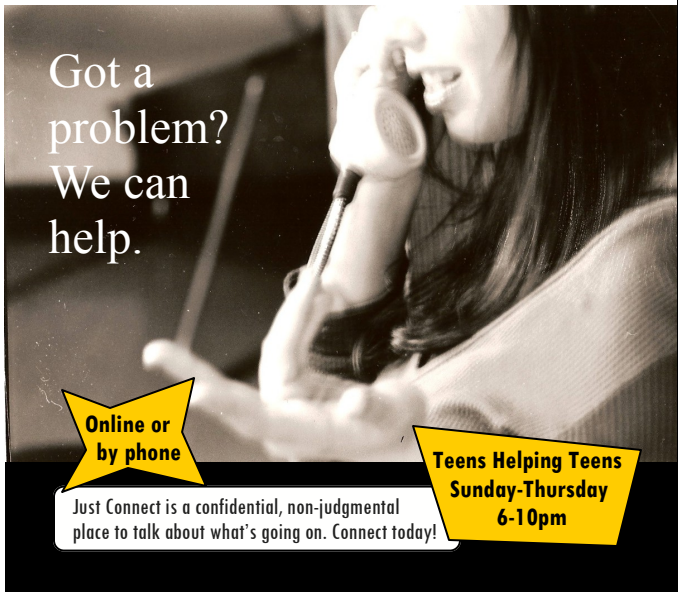


[http://
www.familyofwoodstockinc.
org/justconnect.html](http://www.familyofwoodstockinc.org/justconnect.html)

845 331-5565



Got a
problem?
We can
help.

**Online or
by phone**

Just Connect is a confidential, non-judgmental
place to talk about what's going on. Connect today!

**Teens Helping Teens
Sunday-Thursday
6-10pm**

Abuse and
Violence
Alcohol and
Drug Abuse
Clothing
Community
Service
Disabilities
Disaster and
Crisis Re-
sources
Drop-In
Centers
Education
Food
Health
Jobs
Legal
LGBTQ
Libraries
Living/
Housing
Mental
Health
Multicultural
Parenting
Pregnancy
Sexual
Health
Social Ser-
vices
Transporta-
tion
Youth Cen-
ters
Youth Sup-
port and Rec.

2012
ULSTER
COUNTY

Youth Yellow Pages

**Just
CONNECT**


With funding pro-
vided by SAMHSA
(Substance Abuse
Mental Health Ser-
vices Administra-
tion—a division of US
Dept. of Health and
Human Services)

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A United Way Agency



2012
ULSTER
COUNTY
Youth
Yellow
Pages

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In publishing the 2012 edition of the Ulster County Youth Yellow Pages, we would like to acknowledge the efforts of its founding editor, Doug Muller, and the many community and Family of Woodstock, Inc. volunteers who worked to create it. This recent update was developed through the efforts of Barbara Salzman, who was responsible for the editing, and Kathleen Mayfield and Alicia Eckert, who updated the information and contributed to this edition. We would also like to acknowledge the efforts of Jessica Pierce, who has overseen this project and will remain the primary contact for it. We are grateful for the funding from US Department of Substance Abuse Mental Health Services Administration (SAMHSA) to the Kingston Cares collaborative, which made this edition possible. Thanks to all!

Disclaimer
We have tried to compile the following material from the best available sources of information; we believe it to be correct at the time of publication. However, changes in addresses, phone numbers, and the law happen regularly.

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Introduction

Welcome to the 2012 edition of the Ulster County Youth Yellow Pages! Last published in 2007, the yellow pages is your guide to finding what you need in Ulster County. Keep it somewhere handy (it's pocket-sized so it can travel with you), and don't hesitate to make use of the information and resources you'll find here.

Also be sure to check out Just Connect at www.familyofwoodstock.org/justconnect.html for updates to the information found in this directory—as well as many other useful services (see next page). Just Connect is a project of Family of Woodstock, Inc., meant to connect young people with any and every resource they need. We hope you enjoy both the yellow pages and the website.

Jessica Pierce
Just Connect Manager

Michael Berg
Executive Director
Family of Woodstock, Inc.

About **just
connect**

Just Connect is one of many of the programs Family of Woodstock runs for youth in Ulster County. An Ulster County teen will answer your call.

They have been trained to listen to you, offer suggestions of places where you can get help, give information about local resources, and keep your story totally confidential.

Just Connect is always looking for young people to serve as peer counselors. The work is a great chance to get a “taste” of a career in psychology/human services, to earn lots of community service hours, and to have fun! Call us for details at 845-331-5565.

Talk Line: 845-331-5565

Family also has many other services for youth in Ulster County. We have case managers who can help you with career development and job search skills, resolving issues at schools or at home, address drug and alcohol use, help resolve legal issues, or help with health insurance and getting medical or mental health care. If you don't have a place to live, or are worried that you might not, we can help you address that too.

We also have 3 shelters for youth who can't be at home, or don't have a home to go to. Family House is our crisis shelter for youth 12—17 where teens can stay for up to 30 days. We provide case management services to help youth get to a safe stable home. We also have 2 Transitional Living Programs, MidWay, one in Ellenville and one in Kingston for 16—20 year olds who need longer term transitional living arrangements. This program helps teens transition to permanent long term housing.

Your Rights

as a Minor

Quick—take a guess: which minority group does every American belong to at one point in life and discriminate against at a later point? Give up? The answer looks at you in the mirror every morning—it’s the youth of America.

As you move from childhood into adolescence, you are bound to face moments when adults doubt your competence to perform “grown-up” tasks or forbid you from enjoy-

ing privileges granted to those of older age in our country. Some of these prohibitions may be based on very rational thinking; some may seem—or actually be—arbitrary. And, to make matters worse, there seems to be no consistency among the various rights and restrictions faced by adolescents: you can drive a car before you can vote, you can fight in wars before you're allowed to drink a can of beer, and you can be considered your parent's responsibility even while in college or beginning your working life—or even after you've had your own child.

So, you're in a pretty confusing place. But don't fret: the pages that follow explain the major rights and responsibilities you have as a young person in New York State. Use this information wisely, and spread it around!

Head's up

The law is like a living organism: it's always changing. The information below was accurate at the time of this guide's publishing, but it may have changed since then. If it's really important to you—double check with a lawyer!

Head's up

The information below is **not** meant to make you fear authority. It's meant to make you aware of the laws that affect your life. In many situations, caring adults are your most effective allies in getting stuff done. So don't run screaming—but **do** proceed with knowledge of your rights and the law.

Rights at School

You have the right to attend school until you graduate from high school, receive a GED, or turn 21. If you are under 16, you **must** attend school through the end of the year in which you turn 16 (e.g., If you turn 16 in July, you must attend school through the end of the following June). You have the right to a free, appropriate public education. You have the right to know the rules of the school or educational facility that you attend in advance of being held accountable to those rules.

Any personal property you bring on to school grounds is considered school property for the time it is on school grounds. It is therefore subject to search by school authorities or the police **without a warrant**. This includes not only bags, backpacks, and locker contents but also personal vehicles and their contents.

Counseling is available at school to any student who needs it. You may speak either to your guidance office, the school social worker, or the school psychologist.

Homeless students are not just young people who live on the streets or in shelters; they are also those who have no “fixed regular nighttime residence,” which includes couch-surfing students and, sometimes, students dealing with shifting parental custody arrangements. If you are homeless or you are living in a youth shelter or transitional program, you have the right to attend the school where you last enrolled (as long as it is within a reasonable distance) or the school in the area where you are temporarily living, even if you are moving from place to place. (This applies even if you are moving from one parent’s house to another’s and even if you are moving to the home of the parent who is technically the non-custodial parent.) The new school must enroll you immediately; you do not need any documents or school records. If the school does not believe you are entitled to be enrolled, you must be provided with a written statement of ineligibility. They must give you the opportunity to appeal their decision and must allow you to stay in school while the State Education Department reviews your appeal. There is a person with the title of “homeless

liaison” in every school district that can help you with this process.

You also have the right to **safety at school**—the right to be free from harassment or bullying. Schools are required by law to provide a safe learning environment in which *all* students can participate freely and equally. Intimidation, bullying, and sexual harassment make schools a hostile environment, and school staff must respond to student complaints.

Sexual harassment is unwanted sexual attention. It can be directed at girls or boys. It can be physical, verbal, or even non-verbal communication. Students are also protected from harassment due to sexual orientation or perceived sexual orientation. The most important aspect of harassment is how the gestures make you feel. “Good” sexual attention makes you feel happy, excited, proud, maybe even nervous in a good way. It’s like flirting. On the other hand, sexual harassment leaves you feeling scared, anxious, ashamed, and unhappy. If you have asked someone to stop doing the things that bother you, and he or she continues, you can ask for help from a school counselor, teacher, or administrator. The sexual harassment policy in most student handbooks explains what the school must do to help.

You have the right to comprehensive **guidance** about your future from your school guidance office, which arranges counseling on course selection, career interest exploration, and college matters.

Students with disabilities are covered under Parts 200 and 201 of the Regulations of the New York State Commissioner of Education. All students, including those with disabilities, have the right to a “free, appropriate public education.” If a student feels that he or she has a disability requiring that he or she be given a special education designation, a referral letter must be hand-delivered to the committee on special education chairperson in the student’s school district. (The letter may be written by a parent or by a doctor or other professional.) The district must conduct evaluations and meet with the student’s parents or guardians within 60 school days of the delivery of the letter. The student’s parents or guardians must sign their consent to these evaluations. Students with special education designations have the right to attend regular classes based on their ability.

Sexual Health and Pregnancy

Sexuality

The age of consent in New York State is 17. This applies to both heterosexual and homosexual inter-

course. Those under the age of 17 are deemed legally incapable of deciding whether or not to engage in sexual intercourse with someone over the age of 17. It is important to be aware that if one partner in a sexual relationship is older than 17 and the other partner is younger, the older partner is breaking the law and legal consequences may result—including the older partner being labeled a sex offender, which is a designation that may stick with him or her for life. Even if someone lies about his or her age, it is the person’s actual age that will matter legally.

Even if both partners are under the age of consent, legal consequences may still result for the older partner if there is a two-year age difference between the two partners.

Marriage

Those 18 and over may get married freely. Those under 18 must have parental permission of both parties to get married; those who are 14 or 15 may not get married without parental permission and the approval of a Family Court or Supreme Court judge. If you are under 14 you may not get married.

Pregnancy

If you are pregnant, you have the right to remain in school as long as you are physically able. After your

child is born, you may return with your doctor's permission.

