



Help for Moms

Diocese of Buffalo



General Resources

► Buffalo Catholic Charities

Location: [525 Washington St. Buffalo, NY 14203](#)

Phone: [\(716\) 856-4494](#)

Website: <https://ccwny.org/>

Notes: Assists with basic needs (food, clothing, toiletries), counseling, and family safety and stabilization resources.

► Diocese of Buffalo Pro-Life/Pastoral Ministries

Location: [795 Main St. Buffalo, NY 14203](#)

Phone: [\(716\) 847-2205](#)

Email: pro-lifeoffice@buffalodiocese.org

Website: <https://www.buffalodiocese.org/pro-life-services/>

Hours: Mon-Fri 8:30am-4pm

► Cultural Diversity Office for the Diocese of Buffalo

Location: [795 Main St. Buffalo, NY 14203](#)

Phone: [\(716\) 847-2212](#)

Email: ymontanez@buffalodiocese.org

Website: <https://www.buffalodiocese.org/cultural-diversity/>

Notes: Offers Bible study & spiritual growth, educational services, and clothing.

► Project Rachel

Services: Post-Abortion Healing

Confidential Hotline: [\(716\) 847-2211](#)

Website: <https://www.buffalodiocese.org/pro-life-services/#project>

► Why Life Ministries

Services: Educational Services

Phone: [\(716\) 864-5800](#)

Email: info@whylministries.org

Website: <http://www.whylfeministries.org/>

Erie, Niagara, Genesee & Orleans Counties

► Good Neighbors Health Services/Harvest House

Location: [175 Jefferson Ave. Buffalo, NY 14210](#)

Good Neighbors Phone: [\(716\) 856-2400](#)

Harvest House Phone: [\(716\) 824-7818](#)

Website: <https://www.harvesthousebuffalo.org/good-neighbors-health-care>

Notes: Provides free pregnancy tests, furniture, and clothing.

► Mercy Hospital – OB/GYN Clinic

Location: [575 Abbott Rd. Buffalo, NY 14220](#)

Phone: [\(716\) 828-2493](#)

Website: <https://www.chsbuffalo.org/locations/mercy-womens-health-center>

Contact: Jeanne M. Karnath, CFCP

Notes: Provides free pregnancy tests, guidance/counseling (short and long term), pre and post natal parenting, single mom support, and sonograms.

► Mother Teresa Home

Location: [208 Stanislaus St. Buffalo, NY 14202](#)

Phone: [\(716\) 424-0217](#)

Email: pro-lifeoffice@buffalodiocese.org

Website: <https://www.buffalodiocese.org/pro-life-services/#motherteresa>

Contact: Cheryl Calire (Executive Director), Tim Coughlin (Clergy), or Jennifer Freiburger (Coordinator)

Hours: Mon-Fri 8:30am-4pm

Notes: Housing by referral only.

► **Mount St. Mary's Hospital – OB/GYN Clinic**
Location: [5300 Military Rd. Lewiston, NY 14092](#)
Phone: [\(716\) 706-2112](#)
Website: <https://www.chsbuffalo.org/locations/center-women-mount-st-marys-hospital>
Notes: Provides free pregnancy tests, guidance/counseling (short and long term), pre and post natal parenting, single mom support, and sonograms.

► **Sisters Hospital – OB/GYN Clinic**
Location: [2157 Main St. Buffalo, NY 14214](#)
Phone: [\(716\) 862-1984](#)
Website: <https://www.chsbuffalo.org/locations/sisters-obgyn-center>
Hours: Mon-Fri 8:30am-4pm
Notes: Provides accurate information on pregnancy and abortion, free pregnancy tests, guidance/counseling (short and long term), pre and post natal parenting, single mom support, and sonograms.

► **Natural Family Planning (Sisters Hospital)**
Catholic Fertility Care Center of WNY
Phone: [\(716\) 862-1944](#) or [\(716\) 828-2493](#)
Website: <https://www.chsbuffalo.org/services/natural-family-planning>
Contact: Jeanne M. Karnath, CFCP

► **St. Gianna Pregnancy Outreach Center**
Website: <https://www.buffalodiocese.org/st-gianna/>

Main Location: [76 Church St. Buffalo, NY 14202](#)
Phone: [\(716\) 842-2229](#)
Email: StGianna@buffalodiocese.org
Contact: Cheryl ZE
Hours: Mon-Fri 8:30am-4pm (closed for lunch 12pm-12:30pm)
Notes: Additional hours of operation and community service available by appointment only.

Cheektowaga Location: [921 Cleveland Dr. Cheektowaga, NY 14225](#)
Phone: [\(716\) 842-2229](#)
Notes: Call for Appointment

Niagara Location: [625 Tronolone Pl. Niagara Falls, NY 14301](#)
Phone: [\(716\) 299-7040](#)
Notes: Call for Appointment

► **Sonrays Ministries, Inc.**
Mailing Address: P.O. Box 673, Tonawanda, NY 14150
Phone: [\(716\) 695-9494](#)
Website: <https://sonraysministries.com/>
Notes: Provides abstinence and chastity education, accurate information on pregnancy and abortion, Bible study and spiritual growth, educational services, free pregnancy tests, furniture and clothing, guidance/counseling (short and long term), post abortion support and counseling, pre and post natal parenting, and single mom support.

► **Tri-County Crisis Pregnancy Center**
Location: [17 S. Water St. Gowanda, NY 14070](#)
Phone: [\(716\) 532-9738](#)
Notes: Provides abstinence and chastity education, accurate information on pregnancy and abortion, educational services, free pregnancy tests, furniture and clothing, guidance/counseling (short and long term), post abortion support and counseling, pre and post natal parenting, and single mom support.

Chautauqua, Wyoming, Cattaraugus & Allegany Counties

► **Choose Life of Jamestown**
Location: [560 W. Third St. Jamestown, NY 14701](#)
24 Hour Hotline: [\(716\) 484-1234](#)
Phone: [\(716\) 664-5459](#)
Website: <https://optionscarecenter.com/>
Notes: Services include ultrasounds, free pregnancy tests, and post abortion support.

► **St. Gianna Pregnancy Outreach Satellite**

Locations

Website: <https://www.buffalodiocese.org/st-gianna/>

Cattaraugus Location: [205 W. Henley St. Olean, NY 14760](#)

Phone: [\(716\) 373-2569](tel:(716)373-2569)

Email: stgiannacattco@gmail.com

Contact: Anita

Notes: Call for Appointment

Chautauqua Location: [32 Moore Ave. Fredonia, NY 14063](#)

Phone: [\(716\) 401-3324](tel:(716)401-3324)

Email: stgiannachautauquaco@outlook.com

Contact: Pat & Marlene

Hours: Tue 10am-3pm / Sat 10am-12pm