

Winter 2021

ROCHESTER NY RESOURCES

Where to ask if you are in need,

Where to help if you have resources



Used with permission from Seth Tobocman, originally created for COMMON GROUND an organization addressing the needs of POC in post-Katrina New Orleans

FOOD IS A HUMAN RIGHT
HOUSING IS A HUMAN RIGHT
HEALTHCARE IS A HUMAN RIGHT

CALL 211

Dialing 211 will connect you to our local emergency and family assistance programs

Website: 211lifeline.org

211 has access to programs for food, housing, mental health, substance abuse, healthcare, household items, employment/education, family, military, and ways to volunteer.

211 has connections for:

- ❖ A Food voucher program and groceries. Food pantry delivery is available to those unable to leave their homes on a case by case basis
- ❖ Referrals for diaper bank/baby formula
- ❖ General counseling services
- ❖ Bus passes
- ❖ Temporary Assistance (TA) - temporary help for adults and children in need. If you are unable to work, can not find a job, or your job does not pay enough, TA may be able to help you pay for your expenses, including rental assistance
- ❖ Assistance with Social Security Income (SSI) and other benefits
- ❖ Tenant/landlord disputes, rent/eviction services, and reporting landlord code violations

If you need help and do not see options listed in this zine, call 211 to ask about other programs that may be able to help you.

ADDITIONAL RESOURCES:

Suburban Resources- Being Black in the Burbs
For food and hygiene help, or info on further suburban programs:

BeingBlackintheBurbs@gmail.com

Shelter for those fleeing domestic violence

24-hour hotline (585)222-SAFE (7233)

24-hour TTY (585)232-1741

OR Visit the Willow Center's website:

<https://willowcenterny.org/>

National crisis hotline for runaway or homeless youth

24-hour Crisis Hotline 1(888)617-KIDS (5437)

Rochester Homeless Union

facebook.com/rochhomeless

Email: RochesterHomelessUnion@gmail.com

Anonymous clean needle exchange

Syringe Service Program (585)454-5556

416 Central Avenue, Rochester

Call for additional locations, or to arrange a drop off, no questions asked.

Free narcan training & narcan

Narcan can save someone from opioid overdose

Call (585)210-4164 to set up a training

Trans Lifeline - by and for trans folx (877)565-8860

Suicide Hotline - we are here to help (800)273-8255

FREE HOT LUNCHES

M-F 11:15-12:15 402 South ave, 14620

M-F 12:00- 1:30 48 Cameron st, 14606

M-F 12:00- 1:15 681 Brown st, 14611

SAT 11:30-12:15 4 Meigs st, 14607

SUN 7:00- 9:00 101 S Plymouth ave, 14608

CHILDCARE RESOURCES

Crisis Nursery - Free emergency childcare

- ❖ Free temporary childcare during family emergencies. Including (but not limited to): medical emergencies, unexpected illness, accidents, unemployment, mental health episodes, unexpected death, domestic violence, homelessness, legal issues, unstable/unsafe housing
- ❖ For children from birth to 14, older siblings up to 17 are also accepted
- ❖ Open 24/7 - call the Center For Youth crisis line (585)-271-7670

For more info, to volunteer, or donate visit:

<https://www.centerforyouth.net/crisis-nurseries/>

Roc Learning Pods - Remote learning help

- ❖ Free remote learning support for RCSD students from K-6th grade

For information or for donation inquiries contact program director Brittany Rumph

email: RCLearningPods@gmail.com

Or call: (585)-867-1034

Junior League of Rochester Diaper Bank:

- ❖ Free diapers for those in need

email: diaperbank@jlroch.org

(requires referral, call 211 or if you have one, talk to your social worker/case worker, and give them this email address)

ROCHESTER MUTUAL AID NETWORK

A cooperative network looking to connect people who are in need of aid to those who can offer it. Rochester Mutual Aid Network delivers everything from food and hygiene products, to home goods, appliances, and furniture.

You can request aid, volunteer, or donate money or items on their website

visit: www.rocmutualaid.com

You can also call to request aid

Call: (585)200-5630

Visit Rocmutualaid.com/resources to view a list of further local resources for family assistance, food (including a long list of local food cupboards), and pet supplies (including where to look for low cost veterinary care)

Mutual aid, over charity!

Mutual aid is the voluntary exchange of resources and services for mutual benefit. Mutual aid projects are a form of political participation in which people take responsibility for caring for one another.

FOOD IS A HUMAN RIGHT!

ROC FOOD NOT BOMBS

Roc Food Not Bombs believes that poverty and hunger are forms of violence. We believe that access to food should be a right, and not a privilege. We believe that food access without restrictions on who takes it and why is a form of harm reduction. We live in a society that creates egregious amounts of food waste. FNB engages in the direct action of reclaiming food headed to the landfills and provides free groceries to the community.

RFNB has had free food stands throughout the city for over 4 years, with a recent surge in new stands during the pandemic thanks to our comrades at LABL (Liberate All Black Lives), as well as community members.

