Care Center, providing a wide range of healthcare services. With 4,200 full-time equivalent employees and a combined operating budget of \$610 million, MVHS is committed to delivering high-quality care to the community.

Website: <https://careers.mvhealthsystem.org/>

Contact: (315) 801-8100

Oneida County Summer Youth Employment Program

About: If you are a teenager aged 14 and above seeking your first job opportunity, the Oneida County Summer Youth Employment Program provides income-eligible teens with valuable work experience during the summer. Participants have the opportunity to work around 60 hours on various projects for local agencies and community work sites.

Primary activities include gaining work experience, participating in projects for local agencies, and contributing to community work sites. This program aims to provide teens with their first job experience and help them develop important skills for their future.

Website:

<https://ocgov.net/departments/workforce-development/projects/summer-youth-employment-program/>

Contact: (315) 798-5700; **Form:** <https://ocgov.net/contact/>

How to get involved: Teens aged 14 and above who meet income-eligibility criteria can apply for the Oneida County Summer Youth Employment Program. Contact the program coordinators to learn more about the application process and available opportunities.

Human Technologies

About: If you are interested in supporting a social enterprise that creates employment opportunities for people with disabilities, Human Technologies might be a match. The organization, established in

1954, is a 501(c)(3) not-for-profit Social Enterprise based in Utica, New York, with operations throughout New York State, Pennsylvania, Delaware, and northern Virginia.

Primary activities include Facilities Management and Environmental Services, 3PL/Supply Chain and Order Fulfillment Services, Uniform and Apparel Management Services, and Manufacturing and Packaging Operations. Human Technologies actively seeks customers, suppliers, and like organizations who share their open, honest, and transparent management style to create mutually rewarding partnerships.

Successful participants in the program have contributed to the organization's mission of creating employment opportunities for people with disabilities while fostering collaborations with customers, suppliers, and like-minded organizations.

Website: <https://htcorp.net/>

Contact: (315) 724-9891; **Email:** customersvc@htcorp.net

How to get involved: If you are interested in supporting a social enterprise that creates employment opportunities for people with disabilities, you can explore partnership opportunities with Human Technologies. Whether you are a customer, supplier, or a like-minded organization, you can contact Human Technologies to learn more about their services and discuss potential collaborations. See Website: <https://htcorp.net/employment/>

What's Upstate – Job Board

About: If you are interested in exploring career opportunities, gaining valuable work experience, or accessing job-related resources, Working Solutions - Job Board might be a match. Primary activities include job search assistance, career counseling, and access to various training programs. Successful participants in the program have gone on to secure employment, advance their careers, and achieve their professional goals.

Website: <https://whatsupstateny.com/work-upstate/>

Contact: (315) 724-3151; **Email:** info@whatsupstateny.com

How to get involved: Visit the Working Solutions Career Centers located in Utica, Herkimer, Rome, and Wampsville. These centers serve as your local American Job Center partners and provide free assistance for a variety of career and employment-related needs. Connect with the team at Working Solutions to start your journey toward a successful and fulfilling career. See website for more information : <https://jobs.whatsupstateny.com/jobs>.

Networking Resources

If you are looking to grow your network and form connections that will help you on your professional journey, these resources can help! Find opportunities for events, training, advocacy, and more!

Youth Peer Advocate (YPA) Credential

About: If you are a young adult aged 18 to 30 looking to use your personal experiences navigating services and systems to support youth on their recovery journeys, the Youth Peer Advocate (YPA) Credential might be a match. This two-part training provides valuable skills for those interested in entering the peer workforce.

Website: <https://www.ftnys.org/yp-ypa-credential/>

Contact: (518) 432-0333; **Email:** YPACredential@ftnys.org

Eligibility Criteria: open to all online!

Address: 737 Madison Avenue Albany, NY 12208 **Hours of Operation:** Monday- Friday 9-4 PM

Junior Youth Peer Advocate (JYPA) Training Program

About: If you are a high school student interested in being a supportive peer for fellow students dealing with life stressors, the Junior Youth Peer Advocate (JYPA) Training Program might be for you. This training introduces essential skills such as communication, group facilitation, cultural curiosity, and more.

Website: <https://www.ftnys.org/junior-youth-peer-advocate-training/>

Contact: (716) 339-7777; **Email:** msimpson@ftnys.org

Eligibility Criteria: open to all high school students! If you are interested in the JYPA Training Program, reach out to your school to inquire about the availability of this training. Schools interested in implementing the program can connect with the organizers to bring this valuable training to their students. See website for more information.

Chamber of Commerce – Young Catalyst Organizes Networking Events

About: If you are a young professional looking to engage with the Greater Utica Chamber of Commerce, Catalyst might be a match. Primary activities include organizing networking events, volunteering in the local community, and supporting each other through business with the Chamber.

Contact: (315) 724-3151

How to get involved: Join Catalyst to connect with fellow young professionals, participate in networking events, contribute to community service initiatives, and support each other's business endeavors within the Greater Utica Chamber of Commerce.

Website: <https://greateruticachamber.org/catalyst/>

Workforce Development Board

About: The Workforce Development Board provides comprehensive support for individuals seeking to enhance their career and educational prospects. This includes offering vocational programs, financial support for career and educational goals, developing job readiness skills, providing case management and service coordination, and connecting individuals to community resources.

Contact: (315) 207-6951; **Email:** info@working-solutions.org

Eligibility Criteria: anyone looking for job opportunities. For more information on vocational programs and support services, contact the Workforce Development Board.

Website: <http://www.working-solutions.org>

See something missing or want to make an edit? Visit ucsd-eats.com.

Sports, Play, and Creative Activities

This section is dedicated to connecting raiders to events and groups focused on fun. Find opportunities to play sports, get exercise, or to explore your creative side.

Sports and Play

The resources in this section will help you find opportunities to exercise and play sports, whether at school or out in your community!

Year-Round Sports & Exercise

The following resources offer year-round opportunities for sports and exercise. Find the right resource for you and get involved!

Utica Center for Development - Athletic Program

About: The program is designed to encourage youth to recognize and foster their enthusiasm for both academic achievements and physical fitness. Primary activities include engaging youth in various athletic pursuits that promote physical fitness, teamwork, and skill development. The program aims to instill stronger character, positive leadership qualities, and a sense of responsible citizenship through service.

Phone: (315) 765-0975; **Email:** sdavis@ucdevelopment.org

Eligibility Criteria: contact to learn more.

Website: <https://www.ucdevelopment.org/programs/athletic-programs.php>

Address: 726 Washington St, Utica, NY 13502

Hoopers Rehab

About: If you are interested in basketball training, injury prevention, and rehabilitation, Hoopers Rehab might be a match. Primary activities include providing injury prevention, rehab strength training, and player development for individuals, teams, camps, and programs.

Email: hoopersrehab@gmail.com

Ages served: 9 - 18; **Eligibility Criteria:** All Utica youth. Contact to learn more.

Website: <https://hoopersrehab.wordpress.com/>

City of Utica Youth Bureau

About: The City of Utica Youth Bureau provides recreation services, tutoring and mentoring, and a youth advisory board.

Contact: (315) 223-4320; **Email:** cloconti@cityofutica.com

Website: <https://cityofutica.com/departments/youth-bureau/index>

Eligibility criteria: Utica youth under 18.

Utica Fire Youth Basketball

About: Utica Fire Youth Basketball is a youth sports travel organization. They host basketball practice and tournaments in the Utica area.

Facebook: ["Utica Fire Youth Basketball"](#)

Utica University Nexus Center

About: Utica University Nexus Center features state of the art amenities and hosts both youth and adult sports leagues.

Phone: (315) 790-9070; **Email** billhorton@nexusutica.com

Website: <https://apps.daysmartrecreation.com/dash/x/#/online/utica/programs?>

Address: 400 Oriskany St. W, Utica,

Utica Little League Basketball

About: Utica Little League Basketball is a basketball league organization for children.

Phone: (315) -749-3281; **Email:** Uticalittleleague@gmail.com

Eligibility Criteria: children 4 - 14

Facebook: ["Utica, NY Little League Baseball and Softball"](#)

Website: <https://www.uticanylittleleague.com/>

Address: 84 Van Ellis Rd, Utica, NY 13502

Elevate CNY - Powered by ICAN

About: Elevate CNY is the region's premier sports complex offering support and access to various services for children, youth, and families.

