

Healthy Families Schuyler/Tompkins

A welcome wagon to parenthood
206 E.4th St
Watkins Glen, NY 14891
607-882-3759
Healthy.Families@dor.org

Birthright of Ithaca

223 Elmira Rd. Suite 1
Ithaca, NY 14850
607-272-9070
<https://birthright.org/ithaca>

Care Net Pregnancy Center of Penn Yan

162 Main St. Suite 1
Penn Yan, NY 14527
315-536-7333
24/7 hotline 800-712-4357
<https://www.carenetpy.com>



Resources When you need different help

Sometimes there doesn't seem to be a way forward, and decisions made leave us feeling trapped and confused. If you are struggling, in any way, with the decision you made to end your pregnancy, the services listed below offer a compassionate and confidential haven, helping you in your time of need.

There is a chance

Abortion Pill Reversal

Did you *just* take the first abortion pill and now have changed your mind?

Call 877-558-0333
www.abortionpillreversal.com

You are an image of God. *Irreplaceable*

Post-Abortion Services:
*Sisters of Life: Hope and Healing
for Women.*

<https://sistersoflife.org/healing-after-abortion/>

or call 866-575-0075



Project Rachel

Phone: 888-9-rachel (888-972-2435)
Email: return2peace@rachelroc.org
www.HopeAfterAbortion.com



Rachel's Vineyard

877 HOPE 4 ME (877-467-3463)

www.rachelsvineyard.org



The Catholic Church and the local Catholic community support dads and their children with food, formula and clothing.

Fathers will always be important in the life of a child. While there is a particular role for women in bearing the gift of life to the world, dads help to sustain that life, which also takes a great commitment and challenge, it also holds many rewards in the bonds formed between you and your child.

We recognize that children seek the protection and care of their dad, and give their dad a complete trust from the earliest months. They need their Dad to continue maintaining the life of the child with love, food and shelter. For this reason, we come alongside you, offering support.

In this brochure is information for parents of young children who need



food, formula and clothing. Also provided is information for pregnancy support through local pregnancy care centers, and counseling support if you are struggling with having previously made the decision to terminate a pregnancy. We pray this brochure will be helpful for those in need.



Resources

Food, Formula, Clothing, & Housing

Schuyler Outreach

for food, diapers, wipes, & personal hygiene items

Open: Tuesday 9am-2pm, Thursday noon-4pm, & Fridays 9am-2pm.

St. Mary's Center - 112 10th St.
Watkins Glen, NY: (607) 535-2815.

Join on Facebook at
[SchuylerOutreachFoodPantry](#)

For Emergency Housing: Catholic Charities Schuyler County office, 105 9th St. #20, Watkins Glen
Phone 607-535-2050



Montour Falls United Methodist Church Thrift Shop *for clothing, kitchenware, & a diaper bank for babies, adult senior needs, and food.*
Open: Wednesdays 11am-4pm
112 South Street Montour Falls
Contact Pam Kelly (607) 228-7591

W.I.C. Program

This Program assists low-income families with infants, and children up to age 5 by providing nutritious foods to supplement diets, provide information on healthy eating, and referrals to health care. www.fns.usda.gov/wic



Resources

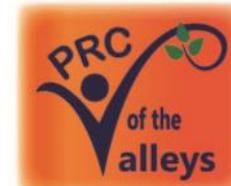
Pregnancy and Parenting

The pregnancy resource centers listed below all offer confidential support and education through the pregnancy and then with parenting assistance and material support for mother and baby. They also provide pregnancy testing, ultrasounds, and other pregnancy related options.

Pregnancy Resource Centers of the Valley

Contact one of our four offices:

- prcvalleys.org
- Call or text: 607-288-3772



Bath Office:
22 Liberty St. Bath, NY 14810
607-776-8004

Corning Office 300 Nasser Civic Center Plaza #230, Corning, NY 14830

607-936-3100

Mount Morris Office: 115 Main St.
Mount Morris, NY 14510
585-658-2436

Hornell: 282 Canisteo St., within the New Hope Community Center,
Hornell, NY 14843.
607-385-3017



NEW! Watkins Glen Office
204 E.4th St, Watkins Glen, NY 14891
607-202-8662

Elmira: Main Office

For free pregnancy tests, ultrasounds and Life Counseling options.
375 West Water St. Elmira, NY 14905
607-732-2111

Life Center—for parenting education and material needs.

224 William St., Elmira, NY 14904
607-737-6952

Email: info@mosaicsoutherntier.org
www.mosaicsoutherntier.org



Ithaca:
210 West Green St. Ithaca, NY 14850
607-273-4673

Cortland:
4 Church St. Cortland, NY 13045
607-753-3909

Email: info@fingerlakespc.com
<https://fingerlakespc.com/>
Text: 607-703-3443