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## About Us

### NIAGARA PRIDE, INC.

Lockport, NY 14094, USA

Phone: 716-298-7656 | Website: [www.niagarapride.org](http://www.niagarapride.org)

We are an independent 501(c)(3) organization, serving LGBTQ+ individuals and families in Niagara County, NY and surrounding Western New York areas. Niagara Pride does a number of community service events, like backpack, clothing, and food drives to benefit local LGBTQ+ youth and adults. We host educational programs like health fairs and our Lunch and Learn Series, where we showcase local healthcare, business, shelters, and religious providers who provide LGBTQ+ specific programs or affirming services. Additionally, Niagara Pride hosts and puts together community June Pride events and programming in Niagara County, as well as other cultural/social events in an effort to create safe spaces for LGBTQ+ individuals to meet and socialize. Niagara Pride, Inc. is thrilled to be in Niagara County, representing the LGBTQ+ community.

Our Provider Directory which features a wide variety of community service providers who offer either LGBTQ+ specific programming and/or offer LGBTQ+ affirming services. The directory is available as a free community resource. Community service providers ranging from medical, legal, counseling, accounting, spiritual, housing, youth, and other services are encouraged to list their services so that the LGBTQ+ community is aware of what resources are available.

Providers wishing to be listed can complete the form located here: <https://portal.niagarapride.org/provider-directory>

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## Adult Education/Literacy

### LITERACY BUFFALO NIAGARA

1 Lafayette Square, Buffalo, NY 14203, USA

Phone: 716-433-7014 | Website: [www.literacybuffalo.org](http://www.literacybuffalo.org)

Our Adult Literacy Tutoring Program assists adults, ages 18+, to develop their English and reading skills. Our English Language Learner program focuses on developing listening and speaking skills in English while our Basic Literacy Learner program focuses on developing reading and writing skills. Students are assigned to an individual volunteer tutor who is trained and supported by the agency. Tutoring pairs are required to meet for 2 hours per week at a public location for one year. Students are required to do daily homework in order to best advance their skills. Individuals interested in learning more about the program may contact our main office.

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## Alternative/Holistic Health Services

### ASHVIN EVOLUTION CENTER

Buffalo, NY 14214, USA

Phone: 716-221-4873 | Website: [www.ashvinevolution.com/](http://www.ashvinevolution.com/)

Holistic life coaching, education and consulting.

Our Mission: We believe the motivation of spiritual development is an intricate part of transformation and ultimately can relieve behavioral and emotional experiences of distress. Our innermost self thrives gloriously deep within us whilst the chaos of day to day happenings whirl around. Our life is infiltrated with so many distractions, and at times it is difficult to see clearly enough to step in the direction of your hopes and dreams. As the authentic self is realized your life will flow easily and inner peace will be abundant. Together, we will begin to discover ways that will benefit your personal growth and empower your inner wisdom.

### BUFFALO METROPOLITAN ACUPUNCTURE

2940 Delaware Ave Suite 104, Kenmore, NY 14217, USA

Phone: 716-271-0024 | Website: [www.buffalometroacu.com](http://www.buffalometroacu.com)

Our areas of special interest include: pain relief, stress reduction, mental health, addiction, LGBTQIA+ health, women's health, oncology support, musculoskeletal and sports injuries, sleep conditions, allergies, headaches and migraines, digestive complaints, and immune boosting. This is not a comprehensive list of conditions we treat. The World Health Organization (WHO) recognizes Traditional Chinese Medicine (TCM) as an effective treatment option for many diseases and related health problems. Contact us so we can determine if acupuncture is right for you.

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## Church and Spiritual Care

### FIRST UNITARIAN UNIVERSALIST CHURCH OF NIAGARA

639 Main St, Niagara Falls, NY 14301, USA

Phone: 716-285-8381 | Website: [www.firstuunf.org/](http://www.firstuunf.org/)

An hour long service beginning at 11 AM with a coffee hour following. We are a liberal religious organization which wells all people. We have different speakers in our pulpit each Sunday from Sept. thru June. In the summer we have smaller lay-led services. Our large building would welcome groups which might want to meet there.

### ST. PETER'S EPISCOPAL CHURCH

140 Rainbow Blvd, Niagara Falls, NY 14303, USA

Phone: 716-282-1717 | Website: [www.stpetersniagarafalls.org](http://www.stpetersniagarafalls.org)

Sunday Service at 10 am; AA Groups meet weekly; Blessing Box (Mini Pantry) Outside Church - 24/7; Counseling by appointment

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## Community Support and Resource Center

### 211 WNY

Buffalo, NY 14209, USA

Phone: 888-696-9211 | Website: [www.211wny.org/](http://www.211wny.org/)

Connects people to services in their community that can help them with the problems or situations they are facing. The types of services 211 can link to include basic needs, food, shelter, health and mental health services, consumer services, disability services, family supports, education services, employment services, and more. Contact via text is available Monday-Friday, 8:30am-3:30pm; text your zip code to 898-211.

