



Public Health
Prevent. Promote. Protect.
Ontario County

Ontario County Resource Guide 2023



Ontario County Public Health

Healthy People in Healthy Communities

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Linking People to Services in Ontario County



In This Guide

- Telephone Directory
- Housing and Shelter Assistance
- Domestic Violence Assistance
- Food Pantries
- Health Navigators
- Infant Supplies
- Child and Family Outreach
- Community Agency Referral Forms

For further assistance and updates, please call
Ontario County Public Health
1-800-299-2995

The Ontario County Resource Guide is intended to connect the community, medical providers, and service agencies with the resources available to residents of Ontario County. This list is updated yearly and is inclusive to the best of our knowledge. You will find health information on many of the pages within this resource guide. The information provided is general health information. Any specific health question should be directed to your physician.

If you would like your service agency listed in this resource guide, please contact Kassandra Doyle at kassandra.doyle@ontariocountyny.gov

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HOT LINES AND IMPORTANT NUMBERS



Adult Protective Services	585-396-4111
AIDS/HIV Hotline	1-800-541-AIDS (English) 1-800-233-7432 (Spanish)
Birthright	1-800-550-4900
Care Net (Pregnancy Center of Canandaigua)	585-393-0437
Catholic Charities of the Finger Lakes	
Canandaigua	585-394-0190
Geneva	315-789-2235
Newark	315-331-4867
Child Abuse Hotline: Public	1-800-342-3720
Child Abuse Hotline: Mandated Reporter	1-800-635-1522
Child Abuse – National Hotline – Child Help	1-800-422-4453
Child Advocacy Center of the Finger Lakes	585-394-2573
Child & Family Resources (Parenting Support)	1-800-881-5786
Clifton Springs Hospital/ Rochester Regional Health	315-462-9561
COVID-19 New York State Department of Health	
COVID-19 Information Hotline	1-888-364-3065
COVID-19 Emotional Support: Project Hope Hotline	1-844-863-9314
Department of Social Services & HEAP	585-396-4111
Domestic Violence (English)	Call 1-800-942-6906 Text 844-997-2121
Domestic Violence (Spanish)	1-800-942-6906
Early Intervention (Ontario County Public Health)	1-800-299-2995
Emergency	911
Emergency Assistance (Catholic Charities of the Finger Lakes)	585-394-0190
Environmental Health-NYSDOH, Geneva District Office	315-789-3030

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Family Planning Services

Finger Lakes Community Health	315-781-8448
Planned Parenthood (Canandaigua)	1-866-600-6886
Family Planning Center	315-789-2410
F.F. Thompson Hospital/ UR Thompson Health	585-396-6000
Finger Lakes Community Health (FQHC)	315-781-8448
Finger Lakes Health (Geneva General Hospital)	315-787-4000
Finger Lakes Regional Poison Center	1-800-222-1222
Finger Lakes WIC (SPCC WIC)	585-394-9240
FLACRA (Finger Lakes Addiction Counseling Referral Agency)	1-833-435-2272
Farmington (Formerly Turnings Substance Abuse)	585-396-4190
Clifton Springs – Addictions Crisis Center	315-462-7070
Clifton Springs – Outpatient	585-922-9900
Geneva – Outpatient	315-781-0771
Geneva Housing Authority	315-789-8010
Geneva General Hospital (Finger Lakes Health)	315-787-4000
Growing Up Healthy (Referral Service)	1-800-522-5006
Health Navigator (NYS Health Insurance Exchange)	1-855-355-5777
Finger Lakes Community Health	1-800-346-2211
Geneva Community Health	315-521-0234
Mosaic Health Rushville	585-554-4400
Community Health Care Association of NYS Appointment Helpline	1-800-346-2211
High Risk OB/GYN at Strong Memorial Hospital	585-487-3350
Healthy Families Ontario/Child & Family Resources	1-800-881-5786 or 585-919-2476, ext. 2507
Humane Society/Happy Tails	585-396-4590
Immunizations for travel – Upstate Passport Health/Roch Travel	1-855-729-2479
Immunizations – Ontario County Public Health	1-800-299-2995

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Jordan Health Center (Canandaigua, FQHC)	585-396-0222
Lead Testing for Children - Ontario County	1-800-299-2995
LAWNY (formerly Legal Assistance of Western NY, Inc.)	315-781-1465
9-8-8 LIFELINE (24/7 crisis/suicide intervention program)	Dial 988 or 1-877-356-9211
Mental Health (See Yellow Pages for individual Providers)	
Boike Mental Health	585-394-1442
Canandaigua VA Medical Center	585-394-2000
Clifton Springs Hospital and Clinic (Mental Health)	585-922-9900
Family Counseling Service of the Finger Lakes	315-789-2613
Lakeview Health Services	315-789-0550
Ontario County Mental Health	585-396-4363
OnTrackNY Rochester (Ages 16-30)	585-360-4129 585-241-1364
Narcan	1-800-299-2995
NYS Department of Environmental Conservation	585-226-2466
NYS Department of Health Environmental (Geneva District)	315-789-3030
NYS Department of Health	1-866-881-2809
NYS Smokers/Vapers Quitline	Call 1-866-697-8487 Text 716-309-4688
Paternity and DNA Questions	1-888-404-4363
Planned Parenthood (Canandaigua)	1-866-600-6886
Poison Control	1-800-222-1222
Prescription Assistance - NeedyMeds.org	1-800-503-6897
Rabies Prevention (Ontario County Public Health)	1-800-299-2995
Rape, Abuse, & Incest National Network (RAINN)	1-800-656-4673
Mosaic Health Rushville (FQHC)	585-554-4400
Safe Harbors (Rape and Abuse Crisis Services)	1-800-247-7273

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Salvation Army	585-394-6968
Social Security Office (Geneva)	1-866-331-7759
Special Care OB/GYN (Specializes in drug & alcohol pregnancies)	585-487-3350
Strong Memorial Hospital URMC	585-275-2100
Suicide Prevention (9-8-8/LIFELINE)	Dial 988 or 1-800-273-8255
Supervised Visitation Services (Catholic Charities of the FL)	585-394-0190
Trillium Health	585-545-7200
Veteran Hotline (for veterans and their loved ones)	Call 1-800-273-8255 Text 838255
Victim Assistance Program (Ontario County District Attorney)	585-396-4010
Victim Resource Center of the Finger Lakes, Inc.	1-800-456-1172
Visiting Nurse Care (UR Homecare)	1-800-253-4439

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ABUSE

Abuse- related Mental Health Counseling Services - See Mental Health

Alcoholism - See Addiction Recovery Programs

Child Advocacy Center of the Finger Lakes

482 North Main Street
Canandaigua, NY 14424

585-394-2573

<https://www.cacfingerlakes.org/>

The Child Advocacy Center of the Finger Lakes is a child-friendly location where allegations of physical or sexual abuse are responded to by a multidisciplinary team of professionals. From the time of the report through the end of the case, the multidisciplinary team will work together to conduct a thorough investigation and provide necessary support services to children and their non-offending caregivers. This model aims to reduce the trauma experienced by child victims.

Child Abuse/Incest

- ***If the child is in immediate danger call 911***

Childhelp® USA National Hotline

1-800-422-4453

<https://www.childhelp.org/>

- **Childhelp** exists to meet the physical, emotional, educational, and spiritual needs of abused, neglected and at-risk children. We focus our efforts on advocacy, prevention, treatment, and community outreach.

Child Abuse Hotline: New York State

1-800-342-3720

This is a hotline to report child abuse as a non-mandated reporter meaning a concerned civilian. Abuse may be in the form of physical, mental, or sexual. Lack of supervision, denying a child an education, and neglect are also forms of abuse. If the child is in immediate danger, call 911.

Child Abuse Hotline: Mandated Reporter

1-800-635-1522

Department of Social Services, Ontario County

Child Protective Services
3010 County Complex Drive
Canandaigua, NY 14424

585-396-4111

<https://ocfs.ny.gov/main/>

Domestic Violence

Safe Harbors of the Finger Lakes, Inc.

If you are in immediate danger, call 911.

1-800-247-7273

<https://shflny.org/>

Family Counseling Services of the Finger Lakes

Domestic Violence/Abuse

315-789-2613

1-800-695-0390

Survivor Advocacy Center of the Finger Lakes, Inc.

1-800-456-1172

<https://www.vrcfl.org/contact/>

LAWNY (Formerly Legal Assistance of the Finger Lakes)

361 South Main Street
Geneva, NY 14456

315-781-1465

<http://www.lawny.org/>

Rape

911

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ABUSE

Safe Harbors of the Finger Lakes

- Geneva
- Canandaigua

315-781-1093
585-577-3257
<http://www.shflny.org/>

Rape, Abuse, Incest National Hotline

1-800-656-HOPE

Reaching out for help is the first step. RAINN provides support for sexual assault victims & their loved ones.

<https://www.rainn.org/>

New York State Domestic and Sexual Violence Hotline

1-800-942-6906
(Text) 844-997-2121
Deaf or Hard of Hearing: 711
<https://opdv.ny.gov/survivors-victims>

ADDICTION (DRUGS AND ALCOHOL)

National Council on Alcoholism & Drug Dependence (NCADD)
217 Broadway, Suite 712
New York, NY 10007

1-800-622-4357
<https://ncadd.us/>
<https://www.samhsa.gov/find-help/national-helpline>

Stop addiction before it starts!

The prescription drugs most commonly misused:

- Opioid Painkillers (Codeine, Fentanyl, Hydrocodone, Oxycontin, Percocet, Norco, Morphine)
- Anti-Anxiety Medicines and Sedatives (Xanax, Valium, Ambien)
- Stimulants (Ritalin, Concerta, Adderall, and Dexedrine)

Drug And Alcohol Addiction Information

<https://recovered.org/>

Binge Drinking: When men consume 5 or more drinks, & when women consume 4 or more drinks, in about 2 hours

<http://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>

High Risk Obstetrics at Strong Memorial Hospital

585-487-3350

Alcoholics Anonymous of the Finger Lakes

(24-hour Phone) 315-789-5955

Finger Lakes Area Intergroup
PO Box 204
Clifton Springs New York 14432

(Finger Lakes) 315-789-5955
(Rochester) 585-232-6720

Rochester Area Intergroup
1000 Elmwood Avenue (Greenhouse)
Rochester, New York 14620

<https://fingerlakesaa.org/>
<https://www.rochesteraa.org/>
<https://www.aa.org/>

Al-Anon/Alateen Hotline (General Information)

585-288-0540
<http://www.aisrochester.org/>

Clifton Springs Hospital Inpatient Clinic/ Rochester Regional
2 Coulter Road
Clifton Springs, NY 14432

315-462-9561

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Clifton Springs Hospital Outpatient Behavior Health 2 Coulter Road Clifton Springs, NY 14432	585-922-9900
Council on Alcoholism and Addictions of the Finger Lakes 620 West Washington Street Geneva, NY 14456	315-789-0310 https://councilonalcoholismfingerlakes.org/
FLACRA (Farmington) (Outpatient) 1386 Hathaway Drive Suite A Farmington, NY 14425	585-396-4190 https://www.flacra.org/
FLACRA (Clifton Springs) 28 East Main Street Clifton Springs, NY 14432	315-462-9161 http://www.flacra.org/
FLACRA (Geneva) 246 Castle Street Geneva, NY 14456	315-781-0771 https://www.flacra.org/
Mothers Against Drunk Driving (MADD) MADD's mission to stop drunk driving, support the victims of this violent crime and prevent underage drinking.	1-877-623-3435 http://www.madd.org/
Help for Parents (Drug and Alcohol): Narcotics Anonymous	https://ncadd-ra.org/ http://na.org/
Ontario County Youth Bureau 3010 County Complex Drive Canandaigua, NY 14424	585-396-4035 https://ontario-county.wixsite.com/youth-bureau

ADDICTION (SMOKING/VAPING)

If you have a health insurance, give them a call your insurer to ask for help to quit smoking or vaping. Many insurance companies have medications and support programs to help you quit.