Abortion

In New York State, young people of any age may access family planning services—including abortion, contraception, and emergency contraception (the “morning-after pill”)—in complete confidentiality. Parents are not notified, and, in fact, medical personnel are forbidden from disclosing to anyone (including parents) the names of those who obtain family planning services. (Planned Parenthood is the primary provider of these services.)

Plan B, an over-the-counter emergency contraception available in drug stores, may be purchased by those 18 and older.

Sexual Assault

You have the right to receive confidential treatment if you are the victim of sexual assault or rape. See listing for the Sexual Assault Nurse Examiner's (SANE) Unit under Benedictine Hospital (p. 70).

Drugs and Alcohol

As you're no doubt aware, New York State law forbids those under age 18 from purchasing or possessing tobacco products and those under age 21 from purchasing or possessing alcohol. Illicit drugs

such as marijuana, methamphetamine, or ecstasy are illegal no matter what your age. **However, if you are experiencing a medical emergency due to the ingestion of drugs or alcohol, you should not be afraid to go to the hospital immediately—you cannot usually get arrested for substances you have already ingested.** If you still possess some in your pockets or glove compartment, that's a different story. Nonetheless, if you're unfamiliar with the substance, it's important to bring any of it you have left along with you.

If you have a drug or alcohol problem, you usually need your parent or guardian to consent to treatment. However, if your doctor feels that your parent's involvement will be harmful to you or prevent you from getting treatment, you may be able to consent to treatment on your own. You do not need your parent's consent if you want counseling; speak to your school social worker, school psychologist, guidance officer, or a service such as Teens and Parents in Woodstock (see p. 93).

Police Matters

Police departments throughout the county can be excellent resources for those seeking help. All county police officers have training in how to work with young people. Don't be afraid to ask for assistance at any point in the legal process.

Interactions with Police

If you are approached by the police for any reason, you have the following rights:

- to remain silent
- not to sign any statements
- to obtain a receipt for any possessions taken from you upon arrest
- to have an attorney present during questioning
- to have an attorney represent you free of charge if you do not have the funds to hire one.
- to have a parent or guardian present before questioning if you are under 16.

Your parents or guardian will be notified of your arrest and be given details on where you are being held.

Age-related Information

If you run into trouble with authorities before the age of 16, you may be prosecuted as a juvenile, in which case you will appear in Family Court rather than Criminal Court. (Youth under 16 can be sent to Criminal Court in cases of severe felony.) From the age of 16 on you are treated as an adult—except that up to your 19th birthday you may, under certain circumstances, be treated as a “Youthful Offender.”

Search Warrants

A search warrant is a paper signed by a judge giving

permission to the police to search your house, car, or other property. (Note: whenever your property is on school grounds, it can be searched *without* a warrant.) In most instances, the police need a search warrant before they can search you and seize your property. Search warrants are usually given only when evidence is presented to a judge that provides reasonable cause to believe a crime has been committed. However, there are times when police can search without a warrant. These include searches that take place during emergency procedures or arrests, searches for which someone in control of a residence has given authorization, and searches that are done while catching sight of illegal materials or activities “in plain view” of public space.

Parental Consent Issues

In New York, there is no legally-recognized emancipated minor status. If you are living in an independent manner, you are not “emancipated,” nor can you do all the things that adults are permitted to do (see “Head’s Up” on next page). You also may be subject to proceedings through Family Court if your parents decide to force you to come home; they may file a PINS petition to keep you in services up until your 18th birthday. Alternately, in other situations, your parents may be freed from having to support you financially if they demonstrate to the court that

you have chosen to live on your own despite their willingness to allow you to live at home.

There are three situations in which minors are given some of the rights of adults. These situations are: having a child as a minor, getting married as a minor, or enlisting with the military at age 17 (the last two of which cannot be done without parental consent).

Government Agencies

There are several government programs that you may interact with during your teen years. The most common are the New York Department of Motor Vehicles, the U.S. Military/Selective Service, the U.S. Department of Education (which handles federal financial aid programs), and the New York State Health Insurance programs.

Drivers Licenses

You must be 16 years of age or older to apply for a learner's permit, which allows you to drive while accompanied by a license-holder over 21 years of age. If you are under 18, you must have your parents sign for you to receive a permit (you can sign for yourself if you are 17 and have completed a driver's ed course). After receiving your permit, you must practice frequently and take a pre-licensing course (the "five-hour course," offered at local

Head's up

While **burning bridges with your parents** may sometimes seem to be the answer to all your problems, it's usually not. Very serious difficulties will arise if you elect not to maintain communication or share a home with your parents.

If you leave before turning 18 you won't be able to...	Sign a lease or contract. Get a drivers license. Get most government IDs. Get public assistance. Get Medicaid. Get permission slips signed for school activities. Get working papers. Receive non-emergency medical care.
Before turning 19...	Get healthcare coverage from Child Health Plus.
Before turning 24...	Get a good financial aid package for college—or any financial aid at all, in some situations.

In the vast majority of cases, your adult life will be easier if you maintain contact with your parents throughout your early adult years. Be very careful before doing otherwise.

school districts and through the American Driving School in Kingston [tel. 845-331-2222]) before taking the road test, which, if you pass, will provide you with a driver's license. When you possess a junior license, you may not drive after 9pm unless traveling to or from school or employment. If you have taken driver's ed, you may drive after 9pm upon turning 17. Many insurance plans offer a discount to young people who have taken driver's ed; be sure to inquire before forking out the cash for high premiums.

To take care of driver-related business, you can head to the main Ulster County DMV office on Fair Street in Uptown Kingston. Or, you can visit the mobile unit, which travels to town halls throughout the county as follows: Marlboro on Mondays, Saugerties on Tuesday, Ellenville on Wednesday, New Paltz on Thursday, and Shandaken on Friday. Mobile unit hours are 10am-1pm and 2-3:45pm. See page 111 for details.

Military Service

If you are a public high school student your name, address, and other contact information is made available to military recruiters—unless your parents sign an “opt-out” form to exempt you. If interested, ask for one in your school's guidance office. If you choose to opt out, your parents must fill out a new opt-out form every year.

The minimum age to enlist in the military is 17. At

age 18, all males are required to register for Selective Service. You must do this within 30 days of your 18th birthday. Forms are available at any post office. If you do not register you can be fined or go to jail; in addition, you will not be able to receive federal financial aid until you have registered.

Financial Aid for College

You are considered a dependent for financial aid purposes until you are 24 years of age. That means that in most circumstances your parents' income is considered in determining your financial aid eligibility until you are 24 years old. It is very difficult to prove that your parents will not support you as a way to qualify for additional aid; in nearly all circumstances, your parents are expected to contribute to the cost of your education and their resources for doing so must be counted in determining your financial aid eligibility. If you elect to leave college before getting your degree, you will still need to return immediately any unused loans.

Note: Any conviction for a drug offense, including simple Unlawful Possession of Marijuana, may keep you from receiving any financial aid subsidized by the federal government.

To learn more about government financial aid, go to studentaid.ed.gov. To fill out a FAFSA (the form required to

receive federal financial aid), go to www.fafsa.ed.gov. It's free!

Health Insurance

Most health insurance plans allow a parent to keep a child who is a full-time student insured until he or she is age 24 or 25; the upper age limit varies according to provider. Most colleges are required by law to ensure that all students are adequately covered by health insurance plans. Most will sell their own healthcare coverage to students. If your parents' insurance does not cover you, New York has three health insurance programs for which you may be eligible: **Healthy New York** (tel. 1-866-HEALTHYNY) is for people who do not receive health insurance through their employers; **Family Health Plus** (tel. 1-877-9FHPLUS) is for those over the age of 19 (it is a more affordable option than Healthy New York for individuals and families that meet stricter income requirements); **Child Health Plus** (tel. 1-800-698-4543) is a similar program available for those under 19. **Medicaid** (tel. 1-800-541-2831) is a government plan that is available to those who qualify; its income restrictions are the strictest of all.

Identity Matters

Functioning in the modern world requires frequent use of identity documentation—ID. But it's not always so easy to get one. The instructions below

help you figure it out.

Birth Certificates

Usually the easiest way to obtain a copy of your birth certificate is by visiting the town office of the town in which you were born. If you were born in New York State—but not in the five boroughs of New York City—you may also obtain a copy of your birth certificate from the New York State Department of Health (offered through VitalChek at 1-877-854-4481). The following website has all the information you need: www.health.state.ny.us/vital_records. Those born in New York City can check out <http://www.nyc.gov/html/doh/html/vr/vrbappl.shtml>. Note: to obtain your birth certificate, you will need to submit a copy of a valid government-issued photo ID.

Social Security Number

The Social Security Administration is a government agency that does two important things: it provides retirees and the disabled with a monthly stipend to cover living expenses and it gives every U.S. citizen a Social Security Number, which will be required of you throughout your life. *You will need a social security number to get a job or apply for financial aid, so don't delay—get one today!*

If you've never received a social security card before and you're over age 12, you must appear in person to receive a card. There is an office at 289 Stockade Drive in Kingston that is open Monday-Friday 9am-4pm. Be sure to bring with you a copy of your birth certificate bearing a raised seal, other documents that establish your identity (school ID, school records, driver's license, state-issued non-driver ID), and your parents' social security numbers.

Photo ID

You can obtain non-driver photo ID from the Department of Motor Vehicles at any age. You will need to supply a birth certificate and social security card along with additional documentation. The following website tells you everything you'll need to know: www.nydmv.state.ny.us/idlicense.htm. For information on DMV locations, turn to page 111.

You can also obtain a photo ID from the Ulster County Sheriff's Office—up until the day before your 18th birthday. Operation Safe Child puts your name, photo, and fingerprints on a card. It's totally free and counts as government-issued photo ID for most purposes. Parent permission is required. Call 845-338-3640 for details.

Passport

To obtain a passport for the first time, you need to go in person with two photographs of yourself, proof of U.S. citizenship, and a valid form of government-issued photo ID. The fees range from \$82 for an under-16 standard service passport to \$157 for an expedited over-16 passport. You must provide photos for your passport; usually they can be taken at the place of application.

In Ulster County, the following sites offer and accept passport applications: the Kingston Main Post Office, the Lake Katrine Post Office, the Ulster County Clerk of Court, the Shokan Post Office, the Ellenville Post Office, the Marlboro Free Library, and the Saugerties Post Office.

Working Papers

If you are under 18, you are required to have an employment certificate (usually called “working papers”) before you begin to work. You apply for working papers at your school office; a parent signature is required. (A school physical is required; these are often given only during the school year. Some schools accept exams from private doctors. Check with your school office for details.)

