

BEING A PARENT  
ISN'T ALWAYS  
EASY....



BUT GETTING HELP IS!!!

Susquehanna River Region 



[www.firstcallforhelp.info](http://www.firstcallforhelp.info)



United Way  
of Broome County



7/15/10

WELCOME  
TO  
PARENTHOOD



RESOURCE  
GUIDE

## CONGRATULATIONS!

Adding a new member to a family is a joyous and exciting event, but it also creates new concerns and situations. This booklet offers you a guide to the many services available in our community for new and prospective parents.

The first pages are a phone listing of local services according to areas of interest. The rest of the booklet offers brief descriptions of services offered. If you have questions about any other service, feel free to call:

**2-1-1 FIRST CALL FOR HELP Dial 2-1-1 or 1-800-901-2180**  
**[www.firstcallforhelp.info](http://www.firstcallforhelp.info)**

Below are additional resources you may wish to request.

Consumer Product Safety ..... 1-800-638-2772  
Printed and taped material relating to product safety.  
Free.

Cornell Cooperative Extension.....772-8953 x 134  
Printed material. Free or low cost. Topics include:  
Ideas to Help your Baby Learn; Infant Colic; Toilet  
Training; Child Care; Travel with Baby; Child  
Development; Parenting Issues; Nutrition; Sleep  
Patterns; Play and Learning.

Gerber Baby Information.....1-800-443-7237  
Printed material. Free. Sample list: Infant Develop-  
ment Chart; Feeding your Baby; Hints about Baby  
Care; Child Safety.

Johnson and Johnson .....1-800-526-3967 #1  
Printed material. Free. Sample listing: Baby Care  
Basics; Getting to Know your Newborn; Baby  
Growth Chart; Touch-the Language of Love.

Planned Parenthood ..... 723-8306

## The Importance of “TUMMY TIME” for Infants

Since the American Academy of Pediatrics recommended infants to be placed on their backs to sleep in 1992, parents and child care providers have complied to such an extent that many infants are placed predominantly on their backs for much of the day. This means that newborns and infants are frequently placed in infant carriers, bouncy seats, swings and other devices.

Unfortunately, babies are spending less time on their tummies during waking hours. As a result, “flat head syndrome,” weakened neck and arm muscles, and delays in rolling over, crawling, pulling to stand and walking are more commonplace than ever before. Tummy time allows babies to develop head control and upper body strength needed to push up and eventually crawl. Here are some tips for promoting tummy time. These are also helpful for those babies that do not seem to tolerate tummy time well in the beginning.



- Provide supervised tummy time on a firm, flat surface during the baby’s waking hours.
- Begin tummy time for a few minutes, several times a day until the baby tolerates longer sessions.
- Place a rolled towel or receiving blanket under the baby’s arms or shoulders to make it easier for him to lift and turn his head.
- Place interesting toys, such as mirrors and rattles, where the baby can see and reach for them.
- Lie on your tummy beside the baby so she can see your face up close. Babies love to look at faces!
- Lie on your back and place the baby on his tummy on your chest. Once he tolerates this, try moving him to a blanket on the floor.

**Remember, you should always place babies on their backs to sleep. However, when babies are awake, provide for “tummy time” to play!**

*This article by the Infant/Toddler Technical Assistance Network of Region III, a project of the New York State Office of Children and Family Services. (12/03)*

## *Real Mothers....*

Real Mothers don't eat quiche; they don't have time to make it.

Real Mothers know that their kitchen utensils are probably in the sandbox.

Real Mothers often have sticky floors, filthy ovens and happy kids.

Real Mothers know that dried playdough doesn't come out of shag carpet.

Real Mothers don't want to know what the vacuum just sucked up.

Real Mothers sometimes ask "Why me?" and get their answer when a little voice says, "Because I love you best."

Real Mothers know that a child's growth is not measured by height or years or grade.....It is marked by the progression of "Mama" to "Mommy" to "Mom".



## **NEEDS INDEX & TELEPHONE NUMBERS**

### **HOTLINES & INFORMATION LINES** \* denotes 24-hour service

Abortion Alternatives .....	1-800-648-4357
AIDS/HIV Info Line ( <i>Taped Messages</i> ) ....	1-800-541-2437
All Women's Help Ctr <i>See: Life Choices Center</i>	
Child Abuse Reporting Hotline (NYS).....	1-800-342-3720
Consumer Product Safety .....	1-800-638-2772
Crime Victims Assistance Ctr .....	*722-4256
211 FIRST CALL FOR HELP Dial 211 or	1-800-901-2180
Infant Care/Nutrition - Beechnut.....	1-800-233-2468
Life Choices Center .....	723-3540
Mental Health Crisis (UHS) *762-2302 or	1-800-451-0560
Nurse Direct .....	763-5555 or 1-800-295-8088
NYS Ctr for SIDS.....	1-800-336-7437
NYS Growing Up Healthy.....	1-800-522-5006
Parent Helpline.....	1-800-342-7472
Poison Control.....	*1-800-222-1222
Shriners Hospitals .....	1-800-237-5055
SIDS Alliance .....	1-800-638-7437
SOS Shelter .....	*754-4340
Suicide Hotline (UHS) .....	*762-2302 or 1-800-451-0560

