



Catholic Charities Offices

▶ [CC Community Services of New York](#)

Location: [1011 1st Ave., 6th Floor New York, NY 10022](#)

Phone: [\(646\) 794-2065](#)

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

▶ [CC Community Services of Dutchess County](#)

Location: [218 Church St. Poughkeepsie, NY 12601](#)

Phone: [\(845\) 451-4217](#)

Website: <https://catholiccharities-dutchesscounty.org/>

▶ [CC Community Services of Rockland County](#)

Location: [78 Hudson Ave. Haverstraw, NY 10927](#)

Phone: [\(845\) 942-5791](#)

Website: <https://www.ccsrockland.org/>

▶ [CC of Orange, Sullivan & Ulster Counties](#)

Location: [224 Main St. Goshen, NY 10924](#)

Phone: [\(845\) 894-5124](#)

Multi-County Locations

▶ [New York Foundling](#)

Locations: Manhattan, Queens, Bronx, Brooklyn, Staten Island & Rockland County

Phone: [\(212\) 633-9300](#)

Website: <https://www.nyfoundling.org/>

Notes: Provides services for vulnerable families. The Crisis Nursery provides temporary child care for up to 21 days for parents during a family crisis.

▶ [Lumina](#)

Services: Post Abortion Healing

Phone: [\(877\) 586-4621](#)

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

Notes: Provides referrals for peer group support, post abortion ministers & clergy, and professional counselors. Serves men, women, and siblings who are affected by abortion.

▶ [Good Counsel Homes](#)

Services: Assistance for Pregnant Women & Maternity Homes

Locations: Bronx, Rockland & Richmond Counties

24/7 Helpline: [\(800\) 723-8331](#)

Website: <https://help.goodcounselhomes.org/maternity-homes/good-counsel-ny>

Notes: Provides assistance to pregnant women in crisis, maternity care before and after birth, help with budgeting and finding a job, daycare for your baby while you work, and classes on parenting, nutrition and social skills. Maternity homes are for women of any age: pregnant only, pregnant and one or more children already born, and single mothers with babies 1-6 weeks old. All placements are made through the phone.

▶ [Sisters of Life Hope and Healing After Abortion](#)

Services: Post Abortion Healing

Phone: [\(866\) 575-0075](#)

Email: hopeandhealing@sistersoflife.org

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

Notes: Provides one-on-one accompaniment, day/weekend retreats, and morning gatherings for women.

Manhattan, Bronx & Staten Island

▶ [Safe Families for Children NYC Chapter](#)

Location: Manhattan

Phone: [\(646\) 907-3039](#)

Website: <https://newyorkcity.safe-families.org/>

Notes: Connects families experiencing stress or isolation with volunteers who offer support and encouragement.

- ▶ **Catholic Guardian Services - Care Management**
Location: [1011 First Ave., 10th Floor New York, NY 10022](#)
Phone: (212) 371-1000 ext. 2318
Email: info@catholicguardian.org
Website: <http://www.catholicguardian.org/>
Notes: Assists families with children with chronic health problems to ensure they receive quality medical and mental health services as well as connections to social supports for which they may be eligible.

- ▶ **Sisters of Life: Visitation Center**
Services: Assistance for Pregnant Women & Maternity Homes
Location: [20 Cardinal Hayes New York, NY 10007](#)
Phone: (877) 777-1277
Text: (212) 203-8716
Website: <https://visitationcenterus.org/>
Notes: Provides a full range of support for pregnant women and their children including help with baby items and furnishings, housing, referrals for legal and medical care, etc.

- ▶ **Pregnancy Help, Inc.**
Services: Assistance for Pregnant Women
Location: [229 W. 14th St. New York, NY 10011](#)
Phone: (212) 243-7119
Text: (646) 734-8185
Email: info@pregnancyhelpnyc.org
Website: <https://pregnancyhelpnyc.org/>
Notes: Provides free pregnancy tests and counseling for pregnant women.

- ▶ **Pregnancy Resource Services**
Location: [482 Manor Rd. Staten Island, NY 10314](#)
24/7 Helpline: (800) 712-HELP
Phone: (718) 677-6035
Email: crossroad15@verizon.net
Notes: Provides free pregnancy tests, counseling for pregnant women, prenatal and parenting classes, baby items, and post-abortion counseling.

- ▶ **Catholic Guardian Services - Family Center**
Main Location: [1990 Westchester Ave., 1st & 2nd Floors Bronx, NY 10462](#)
Phone: (718) 792-9937 ext. 221
Email: info@catholicguardian.org
Website: <https://www.cgsfamilycenter.org/>
Hours: Mon-Fri 9am-8pm / Sat 9am-1pm

Satellite Location: [34 West 134th St., 3rd Floor New York, NY 10037](#)
Phone: (718) 792-9937 ext. 210
Email: info@catholicguardian.org
Hours: Mon-Fri 11am-7pm
Notes: Provides family and individual counseling and other mental health services.