The law limits your employment opportunities based on age. If you are 11 or older you may deliver newspapers; if you are 12 or 13 (and older) you may

do farm work; if you are 14 or 15 (and older) you may work in stores or offices; and if you are 16 or 17 (and older) you may work in a factory or machine shop. Hours are also regulated. See your school office for more information.

Protecting Your Good Name

After going through all the hassle to establish your identity, be careful not to allow it to be damaged by your activities on the internet. College admissions committees—as well as some employers—are beginning to check **Facebook** and other social network sites as part of the admissions or hiring process. Applicants are increasingly being denied spots at universities due to inappropriate postings on websites. So be careful what you say online; you're never as anonymous as you think.

Rights of Undocumented Immigrants

Most undocumented immigrants are considered invisible in the eyes of the government. Therefore, many of the rights given to citizens are not extended to undocumented immigrants. Similarly, social services that are available to citizens are in almost all cases not available to adults. There are several key

exceptions, though:

- Undocumented immigrants are eligible for Medicaid in life-or-death emergencies.
- Undocumented immigrants are protected from abuse under human rights ordinances.
- Undocumented immigrants of school age **must** attend school.

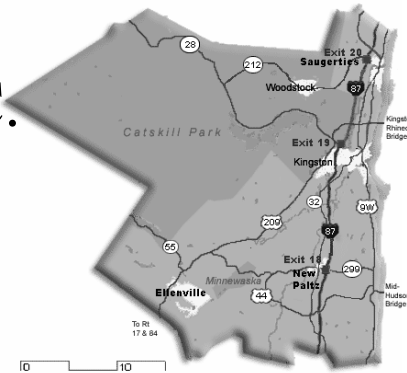
Rights Violations

If your rights have been violated, it is important to seek help. The best thing you can do is talk to a trusted adult who can help you navigate the path to a solution. Each rights violation involves its own remedy—some through the legal system, others through school systems, others with entirely different approaches. If you need to talk about your situation, feel free to call Just Connect at 845-331-5565.

Life in
U.C.

Congratulations!
You're growing up in one of the most beautiful and culturally vibrant rural communities in the country.

True, Ulster County may not have the glitz of Manhattan or the year-round balmy breezes of Southern California. But, with a little investigation, you can find the hidden (and not-so-hidden) places that make life here sweet.



Head's up

Though we have done our best to compile a thorough list of spots throughout the county, it is most definitely incomplete. If one of your favorite places is missing from this section, drop us a line via www.justconnect.org to get it on the website and in the next edition of this guide.

Kingston and Town of Ulster

The county seat and former capital of New York State, Kingston (called K-town by its neighbors) and the Town of Ulster next door are home to the Hudson Valley Mall, a variety of shopping centers, and the Broadway and Uptown business districts. It's the heart of Ulster County.

Recreation

Rondout Neighborhood Center · 845-331-2575
Midtown Neighborhood Center · 845-331-1682
The Boys and Girls Club · 845-338-8666
YMCA · 845-338-3810
YWCA · 845-338-6844
Everett Hodge Center · 845-331-1110

Fitness

Planet Fitness 845-336-4500
MAC Fitness · 845-338-2887
Dance and Drum Academy · 845-338-7664
cce-kingston.org
Demorest Boxing Club · 845-331-7468
Kingston PAL Boxing Gym · 845-331-1671 x1718
Andretta Pool at Dietz Stadium · 845-331-1682

Fun

Hudson Valley Mall · Route 9W, Ulster
Regal Cinema · 845-336-4188
Mid-City Lanes · 845-331-6161
Hoe Bowl (with arcade) · 845-338-1414
Sawkill Family Ski Center · 845-336-6977
Ascot Park Mini Golf · 845-339-6395
BMX Park at Kingston Point Beach · 845-339-0618

Just Connect Staff Recommends

Open Mic (Mezzanine Café Mon. night; Back

stage Studio Prod. Th; 39 John St. Fri.)
Bop to Tottom (women's boutique) · 845-338-8100
Kenco (outdoor gear/clothing) · 800-872-2964

Saugerties

Saugerties is a blossoming town just north of Kingston. The town is known for sports (especially baseball), and during the spring and summer months Cantine's Field is always buzzing. If you're around, check out the Orpheum Friday nights.

Recreation

Cantine Field · 845-246-5890

Fitness

IXL Health and Fitness · 845-246-6700

Ice Skating Rink / Hockey League · 845-247-2590

Fun

World of Dance · 845-246-1131

Orpheum Theatre · 845-246-6561

Bowlers Club · 845-246-4969

Puttin' Plus · 845-246-4501

Just Connect Staff Recommends

Barclay Heights Diner · 845-246-4610

Woodstock and Catskill Park

Woodstock radiates from The Green, a recently artfully paved patch of public space at the center of town. The town is the most famous in the county, renowned for the rock festival bearing its name (which was actually held in Sullivan County), its artsy vibe, and its film festival—which always has a

youth-specific component with teen-created films and young peoples' discussions (see www.woodstockfilmfestival.com).

Recreation

Youth Center/Skate Park · 845-679-2015
Andy Lee Field · 845-679-2113

Fitness

Breathe Fitness · 845-657-2342

Fun

Woodstock Film Festival · 845-679-4265
Woodstock Library Fair · 845-679-2213
Tinker Street Cinema · 845-679-6608

Just Connect Staff Recommends

Shops on Tinker Street and Mill Hill Road
Tinker Gnome Game Shop · Tinkergnome.com
Catskill Mountain Pizza · 845-679-7969
Hike up Overlook Mountain · Meads Mt. Rd.

Outside of Woodstock sprawls the massive Catskill Park, a huge expanse of forest preserves and private lands woven together by the state of New York to be saved as mountain wilderness forever. The major towns in the park lie along Route 28. These include Shandaken, Phoenicia, and Pine Hill.

Recreation

Pine Hill Community Center · 845-254-5469

Fun

Town Tinker Tubing, Phoenicia · 845-688-5553
Camping on State Lands · 518-457-2500
Hiking on State Lands · 845-586-2611
Belleayre Mountain · 800-942-6904

Esopus and Port Ewen

Though Port Ewen is directly across the river from the Rondout riverfront neighborhood of Kingston, it is in a separate municipality: Esopus.

Recreation

Port Ewen Athletic Association · www.peaa.org
Summer rec program at Ross Park · 845-489-5041

Fun

Wood’N’Wheel Skating Rink · 845-331-9680

Rosendale and Marbletown

Rosendale and Marbletown (the town containing the hamlets of High Falls and Stone Ridge) crouch at the junction of the Catskills and the Shawangunk Ridge. Both towns are on the artsy side, with cafes and restaurants popular with weekend visitors. Luckily, there’s also a lot for youth.

Recreation

Rosendale Youth Center · 845-658-8982
Marbletown Youth Center · 845-687-9101
Center for Creative Education · 845-687-8890
Women’s Studio Workshop · 845-658-9133

Fitness

The Ridge · 845-687-0000
Rosendale Pool · 845-658-9347

Fun

Rosendale Theater · 845-658-8989

Accord Kerhonkson and Ellenville

The southwest corner of the county is especially beautiful—and a bit more rural than the rest.

Recreation

Rochester Youth Center · 845-626-2115
Ellenville-Wawarsing Youth Com.
· 845-647-0200 Ext. 541
African-Am. Men's Assoc. · 77 Briggs Hwy 12428

Fitness

Ellenville Pool · 845-647-7080
Kerhonkson Pool · By Kerhonkson Elementary

Fun

Skate Time 209 · 845-626-7971
Minnewaska State Park · 845-256-0579
Ellenville Bowling Lanes · 845-647-2695
Robin Hood Archery · 845-626-0983
Nevele Saddle Club & Stables · 845-647-7556

Just Connect Staff Recommends

Il Paradiso Pizza & Restaurant · 845-647-5808
La Bella Pizza · 845-647-9269

New Paltz and Highland

New Paltz is known mainly as a college town, with a progressive political climate and a quirky downtown area. It's also a great place to be young: it's got an active youth program and plenty to do.

Recreation

New Paltz Youth Program · 845-255-5140

Fun

New Paltz Cinema · 845-255-0420

Ice Skating at Mohonk · 845-256-2776
Ulster County Fairgrounds · 845-255-1380

Fitness

The Inner Wall Rock Climbing · 845-255-7625
Moriello Pool · 845-255-1700
Ulster County Pool Complex · 845-255-7027

Just Connect Staff Recommends

Rhino Records · 845-255-0230
The Taco Shack · 845-255-2366

Wallkill,Plattekill and Marlboro

Wallkill, Plattekill, and Marlboro border Orange County and the City of Newburgh.

Recreation

Milton Library · 845-795-2200

Just Connect Staff Recommends

Rob's Pizzeria · 845-895-2000
Tosco's Pizzeria · 845-895-3123

Outside the U.C.

Poughkeepsie

Po-town is the biggest city between New York and Albany. It's in Dutchess County, across the river from Highland, and it's got all the elements of city life you'd expect: a downtown with ethnically diverse storefronts and restaurants, a long strip of suburban sprawl with plenty of malls and shopping plazas, and a train station with frequent Metro North service to Grand Central Station.

Recreation

Mill Street Loft (arts education) · 845-471-7477
Youth Media Project · 845-485-4480
YMCA · 800-872-9622
Adriance Memorial Library · 845-485-3445

Fun

Galleria Mall · Route 9 South, 845-297-7600
Overlook Drive-In · 845-452-3445
Regal Cinemas at the Galleria · 845-297-1161
Silver Cinemas South Hills · 845-297-5516
Hyde Park Drive-In · 845-229-48959
Roosevelt Cinemas (Hyde Park) · 845-229-2000

Newburgh

Newburgh is one of the centers of Orange County,
It's a short drive from the southern portions of the
U.C.

Fun

Newburgh Mall · Route 300, 845-564-1400
Showtime Cinemas · 845-566-8800
Destinta Theaters in New Windsor · 845-569-0300
DIA:Beacon Museum in Beacon · 845-440-0100

Albany

It's the state capital, home to a variety of universi-
ties and an array of city services. It's also only
about an hour from Kingston, making it the most
accessible urban area to most Ulster County resi-
dents.

