Providers In Niagara County

A Resource Guide for New Moms, Families, and

The Mom’s Net

- Postpartum Depression Education & Screenings
- Prenatal Care
- Support Groups
- Warm-Line
- OBs, Pediatricians, Gyns

Warm-Line for New & Expectant Moms
433-3780 ext. 312
Evenings and Weekends
Lockport: 433-5432
N. Tonawanda: 692-8800
Crisis Services
285-3515

The Mental Health Association in Niagara County, Inc.
36 Pine Street
Lockport, NY 14094
Phone: (716) 433-3780
Fax: (716) 433-3847
www.mhanc.com
Emergency/ Hotline Phone Numbers

County Wide Helpline
Lockport……………………………………433-5432
Niagara Falls……………………………………282-5432
North Tonawanda……………………………692-8800

Crisis Services…………………………..285-3515

24-Hour Parent Help-Line………………892-2172

Rape Crisis…………………………………433-6716

Domestic Violence Hotlines (Local)
Lockport (YWCA of Niagara)……………….433-6716
North Tonawanda (YWCA of Tonawanda)…692-5643
Niagara Falls (P.A.S.S.A.G.E. Program)…….285-6984

Child Abuse Hotline (New York State)….1-800-342-3720

National Suicide Hotline…………………..1-800-784-2433

Poison Control Center of WNY…………1-800-222-1222

Postpartum Depression
About 1 in 8 women suffer from Postpartum Depression.
Symptoms can begin during pregnancy or anytime for up to a year after childbirth.

Throughout this guide you will find information on services available to new and expectant moms in Niagara County.

This program is through the collaboration of:
Niagara University Department of Nursing
Mount St. Mary’s Hospital and Health Center
The Mental Health Association in Niagara County
Niagara Falls Memorial Medical Center
Eastern Niagara Health Systems
Fidelis Care NY
The Postpartum Resource Center of New York, Inc.

is a self-help organization established to provide emotional support, educational information and healthcare and support group referrals to mothers suffering from prenatal and postpartum depression (PPD).

Our mission is to serve New York state women and their families at risk for and experiencing prenatal and postpartum depression/psychosis.

http://postpartumny.org/resource_directory.htm

**Postpartum Support International**
1-800-944-4PPD
Press 1 for Spanish
  * Offers Spanish-language support for new moms

**PP Western New York: PPWNY – N. Tonawanda**
15 Webster Street N. Tonawanda 14120
Phone: 716-694-6454

**PP Western New York: PPWNY-Niagara Falls**
732 Portage Road Niagara Falls 14301

**Books & Resources:**
*Beyond the Blues*: A Guide to Understanding and Treating Prenatal and Postpartum Depression
Shoshana S. Bennett, PH.D and Pec Indman, Ed.D., MFT

*This Isn’t What I Expected*: Overcoming Postpartum Depression
Karen R. Kleiman, M.S.W. and Valerie D. Raskin, M.D.

*Postpartum Depression for Dummies*
Shoshanna S. Bennett, PhD

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The Mental Health Association in Niagara County proudly presents:

⇒ Postpartum Depression Education
⇒ Postpartum Depression Screenings
⇒ Referrals

To request information, or a presentation about Postpartum Depression please call 433-3780 ext.312
Support Groups

Depression/Anxiety Support Groups
Mental Health Association in Niagara County, Inc.
1st & 3rd Wednesday of every month
36 Pine Street, Lockport NY
6-8pm
St. John’s Outreach Center
2nd & 4th Wednesday
Chestnut & Ann St. Lockport
6pm-8pm
DeGraff Hospital
1st & 3rd Monday every month
445 Tremont St. N. Tonawanda
6-8pm

Postpartum Depression Support Group
- For any new mother who believes she’s depressed or anxious who would like emotional support, education, reassurance and professional referral lists.