Contact: (315) 231-0321; **Email:** elevatecny@ican.family

Eligibility Criteria: Open to all. Contact to get involved.

Website: <https://www.elevatecny.com/>

Address: 4980 NY-233, Westmoreland, NY 13490; **Hours of Operation:** Mon - Fri: 9AM - 10PM;
Sat - Sun: 8AM - 10PM

Future FC

About: Future FC is a sports club in the Utica area that offers soccer for youth.

Contact: (315) 520-8304; **Email:** futurefc22@gmail.com

Ages served: All Ages; **Eligibility Criteria:** Call or email to get assistance.

Facebook: ["Future FC"](#)

CNY Savage

About: Youth basketball training, camps, leagues, team opportunities.

Contact: Matt St. Croix; **Email:** stcroix@cnysavage.com

Ages served: Youth; **Eligibility Criteria:** Email to get assistance.

Facebook: ["Cny Savage"](#); **Website:** <https://cnysavage.com/>

Catholic Youth Organization (CYO) Basketball

About: Catholic Youth Organization (CYO) Basketball provides youth the opportunity to play basketball in a league that promotes a positive culture that is safe and where there is respect between all involved including players, coaches, fans, officials, and CYO staff.

Contact: (315)796-6133; **Email:** dgeorge@ccharityom.org

Ages served: Youth; **Eligibility Criteria:** High School or Junior High School leagues available.

Website: <https://catholiccharitiesom.wixsite.com/cyobasketball>

The Salvation Army

About: The Salvation Army provides open gym basketball. Check out Facebook.

Contact: (315)-724-8736; **Email:** kelly.ross@use.salvationarmy.org

Ages served: All Ages; **Eligibility Criteria:** contact by phone or email.

Facebook: ["The Salvation Army of Utica New York"](#)

Website: <https://easternusa.salvationarmy.org/empire/utica/>

Address: 14 Clinton Pl., Utica, NY, United States, New York; **Hours of Operation:** Monday - Friday, 8:30am - 4:00pm

North Utica Raiders Pop Warner

About: North Utica Raiders Pop Warner provides seasonal football and cheer.

Email: nupwraiders@gmail.com

Ages served: Youth; **Eligibility Criteria:** Call or email to get assistance.

Website: www.clubs.bluesombrero.com/nuraiderspw

Utica Bulldogs Pop Warner

About: The Utica Bulldogs is a Pop Warner Cheer and Football Organization under Tri Valley. They serve over 150 boys and girls in the Utica area, ages 5-16.

Contact: (315)-975-3160; **Email:** uticabulldogpwcf@gmail.com

Ages served: 5-16; **Eligibility Criteria:** contact by phone or email.

Website: clubs.bluesombrero.com/Default.aspx?tabid=755104

Midtown Utica Community Center (MUCC)

About: MUCC provides educational and cultural programs, resources, a safe space, and connections to the community. MUCC also provides youth employment and paid internship opportunities.

Contact: (315)-496-1791; **Email:** info@midtownutica.org

Eligibility Criteria: Open to all. Visit the website to see programs.

Website: <http://midtownutica.org>

Address: 43 Scott St, Utica, NY 13501; **Hours of Operation:** Monday - Thursday, 10am - 5pm

Oneida Indian Nation

About: If you are interested in diverse year-round youth, adult, and family-oriented programs, the Oneida Indian Nation's Recreation Center might be a match. Primary activities include participating in programs that focus on physical fitness and recreation.

Contact: (315) 829-8484; **Email:** info@oneida-nation.org

How to get involved: You can inquire about the available programs and activities at the Oneida Indian Nation's Recreation Center and join the ones that suit your interests and preferences.

Website: <https://www.oneidaindiannation.com/recreation-youth-development/>

Utica Fire Youth Basketball

About: Utica's Fire Youth Basketball provides youth basketball and sports travel opportunities for kids in Utica.

Email: kbrown@cityofutica.com

Facebook: [“Utica Fire Youth Basketball”](#)

Eligibility Criteria: Utica Youth

American Youth Soccer Organization

About: The American Youth Soccer Organization provides in-house leagues, traveling leagues, volunteer coaching and refereeing, and more.

Email: uticaAYSO.itdirector@gmail.com

Ages Served: 4 - 15; **Eligibility Criteria:** Utica Youth ages 4 - 14. Contact for more info.

Facebook: [“Utica AYSO Region 664”](#); **Website:** <https://www.ayso664.org/>

The Neighborhood Center - Outreach & Prevention

About: Drop-in programs offering social, recreational, and educational activities for youth up to age 18. The program operates on weekdays from 10:00 am to 3:00 pm and Monday nights from 5:00 pm to 7:00 pm.

Phone: (315)-272-2600; **Email:** annai@neighborhoodctr.org

Eligibility Criteria: Youth under 18

Website: <https://www.neighborhoodctr.org/child-care-family-services/outreach-and-prevention/>

Address: 624 Elizabeth St, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 10am - 3pm, Monday nights 5pm - 7pm

Utica Bike Rescue

About: Utica Bike Rescue focuses on providing refurbished bicycles, bicycle safety, and bicycle maintenance programs. Their primary activities include serving children, students, refugees, and households with lower incomes.

Contact: (315) 525-9554; **Email:** matt@uticabikerescue.org

Ages served: 9 - 18; **Eligibility Criteria:** contact uticabikerescue.org/contact-us.php to learn more.

Facebook: [“Utica Bike Rescue”](#); **Website:** <http://uticabikerescue.org/>

Address: 8 College St, Clinton, NY 13323

Wilson's Cops and Kids

About: If you are interested in learning the fundamentals of boxing in a safe and supportive atmosphere, Wilson's Cops and Kids might be a match. Coach Wilson, along with officers from the Utica Police Department, leads this free non-profit boxing gym program.

Contact: (315) 765-0975; **Email:** Wilsonscopsandkids@yahoo.com

Ages Served: Youth aged 8-18. **Eligibility Criteria:** Call for more information. Walk in

Website: <https://www.ucdevelopment.org/programs/youth-boxing.php>.

Hours of Operation: Monday through Friday from 4:30 to 6:30 and Saturdays from 8:30 to 10:30.

Mohawk Valley Junior Frontiers

About: Mohawk Valley Junior Frontiers provides free SAT prep, organizes annual college tours to various educational institutions, offers STEM robotics club programs, and facilitates regional excursions to enhance education and leadership skills.

Contact: (315) 416-5550; **Email:** mvfrontiersclub@gmail.com

Eligibility Criteria: Complete Online Form: www.mvfrontiers.com/junior-frontiers/join-us/

Website: www.mvfrontiers.com/junior-frontiers/

Responsibilities: Attend the bi-monthly meetings on the first and third Wednesday of each month at Watson Williams, 107 Elmwood Pl, Utica, NY 13501, from 5:30-7:30pm. Participate in activities that contribute to the college preparation, STEM education, and leadership development of students in the Mohawk Valley.

Fall Sports (Proctor High)

The sports listed below are open to all Raiders in the Fall. If you are looking to join a team, sign up through FamilyID, or contact the coaches with any questions.

Boys Football

About: If you are interested in Football, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Steve Strife: sstrife@uticaschools.org
 - Junior Varsity Head Coach, Frank Williams: fwilliams@uticaschools.org
-

Boys Soccer

About: If you are interested in Soccer, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Nick Galiulo: ngaliulo@uticaschools.org
 - Junior Varsity Head Coach, Cory Manning: cmanning@uticaschools.org
-

Boys Cross Country

About: If you are interested in Cross Country, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, David Caruso: dcaruso@uticaschools.org
-

Girls Soccer

About: If you are interested in Soccer, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, John Simmons: jsimmons@uticaschools.org
 - Junior Varsity Head Coach, Daniella Yozzo Girmonde: dyozzo@uticaschools.org
-

Girls Varsity Cross Country

About: If you are interested in Cross Country, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Heather Monroe: hmonroe@uticaschools.org
-

Girls Varsity Gymnastics

About: If you are interested in Gymnastics, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, Amanda Zdanowicz: azdanowicz@uticaschools.org
-

Girls Varsity Swimming / Diving

About: If you are interested in Swimming and/or Diving, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Kristi Peterson: kpeterson@uticaschools.org
-

Girls Varsity Tennis

About: If you are interested in Tennis, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Mike Zaloom: mzaloom@uticaschools.org
-

Cheerleading

About: If you are interested in Cheerleading, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Christy Cannistra: ccannistra@uticaschools.org
 - Junior Varsity Head Coach, Makensie Young Amodio: mamodio@uticaschools.org
-

Winter Sports (Proctor High)

The sports listed below are open to all Raiders in the Winter. If you are looking to join a team, sign up through FamilyID, or contact the coaches with any questions.