Fun

Crossgates Mall · I-87 and I-90, 518-869-9565
Colonie Center Mall · I-87, 518-459-9020
Pepsi Arena · 518-487-2000

New York City

What's to say? It's "the city" and it needs no introduction. There's too much in NYC to narrow down any particular interest, so we'll just tell you how to get there. From Pine Hill, Phoenicia, Woodstock, Kingston, Rosendale, and New Paltz, there is the Trailways Bus. Service is frequent and the trip is quick—just 90 minutes from New Paltz to the Port Authority. From Kerhonkson, Wawarsing, and Elenville, there's the ShortLine Bus. The trip is slightly longer and goes through Middletown. The fastest way from Highland, Marlboro, or Wallkill is to take either the train from Poughkeepsie or the ShortLine Bus from Newburgh. ***If taking the train, be sure to buy Metro-North tickets from Poughkeepsie; buying Amtrak tickets—either from Poughkeepsie or Rhinecliff—is much more expensive.***

Resource Directory

Need to know where to turn for information or services? Don't be bashful—there are plenty of resources in Ulster County to help out every young person. Whether you need a driver's license, counseling about personal struggles, or a place to stay when things aren't working out at home, there's help available in these pages. Don't be afraid to contact any resource, and when you do, state your situation clearly in order to be directed to someone who can help you. Ask as many questions as you need, and ask for clarification if you don't understand something. And remember: the squeaky wheel gets the oil first!

Head's up

Accessing Services without Parental Consent

Many services are available to minors that do not require the consent of their parents. Most counseling and case management services—including, in certain circumstances, substance abuse treatment—do not require consent. However, “non-emergency” medical services do require it (except for family planning services [including abortion], prenatal care, and HIV/STD testing and care).

Abuse and Violence

WHAT TO KNOW

- Child abuse does not only include beating or hitting a child; it also includes neglect, emotional abuse, malnutrition, lack of medical care, and more.
- Teen relationship violence is more widespread than most people believe—up to 28% of teens in relationships experience violence.
- If you are the victim of sexual violence or abuse, you have the right to a confidential medical exam (no parental permission needed nor parental notice given) by a nurse at Benedictine Hospital through the Sexual Assault Nurse Examiner (SANE) program.

Crime Victims Assistance Program

5 Pearl Street, Kingston, NY 12401

845-340-3443

Full array of supportive, compassionate services for

those who are victims of any crime. You may receive services from Crime Victims Assistance even if you choose not to report the crime to the police. All services are completely confidential.

Domestic Violence Services

A program of Family of Woodstock, Inc.
P.O. Box 3516, Kingston, NY 12402
845-331-7080

Residential and non-residential services for victims of domestic violence, including safe housing, counseling, case management, and victim advocacy. Non-residential services are open to women of any age. All services completely confidential.

Evolve

A program of Family of Woodstock, Inc.
P.O. Box 3516, Kingston, NY 12402
845-331-7080

Domestic violence support groups, counseling, and education groups for men who batter. Open to men ages 18 and up—both to those seeking treatment voluntarily as well as to court-mandated offenders.

Alcohol and Drug Abuse

WHAT TO KNOW

- Over ten million Americans are chemically dependent on alcohol. It is the nation's biggest drug problem.
- Those who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.
- Remember: if you experience a medical emergency due to ingesting illegal drugs, you should call 911 immediately. You **cannot** get in legal trouble for drugs that are already in your body; it is the possession of drugs that is the crime.

ALCOHOL

Alcoholics Anonymous

845-647-6400 or 845-331-6360

www.alcoholics-anonymous.org

Self-help groups for alcoholics. Groups run every day throughout the week, throughout the county—and the world. Call for a list of local meetings.

Students Against Destructive Decisions (SADD)

SADD chapters meet in most local schools. Check with your school principal for information on how to get involved.

Ulster County Stop DWI

380 Boulevard, Law Enforcement Center,

Kingston, NY 12401

845-340-3448

Educational services aimed to prevent alcohol- and drug-impaired driving.

Nicotine Anonymous

www.nicotine-anonymous.org

Tobacco-Free Action Coalition—TFAC

741 Grant Avenue, Lake Katrine, NY 12449

845-943-6070

www.tobaccofreeactioncoalition.org

Public health education campaigns devoted to raising awareness of the serious health consequences of tobacco use.

DRUGS/OTHER SUBSTANCES

Family of Woodstock Adolescent Services—Case Management

39 John Street, Kingston, NY 12401
845-331-7080

Counseling and case management services to adolescents with substance abuse problems. (Services also available to those without addictions.)

Kingston Cares

Everett Hodge Community Center
15-21 Franklin Street, Kingston, NY 12401
845-331-1110

Collaborative effort among government, law enforcement, schools, health agencies, human service agencies, recreation opportunities, and religious groups aimed at supporting and promoting positive youth and family development.

Narcotics Anonymous

845-431-9011

Self-help groups for those recovering from drug addictions. Many meetings in the county; call for information.

Overeaters Anonymous

197 Main Street Kingston, NY 12401
845-657-6603 www.aa.org

12-step program and support group for compulsive

overeaters. Call for information on meetings.

TREATMENT PROGRAMS

Arms Acres

75 Seminary Hill Road, Carmel, NY 10521

845-225-3400

www.armsacres.com

Inpatient substance abuse treatment facility for adolescents aged 12 and over. Most insurance and self-pay accepted. Self-referrals accepted.

The Bridge Back of Kingston Hospital

10 Barbarosa Lane, Kingston, NY 12401

845-943-6901

Comprehensive selection of outpatient rehab services, including an adolescent treatment program for teens who are first-time or repeat DWI offenders.

Catskill Mountain Counseling

4080 State Route 28 Boiceville, NY 12412

845-657-9503

NYS licensed outpatient alcoholism and substance abuse clinic. Substance abuse counseling for youth. Open to individuals with a history of alcoholism and/or substance abuse.

Never Alone

20 Crofts Road, Hurley, NY 12443

845-339-4272

Residential treatment program for chemically dependent youth. Insurance accepted; sliding scale for self-pay. Open to those ages 12-18.

Step One

106 Vineyard Ave. 83 N. Main Street
Highland, NY 12528 Ellenville, NY 12428
845-691-9191 845-647-5400

Outpatient alcohol and chemical dependency treatment.

Ulster County Mental Health

Kingston, Highland, and Ellenville
845-340-4000

Outpatient addiction treatment services, including a special program for adolescents struggling with addiction and emotional problems.

Veritas Villa

5 Ridgewood Road, Kerhonkson, NY 12446
845-626-3555
www.veritasvilla.com

Sober living homes for recovering alcoholics and drug abusers. Open to those ages 18 and up.

Clothing

Fair Street Reformed Church - Thrift Store

58 Pearl Street, Kingston, NY 12401
845-338-7722
Open W 9-12; Th 12-2; F 2:30-5

Goodwill Industries

1306 Ulster Ave., Kingston, NY 12401
845-336-3303
Thrift store open M-Sa 9:30-8, Su 10-7.

Happy Apple Thrift Shop

18 E. O'Reilly Street, Kingston, NY 12401
845-338-0833

People's Place - Thrift Shop

620 Broadway, Kingston, NY 12401
845-338-4030
www.peoplesplace.org
Open M-F 10am-1pm.

Salvation Army of Ulster County - Thrift Stores

884 Albany Ave., Kingston, NY 12401
845-340-1249
Open M, Tu, Th, Sa 9am-5pm; W, F 9am-7pm.

61 North Chestnut Street, New Paltz, NY 12561
845-256-9475
Open M-Sa 9am-5pm.

**WHAT
TO
KNOW**

· Free clothing for the whole family is available at the “free stores” at the Family of Woodstock, Inc., drop-in centers in New Paltz, Ellenville, and Woodstock. See page 57 for hours and additional information.

Community Service/ Volunteering

Additional organizations that accept volunteers besides those listed in the rest of this directory:

Ulster County SPCA · Kingston
845-331-5377

Mohonk Preserve · New Paltz/Gardiner/ Accord
845-255-0919

Guiding Eyes for the Blind (guide dog raising)
845-878-3330

information on a variety of topics to audiences at health fairs, conventions, and schools. Branch offices in Ellenville, New Paltz, and Saugerties.

Woodstock Walk-In Doctor

104 Mill Hill Road, Woodstock, NY 12404
845-679-6775

Walk-in physician services from 10am to 6pm,
Tuesday through Saturday.

HEALTH-RELATED GROUPS AND ORGANIZATIONS

AIDS-Related Community Services

275 Fair Street, Kingston, NY 12401
845-339-3281

www.arcs.org

Counseling, case management, client advocacy,
transportation, emergency funding, and a women's
group—all for people living with HIV/AIDS.

Celiac Support Group

E-mail: cinselber@optonline.net

Support group for those living with celiac disease.

People's Place - Emergency Assistance Program

620 Broadway, Kingston, NY 12401
845-338-4030

www.peoplesplace.org

Open M-F 10am-1pm. Offers medical transportation, prescription expense assistance, and undesignated temporary financial aid.

Open to those with low income and those in emergency circumstances. Walk in to apply.

Jobs

Gateway Industries, Inc.

One Amy Kay Parkway, Kingston, NY 12401

845-331-1261

www.gatewayindustries.org

Career training and placement assistance to people with mental or physical disabilities or economic disadvantage. School to Work transition program available. Call to see if you qualify.

Ulster County Office of Employment and Training

601 Development Court, Kingston, NY 12401

845-340-3170

www.workforcenewyork.org/ulster

Jobs available for youth, comprehensive job assistance center, job information, job searching/ placement. Also includes leadership development opportunities and tutoring and study skills training. Young people can connect with mentors in their

Of course, this list is very incomplete. Investigate through your school or local community newspaper for more locations for volunteering.

Disabilities

Gateway Community Industries

1 Amy Kay Parkway, Kingston, NY 12402

845-331-1261800-454-9395

www.gatewayindustries.org

Range of services to people living with disabilities, including The Job Shop, which offers assistance in resume and cover letter writing and job search strategies.

Resource Center for Accessible Living (RCAL)

727 Ulster Ave., Kingston, NY 12401

845-331-0541 or TTY 845-331-8680

www.rcal.org

Service and advocacy for people of all ages with disabilities. Transition counselors work with high school students to formulate post-graduation plans. Empowerment support group for young women. Special education advocates available.

Taconic Developmental Disabilities Services Office (OPWDD)

521 Boices Lane, Kingston, NY 12401

845-382-1899

DDSO works with parents of children and adults with mental retardation (MR) who are identified

**WHAT
TO
KNOW**

- The majority of agencies and programs listed in this directory will accept teenaged volunteers. Simply call the organization and ask to speak with a volunteer coordinator.
- If you want or need to perform community service and don't know where to begin, ask a guidance counselor or government teacher at your school.

before the age of 18. Provides services aimed to ensure social participation, integration, and independence of the individual affected by MR.

Ulster Greene ARC

139 Cornell Street, Kingston, NY 12401

845-338-1234

www.ulster-greenearc.org

Development assessment, early intervention for children with disabilities, educational programs for developmentally disabled young people and adults.