NYS Smoker's/ Vaper Quit Line (1-866-NYQUITS) will help you quit smoking. Medication patches may be available. Call Monday- Thursday (9 am-9 pm) & Friday-Sunday (9 am-5 pm).	1-866-NYQUITS (1-866-697-8487) (Text) 716-309-4688 http://www.nysmokefree.com/
American Cancer Society	1-800-227-2345 http://www.cancer.org/
American Lung Association	1-800-586-4872 https://www.lung.org/
Free nicotine replacement:	https://www.nysmokefree.com/register/

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ADDICTION (SMOKING/VAPING)

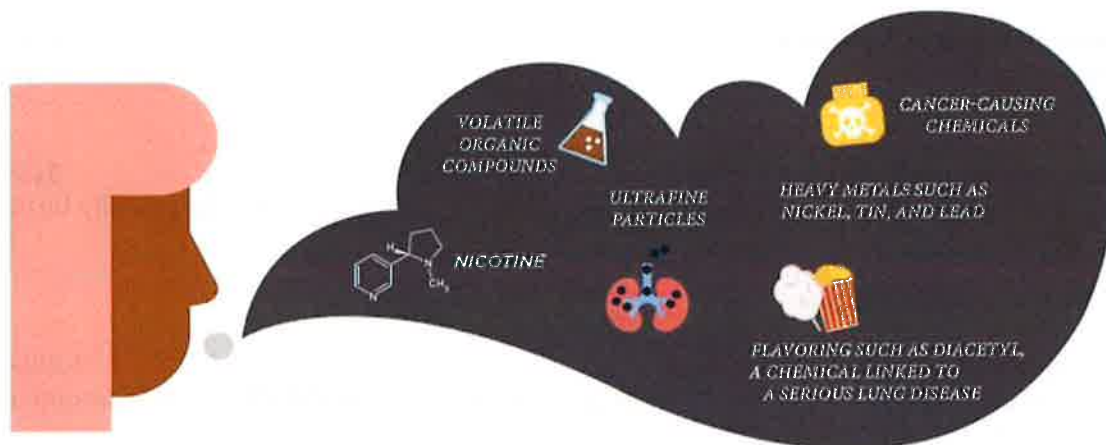
Ontario County Public Health
3019 County Complex Drive
Canandaigua, NY 14424

585-396-4343

Time Since Last Cigarette	Health Benefit
20 minutes	Pulse rate drops; BP decreases; temperature of hands & feet return to normal.
12 Hours	Carbon monoxide level in bloodstream drops to a normal level
2 weeks to 3 months	Circulation improves; lung function increases
1 to 9 months	Coughing, sinus congestion, fatigue, and shortness of breath decrease
1 year	Added risk of coronary heart disease is half of a smoker's

Vaping Resources

- CDC: <https://tinyurl.com/2eh58a6e>
- The use of e-cigarettes is unsafe for kids, teens, and young adults.



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AIDS/HIV

HIV is the virus that causes AIDS. It is transmitted through the blood, semen, or vaginal secretions of infected persons. It is not transmitted through casual contact. Because you can't tell if someone is HIV positive by looking at them, it is important to use latex condoms when you have sex and avoid sharing IV drug needles/kits. If you do not know your HIV status, get tested. Treatment is available & works well at preventing progression to AIDS.

AIDS/HIV Counseling and Testing Hotline

English 1-800-541-2437
Spanish 1-800-233-9432
<http://www.nyaidline.org/>

NYS Department of Health HIV/ STD Testing & Referral

335 East Main Street
Rochester, NY 14604

585-423-8081

The NYS Department of Health offers free and anonymous HIV counseling and testing at various locations in the Finger Lakes area. Bilingual Staff (Spanish) interpreters are available.

New York State AIDS/HIV/STI/HCV Hotline

1-800-541-2437

AIDS Network of Western New York

266 Elmwood Avenue
Buffalo, NY 14222

716-882-7840
<https://endhivwny.com/>

Finger Lakes Community Health

601-B West Washington Street
Geneva, NY 14456

315-781-8448
Finger Lakes Community Health Website

HIV And STD Testing Information

Ontario County Public Health

3019 County Complex Drive
Canandaigua, NY 14424

1-800-299-2995
<https://ontariocountyny.gov/800/Sexually-Transmitted-Diseases>

Planned Parenthood (PREP also available)

15 Lafayette Ave
Canandaigua, NY 14424

1-866-600-8668
<http://www.plannedparenthood.org/>

Trillium Health (Formerly AIDS Care)

585-545-7200
24/7 Access to PEP 800.923.9394
<https://www.trilliumhealth.org/>

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ANGER MANAGEMENT

Anger management is learning to recognize early signs of anger & to act without lashing out. Some signs of difficulty dealing with anger are:

- Often feel you have to hold in your anger
- Frequent arguments with your partner, children, or co-workers
- Legal troubles
- Physical violence, such as hitting your partner or children or starting fights
- Threats of violence against people or property
- Out-of-control behavior, such as breaking things or driving recklessly

G.A.T.E- Gaining Awareness through Education

365 South Main Street
Geneva, NY 14456

315-789-1709

<https://www.co.seneca.ny.us/gov/services/external-agencies/name/g-a-t-e-anger-management-program/>

ANIMAL WELFARE/CONTROL

Happy Tails

Ontario County Humane Society Inc.
2976 County Road 48
Canandaigua, NY 14424
Ask about spay and neuter program.

585-396-4590

fax: 585-396-4805

<http://www.ontariocountyhumanesociety.org/>

Lollypop Farm

99 Victor Road
Fairport, NY 14450

585-223-1330

<https://www.lollypop.org/>

Ontario County Rabies Clinic: Schedule

Contact Ontario County Public Health for current Rabies Clinic Schedule or visit our website

1-800-299-2995

<https://ontariocountyny.gov/765/Rabies>

Ontario County Public Health - Rabies Coordinator

3019 County Complex Drive
Canandaigua, NY 14424
Rabies questions after hours

585-396-4343

1-800-299-2995

Fax: 585-396-4551

Call 911 or 585-394-4560

Rabies Information

New York State Sanitary Code

<http://www.cdc.gov/rabies/>

BATS: If you wake up to a bat or a bat is found in the room of a child or incapacitated adult, the bat must be tested for rabies. Catch it & notify the health department. Bats have tiny teeth. People have gotten rabies from bats when they did not know they were bitten. If you have bats in your home, find out how they are getting in have the problem corrected.

HOW TO CATCH A BAT

<https://youtu.be/puP8qbATPKg>

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BEREAVEMENT

Everyone is unique and grieves in their own way. Understanding stages of grief can be helpful after experiencing a loss. Talking to a mental health counselor while you are grieving can also help.

Seven Stages of Grief by Elizabeth Kubler-Ross:

- **Shock:** unable to react to the loss.
- **Denial:** Mind refuses to accept the reality of the loss.
- **Anger:** Not everyone experiences anger, but it is normal if you do.
- **Bargaining:** Trying to "reason" your way out of the pain of the loss.
- **Depression:** This too is normal, and it is very easy to be stuck in this stage for a long time.
- **Testing:** Starting to find ways to move through the grief process.
- **Acceptance:** Accepting the reality of the loss and moving forward.

Death by Suicide Support Resources

Ontario County Public Health has free resource kits for community members that are grieving a death by suicide. Call 1-585-396-4343

Suicide Survivor Resources

American Foundation for Suicide Prevention
National Suicide Prevention Lifeline
American Association of Suicidology

<https://tinyurl.com/mryr4j67>
<https://tinyurl.com/3yur4v24>
<https://tinyurl.com/59ct2k62>

Thompson Health Bereavement Support Group

585-396-6780

Resolve Through Sharing Parent Support Group (Infant Loss)

585-396-6260

Ontario County Mental Health

3019 County Complex Drive
Canandaigua, NY 14424

585-393-4363
<https://ontariocountyny.gov/99/Mental-Health>

(See Mental Health Counseling)

BIRTH CONTROL

Planning pregnancies is beneficial for everyone, providing social, health and financial benefits for all members of the family. When unexpected pregnancies are avoided, mothers have more time to recover from pregnancy and childbirth, babies are breastfed longer, and parents have more time for their children and each other. There are numerous, effective birth control methods available in New York. Talk to your healthcare provider about one that is right for you.

New York State Family Planning Benefit

1-800-541-2831
fpbp@health.state.ny.us
<http://tinyurl.com/734m42x>

Free, confidential coverage for family planning services to men, women, and teens with a financial need. Sign up the day of your visit at Finger Lakes Community Health or Planned Parenthood.

Other services include:

- Annual exams and Pap smears
- Pregnancy tests
- Infection checks and treatment
- Most forms of birth control
- Testing for anemia, high blood pressure, and breast disease

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BIRTH CONTROL

Finger Lakes Community Health (FQHC) Family Planning 601-B West Washington Street Geneva, NY 14456	https://www.localcommunityhealth.com/geneva-community-health-v2/	315-781-8448
Planned Parenthood 15 Lafayette Avenue Canandaigua, NY 14424	https://www.plannedparenthood.org/	1-866-600-6886
Emergency Contraceptive (By Mail) National Woman's Health Network	https://www.plancpills.org/states/new-york	202-682-2640
Mosaic Health Rushville (FQHC) 2 Rubin Drive Rushville, NY 14544	https://mosaichealth.org/rushville	585-554-4400
Safe Sex Supplies (By Mail) Provided by Finger Lakes Community Health	www.tinyurl.com/safekits	

BREASTFEEDING ASSISTANCE

General Information about Breastfeeding	http://womenshealth.gov/breastfeeding/ Spanish: https://espanol.womenshealth.gov/	
Breastfeeding Protects Babies		
<ol style="list-style-type: none">1. Early breast milk (colostrum) is "liquid gold". It is rich in nutrients and antibodies to protect your baby.2. Breast milk changes as your baby grows. Colostrum changes to mature milk by the third to fifth day after birth. Mature breast milk has the right amount of fat, sugar, water, and protein to help your baby grow.3. Breast milk is easier to digest than formula, especially for premature babies. The proteins in formula come from cow's milk and some babies have trouble digesting them. Pre-term, formula-fed babies have a higher risk of necrotizing enterocolitis, a serious disease that affects babies' intestines.4. Breast milk fights disease. Cells, hormones, and antibodies in breast milk protect babies from illness. Breastfed babies have fewer ear infections, diarrheal illnesses & respiratory infections than formula-fed babies. Some research suggests breastfeeding reduces the risk of childhood diabetes, leukemia & atopic dermatitis (skin rash). Asthma, obesity & type 2 diabetes are less common in those who were breastfed.5. Breastfeeding decreases the likelihood a baby will die of SIDS (sudden infant death syndrome).		
Breastfeeding Benefits Mothers		
<ol style="list-style-type: none">1. It may take a little more effort than formula feeding at first, but it makes life easier in time. There are no bottles & nipples to sterilize and no measuring and mixing of formula. Breastmilk is pre-warmed and convenient for middle-of-the-night feedings.2. It saves money. Formula and feeding supplies can cost over \$1,500 during a baby's first year. Because breastfed babies are sick less often, parents miss less work and health care costs are lower.3. It provides opportunities for physical contact. This makes babies feel secure, warm, and comforted and requires moms to take time to relax and bond with their little ones. The skin-to-skin contact boosts mom's milk hormone levels and offers a calming effect.4. It is linked to lower risks of type 2 diabetes, breast cancer, ovarian cancer, and postpartum depression.		
UR/FF Thompson Hospital Birth Center 350 Parrish Street Canandaigua, NY 14424	www.thompsonhealth.com/Health-Services/Birthing-Center	585-396-6497

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BREASTFEEDING ASSISTANCE

Le Leche League (Maureen Weidman, IBCLC, RLC)
Mother to Mother Breastfeeding Support Groups
PO Box 54
Clifton Springs, NY 14432

315-548-7980
<http://www.llli.org/>

Ontario County Public Health
3019 County Complex Drive
Canandaigua, NY 14424

1-800-299-2995
585-396-4343
<http://www.co.ontario.ny.us/index.aspx?nid=101>

Maternal Child home visits available upon request, at no charge. Visits are tailored to the needs of the client & family. Nurses provide education on pregnancy, labor & delivery, newborn care, breastfeeding, safety, parenting, immunization, lead poisoning prevention and nutrition. Healthcare providers - see appendix for referral form. Community members call Ontario County Public Health to speak with a nurse.

Worksite Lactation Policy

585-396-4343

Let Ontario County Public Health help you create a worksite lactation policy that complies with NY State Law.

CDC Toolkit -Worksite Lactation Policy

(English) <https://www.cdc.gov/breastfeeding/index.htm>
(Spanish) <https://tinyurl.com/2p9axbx6>

SPCC WIC:

Breastfeeding Peer
Counselor & Breast
Pump Programs

585-394-9240 x305
<http://www.health.ny.gov/prevention/nutrition/wic/>

Baby Café

Canandaigua Baby Café
514 South Main Street
Canandaigua, NY 14424

585-919-2476

Geneva Baby Café
160 Carter Street
Geneva, NY 14456

315-759-6060

Ontario County Public Health: Clinical Lactation Counselor

585-396-4343

CANCER SERVICES

Insider tip: Every hospital has social workers or care managers to help you navigate the healthcare system and anticipate what services you will need after you go home. Care managers know what nursing services are available in your area. Do not hesitate to contact a hospital social worker on behalf of your hospitalized loved one. All hospitals must help patients make plans for discharge.