### BUFFALO GAY MEN'S CHORUS

533 Amherst St, Buffalo, NY 14207, USA

Phone: 716-883-1277 | Website: [www.TheBGMC.org](http://www.TheBGMC.org)

An all male voice chorus, open to singers with varying levels of singing ability. The Buffalo Gay Men's Chorus is dedicated to producing vocal music of high quality in the rich tradition of men's choral singing. We seek through song not only to entertain, but to enlighten. We sing to create harmony as we celebrate pride in the community and in ourselves. Our organizations is always welcoming and open to accept volunteers supporting of the LGTQ+ community.

### COMMUNITY MISSIONS OF NIAGARA FRONTIER, INC. (CMI)

STELA NIAGARA, NY 14092, USA

Phone: 716-285-3403 | Website: [www.communitymissions.org](http://www.communitymissions.org)

Since its founding in 1925, Community Missions (CMI) has provided a unique blend of services to address the needs of the Niagara community.

## **Community Support and Resource Center (contd.)**

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In general, CMI serves a vulnerable population of individuals that, through a variety of circumstances, have been underserved, marginalized, overlooked and challenging in their presentations and behaviors. The initial population served was homeless individuals and families, which are still served today. The agency currently provides 21 programs within its four divisions: Crisis & Community Services, Mental Health Housing Services, Mental Health Recovery Services, and Youth Services. The agency serves a diverse set of populations, including youth, adults, families, homeless, youth involved with the juvenile justice system, youth and adults with psychiatric challenges, persons living with HIV/AIDS, trafficked youth and adults, and ex-offender parole individuals.

### **H LINE (NYS HIV, STI, HEPATITIS C HOTLINE)**

2740 Martin Ave, Bellmore, NY 11710, USA

Phone: 800-541-2437 | Website: [nyaidline.org/](http://nyaidline.org/)

The H Line (New York State HIV/STI/HCV hotline) provides HIV, STI and Hepatitis C education, risk reduction information and referrals. The hotline services are available free of charge to the general public.

English Hotline: 1-800-541-2437

Spanish Hotline: 1-800-233-7432

Hours of Operation: M-F 8am-8pm, Sat-Sun 10am-6pm

### **PFLAG BUFFALO/NIAGARA**

725 Hertel Ave, Buffalo, NY 14207, USA

Phone: 716-883-0384 | Website: [www.pflagbuffalo.org](http://www.pflagbuffalo.org)

PFLAG Buffalo/Niagara is a local chapter of a national support, education, and advocacy group for parents, friends, and families of LGBTQ+ loved ones. We meet monthly for a sharing and support meeting and have a helpline for calls. We offer support for those who have found out that a loved one is LGBTQ+ and want a caring place of people who have had similar experiences and want to help.

### **PARRINO CONSULTING**

Tonawanda, NY 14150, USA

Phone: (none) | Website: [www.facebook.com/ParrinoConsulting/](https://www.facebook.com/ParrinoConsulting/)

Email: [RachelParrino@gmail.com](mailto:RachelParrino@gmail.com)

I work with individuals or organizations to bring training or consultation services to improve working and learning environments around LGBTQ+ cultural competency.

### **PRIDE SPORTS USA**

613 Washington Ave, Dunkirk, NY 14048, USA

Phone: (none) | Website: [www.pridesportsusa.com](http://www.pridesportsusa.com)

Email: [info@PrideSportsUSA.com](mailto:info@PrideSportsUSA.com)

Over 25,000 players nationwide! Focused on bringing the LGBTQ+ community and our allies together to play sports! Pride Sports USA is an LGBTQ and Ally community-based, sports league that takes pride in providing an organized, competitive and fun experience for all players. Our league values each player for who they are and what they bring to the league's community.

### **VISION REHABILITATION SERVICES**

1170 Main St, Buffalo, NY 14209, USA

Phone: 716-882-1025 | Website: [www.viawny.org](http://www.viawny.org)

From the first formal meeting of the Buffalo Association of the Blind in 1907 to the Olmsted Center for Sight and now VIA, this organization has a rich history of helping the visually impaired see the future and be seen as productive members of the community by the world around them. Whether we're working with a child who was born blind, or an adult experiencing vision loss, VIA has a proven history of guiding people through vision loss, helping them to overcome it and providing the skills that restore their independence and confidence. VIA is the singular resource for people who are blind and visually impaired that supports every facet of living. We provide a comprehensive set of services to help anyone dealing with vision loss at any level, at any age, with whatever they want to accomplish.