Vocational and Educational Services for Individuals with Disabilities (ACCES VR)

65 Albany Avenue Suite E, Kingston, NY 12401

845-339-4270

www.vesid.nysed.gov/midhudson/

**WHAT
TO
KNOW**

· Those with disabilities are protected by the Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of disability in employment, State and local government, public accommodations, commercial facilities, transportation, and telecommunications.

· If you feel you may have a learning disability, your parent may request an evaluation by the committee on special education. If eligible, you are entitled by law to receive special ed supports.

ACCES VR Poughkeepsie

Manchester Mill Centre Suite 200

300 Manchester Road, Poughkeepsie, NY 12603

845 452 5325

Employment preparation, job search/placement, sheltered and supported employment opportunities, vocational rehabilitation.

Disaster and Crisis Resources

American Red Cross - Ulster County Chapter

21 O'Neil Street, Kingston, NY 12401
24-hour Emergency Line at 845-338-7021
845-338-7020

www.ulsterredcross.org

CPR/First Aid and lifeguard training programs, and volunteer opportunities in disaster service programs. Childcare training available to young people.

Family of Woodstock, Inc., Walk-In Centers

Ellenville, New Paltz, Woodstock
845-338-2370

Assistance to those in crisis in person or by phone. Family can connect people with all the resources they need to get through tough times. See next page for more information.

Hudson Valley 911

www.hv911.com

Explore information on emergency services avail-

able throughout the region on the website of Hudson Valley 911. Hudson Valley 911 is the agency that runs 911 service for Ulster County—as well as the counties to the east and south.

**WHAT
TO
KNOW**

- The entire county is served by a 911 dispatch service. **In an emergency, dial 911!**
- In personal crises or non-life-threatening emergencies, call Just Connect (845-331-5565) or Family of Woodstock's crisis hotline (845-338-2370).
- Trauma can often have an intense emotional or psychological impact. Do not hesitate to seek counseling in order to handle a life crisis.

Drop-In Centers

Family of Woodstock Drop-In Centers

All three Family drop-in centers offer case management, crisis counseling, hotline services, a free store, a food pantry, employment assistance, and a safe place to relax. Drop in anytime and acquaint yourself with the wide array of services and friendly conversation available.

Family of Ellenville Drop-In Center

221 Canal Street, Ellenville, NY 12428

845-647-2443

Open M-F 9am-4:30pm.

Family of New Paltz Drop-In Center

51 North Chestnut Street, New Paltz, NY 12561

845-255-8801

Open M-Th 10am-5pm, F 10am-4pm.

Family of Woodstock Drop-In Center

16 Rock City Road, Woodstock, NY 12498

845-679-2485 or 845-338-2370

Open every day 9:30am-9:30pm. Hotline 24 hours,
7 days a week.

Everett Hodge Community Center

15-21 Franklin Street, Kingston, NY 12401

845-331-9681

Wide variety of programming for Kingston community, including youth programming.

Education

PUBLIC SCHOOL RESOURCES

WHAT TO KNOW

· What's a drop-in center? A better question would be what IS-N'T a drop-in center! Drop-in centers are places of social gathering, places to find free goodies, places to score a hot meal, or places to play a game of chess. Drop in and familiarize yourself with programs and services that may be available to you.

Ellenville Central School District

28 Maple Ave., Ellenville, NY 12428
845-647-0200 www.ecs.k12.ny.us

Grove Street Academy

26 Grove Street, Kingston, NY 12401
845-340-1570

Special education day program for male adolescents aged 12-17 identified through their home school Committee on Special Education.

Highland Central School District

320 Pancake Hollow Road, Highland, NY 12528
845-691-1000

www.highland-k12.org

Kingston Consolidated School District

61 Crown Street, Kingston, NY 12401

845-339-3000

www.kingstoncityschools.org

Marlboro Central School District

50 Cross Road, Marlboro, NY 12542

845-236-5802

www.marlboroschools.org

New Paltz Central School District

196 Main Street, New Paltz, NY 12561

845-256-4020

www.newpaltz.k12.ny.us

Onteora School District

Route 28, Boiceville, NY 12412

845-657-6383

www.onteora.k12.ny.us

Rondout Valley Central School District

122 Kyserike Road, Accord, NY 12404

845-687-2400

www.rondout.k12.ny.us

Saugerties School District

Box A, Saugerties, NY 12477

**WHAT
TO
KNOW**

- The county is served by nine school districts.
- Ulster County BOCES provides vocational and career education as well as the New Horizons career exploration program for talented high school seniors.
- GED programs are available through the YWCA, the Hodge Center, and through all the school districts.

845-247-6500
www.saugerties.k12.ny.us

Ulster BOCES

319 Broadway, Port Ewen, NY 12466
845-255-1400

Wide array of education programs, including career and technical training, New Visions (career-track programs in highly skilled fields), and how-to classes for public at large. BOCES is both an alternative to regular high school programs for young people and a source of training and hands-on educa-

tion for all members of the community. Main facility is in Port Ewen, but BOCES runs programs throughout Ulster County.

Wallkill Central School District

19 Main Street, Wallkill, NY 12589
845-895-7100
www.wallkillcsd.k12.ny.us

West Park Union Free School

2112 Route 9W, West Park, NY 12493
845-384-6710

Special education day program for female adolescents aged 12-17 identified through their home school Committee on Special Education.

PRIVATE SCHOOL RESOURCES

High Meadow School

PO Box 552, Stone Ridge, NY 12484
845-687-4855
www.highmeadowschool.org

Pre-K through 8th grade education that “prepares students to become independent thinkers, informed decision makers, and compassionate citizens.”

Hudson Valley Sudbury School

84 Zena Road, Kingston, NY 12401
845-679-1002
www.hudsonvalleyschool.org

School based on democratic principle of self-governance for ages 5-19.

Woodstock Day School

PO Box 1, Woodstock, NY 12498

845-246-3744

www.woodstockdayschool.org

Private K-12 education “to inspire academic, social, and creative success.”

COLLEGE RESOURCES

If you are confused about the types of college degrees available, here’s a quick rundown:

AA=Associates=2-year degree

BA or BS=Bachelors=4-year degree

MA or MS=Masters=6-year degree

PhD or Professional Degree=8 to 10-year degree

SUNY New Paltz

1 Hawk Drive, New Paltz, NY 12561

845-257-SUNY

www.newpaltz.edu

Full array of programs leading to Bachelors and Masters degrees. Plenty of study abroad opportunities. Short distance from home! Explore the thorough website for specific details.

SUNY Ulster

Cottkill Road, Stone Ridge, NY 12484

845-687-5000

www.sunyulster.edu

45 different degree, diploma, and certificate programs; most students pursue a two-year Associates degree. New study abroad program available. Early Admissions program allows high school seniors to complete diploma and begin earning college credits at the same time. Check website for full range of classes and programs offered. Assistance for students with learning disabilities available.

EDUCATIONAL ORGANIZATIONS

Cornell Cooperative Extension of Ulster County

10 Westbrook Lane, Kingston, NY 12401

845-340-3990

www.counties.ccc.cornell.edu/ulster

Information to residents on matters of farming, gardening, and money management. Also supervises 4-H program (see p. 117)

Hudson Valley Student Support Services Center

175 Route 32 North, New Paltz, NY 12561

845-255-4874

www.mhric.org/cshw

Curriculum and support for after-school programs. Also provides programs on tobacco cessation, bullying, and violence prevention.

Ulster Literacy Association

635 Broadway, Kingston, NY 12401

845-331-6837

www.ulster.net/~literacy

Literacy Programs to those age 18 and up.

Food

ORGANIZATIONS

Angel Food East

845-331-6538

Delivers meals to those living with HIV/AIDS in the greater Kingston area.

The Queens Galley

845-338-3468

Works for awareness and relief of food insecurity.

FOOD PANTRIES AND SOUP KITCHENS

Each food pantry in the county operates according to its own schedule and its own set of qualifications for food distribution. If you need food, be sure to call the pantry nearest you for more information. In the list that follows, “Ch.” stands for “church.”

Rochester Food Pantry · Accord

845-626-7501

Family of Ellenville Food Pantry · Ellenville

845-647-2443

**Hosanna Assembly of God Food Pantry · Ellen-
ville**
845-647-4341

United Methodist Church · Ellenville
845-647-7094

St. Charles Boromeo Ch. Food Pantry · Gardiner
845-255-1374

Family Outreach Food Pantry · Highland
845-380-8799

New Central Baptist Ch. Food Pantry · Kingston
845-339-0589

People's Place Food Pantry · Kingston
845-338-4030

Point of Praise Food Pantry · Kingston
845-339-4615

**St. Simon's Holy Cross Ch. Food Pantry and
Soup Kitchen · Kingston**
845-331-6796
Soup kitchen open Sa-Su 11am-12:15pm.

St. Mary's Ch. Food Pantry · Marlboro
845-236-4340 (Only for Marlboro residents)

St. Vincent de Paul Food Pantry · Milton

**WHAT
TO
KNOW**

· Food pantries and food banks exist throughout the county. It's usually best (and sometimes required) to obtain food only from your local pantry.

· Family of Woostock's drop-in centers often have free prepared foods available as well as free bread. See page 57.

· Food stamps and WIC assistance are available to people of any age. Contact the Department of Social Services (DSS) for details. See page 105.

845-795-5430

United Methodist Ch. Food Bank · Modena

845-883-7142

Family of New Paltz Food Pantry · New Paltz

845-255-8801

St. Joseph's Food Pantry · New Paltz

845-255-5635

New Day Tabernacle Ch. Food Bank · Plattekill
845-566-4441 Open Sa 10am-noon.

Rosendale Food Pantry · Rosendale
845-658-9385

**Atonement Lutheran Ch. Food Pantry and Soup
Kitchen · Saugerties**
845-246-8322
Soup kitchen Tue, Thurs- 12 p.m.

Council of Churches Food Pantry · Saugerties
845-246-6885

St. John the Evangelist Ch. Pantry · Saugerties
845-246-9581

Mid-Hudson Christian Ch. Food Bank · Wallkill
845-895-3006

His Love Unveiled Food Pantry · Wallkill
845-895-3006

Family of Woodstock Food Pantry · Woodstock
845-679-2485

Daily Bread Soup Kitchen · Woodstock

845-679-2336

Health

HEALTHCARE FACILITIES

Benedictine Hospital

105 Mary's Ave., Kingston, NY 12401

845-338-2500

www.benedictine.org

Full range of hospital services, including a Psychiatric Emergency Room. Sexual Assault Nurse Examiners unit (SANE) provides confidential medical help to victims of sexual abuse and rape.