American Cancer Society

1-800-227-2345
<http://www.cancer.org/>

American Cancer Society Finger Lakes Region Office
1120 South Goodman Street
Rochester, NY 14620

585-288-1950

2023 Ontario County Resource Guide

CANCER SERVICES

Cancer Services Program of the Finger Lakes Region (CSP-FLR)

1-877-803-8070
Email: csp@urmc.rochester.edu
CSP-FLR Website

The Cancer Services Program of the Finger Lakes Region can help uninsured eligible men and women living in Monroe, Livingston, Ontario, Wayne, Seneca, and Yates Counties get the cancer screenings they need.

Hope Lodge (American Cancer Society Housing)
1120 South Goodman Street
Rochester, NY 14620

585-224-4900
Hope Lodge Information Website

Elizabeth Wende Breast Clinic (Mammography)
Main Office - Brighton
170 Sawgrass Drive
Rochester, NY 14620

585-442-2190
<http://www.ewbc.com/>

Elizabeth Wende Breast Clinic (Mammography)
Victor Office
7375 State Route 96, Suite 100
Victor, NY 14564

585-442-2190
<https://www.ewbc.com/>

Finger Lakes Breast Care RGH (Mammography)
2 Coulter Road
Clifton Springs, NY 14432

315-462-1750
<https://tinyurl.com/322rzs9>

Finger Lakes Health (Mammography)
Geneva General Hospital Scheduling Services
200 North Street, Suite 303
Geneva, NY 14456

315-787-4400
<https://www.flhealth.org/services/mammography>

Soldiers & Sailors Hospital (Mammography)
418 North Main Street
Penn Yan, NY 14527

315-531-2544
Soldiers and Sailors Radiology Mammography Website

Golisano Children's Hospital
(Radiation/Oncology)

585-275-7520
<https://www.urmc.rochester.edu/childrens-hospital.aspx>

Finger Lakes Community Health (Screenings)
601-B Washington Street Suite B
Geneva, NY 14456
Spanish interpreters available

315-781-8448
<http://localcommunityhealth.com/>

Jordan Health of CCIA (Screenings)
120 North Main Street, Suite 11
Canandaigua, NY 14424

585-396-0222
Fax: 585-396-0639
<http://www.jordanhealth.org/>

Medicaid Cancer Treatment Program (MCTP)
Insurance Coverage

1-866-442-2262
Medicaid Cancer Treatment Program Website

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CANCER SERVICES

The Medicaid Cancer Treatment Program (MCTP) is a Medicaid program for eligible persons who are found to need treatment for breast, cervical, colorectal, or prostate cancer (and in some cases, pre-cancerous conditions of these organs). To be enrolled in the MCTP, an individual must complete an application with a New York State Department of Health Cancer Services Program (CSP) trained designee, referred to as a Designated Qualified Entity (DQE). A DQE is a person designated and trained by the New York State Department of Health as a "Qualified" entity, for the purpose of assisting individuals to complete the MCTP application."

Planned Parenthood

Routine Cancer Screening
15 Lafayette Avenue
Canandaigua, NY 14424

1-866-660-6886
<https://www.plannedparenthood.org/learn/cancer>

Prescription Assistance, Cancer Medications

E.P.I.C. (Elderly Pharmaceutical Insurance Coverage Program)

E.P.I.C Application

1-800-332-3742
https://www.health.ny.gov/health_care/epic/
<https://www.health.ny.gov/forms/doh-5080.pdf>

Mosaic Health Rushville

Routine Cancer Screening
2 Rubin Drive Rushville, NY 14544
Spanish interpreters available.

585-554-4400
<https://mosaichealth.org/rushville/>

Sands Cancer Center

395 West Street, Suite 101
Canandaigua, NY 14424

585-396-6180
<http://www.thompsonhealth.com/Health-Services/Sands-Cancer-Center>

Interlakes Oncology & Hematology

Strong Memorial Hospital
395 West Street
Canandaigua, NY 14424

Canandaigua: 585-393-7040
Geneva: 315-781-2250
<http://www.interlakesoncology.com/>

Thrive to Survive (Support group)

We provide emotional, financial & wellness programs for adults diagnosed and being treated for cancer.

315-374-0626
support@thrivetosurvive.org
<http://www.thrivotosurvive.org/>

Thompson Health

Please contact the group facilitator to confirm the meeting time and location

Breast Cancer Support Group
Care Givers Support Group

Thompson Health Support Groups Website

585-396-6111
585-396-6780

Wilmot Cancer Institute

Radiation & Oncology
601 Elmwood Avenue
Rochester, NY 14642

585-275-2171
<https://www.urmc.rochesterwilmot.edu/cancer-institute.aspx>

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CANCER SERVICES

Ronald McDonald House (Housing)
333 Westmoreland Drive
Rochester, NY 14620

585-442-5437
<http://www.rmhcrochester.org/>

CASH ASSISTANCE

Ontario County Department of Social Services

1-877-814-6907

CHILDREN'S SERVICES

ADOPTION

Become a Foster Parent in Ontario County

396-4111

Families who complete the steps to become a certified foster family in Ontario County receive a dual certification: foster care and adoption.

Birthright of Rochester

585-385-2100

(Adoption Referral/Broker)
320 N. Washington St, Suite 116
Rochester, NY 14625

1-800-550-4900
<http://birthright.org>

**Catholic Charities of the Finger Lakes;
Regional Office (Geneva)**

315-789-2235

94 Exchange Street
Geneva, New York 14456

Fax: 315-789-5785
<http://www.catholiccharitiesfl.org/>

Catholic Charities of the Finger Lakes

585-394-0190

120 North Main Street, Suite 40
Canandaigua, NY 14424

<http://www.catholiccharitiesfl.org/>

Care Net Pregnancy Center (Adoption Referral)

585-393-0437

120 North Main Street, Suite 8
Canandaigua, NY 14424

help@carenetcan.org
<http://www.carenetcan.org/>

Child & Family Resources (Adoption Support)

315-781-1491

671 South Exchange Street
Geneva, NY 14456

<http://www.cfresources.org/>

New Hope Family Service

315-437-8300

3519 James Street
Syracuse, NY 13206

1-800-272-3171
<http://www.newhopefamilyservices.com/>

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BABY SUPPLIES

Child & Family Resources, Inc. 315-781-1491
Car Seat Program 1-800-881-5786
671 South Exchange Street <http://www.cfresources.org/>
Geneva, NY 14456

Geneva Center of Concern 315-789-1117
58 Avenue D
Geneva, NY 14456

Salvation Army 315-789-1055
41 North Street <http://tinyurl.com/gvar8qv>
Geneva, NY 14456

Second Season (Adults & Household Supplies also) 315-462-3293
1 Coulter Road
Clifton Springs, NY 14432

BEHAVIORAL ASSISTANCE

Hillside Family of Agencies 585-256-7500
1183 Monroe Avenue (Toll Free) 888-514-4455
Rochester, NY 14620 info@hillside.com
<https://www.hillside.com/>

Ontario County Youth Care Facility Hopewell 585-394-0180
3093 County Complex Drive
Canandaigua, NY 14424

The Partnership of Ontario County 585-396-4554
5297 Parkside Drive, Suite 307 <http://partnershipforontariocounty.org/>
Canandaigua, NY 14424

CAMPS

Camp Bristol Hills 4-H Site 585-394-7838
4437 Kear Road <http://cceontario.org/4-h-camp-bristol-hills/>
Canandaigua, NY 14424

Camp Bristol Hills 4-H Office 585-394-3977ext 435
480 North Main Street Fax: 585-394-0377
Canandaigua, NY 14424 ontario@cornell.edu

Hobart and William Smith Conferences & Events 315-781-3103
Harris House events@hws.edu
678 South Main Street <https://www.hws.edu/offices/conferences/>
Geneva, NY 14456

Letourneau Christian Center, Inc. 585-554-3400
4950 East Lake Road contact@letourneau.org
Rushville, NY 14544 <http://www.letourneau.org/>

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CAMPS

NYS Sheriff's Summer Camp

9825 East Bluff Drive
Penn Yan, NY 14527

518-434-9091

For boys and girls between the ages of 9 and 12 who, because of economic reasons would not have an opportunity to attend a summer camp or enjoy a summer vacation.

J. Warren Cutler Scout Reservation

Boy Scouts of America

7131 Gulick Road
Naples, NY 14512

585-374-5770

585-244-4210

info@senecawaterways.org
<https://senecawaterways.org/>

CHILDCARE ASSISTANCE

Child & Family Resources

1-800-881-5786

Canandaigua:

514 South Main Street
Canandaigua, NY 14424

585-919-2476

Geneva:

671 South Exchange Street
Geneva, NY 14456

315-781-1491

<http://www.cfresources.org/>

Call Child & Family Resources for a list of available certified daycare providers in your area.

Department of Social Services

3010 County Complex Drive
Canandaigua, NY 14424

585-396-4060

www.ocfs.state.ny.us

Income eligible families may receive assistance paying for childcare. Have your household income information, picture identification and proof of residency ready and call for more information.

CHILDCARE CENTERS

Agri-Business Child Development (ABCD)

5 Goodman Street
Geneva, NY 14456

315-781-3267

Fax: 315-781-7240

<https://www.abcdny.org/>

Doodle Bugs! Daycare

7383 State Route 96
Victor, NY 14564

585-742-1200

<http://www.doodlebugs.com/>

Finger Lakes Community College Child Care

3325 Marvin Sands Drive
Canandaigua, NY 14424

585-394-6666

childcare@flcc.edu

<http://www.flcc.edu/offices/childcare/>

Care-a-lot Child Care of Farmington

1780 Rochester Road
Farmington, NY 14425

585-398-3111

Fax: 585-398-3139

<https://carealot-childcare.com/farmington-child-care-location/>

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CHILDCARE CENTERS

Geneva Lakefront Child Care Center
61 Elizabeth Blackwell St
Geneva, NY 14456

315-781-0014
<https://www.glcc.care/>

Happiness House – Canandaigua
Finger Lakes Cerebral Palsy, Inc.
(Disability Support)
5415 County Road 30
Canandaigua, NY 14424

585-394-1190
Fax: 585-394-5326
<http://www.happinesshouse.org/>

Happiness House – Geneva
Finger Lakes Cerebral Palsy, Inc.
(Disability Support)
731 Pre-Emption Road
Geneva, NY 14456

315-789-6828
Fax: 315-789-7750
<https://www.happinesshouse.org/>

Head Start (Phelps Community Center)
8 Banta Street
Phelps, New York 14532

Head Start - 315-548-8122
sarah@phelpsc.org

Phelps Community Center
8 Banta Street
Phelps, New York 14532
Day Care (Age 6 weeks to 5), School Age Programs,
Dance, Drama, Athletics, Fitness Center

315-548-8481
info@phelpsc.org

Jack and Jill Childcare, Inc.
14 Framark Drive
Victor, NY 14564

585-924-9550
Fax: 585-924-3504
<http://www.jacknjillchildcare.com/>

Jim Dooley Center for Early Learning
196 North Street
Geneva, NY 14456

315-787-4190
<https://www.flhealth.org/locations/jim-dooley-center-for-early-learning>

Kinder Care Learning Center
615 Fishers Run
Victor, NY 14564

585-924-0290
<http://www.kindercare.com/our-centers/victor/ny/>

Montessori School - Canandaigua
5273 Parkside Drive, Suite 500
Canandaigua, NY 14424

585-393-0126
<https://canandaiguamontessori.com/>

Our Children's Place – Canandaigua
55 Wilcox Lane
Canandaigua, NY 14424

585-394-5310
<https://www.ccdpkids.net/canandaigua-childcare>

Our Children's Place - Clifton Springs
9 Village Drive
Clifton Springs, NY 14432

315-462-3174
Fax: 315-462-2959
<https://www.ccdpkids.net/clifton-springs-childcare>

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CHILDCARE CENTERS

TLC Adventures in Child Care Inc.
7444 Victor-Mendon Road
Victor, NY 14564

585-398-7001

Victor Child Care Center
66 School St
Victor, NY 14564

585-924-5303
Fax: 585-924-1795
<https://www.victorchildcare.com/>

YMCA Child Care Centers

Canandaigua Family YMCA
(Preschool, Before & After School)
32 North Main Street
Canandaigua, NY 14424

585-394-6866
<http://www.canandaigua-ymca.org/>

Clifton Springs YMCA
(Preschool, Before & After School)
5 & 10 Crane Street
Clifton Springs, NY 14432

315-462-6184
315-462-5437
<http://www.csaymca.org/>

Geneva YMCA
(Before & After School)
399 West William Street
Geneva NY 14456

315-789-1616
Fax: 315-789-4259
<http://www.genevafamilyymca.org/>

CHILDHOOD EDUCATION - CHILDREN AND PARENTS

Happiness House - Canandaigua
(Disability Support)
5415 County Road 30
Canandaigua, NY 14424

585-394-1190
<http://www.happinesshouse.org/>

Happiness House - Geneva
(Disability Support)
731 Pre-Emption Road
Geneva, NY 14456

315-789-6828
<http://www.happinesshouse.org/>

Birth to Five Program: Happiness House combines evaluations, preschool education, therapy services, autism support and services coordination to help children in the Finger Lakes Region.