Varsity Cheerleading

About: If you are interested in Cheerleading, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Crystal Bass: kpeterson@uticaschools.org, 315-725-0245
-

Girls Varsity Bowling

About: If you are interested in Bowling, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Marie Melnick: kristinamoon@gmail.com, 315-732-2035
-

Girls Volleyball

About: If you are interested in Volleyball, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Glenn Manning: Booter1O@twcny.rr.com, 315-868-9639
 - Junior Varsity Head Coach, Cory Manning: cmanning@uticaschools.org, 315-868-1589
-

Girls Basketball

About: If you are interested in Basketball, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Crystal Bass: cbass@uticaschools.org, 518-727-4263
 - Junior Varsity Head Coach, Richard Savage: richardsavage0209@gmail, 315-542-2603
-

Varsity Indoor Track

About: If you are interested in Track, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, Jerry Tine: jtine@uticaschools.org, 315-723-2478
-

Boys Varsity Ice Hockey

About: If you are interested in Hockey, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, Ben Vennero: bonesy3434@aol.com, 315-794-4427
-

Boys Varsity Swimming

About: If you are interested in Swimming, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, Jeff Friedel: jfriedel@uticaschools.org, 315-794-4310
-

Boys Varsity Bowling

About: If you are interested in Bowling, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, Marc Leo: mleo@uticaschools.org, 315-794-8905

Boys Basketball

About: If you are interested in Basketball, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Mark Joseph: mjoseph@ocgov.net, 315-292-4854
- Junior Varsity Head Coach, Jeff Thrasher: jthrasher@uticaschools.org, 315-525-1688

Spring Sports (Proctor High)

The sports listed below are open to all Raiders in the Spring. If you are looking to join a team, sign up through FamilyID, or contact the coaches with any questions.

Girls Softball

About: If you are interested in Softball, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Brandon O'Connor : bocconor@uticaschools.org
- Junior Varsity Head Coach, Francis Williams: fwilliams@uticaschools.org

Boys Baseball

About: If you are interested in Baseball, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Dave Guido: dguido@uticaschools.org
- Junior Varsity Head Coach, Bryan Stamboly: bstamboly@uticaschools.org

Boys Varsity Track

About: If you are interested in Track, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, Jerome Tine: jtine@uticaschools.org
-

Girls Varsity Track

About: If you are interested in Track, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, Kristi Peterson: kpeterson@uticaschools.org
-

Boys Varsity Lacrosse

About: If you are interested in Lacrosse, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, Jim Caswell: jcaswell@uticaschools.org
-

Girls Varsity Golf

About: If you are interested in Golf, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, Joe Guidera : jguidera@uticaschools.org
-

Boys Varsity Golf

About: If you are interested in Golf, consider joining the team! Registration is open to all students who attend Proctor High School.

Contact:

- Varsity Head Coach, John Simmons: jsimmons@uticaschools.org
-

Boys Varsity Tennis

About: If you are interested in Tennis, consider joining the team! Registration is open to all students who attend Proctor High School.

Contacts:

- Varsity Head Coach, Coach Mike Zaloom : mzaloom@uticaschools.org
-

Creativity

This section is dedicated to resources that will help you explore your creativity. Find opportunities for artistic expression at events, groups, and institutions in the area.

Arts

If you are hoping to learn about and participate in Arts in the Utica area, this is the section for you!

Utica Poets Society

About: Utica's Poets Society offers a platform for poets to share their work through spoken word performances in an open mic format.

Website: <https://www.facebook.com/uticapoetsociety/>

Contact: (315) 790-5113

Eligibility Criteria: See Facebook

Players of Utica

About: Players of Utica is the oldest continuously producing community theater in New York State. If you are interested in acting, stage production, or show tunes, you can find out how to get involved at their website.

Contact: (315) 724-7624; **Email:** playersofutica@outlook.com

Facebook: ["Players of Utica"](#)

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

How to get involved: Visit website, contact for more information.

Address: 1108 State St, Utica, NY, United States, New York

Tramonte Cafe

About: Tramontane Cafe is a coffee shop offering low cost food, local goods, and performances.

Website: <https://www.facebook.com/TRAMONTANECAFE>

Contact: (315) 790-5113

Address: 1105 Lincoln Ave, Utica, NY 13502; **Hours of Operation:** Tuesday, 10am - 4pm, Wednesday 7:30am - 4pm, Thursday 10am - 8pm, Friday - Saturday 10am - 4p

Utica Symphony Orchestra

About: As one of the few professional symphonies in the region, Utica Symphony Orchestra aims to make symphonic music accessible to all residents and contribute to the economic, social, and educational development of the Mohawk Valley through their delivery of exceptional performances and outreach activities to connect with the community..

Website: <https://www.cityofutica.com/visiting/attractions/utica-symphony-orchestra/index>

Contact: (315) 732-5146; **Email:** uticasymphony@verizon.net; Marilee Ensign
mjoyensign@gmail.com

Eligibility Requirements: See website, contact by phone or email for more information.

Address: 1435 Herkimer Rd, Utica NY 13502-2716

Broadway Theater League of Utica

About: Broadway Theater League of Utica puts on a variety of family-orientated, multi-generational and sophisticated theatrical productions, exposes the community to the many benefits of live theatre and the performing arts, and provides opportunities for the youth of the community to experience these benefits as well.

Contact: (315) 624-9444; **Email:** info@BroadwayUtica.org

Ages served: All Ages; **Eligibility Criteria:** Open to all. Call or email for more information.

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

Address: 258 Genesee St, Utica NY 13502-4636; **Hours of Operation:** Monday - Friday, 9am - 4pm

Utica Royalties

About: Utica Royalties provides various opportunities, including dance, drumming, art, and hygiene classes every Friday and Saturday. Primary activities include offering classes in dance, drumming, art, and hygiene to children, creating a positive and engaging environment for their personal development.

Contact: (315) 765-0975; **Email:** uticaroyalties@gmail.com;

Eligibility Criteria: See website, contact by phone or email for more information.

Website: <https://www.ucdevelopment.org/youth-programs/utica-royalties.php>

Address: 1116 Rutger St, Utica, NY 13501; **Hours of Operation:** Monday, 5:30pm - 6:30pm; Wednesday, 6:30pm - 7:30pm; Saturday, 1pm - 3pm

Utica Center for Development

About: If you are interested in youth programs and community engagement, the Utica Center for Development might be a match. The center offers various activities, including open gym hours, Wilson's Boxing Camp, and Utica Royalties.

Contact: (315) 765-0975; **Email:** frontdesk@ucdevelopment.org

Ages Served: All ages. **Eligibility Criteria:** See website

Facebook: ["Utica Center for Development INC."](#)

Website: <https://www.ucdevelopment.org/youth-programs/>

Address: 726 Washington St, Utica, NY, United States, New York

Uptown Theatre for Creative Arts, Inc.

About: Uptown Theatre for Creative Arts, Inc. aims to provide Utica, NY, and surrounding communities with a revitalized Uptown neighborhood that serves as a cultural, social, and economic asset to the region. They provide different types of workshops creating a space for community members to flex their creative muscles, engage with one another, and learn something new.

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

Contact: (315) 864-3633; **Email:** info@utcany.org

How to get involved: Visit website, contact for more information.

Address: 2014 Genesee St, Utica, NY 13502

Rome Art and Community Center

About: If you are interested in art in your community, cultural programs, or events for little to no cost, Rome Art and Community Center might be a match. Primary activities include exhibits from local artists, art camps for kids, other fun events and more.

Contact: (315) 336-1040; **Email:** executivedirector@romeart.org

Eligibility Criteria: open to all; **Website:** <https://romeart.org/>

Address: 308 W Bloomfield Street, Rome, NY 13440; **Hours of Operation:** M - Th: 9 am - 4 pm;
F: 9 am - 2 pm

Other Side of Utica, Inc.

About: If you are interested in art in your community, Other Side of Utica, Inc. might be a match. Primary activities include artist talks, exhibitions, private events and more.

Contact: (315) 735-4825; **Email:** kodomenico@verizon.net

How to get involved: See website, visit in-person, contact by phone or email for more information.

