



Be the best you can be for your baby

Please let us help

Onondaga County HelpLine 24-hour hotline 315-435-8300

Lots of info about all kinds of services

Onondaga County WIC..... 315-435-3304

Good food for you and your baby

Onondaga County Maternal & Child Health 315-435-2000

A to Z advice and health services

Catholic Charities of Onondaga County..... 315-424-1800

Food, advice, support and encouragement

Salvation Army 315-475-9744 #1

Food, advice, support and encouragement

Vera House 24-hour hotline 315-468-3260

Safe refuge from violence