

Access Points - Entry points to find and access local resources.

211 WNY - Call for referrals for homeless shelters, food, health, employment services, and more.
call 211 - 211wny.org

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

<p>South Buffalo Community Table 187 Southside Pkwy, Buffalo, NY 14220 (716) 822-3193 - sbcommunitytable.com</p> <p style="text-align: center;"><u>Meals</u> Mon - Thur 4pm - 5pm</p>	<p>Matt Urban Center 385 Paderewski Drive, Buffalo, NY 14212 (716) 893-7222 - urbanctr.org</p> <p style="text-align: center;"><u>Meals</u> Mon - Fri 2pm - 5pm</p>					
<p>The Genesis Center 2161 Seneca Street, Buffalo, NY 14210 (716) 822-1901 - thegenesiscenter.us</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center; width: 33%;"><u>Dinner</u> Mon/Wed/Fri 4pm - 6pm</td> <td style="text-align: center; width: 33%;"><u>Lunch</u> Sat 10:30am - 12:30pm</td> <td style="text-align: center; width: 33%;"><u>Food Pantry</u> Thurs 9:30am - 12:30pm, 5pm - 6pm</td> </tr> </table>	<u>Dinner</u> Mon/Wed/Fri 4pm - 6pm	<u>Lunch</u> Sat 10:30am - 12:30pm	<u>Food Pantry</u> Thurs 9:30am - 12:30pm, 5pm - 6pm	<p>Big Big Table 272 Hudson Street, Buffalo, NY 14201 (716) 381-8954 - bigbigtable.org</p> <p style="text-align: center;"><u>Pay as you can lunch</u> Mon-Fri 11am - 2:30pm</p>		
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<p>Friends of Night People 394 Hudson Street, Buffalo, NY 14201 (716) 884-5375 - friendsofnightpeople.com</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center; width: 33%;"><u>Breakfast</u> Mon-Fri 9am - 11am</td> <td style="text-align: center; width: 33%;"><u>Dinner</u> Every Day 5pm - 7pm</td> <td style="text-align: center; width: 33%;"><u>Medical Care</u> 1st and 3rd Tues, 5pm - 7pm</td> </tr> </table>	<u>Breakfast</u> Mon-Fri 9am - 11am	<u>Dinner</u> Every Day 5pm - 7pm	<u>Medical Care</u> 1st and 3rd Tues, 5pm - 7pm	<p>Gerard Place 2515 Bailey Avenue, Buffalo, NY 14215 (716) 897-9948 - gerardplace.org/services/food-distribution</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center; width: 50%;"><u>Meals</u> Mon / Wed 3:30pm - 5:30pm</td> <td style="text-align: center; width: 50%;"><u>Food Pantry</u> Mon / Wed 3:30pm - 5:30pm, Fri 10am - 11:30am</td> </tr> </table>	<u>Meals</u> Mon / Wed 3:30pm - 5:30pm	<u>Food Pantry</u> Mon / Wed 3:30pm - 5:30pm, Fri 10am - 11:30am
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<p>Society of St. Vincent de Paul 1298 Main Street, Buffalo, NY 14209 (716) 882-3360 ext: 5 - svdpwny.org/dining-room</p> <p style="text-align: center;"><u>Meals</u> M/T/W/F/Sa 11am - noon</p>	<p>FoodPantries.org - A directory to find food pantries near you. foodpantries.org/</p>					

Emergency Shelters

<p>Buffalo City Mission - Serves: Men 100 E. Tupper St, Buffalo, NY 14203 (716) 854-8181 ext: 432 - buffalocitymission.org/what-we-do/get-help-now</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center; width: 50%;"><u>Meals</u> every day, 8:30am, 11:30am, 4pm</td> <td style="text-align: center; width: 50%;"><u>Food Pantry</u> Tues / Thur noon - 3pm</td> </tr> </table>	<u>Meals</u> every day, 8:30am, 11:30am, 4pm	<u>Food Pantry</u> Tues / Thur noon - 3pm	<p>Cornerstone Manor - Serves: Women, Women w/ Children 150 E North St, Buffalo, NY 14203 (716) 854-8181 ext: 111 - buffalocitymission.org/what-we-do/get-help-now</p>
<u>Meals</u> every day, 8:30am, 11:30am, 4pm	<u>Food Pantry</u> Tues / Thur noon - 3pm		
<p>Little Portion Friary - Serves: Men, Women 1305 Main Street, Buffalo, NY 14209 (716) 882-5705 - littleportionfriary.com</p>	<p>Niagra Gospel Mission - Serves: Men 1317 Portage Rd, Niagara Falls, NY 14302 (716) 205-8805 - niagaragospelmission.org</p>		
<p>Lockport Cares - Serves: Men, Women, Families with Children 188-192 Genesee Street, Lockport, NY 14094 (716) 939-0926 - lockportcares.org</p>			

Resources

<p>US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline (877) 424-3838 - va.gov/homeless</p>	<p>National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress (800) 273-8255 - SuicidePreventionLifeline.org</p>
<p>National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence (800) 799-7233 - TheHotline.org</p>	<p>National Runaway Safeline - 24/7 crisis line for runaway and homeless youth (800) 786-2929 - 1800runaway.org</p>

Resources

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking (888) 373-7888 - HumanTraffickingHotline.org	Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals. SafeLinkWireless.com AssuranceWireless.com
FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness (800) 662-4357 - FindTreatment.gov/	FreeDentalCare.us - Directory of free and low cost dental clinics FreeDentalCare.us/

Available services can change often. Please email support@HelpSheets.org with any updates to the information provided. HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.