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

Address: 2011 Genesee Street Utica, NY 13501

North Utica Community Association

About: North Utica Community Association hosts craft fairs, game nights, dance classes, and more.

Contact: (315) 724-2430; **Email:** NUSC@neighborhoodctr.org

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

Eligibility Criteria: open to all

Address: 50 Riverside Dr #2321, Utica, NY 13502; **Hours of Operation:** M - F 8:30 am - 4:30 pm

The Salvation Army

About: The Salvation Army provides a music program. Check out their Facebook.

Contact: (315)-724-8736; **Email:** kelly.ross@use.salvationarmy.org

Ages served: All Ages; **Eligibility Criteria:** contact by phone or email.

Facebook: ["The Salvation Army of Utica New York"](#)

Website: <https://easternusa.salvationarmy.org/empire/utica/>

Address: 14 Clinton Pl., Utica, NY, United States, New York; **Hours of Operation:** Monday - Friday, 8:30am - 4:00pm

Glimmerglass Theatre Program

About: Glimmerglass is a professional non-profit company dedicated to presenting high-quality productions of opera and musical theater each summer.

Contact: (607)-547-2255; **Email:** info@glimmerglass.org

Ages served: All Ages; **Eligibility Criteria:** Open to all. Call or email for more information.

Facebook: ["The Glimmerglass Festival"](#)

Website: glimmerglass.org

Address: 7300 State Highway 80 Cooperstown, NY 13326; **Hours of Operation:** Monday - Friday, 10am - 5pm

New York State Summer School of the Arts

About: New York State Summer School of the Arts empowers and provides students, in grades 8-12, with the opportunity to enhance their artistic talent under the guidance of professional artists. The program catalyzes personal growth and offers students a platform to explore their creativity and self-expression.

Contact: (518) 474-1201; **Email:** NYSSSA@nysed.gov

Ages served: All Ages; **Eligibility Criteria:** Open to all. Call or email for more information.

Facebook: ["New York State Summer School of the Arts"](#)

Website: oce.nysed.gov/nysssa

Address: 89 Washington Avenue, Albany, NY 1223

Sculpture

If you are interested in sculpture, or would like to learn more about the art form, check out the resources below and get involved!

Sculpture Space, Inc.

About: If you are interested in art in your community, Sculpture Space, Inc. might be a match. Primary activities include a residency program for aspiring artists, events, exhibits, charity auctions, and more.

Website: sculpturespace.org

Contact: (315) 724-8381; **Email:** info@sculpturespace.org

How to get involved: See website for more information.

4 Elements Studio

About: 4 Elements Studio provides pottery classes, workshops, exhibitions, and more.

Website: <https://www.4elementsstudio.org/>

Contact: (315) 765-6923

How to get involved: See class schedule on website.

Address: 1607 Genesee St, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 9am - 4pm

Media

The resources in this section will help you expand your knowledge about media outlets.

Utica Phoenix Radio - WUSP 95.5 The Heat

About: This radio station is Utica's classic hip hop and R&B station.

Phone: (315) 797-2417; **Email:** 955theheat@gmail.com

Facebook: www.facebook.com/95.5TheHeat; **Website:** www.955theheat.com.

Address: 1113 Linwood Place, Utica, New York, 13501

El Zorro Radio Latino

About: This radio station provides some Spanish-speaking music, news, and culture.

Phone: 315-889-8088; **Email:** elzorroration@gmail.com.

Facebook: www.facebook.com/ElZorroRadio/; **Website:** www.983elzorroration.com/.

Address: 1900 Genesee Street, Utica, NY, United States, New York, 13502.

Leadership & Life Skills

The resources in this section will help you strengthen your Leadership & Life Skills through creative opportunities near you. Find a resource that appeals to you and get involved!

Mohawk Valley Junior Frontiers

About: Mohawk Valley Junior Frontiers provides free SAT prep, organizes annual college tours to various educational institutions, offers STEM robotics club programs, and facilitates regional excursions to enhance education and leadership skills.

Contact: (315) 416-5550; **Email:** mvfrontiersclub@gmail.com

Eligibility Criteria: Complete Online Form: www.mvfrontiers.com/junior-frontiers/join-us/

Website: www.mvfrontiers.com/junior-frontiers/

Responsibilities: Attend the bi-monthly meetings on the first and third Wednesday of each month at Watson Williams, 107 Elmwood Pl, Utica, NY 13501, from 5:30-7:30pm. Participate in activities that contribute to the college preparation, STEM education, and leadership development of students in the Mohawk Valley.

Young Entrepreneurs Academy

About This groundbreaking program aims to transform students into real, confident entrepreneurs. Students from all local school districts are welcome to apply, and educators can nominate students they believe will excel in the program. Full and partial scholarships are available for qualifying students.

Contact: (315) 534-0067; **Email:** michelle@484design.com

Eligibility Criteria: middle or high school student

Apply Online:

<https://www.mvcc.edu/cced/community-education/pdf/yea-2023-2024-application.pdf>

Website: <https://www.mvcc.edu/cced/community-education/young-entrepreneurs-academy.php>

The Neighborhood Center - AIM

About: The program, led by adult mentors, offers group sessions for youths aged 13-18, focusing on real-life problem-solving, forward thinking, and life skills development.

Website: <https://www.neighborhoodctr.org/child-care-family-services/project-aim/>

Contact: Arianna DeLoach; **Phone:** (315) 272-2600; **Email:** info@neighborhoodctr.org

Ages served: 13 - 18; **Eligibility Criteria:** contact by email to get involved.

Facebook: "[The Neighborhood Center, Inc.](#)"

Address: 624 Elizabeth St, Utica, NY 13501; **Hours of Operation:** Weekdays 8:30am - 4:30pm

Safe Schools Mohawk Valley - Urban Leadership Institute

About: Safe Schools Mohawk Valley - Urban Leadership Institute is a 5-day conference for accepted high school students designed to empower the next generation of leaders, working on key leadership traits such as communication, decision making, teamwork, and more.

Website: <https://safeschoolsmohawkvalley.org/programs-and-services/#uli>

Contact: (315) 733-7768; **Email:** info@ssmv.org

Eligibility Criteria: Fill out [Online Form](#) or contact by phone or email for more information.

Address: 110 Lomond Ct, Utica, NY 13502; **Hours of Operation:** Monday - Friday, 8am - 4:30pm

Rebuilding the Village

About: "Rebuilding the Village" through the Cornhill One Stop Shop provides assistance with applying for identification documents, housing support, and mentorships programs (for male youth, ages 14 - 24). Their services include aiding in obtaining birth certificates, working papers, social security cards, and driving permits.

Ages served: All Ages

Facebook: "[Rebuilding The Village, Inc](#)"; **Website:** <https://www.rebuildingthevillageutica.com/>

Address: 40 Faxton St. Utica NY 13501

The Angelo Del Toro Puerto Rican/Hispanic Youth Leadership Institute - Utica Chapter

About: Develop your leadership skills, explore opportunities to interact with positive role models, and develop partnerships with educators, business leaders, and other students.

Phone: (315) 433-2664; **Email:** emily.gargiulo@questar.org

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

Additional Creative Opportunities

These additional creative opportunities provide some more options for exploring your creative side. Check out the resources below and get involved!

Utica Zoological Society

About: The Utica Zoological Society regularly offers on-grounds and virtual programs for kids, adults, and families.

Phonet: (315) 738-0472 **Emails:** info@uticazoo.org / kathleen.mcgill@uticazoo.org

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

Boonville Black River Canal Museum

About: Visit the Boonville Black River Canal Museum to learn about local history, engineering, or museums.

Contact: (315) 942-6763; **Email:** contactus@blackrivercanalmuseum.com

Website: <https://blackrivercanalmuseum.com/>

See something missing or want to make an edit? Visit ucsd-eats.com.

Culture & Community

This section is dedicated to providing opportunities to connect with your community and its many local cultures.

Culture

Below, you'll find resources that will help you explore cultural groups and events near you.

Arts

Art is often the best way to experience a culture with which you are unfamiliar, or to celebrate a culture you hold dear! In this section you'll find opportunities to explore local cultures through artistic exhibitions, groups, and events.

Munson Museum

About: Visit Munson Museum for art classes, performances, workshops, films, and more.

