



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
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.fncny.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

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/>