Updated 07/2026					
Service	**Organization**	**Address**	**Phone Number**	**Hours of Operation**	**Other Info**
Local Suport & Resources Hotline	*United Way of NNY*		*Dial 211*	*24/7, including holidays and weekends*	*Connect with a resource coordinator to find local resources for food, rent, legal services, family support, and more.*
Food Pantries					
	Urban Mission	247 Factory Street	(315) 782-8440	Monday-Thursday 9:30am-3pm; Friday 9:30am-12pm	
	Community Action Planning Council	518 Davidson Street	(315) 782-4900 ext 222	Tuesday-Thursday 1-4pm	By appointment only.
"Fresh Food Giveaway": Bring your own bag, cart, or stroller to help carry your items.	Salvation Army	723 State Street	(315) 782-4470	11:30am-1pm Thursdays	
Community Meals					
Meals on Wheels	Urban Mission	247 Factory Street	(315) 782-8440 EXT 231	Monday, Tuesday, Thursday, Friday 9am-4pm; Wednesday 12-4pm	For seniors only. Meals delivered 5 days a week.
	Salvation Army	723 State Street	(315) 782-4470	Monday-Friday 11:30am-1pm	
	Emmanuel Church	119 South Hamilton Street	(315) 782-2650	Monday-Friday 5-7pm	
Warming/Cooling Centers					
	New Life Christian Church	255 Gaffney Drive	(315) 788-0825	Monday-Friday 8am-3pm; Saturday & Sunday 8am-3:30pm	
	Salvation Army	723 State Street	(315) 782-4470	9pm-8am daily	
	Emmanuel Church	119 South Hamilton Street	(315) 782-2650	Monday-Friday 3pm-8pm	
Self-Care					
Menstrual Products, Hygiene Kits, Individual Hygiene Items	Flower Memorial Library	229 Washington Street	(315) 785-7705	Monday-Wednesday 9am-8pm; Thursday & Friday 10am-6pm; Saturday 9am-5pm	
	Salvation Army	723 State Street	(315) 782-4470	9pm-8am daily	Only for those staying in warming/cooling center.
Menstrual Kits	Happy Period North Country (various locations)	Community Action Planning Council 518 Davidson Street	(315) 782-4900	Monday-Friday 8am-5pm	
Menstrual Kits		Jefferson Community College Residence Hall 1220 Coffeen Street	(315) 786-2437		
Menstrual Kits		Q Center 210 Court Street Suite #20	(315) 475-2430	Monday-Friday 8:30am-4:30pm	
Menstrual Kits		Victims Assistance Center 418 Washington Street	(315) 782-1823	Monday-Friday 8am-4:30pm	
Menstrual Kits		Emmanuel Church 119 South Hamilton Street	(315) 782-2650		
Menstrual Kits		Salvation Army 723 State Street	(315) 782-4470	Monday-Friday 9am-3pm; Sunday 10am-12pm	
Menstrual Kits		First Presbyterian Church 403 Washington Street	(315) 782-1750	Monday-Friday 9am-4pm; Sunday 9am-12pm	

Individual Hyigene Items	Planned Parenthood	160 Stone St, Watertown, NY 13601	(315) 788-8065	Monday, Wednesday, Thursday, Friday 7am-5:30pm; Tuesday 8am-7:30pm	
Youth					
Diapers, Iipes, Hygiene Items, Pack & Plays, Safe Sleep Sacks	Victims Assistance Center	418 Washington St	(315) 782-1823	Monday-Friday 8am-4:30pm	
Food4Families Backpack Program - Bag Filled with Fruits, Vegetables, Proteins, & Grains That are Non-Perishable	Watertown City School District	Varies by school	(315) 785-3708	Every Friday during the school year	Reach out to child(ren)'s schools directly to sign up.
Counseling Services	Citizens Advocates	650 State St, Watertown, NY 13601	(315) 755-1251	24/7	
Diapers, Infant Formula, Clothing	Urban Mission	247 Factory Street	(315) 782-8440	Monday, Tuesday, Thursday, Friday 9am-4pm; Wednesday 12-4pm	
Youth Alliance	PIVOT	The Marcy Building, 167 Polk St #320, Watertown, NY 13601	(315) 788-4660	Monday 8am-8pm; Tuesday-Friday 8am-5pm	Reduce use of substances for youth and young adults.
