



# Assemblymember Demond L. Meeks



2026 Resource Guide

## HOUSING, LEGAL & EMERGENCY SERVICES

### Eviction Prevention & Tenant Rights

#### Tenant Defense Project

Contact: (585) 504-6195  
tenantdefense.org

Description: Provides free legal representation for low-income tenants facing eviction in Monroe County. Staff assists with navigating the Housing Court process and ensuring tenant rights are upheld under New York State law.

#### Legal Aid Society of Rochester

Contact: (585) 232-4090  
1 W. Main St, Rochester, NY 14614

Description: Offers civil legal services for those unable to afford a private attorney. Areas of practice include family law, domestic violence advocacy, and housing stability.

#### Rochester City-Wide Tenant Union

Contact: (585) 210-0705 | roctenantunion.org/

Description: A grassroots organization focused on tenant power and advocacy. They assist residents in organizing tenant associations to address substandard building conditions and unfair rent increases.

#### The Housing Council at PathStone

Contact: (585) 546-3700  
75 College Ave, Rochester, NY 14607

Description: Operates as a comprehensive resource for housing counseling. Services include a landlord/tenant hotline, foreclosure prevention, and education for first-time homebuyers.

### Emergency Shelters & Social Services

#### Monroe County Department of Human Services (DHS)

Contact: (585) 753-2780  
691 St. Paul St, Rochester, NY 14605

Description: Provides mandated services such as SNAP (Food Stamps), financial assistance, and emergency housing. For after-hours emergency housing assistance, call (585) 442-1742 or dial 2-1-1.

#### Open Door Mission

Contact: (585) 423-1825  
210 W. Main St, Rochester, NY 14608

Description: Offers emergency shelter for men, clothing distribution, and long-term recovery programs for individuals experiencing homelessness and substance use disorders.

#### Family Promise of Greater Rochester

Contact: (585) 506-9050  
142 Webster Ave, Rochester, NY 14609

Description: Focuses on keeping at-risk families together during a housing crisis by providing emergency shelter and permanent housing stabilization services.

## FOOD PANTRIES & BASIC NEEDS

### Community Food Resources

#### Baden Street Settlement

Contact: (585) 325-4910

13 Vienna St, Rochester, NY 14605

Description: A community hub providing emergency food assistance, behavioral health services, and a clothing house for families in the Northeast quadrant.

#### Barakah Muslim Charity

Contact: (585) 325-2621

584 Jefferson Ave, Rochester, NY 14611

Description: Operates a choice-based food pantry and provides hot meals to the community. Services are available to all residents regardless of religious affiliation.

#### The People's Pantry of Rochester

Contact: (585) 325-4950

555 Avenue D, Rochester, NY 14621

Description: Provides groceries and fresh produce to residents. The pantry operates with low-barrier access requirements to ensure food security for the North side of the city.

#### SWEM Community Services

Contact: (585) 235-4491

1049 Wegman Rd, Rochester, NY 14624

Description: Located at Gates Presbyterian Church, this organization provides emergency food bags and referral services for residents in the Town of Gates and Southwest Rochester.

#### Cameron Community Ministries

Contact: (585) 254-2697

48 Cameron St, Rochester, NY 14606

Description: Provides a daily hot lunch program, an emergency food pantry, and a clothing house in the Lyell-Otis neighborhood.

#### Rochester Family Mission

Contact: (585) 436-7523

388 Tremont St, Rochester, NY 14608

Description: Offers food pantry services and emergency assistance, alongside holistic support programs designed to aid families in crisis.

#### House of Mercy

Contact: (585) 546-2580

285 Ormond St, Rochester, NY 14605

Description: A 24/7 emergency shelter and advocacy center providing food, clothing, and necessities to those in immediate need.

#### Dimitri House

Contact: (585) 325-1796

102 Union St North, Rochester, NY 14607

Description: Offers a food pantry, a drop-in program for the homeless, and grocery delivery services for homebound seniors.

## HEALTH & RECOVERY

### Health Clinics & Recovery Services

#### Anthony L. Jordan Health Center

Contact: (585) 423-5800 | 82 Holland St, Rochester, NY 14605

Description: providing primary medical care, dental services, and pediatrics on a sliding-fee scale based on income.

#### Open Access (Delphi Rise)

Contact: (585) 627-1777

835 W. Main St, Rochester, NY 14611

Description: Provides 24/7 immediate clinical evaluations for individuals seeking substance use treatment, detox, or rehabilitation placement.