### **WNY INDEPENDENT LIVING OF NIAGARA COUNTY (WNYIL)**

746 Portage Rd, Niagara Falls, NY 14301, USA

Phone: 716-284-4131 | Website: [www.wnyil.org](http://www.wnyil.org)

WNYIL is a family of agencies that provides services and programs which assist individuals with disabilities to remain independently living, working and thriving in the communities of their choice. The below overview will provide information about what an independent living center is, how to obtain services, where each center is located, what independent living skills are, how to obtain transportation and housing information, and how to contact the Independent Living Center.

## **Counseling: Addictions Support**

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### **ADDICT 2 ADDICT NIAGARA (WNYIL)**

Niagara Falls, NY 14303, USA

Phone: 716-398-4333 | Website: [www.wnyil.org](http://www.wnyil.org)

WNYIL is a family of agencies that provides services and programs which assist individuals with disabilities to remain independently living, working and thriving in the communities of their choice. The below overview will provide information about what an independent living center is, how to obtain services, where each center is located, what independent living skills are, how to obtain transportation and housing information, and how to contact the Independent Living Center.

Addict 2 Addict Niagara County is a Peer program that helps persons with substance use disorder. The Peers are in recovery from addiction themselves and they share their recovery experience with those persons who are deciding if they are ready for change. The Peers help the person with addiction navigate the many avenues available for recovery.

### **HORIZON HEALTH SERVICES**

55 Dodge Rd, Getzville, NY 14068, USA

Phone: 716-831-2700 | Website: [www.horizon-health.org](http://www.horizon-health.org)

Horizon is a not-for-profit corporation that offers comprehensive, person-centered care for the treatment of mental health and/or substance use disorders. Horizon is comprised of three affiliated not-for-profits: Horizon Health Services, Horizon Village and Health Management Group. Horizon has over 20 locations across Western New York in Erie, Niagara and Genesee counties. Horizon provides outpatient, detox, crisis stabilization, residential treatment, and support services. Some services offered include, mental health & psychiatry, substance use treatment, parent and family support services, private counseling, group counseling, medication assisted treatment, maternal mental health, recovery coaching, care coordination, opiate overdose prevention training, telehealth services, and therapy dog programming. Horizon provides substance use and mental health counseling to adults and adolescents (13+), as well as mental health counseling for children ages 3 and up. Horizon also provides a variety of services and specialized treatment to individuals based on their unique needs, including, Women's Services, Veterans and First Responders, and LGBTQ+ affirming care.

### **WESTERN PROBLEM GAMBLING RESOURCE CENTER**

Williamsville, NY 14221, USA

Phone: 716-833-4274 | Website: [www.nyproblemgamblinghelp.org/western/](http://www.nyproblemgamblinghelp.org/western/)

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## Counseling: Addictions Support (contd.)

Email: [WesternPGRC@NYProblemGambling.org](mailto:WesternPGRC@NYProblemGambling.org)

The Western Problem Gambling Resource Center is a program of the New York Council on Problem Gambling, which is funded by the New York State Office of Addiction Services and Supports. The Western PGRC is dedicated to addressing the issue of problem gambling in the western New York region through increasing public awareness and connecting those adversely affected with services that can help them.

The Western Problem Gambling Resource Center is dedicated to the positive transformation of lives harmed by problem gambling. This vision of transformation includes individuals with a gambling problem as well as their families and communities. With a focus on supporting the individual and reducing barriers to care, the Western PGRC is truly the premier center for providing problem gambling services in the western New York region.

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## Counseling: Mental Health

### ANNIE COBURN-KANE LCSW PC

638 Lake St, Wilson, NY 14172, USA

Phone: 716-379-3557 | Website: [www.wellnesswilson.com](http://www.wellnesswilson.com)

Trauma informed individual and family psychotherapy provided by experienced provider of mental health counseling. Services include therapy for depression, grief counseling to parenting support, couples counseling, stress management, and conflict resolution.

### CPH MENTAL HEALTH COUNSELING

737 Delaware Ave #216A, Buffalo, NY 14209, USA

Phone: 716-322-6394 | Website: [www.cphpsych.com/](http://www.cphpsych.com/)

CPH Mental Health Counseling supports a variety of different patients. We serve children, adolescents, adults, and families who are in need of psychological and support services for the various challenges surrounding healthy sexual development and gender related concerns. We are the only treatment Center in WNY specially trained in the treatment of Gender Dysphoria and gender related concerns in children and adolescents. Our clinicians are well-known and respected professionals in the Western New York area and beyond. They are specialty trained in the area of gender identity, sexuality concerns, and healthy sexual development. Together, they are committed to providing the best care possible for their patients.