### **ABUSE/DOMESTIC VIOLENCE**

Child Protective Services (BC Social Svcs).....	778-2647
Child Abuse Reporting (New York) .....	*1-800-342-3720
Crime Victims Assistance Ctr .....	*722-4256
Family & Children's Society (Sexual Abuse Program) .	729-6206
Family Violence Prevention Council.....	778-2153
SOS Shelter .....	*754-4340

### **CHILD CARE**

Family Enrichment Network .....	723-8313
Mom's House .....	644-9972

**CHILD DEVELOPMENTAL ASSESSMENT**

Binghamton University.....777-2829  
BOCES Preschool Assessment.....763-3233  
Broome County Health Dept Early Intervention.....778-2851  
Building Brighter Futures For Broome..... 1-800-901-2180  
Chenango Forks Preschool.....648-7589  
Early Childhood Direction Ctr.....724-2111  
Handicapped Children’s Assn.....798-7117

**CHILDREN WITH SPECIAL NEEDS**

ACHIEVE.....723-8361  
ARC See: ACHIEVE  
Assn for Retarded Citizens See: ACHIEVE  
BOCES .....763-3300  
Broome Developmental Svcs-High Risk Clinic.....729-1295  
Easter Seal Society..... 1-800-727-8785  
Family Resource Network ..... 1-800-305-8814  
Handicapped Children's Assn .....798-7117  
Learning Disabilities Assn of Southern Tier .....754-3335  
Support Groups - call 211 First Call for Help.....Dial 211 or  
.....1-800-901-2180

**EMERGENCY ASSISTANCE (see also material needs)**

Food & formula resources -  
211First Call For Help ..... Dial 211 or 1-800-901-2180

**HEALTH CARE-MATERNAL/INFANT/CHILD**

(see also Pregnancy Counseling)

Broome County Health Dept .....778-3930  
Childhood Lead Poisoning Prevention .....778-2887  
Early Intervention .....778-2851  
HIV/AIDS Testing.....778-2839  
Immunization Clinic.....778-2839  
Sexually-Transmitted Diseases (STD) .....778-2839  
WIC .....778-2881  
Broome County Social Svcs Dept .....778-8850  
Prenatal Care Assistance Program (PCAP).....778-2669  
Medicaid.....778-2604  
Child Health Plus Insurance (<19 yrs)  
Mothers & Babies..... 1-800-231-0744 or 772-0517

**VOLUNTEERS OF AMERICA ..... 772-1156**

320 Chenango St, Binghamton.

**Emergency Housing:** Provides safe, clean affordable living services for men and families.

**WARES LIKE NEW THRIFT STORE..... 773-0993**

Catholic Charities  
277 Front St, Binghamton.  
Clothing and small household goods.  
Mon-Fri: 9:30AM -3PM Call ahead for appointment.

**YMCA - YOUNG MEN’S CHRISTIAN ASSN**

**61 Susquehanna St, Binghamton..... 772-0560**  
**740 Main St, Johnson City ..... 770-9622**  
Fitness facilities and recreational activities in Binghamton/ Johnson City. Programs vary. Men’s emergency shelter is available in Binghamton.

**YWCA - YOUNG WOMEN'S CHRISTIAN ASSN. 772-0340**

80 Hawley St, Binghamton

**Health & Fitness .....x224**

Fitness programs including pre-and post-natal classes and aquatics. Sponsors community work-shops.

**Emergency Housing .....x231 or “O”**

Emergency housing for women and children.

**Perfectly Suited Professional Clothing Bank x231**

Helps to outfit men and women with professional clothing for job interviews and employment. Call for appointment.



**THRIFTY SHOPPER.....348-0092**

Rescue Mission  
1139 Upper Front St, Binghamton  
10AM-8PM Mon-Sat; and Noon-5PM Sun  
Re-sells used donated clothing and household goods. Proceeds used for Homeless Intervention Services.

**UNITED HEALTH SERVICES**

***Binghamton General Hospital*.....762-2200**

10-42 Mitchell Ave, Binghamton

***Binghamton Pediatric Center* .....762-2468**

Provides well and sick child health care <18 yrs, immunizations, adolescent medicine, pediatric endocrinology, counseling, etc.

***Dental Care Services*.....762-2005**

Provides dental services. Medicaid or self pay.

***Wilson Memorial Regional Medical Center* ....763-6000**

33 Harrison St, Johnson City

***Community Health Education* .....763-6060**

Provides programs designed to increase public awareness of healthful lifestyle and importance of prevention and early detection of illness through increased knowledge.

***Maternal Health Care*.....763-6101**

Provides services to pregnant women: physical exams, education programs, nutrition assistance, medication, counseling, inpatient care from birth rooms to neonatal intensive care. Perinatal Center for high risk pregnancies, genetic testing, SIDS clinic, apnea monitoring, cleft palate evaluation team, various support groups

***PCAP (Prenatal Care Assistance)*.....763-5142**

Provides comprehensive prenatal/delivery services to pregnant women ineligible for Medicaid but unable to pay for pregnancy care and infant care up to 1 yr.