Evaluation Services: Comprehensive development evaluation services for children from birth to five years of age with known or suspected development disabilities or delay.

Literacy Volunteers (Adult)
208 South Main Street
Canandaigua, NY 14424

585-396-1686
info@lvoy.org
<http://www.lvoy.org/>

Ontario County ARC
3071 County Complex Drive
Canandaigua, NY 14424

585-394-7500
<http://www.ontarioarc.org/>

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CHILD AND FAMILY - CASE MANAGEMENT

Child and Family Resources, Inc.

671 South Exchange Street
Geneva, NY 14456

315-781-1491

<http://www.cfresources.org/>

See appendix for referral forms

Child & Family Resources provides affordable, accessible programs that enhance and support the education of parents. Its mission - to encourage the highest quality of care and positive learning experiences for all young children. Spanish-speaking staff is available. Child & Family Resources assists parents in developing their family strengths through parenting classes and home visiting programs. We offer classes on various topics. Any parent desiring to learn more about parenting skills is invited to attend.

Visitation with a trained supervisor is available at Child & Family Resources in a family friendly setting, on an as-needed basis. By appointment, Family Educators can accommodate family and attorney requests for visitation in one of our two locations. Age-appropriate activities are available and offer parents an opportunity to interact with their children in a positive manner. The center provides a sliding-fee for services for court-referred parents.

CHILD PASSENGER SAFETY PROGRAM

Ontario County Sheriff's Office

585-337-4605 or after hours (800) 394-4560

<https://dmv.ny.gov/more-info/safety-restraints>

Car Seat Inspections

<http://www.co.ontario.ny.us/204/Child-Passenger-Safety>

Technicians assist parents in the selection, installation, and adjustment of the appropriate child passenger safety seat for their child. Seats and supplies are funded through a grant from the New York State Governor's Traffic Safety Committee and the National Highway Traffic Safety Administration (NHTSA).

Car Seat Replacement

Several problems may lead to the replacement of the safety seat. If the child is too heavy or too tall for the seat, if the seat has been in a crash, or if the seat is expired (more six years old), the technician will replace the problem seat with a new one that is compatible with the child and the vehicle in which it will be used.

How Long to Use Safety Seats

NY State law requires a child to be in a child safety seat until they are 8 years old. However, children should remain in some type of child safety seat until they are 4-foot, 9-inches tall or they reach the upper weight limit of the seat. Standard seat belts are designed for someone 5-foot, 6-inches tall with a weight of 125 pounds.

Always consult the owner's manual for your specific seat and vehicle and follow the manufacturer's recommendations.

CHILD PROTECTIVE SERVICES (Also see Abuse)

Child abuse may include the following:

- Child abuse is **physical** - shaking, hitting, beating, burning, or biting a child.
- Child abuse is **emotional** - constantly blaming or putting down a child, excessive yelling, shaming.
- Child abuse is **sexual** - incest, any forced sexual activity, exposure to sexual stimulation not appropriate for the child's age.
- Child abuse is **neglect** - a pattern of failure to provide for the child's physical needs, such as food, clothing, shelter, and medical care; a pattern of failure to provide for the child's emotional needs, such as affection, attention, and supervision.

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CHILD PROTECTIVE SERVICES (Also see Abuse)

Department of Social Services, Ontario County
3010 County Complex Drive
Canandaigua, NY 14424

585-396-4111

To report child abuse, you must first phone the New York State Child Abuse Hotline **(1-800-342-3720)**. If the child is in immediate danger, call **911**.

New York State Child Abuse/Child Protective Services Hotline

1-800-442-4453
<http://www.childhelp.org/>

Hotline to report child abuse as a non-mandated reporter. Abuse may be physical, mental, or sexual. Lack of supervision, denying a child an education, and neglect are also forms of abuse. A Child Abuse investigator will investigate the report within 24 hours. If the child is in immediate danger, call **911**.

CHILD SUPPORT AND COLLECTIONS

Ontario County Child Support Office
3010 County Complex Drive
Canandaigua, NY 14424

Local: 585-396-4160
Statewide Helpline: 1-888-208-4485
CSEWEBOntario@dfa.state.ny.us
<https://www.childsupport.ny.gov/dcse/home.html>

Ontario County Social Services
3010 County Complex Drive
Canandaigua, NY 14424

1-877-814-6907
585-396-4060

CLOTHING

Salvation Army
41 North Street
Geneva, NY 14456

315-789-1055
<http://salvationarmyusa.org/>

Canandaigua Churches in Action (CCIA)
120 N Main Street
Canandaigua, NY 14424

585-396-2242
Fax 585-394-7831
<https://www.churchesinaction.org/schedule.html>

Caring Hearts Community Food Pantry
12 Hibbard Avenue
Clifton Springs NY 14432

315-521-1601

Naples Open Closet
Harwood Lane
Naples, NY

585- 531-0011
junespantrynaples@gmail.com

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DENTAL CARE

New York State Dental Association 518-465-0044
20 Corporate Woods Blvd., Ste 602 1-800-255-2100
Albany, NY 12211 Fax: 518-465-3219
<https://www.nysdental.org/>

Supply a Smile *See Appendix B for Flyer 585-376-2242
Local organization serving uninsured residents supplyasmile@gmail.com
of Ontario County with free dental service

DENTISTS ACCEPTING MEDICAID *

*** Dentists that accept Medicaid change. Be sure to call and the office!**

Dr. Daniel Klein 585-248-2900
1600 Mosley Rd., Suite 400
Victor, NY 14564

Eastman Dental Clinic 585-275-5051
625 Elmwood Ave
Rochester, NY 14620

Geneva Community Health Center 315-781-8448
601B Washington Street
Geneva, NY 14456

Mosaic Health Rushville 585-554-6824
2 Rubin Drive 585-554-4400
Rushville, NY 14544 <https://mosaichealth.org/rushville>

Sia Hersini, DDS 315-789-9054
324 West North Street. Suite 6
Geneva, NY 14456

Naples Valley Dental 585-374-6323
106 North Main Street
Naples, NY 14512

Unity Dental Group 585-368-3800
89 Genesee Street 2nd Floor
Rochester, NY 14611

Unity Dental Satellite 585-377-5810
2060 Fairport Nine Mile Road
Penfield, NY 14526

Unity Dental Group 585-295-1890
2655 Ridgeway Road, Suite 360, upstairs
Rochester, NY 14626

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DIABETIC EDUCATORS

Clifton Spring Hospital/RGH	315-462-1530
Finger Lakes Health	315-787-4006
UR/Thompson Health	585-396-6233

EATING DISORDERS

National Eating Disorder Association Helpline (NEDA) (See Mental Health)	1-800-931-2237 http://www.nationaleatingdisorders.org/
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EDUCATION

Schools in Ontario County

Bloomfield Central School 45 Maple Avenue, Suite A Bloomfield, NY 14469	585-657-6121 http://www.bloomfieldcsd.org/
Calvary Chapel Academy 1777 State Route 332 Farmington, NY 14425	585-398-2218 http://calvarychapelacademy.org/
Canandaigua City Schools 143 North Pearl Street Canandaigua, NY 14424	585-396-3700 http://www.canandaiguaschools.org/
Geneva City Schools 400 West North Street Geneva, NY 14456	315-781-0400 http://www.genevacsd.org/
Honeoye Central School 8528 Main Street Honeoye, NY 14471	585-229-5171 http://www.honeoye.org/
Marcus Whitman 4100 Baldwin Road Rushville, NY 14544	585-554-4848 http://www.mwcsd.org/
Midlakes Central School 1490 Route 488 Clifton Springs, NY 14432	315-548-6420 http://www.midlakes.org/
Naples Central School 136 North Main Street Naples, NY 14512	585-374-7900 http://www.naplescsd.org/
Red Jacket Central School 1506 State Route 21 Shortsville, NY 14548	585- 289-2150 http://www.redjacket.org/
St. Mary's School 16 Gibson Street Canandaigua, NY 14424	585-394-4300 http://www.stmaryscanandaigua.org/

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EDUCATION

Victor Central School
953 High Street
Victor, NY 14564

585-924-3252
<http://www.victorschools.org/>

Higher Education in Ontario County

Finger Lakes Community College
3325 Marvin Sands Drive
Canandaigua, NY 14424

585-394-3522
<http://www.flcc.edu/>

Hobart and William Smith Colleges
399 Pulteney Street
Geneva, NY 14456

315-781-3000
<http://www.hws.edu/>

EMERGENCY SERVICES

**American Red Cross
Greater Rochester Chapter**
825 John Street Suite 209
West Henrietta, NY 14586

585-241-4400
<https://www.redcross.org/local/new-york/western-new-york/about-us/locations/greater-rochester-chapter.html>

*Disaster Assistance & Service to the military is available 24 hours a day.

Wellspring Church, Inc.
22 Teft Avenue, PO Box 602
Clifton Springs, NY 14432
Red Cross disaster area

315-548-6292 x30
<http://www.wellspringchurch.us/>

Geneva Center of Concern
58 Avenue D
Geneva, NY 14456

315-789-1117
<https://genevacenterofconcern.org/>

Is your Family Ready for an Emergency?

<http://www.ready.gov/>

Items to Include in a Basic Emergency Supply Kit

- Water: one gallon of water per person per day for at least three days
- Food: at least a three-day supply of non-perishable food. Can opener if using canned foods.
- Battery-powered or hand crank radio: and a NOAA Weather Radio with tone alert and extra batteries
- Flashlight: and extra batteries
- First aid kit
- Whistle: to signal for help
- Dust mask: to help filter contaminated air and plastic sheeting and duct tape
- Moist towelettes: garbage bags and plastic ties for personal sanitation
- Wrench or pliers: to turn off utilities
- Local maps
- Cell phone: with chargers, inverter, or solar charger

FAMILY MENTAL HEALTH COUNSELING (See Mental Health)

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FARMERS MARKETS

Be sure to call or visit their website for days/times

Cornell Cooperative Extension
480 North Main Street
Canandaigua, NY 14424

585-394-3977
<http://cceontario.org/agriculture/local-foods>

Bloomfield

Schlenker Farm Market
8424 Route 5&20
Bloomfield, NY 14469

585-764-0892
<https://tinyurl.com/wvm4a5bb>
<https://schlenkerfarmmarket.blogspot.com/>

White's Farm Market
2180 Route 64 North
Bloomfield, NY 14469

585-657-7656
<https://tinyurl.com/3scr3aez>

Canandaigua

Beacon Farm Market
3895 Route 5&20
Canandaigua, NY 14424

585-394-4693
April – October
<https://tinyurl.com/2zu4dhmh>

Canandaigua Farmers Market
167 Mill Street
Canandaigua, NY 14424

Saturdays 9:00 AM - 12:00 PM
Summer Market: June – October
Winter Market: Every Other Saturday November - May

Canandaigua VA Farmers Market
VA Medical Center
400 Fort Hill Avenue
Canandaigua, NY 14424

http://www.canandaigua.va.gov/features/Farmers_Market.asp
Tuesdays, June – October
1:30 PM - 5:00 PM

Snuffy's Farm Market
5900 Co Rd 32
Canandaigua, NY 14424

Open 7 Days/week in season

Farmington

Farmington Farmers' Market
Post Office Plaza, 1560 State Route 332,
Farmington, NY 14425

www.facebook.com/farmingtonfarmmarket/
Fridays, June – August
3:00 PM – 6:00 PM
farmingtonfarmmarket@gmail.com

Geneva

Geneva Farmer's Market
Finger Lakes Welcome Center
35 Lakefront Dr, Geneva, NY
14456

<https://www.visitfingerlakes.com/listing/geneva-farmers-market/288/>
<https://www.facebook.com/people/Geneva-Farmers-Market/>
Saturday, May - October
8:00 AM – 1:30 PM

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Red Jacket Orchards

957 Route 5&20
Geneva, NY 14456

315-787-0102
<https://redjacketorchards.com/>

Naples

Jerome's U-Pick Fruit Farm

8936 State Route 53
Naples, NY 14512

585-374-6112
1-800-UPICKIT
<https://www.jeromesupick.com/>
June - October

Joseph's Wayside Market

202 South Main Street
Naples, NY 14512

585-374-2380
<https://josephswaysidemarket.com>
April - November

Naples Natural Farmers Market

7976 State Route 21
Naples, NY 14512

<https://www.hanggistreefarm.com/naples-valley-farmers-market>
Fridays, June - September
4:00 PM - 7:00 PM
NaplesValleyFarmersMarket@gmail.com