CPH is pleased to announce we will be offering a colorful variety of personalized support groups. All groups are free of charge, and will be virtual, due to the Covid-19 pandemic. Groups will run once per month, for six months from their initial meeting date. Exact dates and times are currently TBA, so please contact us if you are interested in a group.

### KIMBERLY GIRDLESTONE LCSW-R

3960 Harlem Rd #6B, Buffalo, NY 14226, USA

Phone: 716-844-9150 | Website: (none)

Email: [kimberlytherapy2018@gmail.com](mailto:kimberlytherapy2018@gmail.com)

NYS Licensed Clinical Social Worker providing mental health care to LGBTQIA2S individuals and their families.

### MENTAL HEALTH ASSOCIATION IN NIAGARA COUNTY (MHANC)

36 Pine St, Lockport, NY 14094, USA

Phone: 716-433-3780 | Website: [www.mhanc.com/](http://www.mhanc.com/)

Friendly, open-minded and compassionate support group for the whole LGBTQ2IA+ community run by a LGBTQ2IA+ Peer. Held at the Mental Health Association at 36 Pine Street in Lockport on the First and Third Thursday of each month at 5:20pm. RSVP required- please call Crystal Hites, Peer Activities Director, at (716) 255-0334 to reserve your spot. We also have a Depression and Anxiety Group, a Peer Support Group, and a Grief Group. Call for details.

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## Counseling: Support Services

### LGBT ELDER HOTLINE (SAGE)

Lockport, NY 14095, USA

Phone: 877-360-5428 | Website: [www.sageusa.org/](http://www.sageusa.org/)

At the SAGE LGBT Elder Hotline we connect LGBT older people who want to talk with friendly responders who are ready to listen.

### LGBT NATIONAL HOTLINE

Niagara Falls, NY 14301, USA

Phone: 888-843-4564 | Website: (none)

The LGBT National Hotline provides telephone support, email peer-support, as well as factual information and local resources for cities and towns across the United States.

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## Crisis Intervention

### 24 HOUR CRISIS SERVICES (NCDMH)

1001 11th St, Niagara Falls, NY 14301, USA

Phone: 716-285-3515 | Website: [www.niagaracounty.com/Departments/Mental-Health-Substance-Abuse-Services/Crisis-Services](http://www.niagaracounty.com/Departments/Mental-Health-Substance-Abuse-Services/Crisis-Services)

Crisis Services is a program offered by the Niagara County Department of Mental Health (NCDMH) to residents of Niagara County. Crisis Services Phone Aides are available 24 hours a day, 7 days a week to provide a confidential resource in which individuals can receive referrals for services that are needed. Examples include; housing, counseling, substance abuse, food pantries and other community resources. Callers can ask questions and share concerns about oneself or someone you know who may be experiencing difficult life changes or challenges including Mental Illness and thoughts of self harm, suicide, or homicide.

### TREVOR LIFELINE

Niagara Falls, NY 14302, USA

Phone: 866-488-7386 | Website: [www.thetrevorproject.org/get-help-now/](http://www.thetrevorproject.org/get-help-now/)

The TrevorLifeline's trained counselors offer confidential crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people under 25. If you are thinking about suicide, you deserve immediate support.

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## Family Planning and Adoption Services

### EVERY PERSON INFLUENCES CHILDREN (EPIC)

1021 Broadway, Buffalo, NY 14212, USA

Phone: 716-332-4100 | Website: [www.epicforchildren.org](http://www.epicforchildren.org)

EPIC was born out of a tragedy experienced by founder Robert Wilson. In 1977, his wife, Linda, was murdered by a 15 year old neighbor, a child they had befriended. Investigation of the child's life indicated that he had been abused, neglected, and placed in eleven different foster homes. He had not experienced love; he only knew anger and violence. While it was too late to change what had happened to his wife, Wilson felt that it was not too late for others. In 1980, he established EPIC in Buffalo, New York with a vision of preventing tragedies like his. EPIC workshops and trainings carry out Robert Wilson's mission by involving the entire community in helping children make responsible decisions,

## Family Planning and Adoption Services (contd.)

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understand and respect authority, develop positive self-esteem, plan for the future, and succeed in life.

Differentiated Family Engagement (DFE) - an EPIC copyrighted framework intended to help school-based management teams, afterschool/agency staff, school and district leaders, teachers and parent advocates and leaders understand the goals and strategies for family engagement at each stage including variations in strategies from elementary through high school. The program assumes families have different needs and different strategies need to be utilized to reach and engage parents at each stage. During this two-hour training, participants will also review and analyze research based strategies to reach Stage 1 families, who are typically parents that are the hardest to reach for schools and agencies.