Family Health Plus.....1-800-231-0744  
Health Care Free Clinic .....772-3519  
Lourdes Hospital .....798-5111  
    Corner for Youth & Family Svcs.....584-4465  
    De Marillac Maternity Ctr.....798-8058  
    DePaul Children's Clinic.....729-8687  
    Prenatal Care Assistance Program (PCAP).....798-8058  
    Women and Children Svcs.....798-5519  
Medical Society, Central NY.....772-8493  
Planned Parenthood.....723-9692  
Southern Tier AIDS Program.....798-1706  
United Health Services.

*Binghamton General Hospital*.....762-2200

*Wilson Memorial Regional Medical Center*.....763-6000

Maternal Health Care.....763-6101

Pediatric Care Ctr.....762-2468

Nurse Direct.....763-5555 or 1-800-451-0560

***MATERIAL NEEDS (clothing, cribs, car seats, etc.)***

Birthright of Binghamton.....798-7661

Broome County Social Svcs Dept  
*(Emergency Assistance)*.....778-2504

Caring Closet.....754-0056

Carroll St. Ministries.....760-5085

Catholic Social Svcs.....723-4563

Chenango Fenton Clothing Bank.....648-2492

Clothing Center.....754-6060

Crisis Pregnancy Ctr *(See Life Choices Center)*

Cups of Cold Water.....692-4964

Deposit Closet.....467-3850

Helping Hands Professional Clothing Closet  
*(Women only)*.....723-6021

Life Choices Center .....723-3342 or 723-3540

Lisle Clothing Bank.....692-3080

Main St. Baptist Church.....723-0031

Maine Federated Clothing Bank.....862-3387

Nearly New Thrift Store.....723-0194

Ogden-Hillcrest UMC Thrift Store.....723-2637

PALS Kids Closet.....772-0517

Salvation Army Thrift Store Binghamton.....723-5381  
Endicott.....748-9042

Samaritan House.....724-3969  
 Second Time Around Thrift Store.....655-8117  
 Temple Concord Rummage Sale.....723-7355  
 Thrifty Shopper.....348-0092  
 Wares Like New Thrift Store.....773-0993  
 YWCA Perfectly Suited Professional.....772-0340 x237

***NUTRITION EDUCATION (see also Parent Education)***

Broome County Health Dept .....778-3930  
     WIC (*Women, Infants & Children*).....778-2881  
 Cornell Cooperative Extension.....772-8953  
 La Leche League .....221-7839  
 United Health Services  
     Stay Healthy Center .....763-6060

***PARENT EDUCATION & SUPPORT SERVICES***

Binghamton School District - Even Start .....762-8197  
 Binghamton University - Psychological Clinic .....777-2103  
 Broome County Social Services.....778-8850  
 Broome County Mental Health Dept.....778-1152  
 Catholic Social Services  
     *Pregnancy, Parenting & Adoption Svcs*.....729-9166  
 Cornell Cooperative Extension.....584-5016  
 Early Childhood Direction Center .....724-2111  
 Family & Children's Society.....729-6206  
 Family Enrichment Network .....723-8313  
 Handicapped Children's Assn .....798-7117  
 Learning Disabilities Assn of Southern Tier .....754-3335  
 Lourdes Center for Family Health .....798-8058  
 Mental Health Assn.....771-8888  
 Mom's House .....644-9972  
 Mothers & Babies Perinatal Network.....772-0517  
 PACT Binghamton School District.....762-8197  
 PACT Lourdes PACT Program .....584-4550  
 PAL Family Resource Ctr.....771-6334  
 Parent Resource Place - Endicott .....785-4331  
 Parent Resource Center Johnson City Schools ...763-1243  
 Support Groups-various parenting groups  
     Call 211 First Call For Help ..... 2-1-1 or 1-800-901-2180  
 Samaritan Counseling Center .....754-2660

**SHRINERS HOSPITAL..... 1-800-237-5055**

Shriners have network of 19 orthopedic hospitals and three burn institutions. Treatment offered to children <18 yrs free.

**SOS SHELTER 24/7 ..... Hotline: 754-4340**

PO BOX 393, Endicott  
 Assists families threatened by domestic violence. Woman must call herself.

***Advocacy Office* .....748-5174**

Provides services to victims of domestic violence who are in need of legal information, assistance with public entitlement programs. Do not need to be a shelter resident to access services.

***Emergency Shelter*.....754-4340**

Provides counseling, advocacy, children's program and referral services for victims of domestic violence and their children. Provides food, toiletries and used clothing as available.

**SOUTHERN TIER AIDS PROGRAM.....798-1706**

122 Baldwin St, Johnson City  
 Coordinates/ensures services related to HIV/AIDS. Advocacy and direct support to person with positive test results. Women who are pregnant and who may have been exposed to the AIDS virus should contact AIDS Program to learn facts. Free and confidential.

**TEMPLE CONCORD RUMMAGE SALE.....723-7355**

9 Riverside Drive, Binghamton (Use Oak St door)  
 1st Sunday of month 10AM-2PM  
 Low cost items and different special every month.



**POISON CONTROL CENTER 24/7**

**Hotline: 1-800-222-1222**

Provides 24-hour information on antidotes for poisons and appropriate treatment in poison emergencies.