Contact: (315) 797-0000; **Website:** <https://www.munson.art/>

Address: 310 Genesee St, Utica, NY 13502; **Hours of Operation:** Tuesday - Saturday, 10am - 5pm; Sundays, 12pm - 5pm

Rome Art and Community Center

About: If you are interested in art in your community, cultural programs, or events for little to no cost, Rome Art and Community Center might be a match. Primary activities include exhibits from local artists, art camps for kids, other fun events and more.

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

Contact: (315) 336-1040; **Email:** executivedirector@romeart.org

How to get involved: See website, contact by phone or email for more information.

Address: 308 W Bloomfield St, Rome, NY 13440; **Hours of Operation:** Monday - Thursday, 9am - 4pm; Friday, 9am - 2pm

Uptown Theatre for Creative Arts, Inc.

About: Uptown Theatre for Creative Arts, Inc. aims to provide Utica, NY, and surrounding communities with a revitalized Uptown neighborhood that serves as a cultural, social, and economic asset to the region. They provide different types of workshops creating a space for community members to flex their creative muscles, engage with one another, and learn something new.

Contact: (315) 864-3633; **Email:** info@utcany.org

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

Address: 2014 Genesee St, Utica, NY 13502

Utica Poets Society

About: Utica Poets Society hosts spoken word poetry and open mic events. The organization offers a platform for poets to share their work through spoken word performances in an open mic format.

Facebook: [“Utica Poets Society”](#)

Eligibility Criteria: open to all!

Midtown Utica Community Center (MUCC)

About: MUCC provides educational and cultural programs, resources, a safe space, and connections to the community. MUCC also provides youth employment and paid internship opportunities.

Contact: (315)-496-1791; **Email:** info@midtownutica.org

Eligibility Criteria: Open to all. Visit the website to see programs.

Website: <http://midtownutica.org>.

Address: 43 Scott St, Utica, NY 13501; **Hours of Operation:** Monday - Thursday, 10am - 5pm

Tramonte Cafe

About: Tramontane Cafe is a coffee shop offering low cost food, local goods, and performances.

Facebook: ["TRAMONTANE CAFE"](#)

Contact: (315) 790-5113

Address: 1105 Lincoln Ave, Utica, NY 13502; **Hours of Operation:** Tuesday, 10am - 4pm,
Wednesday 7:30am - 4pm, Thursday 10am - 8pm, Friday - Saturday 10am - 4pm

Nomadic Voices

About: Nomadic Voices hosts live events for creatives to express themselves through poetry, dance, music.

Contact: (315) 790-5113; **Email:** tabo8@nomadicvoices.com

Facebook: "[Nomadic Voices](#)"

Address: 26 Broad St, Utica, NY 13501

Rebuilding the Village

About: "Rebuilding the Village" through the Cornhill One Stop Shop provides piano lessons on Fridays.

Ages served: All Ages

Facebook: "[Rebuilding The Village, Inc](#)"; **Website:** <https://www.rebuildingthevillageutica.com/>

Address: 40 Faxton St. Utica NY 13501

History

Appreciating History is central to understanding any culture. If you want to better your understanding of cultural history in the area, check out the resources in this section!

Irish Cultural & Historical Society of the MV

About: Explore Irish culture and history at the Irish Cultural & Historical Society of the MV. They host educational talks and classes, entertaining live performances, fun social activities, and more.

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

Contact: (315) 733-4228; **Email:** irishccmv@gmail.com

How to get involved: See website, contact by phone or email for more information.

Address: 623-601 Columbia St, Utica, NY 13502; **Hours of Operation:** Wednesday, 11am - 10pm;
Thursday - Saturday, 4pm - 10pm

Oneida County History Center

About: Visit the Oneida County History Center to explore local history and participate in free historical programs.

Contact: (315) 735-3642; **Email:** preynolds@oneidacountyhistory.org

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

Address: 1608 Genesee St, Utica, NY 13502; **Hours of Operation:** Tuesday - Saturday, 10am - 4pm

Utica Public Library

About: The Utica Public Library provides courses and events for local children and teens, access to the library during open hours, and more. Free for everyone in the local community.

Phone: (315) 735-2279

Ages served: All Ages; **Eligibility Criteria:** open to all. Apply for a library card in person.

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

Address: 303 Genesee St, Utica, NY 13501; **Hours of Operation:** Monday - Thursday, 9am - 8pm,
Friday, 9am - 5pm, Saturday, 9:30am - 12:30pm

Multicultural Organizations

The resources in this group will help you connect with cultural groups in your area. Whether you are hoping to find groups and events that celebrate your culture, or you want to learn about others, the resources below are here to help.

Jewish Community Federation of the Mohawk Valley

About: The Jewish community Federation offers preschool and sports programs, community events, and more.

Contact: (315) 733-2343; **Email:** victor@jccutica.net

Website: <https://jccutica.net/>

Address: 2310 Oneida St, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 8am - 4pm

Bosnian American Community Association

About: The Bosnian American Community Association provides community, events and programs for other Bosnians in Utica.

Email: bacautica@gmail.com; **Facebook:** “[Bosnian American Community Association - BACA](#)”

The Angelo Del Toro Puerto Rican/Hispanic Youth Leadership Institute - Utica Chapter

About: Develop your leadership skills, explore opportunities to interact with positive role models, and develop partnerships with educators, business leaders, and other students.

Phone: (315) 433-2664; **Email:** emily.gargiulo@questar.org

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

Wat Satheathek-Uticaram Buddhist Community

About: Explore Cambodian Buddhist culture and practices at Wat Satheathek-Uticaram. Primary activities include daily worship sessions, almsgiving events to the monks every morning, weekly ceremonies, and celebrations of important Buddhist holidays. The temple is welcoming to outsiders, and a small group of community members actively participates in the temple's activities.

Contact: (315) 735-3599; **Email:** temple1552@yahoo.com

Website: <https://khemrtempleutica.wordpress.com/>

Address: 1552 Steuben St, Utica, NY 13501

The Q Center (ACR Health)

About: The Q Center at ACR Health is a safe space for lesbian, gay, bisexual, transgender, queer, and questioning youth, their families, and allies to gather, share, and receive support. They offer case management assistance, after-school programs, support groups, special events, free HIV testing and more.

Contact: Cam Clarey (they/them) (315) 898 - 2515; **Email:** havallone@acrhealth.org

Ages served: 5+; **Eligibility Criteria:** Contact through phone or email.

Facebook: [“ACR Health”](#); **Website:** acrhealth.org/youth-programs/q-centers/

Address: 617 W Genesee St, Syracuse, NY 13204 **Hours of Operation:** Monday - Friday, 8:30am - 4:30pm

Mohawk Valley Latino Association

About: If you are interested in accessing culturally-sensitive services and support for the Latino community in the Mohawk Valley, the Mohawk Valley Latino Association (MVLA) might be a match. Primary activities include providing services and support tailored to the needs of the Latino community.

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

Contact: (315) 864-8419; **Email:** mvla@mvlautica.org.

How to get involved: For more information or to access services, you can contact the Mohawk Valley Latino Association (MVLA) directly.

Address: 28 Scott St, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 9am - 5pm

The Center

About: If you are seeking assistance with resettlement and integration into the community, The Center might be the right resource for you. Our experts provide support to individuals from diverse backgrounds, aiming to facilitate the integration process.

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

Contact: (315)-738-1083; **Email:** info@thecenterutica.org

How to get involved: Contact by email or Website Contact Form.

Knaw Club - Midtown Utica Community Center

About: Their mission is to celebrate and educate people about Knaw culture through food, dance, games, and other fun activities!

Contact: 315-680-0395.; **Email:** info@midtownutica.org.

Ages served: 14 - 18 years old. **Eligibility Criteria:** open to any youth.

Social media:

- Facebook: www.facebook.com/MidtownUticaCommunityCenter.
- Instagram: www.instagram.com/midtownutica/
- LinkedIn: www.linkedin.com/company/midtown-utica-community-center/.

Website: www.midtownutica.org.

Address: 43 Scott Street, Utica, New York, 13501.

How to get involved: Contact by email or phone number.

Utica Phoenix Newspaper

About: Utica's black-owned independent newspaper.

Website: www.uticaphoenix.net/

Contact: 315-797-2417; **Email:** uticaphoenix@gmail.com.

Address: 1113 Linwood Place, Utica, New York, 13501

Social media:

- Facebook: www.facebook.com/TheUticaPhoenix/

How to get involved: Contact them through their online form to share any news ideas or have any questions: www.uticaphoenix.net/contact-us/.