Family Practice

Offices in Kingston (845-338-6400), Port Ewen (845-331-2355), Ellenville (845-647-4500), New Paltz (845-255-2930), and Newburgh (OB/GYN only, 845-566-1800).

Family Practice is a network of family practice centers that offer a sliding scale fee for people who have been rejected by Medicaid. Call for information.

Ellenville Hospital

Rt 209, 50 ShopRite Blvd., Ellenville, NY 12428

845-647-6400

www.ellenvilleregional.org

Full range of hospital services, including an emer-

gency room and ambulatory surgery department.

Emergency One Urgent Care

40 Hurley Ave. #4, Kingston, NY 12401

845-338-5600

Walk-in physician services from 8am to 8pm Monday through Friday, and 9am to 5pm Saturday and Sunday.

Kingston Hospital

396 Broadway, Kingston, NY 12401

845-331-3131 or 845-331-4357

www.kingstonhospital.org

Full range of hospital services.

Mid-Hudson Care Center

142 Aaron Court, Kingston, NY 12401

845-339-6755

www.amc.edu/patient/hiv

Health services to people living with HIV. HIV Testing available M-F 9am-5pm; call to make an appointment. Services (other than confidential HIV testing) open only to those who are HIV-positive.

Mid-Hudson Family Health Institute

279 Main Street, Suite 1, New Paltz, NY 12561

845-255-3766

www.fpinstitute.org

Full-service, non-profit, accessible primary health-

care. Sites throughout Ulster County; call for information.

Ulster County Health Department

300 Flatbush Avenue, Kingston, NY 12401

845-340-3070

www.co.ulster.ny.us/health

HIV/STD clinic, AIDS/HIV prevention counseling, HIV testing. Services available for children with special health care needs. Vaccines are available for youth ages 11-19. **Health Education Unit** provides

**WHAT
TO
KNOW**

- If you are experiencing a true medical emergency, call 911 for immediate assistance. You will be treated regardless of your ability to pay. For routine medical appointments, please go to a physician's office.
- Free and low-cost healthcare is available from Family Practice, which has offices throughout the county (see below).
- Health insurance is available at low cost from the state. See page 24 for detailed information on NYS's many programs.

desired career field. A full offering of resources for those seeking work.

Vocational and Educational Services for Individuals with Disabilities (ACCES VR)

65 Albany Avenue Suite E, Kingston, NY 12401
845-339-4270

www.vesid.nysed.gov/midhudson/

Employment preparation, job search/placement, sheltered and supported employment opportunities, vocational rehabilitation—all for people living with disabilities.

Web Resources

Several websites list job opportunities in the region: hudsonvalleyhelpwanted.com, jobsinnewyork.com, and the classifieds section of ulsterpublishing.com.

Legal Resources

Court Appointed Special Advocates of Ulster County (CASA)

209 Clinton Ave., Kingston, NY 12401

845-339-7543

www.casaulster.org

Advocacy for abused and neglected children; advocates are assigned by a judge.

Crime Victims Assistance Program

5 Pearl Street, Kingston, NY 12401

845-340-3443

Full array of supportive, compassionate services for those who are victims of any crime. You may receive services from Crime Victims Assistance even if you choose not to report the crime to the police. All services are completely confidential.

Kingston Commission on Human Rights

420 Broadway, Kingston, NY 12401

845-334-3971

Resolution of complaints related to discrimination that occur in the City of Kingston.

Legal Services of the Hudson Valley

101 Hurley Avenue, Kingston, NY 12401

845-331-9373

www.lshv.org

Free legal services to low-income people in the county who need legal advice or representation in civil (i.e., non-criminal) matters.

Public Defender's Office

18 Lucas Avenue, Kingston, NY 12401

Legal representation to indigent (low- or no-income) clients in the criminal and family courts in Ulster County.

WHAT TO KNOW

- The OneStop Job Center at the Business Resource Center on Ulster Ave. in Kingston has job listings, computers for writing resumes, fax machines for sending them, and counselors for those who qualify. Call 845-338-4696 for more information.
- School guidance counselors do job skills assessments. Inquire if you want help in exploring your own career interests.
- The BOCES New Visions program allows talented high school seniors to spend their senior year exploring their career interest.
- Need help finding a job? Call Family of Woodstock, Inc., at 845-331-7080. Family is partnered with the county to connect young people to meaningful work opportunities.

Ulster County Family Court
16 Lucas Ave., Kingston, NY 12401

845-340-3600

Legal venue for most issues involving those under 16. It's best to have an advocate before you approach Family Court for any reason; call Family of Woodstock Adolescent Services to get one (845-331-7080).

Ulster County Alternative Sentencing

3 Pearl Street, Kingston, NY 12401

845-340-3733

Community service program that is an alternative to jail for those convicted of nonviolent crimes. Services available to those convicted of non-violent crimes ages 16 and up.

Ulster County Human Relations Commission

298 Flatbush Ave, Kingston, NY 12401

845-340-3147

Human relations commission, discrimination assistance, human rights issues—mainly for those over 18. Call if you're younger and need help.

Ulster County Youth Court

733 Broadway, Kingston, NY 12401

845-340-3622

Real legal court in which teens sentence their peers for minor delinquent and status offenses and other problem behaviors.

Worker's Rights Law Center of New York, Inc.

101 Hurley Ave Suite 5, Kingston, NY 12401

845-331-6615

www.workersrightsny.org

Legal assistance to those facing troubles on the job.

Deals with constitutional/civil rights law, discrimination assistance, immigration rights, and more.

Open to individuals and families with low income, including undocumented workers.

**WHAT
TO
KNOW**

· For questions related to tenants' rights, call Steve Gottlieb at 845-339-5556.

· RCAL offers legal assistance related to youth and school issues for those with any type of disability. See page 53.

LGBTQ Resources

Hudson Valley LGBTQ Community Center, Inc.

PO Box 3994, Kingston, NY 12402

845-331-5300

www.hudsonvalleylgbtqcenter.org

Currently occupying an office space on Hurley

Ave., the Center is a project aimed at finding a permanent place for a LGBTQ Community Center in the area of Kingston. The center hopes to provide ample youth programming, and youth are encouraged to become involved at this stage.

Big Gay Hudson Valley

Biggayhudsonvalley.com

P.O. Box 2623, Poughkeepsie, NY 12603

Rainbow Connection

845-339-9090 x115

Weekly discussion group for LGBTQ people striving for optimum mental health. Meets Fridays 3-5 pm. Call for more information.

Libraries

Nearly every town in the county has its own library. Each maintains its own schedule, its own unique collection, and its own policies on youth access to the internet (most require parent permission forms to be filled out). All the libraries share access to a region-wide collection of books, music, and DVDs. Call the libraries individually for more information.

Ellenville Public Library and Museum

40 Center St.
845-647-5530

Elting Memorial Library

93 Main Street, New Paltz
845-255-5030

Esopus Library

189 Broadway
845-338-5580
www.esopuslibrary.org

Gardiner Library

5 Station Square
845-255-1255

Highland Public Library

30 Church Street
845-691-2275

Hurley Library

44 Main Street
845-338-2092

Kingston Library

55 Franklin Street
845-331-0507

Marlboro Free Library

1251 Route 9W
845-236-7272

Olive Free Library Association

4033 Route 28A, West Shokan
845-657-2482

Phoenicia Library

48 Main Street
845-688-7811

Plattekill Public Library

2047 Route 32
845-883-7286

Rosendale Library

264 Main Street
845-658-9013

Sarah Hull Hallock Free Library

56-58 Main Street, Milton
845-795-2200

Saugerties Public Library

91 Washington Ave.
845-246-4317

Stone Ridge Public Library

**WHAT
TO
KNOW**

· LGBTQ stands for “Lesbian, Gay, Bisexual, Transgender, and Questioning”

· New York State forbids discrimination based on sexual orientation (whether actual or perceived). If you feel you are being discriminated against or harassed due to your sexuality, contact the Ulster County Human Rights Commission at 845-340-3147 to report the incident.

3700 Main Street
845-687-7023

Town of Ulster Public Library

800 Ulster Ave
845-338-7881

Wallkill Public Library

7 Bona Ventura Avenue
845-895-3707

West Hurley Public Library

80

42 Clover Street
845-679-6405

Woodstock Library
5 Library Lane
845-679-2213

Living/Housing

SHELTERS

Darmstadt Shelter

A Program of Family of Woodstock, Inc.
38-50 Thomas Street, Kingston, NY 12401
845-331-1395

Emergency homeless shelter for up to 19 men and women. Crisis counseling, case management, information, and referrals are offered at the shelter. Open to individuals and families without anywhere to live, but primarily serving individuals in recovery from substance abuse or dealing with mental health issues.

Domestic Violence Services Family Shelter

A Program of Family of Woodstock, Inc.
P.O. Box 3817, Kingston, NY 12401
845-338-2370
www.familyofwoodstockinc.org

Emergency housing, case management services,

WHAT TO KNOW

· Libraries are a great place to find not only books but also movies, music, and free internet access. Details on internet policies are provided in each library listing.

· You may obtain a library card only from your local library. However, once you have a library card you may check out books from libraries throughout the region. Libraries in Ulster County are part of either the Mid-Hudson Regional Library System (www.midhudson.org) or the Ramapo Catskill Library System (www.rcls.org).

parenting services, peer support, advocacy in family court and criminal court, counseling, recreation, and education for children, referrals for medical treatment, after care, children's counseling groups, and food pantry.

Family House

A Program of Family of Woodstock, Inc.
949 Creek Locks Road, Rosendale, NY 12472
845-338-5953

Runaway and homeless youth shelter providing up to 30 days of housing. Provides basic needs, counseling, mediation, support, and referrals/coordination to other services. Supportive to lesbian, gay, bisexual, and transgender youth. Open to young people between the ages of 12 and 17. No parental permission is required; however, parental notification is required by law.

Family Inn

A Program of Family of Woodstock, Inc.
38-50 Thomas Street, Kingston, NY 12401
845-340-1847

Emergency homeless shelter for families with children. Case management, crisis counseling, information, and referrals offered at the shelter. Open only to parents (married, together, or single) with children.

HOUSING FACILITIES

Midway of Ellenville

A Program of Family of Woodstock
3 Warren Street, Ellenville, NY 12428
845-647-1346

Transitional living program for youth providing an option for up to 18 months of residency. Case man-

agement, life skills, and employment/vocational counseling. Open to those ages 16-21 and their infants.