We do not discriminate. We have no restrictions on who is fed, no eligibility requirements and no red tape. We recognize that only the folks who shop at the food stands can know how much they need, and ask that those stocking the stands put no restrictions on them. We joyfully dissolve the barriers between those who provide aid and those who receive it, recognizing that mutual aid is more powerful than charity.

There are many food stands around the city, with more being added continuously. If you have extra resources this is a great way to get them into the hands of those that need them!

Anyone can be Food Not Bombs!

Visit Rocfoodnotbombs.com for an up-to-date list and map of food stands!

*Jordan Health Link Wic Program

WIC services for pregnant, post-partum, and breast feeding women, and children under 5.

Call for more info: (585)454-2630

273 Upper Falls blvd, 14605

St. Joseph's Neighborhood center

Sliding scale comprehensive medical care.

Including primary care, dental, mental health, social services advocacy, legal/financial counseling, and more.

Call for more info: (585)325-5260

417 South ave, 14620

Threshold Center for Alternative Youth Services -

Free STD testing.

Call for more info: (585)454-7530

145 Parsells ave, 14609

*Trillium Health - LGBTQ+ safe -

Sliding scale comprehensive medical care.

Including primary care, trans care (HRT), support groups, HIV testing, drug treatment, OB/GYN, and more.

Call for more info: (585)545-7200

259 Monroe ave, 14607

*Unity Dental at Ridgeway -

Sliding scale, low or no income dental care.

Call to be added to waiting list: (585)295-1890

2655 Ridgeway ave, 14626

*Unity at St. Mary's -

Sliding scale Family Medicine (585)368-3031

Sliding scale OB/GYN care (585)235-4860

89 Genesee st, 14611

Roc Regional health- Wilson Health Center -

Sliding scale primary care.

Call for more info: (585)338-1400

1425 Portland ave, 14621

*Woodward Health Center

Sliding scale comprehensive medical care.

Including primary and preventative care, OB/GYN, dental, immunization, nutrition counseling, and more.

Call for more info: (585)436-3040

480 Genesee st, 14611

HEALTHCARE IS A HUMAN RIGHT!

LOW INCOME CLINICS

*=federal funding = no insurance needed = you are covered!
Sliding scale = cost depends on income. Low income = low cost!

*Anthony L Jordan Health Center -

Sliding scale comprehensive medical care.
Including dentistry, optometry, pediatrics, preventative care (including HIV, Hep C), urgent care, and more.
Call for more info: (585)423-5800
82 Holland st, 14605

*Bethany House -

Low or no income health care
Call for more info: (585)454-4197
1111 Joseph ave, 14621

*Brown Square Health Center -

Sliding scale comprehensive medical care.
Including primary and preventative care, podiatry, immunization, nutrition counseling, and more.
Call for more info: (585)254-6480
322 Lake ave, 14608

Clinton Family Women's Health -

Sliding scale women's health, gynecology.
Call for more info: (585) 922-0260
309 Upper Falls blvd, 14605

*Eastman Dental Center -

Sliding scale dental care, and orthodontics.
Call for more info: (585)263-6599
228 E. Main st. Suite 103, 14604

*Genesee Health Service -

Sliding scale health care
OB/GYN, pediatrics, allergy/immunology, diabetes.
Call for more info: (585)922-8003
222-224 Alexander st, 14607

Highland Family Medicine -

Sliding scale comprehensive medical care.
Including OB/GYN, surgery, pregnancy/prenatal care, immunizations, psychiatry, and more.
Call for more info: (585)279-4800
777 South Clinton ave, 14620

COLLABORATIVE FOOD STANDS

- ❖ 261 Pennsylvania Ave (Market View Heights)
- ❖ 125 Caroline Street (South Wedge)
- ❖ 20 Alexander Street (South Wedge)
- ❖ Lansdale St./Nelson St. (Swillburg)
- ❖ Meigs St/490 Garden Food Pantry
- ❖ 2300 Nine Mile Point Road (Penfield)
- ❖ 271 Flint St (Flint Street Rec Center)
- ❖ 700 North St (North Street Rec Center)
- ❖ 50 Science Pkwy (Golisano Autism Center)
- ❖ 41 Backus St (Edgerton Rec Center)
- ❖ 942 Joseph Ave (Community Lutheran Ministry)
- ❖ 530 Webster Ave (Thomas P Ryan Rec Center)
- ❖ 483 Joseph Ave/Rauber St
- ❖ 524 Campbell St (Campbell St Rec Center)
- ❖ 200 Avenue D (Avenue D Rec Center)
- ❖ 318 Remington St/Kohlman St
- ❖ 1 White Pines circle (Pines of Perinton)
- ❖ 780 Joseph Ave (Avenue Blackbox Theatre)
- ❖ 222 Remington (Dale St. Community Garden)
- ❖ 350 Waring Rd (Norton Village Rec Center)
- ❖ 44 Radio st (Memory Garden)

ROC FOOD RELIEF

A community funded group providing free groceries to folx in need. Run by black femme, and diverse volunteers, they prioritize community members who are often overlooked (black, disabled, LGBTQ+) Started the "Covid-19 Rochester New York Food Relief" facebook group.