- ▶ **Catholic Guardian Services - Parenting Resource Center**
Services: Assistance for Pregnant Women
Location: [1780 Grand Concourse Bronx, NY 10453](#)
Phone: (718) 228-1515 ext. 209
Email: info@catholicguardian.org
Website: <https://www.catholicguardian.org/>
Notes: Provides counseling for women in crisis, financial assistance, baby items and free parenting classes.

- ▶ **Good Shepherd Services**
Location: [305 7th Ave., 9th Floor New York, NY 10001](#)
Phone: (212) 243-7070
Website: <https://goodshepherds.org/>
Notes: Provides vulnerable family support services in the Bronx.

- ▶ **Free Abortion Alternatives (EMC)**
Services: Assistance for Pregnant Women
Location: [344 E. 149th St., 2nd Floor Bronx, NY 10451](#)
Phone: (718) 402-4900
Website: <https://freeabortionalternatives.com/>
Notes: Provides pregnancy tests, ultrasounds, STI tests, and counseling for pregnant women.

► **Rosalie Hall**

Services: Maternity Homes

Location: Bronx

Phone: [\(718\) 920-9581](tel:(718)920-9581)

Notes: A very structured program serving young women with challenging backgrounds. Most referrals come through EAU or are court-mandated. Teens & early 20s exceptions: pregnant only.

Hudson Valley

► **Astor Services**

Location: [6339 Mill St. Rhinebeck, NY 12572](https://www.astorservices.org/)

(Dutchess County)

Phone: [\(845\) 871-1000](tel:(845)871-1000)

Website: <https://www.astorservices.org/>

Notes: Provides services for families and children with educational, emotional, or behavioral challenges in the Bronx and Hudson Valley.

► **Birthright – Dutchess County**

Services: Assistance for Pregnant Women

24/7 Hotline: [\(800\) 550-4900](tel:(800)550-4900)

Website: <https://birthrightdutchesscounty.com/>

Main Location: [769 Main St. Poughkeepsie, NY 12603](https://www.birthrightdutchesscounty.com/)

Phone: [\(845\) 473-1300](tel:(845)473-1300)

Notes: Provides counseling, material items for pregnant and parenting women and referrals to family support and parenting classes.

Satellite Location: [1081 Main St., Ste. F Fishkill, NY 12524](https://www.birthrightdutchesscounty.com/)

Phone: [\(845\) 897-2288](tel:(845)897-2288)

Notes: Provides counseling, material items for pregnant and parenting women and referrals to family support and parenting classes.

► **MyChoice Pregnancy Care Center**

Services: Assistance for Pregnant Women

Locations: Orange County

24/7 Helpline: [\(845\) 561-3057](tel:(845)561-3057)

Text: [\(845\) 709-8199](tel:(845)709-8199)

Website: <https://mychoicepcc.com/>

Notes: Provides free pregnancy tests, ultrasounds, STI tests, and counseling for pregnant women.

Middletown Location: [18 Grove St. Middletown, NY 10940](https://www.birthrightdutchesscounty.com/)

Hours: Tue 10:30am-4:30pm / Thur 11am-7pm

New Windsor Location: [388 Blooming Grove Tpk. \(Rt. 94\) New Windsor, NY 12553](https://www.birthrightdutchesscounty.com/)

Hours: Mon 10am-4pm / Wed 11am-5pm

► **Saint Dominic's Family Services**

Location: [500 Western Hwy. S Blauvelt, NY 10913](https://www.sdfs.org/) (Rockland County)

Phone: [\(845\) 359-3400](tel:(845)359-3400)

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

Notes: Provides services for families and children with educational, emotional, or behavioral challenges in the NYC area and lower Hudson Valley.

► **Birthright of Nanuet**

Services: Assistance for Pregnant Women

Location: [257 S. Middletown Rd. Nanuet, NY 10954](https://www.birthright.org/nanuet)

24/7 Hotline: [\(800\) 550-4900](tel:(800)550-4900)

Phone: [\(845\) 623-9098](tel:(845)623-9098)

Website: <https://birthright.org/nanuet>

Notes: Provides counseling, pre-natal classes, parenting classes, maternity clothes and baby items, and assistance with job-hunting.

► **1st Way Life Center**

Services: Assistance for Pregnant Women

Location: [481 Broadway #3 Monticello, NY 12701](https://www.1stwaylifecenter.org/) (Sullivan County)

Phone: [\(845\) 796-5305](tel:(845)796-5305)

Email: info@monaic.org

Website: <http://www.1stwaylifecenter.org/>

Notes: Provides counseling and material support to pregnant and parenting mothers.

► **New Hope Manor**

Services: Maternity Homes

Location: [35 Hillside Rd. Barryville, NY 12719](https://www.newhopemanor.org/) (Sullivan County)

Phone: [\(845\) 557-8353](tel:(845)557-8353)

Website: <https://www.newhopemanor.org/>

Notes: Offers housing and treatment for pregnant and parenting women (with children under 3 years old) struggling with substance abuse.