Car Seat Safety - instruction and distribution event appointments available. EPIC has certified car seat safety techs on staff. We are available to: Conduct car seat safety classes; Check and install car seats (call for an appointment - 716-332-4126); Attend an event and facilitate a class and/or assist with car seat checks.

Families In Transition - a program designed to help parents in Erie and Niagara Counties facing a variety of challenges. FIT helps parents acquire the parenting skills and knowledge they need to be a positive influence in the lives of their children. Intensive parenting program (6 three-hour sessions or 12 one and a half hour sessions) with a highly effective delivery model that is complemented with supportive services. Group discussions, which are confidential, focus on a variety of topics such as parenting, literacy, emotional growth, communication, non-violence.

Incredible Years: Baby and Toddler - a parenting workshop series is designed for parents to learn skills and strategies on how to enhance their baby's social, emotional and language development. Incredible Years is an evidence-based program, is a 2-hour program for parents of children 0 - 12 months old, designed to promote emotional and social competence and to prevent and reduce aggression and emotional problems in their children in the future. Since young children with high rates of aggressive behavioral have been shown to be at risk of developing substance abuse problems, dropping out of school, and engaging in other undesirable activities, the goal of the Incredible Years program is to reduce the occurrence of aggressive and oppositional behavior.

Ready, Set, Read! - Helping families put the power of reading in their children's hands. In a series of five workshops, parents of children ages birth to age eight learn hands-on techniques and gain essential knowledge to help them create positive learning experiences in their home and everyday surroundings.

During the workshops, parents learn how to help their children develop phonemic awareness, vocabulary, fluency, and reading comprehension. They identify and explore individual learning styles for themselves and their children, learn how a child's brain develops, find out why reading is critical event from birth, and learn how to select age-appropriate books and activities.

Triple P: Positive Parenting Program - a parenting and family support system designed to prevent, as well as treat, behavioral and emotional problems in children. Available Programs: Triple P Discussion Groups; Triple P Teen; Triple P Primary Care - 1 on 1 support.

## Food Pantry

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### FOOD PANTRY AND COMMUNITY KITCHEN (CMI)

1570 Buffalo Ave, Niagara Falls, NY 14303, USA

Phone: 716-285-3403 | Website: [www.communitymissions.org](http://www.communitymissions.org)

Since its founding in 1925, Community Missions has provided a unique blend of referral, crisis, spiritual, community support, recovery and residential services for youth and adults. Community Missions provides integrated human services that meet people where they are and help them find and elevate their place in the world.

Individuals and families residing within the designated area served by the Community Missions Food Pantry are able to secure bags of food provided by this program monthly.

The Community Kitchen opens its doors at 11:30 a.m. each Monday through Friday to provide nutritious, well-rounded meals to anyone that walks through its doors. Guests in the Community Soup Kitchen are also invited to visit the Clothes Closet to select clothing, accessories and household items free of charge following their meal.

### ST. JOHN DE LASALLE COMMUNITY CARE

8600 Buffalo Ave, Niagara Falls, NY 14304, USA

Phone: 716-622-5880 | Website: (none)

Monthly Distribution

### WIC PROGRAM (CCWNY)

625 Tronolone Pl, Niagara Falls, NY 14301, USA

Phone: 716-218-1484 | Website: [www.ccwny.org/wic](http://www.ccwny.org/wic)

Catholic Charities WIC Program is a federal nutrition program for pregnant people and families with children under the age of 5, that offers food benefits on an EWIC debit card and also the following services: nutrition counseling and education to help you and your family thrive, peer counseling for support and encouragement for pregnant people, and breastfeeding counseling and support for those with newborns and babies. WIC is very respectful of diverse families and offers participant centered services to meet families where they are to help them set healthy goals and thrive.

### WILSON COMMUNITY FOOD PANTRY

359 Lake St, Wilson, NY 14172, USA

Phone: 716-727-4074 | Website: [www.wilsoncommunityfoodpantry.com](http://www.wilsoncommunityfoodpantry.com)

The Wilson Community Food Pantry is a not-for-profit organization serving the Town and Village of Wilson, New York and the Wilson Central School District. Our Mission is to fight hunger in the community by building partnerships that distribute food, teach nutrition and give hope to those in need. Located behind St. Brendan's Church. Food Pantry - shoppers' choice. Open every Tuesday 2-8pm and emergency food as needed. We do deliver.