Location: Millard Fillmore Suburban Hospital
1540 Maple Road
Williamsville, NY 14221
When: 2nd Thursday of every month
Commitment: Come once, come often. It’s up to you.
Babies up to one year of age are welcome

For more information, call:
Nancy Owen at 568-3628 or Kim Deyot at 568-3650

Online Support: ppdsupportpage.com
National Women’s Health Information: womenshealth.org

Women’s Services

Every Women’s Opportunity in Niagara County, Inc.
Ph: (716)847-1120 (Buffalo, Dunkirk, Niagara Falls, Olean, Tonawanda)
Our mission is to help women achieve personal and economic self-sufficiency. Each center has a variety of resources available including up to date computers and software, a professional clothes closet and a job search library. Everywoman staff members are professional, friendly and welcoming.

Domestic Violence Help-Line/Rape Crisis Hotline
Phone: (716)433-6716
The YWCA of Niagara has a 24 hour crisis helpline that is answered by trained staff providing an immediate response to victims of rape and domestic violence.

Carolyn’s House
(716)433-6714
Carolyn's House opened its doors to homeless women and children who are in need of long-term, transitional, supportive housing.

Fellowship House, Inc./Madonna House Sober Living
Phone: (716) 438-9131
5586 Niagara Street Ext.
Lockport, NY 14094
* Dual Diagnosis
* Substance Abuse Treatment
* Residential Treatment - Long Term
* Beds for Clients Children
Pregnant or Postpartum Women
Obstetrics (Prenatal Care) and Women’s Health

Mt. St. Mary’s
Hospital and Health Care Center
5300 Military Rd.
Lewiston NY 14092
- Postpartum Breastfeeding Classes
- Expectant Parenting Classes
  Additional Information: Call Carol Greene at 298-2618 or 298-2385

Neighborhood Health Center
3003 9th Street
Niagara Falls, NY 14305
Phone: (716) 284-8917
Mount St. Mary’s provides healthcare for all the members of the community. A compassionate staff takes care of your family with special attention and care.
Women’s Health Services:
- Pregnancy & Pap Smear
- Maternity care
- Complete exams
- Menopause testing

Eastern Niagara Hospital 421 East Avenue, Lockport, as well as gynecological services at the Newfane site, 2600 William Street in Newfane.

Prenatal and sibling classes are also offered, in addition to breast feeding support and various other educational programs. For more information call: 514-5800 Ext. 3900
Obstetrics (Prenatal Care) and Women’s Health

NFMMC
621 10th Street,
Niagara Falls, NY 14304

General Obstetrics and Prenatal Care
High-risk prenatal care
Counseling and care for pregnant women
Mary C. Dyster Women’s Pavilion
Hours: Wednesdays from 1-3 p.m.
- Call for apt.: 278-4444

Prenatal Classes
Childbirth Classes: 278-4433
Breastfeeding Classes: 278-4623

Counseling

Catholic Charities
www.ccwny.org
433-0246
Lockport
450 Bewley Building,
Lockport, NY 14094
Niagara Falls
282-2351

Mental Health Clinic
Lockport
439-7400
Niagara Falls
278-1940

Dr. Wendy Weinstein
651 Delaware Avenue #201,
Buffalo, NY 14202
(716) 362-1210

Diaper Ministry
283-6507
The Diaper Ministry is a volunteer program that collects donations (both cash and disposable diapers) to enable us to supply diapers to parents who find themselves in temporary economic need. For information on making donations or holding a diaper drive, please contact us 283-6507.

Traffic Safety Educator – Grace Destino
438-3190
Niagara County Sheriff’s Office
5526 Niagara Street Ext., P.O. Box 496
Lockport, NY 14095
Grace.Destino@niagaracounty.com
- Car seat donations. Call for more information.

St. John’s Outreach Center
433-5252
Corner of Chestnut and Ann St.
Lockport, NY 14094

Finders Keepers
(716) 633-1072
Finders Keepers is Western New York's Premiere Consignment Shop. For Children's and Maternity Clothing. Mon-Sat 10-5 pm. Thurs till 8 pm.
5945 Main Street, Williamsville, NY 14221

Grace Church Thrift Shoppe
106 LaGrange Street, Lockport, NY
Thrift Shoppe Hours - Wednesday, Thursday and Friday
1:00pm till 4:00pm

Clothing/Supplies
Support Services

**Catholic Charities– WIC Program**
285-0975
237 4th Street
Niagara Falls, NY 14303
439-4712
Bewley Building, Suite 200
Lockport, NY 14094
www.ccwny.org
The Erie County Referrals: 716-218-1400
Niagara County Referrals: 716-285-0975

WIC (Women, Infants and Children) is a federal nutrition program which provides food through food checks, participant-centered nutrition education, breastfeeding education and support and referrals for eligible pregnant women, breastfeeding women, and infants and children under 5 years old.

