

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



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

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

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**



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The Mental Health Association in Niagara County, Inc.
is funded by the New York State Office of Mental
Health, the Niagara County Department of Mental
Health, The United Ways, grants, memberships, and
voluntary contributions.

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

Table of Contents

Support Groups.....	4-5
Prenatal and Postnatal Care.....	6-7
Support Services.....	8-14
Teen Pregnancy & Parenthood.....	11
Clothing/Supplies.....	15
OB/GYNs in Niagara/Erie Counties.....	16
Pediatricians in Niagara/Erie Counties.....	17
Women Services.....	18

The Mental Health Association in Niagara County proudly presents:

Niagara County Perinatal Mood Disorders Resource Guide. A Guide to Support Services, Education and Counseling for Women & Families In Niagara County Suffering from Perinatal Mood Disorders.

- ⇒ Postpartum Depression Education
- ⇒ Postpartum Depression Screenings
- ⇒ Referrals

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

Women's Services

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

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

Pediatricians

Rainbow Pediatrics of Niagara
5290 Military Road, Suite 3
Lewiston, NY 14092
(716) 297-0052

Summit Pediatrics
5320 Military Road, Suite 102
Lewiston, NY 14092
(716) 298-4454

Summit Pediatrics
6937 Williams Road
Niagara Falls, NY 14304
(716) 298-1107

Amherst Pediatric Assoc.
25 Hopkins Road
Williamsville, NY 14221
(716) 632-8050

Tonawanda Pediatrics
3950 East Robinson Road
Buffalo, NY 14228
(716) 691-3400

Dr. Nazir Gilkar
Dr. Lubna Guru
741 Davison Road
Lockport, NY 14094
433-6666

Dr. Nazir Gilkar.
Dr. Lubna Guru
2590 William Street
Newfane, NY 14108
(716) 778-5000

OB/GYNs

Eastern Niagara OB-GYN
150 Professional Parkway
Lockport, NY 14094
(716) 433-1941

Women's Medicine of Niagara
5290 Military Road
Lewiston, NY 14092
(716) 297-9379

Women's Wellness
57 Davidson Court
Lockport, NY 14094
(716) 439-9183

Dr. Screedevi Rama
100 Ohio Street
Medina, NY 14103
(585) 798-2866.

Dr. Myrna Gallego
18 Willow Ridge Road
Amherst, NY 14228
(716) 691-4228

Douglas Hage, M.D.
620 Tenth Street, Suite 704
Niagara Falls, NY 14304
(716) 284-6105

Khalaf Mahammed, M.D.
East Avenue, Lockport
Lockport, NY 14094
(716) 438-3546

Women's Wellness Centre
100 Ohio Street
Medina, NY 14103
(585) 798-2000

Synder OB-GYN
3980 Sheridan Drive
Suite 400 Amherst, NY 14226
(716) 929-2600

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 1-3p.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



Clothing/ Supplies

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

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 inter-action 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.nfmcc.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 Pavillion
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

Summt Life Outreach Center

1622 Pine Avenue, Niagara Falls,

New York 14301-2212i

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.

