

Community Resources

Parenting

- Catholic Charities 724-2158
- Community Health Worker Program
Herkimer County 867-1430
Oneida County 798-5836
- Community Maternity Services 894-9941
- Cornell Cooperative Extension
Herkimer County 866-7920
Oneida County 736-3394
- Crisis Pregnancy Center 738-9435
Herkimer 867-6148
Rome 337-0242
- Family Nurturing Center 738-9773
- Mohawk Valley Community Action Agency
339-5640
- The **Parent Education and Awareness Program** helps parents that are separating or divorcing. They can help parents understand how the change affects their children. They can also help parents make the new family life easier. For more information, call at (888) 809-2798.
- **Parent to Parent of NYS** helps families of children with special health care needs. They can help them find family-friendly health information. This includes fact and tip sheets, and a Health Care Notebook to keep your family's information.
1-866-727-6970
- Planned Parenthood Association 724-6146
- St. Luke's Memorial Hospital 735-4377
- United Cerebral Palsy 724-6907
- Boot Camp For Dads – a program where new fathers bring their two month old babies and show fathers-to-be the ropes of fatherhood. Call 732-4657 for more information.

Child and Family Health Plus: Facilitated Enrollment will help you find out which plan you can get. They can get all paperwork together and send it to the right place. It is a way to learn about health insurance choices for you and your child. It is also the easiest way to apply for Child and Family Health Plus and Medicaid.

For more information, call:

- Oneida County:
Utica (315) 732-4657 or toll free 1-877-267-6193
- Herkimer County: (315) 866-0030
- Madison County: (315) 732-4657 or toll free 1-877-267-6193

Breastfeeding Education & Support

These agencies are able to help with breastfeeding questions and issues. Many of them have people to give you support and help.

- Lactation Consultants
Little Falls Hospital 823-5264
Rome Memorial 338-7124
St. Luke's Hospital 798-6762
- WIC Breastfeeding Educators
Herkimer County 866-5029

- Oneida County 798-5560
- Herkimer-Madison 724-6146
- Mohawk Valley Breastfeeding Network
853-1238
- Mohawk Valley Perinatal Network 732-4657
- County Health Departments
Herkimer 867-1176
Rome 336-0100
Utica 798-5634
- March of Dimes 1-800-244-WALK

Counseling:

- Birthright of Oneida County 797-1160
- Catholic Charities 724-2158
- Community Health & Behavioral Services
Utica 798-8868
Rome 336-8301
- Crisis Pregnancy Center
Utica 738-9435
Herkimer 867-6148
Rome 337-0242
- Family Services 735-2236
- Mohawk Valley Community Action
Herkimer 866-0030 Rome 339-5640
- Neighborhood Center 732-2225
- Planned Parenthood Association 724-6146
- Samaritan Counseling Center 724-5173
- United Cerebral Palsy 724-6907

Crisis:

- Crisis Pregnancy
Utica 738-9435
Herkimer 867-6148
Rome 337-0242
- Children's Mobile Assessment Team (CMAT) 732-0473
- Community Evaluation Team 734-3456
- Domestic Violence Services
Herkimer County 866-8464
Oneida County 797-7740
- Rape Crisis Services
Herkimer County 866-0458
Oneida County 797-7740
- Runaway & Homeless Youth
Utica 797-8500
Rome 339-4960

Emergency Food & Shelter:

- American Red Cross
Herkimer 866-2890
Rome 336-0030
Utica 733-4666
- Community Food Bank 733-0346
- Hope House 793-3723

- **Mohawk Valley Community Action Agency**
Herkimer 866-0030
Rome 339-5640
- **Rescue Mission 732-0869**
- **Salvation Army**
Herkimer 866-1240
Rome 336-4260
Utica 724-8736

Nutrition:

- **Cornell Cooperative Extension**
Herkimer 866-7920
Utica 736-3394
- **Food Stamps**
Herkimer 867-1266
Rome 336-7411
Utica 798-5937
- **March of Dimes 1-800-244-walk**
- **WIC (Women Infants & Children)**
Herkimer 866-5029
Rome 336-2141
Utica 798-5066
- **Eat Smart New York – A free program to help you save money and take charge of your health and your life! If you have applied for or receive Food Stamps, WIC, Medicaid, Head Start, SSI or the AFDC program, you are eligible. If you would like to enroll in our program or start classes call**
 - **Oneida County – 736-3394**

Non-English Speaking

*MAMI – Multicultural Association of Medical Interpreters
309 Genesee Street, Suite #2
Utica, NY 13501
(315) 732-2271*