For assistance reach out via email:
rocfoodrelief@gmail.com

You can donate here:
Venmo- @momjeans91

Cash app- \$NoJusticeNoPeace585

PayPal- rocfoodrelief@gmail.com

Be sure to put the memo "food relief" with any donation made to Roc Food Relief!

HEY, ROCHESTER NY! WHAT DO YOU NEED? WHAT DO YOU GOT?

A mutual aid facebook group!

Hey, Rochester has raised thousands of dollars to help residents who are struggling. Request to join the group on facebook. This is where you can request aid, or donate funds and items. Hey Rochester has been incredibly quick to get struggling families groceries, pet supplies and much more!

<https://www.facebook.com/groups/242170623614066>

TENANT DEFENSE PROJECT

Free legal aid for evictions

The Tenant Defense Project is a jointly-run project to provide tenants free access to attorneys in eviction cases.

Tenants who are represented by attorneys are significantly more likely to avoid evictions, and much more likely to obtain a better outcome. Your landlord probably has a lawyer. You should too.

Contact the Tenant Defense Project:
(585) 504-6195
TenantDefense.org

TENANTS RIGHTS!

What if my landlord is trying to evict me?

NYS Covid-19 Eviction Moratorium until May 2021

Nearly all evictions are currently illegal during the pandemic. If you are unable to pay your rent or find secure alternative housing, or are otherwise impacted by covid-19, you can fill out a Hardship Declaration Form. This will protect you in court against eviction until at least May 2021. The CWTU will provide one for you. Contact info below.

My landlord changed my locks and told me to leave, now what?

Lockouts are ALWAYS illegal, regardless if the eviction moratorium has ended. A landlord needs an eviction warrant issued by a judge, given to you well in advance of the eviction date. In addition they have to keep anything left behind in safe, accessible storage for at least 30 days.

IF YOUR LANDLORD IS ILLEGALLY EVICTING YOU IMMEDIATELY CALL 911, AND/OR CWTU (call CWTU first if you feel unsafe calling 911) ALSO CALL THE TENANT DEFENSE PROJECT HOTLINE ASAP: (585)504-6195

Contact the CWTU:

citywidetenantunion@gmail.com
(585) 210-0705

WARMING CENTERS AND SHELTERS

(*=Warming center)

Youth

Genesis House- (teens 16-20) (585)235-2660
70 Liberty Pole Way, 14604

The Center for Youth (LGBTQ+ safe)- (585)473-2464
905 Monroe ave, 14620

Womens

***Women's Place-** (585)436-5452
146 Hobart st, 14611

Bethany House- (585)454-4197
1111 Joseph ave, 14621

Mens

Francis Center Men's Shelter- (585)546-7220
547 Joseph ave, 14605

***Open Door Mission-** (585)454-6696, ext 105
210 W Main st, 14614

Saint Joe's House of Hospitality- (585)232-3262
402 South ave, 14620

Many of these have programs to help you further, like transitional housing, addiction help, and more! Just ask!

What is a warming center?

Warming centers are open 24/7 for drop-in visits for warmth and rest until the end of March (approximately) stop by to get warm.

The warming centers are made for individuals that can not be placed in traditional shelters. Shelters are ALWAYS in need of volunteers, call today!

HOUSING IS A HUMAN RIGHT!

ROCHESTER CITY-WIDE TENANT UNION

The City-Wide Tenant Union (CWTU) of Rochester is a grassroots housing justice movement to elevate housing to a human right and secure community control over land and housing by building tenant power and expanding the rights of all tenants.

KNOW YOUR RIGHTS!

All Tenants Have the Right to Live in Dignified Conditions

Under the warranty of habitability, tenants have the right to a livable, safe and sanitary apartment. Any lease provision that waives this right is contrary to public policy and is therefore void. (Real Property Law §235-b).

Landlords Have a Duty to Repair

Landlords of multiple dwellings must keep the apartments and the building's public areas in "good repair" and clean and free of vermin, garbage or other offensive material. Landlords are required to maintain electrical, plumbing, sanitary, heating and ventilating systems and appliances landlords install, (refrigerators, stoves, etc), in good and safe working order. All repairs must be made within a reasonable time period. (Multiple Residence Law §174).

Call 211 to report code violations, call the tenant union and they will advocate for you to get a code inspector to you as soon as possible.

All Tenants Have the Right to Organize

Tenants have a legal right to organize. Tenants may form, join, and participate in tenant organizations for the purpose of protecting their rights and improving their conditions. Tenants' groups, committees or other tenants' organizations shall have the right to meet without a fee on the premises, including a community room (Real Property Law § 230).

Landlord Retaliation for Organizing is Illegal

Landlords are prohibited from harassing or retaliating against tenants who exercise their rights. For example, landlords may not seek to evict tenants solely because tenants (a) make good faith complaints to a landlord, property management, or government agency regarding violations of any health or safety laws; (b) take good faith actions to protect their rights under the lease; or (c) participate in tenant organizations. Tenants may collect damages from landlords who violate this law, which applies to all rentals except owner-occupied dwellings with fewer than four units (Real Property Law § 223-b).

Contact the CWTU:

citywidetenantunion@gmail.com
(585) 210-0705