**PUBLIC LIBRARIES** (See Phone Listing in front)

Your neighborhood library has wealth of information for new or prospective parent. Excellent materials available on child development, parenting, child psychology, etc.

**SALVATION ARMY THRIFT STORES**

**3-5 Court St, Binghamton.....723-5381**

**703 E Main St, Endicott.....748-9042**

Provides donated clothes, furniture, and other household goods at low cost.

**SAMARITAN COUNSELING CENTER.....754-2660**

202 E. Main St, Endicott

***Family Counseling Services***

Offers variety of counseling services including (marital, parent-child, developmental delays) and educational workshops (parenting, family life, stress management). Fee.

**SAMARITAN HOUSE.....724-3969**

11 Fayette St, Binghamton

Mon-Thu 9AM-Noon; 1PM-4PM

Household goods free of charge.

**SECOND TIME AROUND THIFT STORE.....655-8117**

Our Lady of Lourdes Church 285 Kent St, Windsor

Used clothing at low cost.

Tue/Thu/Sat 10AM-NOON & Wed 2-4PM

**SHARING CLOSET.....748-6602 by appointment**

Church of Christ, 3600 Country Club Rd, Endwell

(corner of Hooper Rd)

Free men's, women's and children's clothing.

***PREGNANCY & PRE/POST NATAL PROGRAMS***

All Women's Help Center See: Life Choices Center

Birthright of Binghamton.....798-7661

Broome County Health Dept

WIC .....778-2881

Broome County Social Svcs Dept

Family Planning Services .....778-2669

Catholic Social Svcs Pregnancy, Parenting & Adoption Svcs

.....729-9166

Crisis Pregnancy Ctr (See Life Choices Center)

Family & Children's Society .....729-6206

La Leche League, Breast-feeding Support.....221-7839

Life Choices Center.....723-3342 or 723-3540

Lourdes Ctr for Family Care .....798-8058

Planned Parenthood.....723-9692

Southern Tier AIDS Program .....798-1706

YMCA Binghamton.....772-0560

YMCA West Family Johnson City.....770-9622

YWCA .....772-0340



***PUBLIC LIBRARIES***

Broome County Public Library, Binghamton..... 778-6412

Deposit Free Library ..... 467-2577

Fenton Free Library ..... 724-8649

George F. Johnson Library, Endicott..... 757-5350

Lisle Free Library ..... 692-3115

Mary L. Wilcox Public Library, Whitney Point ..... 692-3159

Nineveh Public Library ..... 693-1858

Vestal Public Library..... 754-4243

Your Home Public Library, Johnson City..... 797-4816

***SELF-HELP/SUPPORT GROUPS***

211 First Call for Help..... 2-1-1 or 1-800-901-2180

## PROGRAM DESCRIPTIONS

### ALL WOMEN'S HELP CENTER See: LIFE CHOICES CENTER



### ARC - ASSN FOR RETARDED CITIZENS See: ACHIEVE

### ACHIEVE .....723-8361

Broome County Health Campus,  
901 Upper Front St, Binghamton

Provides programs/services to enable attainment of maximum individual potential and highest quality of life possible for persons with mental retardation/developmental disabilities; helps family and friends locate and access necessary information and resources. Summer program.

### BINGHAMTON SCHOOL DISTRICT

#### ***Even Start*** .....762-8197

Offers family literacy program where adults with children (birth-5yrs) participate in parenting education, adult education, child education and family enrichment.

#### ***PACT (Parents & Children Together)***.....762-8197

1123 Vestal Ave, Binghamton (Mac Arthur School)  
Provides parent education focusing on parent as young child's primary teacher. Home visitors work with parent and child (newborn-3 yrs) in family's home. Group workshops. Resource materials available to participating parents. Many workshops open to general public. *For families residing in the Binghamton School District only. Other Broome County families, see Lourdes Hospital PACT.*

### PALS KIDS CLOSET.....772-0517

See: Mothers & Babies Perinatal Network

### PARENT/CHILD RESOURCE CENTERS

Variety of programs including: parenting classes, peer support, library, information/referral.

- ***PAL Family Resource Ctr***.....772-0517  
457 State St, Binghamton  
9AM-1PM Mon/Tue/Wed/Fri; 2PM-7PM Thu
- ***200 Jefferson Ave, Endicott***.....785-4331  
2PM-7PM Mon; 10AM-3PM Tue/Wed/Thu
- ***601 Columbia Dr, Johnson City***.....763-1243  
*Center open only when school is in session.*  
9AM-11:30AM Mon/Tue/Fri  
2PM-4PM Thu

### PLANNED PARENTHOOD .....723-9692

117 Hawley St, Binghamton

#### ***Medical Clinic Health Care Svcs***

Provides education, counseling and medical services related to reproductive health and family planning; pregnancy testing/ confirmation; comprehensive gynecological examinations provided by physicians and nurse practitioners; routine gyn care and/or prescription/provision of medically recognized temporary methods of contraception; mid-life/menopausal svcs; HIV blood testing; STD testing/diagnosis/ treatment. Appropriate medical referrals made. Resource library.



**MENTAL HEALTH ASSN OF SOUTHERN TIER.771-8888**

153 Court St, Binghamton

**Comprehensive Guide to Mental Health Svcs**

Contains consumer information regarding mental health resources/ services in Broome County. Provides information on "How to Choose a Therapist", list of mental health professionals with their specialties, fees, availability, billing, counseling, orientation/approach. Fee.