Midway of Kingston

A Program of Family of Woodstock
189 O'Neil Street, Kingston, NY 12401
845-339-5508

Transitional living program for youth providing up to 18 months of residency. Case management, life skills, and employment/vocational counseling. Open to those ages 16-21 and their infants.

HOUSING RESOURCES

Kingston Office of Community Development

420 Broadway, Kingston, NY 12401
845-334-3927

Section 8 rental assistance and funds for residential rehabilitation.

RUPCO

289 Fair Street, Kingston, NY 12401
845-331-2140

Housing opportunity assistance for those in Ulster County with low to moderate incomes. Provides rental assistance resources as well as programs that help people buy or renovate homes.

Mental Health

Access Comprehensive Services

113 North Chestnut Street, New Paltz, NY 12561
845-255-3474

Full range of behavioral health and outpatient mental health services.

Benedictine Hospital Adolescent Partial Hospitalization Program

24 Grove Street, Kingston, NY 12401
845-334-3110

Short-term day treatment for youth 13-17 at risk of hospitalization or returning from inpatient mental health treatment.

Kingston Hospital Psychiatric Emergency Room

845-334-4244
396 Broadway, Kingston, NY 12401

24-hour emergency services for those facing mental health emergencies.

Benedictine Hospital Campus

105 Mary's Avenue, Kingston, NY 12401

Four Winds Westchester

800 Cross Corner Road, Katonah, NY 10536

914-763-8151

**WHAT
TO
KNOW**

- Remember: there is no emancipated minor status in New York. If you move out while under the age of 18, your parents may try to bring you back.
- If you need temporary housing away from your parents (up to 30 days), call Just Connect (845-331-5565) or Family House (845-338-5953).
- For help in dealing with legal issues involving tenants' rights or family law, call the Tenants' Rights and Family Law Hotline at 845-339-5556.

www.fourwindshospital.com
Comprehensive inpatient and outpatient mental health services for children, adolescents, and adults.

Just Connect

A program of Family of Woodstock, Inc.
16 Rock City Road, Woodstock, NY 12498
845-679-5999 or 845-331-5565
Non-judgmental, non-directive, confidential peer

counseling for teens and youth.

Website includes Youth Yellow Pages, calendar of events (both structured and informal), and online counseling.

Mental Health Association in Ulster County

300 Aaron Court, Kingston, NY 12402

845-339-9090 or 845-336-4747

www.mhainulster.com

Mental health support services, including case management and support groups. Runs Youth Booth at the Hudson Valley Mall in Kingston. Provides information and referrals on mental health issues, and houses a library. MHA can help you find a therapist; call for a referral.

Saint Francis Hospital and Health Centers

241 North Road, Poughkeepsie, NY 12601

845-431-8287

Inpatient and outpatient mental health services and chemical dependency treatment.

Spectrum Behavioral Health

230 Aaron Court, Kingston, NY 12401

845-485-9098

www.spectrum-b-health.com

Wide array of mental health and chemical dependency treatment services.

Stony Lodge Hospital

40 Croton Dam Road, Ossining, NY 10562

914-941-7400

800-543-3638

www.stonylodgehospital.com

Comprehensive inpatient and outpatient psychiatric services and dual diagnosis treatment.

Teens and Parents

A Program of the Woodstock Therapy Center

15 Pine Grove Street, Woodstock, NY 12498

845-679-5511

Free and low-cost therapy and mediation program that establishes healthy relationships between teens and parents.

Ulster County Mental Health Department

239 Golden Hill Lane, Kingston, NY 12401

845-340-4000

www.co.ulster.ny.us/mentalhealth

A wide range of individual, family and group therapy/counseling services throughout Ulster County. The focus of treatment is tailored to the unique needs of each individual and family and includes a team of psychiatrists, psychologists, clinical social workers, and case managers working closely with individuals, families, schools, courts and other involved agencies. Mental health services

for adolescents/youth at the Golden Hill Clinic also include substance abuse education and evaluation groups, separate treatment groups for adolescent girls and boys to enhance skill building, decision making and coping strategies and a therapeutic activity program held at the YMCA. Contact the appropriate clinic setting for further information. Mental health services are located in the following settings:

- Golden Hill Clinic in Kingston 340-4000
- Ellenville Clinic 647-3266
- Highland Clinic 883-9747
- Department of Social Services (Nexis Program) 334-5107 or 334-5000
- Onteora, Kingston, and Saugerties School Districts (FACETS Program) 340-4000

Multicultural Resources

Ulster Corps. www.ulstercorps.org
845-481-0331
P.O. Box 34, Stone Ridge, NY 12484

Jewish Family Services

845-338-2980

**WHAT
TO
KNOW**

- Benedictine Hospital is home to the county's psychiatric emergency room; its number is 845-338-2500. If you or a loved one are experiencing a mental health emergency (suicide attempt, panic disorder, or psychotic episode), the psych ER can provide treatment. Don't worry about ending up locked up in "the psych ward"; in most cases, the hospital is obliged to release patients after three days.
- If you are facing difficult emotions or mental states, Just Connect is here for you. Call 845-331-5565 or go to www.justconnect.org.
- Looking for a therapist? Call MHA (see below) to be referred to one who fits your need.

Mid-Hudson Migrant Education Outreach Program

PO Box 250, New Paltz, NY 12561

Adolescent outreach program, supplemental in-school academic support, advocacy, and referral service for migrant workers and their families.

Parenting

DSS Early Intervention Services

1061 Development Court, Kingston, NY 12401
845-334-5000

Services for children from birth to two years of age who have a defined developmental disability. Also provides a preschool program to those from ages three to five who have been labeled a “child with a disability” by their home school district.

DSS Preventive Services

1061 Development Court, Kingston, NY 12401
845-334-5400

Array of services to prevent break-up of families and placement of children in childcare—from counseling and parenting skills training to community based programs.

Healthy Start

A program of the Mid-Hudson Family Health Institute

845-339-8551 or 845-647-7743

Education and support to promote good parenting

skills to parents in the county who have children between the ages of three months and five years. Learn all about your baby—and how to give it the best start in life.

La Leche League

845-255-1055 or 845-255-8401

www.lalecheleague.org

Support and information to mothers considering breastfeeding. Call for meeting information.

New Parent Helpline

A program of Kingston Hospital

396 Broadway, Kingston, NY 12401

845-331-4357

Medically accurate assistance to new parents (including teen parents) 24 hours a day. Disponible en español.

CHILDCARE AND

EARLY CHILDHOOD EDUCATION

Child Care Council of Ulster County

PO Box 3718, Kingston, NY 12402

845-331-5197 or 845-331-7080

Directory of childcare facilities in Ulster County as well as a network of education, training, and certification programs provided by the state for those who provide childcare. Also counsels parents on how to choose quality childcare.

Daycare Subsidy Unit

A Program of the Department of Social Services
845-334-5281

Assistance in paying for the costs of childcare for working parents who would otherwise be unable to afford childcare.

New Paltz ABCD Migrant Head Start

355 Route 32 North, New Paltz, NY 12561
845-255-7571

Head Start program for children six weeks to five years of age. Transportation can be provided. Open to children of parents (including teen parents) who work in agriculture or food service careers--or through referrals from DSS.

Ulster County Community Action Head Start

175 Colonial Drive, Kingston, NY 12401
845-339-3836

Free child care and pre-school for low income families in need. Services available for pregnant moms and those with children younger than six weeks old. Home-based services are available.

Pregnancy

Mid Hudson Family Health Institute - Specialty Care Center

1 Foxhall Avenue, Kingston, NY 12401

845-338-8444

www.fpinstitute.org

Pre-natal education and social work services. Accepts Medicaid and insurance; also will work with uninsured expectant mothers. Occasionally cooperates with other providers of pre-natal services to stage "Community Baby Showers."

Planned Parenthood of the Mid-Hudson Valley

www.ppmhv.org

21 Grand St., Kingston, NY 12401

845-338-0840

17 Noxon Street, Poughkeepsie, NY 12601

845-471-1540

14 Prince Street, Monticello, NY 12701

845-794-3704

Comprehensive services related to pregnancy and matters of sex and sexuality. In addition to counseling, education, and medical services, Planned Par-

enthood also distributes birth control, provides STD testing, and performs abortions.

**WHAT
TO
KNOW**

· Few programs in the county are exclusively for minority youth or youth from particular cultural backgrounds. However, many programs open to the general public attract youth from multicultural backgrounds, especially programs at the Everett Hodge Community Center in Kingston (845-331-9681), programs of the Dance and Drum Academy (including POOK and Energy Dance Company—check out cometodada.org for info), and the King’s Kids program (845-339-4615).

Pregnancy Support Center of Ulster County

246 Main Street, Suite 9, New Paltz, NY 12561
845-255-8242

www.nppsc.org

Pregnancy support services, including free pregnancy tests, counseling about alternatives to abortion, parenting skills information, STD information

(no testing), and baby clothes, diapers, formula, and cribs.

Rose Women's Care Services

24 Main Street, Highland, NY 12528

845-691-7984

BIRTH program (Bridge to Increased Responsibility through Health Education). This home-based program helps pregnant adolescents, their partners,

**WHAT
TO
KNOW**

- Many teen parenting resources are available through the YWCA of Kingston. See page 98 for contact info.
- Midway I and II are transitional living facilities run by Family of Woodstock, Inc., that are capable of housing teen mothers and their children. See page 88.
- Head Start programs are open to children of low-income parents. They provide free childcare and preschool programs. See page 98.
- If you feel that you can no longer take care of your child, NYS law allows you to leave the child at a hospital, staffed police station, or staffed fire station. You

must immediately notify a member of the professional staff at the facility. Staff will contact proper authorities and ensure care of your child.

and their families and peers. Provides both pre-natal care and labor/delivery services as well as a personalized CarePath™, which assists participants to make healthy life choices both before and after delivery.

Sexual Health

Adolescent Pregnancy Prevention Services of the YWCA of Ulster County

209 Clinton Ave., Kingston, NY 12401

845-338-6844

Programs designed to educate young people about teen pregnancy prevention and to support teens who are pregnant and parenting. Services include Youth Empowerment Series school workshops and variety

of activities designed to raise skills and self-esteem of at-risk young women.

Planned Parenthood of the Mid-Hudson Valley

www.ppmhv.org

Three locations in Ulster County offer wide array of services, including medical services related to reproductive health and educational programs on topics of safe sex, birth control, AIDS/HIV, and LGBTQ matters. Offers "Safe or Sorry" sexual wellness training program to teens.

21 Grand St., Kingston, NY 12401

845-338-0840

17 Noxon Street, Poughkeepsie, NY 12601

845-471-1540

14 Prince Street, Monticello, NY 12701

845-794-3704

Social Services

Family of Woodstock, Inc.