Phelps

Phelps Farmers Market

Methodist Memorial Park
Phelps, NY 14532

<https://tinyurl.com/2s8dpa3s>
Thursdays, June to September
3pm to 7pm

Shortsville

Fish's Farm Market

4494 Mount Payne Road
Shortsville, NY 14548

585-289-4215
Daily, May - November
9:00 AM - 6:00 PM
www.fishfarmmarket.com

Serendipity Acres

4846 State Route 96
Shortsville, NY 14548

585-289-3720
May-Oct. 9:00-6:00 pm daily
<https://www.facebook.com/SerendipityAcresShortsvilleNY/>

Victor

The Orchard of Victor

1640 State Route 444
Victor, NY 14564

hauntedhillsofvictor@gmail.com
theorchardofvictor.com

Hardy's Farm Market

1968 State Route 444
Victor, NY 14564

585-857-6520
May - December

Victor Village Farmer's Market

Village Hall Parking Lot
60 East Main Street
Victor, NY 14564

585-924-3311
June - October
Wednesdays, 3:00 PM - 6:00 PM
<https://www.victorny.org/282/Village-Farmers-Market>

FATHERHOOD PROGRAMS

2023 Ontario County Resource Guide

Child and Family Resources, Inc.
671 South Exchange Street
Geneva, NY 14456

315-781-1491 x216
<http://www.cfresources.org/>

FOOD STAMPS (SNAP) - FOOD STAMP INCOME ELIGIBILITY

SNAP Eligibility:

<http://otda.ny.gov/programs/snap/#eligibility>

SNAP Application:

<http://otda.ny.gov/programs/apply/#snap>

If you are pregnant or have a child under the age of 5, SPAA may also be of help.

<http://www.health.ny.gov/publications/4081.pdf>

Ontario County Department of Social Services

Canandaigua
Geneva
NYS Food Stamp Hotline

585-394-4060
315-789-2841
1-800-342-3009

FOOD PANTRY AND FOOD ASSISTANCE

Some food pantries also provide diapers. Contact your local food pantry or SPCC program for more information.

Bloomfield Blessing Room Pantry

585-657-7200

15 Church Street
Bloomfield, NY, 14469

CCIA Food Pantry

585-396-2242

120 North Main Street, Suite 31
Canandaigua, NY 14424

<https://www.churchesinaction.org/schedule.html>

Canandaigua Gleaners Community Kitchen

585-394-4818

183 North Main Street
Canandaigua, NY, 14424

Canandaigua Pop Up Pantry

585-396-4554

Canandaigua Town Highway Dept.
5440 Route 5 & 20
Canandaigua, NY

11:00 AM – 1:00 PM

<https://www.churchesinaction.org/services.html>

Canandaigua Salvation Army –Food Pantry

585-394-6968

110 Saltonstall Street
Canandaigua, NY 14424

Clifton Springs Wellspring Church Inc

315-548-6292 x30

22 Teft Avenue
Clifton Springs, NY 14432

<http://www.wellspringchurch.us/>

<https://www.facebook.com/WellspringCommunityCare/>

Clifton Springs Caring Hearts Food Pantry

315-462-2961

12 Hibbard Ave
Clifton Springs, NY 14432

Clifton Springs United Methodist Church

315-521-2201

1 Main Street
Clifton Springs, NY, 14432

<http://www.csumc.com>

2023 Ontario County Resource Guide

FOOD PANTRY AND FOOD ASSISTANCE

Foodlink, Inc. 585-328-3380
1999 Mount Reed Boulevard <http://foodlinkny.org/>
Rochester, NY 14615

Finger Lakes SPCC Program (WIC) 585-394-9240
Locations in Geneva and Canandaigua 1-888-942-6886
Women Infant Children Program <https://www.spcc-roch.org/>

SPCC Continuing Activities and Services:

- SPCC provides supplemental foods and nutrition education to children under five and eligible women (pregnant, postpartum, and breast-feeding).
- The program provides food checks to buy selected, approved foods high in nutrients needed for growth, development, and general health.
- Financial, residential, and nutritional eligibility requirements apply.
- Bilingual Staff (Spanish)

Geneva Boys & Girls Club of Geneva – Pop-up Pantry 315-759-6060
160 Carter Road <https://bgcgenova.org/>
Geneva, NY 14456

Geneva Center of Concern 315-789-1117
58 Avenue D <https://genevacenterofconcern.org/>
Geneva, NY 14456

Geneva Community Lunch Program 315-521-6684
Geneva First United Methodist Church 315-789-2686
340 Main Street Monday-Friday 11:45-12:15
Geneva, NY 14456 <https://www.catholiccharitiesfl.org/services/lunch-program/>

Geneva Salvation Army –Food Pantry 315-789-1055
41 North Street <https://empire.salvationarmy.org/>
Geneva, NY 14456

Gorham United Methodist Church Food Pantry 585-526-5223
4746 South St. <https://gorhamumc.org/index.php/ministries/food-pantry/>
Gorham, NY, 14561

Honeoye Food Pantry Text: 585-721-0009
UCC Church honeyefoodpantry@gmail.com
8758 Main Street
Honeoye, NY 14471

Manchester-Shortsville Twin Cities Food Cupboard 585-289-4164
Bennett Memorial Building 585-289-3046
TwincitiesFC@hotmail.com

Naples Open Cupboard 585-531-0011
Harwood Lane behind 106 S. Main St. junespantrynaples@gmail.com
Naples, NY, 14512

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FOOD PANTRY AND FOOD ASSISTANCE

Phelps Community Food Cupboard 8 Banta Street, Suite 100 Phelps, NY 14532	315-548-8897 http://phelpsny.com/community-center/
Rushville Marcus Whitman Central School District Pop-up Pantry 4100 Baldwin Road Rushville, NY 14544	585-554-4848 ext. 1805
Stanley Beacon of Hope Flint Creek Church of God 3584 Flint Road Stanley, NY 14561	585-526-5600
Victor-Farmington Cupboard 6548 Anthony Drive Suite A Victor, NY, 14564	585-924-2720 https://vffood.org/

HOME ENERGY ASSISTANCE (HEAP)

NYS HEAP Hotline:	1-800-342-3009 http://otda.ny.gov/programs/heap/
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HERR (Heating Equipment Repair and Replacement) available under limited circumstances. Call your local Department of Social Services Office (585-394-4060) or the NYS HEAP Hotline.

HEALTH INSURANCE/HEALTH NAVIGATOR

Tip from Ontario County Public Health: If you are pregnant and in need of Health Insurance for yourself and/or your children contact the Growing Up Healthy Hotline 1-800-522-5006. They can connect you to resources near you and with other agencies within Ontario County. Call Growing Up Healthy Hotline 1-800-522-5006.

New York State Health Insurance Exchange	https://nystateofhealth.ny.gov/
Finger Lakes Community Health 601-B West Washington Street Geneva, NY 14456	315-781-8448 http://localcommunityhealth.com/
Newark/Wayne Community Health 1200 Driving Park Avenue Newark, NY 14513	315-332-2022 https://www.rochesterregional.org/locations/hospitals/newark-wayne-community-hospital
Community Health Care Association of New York State (CHCANYS) 3010 County Complex Drive Canandaigua NY 14424	800-346-2211 (Call for appointment)
Check your local library's event calendars to find an event with a Health Navigator	
Mosaic Health Rushville 2 Rubin Drive Rushville, NY 14544	585-554-4400 https://mosaichealth.org/

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HOUSING ASSISTANCE

Emergency Housing/ Shelter for Families (Ontario County DSS)	585-396-4060
Geneva Housing Authority - Section 8- Not Emergency Housing	315-789-8010
PO Box 153, 41 Lewis Street Geneva, NY 14456	http://www.genevahousingauthority.com/contact.php

IMMUNIZATIONS FOR CHILDREN

Ontario County Public Health	1-800-299-2995
3019 County Complex Drive Canandaigua, NY 14424	585-396-4343
Your child may be eligible for free or reduced cost immunization.	

INTERNET SAFETY

Safe Kids	http://www.safekids.com/
NetSmartz®	https://www.missingkids.org/netsmartz/home
National Center for Missing & Exploited Children	
Safe Online Surfing (SOS) Program	https://sos.fbi.gov/en/

LEAD PROGRAM (CHILDHOOD LEAD POISONING PREVENTION)

Ontario County Public Health Lead Prevention Program	1-800-299-2995
3019 County Complex Drive Canandaigua, NY 14424	585-396-4343

“Lead Testing at 1 and 2 is What We Do!”

It is a New York State Law for **pregnant women and children ages 1 and 2 years old** be tested for Lead Poisoning. Has your child been tested?

Why test children for Lead Poisoning?

- Many children with Lead Poisoning have no symptoms, even with Lead Levels high enough to cause learning and behavioral issues.
- High Lead Levels in pregnant women can cause miscarriage and still birth as well as learning and behavior problems after the birth of your baby.

How can you protect your child from Lead Poisoning?

- Fix peeling lead paint and make home repairs using EPA Safe Lead Practice Guidelines. Contact Ontario County Public Health for a free booklet.
- Wash hands, toys, bottles, windows, and floors frequently.
- Be careful not to bring lead home on clothes, toys, and jewelry.
- Keep lead out of your food and tap water.
- Let water run for 1 minute before using it.
- Use lead free dishes.
- Serve foods that have calcium, iron, and vitamin C. These foods help to keep lead from being stored in your child’s body.

Your child may be eligible for a finger stick lead level, Call 1-800-299-2995 today!

2023 Ontario County Resource Guide

LEGAL SERVICES

LAWNY (Legal Assistance of the Western NY, Inc.)

361 South Main Street
Geneva, NY 14456
Bilingual staff (Spanish)

1-866-781-LAFL (5235)
315-781-1465
fax: 1-315-781-2565
www.lawny.org

- Free legal services to low-income people and other vulnerable population in civil law.
- Priorities: SSI disability benefits; housing (private landlord-tenant/public, subsidized housing, and homeowner's problems), family law, seniors, domestic violence, special education law, and community legal education.
- Domestic violence.
- Seniors with general civil legal problems in Ontario, Seneca, Wayne, and Yates counties.
- Crime victims.
- Home-based childcare providers with business law problems in Livingston, Ontario, and Wayne counties.
- Pregnant and parenting minors with civil legal problems who reside in Livingston, Ontario, & Wayne counties.
- People, for whom Spanish is their primary language, with economic security problems

LIBRARIES

Our local libraries have wonderful programs for all ages! Give them a call today!

Canandaigua

Wood Library
134 N. Main Street
Canandaigua, NY 14424

585-394-1381
<http://woodlibrary.org/>

Clifton Springs

Clifton Springs Library
4 Railroad Avenue
Clifton Springs, NY 14432

315-462-7371
<https://cliftonspringslibrary.com/>

East Bloomfield

Bloomfield Public Library
9 Church Street
Bloomfield, NY 14469

585-657-6264
<http://bloomfieldpubliclibrary.org/>

Geneva

Geneva Public Library
244 Main Street
Geneva, NY 14456

315-789-5303
<http://genevapubliclibrary.net/>

Gorham

Gorham Free Library
2664 Main Street
Gorham, NY 14461

585-526-6655
<http://gorhamfreelibrary.wordpress.com/>

Naples

Naples Free Library
118 South Main Street
Naples, NY 14512

585-374-2757
<http://napleslibrary.org>

Phelps

2023 Ontario County Resource Guide

LIBRARIES

Phelps Community Memorial Library
8 Banta Street, Suite 200
Phelps, NY 14532

315-548-3120
<http://www.phelpslibrary.org/>

Shortsville

Red Jacket Community Library
7 Lehigh Avenue – P.O. Box 370
Shortsville, NY 14548

585-289-3559
<https://redjacket.owwl.org/>

Victor

Victor Farmington Library
15 West Main Street
Victor, NY 14564

585-924-2637
<http://victorfarmingtonlibrary.org/>

LIFELINE 9-8-8

Spanish-speaking counselors & translation services available.

Dial 9-8-8 or 1-877-356-9211

<https://988lifeline.org/>
Fax: 585-327-5518

24/7 crisis/suicide intervention, information/referral line for Monroe, Wayne, **Ontario**, Livingston, Cayuga & Seneca Counties. Info re emergency food/shelter/clothing, crisis counseling, substance abuse, employment, financial/legal issues, physical/mental health needs. Comprehensive resource list of >2500 agencies & programs.