Youth and Family Support Groups, Parenting Classes, SPARK Youth Program	NRCIL	210 Court St #107, Watertown, NY 13601	(315) 785-8703	Monday-Friday 8:30am-4:30pm	Membership required.
Fort Drum Soldiers & Families					
Mobile Food Pantry	via Community Action Planning Council	Adirondack Creek Community Center 9797 Constitution Boulevard; Rhicard Hills Community Center 8499 Lewis Avenue	(315) 782-4900 ext 221	3rd Monday of each month 10-11:30am Rhicard Hills; 12:30-2pm Adirondack Creek	For housebolds 200% or below federal poverty level, proof of residency Jefferson County required.
Fort Drum Thift Shop Blessing Pantry	Fort Drum Thrift Shop	Building P-1454 Fourth Street M. (behind Arby's and Express)	(315) 772-0021	1st Wednesday of each month 10:30am-4:45pm	Non-perishable food and hyigene items.
Free Lunch	USO Center	10502 S. Riva Ridge Loop	(315) 777-8006	Monday-Friday 12-1pm	For soldiers and dependents.
Lactation Consultation	Guthrie Ambulatory Clinic	11050 Mt Belvedere Blvd	(315) 772-2778	Monday-Friday 7am-4pm	Lactation services by appointment only.
Job Search					
Employment Readniess Programs	NRCIL	210 Court St #107, Watertown, NY 13601	(315) 785-8703	Monday-Friday 8:30am-4:30pm	Programs for all ages, including youth. Membership required.
Resume Help, Mock Interviews, Career Fairs, Job Leads, Employment Workshops	The WorkPlace	1000 Coffeen St, Watertown, NY 13601	(315) 786-3651	Monday-Friday 8:30am-4:30pm	
Addiction & Recovery					
Recovery Coach Services, Self-Help Groups	NRCIL	210 Court St #107, Watertown, NY 13601	(315) 785-8703	Monday-Friday 8:30am-4:30pm	Membership required.
Alcoholics Anonymous, Marjuana Resources, Vaping Help, Prevention Resources	PIVOT	The Marcy Building, 167 Polk St #320, Watertown, NY 13601	(315) 788-4660	Monday 8am-8pm; Tuesday-Friday 8am-5pm	
Building Bridges to Recovery Program, STOP DWI Victim Impact Panels	Urban Mission	247 Factory Street	(315) 782-8440	Monday, Tuesday, Thursday, Friday 9am-4pm; Wednesday 12-4pm	Those mandated by court to attend the STOP DWI Victim Impact Panels are subject to a $25 entry fee; all other community members may attend at no cost. RSVPs are required.

Recovery and Wellness Groups, Inpatient and Outpatient Care, Narcotics Anonymous, Meditation, Drug Court	Anchor Recovery	241 State St, Watertown, NY 13601	(315) 836-3460	Monday, Wednesday, Thursday 8am-4pm; Tuesday 8am-6pm; Friday 8am-2pm	No referral needed.
Health					
Mental Health Counseling, Addiction Recovery, Youth Counseling, Intellectual & Developmental Disabilities Services, Crisis Hotline, Indiviudal & Group Counseling	Citizens Advocates	650 State St, Watertown, NY 13601	(315) 755-1251	24/7	
Presciption Services	Urban Mission	247 Factory Street	(315) 782-8440	Monday, Tuesday, Thursday, Friday 9am-4pm; Wednesday 12-4pm	
Behavioral Health Peer Support	NRCIL	210 Court St #107, Watertown, NY 13601	(315) 785-8703	Monday-Friday 8:30am-4:30pm	Membership required.
Legal Help					
Civil Legal Services Including (but not limited to) Family Law, Housing, Benefits, Employment, Immigration, Health Law, Personal Planning, School/Education	Legal Aid Society of Mid-New York, Inc.	215 Washington St #202, Watertown, NY 13601	(315) 955-6700	Monday-Friday 9am-3pm	Must qualify - based on income.