**MOM'S HOUSE .....644-9972**

770 Harry L Drive, Johnson City

Provides free competent child care (8 wks-5 yrs) for single parents who are continuing education.

**MOTHERS & BABIES PERINATAL NETWORK..772-0517**

457 State St, Binghamton

**P.A.L. Center .....771-6334**

Offers "Drop-In" Play Center for children and parents. Provides referral services and information needed by women of child-bearing age and their infants, to assure appropriate services are available and to eliminate barriers in accessing those services.

**PALS KIDS CLOSET.....772-0517**

Free clothing for children birth to 5 years.  
Call for times.

**NEARLY NEW SHOP.....723-0194**

100 Main St, Binghamton

**Clothing/Thrift Store**

Provides used clothing and foot apparel for sale at very low cost. May provide these items free with voucher from area social service agency or church.

**OGDEN-HILLCREST UMC THRIFT SHOP.....723-2637**

1061 Chenango St, Binghamton 10AM-2PM Thu/Sat

Clothing and small household items.

**BINGHAMTON UNIVERSITY**

**Psychological Clinic .....777-2103**

Provides psychological services to community and serves as training facility supporting Clinical Psychology Doctoral Program. Offers therapy for adults, children, couples, families, and groups. Open only during academic year.

**BIRTHRIGHT OF BINGHAMTON.....798-7661**

435 Main St, Johnson City

**Pregnant Women Svcs**

Provides free and confidential pro-life options and support to any woman facing a crisis pregnancy. Includes free self-administered pregnancy testing, referral for medical care, prenatal education, peer counseling for family experiencing pregnancy, maternity/baby clothes to size 2 as available. Legal information and referral, adoption information, shelter homes, and speaker's bureau.

**BOCES .....763-3300**

435 Glenwood Rd, Binghamton

**Daycare Center (8AM-4PM Mon-Fri) .....763-3424**

Child care services for BOCES staff and community. Infants, toddlers, and preschoolers accepted on space-available basis. Children of staff and students have priority, 8 wks-4 yrs.

**BROOME COUNTY COUNCIL OF CHURCHES..724-9130**

3 Otsenigo St, Bing

**CHOW..... call First Call For Help @ 729-9100**

Provides emergency food 12x/year (not sooner than 4 wks) to persons in need of food. Referral needed from human service agency. Formula available with WIC worker referral.

**BROOME COUNTY FAMILY VIOLENCE PREVENTION COUNCIL**

36-42 Main St, Binghamton.....778-2153  
Coordinates activities relating to child abuse prevention, family violence prevention, education, treatment, and advocacy of county service agencies and community organizations. Responsible for developing county-wide child abuse/neglect prevention and education plan. Printed materials.

**BROOME COUNTY HEALTH DEPT**.....778-3930  
225 Front St, Binghamton

***Childhood Lead Poisoning Prevention ..778-2887***  
Lead screening provided to special populations. Offers advice on cleaning child's environment, working with landlords and consults with primary care physicians on screening of children (birth-6yrs).

***Early Intervention/Infant Child Assessment .....***  
.....778-2851  
Identifies/coordinates essential services for children (birth-2 yrs) at risk/suspected of physical or developmental delay. Referral to appropriate developmental/health services. Ensures central role of family in enhancing child development.

***Immunization Clinic .....***778-2839  
Provides immunizations: Diphtheria, Polio, Flu, Hepatitis B, Pertussis, Whooping Cough, Tetanus, Measles, Mumps, and Rubella, Hemophilus Influenza. Appointment needed. Evening appointments available. Immunizations for "overseas" travel. Child <18 must be accompanied by parent/guardian. Special immunization info, call 778-2872.

**MAINE FEDERATED CLOTHING BANK .....** 862-3387  
Maine Federated Church 2615 Main St. Maine  
Free clothing  
Tue, Wed & Thu 9AM-11:30AM

**MEDICAL SOCIETY, Central NY .....** 772-8493  
65 Pennsylvania Ave, Ste. 201, Binghamton

***Physician Referral***  
Provides names, phone numbers and addresses of several physicians accepting new patients.

***Physician/Patient Relations- Mediation of Disputes***  
Examines disputes involving appropriateness and adequacy of medical care fee. Complaints must be in writing and signed.



with parent and child (newborn-3 yrs) in family's home. Group workshops. Resource materials available to participating parents. Many workshops open to general public. For Broome County families except those in the

**Binghamton City School District.....584-4550**  
**City of Binghamton residents .....762-8144**

**MAIN STREET BAPTIST CLOTHING BANK.....723-0031**

Main Street Baptist Church  
117 Main St, Binghamton (Corner of Main & Chestnut)  
Offers free clothing the last 2 weeks of the month  
Tue & Fri: 10 AM - Noon (Closed May)

**MAINE FEDERATED CLOTHING BANK.....862-3387**

Maine Federated Church 2615 Main St. Maine  
Free clothing to Maine area residents.  
Tue, Wed & Thu 9AM-11:30AM

**MEDICAL SOCIETY, Central NY.....772-8493**

65 Pennsylvania Ave, Ste. 201, Binghamton

***Physician Referral***

Provides names, phone numbers and addresses of several physicians accepting new patients.

