



# Help for Moms

Diocese of Syracuse



## General Resources

### ► Joseph's House for Women

*Location:* [802 Court St. Syracuse, NY 13208](#)  
*24/7 Helpline:* [\(315\) 288-0319](#)  
*Phone:* [\(315\) 701-4981](#)  
*Website:* <https://www.jhfw.org/>  
*Notes:* Provides a safe home and family environment for moms and babies who are experiencing homelessness or housing insecurity.

### ► Project Rachel Ministry

*Location:* [240 E Onondaga St. Syracuse, NY 13202](#)  
*24/7 Helpline:* [1-888-456-4673](#)  
*Phone:* [\(315\) 424-3737](#)  
*Email:* [hopeandhealing@syrdio.org](mailto:hopeandhealing@syrdio.org)  
*Website:* <https://www.syracusediocese.org/offices/familyrespect-life/project-rachel-ministry/>

### ► Abortion Pill Reversal

*Phone:* [1-877-558-0333](#)  
*Website:* <https://www.abortionpillreversal.com/>  
*Notes:* Local parish outreach offices regularly support pregnant women and their families with food, diapers, clothing, and funds for other emergency needs, including housing.

## Syracuse Area

### ► Birthright – Syracuse

*Location:* [346 N Midler Ave. #46 Syracuse, NY 13206](#)  
*24/7 Helpline:* [1-800-550-4900](#)  
*Phone:* [\(315\) 479-5807](#)  
*Website:* <https://www.birthrightsyr.org/>

### ► New Hope Family Services

*Location:* [3519 James St. Syracuse, NY 13206](#)  
*24/7 Helpline:* [1-800-712-4357](#)  
*Phone:* [\(315\) 437-8300](#)  
*Website:* <https://www.newhopefamilyservices.com/>  
*Hours:* Mon-Fri 9am-4:30pm

### ► Care Net Pregnancy Center of CNY – Liverpool

*Location:* [913 Old Liverpool Rd. Ste. A Liverpool, NY 13088](#)  
*24/7 Helpline:* [\(315\) 738-9435](#)  
*Phone:* [\(315\) 937-4334](#)  
*Website:* <https://www.carenetcares.com/>  
*Hours:* Mon, Wed & Thur 10am-4:30pm  
*Notes:* Offers pregnancy tests, ultrasounds, STI testing and treatment, material aid, and parenting classes.

### ► Catholic Charities of Onondaga County – Lullaby League

*Services:* Parent Education Programs  
*Phone:* [\(315\) 362-7647](#)  
*Website:* <https://www.ccoc.us/parent-education-programs>  
*Notes:* A four-week infant care class for pregnant women, partners, and families.

## Oswego, Fulton & Camden Areas

### ► New Life Pregnancy Center

*Pregnancy Hotline:* [\(800\) 712-4357](#)  
*Phone:* [\(315\) 963-2273](#)

*Mexico Location:* [3349 Main St. Mexico, NY 13114](#)

*Fulton Location:* [309 Buffalo St. Fulton, NY 13069](#)

### ► Pregnancy Care Center

*Location:* [157 Liberty St. Oswego, NY 13126](#)  
*24/7 Helpline:* [\(800\) 712-4357](#)  
*Phone:* [\(315\) 343-4866](#)  
*Website:* <https://www.familyresourcecenter.life/>  
*Hours:* Mon-Wed 11am-4pm

► **Care Net Pregnancy Center of CNY – Camden**

*Location:* [20 Main St. Camden, NY 13316](#)

*24/7 Helpline:* [\(315\) 738-9435](#)

*Phone:* [\(315\) 245-2364](#)

*Website:* <https://www.carenetcares.com/>

*Hours:* Mon-Wed & Fri BY APPOINTMENT /  
Thur 10am-4:30pm

*Notes:* Offers pregnancy tests, referral for free ultrasound, material aid, and parenting classes.

**Utica, Oneida, Rome, Morrisville &  
New Hartford Areas**

► **Care Net Pregnancy Center of CNY**

*24/7 Helpline:* [\(315\) 738-9435](#)

*Website:* <https://www.carenetcares.com/>

*Notes:* Offers pregnancy tests, ultrasounds, STI testing and treatment, material aid, and parenting classes.

*Utica Location:* [1418 Genesee St.  
Utica, NY 13502](#)

*Phone:* [\(315\) 738-9435](#)

*Hours:* Mon-Fri 10am-4:30pm

*Oneida Location:* [730 Lenox Ave. Ste. 2  
Oneida, NY 13421](#)

*Phone:* [\(315\) 366-9902](#)

*Hours:* Tue, Wed & Thur 10am-4:30pm

*Rome Location:* [312 N James St.  
Rome, NY 13440](#)

*Phone:* [\(315\) 337-0242](#)

*Hours:* Mon-Thur 10am-4:30pm

*Morrisville Location:* [89 E Main St. Morrisville,  
NY 13408](#)

*Phone:* [\(315\) 684-3003](#)

*Hours:* Tue & Thur 10am-4:30pm

► **Evelyn's House**

*Services:* Housing for Young Mothers and Babies

*Location:* [10 Barton Ave. Utica, NY 13502](#)

*Phone:* [\(315\) 733-0236](#)

*Website:* <https://www.fnccny.org/>

► **Catholic Charities – Pregnancy & Parenting Support**

*Location:* [1408 Genesee St. Utica, NY 13502](#)

*Phone:* [\(315\) 724-2158](#)

*Website:* <https://www.catholiccharitiesom.org/pregnancy-parenting-support>

*Notes:* Provides educational and support groups for pregnant and/or parenting teens and adults.

**Binghamton & Cortland Areas**

► **Life Choices – Binghamton**

*Location:* [93 Oak St. Binghamton, NY 13905](#)

*Call or Text:* [\(607\) 205-8506](#)

*Website:* <https://lifechoicescenter.org/>

*Hours:* Mon-Thur 10am-4pm

► **Birthright – Binghamton**

*Location:* [435 Main St #126 Johnson City, NY 13790](#)

*Phone:* [\(607\) 798-7661](#)

*Website:* <https://birthright.org/binghamton>

► **Mom's House**

*Services:* Childcare Centers

*Location:* [770 Harry L Dr. Johnson City, NY 13790](#)

*Phone:* [\(607\) 644-9972](#)

*Email:* [admin@momshouseny.org](mailto:admin@momshouseny.org)

*Website:* <https://momshouseny.org/>

► **Women's Life Services**

*Location:* [200 Front St. Ste. A Vestal, NY 13850](#)

*Call or Text:* [\(607\) 444-1388](#)

*Website:* <https://www.prcv.org/>

► **The Cortland Pregnancy Center**

*Location:* [4 Church St. Cortland, NY 13045](#)

*Phone:* [\(607\) 753-3909](#)

*Website:* <https://www.ithacapregnancy.com/>

► **Catholic Charities of Broome County**

*Location:* [232 Main St. Binghamton, NY 13509](#)

*Phone:* [\(607\) 729-9166](#)

*Website:* <https://www.catholiccharitiesbc.org/>