

I Need Help...

...Finding Help

- Dial 211 or visit 211.org (911 for emergencies)
- Poison Control 1-800-222-1222
- www.Kidsthive585.org

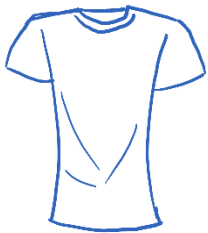


...With Child Care

- Child Care Council, Inc. 654-4720/1-800-743-KIDS para Español 654-4793
- Rochester Parents Network Nurseline 292-BABY (2229)
- Crisis Nursery of Greater Rochester ☺ 235-5750
- Childcare for Court dates: Courthouse 371-3544, Hall of Justice, 3rd floor, 99 Exchange Blvd



...With Getting Clothing



- Bethany House 454-4197
- Open Door Mission 454-6696
- St Mary's Children's Clothes Closet 368-3030
- Cameron Community Ministries 254-2697



...With my Child's Education

- Early Intervention 753-KIDS (5437) option 1
- Rochester City School District 262-8100
- Pre K: Family Resource Center – 339-3200 (Peter Castle) 436-0370 x 301 (Southwest)

...With Housing



- Housing Council of PathStone 546-3700
- Bethany House (women and children) 454-4197
- Open Door Mission 454-6696
- Center for Youth Services: 473-2464 or 1-888-617-KIDS
- Genesis House age 16-20: 24 hour 235-2660

...With Furniture

- Goodwill 232-1111
- Salvation Army Family Store 720-1610
- Volunteers of America 647-1150

...With Money

- Temporary Assistance 753-6298
- Direct application/appointment line 753-6960



... Getting Health Care

- St. Joseph's Neighborhood Center (age >17) 325-5260
- Highland Family Planning 279-4890
- Cancer Services Program of Monroe 224-3070

...With Feeding my Family

- Bethany House (+ formula/diapers) 454-4197
- Cameron Community Ministries 254-2697
- Food Link 328-3380
- Open Door Mission 454-6696
- Salvation Army: 987-9500 (Liberty Pole) 527-9566 (West Ave.)
- SNAP (Supplemental Nutrition Assistance Program) Monroe County DHS Office 753-6960 www.mybenefits.gov WIC (+ formula) 753-4942



...With Getting Insurance

- Coordinated Care Services, Inc. 613-7662 for appointment or 328-5190
- LawNY, Inc. 325-2520 or 1-855-886-7748
- IBERO American Action League, Inc. 256-8900



...Getting a Lawyer

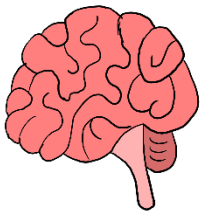


- LawNY, Inc. 325-2520 or 1-855-886-7748
- Legal Aid Society 232-4090
- Volunteer Legal Services Project 232-3051

...Finding a Job

- Operation Transformation Rochester 428-6342
- Rochester Education Opportunity Center 232-2730
- Monroe County Library System 428-7300 - Did you know? You only need a card to check items out at the library – for everything else, just show up!
- Rochester Works (job search) 258-3500 (N. Goodman) 266-7760 (Waring Rd.) 753-6855 (Saint Paul St.)

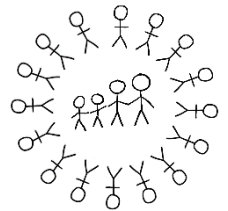
...With Thoughts, Depression & Anxiety



- Monroe Mobile Crisis team 529-3721
- Suicide Hotline 211
- Genesee Mental Health (crisis services) 922-7770

...With Parenting

- Healthy Baby Network 546-4930
- Nurse Family Partnership 753-2229
- Society for Protection and Care of Children 325-6101



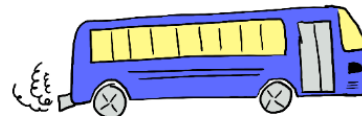
...With Substances

- Alcoholics Anonymous 232-6720
- Al Anon/Alateen 288-0540
- Catholic Family Center 546-3046 (N. Clinton Ave) 232-2050 (Hart St.)
- NYS Smoker's Quitline 1-866-697-8487 www.nysmokefree.com



...With Getting Where I Need To Go

- RTS (Regional Transit Service) 288-1700
- R Community Bikes 234-2008
- Medical Motor Services (non-emergency medical appointments) 288-4680 / trip info 654-7030



This handout is based on a project from The Hoekelman Center.

“Connecting, advocating, researching, and educating in our communities to do what works for health”.

www.hoekelmancenter.org

Project by Katrina Stewart • Illustrations by Gene Stewart • Layout by Rebecca Block • Up to date as of February 2018