***Physician/Patient Relations- Mediation of Disputes***

Examines disputes involving appropriateness and adequacy of medical care fee. Complaints must be in writing and signed.

**MAIN STREET BAPTIST CLOTHING BANK.....723-0031**

Main Street Baptist Church  
117 Main St, Binghamton (Corner of Main & Chestnut)  
Offers free clothing the last 2 weeks of the month  
Tue & Fri: 10 AM - Noon

***Physically Handicapped Children's Program .....***  
***.....778-2851***

Offers diagnosis and evaluation. Arranges payment for medical treatment for physically-disabled children within scope of program. Medical rehabilitation provided at accredited hospitals/centers by physicians on NYS roster of clinical specialists. (Hearing aids possible.) Call for appointment.

***WIC - Women, Infants & Children .....***  
***.....778-2881***

225 Front St, Binghamton  
Provides supplemental food and nutrition education to pregnant or breast-feeding mothers and children (birth-5 yrs) who meet guidelines. Offers health and nutrition information to all WIC participants. Offers support to mothers who breastfeed.

**BROOME COUNTY MENTAL HEALTH DEPT**

One Hawley St, Binghamton

***Mental Health Clinic Adult Unit .....***  
***.....778-1152***

***Mental Health Clinic Children's Unit .....***  
***.....778-1992***

Provides psychiatric evaluation, diagnosis, treatment planning and treatment through individual or family psychotherapy. Treatment and medication management..

***Chemical Dependency Svcs, .....***  
***.....778-1251***

36-42 Main St, Binghamton  
Provides medically-supervised substance abuse treatment services for individuals referred by Broome County Social Services.

***Families First .....***  
***.....778-3080***

Preventive program provides intensive case management services to families in crisis to prevent foster care placement. Parenting education and support available.

**BROOME COUNTY SOCIAL SERVICES DEPT**

**36-42 Main St, Binghamton .....778-8850**

**Child Protective Svcs 24/7.....778-2647**

**NYS Hotline.....1-800-342-372**

Works to identify, treat and prevent child abuse/neglect <18 yrs. Investigates reports of abuse/neglect and arranges services to ensure protection of children and to stabilize family life when possible.

**Day Care .....778-2628**

Assists in locating day care services in agency-certified homes to TANF and low-income families.

**Emergency Assistance.....778-2504**

Emergency aid may be available for various expenses, such as: clothing, shelter, moving expenses, eviction, etc. EAF authorized once in 30-day period in 12 consecutive mos, with children <18 yrs meeting criteria. Adults who receive SSI, elderly or disabled, income eligible.

**Family Services.....778-2597**

Provides continuing assistance to needy families with children meeting specific criteria. TANF allowance consists of flat grant plus home energy, shelter, and fuel allowances. Comprehensive services to pregnant and/or parenting women, including: assessment, medical care referral, parent aides, parental education, day care, and coordination of services.

**Family Planning Services.....778-2669**

Provides information and education services to Medicaid recipients to assist them in making informed choices about family planning.

**Food Stamps.....778-3772**

Provides benefit card to head of household (income guidelines). Card scanned at grocery store to receive food stamps to be used to purchase food.

**LIFE CHOICES CENTER .....723-3540**

93 Oak St, Binghamton

Offers full range of services, free of charge, to women dealing with crisis of unexpected pregnancy or any crisis. Free self-administered pregnancy test; pregnancy counseling; medical/hospital care referral; rape counseling/help; post-abortion counseling.

**LISLE CLOTHING BANK .....692-3080**

Lisle Associated Church, 9026 Main St, Lisle

9AM-11AM 1st/3rd Sat

**LOURDES HOSPITAL.....798-5111**

169 Riverside Dr, Binghamton

**Corner for Youth & Family**

**303 Main St, Binghamton.....584-4465**

Specializes in care of adolescents (10-21yrs). Services include: physical exams, immunizations, lab test (including blood count, pregnancy, urine, etc), group counseling around issues such as anger management, drug/alcohol use, weight control, smoking cessation, and others.

**DeMarillac Maternity Ctr**

**303 Main St, Binghamton.....798-8058**

Comprehensive prenatal care clinic. Assists women applying for Medicaid. Prenatal care and nutrition program (PCAP) assists uninsured and underinsured women with cost of hospitalization related to pregnancy and infant care (birth-1 yr).

**DePaul Pediatric Clinic**

**303 Main St, Binghamton .....729-8687**

Comprehensive pediatric health service for infants and children (birth-18 yrs). Call for appointment.

**PACT (Parents & Children Together).....584-4550**

Provides parent education focusing on parent as young child's primary teacher. Home visitors work

<21 yrs with developmental disabilities.

**HEALTH CARE CLINIC (FREE)**

Dr. Garabed Fattal Community Free Clinic

225 Front St, Binghamton 4:30-8PM every Mon & Thu

Offers uninsured adults (18+yrs) free basic primary care, physical exams, non-emergency conditions.

Eligibility: Low income, jobless, uninsured, but NOT Medicaid or Medicare or Veteran's Benefits.