MEDICAID (See Health Insurance/Health Navigator/Facilitated Enrollment)

MENTAL HEALTH

Suicidal or Homicidal thoughts: CALL 9-1-1

Counseling: For a complete list visit: <https://www.omh.ny.gov/>

Boike Marriage, Family, and Individual Counseling
3180 West Street
Canandaigua, NY 14424

585-710-9563
(Wednesdays) 585-394-1442
<http://boikepb.com/>
Boike3180@BoikePB.com

Canandaigua Psychotherapy Associates
527 North Main Street
Canandaigua, NY 14424

585-337-6119
<https://www.wellness.com/dir/3181781/counselor/ny/>

Clifton Springs Outpatient
Behavioral Health/CPEP Crisis
2 Coulter Road
Clifton Springs, NY 14432

585-922-9900
<https://www.rochesterregional.org/services/behavioral-health/>

Clinical Associates of the Finger Lakes - Victor
590 Fishers Station Drive, Suite 130
Victor, NY 14564

585-924-7207
<http://www.clinassoc.com/>

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MENTAL HEALTH

Family Counseling Services of the Finger Lakes

671 South Exchange Street
Geneva, NY 14456

315-789-2613
[http://www.fcsfl.org/
familycounseling@fcsfl.org](http://www.fcsfl.org/familycounseling@fcsfl.org)

Locations in Canandaigua, Newark, Seneca Falls, Penn Yan, and Sodus

Lakeview Mental Health Services – Canandaigua

193 Parrish Street
Canandaigua, NY 14424

585-394-7335
<https://www.lakeviewhs.org/>

Lakeview Mental Health Services – Geneva

609 West Washington Street
Geneva, NY 14456

315-789-0550
<https://www.lakeviewhs.org/>

Mental Health Association

120 North Main Street
Canandaigua, NY 14424

585-325-3145x501
<https://www.mharochester.org/services/ontario-county/>

Ontario County Mental Health

3019 County Complex Drive
Canandaigua, NY 14424

585-396-4363
<http://www.co.ontario.ny.us/index.aspx?nid=99>

Canandaigua Lake Counseling Services

42 North Main Street
Canandaigua, NY 14424

585-919-0014
<https://www.canandaigualakecounselingservices.com/>

Victor Counseling Practice

6539 Anthony Drive, Suite A
Victor, NY 14564

585-398-8835

MISSING CHILDREN – Dial 9-1-1

National Center for Missing & Exploited Children

New York Regional Office
275 Lake Avenue
Rochester, NY 14608-1042

24-hour HOTLINE: 1-800-843-5678
585-242-0900
<http://www.missingkids.com/NewYork>

PUBLIC HEALTH SERVICES

Ontario County Public Health

3019 County Complex Drive
Canandaigua, NY 14424

585-396-4343
1-800-299-2995
Fax: 585-396-4551
www.ontariocountypublichealth.com

Programs and Services: Immunization clinics for children and adults, tuberculosis clinics, maternal child health visits, communicable disease follow-up, rabies clinics, lead poisoning prevention activities, flu clinics and public health education.

Children with Special Needs Program, Early Intervention (EI) and Preschool Special Education Program

585-396-4546

- Evaluation & services to children aged 0-5 with developmental delays or who are at risk of delays.
- Physically Handicapped Children's Program (PHCP) - provides financial reimbursement to certain children aged 0-21 with medical and/or dental needs.
- Eligibility-All county residents eligible for most preventive health programs.

2023 Ontario County Resource Guide

PUBLIC HEALTH SERVICES

- Eligibility for CWSNP determined by evaluation or financial/medical need.

Ontario County Public Health Immunization Program

3019 County Complex Drive
Canandaigua, NY 14424

1-800-299-2995

585-396-4343

Residents of Ontario County are welcome attend weekly immunization clinics. The clinic offers all childhood vaccines through the federal Vaccines for Children Program. No child is turned away for inability to pay. The clinic also offers some adult vaccine products. Appointments are required.

PARENTING CLASSES/PARENTING ISSUES

Child and Family Resources; Healthy Families

671 South Exchange Street
Geneva, NY 14456

1-800-881-5786

315-781-1491 x216

<http://www.cfresources.org/>

Cornell Cooperative Extension

480 North Main Street
Canandaigua, NY 14424

585-394-3977

<http://cceontario.org/home-family/parenting-workshops>

F.F. Thompson Health Birthing Center Classes

Classes may be offered in-person or by zoom
Call for more information

585-396-6497

<https://www.thompsonhealth.com/Education/Birthing-Classes>

Family Hope Center

551 Exchange Street, PO Box 733
Geneva, NY 14456

315-789-0708

fax 315-789-3410

<http://www.familyhopecentergeneva.org/>

Family Counseling Service of the Finger Lakes

671 Exchange Street & 514 South Main Street
Geneva, NY 14456 or Canandaigua, NY 14424

315-789-2613

1-800-695-0390

<http://www.fcsfl.org/>

POLICE DEPARTMENTS, TOWN/VILLAGE

Canandaigua Police Department

21 Ontario Street
Canandaigua, NY 14424

585-396-5035

Clifton Springs Village Police Department

1 West Main Street
Clifton Springs, NY 14432

315-462-2422

Geneva Police Department

Public Safety Building
255 Exchange Street
Geneva, NY 14456

315-789-1111

2023 Ontario County Resource Guide

POLICE DEPARTMENTS, TOWN/VILLAGE

Manchester-Shortsville Police Department PO Box 188 Manchester, NY 14504	585-289-4340
Phelps Police Department 8 Banta Street Phelps, NY 14532	315-548-8237
Ontario County Sheriff's Department 3045 County Complex Drive Canandaigua, NY 14424	585-394-4560
New York State Police, Troop E 1569 State Route 332 PO Box 25220 Farmington, NY 14425	585-398-4100
Drug Tip Line:	315-781-0096
Ontario County Probation	585-396-4222
Juvenile Aid Bureau	585-396-4675
Youth Court	585-396-4519

PREGNANCY PROGRAMS

Birthright International of Rochester 320 N. Washington St Suite 116 Rochester, NY 14625	585-385-2100 24/7 1-800-550-4900 https://birthright.org/rochesterny
Care Net Pregnancy Center 120 North Main Street Suite 28 Canandaigua, NY	585-393-0437 http://www.carenetcan.org/
Catholic Charities of the Finger Lakes 120 North Main Street, Suite 40 Canandaigua, New York 14424	585-394-0190 http://www.catholiccharitiesfl.org/
Catholic Charities of the Finger Lakes 94 Exchange Street Geneva, NY 14456	315-789-2235 http://www.catholiccharitiesfl.org/
Child & Family Resources (Canandaigua) 514 South Main Street Canandaigua, NY 14424	585-919-2476
Child & Family Resources (Geneva) 671 South Exchange Street Geneva, NY 14456	315-781-1491 http://www.cfresources.org/
Child & Family Resources (Penn Yan) 263 Lake Street Penn Yan, NY 14527	315-536-1134

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PREGNANCY PROGRAMS

FF Thompson Hospital Birth Center
350 Parrish Street
Canandaigua, NY 14424

585-396-6000

RECREATION (PARKS, CLUBS, EXERCISE)

BICYCLES

Long Pier Ice Cream & Rentals
47 Lakefront Drive
Geneva, NY 14456

315-781-2453

Canandaigua RV&E Bike and Skate Shop
168 South Main Street
Canandaigua, NY 14424

585-393-5680

Geneva Bicycle Center
489 Exchange Street
Geneva, NY 14456

315-789-5922

CLUBS

Boys and Girls Club
1 Goodman Street
Geneva, NY 14456

315-781-2345
Fax: 315-781-2047
<http://www.bgcgeneva.org/>

Boys and Girls Club Teen Center
160 Carter Road
Geneva, NY 14456

315-759-6060
Fax: 315-759-6063
<http://www.bgcgeneva.org/>

Scouts of America, Finger Lakes Council
(Seneca Waterways Council, BSA)
2320 Brighton-Henrietta TL Road
Rochester, NY 14623

585-244-4210
<http://www.senecawaterways.org/>

Cornell Cooperative Extension: 4-H
480 North Main Street
Canandaigua, NY 14424

585-394-3977
Fax: 585-394-0377
<https://cceontario.org/4-h-youth>

Girl Scouts of America - Seven Lakes Council
Route 318
Phelps, NY 14532

315-539-5085
<http://www.girlscouts.org/>

Finger Lakes Visitors Connection
19 Susan B. Anthony Lane
Canandaigua, NY 14424

585-394-3915
1-877-386-4669
<http://visitfingerlakes.com/>

Geneva Recreation Complex
666 South Exchange Street
Office: 47 Castle Street
Geneva, NY 14456

315-789-2277x3
Fax: 315-789-4294
<https://cityofgenevany.com/259/Recreation-Department>

2023 Ontario County Resource Guide

RECREATION (PARKS, CLUBS, EXERCISE)

Geocaching

<http://www.geocaching.com/>

PARKS AND RECREATION BY TOWN/VILLAGE

CANANDAIGUA

http://townofcanandaigua.org/portfolio_page.asp?id=1

Kershaw Park

91 Lakeshore Drive
Canandaigua, NY 14424

Kershaw Park

Bristol Mountain Winter Ski Resort & Waterpark

5662 State Route 64
Canandaigua, NY 14424

585-374-6000

<http://www.bristolmountain.com/>

Greater Canandaigua Civic Center

Ice Skating/Hockey
250 North Bloomfield Road
Canandaigua, NY 14424

585-396-7230

<http://www.gccc.org/>

McJannett Park

4820 State Route 21 South
Canandaigua, NY 14424

http://townofcanandaigua.org/portfolio_page.asp?id=1

Leonard R. Pierce Memorial Park

5655 Goodale Road
Canandaigua, NY 14424

http://townofcanandaigua.org/portfolio_page.asp?id=1

Onanda Park & Beach

4965 County Road 16
Canandaigua, NY 14424

http://townofcanandaigua.org/portfolio_page.asp?id=1

Ontario Pathways Trail

PO Box 996
Canandaigua, NY 14424

585-234-7722

www.ontariopathways.org

Roseland Bowl (Bowling)

4357 Recreation Drive
Canandaigua, NY 14424

585-394-5050

<http://www.roselandbowl.com/>

Roseland Water Park

250 Eastern Boulevard
Canandaigua, NY 14424

585-396-2000

<http://www.roselandwaterpark.com/>

GENEVA

Big Oaks Public Golf Course

33 Packwood Road
Geneva, NY 14456

<http://cityofgenevany.com/>

315-789-9419

<http://www.bigoakgc.com/>

Roy's Marina

4398 Clarks Point
Geneva, NY 14456

315-789-3094

<http://www.roysmarina.net/>

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PARKS AND RECREATION BY TOWN/VILLAGE

Seneca Lake Country Club 315-789-4681
226 Turk Road <http://www.golfnewyork.com/courses/geneva/seneca-lake-cc/>
Geneva, NY 14456

Seneca Lake State Park 315-789-2331
100 Waterloo Geneva Rd <https://parks.ny.gov/parks/>
Geneva, NY 14456

HONEOYE

Sandy Bottom Beach <https://www.visitfingerlakes.com/listing/sandy-bottom-park/320/>
Honeoye, NY 14471

Honeoye State Park <http://www.dec.ny.gov/outdoor/25579.html>
Honeoye, NY 14471

Harriet Hollister Spencer Park 585-335-8111
State Recreation Area <https://parks.ny.gov/parks/harriethollisterspencer/maps.aspx>
6775 Canadice Hill Road
Springwater, NY 14560

NAPLES

Cummings Nature Center 585-374-6160
6472 Gulick Road <http://www.rmssc.org/cumming-nature-center>
Naples, NY 14512

Hi Tor Wildlife Management Area <http://www.dec.ny.gov/outdoor/24439.html>
Naples, NY 14512

Hunt Hollow Ski Club 585-374-5428
8613 State Route 21 South <http://www.hunthollow.com/>
Naples, NY 14512

Reservoir Creek Golf Club 585-374-8010
8613 State Route 21 <https://rcgolf.com/>
Naples, NY 14512

RECREATION PROGRAMS

Bristol Parks and Recreation 585-229-2400
<http://www.townofbristol.org/page.asp?id=59>

Town of Canandaigua: Summer Recreation Program 585-394-1120 x2226
5440 Route 5 & 20 West <http://www.townofcanandaigua.org/>
Canandaigua, NY 14424

Town of Farmington Summer Recreation Program 315-986-8100
1000 County Road 8 https://townoffarmingtonny.com/summer_recreation
Farmington, NY 14425

Geneva Recreation Program 315-789-5005

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47 Castle Street
Geneva, NY 1456

<https://cityofgenevany.com/334/Recreation>

Naples Summer Recreation Program

106 South Main Street
Naples, NY 14512

585-374-2435
<https://naplesny.us/naples-summer-recreation-program/>

Phelps Summer Youth Program

8 Banta Street, Suite 100
Phelps, NY 14532

315-548-3861
<https://www.phelpsc.org/summerprogram>

Summer Recreation Program, Shortsville

6 East Main Street
Shortsville, NY 14548

585-289-6104
<https://villageofshortsvilleny.us/parks.php>

RUNAWAY YOUTH SERVICES

National Runaway Safeline

1-800-786-2929
<http://www.1800runaway.org/>

SEXUALLY TRANSMITTED INFECTIONS (STI)

STI Questions: Call Ontario County Public Health 1-800-299-2995

- In NY State, the following STI's are reported to the health department: **chlamydia, gonorrhea, syphilis, hepatitis B, and HIV.**
 - Every year million persons become infected with an STI.
 - You can't tell by looking if a person is infected with a disease that can be passed to you during sex.
 - The correct and consistent use of condoms decreases the likelihood of getting an STI.
 - Condoms protect against some, but not all sexually transmitted infections.
- HIV testing is a routine for most patients in doctor's offices, emergency rooms, & urgent care centers.

