

YOU ARE Birthing with Confidence  
Community Resources

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<b>UR Medicine Baby Love – Pregnancy Support</b>	<b>585 473-1728</b>	<b>Home visitation support by community health workers, social work support</b>
<b>Beautiful Birth Choices – Pregnancy Care Center</b>	<b>585 484-1972</b>	<b>Breastfeeding and parent support groups</b>
<b>Bethany House- Community Food Cupboard &amp; Temporary Shelter</b>	<b>585-454-4197</b>	<b>Emergency resources, limited infant supplies, temporary housing</b>
<b>Building Healthy Children –Pregnancy &amp; Parenting Support (ages 21 or younger)</b>	<b>585 275-2991 ext. 213</b>	<b>Home-based support services, information on parenting and child development, parent-child relationships, and counseling services</b>
<b>Birthright</b>	<b>585-385-2100</b>	<b>Baby items</b>
<b>Cameron Ministries</b>	<b>585-254-2697</b>	<b>Baby items, emergency resources</b>
<b>Caring Choices</b>	<b>585-354-0913</b>	<b>Baby items</b>
<b>Crisis Nursery-Emergency Child Care</b>	<b>585-473-2464</b>	<b>Emergency Child Care</b>
<b>Healthy Baby Network- Community Doula Program</b>	<b>(Jacqueline Lindsay) 585-546-4930 ext. 214</b>	<b>Doulas provide physical and emotional support to a birthing person before, during, and after childbirth</b>
<b>Foodlink Mobile Food Pantries</b>	<b>585-328-3380</b>	
<b>Focus Pregnancy</b>	<b>585-200-9477</b>	<b>Baby items</b>
<b>Monroe County : Car Program/Safety inspection stations</b>		<b><a href="https://www.monroecounty.gov/files/ps/CPS/CAR%20SEAT%20Installation%20Check%20Locations.pdf">https://www.monroecounty.gov/files/ps/CPS/CAR%20SEAT%20Installation%20Check%20Locations.pdf</a></b>
<b>WIC Program</b>	<b>585-454-2630</b>	<b>Nutritious food for pregnant women and children up to age 5</b>

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<b>Parents as Teachers – Parenting &amp; Child Development Support</b>	<b>585-319-6421</b>	<b>Home visitation focused on promoting attachment, learning and enhancing infant/children development</b>
<b>211</b>	<b>211</b>	<b>Information for Services in your Area (Food, Shelter, Mental Health, Financial Assistance), 24 hour Crisis Hotline</b>
<b>Parenting Village</b>	<b>585 270-1832</b>	<b>Professionally facilitated drop-in support groups for caregivers; a home-based peer support program for families with new babies; and connection and collaboration events.</b>
<b>Women's Care Center</b>	<b>585-865-0360</b>	<b>New Born Baby Items, layettes</b>
<b>Willow Domestic Violence Center</b>	<b>585 222 SAFE (7233)</b>	<b>24 hour hotline, shelter, information and support</b>
<b>UR Medicine Breastfeeding &amp; Lactation Medicine Program Baby Cafe</b>	<b>585-275-6455</b>	<b>Breastfeeding and lactation support before birth, after birth, and in the NICU.</b>
<b>YWCA</b>	<b>585-546-5820</b>	<b>Emergency and long-term Housing, young adult services, Health Home Care management services</b>