**HELPING HANDS CLOTHES CLOSET.....723-6021**

44 Main St, Binghamton

Professional clothing for women only. Call ahead for appointment. Offers professional clothing for interviews and employment. *Closed month of February.*

**LA LECHE LEAGUE INTERNATIONAL .....221-7839**

***Support for Breastfeeding Mothers***

Provides education, moral support and encouragement to women who would like to breastfeed their babies.

**LEARNING DISABILITIES ASSN OF SOUTHERN TIER**

112 Nanticoke Ave, Endicott .....754-3335

Provides array of supports to individuals of all ages with developmental disabilities and to their families to help achieve success in all setting including home, school, work, and social situations. Offers information and referral and linkage related to learning disabilities and other neurological impairments.

**LEND-A-HAND (not an emergency fund; 7-10 days to process)**

Provides financial assistance to low-income families or individuals residing within circulation boundaries of Press & Sun Bulletin. Requires a referral from social/human services agency, such as caseworker, school nurse, clergy, social workers. *DSS clients not eligible.*

***Medicaid*.....778-2604**

Provides payment directly to medical care vendors/providers, health care professionals, hospitals and institutions for needed medical care and services to income-eligible persons and persons receiving SSI.

***Prenatal Care Assistance Program (PCAP)* .....**

**.....778-2669**

Acts as liaison to qualified health care providers, helps access MEDICAID for low income pregnant women, and PCAP for uninsured/underinsured pregnant women. (Documented pregnancy; no age limit).

***Workforce New York* .....778-2755**

Comprehensive Employment Opportunity Assists job-ready individuals with securing employment. Intensive case management, job-readiness training and job development.

**BROOME DEVELOPMENTAL DISABILITIES SVCS**

249 Glenwood Rd, Binghamton .....770-0211

***High Risk Birth Clinic,***

305 Main St, Binghamton .....729-1295

Provides diagnostic evaluation of children and adolescents at risk of developmental disabilities either through premature birth, birth anomalies, or whose behavior suggests need for evaluation. May arrange for short-term respite for parent of child with disability.

**BROOME/TIOGA WORKFORCE NEW YORK....778-2136**

171 Front St - 1st Fl, Binghamton

Provides supportive services in non-traditional setting. Focus is on career development, job placement and job retention, preparing for creative job search and skills needed to achieve and sustain self-sufficiency.

**CARING CLOSET .....754-0056**

Vestal Hills Seventh Day Adventist Church  
834 Bunn Hill Rd, Vestal

Provides good used clothing without cost. Provides emergency food basket to persons in genuine need. Open Tue 10AM-1PM (Closed Jun/Jul)

**CATHOLIC CHARITIES .....729-9166**

232 Main St, Binghamton

***Gateway Counseling Center.....584-7800 ext 450***

86-88 Walnut St, Binghamton

Provides assessment, short-term counseling, referral and coordination of services to youth (8-21 yrs) and their families. Gateway enables teens to discuss, improve, stabilize home/school/employment and to focus on interpersonal relationships and conflicts. Anger management. Teen alcohol/drug assessment. No fee. Call for appointment.

**CATHOLIC SOCIAL SVCS .....729-9166**

232 Main St, Binghamton

***Adoption Program.....729-9166***

Provides all aspects of adoption including: study, placement, supervision, preparation for legal adoption, post-placement services. Sliding fee scale.

***Emergency Assistance.....723-4563***

100 Main St, Binghamton

May provide food, clothing vouchers, and/or limited financial aid (if available) to those in economic crisis. Layettees for newborns. Offers clothing/gift holiday program for children older than 12 yrs. Must register in early Oct.

***Family & Individual Counseling.....729-9166***

Comprehensive counseling for individuals and/or families.

**FAMILY HEALTH PLUS (Facilitated Enrollment) .....**

***Mothers & Babies Perinatal Network. .1-800-231-0744***

New York State sponsored health insurance for adults (19-64 yrs) who fall within the guidelines. No cost for this insurance. Call for information and application.

**FAMILY RESOURCE NETWORK..... 1-800-305-8814**

Offers information and referral and peer support for families of children with developmental disabilities or other special need.

**FIRST CALL FOR HELP 211**

*Information & Referral Services*

PO Box 550, Binghamton, 13902



***Broome & Tioga County .....***

***Dial 211 or 1-800-901-2180***

***Chenango County ..... Toll-free: 1-800-227-5353***

Provides comprehensive information and referral to caller seeking assistance and/or general information about services in Broome/Chenango/Tioga counties. Maintains current Support Group Directory.

**GATEWAY - See CATHOLIC CHARITIES**

**HANDICAPPED CHILDREN'S ASSN .....798-7117**

18 Broad St, Johnson City

Offers variety of programs/services/family support for parents of child with disabling condition. Includes: assessment, advocacy, support groups, special education, and rehabilitation.

***Diagnostic Treatment Center***

Provides assessment, evaluations and treatment, and family support services. Accepts Medicaid.

***Residential and Respite Services***

Offers monthly weekend "camp" respite program for families/caregivers of children/adolescents

**Counseling Program**

Provides therapeutic intervention/counseling services for individuals and/or families to help clients find more successful ways of coping with problems and to resolve personal/ relationship conflicts.