Utica People of Myanmar - Redeemer Church

About: No matter where you are or what season of life you are in, you are always welcome at any one of our Redeemer Campus locations. Church services are held every Sunday at 10:45 A.M.

Contact: (315) 507-2290

Ages served: All ages. **Eligibility Criteria:** open to all

Social media:

- Facebook: www.facebook.com/redeemerchurch.
- Instagram: www.instagram.com/redeemerchurch/
- X: www.twitter.com/redeemertv

Website: www.myredeemerchurch.com/peopleofmyanmar/

Address: 412 South Street, Utica, New York, 13501

How to get involved: Contact by email or phone number. You can visit in person.

Utica Karen Wesleyan Church

About: This church holds a main worship service every Sunday at 10:00 A.M., youth Bible study every Wednesday at 5:00 P.M., and youth worship service every Saturday at 6:00 P.M.

Contact: 315-793-7699; **Email:** ukwc123@gmail.com.

Ages served: All ages. **Eligibility Criteria:** open to all.

Social media:

- Facebook: www.facebook.com/people/Utica-Karen-Wesleyan-Church/100070767142237/.
- YouTube: www.youtube.com/channel/UCghv5xoGfCv4bjbKpIwi2vA.

Website: www.uticakarenwesleyanchurch.org.

Address: 421 South Street, Utica, New York, 13501.

How to get involved: Contact by email or phone number. You can visit in person.

Utica Karen Community

About: Provides support services for the local Karen community.

Ages served: All ages. **Eligibility Criteria:** must identify as Karen.

Social media:

- Facebook: www.facebook.com/uticakarencommunity/.

How to get involved: Contact through Facebook.

Myanmar Muslim Community of Utica Da Da Pu Sufi Center

About: They are a Muslim Sufi community, and most of their members are immigrants from Myanmar, also known as Burma. They provide worship and support services for this community.

Email: bilalzain1993@gmail.com.

Ages served: All ages. **Eligibility Criteria:** open to all.

Social media:

- Facebook:
www.facebook.com/p/Masjid-Sujud-Shah-Myanmar-Muslim-Community-of-Utica-Da-Da-Pu-Sufi-Center-100066453175825/

Address: 781 Lansing Street, Utica, New York, 13501.

How to get involved: Contact by email. You can visit in person.

Utica Somali Bantu Group

About: A group that provides support services to the Somali Bantu community.

Contact: 315-793-7699; **Email:** hawajuma243@gmail.com.

Ages served: All ages. **Eligibility Criteria:** open to anyone who is part of the Somali Bantu community.

Website: www.midtownutica.org.

Address: 50 Faxton Street, Utica, New York, 13501.

How to get involved: Contact by email. You can visit in person.

Alpha Kappa Alpha Sorority - Nu Psi Omega

About: A sorority organization focused on cultivating and encouraging high scholastics and ethical standards, promoting friendships and unity among college women, and studying and helping alleviate problems concerning girls and women to improve their social stature.

Ages served: 18+ **Eligibility Criteria:** open to women.

Website: www.akanupsiomega.org/.

How to get involved: Contact through their online form: www.akanupsiomega.org/contact/

Black Leadership Coalition

About: A group of Black and Latino not-for-profits, faith-based organizations, community groups and individuals addressing racial inequities. Their mission is to promote equity, empowerment, inclusion, and justice for local people of color. Their meetings are held every first and third Thursdays of the month.

Email: jawwaadrasheed@gmail.com.

Ages served: All ages. **Eligibility Criteria:** open to all.

How to get involved: Contact by email.

Italian Heritage Club

About: This club's purpose is to celebrate the Italian culture in the Mohawk Valley

Phone: 315-733-6106.

Email: ihcmv2012@gmail.com.

Ages served: All ages. **Eligibility Criteria:** open to all.

Social media:

- Facebook: www.facebook.com/ItalianHeritageClub/.

How to get involved: Contact by email or phone number.

Polish Community Club

About: This place provides an event venue for people interesting in hosting an event there, as well as serves food as part of the Polish culture.

Phone: 315-732-0089.

Email: Apyrda@hotmail.com.

Ages served: All ages. **Eligibility Criteria:** open to all.

Social media:

- Facebook: www.facebook.com/profile.php?id=100064377501974.

Website: www.pccutica.com/.

Address: 810 Columbia Street, Utica, New York, 13502.

How to get involved: Contact by email or phone number. You can visit in person.

Bosnian Islamic Association of Utica

About: This place provides support to any Bosnian who is associated with the Islamic religion and a place to worship.

Contact: 315-765-0223; **Email:** biautica@gmail.com.

Ages served: All ages. **Eligibility Criteria:** open to any Bosnian who identifies with the Islamic religion.

Social media:

- Facebook: www.facebook.com/bosnianaia/.

Website: www.biautica.org.

Address: 306 Court Street, Utica, New York, 13502.

How to get involved: Contact by email or phone number. You can visit in person.

Dzemat West Bosnian Islamic Association of Utica

About: This place provides support to any Bosnian who is associated with the Islamic religion and a place to worship.

Phone: 315-790-5345.

Email: dzematwbicuticany@facebook.com.

Ages served: All ages. **Eligibility Criteria:** open to any Bosnian who identifies with the Islamic religion.

Social media:

- Facebook: www.facebook.com/dzematwbicofuticany/.
- Instagram: <https://www.instagram.com/explore/locations/1020767563/dzemat-west-bosnian-islamic-center-of-uticany/>.

Address: 763 Bleecker Street, Utica, New York, 13501.

How to get involved: Contact by email or phone number. You can visit in person.

Bosanski Behar Inc.

About: The purpose of this Folklore dance group is to help preserve Bosnian traditions, culture, and heritage within the community through the teachings and cultivation of customs, dance, and arts. While still passing these traditions to our newer generations, we are also adding in our own unique, modern style to keep our supporters on their toes!

Email: Bosanskibeharutica@gmail.com

Ages served: All ages. **Eligibility Criteria:** open to all.

Social media:

- Facebook: www.facebook.com/bosanskibehar
- Instagram: https://www.instagram.com/bosanski_behar/?hl=en

How to get involved: Contact by email or through the online contact form: <https://www.bosanskibehar.com/contact>.

St. Louis Gonzaga Church

About: This is a church that worships Catholicism, specifically Maronite Catholic. They also organize the “Taste of Lebanon” event in the summer, where people can experience Lebanon culture.

Phone: 315-732-6019; **Email:** saintlouisgonzaga@gmail.com

Ages served: All ages. **Eligibility Criteria:** open to all.

Facebook: [“Saint Louis Gonzaga Maronite Church”](#); **Website:** www.saintlouisgonzaga.org/

Address: 520 Rutger Street, Utica, New York, 13501.

How to get involved: Contact by email or phone number. You can visit in person.

Yemeni American Cultural Organization

About: This group is focused on providing support for Yemeni-Americans and celebrating the culture around Yemeni.

Ages served: All ages. **Eligibility Criteria:** open to anyone who identifies as Yemeni-American.

Social media:

- Facebook: www.facebook.com/groups/Yemeniameirican/.

How to get involved: Contact their Facebook.

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Volunteer & Community

This section is dedicated to connecting you to your community. You'll find opportunities to support your neighbors through volunteering, and to explore groups and events in your area.

Neighborhood Associations

Cornhill Neighborhood Association (CHNA)

When: 2nd Tuesday of every month at 6PM

Where: Midtown Utica Community Center (MUCC): 40 Faxton St.

Email: Fhamilton@gmail.com

East Utica Concerned Neighborhood Association (EUNA)

When: 1st Monday of every month at 6pm

Where: Chancellor Apartments: 417 Bleecker St.

Email: Lucretiahunt@gmail.com

West Utica (WUNA)

When: 2nd Wednesday of every month at 6pm

Where: Irish Cultural Center: 623 Columbia St.

Email: westuticaneighborhood@gmail.com

South Utica Neighborhood Association (SUNA)

When: 2nd Monday of the month, 6-730pm

Where: Val Bialas Ski Center: 210 Memorial Pkwy,

Email: Neighborhood@gmail.com

North Utica Neighborhood Association (NUNA)

When: 4th Monday of the month at 6:30pm

Where: North Utica Community Center: 50 Riverside Drive, Utica

Facebook: "[North Utica Community Association](#)"

Civic Service

The resources in this section provide opportunities to people to become more civically involved in their community.