## Health Care

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### CANCER SERVICES PROGRAM OF GENESEE, ORLEANS, WYOMING & NIAGARA COUNTIES

164 Washington Ave, Batavia, NY 14020, USA

Phone: 716-278-4898 | Website: [orleanscommunityhealth.org/cancer-services-program/](http://orleanscommunityhealth.org/cancer-services-program/)

We provide free cancer screenings for women over 40 and men over 50 without health insurance. Woman can receive an annual mammogram, breast exam, pap smear and pelvic exam. Men and women over 50 can receive colon cancer screening. Any diagnostics or further testing required following the initial screenings are also covered. If someone is diagnosed with breast, cervical or colorectal cancer screening we can assist them to apply for the Medicaid Treatment Act through our program.

## Health Care: Home Health Care

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## Health Care: Home Health Care (contd.)

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### PLEET HOME CARE

420 Niagara St, Buffalo, NY 14201, USA

Phone: 716-261-2111 | Website: [www.pleetcdpap.com](http://www.pleetcdpap.com)

Pleet Home Care offers the Consumer Directed Personal Assistance Program to Medicaid members who want to receive care from friends or family members. The caregivers get paid to care for their loved one. Pleet assists with all paperwork needed and getting the member fully set up.

At Pleet Home Care, we specialize in the Consumer Directed Personal Assistance Program. Pleet is committed to helping you complete the process of qualifying for the program and all the paperwork needed. The CDPAP program is a Medicaid-sponsored plan designed to help individuals get the home care they need. Instead of hiring a third party to make decisions, you and your family can take control of their in-home care needs. You will be able to hire your friends and family to provide the care you or your family member need.

### TRUSTED CHOICE HOMECARE

500 Seneca St #501, Buffalo, NY 14210, USA

Phone: 716-431-5550 | Website: [www.trustedchoicehomecare.com](http://www.trustedchoicehomecare.com)

Trusted Choice Homecare has been operating as a Fiscal Intermediary (FI) for New York State's Consumer Directed Personal Assistance Services (CDPAS) program since November of 2016. Trusted covers all of New York State, works with most insurance providers, and has direct relationships with local Departments of Social Services. Trusted understands the power of the consumer-directed model as a vehicle that allows our consumers to receive the personal care services they need, while still maintaining their independence. We work with each individual receiving services to ensure they are completely satisfied with the program as a whole.

## Health Care: Long Term Care

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### CARE MANAGEMENT (ELDERWOOD HEALTH PLAN)

500 Seneca St #100, Buffalo, NY 14204, USA

Phone: 716-631-1327 | Website: [www.elderwoodhealthplan.com/](http://www.elderwoodhealthplan.com/)

Elderwood Health Plan provides an array of home support services for individuals who are determined Medicaid Eligible with a chronic illness or disability and in need of community based long-term services for more than 120 days. We ensure access to needed services and help to manage home care. Members keep their own doctor, as well as Medicaid, Medicare, or Part D coverage. If they have it. Depending on income there may be a Medicaid spend-down to enroll.

The main goal of managed long-term care is to help you or a loved one to stay at home as long as possible. It gives members the care needed to do daily activities that may no longer be manageable without help. Elderwood Health Plan provides medical, personal, and social services. Managed long-term care plans provide community-based long-term care services, like home health and nursing home care, and ancillary and ambulatory services like dentist or optometry services. Members get services from their primary care physicians and inpatient hospital services using their Medicaid and/or Medicare cards.

### VENTURE FORTHE HOMECARE

3900 Packard Rd, Niagara Falls, NY 14303, USA

Phone: 800-701-1233 | Website: [www.ventureforthe.com](http://www.ventureforthe.com)

Venture Forthe is a premier home health care agency that operates on the premise that every individual has the right to remain independent and make their own choices. We advocate for the needs and goals of our clients. Venture Forthe is an official Medicaid home health care provider but we also work with workman's compensation, long-term care insurance and private pay. Medicaid programs include the TBI and Nursing Home Transition and Diversion Waivers, the Consumer Directed Program (CDPAP), Health Homes, Home and Community Based Services and the Health and Recovery Plan. Other services include but are not limited to, PCA Aide Services, Care Coordination, Counseling, Social Day Program and Vocational Services. Please contact us with any questions you may have. We have a number of professionals who are eager to answer your questions.

Programs include: Aide Services, Consumer Directed Program (CDPAP), TBI and NHTD Waiver, HCBS (Mental Health and Substance Abuse Counseling), Social Day Program, Health Home

## Health Care: Specialty Care Provider

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### L.A. MESSAGE

3900 Niagara Falls Blvd, North Tonawanda, NY 14120, USA

Phone: 716-445-5931 | Website: (none)

Licensed Massage Therapist (LMT) with almost 30 years of experience, specializing in deep tissue massage. By appointment only 716-445-5931. All NYS and CDC COVID-19 guidelines followed.