**Parent Aide Services**

Provides role modeling and support services to improve parent-child interaction and prevent child abuse and neglect. Parent Aides work with parents on: parenting skills, behavior modification, non-physical discipline, budgeting, nutrition, and problem-solving. Parent Aides supervise visitation between children and non-custodial parents.

**Pregnancy Support Services**

Provides supportive care to expectant parents dealing with unplanned pregnancy. Services include: options counseling; referral for medical and financial needs; adoption information and planning. Call for appointment.

**War to Peace Workshops**

Parent education series for parents to help reduce the pain and turmoil of children affected by marital separation or divorce. \$60. Call to register.

**FAMILY ENRICHMENT NETWORK.....723-8313**

24 Cherry St, Johnson City

**Child Care Resource and Referral .....x829**

Provides assistance to persons seeking child care, as well as recruits, trains, and supports family child care providers.

**Headstart - Home-base or Center-base.....x 822**

Two options provide comprehensive early childhood family development services to children and families

**Summer Resource Directory.....x829**

**Foster Care Program.....729-9166**

Provides temporary foster home care, primarily for infants of single parent(s) pending parent's/parents' decision regarding permanent plan for child.

**Parent Education.....729-9166**

Offers parenting classes. Offers S.T.E.P. Early Childhood classes.

**Pregnancy, Parenting & Adoption Program**

**.....729-9166**

Counseling for single, expectant parents and their families; case management/counseling; pre-natal and parenting instruction; pro-life options in pregnancy planning; abortion-stress counseling; assistance with baby clothing/items. No fee.

**CHENANGO FENTON PROJECT CONCERN....648-2492**

23 Kattleville Rd, Chenango Bridge

2-4 PM Mon-Fri; 7AM-Noon Sat

Offers free used clothing, small household goods.

**CHENANGO FORKS PRESCHOOL ASSESSMENT**

6 Patch Rd, Chenango Forks ..... 648-7589

To provide early intervention assessment opportunity for development in psychological, speech, social, and educational areas for children (2+yrs-school age). Not limited to those enrolled in preschool program.

**CHILD HEALTH PLUS**

Mother's & Babies 1-800-231-0744 or 772-0517

To provide children with NYS Child Health Plus low cost/no cost medical care insurance. Provides health coverage for children birth-19 yrs.

**CLOTHING CENTER ..... 754-6060**

Central United Methodist Church,

17 Nanticoke Ave, Endicott

Offers donated clothing to those in need.

10AM-NOON Tue; 1-3PM Thu

**CORNELL COOPERATIVE EXTENSION .....772-8953**

840 Upper Front St, Binghamton

***Nutrition Education*.....584-5023**

Provides nutrition teaching staff to go into homes to help people stretch food money while feeding their families nutritiously. Aimed at persons with relatively low income, especially young families with children. Classes and nutrition info for all.

***Parenting & Education Resources*.....584-5016**

Provides informal education and written resources for parents, caregivers, grandparents and professionals. Topics include discipline, stress management, child care and child development.

**CRIME VICTIMS ASSISTANCE CTR 24/7 .....722-4256**

377 Robinson St, Binghamton

***Victim Assistance/Rape Crisis Services* 722-4256**

Provides 24-hour crisis line, crisis intervention, and short-term counseling for victims of crime, abuse or rape. Provides advocacy, referrals and accompaniment for victims. Sponsors support groups for victims.

***Community Education Program* .....723-3200**

Program modified for different groups so it can be presented to professionals as part of inservice training, to community groups or to children K-6 and junior/senior high school youth.

***Child Advocacy Center*.....723-3200**

Provides neutral and child-friendly setting for children to be interviewed during investigation of child sexual abuse.

**CRISIS PREGNANCY CTR**

***See: Life Choices Center***

**CUPS OF COLD WATER CLOTHING BANK ..... 692-4964**

First Baptist Church, 2938 Rt 11, Whitney Point

8AM-10AM 2nd Sat

Clothing, shoes and winter coats for entire family

**DEPOSIT CLOSET THRIFT STORE ..... 467-3850**

175 Front St, Deposit

Offers low cost used apparel in Deposit

10AM-4PM Wed/Thu/ Fri; 9AM-NOON Sat

**EARLY CHILDHOOD DIRECTION CTR..... 724-2111**

@ Southern Tier Independence Center

24 Prospect Ave, Binghamton

***Information and Referral***

Information and referral network to families and professional for purpose of linking children with disabilities (birth-5yrs) suspected of or diagnosed with special need to local services. Assists parents with referral to Committees on Disabled in public school districts. Provides parents, service providers, and professionals with info and resources for preschool children with disabilities.

**EASTER SEAL SOCIETY.....1-800-727-8785**

292 Washington St, Albany, NY 12203

Provides advocacy for disabled, information and referral, post-polio support, and public health education, disability awareness, and environmental/attitudinal barriers.

**FAMILY & CHILDREN'S SOCIETY.....729-6206**

257 Main St, Binghamton

***Adoption Program* .....1-888-729-6206**

Provides children with adoptive parents. Includes evaluation of child's needs and care of child prior to adoption, adoptive parent recruitment, follow-up care.