Utica-Oneida County NAACP (Branch #2167)

About: A civic organization focused on addressing youth engagement, health equity, economic development, education innovation, environmental and climate justice, and racial and social justice

issues. They meet the second Monday of each month, except for July and August. The meetings are either virtual or in person.

Email: naacputica.oneida@gmail.com

Ages served: All ages; **Eligibility Criteria:** open to all

Facebook: [“Utica Naacp”](#); **Website:** www.uticakarenwesleyanchurch.org

Address: 40 Faxton Street, Utica, New York, 13501

Oneida County Board of Elections

About: The Oneida County Board of Elections is committed to upholding the highest standards of integrity in the election process, the Board of Elections administers all federal and state election laws. Whether you are a voter seeking information on registration, polling locations, or election dates, or if you are interested in understanding the election laws that govern the county, the Oneida County Board of Elections is a valuable resource.

Phone: (315) 798-5765; **Email:** BoardofElections@ocgov.net

Democratic Commissioner: sbormann@ocgov.net; **Republican Commissioner:** nshortell@ocgov.net

Contact by Phone / Email / Online Form: <https://ocgovboe.net/contact-us/>

Ages served: 18+; **Eligibility Criteria:** Oneida County residents 18+. Contact or visit a website to learn more.

Facebook: [“Oneida County Board of Elections”](#); **Website:** <https://ocgovboe.net/>

Address: 321 Main St #3, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 8:30am - 4:30pm

Rebuilding the Village

About: They provide regular after-school programs and activities that include and center African-American programming for youth including the celebration of Kwanzaa.

Ages served: Youth age. **Eligibility Criteria:** open to any youth.

Facebook: [“Rebuilding The Village, Inc”](#); **Website:** www.rebuildingthevillageutica.com.

Address: 410 James Street, Utica, New York, 13501.

Emerging Leaders United - Political Youth Coalition

About: ELU brings together a diverse community of young professionals dedicated to community service and volunteerism. By uniting the next generation of philanthropists, ELU aims to drive meaningful social change and improve the well-being of communities across the region.

Phone: (518) 456-2200; **Email:** EmergingLeaders@unitedwaygcr.org

Ages served: 18+; **Eligibility Criteria:**

Social Media links: [“United Way of the Greater Capital Region”](#)

Mohawk Valley Junior Frontiers

About: Mohawk Valley Junior Frontiers provides free SAT prep, organizes annual college tours to various educational institutions, offers STEM robotics club programs, and facilitates regional excursions to enhance education and leadership skills.

Contact: (315) 416-5550; **Email:** mvfrontiersclub@gmail.com

Eligibility Criteria: Complete Online Form: www.mvfrontiers.com/junior-frontiers/join-us/

Website: www.mvfrontiers.com/junior-frontiers/

Responsibilities: Attend the bi-monthly meetings on the first and third Wednesday of each month at Watson Williams, 107 Elmwood Pl, Utica, NY 13501, from 5:30-7:30pm. Participate in activities that contribute to the college preparation, STEM education, and leadership development of students in the Mohawk Valley.

Mid-Utica Neighborhood Preservation Corporation (MUNPC) - Leisure Time Activity Center

About: MUNPC focuses on services to senior citizens, and serves as one of the few facilities available to the community, for a small rental fee, to hold gatherings such as meetings, repast, family reunions, birthdays and anniversaries, receptions, and other types of community events.

Email: munpcenter@yahoo.com.

Ages served: All ages. **Eligibility Criteria:** open to all.

Facebook: [“Leisure Time Activity Center”](#); **Website:** www.munpc.org

Cornhill Cares - Harvest on the Hill

About: Organizes Harvest on the Hill, regularly responds to community needs through workshops and listening circles, and promotes local events.

Email: cornhillcares315@gmail.com; **Facebook:** [“Harvest Hill”](#)

Ages served: All ages. **Eligibility Criteria:** open to all

CNY Deliveries Unlimited

About: This company is a moving, delivery, and heavy lifting concierge service. For the youth, they have an annual Water Safari trip. Contact Tyra K. McKinsey for more information about this Water Safari trip.

Phone: 315-275-8684;

Ages served: All ages. **Eligibility Criteria:** open to all.

Social media:

- Facebook: CNY Deliveries Unlimited (www.facebook.com/cnydeliveries/).
 - Facebook: Tyra K McKinsey (www.facebook.com/tyra.k.mckinsey).
-

Citizen Action

About: This is a grassroots membership organization taking on big issues that are at the center of transforming society. They look for opportunities to accomplish big changes - not small, incremental reforms. They work to elect progressive candidates to office who are committed to these issues. Their power comes from the grassroots: people coming together to push the edge of the possible. Every new member helps bring New York and America closer to a society that works for all of us!

Phone: 315-725-0974; **Email:** centralny@citizenactionny.org.

Ages served: All ages. **Eligibility Criteria:** open to all.

Facebook: www.facebook.com/citizenactionny; **Website:** www.citizenactionny.org/.

Address: 500 Plant Street, Utica, New York, 13502.

League of Women Voters

About: The LWV is a nonpartisan, grassroots nonprofit dedicated to empowering everyone to fully participate in the democratic process. The organization engages in advocacy, education, litigation, and organizing to protect every American's freedom to vote.

Contact: (202) 429-1965; **Email:** lwv@lwv.org

Facebook: "[League of Women Voters of the US](#)"; **Website:** <https://www.lwv.org/>

Ages served: All Ages

League of Women Voters - Students Inside Albany

About: An annual initiative that provides high school students across New York State with a unique opportunity to gain firsthand knowledge about state government. The program's main objectives are to enhance students' understanding of their role in representative government and equip them with essential tools to fulfill that responsibility. During the conference, participants engage in interactive lectures covering various topics, including the state budget process, the role of lobbyists in legislation, citizen rights in accessing government information, media's role in politics, and efforts to reform state government. Additionally, students get the chance to tour the state Capitol and shadow their respective Senators and Assemblymembers during legislative sessions, offering a unique and immersive learning experience.

Email: laguerremedia@gmail.com.

Ages served: High school-age students. **Eligibility Criteria:** Open to high school students. Contact to learn more.

Website: www.my.lwv.org/new-york/utica-rome-metropolitan-area/students-inside-albany.

Oneida County Democratic Committee

About: Their primary mission is to recruit, support, and elect Democrats to office.

Email: MFord75281@aol.com.

Ages served: 18+. **Eligibility Criteria:** open to any registered Democratic voter.

Facebook: "[Oneida County Democratic Committee](#)"; **Website:** www.oneidacountydemocrats.org.

Oneida County Republican Committee

About: Their primary mission is to recruit, support, and elect Republicans to office.

Phone: 315-525-5833.

Ages served: 18+; **Eligibility Criteria:** open to any registered Republican voter.

Facebook: [“Oneida County NY Republican Committee”](#); **Website:** www.nygop.org/page/oneida

ICAN - SNUG

About: The program engages the highest-risk individuals who are causing violence in communities with high rates of violent crime, addresses the issues that may be causing high-risk individuals to engage in gun violence, and educates the community on how violence is spread.

Phone: 315-792-9039

Ages served: All ages. **Eligibility Criteria:** open to all.

Facebook: [“SNUG Utica”](#); **Website:** www.ican.family/programs/snug/.

Address: 310 Main Street, Utica, New York, 13501.

Utica Civic Development Corporation

About: The Utica Civic Development Corporation assists in the enhancement and diversity of the economy of the City of Utica by acting in support of projects in the City of Utica that create and/or retain jobs and promote private sector investment utilizing the statutory powers of the Local Development Corporation as set forth under the provisions of the of the laws of the State of New York.

Phone: 315-792-0195; **Email:** jspaeth@cityofutica.com

Website: cityofutica.com

Address: 1 Kennedy Plaza Utica, New York 13502; **Hours of Operation:** Monday - Friday 8:30AM - 4:30PM

Utica City Common Council

About: The common council acts as the legislative branch of the city government, as well as its policy-making body. The council also looks at the city's goals, major projects and infrastructure improvements ranging from community growth to land use to finances and strategic planning. There are meetings held that the general public can attend.