39 John Street, Box 3516, Kingston, NY 12401

845-331-7080

Family provides a wide array of services to the community, many of which are listed in this directory under their individual program titles. Family is a full-service community and social service agency,

offering dozens of programs and helping thousands of individuals and families each year through all of its walk-in centers.

Ulster County Department of Social Services
1061 Development Court, Kingston, NY 12401
845-334-5000

<http://www.co.ulster.ny.us/resources/socservices.html>

DSS is the government office responsible for distributing assistance to needy families and individuals in Ulster County. DSS runs temporary assistance programs, child support enforcement services, the food stamps program, medical assistance programs (such as Medicaid and Child Health Plus), children's services (including preventive and child protective services) and the youth bureau.

Transportation

TRANSIT

Amtrak

800-USA-RAIL

www.amtrak.com

Amtrak connects Poughkeepsie and Rhinecliff to NYC, Albany, Vermont, Montreal, Syracuse, Rochester, Buffalo, and Toronto.

City of Kingston - Citibus

17 Hoffman Street, Kingston, NY 12401

845-331-3725

Fixed-route bus service within the limits of the city of Kingston.

Metro-North

800-METRO-INFO

www.mta.info

Trains head from Poughkeepsie to NYC via Westchester. Be sure to buy your ticket before boarding to get the best price; even cheaper, buy it online.

Metro-North is *much* cheaper than Amtrak and sometimes has free or reduced-price days; call and check!

**WHAT
TO
KNOW**

- Low-cost pregnancy tests are available at Planned Parenthood (see below). If you test positive, many services offered by the agency are free or low-cost.
- Emergency Contraception (aka “the morning-after pill”) is available only at Kingston Hospital and through physicians.

Shortline

100

800-631-8405

www.shortlinebus.com

Shortline serves Route 209 from Kerhonkson south to Wurtsboro (including Ellenville); busses go mainly to NYC with one stop in Middletown.

Trailways

400 Washington Ave., Kingston, NY 12401

800-776-7548

www.trailwaysny.com

Trailways serves the Route 28 Corridor from Pine Hill to Kingston (including Woodstock) and the Route 32 Corridor from Kingston to New Paltz. Most buses head to NYC, but you can also take Trailways to Albany and points north or to Oneonta and points northwest.

Ulster County Area Transit (UCAT)

234 Golden Hill Lane, Kingston, NY 12401

845-340-3333

www.co.ulster.ny.us/ucat

Public transportation throughout Ulster County. Wheelchair accessible bus is available with 24 hours notice. Throughout winter, UCAT runs a free Saturday ski bus from Kingston up Route 28 to Bel-layre Mountain. ***Bikes accepted on all buses.***

CYCLING

Want to find other cyclists? Check out these clubs:

Fats in the Cats Mountain Biking Club

www.fatsinthecats.com

Mid-Hudson Bicycle Club

www.midhudsonbicycle.org

VO2Velo Bicycle Club

www.vo2velo.org

Need a bike? Be cautious of the very inexpensive bikes from big-box retail stores. They often do not last very long. Any of Ulster County's fine bike shops can provide you with an inexpensive bicycle that's much more road-worthy.

Accord Bicycle Service

5770 Route 209, Kerhonkson

845-626-7214

The Bicycle Depot

15 Main Street, New Paltz

845-255-3859

The Bicycle Rack

13 North Front Street, New Paltz

845-255-1770

Big Wheel Bicycle

1774 Ulster Ave, Lake Katrine

845-382-2444

Bike Brothers

139 Boices Lane, Kingston

**WHAT
TO
KNOW**

- Free, confidential HIV and STI testing is available at the Ulster County Health Department at 759 Broadway Mondays 5:30-7:30pm. Anonymous testing also available. Call first for either service: 845-340-3070.
- Condoms are available for free at all Family of Woodstock, Inc., drop-in centers (see p. 57).

845-336-5581

Kingston Cyclery

1094 Morton Blvd., Kingston

845-382-2453

Overlook Mountain Bikes

93 Tinker Street, Woodstock

845-679-2122

Performance Pedal

832 Broadway, Ulster Park

845-340-1334

Table Rock Tours and Bicycles

292 Main Street, Rosendale
845-658-7832

DRIVING

Ulster County Clerk - Motor Vehicle Department

244 Fair Street, Kingston, NY 12401
845-340-3288

<http://www.nydmv.state.ny.us/>

Drivers license and learning permit application and processing; vehicle registration; issuance of titles; processing of Commercial Driver's License (CDL) permits and enforcement processing. **Mobile office unit** travels to Marlboro (M), Saugerties (Tu), Ellenville (W), New Paltz (Th), and Shandaken (F). Mobile unit operates 10am-1pm and 2-3:45pm. See website for exact addresses.

American Driving School

1774 Route 9W, Lake Katrine, NY 12449
845-331-2222

Offers five-hour course every Saturday from 9am to 2pm. No pre-registration required. Bring your permit and the current fee (call to find out)

Youth Centers

WHAT TO KNOW

· The phrase “Social Services” can have two meanings: one, the range of counseling, advocacy, and other services that define the social work job field and two, the slimmed-down way of referring to the Department of Social Services, a county government office.

City of Kingston - Midtown Neighborhood Center

Broadway and Hoffman Street, Kingston, NY

12401

845-331-1682

After-school programming for youth.

City of Kingston - Rondout Center

103 Broadway, Kingston, NY 12401

845-331-2575

Open M-Th 6-8:30pm and F 3-5pm (Sep-Apr); open 3-5pm daily (Apr-May). Center closed for summer; programs offered in other locations, though. Drop-in center for young people with vari-

ety of after-school activities.

Marbletown Teen Center

At Community Center

Main Street, Stone Ridge, NY 12484

845-687-9101 or 845-687-0800

Teen Center offer drop-in programming throughout the school year; youth department schedules summer recreation and trips year-round.

New Paltz Youth Program

220 Main Street, New Paltz, NY 12561

845-255-0100

www.npyp.org

**WHAT
TO
KNOW**

· Getting around Ulster County can be difficult without a car. But with a combination of public transit, a good bike, your walking legs, and a bit of know-how, you can get wherever you need to go. Feel free to call Just Connect at 331-5565 for help in figuring out how to get around.

Teen Seen Youth Center open M-Th 2-7pm; F-Sa 2-11pm. Youth Program also provides support and

case management services and an array of recreation and skill building/employment programs for youth in New Paltz.

Pine Hill Community Center

287 Main Street, Pine Hill, NY 12465

845-254-5469

www.pinehillcommunitycenter.org

Variety of programs, including a summer teen program, after-school drop-in programming, archery classes, and a teen-produced internet radio program. Center also offers assorted classes and community socials.

Rochester Youth Center

15 GLF Road, Accord, NY 12404

845-626-2115

Before and after school programs, summer recreation program (including field trips), and a variety of other programs.

Rosendale Youth Program

1055 Route 32, Rosendale, NY 12472

845-658-8982

www.townofrosendale.com

Youth Center open M-F 3-9pm; Sa 1-9pm. Recreational opportunities to youth living in Rosendale, including summer camp, pool tournaments, Earth

Day clean-ups, and a car show.

Woodstock Youth Center

60 Rock City Road, Woodstock, NY 12498

845-679-2015

Open Tu-Th 3-8pm; F 3-11pm; Sa 1-10pm; Su 2-8pm. Provides a variety of recreational and educational opportunities to local youth ages 11-18.

Youth Support and Recreation

Boys and Girls Club of Saugerties

43 Partition Street, Saugerties, NY 12477

845-246-7671

Recreational and social programs for youth. Open to those ages 8-18.

Boy Scouts of America Rip Van Winkle Council

75 Pine St., Kingston, NY 12401

845-339-0846

www.rvwbsa.org

Scouting program for boys and girls. Open to boys-8-21, girls- 14-21.

Catholic Charities

28 Adams St., Kingston, NY 12401

845-340-9170

Youth organization, youth art shows, faith based youth programs, and basketball programs. Open to young people in grades 1-12.

City of Kingston - Parks and Recreation Department

467 Broadway, Kingston, NY 12401

845-331-1682

Wide range of programs, including basketball camps, tennis and swimming programs, summer recreation program, reading program, and more. Leads summer-time trips around the state. Open to City of Kingston residents and others in the county between the ages of 8 and 18.

Cornell Cooperative Extension 4-H Youth Development Program

10 Westbrook Lane, Kingston, NY 12401

845-340-3990

Learning by doing in the four H's: Head, Heart, Hands, and Health. 4-H members not only undertake agriculture-related projects, they also take field trips, conduct community service, and more. Open to youth ages 9 to 19.

Ellenville/Wawarsing Youth Commission

PO Box 1035, Napanoch, NY 12458

845-647-0200 x541

Recreational programs, community trips, special events, and regular social programming for youth in the Town of Wawarsing and the Village of Ellen-ville.

Girl Scouts of Ulster County

65 Saint James Street, Kingston, NY 12402

845-790-2326

Local troops throughout the county. Call main number for information on local troops. Open to girls ages 5-18.

King's Kids

At Point of Praise Family Life Center

243 Hurley Ave., Kingston, NY 12401

845-339-4615

Talent development and after-school programming for youth. Fridays 4-5:30pm; call for information.

POOK—Percussion Orchestra of Kingston and Energy Hip-Hop Dance Troupe

15 Railroad Avenue, Kingston, NY

845-338-7664

Classes in drumming and dance that draw youth from the city of Kingston and surrounding towns. Call for current schedule and rate information.

Ulster County Youth Bureau

304 Flatbush Ave, Kingston, NY 12401
845-334-5264

Planning, coordinating, and supplementing of activities devoted to the well-being of youth in Ulster County. Supports many of the county's youth centers and youth programs.

Wayfinder Experience

61 O'Neil Street, Kingston, NY 12401

Real-life role-playing experiences that inspire trust, leadership, community, and respect among participants. Workshops available for young people ages 6

**WHAT
TO
KNOW**

· The county's youth centers offer a ton of activities and a great place to hang out and meet other young people.

to 16.

YMCA of Ulster County

507 Broadway, Kingston, NY 12401
845-338-3810

www.ymcaulster.org

Day camps and after school programs, as well as a full gym, an indoor year-round pool, and recreation

**WHAT
TO
KNOW**

- Bored? There's no reason to be! Find friends and fun with any of the organizations listed in this section of the directory.
- There are athletic leagues in every community in the county in most common sports: baseball, basketball, and soccer are especially popular. Check with your school.

