



## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:stgiannachautauquaco@outlook.com)

*Contact:* Pat & Marlene

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