Contact: Rocco Giruzzi; **Phone:** 315- 792-0113; **Email:** rgiruzzi@cityofutica.com

Address: 1 Kennedy Plaza Utica, New York, 13502

Website: <https://www.cityofutica.com/government/common-council/index>

Facebook: **“Utica Common Council”**

Utica Civilian Public Safety Advisory Board

About: The common council acts as the legislative branch of the city government, as well as its policy-making body. The council also looks at the city's goals, major projects and infrastructure improvements ranging from community growth to land use to finances and strategic planning. There are meetings held that the general public can attend.

Contact: Tiffanie Davis; **Phone:** 315- 223-3411; **Email:** tiffaniedavis.realtor@gmail.com

Eligibility Criteria: All Utica residents are welcome to attend town halls.

Address: 1 Kennedy Plaza Utica, New York, 13502

Volunteer Opportunities

The resources in this section provide opportunities to support those in need in your community. You'll find organizations that are dedicated to helping provide necessities in the area. All help is appreciated, so if you have a chance to help, get involved!

Hope Chapel Association

About: If you are interested in participating in religious and community activities, Hope Chapel Association might be a match. Primary activities include religious services and community events.

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

Contact: (315) 732-0536 **Email:** hopechapeamezion@gmail.com

How to get involved: Contact Hope Chapel Association for more information on their religious services and community events. Visit their place of worship and inquire about opportunities to engage in community activities and religious practices.

Johnson Park Center

About: JPC provides food assistance, emergency housing, and childcare/afterschool programs. Visit their website to volunteer.

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

Contact: (315) 734-9608

Email: info@johnsonparkcenter.org

Center For Family Life and Recovery, Inc.

About: The Center for Family Life and Recovery provides behavioral health services, prevention services, and community and family recovery services.

Phone: (315) 733-1709

Ages served: All Ages; **Eligibility Criteria:**

Facebook: [“Center For Family Life and Recovery, Inc.”](#)

Website: <https://www.whenthereshelpthereshope.com/>

Address: 502 Court St #401, Utica, NY 13502; **Hours of Operation:** Monday, 8:30am - 4pm, Tuesday - Wednesday, 8:30am - 8pm, Thursday, 8:30am - 9pm, Friday, 8:30am - 4pm

Cornerstone Community Church

About: They are a low barrier/harm reduction emergency overnight shelter for people experiencing homelessness. They also give out food and clothes.

Phone: 315-735-8586; **Email:** plymouthbethesda@cornerstoneutica.com; diana@cornerstoneutica.com.

Facebook: [“Cornerstone Community Church”](#);

Website: www.cornerstoneutica.com/

Address: 500 Plant Street, Utica, New York, 13502.

Hours of Operation: Monday - Friday, 9am - 5pm, and Sunday, 9am - 12:30pm.

Mohawk Valley Latino Association

About: If you are interested in accessing culturally-sensitive services and support for the Latino community in the Mohawk Valley, the Mohawk Valley Latino Association (MVLA) might be a match. Primary activities include providing services and support tailored to the needs of the Latino community.

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

Contact: (315) 864-8419; **Email:** mvla@mvlautica.org

How to get involved: For more information or to access services, you can contact the Mohawk Valley Latino Association (MVLA) directly.

Address: 28 Scott St, Utica, NY 13501; **Hours of Operation:** Monday - Friday, 9am - 5pm

The Neighborhood Center - AIM

About: The program, led by adult mentors, offers group sessions for youths aged 13-18, focusing on real-life problem-solving, forward thinking, and life skills development.

Website: <https://www.neighborhoodctr.org/child-care-family-services/project-aim/>

Contact: Arianna DeLoach; **Phone:** (315) 272-2600; **Email:** info@neighborhoodctr.org

Ages served: 13 - 18; **Eligibility Criteria:** contact by email to get involved.

Facebook: "[The Neighborhood Center, Inc.](#)"

Address: 624 Elizabeth St, Utica, NY 13501; **Hours of Operation:** Weekdays 8:30am - 4:30pm

ARC of Oneida/Lewis

About: The Arc Oneida-Lewis provides a full spectrum of educational, vocational, employment, residential, family support, guardianship, respite, recreational rehabilitation, day habilitation, clinical, children, adult, and senior services for people with developmental disabilities and their families.

Contact: (315) 735-6477; **Email:** arcpr@thearcolc.org

Facebook: [“The Arc, Oneida-Lewis”](#); **Website:** <https://www.thearcolc.org/>

Address: 245 Genesee St. Utica, NY 13501; **Hours of Operation:** M-F: 8:30-4 PM

Office for the Aging

About: The purpose of Oneida County Office for the Aging and Continuing Care is to serve as the lead planning, funding, and advocacy agency for older adults, individuals with disabilities, their families, and caregivers.

Website: <https://ocgov.net/departments/office-for-aging-and-continuing-care/>

Contact: June Hanrahan; **Phone:** (315) 768-3641; **Email:** jhanrahan@ocgov.net

Address: 235 Elizabeth St. Utica, NY 13501 ; **Hours of Operation:** M-F: 8:30-4:30 PM

Utica Rotary Club - Tree Planting

About: If you are a business, professional, or community-minded individual looking for an opportunity to make a positive impact in the lives of others, the Utica Rotary Club might be a match. The Utica Rotary Club is committed to serving the local community and promoting high ethical standards, fellowship, and goodwill worldwide.

Primary activities include community service projects, and one of the initiatives is tree planting, contributing to environmental sustainability and community beautification.

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

Phone: (315) 351-2591; **Email:** UticaUrbanTreeProject@gmail.com

How to get involved: If you are interested in joining the Utica Rotary Club and participating in community service projects such as tree planting, reach out to the club for more information on membership and upcoming initiatives. Online Form:

<https://uticarotary.org/form/membership-inquiry/>

Ages served: All Ages

Social Media link: https://www.facebook.com/uticarotary/?ref=embed_page

United Way of the Mohawk Valley

About: Their mission is to create a thriving community by connecting people, resources, and solutions throughout the Mohawk Valley.

Phone: 315-733-4691

Ages served: All Ages; **Eligibility Criteria:** call to get assistance.

Website: www.unitedwaymv.org/

Address: 258 Genesee Street, Utica, New York, 13502.

Take the Lead: In Utica

About: Take the Lead provides tools, resources & opportunities for our community to win back power

Email: takethelead.utica@gmail.com; **Facebook:** [“Take the Lead: In Utica”](#)

On Point for College

About: On Point for College provides free services such as college attainment support, career planning and placement assistance, and support for non-college post-secondary credential attainment. Successful participants in the program have gone on to achieve their educational and career goals.

Phone: (315) 790-5588; **Website:** <https://www.onpointforcollege.org/>

How to get involved: If you are passionate about supporting students of all ages and backgrounds in pursuing higher education and post-secondary credentials, consider volunteering with On Point for College. Explore opportunities to mentor, provide guidance, and contribute to the success of individuals facing various challenges. Contact On Point for College to learn more about how you can make a positive impact on students' educational journeys. Online Form: <https://www.onpointforcollege.org/programs-and-services/signing-up/>

Utica Royalties

About: Utica Royalties provides various opportunities, including dance, drumming, art, and hygiene classes every Friday and Saturday. Primary activities include offering classes in dance, drumming, art,

and hygiene to children, creating a positive and engaging environment for their personal development.

Contact: (315) 765-0975; **Email:** uticaroyalties@gmail.com;

Eligibility Criteria: See website, contact by phone or email for more information.

Website: <https://www.ucdevelopment.org/youth-programs/utica-royalties.php>

Address: 1116 Rutger St, Utica, NY 13501; **Hours of Operation:** Monday, 5:30pm - 6:30pm; Wednesday, 6:30pm - 7:30pm; Saturday, 1pm - 3pm

Utica Bike Rescue

About: Utica Bike Rescue provides refurbished bicycles, bicycle safety, and bicycle maintenance programs. Their primary activities include serving children, students, refugees, and households with lower incomes.

Contact: (315) 525-9554; **Email:** matt@uticabikerescue.org

Website: <http://uticabikerescue.org/>

Eligibility Criteria:

Address: 8 College St, Clinton, NY 13323

Utica Public Library

About: The Utica Public Library provides courses and events for local children and teens, access to the library during open hours, and more. Free for everyone in the local community.

Phone: (315) 735-2279

Ages served: All Ages; **Eligibility Criteria:** open to all. Apply for a library card in person.

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

Address: 303 Genesee St, Utica, NY 13501; **Hours of Operation:** Monday - Thursday, 9am - 8pm, Friday, 9am - 5pm, Saturday, 9:30am - 12:30pm

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