## HEALTH & RECOVERY (Continued)

### Helio Health Evaluation Center

Contact: (585) 287-5622  
1350 University Ave, Rochester, NY 14607

Description: Offers medically supervised detoxification and inpatient evaluation for adults struggling with chemical dependency.

### East House Health Home Care Management

Contact: (585) 238-4846  
259 Monroe Ave, Rochester, NY 14607

Description: Assists individuals with persistent mental health or substance use challenges in coordinating medical and behavioral health appointments.

## Workforce Development & Community Services

### Job Training & Workforce Development

#### Urban League of Rochester

Contact: (585) 325-6530  
265 N. Clinton Ave, Rochester, NY 14605

Description: Offers over 30 programs focused on youth services, employment assistance, and economic development. They provide specialized support for homeownership, developmental disabilities, and entrepreneurial training to foster economic self-reliance.

### MAPP (Multi-Craft Apprenticeship Preparation Program)

Contact: (585) 434-2004  
46 Joseph Ave, Rochester, NY 14605

Description: A New York State certified apprentice readiness program that provides a direct-entry gateway into construction trades. The program offers hands-on job site experience, education, and mentorship for historically underserved populations.

## Workforce Development & Community Services (Continued)

### YouthBuild Rochester

Contact: (585) 233-7422  
1600 N. Clinton Ave, Rochester, NY 14621

Description: Provides job training and educational opportunities for young adults (ages 16-24) who are out of school. Participants earn their High School Equivalency while learning construction skills by building affordable housing, often receiving a stipend for their work.

### RochesterWorks!

Contact: (585) 258-3500  
100 College Ave, Suite 200,  
Rochester, NY 14607

Description: The county's primary employment resource. Offers resume workshops, job placement assistance, and manages youth employment programs

### ABC Workforce Development

Contact: (585) 325-5116 ext. 3400  
400 West Ave, Rochester, NY 14611

Description: Provides career coaching and placement assistance for individuals who are currently unemployed or underemployed.

### NYS Office of Children and Family Services (OCFS)

Contact: [eajobpostings@ocfs.ny.gov](mailto:eajobpostings@ocfs.ny.gov)  
[statejobs.ny.gov](http://statejobs.ny.gov)

Description: Actively recruits for positions at regional facilities, including youth support assistants and vocational instructors.

### Dress for Success Rochester

Contact: (585) 683-2906  
47 State St, Rochester, NY 14614

Description: Empowers women by providing professional attire for interviews and ongoing career development support.

## FINANCIAL SUPPORT & ESSENTIAL CONTACT

### Homeowner & Financial Support

#### NYS Unclaimed Funds

Contact: [osc.ny.gov](https://osc.ny.gov)

Description: The Office of the State Comptroller holds billions in forgotten funds. Residents are encouraged to search the online database for missing money.

#### STAR Program (School Tax Relief)

Contact: (518) 457-2036 | [tax.ny.gov/star](https://tax.ny.gov/star)

Description: Provides property tax savings for primary homeowners with income of \$500,000 or less. Registration is required for the Basic STAR credit.

#### HEAP Cooling Assistance

Contact: (585) 753-6477  
[otda.ny.gov/programs/heap](https://otda.ny.gov/programs/heap)

Description: Eligible households may receive a benefit to purchase and install an air conditioner or fan to maintain a safe indoor temperature during the summer months.

### Specialized Services

#### Veteran's Outreach Center (VOC)

Contact: (585) 546-1081  
447 South Ave, Rochester, NY 14620

Description: Provides housing, legal, and employment services to veterans. Eligible veterans may acquire a three-year RTS bus pass through the VOC.

#### Willow Domestic Violence Center

Contact: (585) 222-7233 | 24/7 Crisis Hotline

Description: Offers emergency shelter, counseling, and court advocacy for survivors of domestic violence and human trafficking.

#### Lifespan

Contact: (585) 244-8400  
1900 S. Clinton Ave, Rochester, NY 14618

Description: Provides support for older adults, including Medicare counseling, elder abuse prevention, and financial management assistance.

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### Essential Numbers to Know

#### City Services (Potholes/Trash):

311 (Outside city: 585-428-5990)

**Crisis Lifeline (Mental Health):** 988

**Human Services Directory:** 2-1-1

**Poison Control:** 1-800-222-1222

**Crime Stoppers (Anonymous Tips):**

585-423-9300

**Missing Persons Unit (RPD):**

585-428-6595

For more information on these organizations, or if you need assistance with any state or local issue, please feel free to contact us.

**District Office:**

614 West Main Street, Rochester, NY 14611 • Phone: 585-454-3670