**Children with Special Needs**

**Early Intervention/Child Find**

**Niagara County Department of Health**

Lockport……………………439-7460
Niagara Falls………………278-8180

Programs within this division are:

- Early Intervention/Child Find Program (EI/CF) which serves children birth through two years of age.
- Preschool Special Education Program which serves children three to five years of age.
- Physically Handicapped Children’s Program (PHCP) which serves children birth to twenty-one years of age.
- Children With Special Health Care Needs Program (CSHCN) which serves children birth to twenty-one years of age.

Supportive Services

**The Mental Health Association in Niagara County, Inc.**
433-3780
36 Pine Street
Lockport, NY 14094
www.mhanc.com

The Mom’s Net Program is a program to help prevent Postpartum Depression in childbearing women. The Mom’s Net Program offers free educational literature on Postpartum Depression throughout Niagara County. The Mom’s Net also provides free Postpartum Depression Screenings, Support Groups, a Warm-Line and Educational Classes on Postpartum Depression.

**Family and Children’s Service of Niagara, Inc.**
285-6984
1522 Main Street
Niagara Falls, NY 14305
433-6019
21-41 Main Street
Lockport, NY 14094
www.niagarafamily.org

Healthy Families Niagara is a prevention program that focuses on the well being of children, while supporting and encouraging the family during pregnancy and continuing through the first five years of parenthood.

Provides family support and education and referrals.

**Fatherhood Initiative**

- The objectives of the Fatherhood Initiative are to increase men’s awareness of their importance in their child’s life and to improve their understanding of positive parent-child interaction and healthy child development. For more information call 278-1605.

**PASSAGE for Parents Program**

- Provides a coordinated approach of supervised visitation, In-Home individualized parenting instruction and family case management, as well as parenting workshops and community presentations. Families must be referred to the program from Niagara County DSS.
Supportive Services

New York State Department of Health
Bureau of Women’s Health
(585) 546-2771, ext. 343
14 University Avenue, Rochester,
New York 14605

- Individuals are screened at the family planning clinics for eligibility for the Family Planning Benefit Program, the Family Planning Extension Program, or a sliding fee scale. Individuals can also enroll in the Family Planning Benefit Program at their local Department of Social Services.

Fidelis Care NY
Western Office
480 CrossPoint Parkway
Getzville, NY 14068
(716)-564-3630

- Fidelis Care is the New York State Catholic Health Plan, providing quality, affordable health coverage to children and adults in 58 counties statewide. The mission of Fidelis Care is to ensure that every resident, regardless of income, age, religion, gender, or ethnic background, has access to quality health care, provided with dignity and respect.

BlueCross BlueShield of Western New York
1-800-888-5407
TTY - 1-877-286-5710

- BlueCross BlueShield of Western New York has facilitated enrollers available to assist applicants with applying for Medicaid, Child Health Plus, Family Health Plus, and Healthy New York. BlueCross BlueShield of Western New York state sponsored insurance covers family planning benefits.

Supportive Services

Joan A. Male Family Support Center
24-Hour Parent Help-Line • 716-892-2172

- The mission of the Joan A. Male Family Support Center is to provide free support to families and safety to children when parenting gets tough. Their confidential support line is staffed 24-hours a day, 7 days a week and takes calls from parents who are undergoing stress and/or are in crisis in relation to their parenting role. A parent may feel overwhelmed or angry with their child and need immediate support and guidance. The help-line helps them to reduce their stress in the moment and to start the process of pro-actively solving the problem that creates the stress.