## Health Care: Transgender Health Care Services

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### GENDERBANDS

Buffalo, NY 14207, USA

Phone: (none) | Website: [www.genderbands.org](http://www.genderbands.org)

Genderbands was founded in March of 2015 as a way to fundraise for founding President Ian Giles' top surgery. In June of 2015, the organization broadened its efforts and restructured into its current state. Genderbands is an international nonprofit 501(c)(3) organization that serves the transgender, gender non-conforming, and other gender diverse communities. The organization is volunteer-lead and executes programming, services, and events on both a local and international scale. Genderbands operates primarily through the support from partnerships, direct sales, and the solicitation of donations.

### HEALTHY TRANSITIONS

Buffalo, NY 14207, USA

Phone: 718-894-0301 | Website: [www.healthytransitionsllc.org](http://www.healthytransitionsllc.org)

Genderbands was founded in March of 2015 as a way to fundraise for founding President Ian Giles' top surgery. In June of 2015, the organization broadened its efforts and restructured into its current state. Genderbands is an international nonprofit 501(c)(3) organization that serves the transgender, gender non-conforming, and other gender diverse communities. The organization is volunteer-lead and executes programming, services, and events on both a local and international scale. Genderbands operates primarily through the support from partnerships, direct sales, and the solicitation of donations.

## Health Insurance

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### ELDERWOOD HEALTH PLAN

500 Seneca St, Buffalo, NY 14204, USA

Phone: 716-631-1327 | Website: [www.elderwoodhealthplan.com/](http://www.elderwoodhealthplan.com/)

Elderwood Health Plan provides an array of home support services for individuals who are determined Medicaid Eligible with a chronic illness or disability and in need of community based long-term services for more than 120 days. We ensure access to needed services and help to manage home care. Members keep their own doctor, as well as Medicaid, Medicare, or Part D coverage. If they have it. Depending on income

## Health Insurance (contd.)

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there may be a Medicaid spend-down to enroll.

The main goal of managed long-term care is to help you or a loved one to stay at home as long as possible. It gives members the care needed to do daily activities that may no longer be manageable without help. Elderwood Health Plan provides medical, personal, and social services. Managed long-term care plans provide community-based long-term care services, like home health and nursing home care, and ancillary and ambulatory services like dentist or optometry services. Members get services from their primary care physicians and inpatient hospital services using their Medicaid and/or Medicare cards.

### FIDELIS CARE

480 Crosspoint Pkwy, Getzville, NY 14068, USA

Phone: 888-343-3547 | Website: [www.fideliscare.org](http://www.fideliscare.org)

Fidelis Care provides quality, affordable health insurance coverage for more than 2.1 million children and adults of all ages and at all stages of life. Fidelis Care serves all 62 counties of New York State.

Coverage is provided through Medicaid Managed Care, Qualified Health Plans, Child Health Plus, Essential Plan, Health and Recovery Plan, Managed Long Term Care, Medicare Advantage, Dual Advantage, and Medicaid Advantage Plus.

Regional offices are located in New York City, Albany, Syracuse, Rochester, and Buffalo.

Grassroots outreach - from inner-city neighborhoods to the most rural towns - is central to the mission of Fidelis Care. From provider offices, to schools, churches, food pantries, and community agencies, Fidelis Care works closely with hundreds of partners to reach local residents in need and to be a resource in the areas we serve.

## Homeless Services

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### EMERGENCY HOUSING AND THE CLOTHES CLOSET (CMI)

Niagara Falls, NY 14305, USA

Phone: 716-285-3403 | Website: [www.communitymissions.org](http://www.communitymissions.org)

Since its founding in 1925, Community Missions has provided a unique blend of referral, crisis, spiritual, community support, recovery and residential services for youth and adults. Community Missions provides integrated human services that meet people where they are and help them find and elevate their place in the world.

Emergency Housing Shelter - If you or someone you know is in need of emergency shelter, please call us today.

The Clothes Closet program at Community Missions provides individuals an opportunity to select clothes, accessories and household items free of charge.

### FALLS STREET STATION (CMI)

1622 Falls St, Niagara Falls, NY 14303, USA

Phone: 716-990-8156 | Website: [www.communitymissions.org](http://www.communitymissions.org)

Since its founding in 1925, Community Missions has provided a unique blend of referral, crisis, spiritual, community support, recovery and residential services for youth and adults. Community Missions provides integrated human services that meet people where they are and help them find and elevate their place in the world.

"Falls Street Station" operates joint Transitional and Rapid Re-Housing programs designed to provide Youth and Young Adults (YYA) swift access to crisis housing (TH) and a pathway from that crisis housing to more permanent housing through Rapid Re-Housing (RRH). YYA may choose to use either the TH portion or the RRH portion, or move from the TH portion into the RRH portion at their discretion.

