



# Help for Moms

Diocese of Ogdensburg



## General Resources

### ► [Catholic Charities of Ogdensburg](#)

*Administrative Office:* 214 Caroline St.

Ogdensburg, NY 13669

*Phone:* (315) 393-2255

*Email:* [ccweb@cathcharities.org](mailto:ccweb@cathcharities.org)

*Website:* <http://www.cathcharities.org/>

### ► [Catholic Charities Adoption Services](#)

*Phone:* (315) 393-2255

*Contact:* Ann Ploof

*Website:* <http://www.cathcharities.org/>

### ► [Federally Qualified Health Centers](#)

*Services:* Health Centers

*Website:* <https://findahealthcenter.hrsa.gov/>

*Notes:* Health centers care for you, even if you have no health insurance. They provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and vision services. Contact the health center directly to confirm services and make an appointment.

### ► [Gabriel Project](#)

*Services:* Walking with Moms

*Locations:*

- St. Mary's in Potsdam... [\(315\) 265-9520](tel:(315)265-9520)
- St. James in Gouverneur... [\(315\) 287-0114](tel:(315)287-0114)
- Our Lady's Parishes in Ogdensburg... [\(315\) 276-9654](tel:(315)276-9654)
- Our Lady of Victory in Plattsburgh... [\(518\) 578-1068](tel:(518)578-1068)
- St. Vincent de Paul Society in Massena... [\(315\) 769-1200](tel:(315)769-1200)
- St. Joseph's in Dannemora... [\(518\) 492-7118](tel:(518)492-7118)
- St. John the Baptist in Keeseville... [\(518\) 834-7100](tel:(518)834-7100)

- Our Lady of Lourdes in Schroon Lake... [\(518\) 532-7100](tel:(518)532-7100)
- St. Patrick's in Brasher Falls... [\(315\) 389-5401](tel:(315)389-5401)

*Website:* <https://www.rcdony.org/pro-life/gp>

*Notes:* The Angel Gabriel delivers the message: "Rejoice! Fear Not!" Gabriel Project volunteers, called "angels," become a friend, walking with the expectant mother. The angel, along with the church community, provide any material needs and discerns, with the pastor, any spiritual needs. Parishes that offer Gabriel Project are listed above.

### ► [Abortion Pill Reversal](#)

*24/7 Helpline:* [1-877-558-0333](tel:1-877-558-0333)

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

*Notes:* The Abortion Pill Reversal helpline works with a network of over 500 doctors ready and willing to help a woman who regrets taking the abortion pill. The success rate of reversal is 68% if started within 72 hours of taking the pill.

### ► [Abortion Healing Retreat](#)

*Location:* Saranac Lake

*Call or Text:* Colleen at [\(518\) 524-0774](tel:(518)524-0774)

*Website:* <https://www.rcdony.org/pro-life.html>

*Notes:* Hurting after an abortion? You're not alone. Rachel's Vineyard healing retreat weekends are offered in the spring and fall in Saranac Lake. Pre-registration is required. Visit [www.silentnomoreawareness.org](http://www.silentnomoreawareness.org) for testimonies from women and men whose lives were changed by abortion. Learn how they found hope and healing and are now silent no more.

## Plattsburgh Area

### ► Plattsburgh Pregnancy Center

*Location:* [62 Brinkerhoff St. #103 Plattsburgh, NY 12901](#)

*Phone:* [\(518\) 324-2010](tel:(518)324-2010)

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

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

*Notes:* Provides free 4D ultrasounds and pregnancy tests. Additionally offers pregnancy testing, abortion counseling, maternity home referrals, adoption referrals, support after reproductive loss, referrals for community support services, registration for low cost/free health insurance, and GED tutoring.

### ► Birthright – Plattsburgh

*Location:* [50 Clinton St. Plattsburgh, NY 12901](#)

*24/7 Helpline:* [1-800-550-4900](tel:1-800-550-4900)

*Phone:* [\(518\) 563-4300](tel:(518)563-4300)

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

*Hours:* Mon-Fri 10am-2pm

*Notes:* Provides free pregnancy tests and maternity and baby items. Additionally offers information about pregnancy, childbirth, adoption, prenatal care, community programs, parenting skills, and childcare. Referrals for medical support, financial resources, housing, social assistance, and professional counseling are also available. Birthright understands the challenges related to unplanned pregnancy. They offer love, friendship, and support. Birthright is interdenominational and focused on loving the mother, reminding her that there is hope; ensuring she is not alone.

## Canton, Potsdam & Ogdensburg Areas

### ► Viable Options

*Location:* [11 Court St. Canton, NY 13617](#)

*Phone:* [\(315\) 801-2273](tel:(315)801-2273)

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

*Hours:* Mon-Fri 10am-5pm

*Notes:* Viable Options serves women and men facing pregnancy decisions by offering education and resources that empower an informed choice. No matter who you are or what your story is, their door is open.

## Watertown Area

### ► Liferight

*Location:* [870 Arsenal St. Watertown, NY 13601](#)

*Phone:* [\(315\) 788-4359](tel:(315)788-4359)

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

*Notes:* Liferight is dedicated to the sanctity of human life. They aren't a service organization, but refer those in need to agencies that can help.

### ► Walking with Moms in Need

*Location:* [123 S Massey St. Watertown, NY 13601](#)

*Phone:* [\(315\) 782-1190](tel:(315)782-1190)

*Email:* [info@catholicwatertown.org](mailto:info@catholicwatertown.org)

*Website:* <https://catholicwatertown.org/wwmin>

## Malone & Tri-Lakes Areas

### ► Catholic Charities of Malone

*Location:* [12 Homestead Park Malone, NY 12953](#)

*Phone:* [\(518\) 483-1460](tel:(518)483-1460)

*Website:* <http://www.cathcharities.org/locations>

*Hours:* Mon-Fri 9am-5pm

*Notes:* Provides counseling, financial assistance, referrals, maternity services, pregnant and parenting teen program, and parenting and childbirth classes.

### ► Ascent Care

*Location:* [20 Academy St. Saranac Lake, NY 12983](#)

*Call or Text:* [\(518\) 739-3388](tel:(518)739-3388)

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

*Notes:* Provides free pregnancy testing and ultrasounds.