HIV/AIDS RESOURCES

CDC National STD Hotline

1-800-232-4636

Finger Lakes Community Health

601-B West Washington Street
Geneva, NY 14456

315-781-8448
With prior permission office can bill Ontario County Public Health for clients unable to afford STI testing or treatment.

NYSDOH Bureau of STD Control

<http://www.health.ny.gov/diseases/aids/about/prevsup.htm>

NYS HIV/AIDS Hotline (English)

1-800- 541-2437

Planned Parenthood of Central & Western NY

15 Lafayette Avenue
Canandaigua, NY 14424

585-396-9352
This center can bill Ontario County Public Health for clients unable to afford STI testing or treatment.

SUPERVISED VISITATION (COURT ORDERED)

Catholic Charities (Geneva Office)

94 Exchange Street
Geneva, New York 14456

315-789-2235 (Regional)
<http://www.catholiccharitiesfl.org/>

2023 Ontario County Resource Guide

Catholic Charities (Canandaigua Office) 120 North Main Street, Suite 40 Canandaigua, New York 14424	585-394-0190 http://www.catholiccharitiesfl.org/
Child & Family Resources 671 South Exchange Street Geneva, NY 14456	315-781-1491 1-800-881-5786
Child & Family Resources 514 South Main Street Canandaigua, NY 14424	585-919-2476

SUPPORT GROUPS

First Time Around: Mother's Support Group FF Thompson Hospital Birth Center	585-396-6260
Safe Harbor of the Finger Lakes (Domestic violence) 1 Franklin Square Suite 324 Geneva, NY 14456	315-781-1093 1-800-247-7273
La Leche League (Breastfeeding support) PO Box 54 Clifton Springs, NY 14432—No Referral Needed	315-548-7980 http://www.llli.org/
Healthy Families Ontario Resource	315-781-1491 <i>See appendix F for referral forms pages 71-73</i>
Catholic Charities 94 Exchange Street Geneva, NY 14456	315-789-2235 Fax: 315-789-5785 http://www.catholiccharitiesfl.org/
Child & Family Resources 671 South Exchange Street Geneva, NY 14456	315-781-1491 http://www.cfresources.org/
Center for Dispute Settlement	1-800-To-Agree 585-396-0840 http://www.cdsadr.org/
National Alliance on Mental Illness (NAMI) Rochester 346 N. Goodman St Rochester, NY 14607	585-423-1593 https://www.namiroc.org/support-groups

TRANSPORTATION

Regional Transit Service (RTS)	585-394-2250
Fixed Route Service - We offer fixed route services throughout Ontario County. Keep in mind the bus stops shown on RTS Ontario routes are only the major stops. There are additional stops along the route.	1-800-667-2287 http://www.myrts.com/

2023 Ontario County Resource Guide

TRANSPORTATION

Dial-A-Ride Service - within Ontario County. To schedule, call at least 24 hours in advance, Monday- Friday, 9:00am - 3:00pm. You may call up to a week in advance to reserve a ride.	585-394-2250 Call 24 hours in advance
ADA Paratransit Route Deviation - Pick up from any location within ¾ of a mile from the fixed route service; this is called "route deviation". Fares are twice the fixed route fare; discounts do not apply. You may call up to a week in advance to reserve a ride.	585 394-2250 1-800-667-2287 Call 24 hours in advance
Medicaid Transportation Medicaid recipients - rides to medical appointments.	1-855-733-9402
Transit Medical Transportation	585-363-5356
Monroe Ambulance 24 hours/7 days a week – medical, wheelchair, and non-emergency transports	585-454-6211
Greyhound Bus Lines	1-800-231-2222 http://www.greyhound.com/

UTILITY ASSISTANCE

Some utility companies have assistance with preventing utility shut off especially in the winter months. Please contact your utility company for more information.

HEAP (Fuel Cost Assistance)	585-394-4060
NY State Public Assistance	1-800-342-3009

VETERAN SERVICES

Canandaigua VA Medical Center 400 Fort Hill Avenue Canandaigua, NY 14424	585-394-2000 or 800-204-9917 24 hours per day / 7 days per week http://www.canandaigua.va.gov/
24-hour medical advice for enrolled veterans	1-888-838-7890
Crisis Hotline for veterans and their loved ones	1-800-273-8255, Press 1 or Send a text message to 838255 https://www.veteranscrisisline.net/
Ontario County Veteran Services	585-396-4185
Women Veteran Health Program	585-393-7401
Women Veteran National Call Center	1-855-VA-WOMEN or 1-855-829-6636

VICTIM/WITNESS ASSISTANCE SERVICES (ONTARIO COUNTY DISTRICT ATTORNEY)

2023 Ontario County Resource Guide

VICTIM/WITNESS ASSISTANCE SERVICES (ONTARIO COUNTY DISTRICT ATTORNEY)

Main Office

Ontario County Courthouse
27 North Main Street
Canandaigua, NY 14424

585-396-4010
<https://ontariocountyny.gov/1845/Victim-Witness-Assistance-Program>

Co-Locations:

Ontario County Sheriff's Office
74 Ontario Street
Canandaigua, NY 14424

Ontario County Probation Department
3010 County Complex Drive
Canandaigua, NY 14424

VISITING NURSE SERVICES

Finger Lakes Visiting Nurse Service & Ontario-Yates Hospice

756 Pre-Emption Road
Geneva, NY 14456

1-800-253-4439
UR Medicine Home Care Website

Lifetime Care

Home care Services

585-214-1000
1-800-724-1410
<https://www.lifetimecare.org/>

2023 Ontario County Resource Guide

Appendix A: Medicaid Eligibility 2023

<https://www.benefits.gov/benefit/1637>

Who is eligible for New York Medicaid?

To be eligible for New York Medicaid, you must be a resident of the state of New York, a U.S. national, citizen, permanent resident, or legal alien, in need of health care/insurance assistance, whose financial situation would be characterized as low income or very low income. You must also be one of the following:

- Pregnant, or
- Be responsible for a child 18 years of age or younger, or
- Blind, or
- Have a disability or a family member in your household with a disability, or
- Be 65 years of age or older.

Annual Household Income Limits (before taxes)

Household Size*	Maximum Income Level (Per Year)
1	\$18,075
2	\$24,353
3	\$30,630
4	\$36,908
5	\$43,186
6	\$49,463
7	\$55,741
8	\$62,018

*For households with more than eight people, add \$6,277 per additional person. Always check with the appropriate managing agency to ensure the most accurate guidelines.

2023 Ontario County Resource Guide

Appendix B: Supply a Smile

Supply a Smile

Supply a Smile is a local organization associated with *Canandaigua Churches in Action (CCIA)*, serving uninsured residents of Ontario County with free dental services for adults aged 18 and older, and is limited to cleanings, fillings, and extractions. Services are provided by area dental offices.

Contact: 585-376-2242

Email supplyasmile@gmail.com

2022-2023 *Supply a Smile* Schedule

OCTOBER 1st

NOVEMBER 5th

DECEMBER 3rd

FEBRUARY 4th

MARCH 4th

APRIL 1st

MAY 6th

WHEN: Screenings take place on the 1st Saturday of each month from 9 am - 10 am from September thru May (except in January). Patients are seen on a first-come, first-served basis.

WHERE: Supply a Smile does not have a physical office location. We are thankful to the Canandaigua Elementary School staff for allowing us to use their facility for our screenings.

Canandaigua Elementary School Cafeteria
90 West Gibson Street
Canandaigua, NY 14424

2023 Ontario County Resource Guide

Appendix C: Medication/Drug Drop Box Locations

Keep our community and the environment safe! Bring unwanted medications to these locations:



Bristol

Town Hall

Canandaigua

Canandaigua DMV Office
FLCC
Ontario County Mental Health Clinic
Sheriff's Office
Thompson Hospital
Canandaigua City Police Department

Clifton Springs

Clifton Springs Hospital and Clinic

East Bloomfield

Town Hall

Farmington

State Trooper Barracks

Geneva

Police Department

Honeoye

CVS Pharmacy

Naples

Town Clerk's Office

Phelps

Community Center

Shortsville

Fire Department

Richmond

Town Hall

Victor

Mead Square Pharmacy

For more information:
PreventionCoalitionOC.org



2023 Ontario County Resource Guide

Appendix D: Food Pantries in Ontario County

Location	Food Pantry	Phone
Canandaigua	Salvation Army	585-394-6968
	St. Vincent DePaul	585-394-3980
	Hope and Life Pantry	585-393-4310
	Food Link Mobile Pantry	585-328-3380 x155
	New Covenant Baptist Church	585-394-9440
	CCIA Food Pantry	585-396-2242
Bloomfield Bristol Naples	Bristol Community Food Cupboard	585-393-1058
	Naples Open Cupboard	585-369-8142
	The Blessing Room (Bloomfield)	585-657-6199
	Project FISH (W. Bloomfield)	585-453-2370
	Food Link Mobile Pantry	585-328-3380 x155
Victor Farmington	Victor-Farmington Food Pantry	585-924-2720
	Calvary Chapel	585-398-3550
Geneva	Center of Concern	315-789-1117
	Salvation Army Geneva	315-789-1055
	SAVE/Food Link	315-789-7811 x107
Clifton Springs Phelps Shortsville Manchester	St. Felix Food Cupboard (Clifton Springs)	315-462-5647
	Phelps Community Food Cupboard	315-548-8897
	Manchester-Shortsville Twin Cities Food Cupboard	585-289-3046
	Food Link Mobile Pantry	585-328-3380 x155
	Wellsprings Church	315-548-6292
	St. Felix Food Cupboard (Clifton Springs)	315-462-5647
Honeoye	Community Food Pantry	585-229-5911
Stanley	Beacon of Hope at the Circle of Care	585-526-5600
	Friendship House	585-554-6056

***Contact the Pantry's for their services offered, dates of service, and hours of operation.**

Hot Meals	Geneva Community Lunch	315-789-2686 x105
	Gleaners Community Kitchen	585-394-9440
	David's Table	585-394-7450
	Hands of Hope Kitchen	585-749-2694

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Appendix E: Canandaigua Pop-Up Food Pantry 2023 Schedule



**CANANDAIGUA POP-UP
FOOD PANTRY**

FEBRUARY 27, 2023
MARCH 20, 2023
APRIL 24, 2023
MAY 22, 2023
JUNE 26, 2023

**11:00-1:00PM OR UNTIL FOOD
IS GONE**

TOWN OF CANANDAIGUA
HIGHWAY DEPARTMENT BARN
5440 ROUTE 5 & 20
CANANDAIGUA, NY 14424

New Location!



All are welcome.
No public restrooms.
Please do not come/get in line before 10:00 am.
First come, first served.

2023 Ontario County Resource Guide

Appendix F: Food Stamp (SNAP) Eligibility

Who is eligible to receive SNAP benefits?

If your gross income, based on family size, is at or below the amounts in the following charts, you may be eligible for SNAP benefits. But the only way to determine if your household is eligible for SNAP benefits is to apply.

Income Guidelines for Households without Earned Income (no elderly or disabled member)

<https://www.ny.gov/services/apply-snap>

Maximum SNAP Benefit Allowances	
Household Size	Maximum Allotment
1	\$281
2	\$516
3	\$740
4	\$939
5	\$1,116
6	\$1,339
7	\$1,480
8	\$1,691
For each additional member	\$ 211 +
* These figures are based upon SNAP Standards effective October 1, 2023.	
Note: A SNAP budget must be calculated for your household in order to determine SNAP eligibility and benefit amount.	

