



## Quick Resource Guide For Parents

- Breastfeeding Support and Resource Information 315-412-4527
- Car Seat Programs (*Appointments Required*)
  - Village of Waterloo Police Department 315-539-2022
  - Seneca County Sheriff's Department 607-582-6555
  - New York State Police 315-539-3976
  - **Seneca County Health Department 315-539-1920** (Distributor and fittings)
  - Cayuga/Seneca Community Action Program 315-539-5647 (Distributor and fittings)
- Catholic Charities of the Finger Lakes 315-789-2235
- Child Abuse Hotline 800-843-5678
- Child Advocacy Center Of The Finger Lakes 585-394-2573
- Child and Family Resources: Childcare 315-536-1134
- Child Health Plus 800-698-4543
- **Children and Youth with Special Healthcare Needs: Seneca County Health Department: 315-539-1920**
- 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 315-789-2613
- Finger Lakes Community Health 315-781-8448
- Finger Lakes Regional Poison Center 1-800-222-1222
- Finger Lakes WIC 585-394-9240
- Food Pantry/Food Assistance/Newborn Supplies:
  - Cayuga/Seneca Community Action Program (Waterloo) 315-539-5647
  - Harmony Food Pantry (Waterloo) 315-515-7964
  - House of Concern (Waterloo) 315-568-2433
  - Interlaken Food Pantry 607-532-4321
  - Lodi Food 4 All Pantry 607-279-2571
  - Lodi Church Food Pantry 607-592-9043
  - South Seneca Food Pantry 607-869-2794
  - Tyre Food Pantry 315-651-7138
  - Waterloo Library Food Pantry - 315-539-3313
- Food Stamp Income Eligibility (SNAP) 315-539-1800
- Growing Up Healthy Hotline 800-522-5006
- Health Care Navigator (Insurance) 855-355-5777
- Healthy Families Seneca County 315-539-5647
- **Immunizations :Seneca County Health Department 315-539-1920**
- **Lead Testing For Children: Seneca County Health Department 315-539-1920**
- Legal Assistance Of Western NY 315-781-1465
- Lifeline: Get connected. Get answers \*211
- **Missing Children- Dial 911**
- MotherToBaby (what's safe during pregnancy & BF) 855-999-3525 (text)
- Seneca County Transit Information and Dial-A-Ride 315-539-1844
- Parenting Classes: Glove House 315-539-3724
- Safe Harbors 1-800-247-7273
- 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 800-456-1172

