



## Quick Resource Guide For Parents

- **Breastfeeding Resource Information/CLC Seneca County Health Dept. - 315-539-1920**
- Car Seat Programs (*Appointments Required*)
  - Village of Waterloo Police Department - 315-539-2501
  - Seneca County Sheriff's Department - 315-220-3200
  - New York State Police – 585-398-4150
  - **Seneca County Health Department - 315-539-1920** (Distributor and fittings)
  - Cayuga/Seneca Community Action Agency - 315-539-5647 (Distributor and fittings)
- Catholic Charities of the Finger Lakes - 315-789-2235
- Child Abuse Hotline – 1-800-342-3720
- Child Advocacy Center Of The Finger Lakes – 315-394-2573
- Child and Family Resources: Child Care – 315-536-1134
- Child Health Plus – 1-800-346-2211
- Department Of Social Services/ HEAP – 315-539-1801
- Domestic Violence Program: Seneca County – 315-539-1607
- **Early Intervention Program: Seneca County Health Department – 315-539-1920**
- Family Planning Services:
  - East Hill Family Medical – Auburn 315-253-8477
  - Geneva Community Health – 315-781-8448
- Family Counseling Service Of The Finger Lakes – 1-877-789-2613
- Finger Lakes Community Health – 315-781-8448
- Finger Lakes Regional Poison Center – 1-800-222-1222
- Finger Lakes WIC – 1-888-942-6886 Text to 585-481-8488 or apply online at [Wicstrong.com](http://Wicstrong.com)
- Food Pantry/Food Assistance/New Born Supplies/Diapers etc.
  - House of Concern – 315-568-2433
  - Cayuga/Seneca Community Action Agency – 315-539-5647
  - Ovid Food Pantry - 607-351-0720
  - Interlaken Food Pantry - 607-532-4321
  - Waterloo Food Pantry - 315-515-7964
- Food Stamp Income Eligibility (SNAP) – 315-539-1800
- Growing Up Healthy Hotline – 1-800-522-5006
- Healthy Families Seneca County - 315-539-5647
- **Immunizations - Seneca County Health Department – 315-539-1920**
- La Leche League (LLL) – Breastfeeding support – 607-228-0448 (Ithaca)
- **Lead Testing For Children: Seneca County Health Department – 315-539-1920**
- Legal Assistance Of Western NY – 315-781-1465
- Life Line: Get connected. Get answers - \*211
- **Missing Children- Dial 911**
- MotherToBaby (what's safe during pregnancy & breastfeeding)- Text- 855-999-3525
- Seneca County Transit Information and Dial-A-Ride – 315-539-1844
- Paternity Questions Hotline – 1-800-362-2368
- Parenting Classes: Glove House 315-539-3724
- Runaway Youth Services Hotline – 1-800-runaway
- Safe Harbors – 1-800-247-7273
- S2AY Rural Health Network: Insurance- Health Care Navigator– 1-607-962-8459
- Pregnancy Safety 1-844-352-3420
- Smoking Cessation – 1-866-NY-QUITS (1-866-697-8487)
- Suicide Prevention – 1-800-273-TALK (8255)
- Text 4 Baby (updates on child development) – text baby to 511411
- Victims Resource Center Of The Finger Lakes – 1-866-343-8808