CHOICE
282-4375
Niagara Falls
433-6632
Lockport
694-9727

- Program offers EPIC parenting classes along with nutrition and cooking classes.
- Services offered through a collaboration between Niagara Community Action Program and Cornell Cooperative Extension. The FRC programs emphasize building strengths and abilities in order to maximize the capacity of families to raise healthy children and contribute to their communities.

Parents as Teachers
439-4778
301 Michigan Street
Lockport, NY 14094

- The overarching program philosophy of providing parents with child development knowledge and parenting support.
- Free play group three times a week.
  - Mon. & Fri. 9:30-12:00
Teen Pregnancy & Parenthood

Mary C. Dyster Center for Young Parents
434-7782
405 Bewley Building
Lockport, NY 14094
286-7012
4455 Porter Road
Niagara Falls, NY 14305

- CYP is an alternative middle and senior high school academic program and social agency developed to meet the educational, health, psychosocial, childcare and parenting skills needs of pregnant teenagers and adolescent fathers and mothers. Group counseling, individual and family counseling services are provided for these teenagers and their families residing in urban and rural Niagara County. In addition, pre and postnatal classes are taught and extensive hospital, school and home visiting services are provided. CYP also provides an extensive career and youth employment program.

Orleans/ Niagara BOCES Social Worker– Teen Mom Education
3181 Saunders Settlement Road
Sanborn, NY 14132

Community Child Care Clearinghouse of Niagara
1-800-701-4KID
285-8572
1521 Main Street
Niagara Falls, NY 14305
www.childcareofniagara.com

Support Services

Community Health Care Worker Program
278-4623
278-4274
501 10th Street, Room 102
Niagara Falls, NY 14302
www.nfmcm.org
- A free program helping pregnant women and their babies. Provides pregnant women and their families, regardless of their ability to pay, with prenatal and other healthcare services, basic health education, breastfeeding support groups, and assistance seeking other goods and services.

La Leche League of Niagara Falls
Mary C. Dyster Women’s Pavilion
621 10th Street
Niagara Falls, NY
622-1195
An organization of support, education, and encouragement for breastfeeding women
Group meets Wednesdays at 5:30pm

Cornell Cooperative Extension
278-8131
1001 11th Street
Niagara Falls, NY 14301
433-8839
4475 Lake Avenue
Lockport, NY 14094
In Home Breastfeeding Support
- Trained educators visit pregnant and new moms to help support and encourage breastfeeding.
Supportive Services

EPIC
278-7966
Harry S. Abate School
1625 Lockport Street
Niagara Falls, NY 14305
www.epicforchildren.org

- EPIC - Every Person Influences Children, Inc. is a national not-for-profit organization that provides effective programs and resources for parents, teachers, and school administrators that help adults raise responsible and academically successful children. Simply stated, EPIC's mission is helping parents, teachers, and community members raise children to become responsible and capable adults.

Focus on Families
Terri Hickey
4455 Porter Road, Niagara Falls, New York 14305
Focus on Families Niagara Falls Family Resource Centers
...strengthening Niagara Falls families

Resources and programs:
- Child-parent activities.
- Learning and social opportunities for children, parents and caregivers.
- Parenting education in supportive peer groups or home visits.
- Information and linkage to services in the community.
- Workshops promoting family health.
- Opportunities for parent leadership and advocacy.

The New York State Family Resource Center Network is comprised of family resource centers, located throughout New York State, responding to the needs of their local communities. For more information call 286-0745

Supportive Services

Summit Life Outreach Center
1622 Pine Avenue, Niagara Falls,
New York 14301-2212
Phone: 1-716-298-8600

- Free confidential pregnancy tests at our center
- Free maternity support programs
- Peer Counseling and Support (provided by our fully trained volunteers)
- Free on-site confidential pregnancy counseling
- Education
- Parenting
- Abstinence & chastity
- STD prevention

Lockport Care Net Center
434-0251
229 East Avenue
Lockport, NY 14094
www.lockportcarenet.org.com

- Trained and caring peer-counselors committed to supporting you as you face pregnancy related decisions.
- Learning Life Program
  - This program allows you to earn up to two baby items (car seat, crib & mattress, stroller, or booster high chair) while you learn about your pregnancy and vital parenting skills. Call 434-0251 for more details to enroll.