## Legal

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### NEIGHBORHOOD LEGAL SERVICES

Power City Building, 225 Old Falls St #3A, Niagara Falls, NY 14303, USA

Phone: 716-284-8831 | Website: [www.nls.org](http://www.nls.org)

We are a local legal aid office and assist with many civil legal services including name change petitions.

### ROBERTA J. O'TOOLE, ATTORNEY

2770 Delaware Ave, Kenmore, NY 14217, USA

Phone: 716-628-3363 | Website: [www.robtaotoolelaw.com](http://www.robtaotoolelaw.com)

Legal services including real estate, wills and estates, corporate and business law and name changes

### WESTERN NEW YORK LAW CENTER, INC.

37 Franklin St #210, Buffalo, NY 14202, USA

Phone: 716-855-0203 | Website: [stayinyourhomewny.com/](http://stayinyourhomewny.com/)

The Western New York Law Center, Inc. is a not-for-profit corporation formed in 1996 after Congress restricted the types of cases that Legal Services Corporation (LSC) grantees could handle. The Center represents low-income Western New Yorkers in civil matters, emphasizing those areas restricted by LSC. Our vision and mission with respect to our legal work is to assure that low-income people receive the full range of civil legal services including "non-traditional" legal assistance like policy advocacy and legal education. The Center also serves as a statewide technology support center for legal services programs.

WNYLC offers legal services relating to consumer debt defense (lawsuits, wage garnishments, liens, etc.) and foreclosure defense. Even if your mortgage is in forbearance, we recommend connecting with a legal services provider or housing counselor right away to plan your forbearance exit strategy.

## Transportation Services

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### TRANSPORTATION SERVICES (CMI)

Niagara Falls, NY 14304, USA

Phone: 716-285-3403 | Website: [www.communitymissions.org](http://www.communitymissions.org)

Since its founding in 1925, Community Missions has provided a unique blend of referral, crisis, spiritual, community support, recovery and residential services for youth and adults. Community Missions provides integrated human services that meet people where they are and help them find and elevate their place in the world.

Transportation Services - a program for the transportation of Seriously and Persistent Mentally Ill Adults, at least 18 years of age within Niagara County for day programs, medical and rehabilitation appointments and services. This program operates in Niagara Falls and Lockport/North Tonawanda areas. In addition to individual appointments, daily routes are established for transporting to and from CMI community support program sites.

## **Wedding Services**

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### **Wedding Services**

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#### **LITTLE FARM WEDDING CEREMONIES**

4240 Church Rd, Lockport, NY 14094, USA

Phone: 716-341-0677 | Website: [www.facebook.com/littlefarmweddings](https://www.facebook.com/littlefarmweddings)

Email: [littlefarmweddings@gmail.com](mailto:littlefarmweddings@gmail.com)

Officiant Services for all lifestyles at your service! Also, I will happily provide a commitment ceremony for those that want to spend the rest of their lives together, without a marriage certificate! Themed wedding? Sounds fun....let's do it!

### **Youth Programming**

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#### **GLYS WESTERN NEW YORK**

278 Delaware Ave, Buffalo, NY 14202, USA

Phone: 716-855-0221 | Website: [www.glyswny.org](http://www.glyswny.org)

Visit our website for all our youth leadership, family and community supports programs!

#### **RESTORATIVE ENVIRONMENTS ALLOWING CHILDREN HOPE (REACH - CMI)**

North Tonawanda, NY 14120, USA

Phone: 716-285-3403 | Website: [www.communitymissions.org](http://www.communitymissions.org)

Since its founding in 1925, Community Missions has provided a unique blend of referral, crisis, spiritual, community support, recovery and residential services for youth and adults. Community Missions provides integrated human services that meet people where they are and help them find and elevate their place in the world.

The Youth Services division of Community Missions serves the local at-risk, troubled, emotionally disturbed, and homeless populations of youth under the age of 21. Staff provide a professional, nurturing and supportive structure to allow youth and their families to achieve the most desirable and appropriate level of family reintegration, while providing guidance and encouragement for youth to recognize their full potential and to accept responsibility for their decisions and actions.

Our Foundations of Care Include: Trauma-Informed Care, Strength-Based Services, Family-Driven Care, Youth-Guided Services.

#### **WAHI PAINT NIGHT PARTY**

2729 Main St, Newfane, NY 14108, USA

Phone: 716-504-7539 | Website: [www.wahistudio.org](http://www.wahistudio.org)

A therapeutic approach to creating art focused on mental and emotional well-being. We are a nonprofit art education center and believe in spreading joy. We battle perfection and limiting beliefs while encouraging creativity and self love. Parties can be clubs and meet monthly on Friday or Saturday nights. A minimum of 6 people must attend and requires a deposit. Activities are tailored to groups interests and goals.