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Appendix G: Healthy Families Ontario & Child and Family Resources Referral (English and Spanish)

To request a free childcare referral please fill out the referral form (linked below) and either email back to cfr.info@cfresources.org or print and mail to our office:

Child and Family Resources, Inc.,
115 Fall Street
Seneca Falls, NY 13148

Fillable form Online (English):

<https://cfr.clubexpress.com/docs.ashx?id=13155>

Para solicitar una referencia de cuidado de niños gratis por favor, llene este formulario y envíe lo por correo electrónico a cfr.info@cfresources.org o imprima y envíe por correo a nuestras oficinas:

Child and Family Resources, Inc.
115 Fall Street
Seneca Falls, NY 13148

Fillable form Online (Spanish):

<http://documents.clubexpress.com/documents.ashx?key=XMS7u8I2dnmqHfYJnePaHuw%2bcB77dYkRsv7d1XJ2Z3pRVirusGlPSmlSqlDfGO50ltP3Jx0pY0E%3d>

2023 Ontario County Resource Guide

Appendix H: Sharps Collection Sites

Sharps Collection Sites

<https://safeneedledisposal.org/search-results/>
 Call prior to attending a collection site

Location	Address	Contact Phone	Drop Off
Clifton Springs Hospital and Clinic	2 Coulter Rd Clifton Springs, NY 14432	315-462-9561	Hospital Laboratory
Elm Manor Nursing and Rehabilitation Center	210 N Main St Canandaigua, NY 14424	585-394-3883	Lobby
Farmington Urgent Care	1600 Corporate Drive, Farmington, NY 14425	585-924-1510	See Receptionist at Reception Area in Lobby
F.F. Thompson Hospital	350 Parrish St Canandaigua, NY 14424	585-396-6100	24/7 availability, Emergency Ambulatory Entrance
Geneva General Hospital	196 North St Geneva, NY 14456	315-787-4145	24/7 availability, Emergency Department Entrance
Ontario Center for Rehabilitation and Nursing	3062 County Complex Dr Canandaigua, NY 14424	585-396-4385	Lobby

Sharps should be brought to disposal sites in a hard sided plastic container that stays upright (like a laundry detergent bottle), labeled, with the lid taped shut.

2023 Ontario County Resource Guide

Appendix I: Tutors for Medically Fragile Children

What is BOOST?



Boost provides supplementary tutoring for children with cancer and other chronic diseases, which may prevent normal educational development. This group of

teachers will not supplant the tutoring being provided by the school, but will act as a "boost" to a child by helping him/her better understand material being presented at the child's grade level. The goal of Boost is to do all of this with the caring and warmth of an adopted grandparent. Looking out for each child's future Boost keeps an eye on each child's future. Our tutors use their teaching expertise to fill the gap left when traditional schooling is not possible. Keeping the student on-track Boost tutors make every effort to keep the student academically on track with their peers.

How does BOOST work?

Boost does not replace the tutor from the school, but works *with* the teacher, parent and student to provide extra help and encouragement such as:

- Communicating with the teacher as to what assistance can be provided.
- Going to the home once or twice a week.
- Going to the clinic to help with school work.
- Being on-call as progress is made, so that instruction is available whenever your child needs it.

Getting Started

1. The Director meets one-on-one with the parents and child, so all parties can discuss the child's academic needs.
2. The tutor is chosen based on the needs of the child.
3. The tutor meets with the parents and child to set up a schedule and location, as well as to become acquainted with one another.
4. Upon receiving permission from the parents, the tutor communicates with the school in order to coordinate services.
5. The tutor meets with the child once or twice a week as long as tutoring is needed.
6. Each time the tutor works with the child there must be a parent, grandparent, guardian or other responsible adult present at the location of the tutoring.

Complementing Services

Boost complements services provided by the school by helping the child:

- Keep up with school work
- Get back into the swing of school
- Stay at grade level

Get a BOOST!

Call or email Linda Bolan today.
phone: 585-317-7269
email: linda4boost@gmail.com



Qualified • Compassionate • Reliable

"The tutoring farella has received from the Boost tutor has been very helpful. The one-on-one help has given her the extra boost she needed to build confidence in her school-work. Knowing that someone is just a phone call away gives her a sense of security and stops her frustration when she can't figure out a problem on her own. Thank you Boost!"

Kim Carito, parent

Learn more at:
www.boost4kids.com

2023 Ontario County Resource Guide

Appendix J: Immunization Schedule, Children

<https://www.health.ny.gov/publications/2370.pdf>

2022-23 School Year New York State Immunization Requirements for School Entrance/Attendance¹

NOTES:

Children in a prekindergarten setting should be age-appropriately immunized. The number of doses depends on the schedule recommended by the Advisory Committee on Immunization Practices (ACIP). Intervals between doses of vaccine should be in accordance with the ACIP-recommended immunization schedule for persons 0 through 18 years of age. Doses received before the minimum age or intervals are not valid and do not count toward the number of doses listed below. See footnotes for specific information for each vaccine. Children who are enrolling in grade-less classes should meet the immunization requirements of the grades for which they are age equivalent.

Dose requirements MUST be read with the footnotes of this schedule

Vaccines	Prekindergarten (Day Care, Head Start, Nursery or Pre-k)	Kindergarten and Grades 1, 2, 3, 4 and 5	Grades 6, 7, 8, 9, 10 and 11	Grade 12
Diphtheria and Tetanus toxoid-containing vaccine and Pertussis vaccine (DTaP/DTP/Tdap/Td)²	4 doses	5 doses or 4 doses if the 4th dose was received at 4 years or older or 3 doses if 7 years or older and the series was started at 1 year or older	3 doses	
Tetanus and Diphtheria toxoid-containing vaccine and Pertussis vaccine adolescent booster (Tdap)³	Not applicable		1 dose	
Polio vaccine (IPV/OPV)⁴	3 doses	4 doses or 3 doses if the 3rd dose was received at 4 years or older		
Measles, Mumps and Rubella vaccine (MMR)⁵	1 dose	2 doses		
Hepatitis B vaccine⁶	3 doses	3 doses or 2 doses of adult hepatitis B vaccine (Recombivax) for children who received the doses at least 4 months apart between the ages of 11 through 15 years		
Varicella (Chickenpox) vaccine⁷	1 dose	2 doses		
Meningococcal conjugate vaccine (MenACWY)⁸	Not applicable		Grades 7, 8, 9, 10 and 11: 1 dose	2 doses or 1 dose if the dose was received at 16 years or older
Haemophilus influenzae type b conjugate vaccine (Hib)⁹	1 to 4 doses	Not applicable		
Pneumococcal Conjugate vaccine (PCV)¹⁰	1 to 4 doses	Not applicable		

2023 Ontario County Resource Guide

Appendix K: Your Child's First Vaccines

VACCINE INFORMATION STATEMENT

Your Child's First Vaccines: What You Need to Know

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

The vaccines included on this statement are likely to be given at the same time during infancy and early childhood. There are separate Vaccine Information Statements for other vaccines that are also routinely recommended for young children (measles, mumps, rubella, varicella, rotavirus, influenza, and hepatitis A).

Your child is getting these vaccines today:

DTaP Hib Hepatitis B Polio PCV13

(Provider: Check appropriate boxes.)

1. Why get vaccinated?

Vaccines can prevent disease. Childhood vaccination is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.

Diphtheria, tetanus, and pertussis (DTaP)

- **Diphtheria (D)** can lead to difficulty breathing, heart failure, paralysis, or death.
- **Tetanus (T)** causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
- **Pertussis (aP)**, also known as "whooping cough," can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be extremely serious especially in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

Hib (*Haemophilus influenzae* type b) disease

Haemophilus influenzae type b can cause many different kinds of infections. These infections usually affect children under 5 years of age but can also affect adults with certain medical conditions. Hib bacteria can cause mild illness, such as ear infections

or bronchitis, or they can cause severe illness, such as infections of the blood. Severe Hib infection, also called "invasive Hib disease," requires treatment in a hospital and can sometimes result in death.

Hepatitis B

Hepatitis B is a liver disease that can cause mild illness lasting a few weeks, or it can lead to a serious, lifelong illness. Acute hepatitis B infection is a short-term illness that can lead to fever, fatigue, loss of appetite, nausea, vomiting, jaundice (yellow skin or eyes, dark urine, clay-colored bowel movements), and pain in the muscles, joints, and stomach. Chronic hepatitis B infection is a long-term illness that occurs when the hepatitis B virus remains in a person's body. Most people who go on to develop chronic hepatitis B do not have symptoms, but it is still very serious and can lead to liver damage (cirrhosis), liver cancer, and death.

Polio

Polio (or poliomyelitis) is a disabling and life-threatening disease caused by poliovirus, which can infect a person's spinal cord, leading to paralysis. Most people infected with poliovirus have no symptoms, and many recover without complications. Some people will experience sore throat, fever, tiredness, nausea, headache, or stomach pain.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

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Appendix K, Continued

Your Child's First Vaccines, page 2

A smaller group of people will develop more serious symptoms: paresthesia (feeling of pins and needles in the legs), meningitis (infection of the covering of the spinal cord and/or brain), or paralysis (can't move parts of the body) or weakness in the arms, legs, or both. Paralysis can lead to permanent disability and death.

Pneumococcal disease

Pneumococcal disease refers to any illness caused by pneumococcal bacteria. These bacteria can cause many types of illnesses, including pneumonia, which is an infection of the lungs. Besides pneumonia, pneumococcal bacteria can also cause ear infections, sinus infections, meningitis (infection of the tissue covering the brain and spinal cord), and bacteremia (infection of the blood). Most pneumococcal infections are mild. However, some can result in long-term problems, such as brain damage or hearing loss. Meningitis, bacteremia, and pneumonia caused by pneumococcal disease can be fatal.

2. DTaP, Hib, hepatitis B, polio, and pneumococcal conjugate vaccines

Infants and children usually need:

- 5 doses of **diphtheria, tetanus, and acellular pertussis vaccine (DTaP)**
- 3 or 4 doses of **Hib vaccine**
- 3 doses of **hepatitis B vaccine**
- 4 doses of **polio vaccine**
- 4 doses of **pneumococcal conjugate vaccine (PCV13)**

Some children might need fewer or more than the usual number of doses of some vaccines to be fully protected because of their age at vaccination or other circumstances.

Older children, adolescents, and adults with certain health conditions or other risk factors might also be recommended to receive 1 or more doses of some of these vaccines.

These vaccines may be given as stand-alone vaccines, or as part of a combination vaccine (a type of vaccine that combines more than one vaccine together into one shot).

3. Talk with your health care provider

Tell your vaccination provider if the child getting the vaccine:

For all of these vaccines:

- Has had an **allergic reaction after a previous dose of the vaccine**, or has any **severe, life-threatening allergies**

For DTaP:

- Has had an **allergic reaction after a previous dose of any vaccine that protects against tetanus, diphtheria, or pertussis**
- Has had a **coma, decreased level of consciousness, or prolonged seizures within 7 days after a previous dose of any pertussis vaccine (DTP or DTaP)**
- Has **seizures or another nervous system problem**
- Has ever had **Guillain-Barré Syndrome** (also called "GBS")
- Has had **severe pain or swelling after a previous dose of any vaccine that protects against tetanus or diphtheria**

For PCV13:

- Has had an **allergic reaction after a previous dose of PCV13, to an earlier pneumococcal conjugate vaccine known as PCV7, or to any vaccine containing diphtheria toxoid** (for example, DTaP)

In some cases, your child's health care provider may decide to postpone vaccination until a future visit.

Children with minor illnesses, such as a cold, may be vaccinated. Children who are moderately or severely ill should usually wait until they recover before being vaccinated.

Your child's health care provider can give you more information.

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Appendix K, Continued

Your Child's First Vaccines, page 3

4. Risks of a vaccine reaction

For all of these vaccines:

- Soreness, redness, swelling, warmth, pain, or tenderness where the shot is given can happen after vaccination.

For DTaP vaccine, Hib vaccine, hepatitis B vaccine, and PCV13:

- Fever can happen after vaccination.

For DTaP vaccine:

- Fussiness, feeling tired, loss of appetite, and vomiting sometimes happen after DTaP vaccination.
- More serious reactions, such as seizures, non-stop crying for 3 hours or more, or high fever (over 105°F) after DTaP vaccination happen much less often. Rarely, vaccination is followed by swelling of the entire arm or leg, especially in older children when they receive their fourth or fifth dose.

For PCV13:

- Loss of appetite, fussiness (irritability), feeling tired, headache, and chills can happen after PCV13 vaccination.
- Young children may be at increased risk for seizures caused by fever after PCV13 if it is administered at the same time as inactivated influenza vaccine. Ask your health care provider for more information.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call 9-1-1 and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call 1-800-822-7967. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call 1-800-338-2382 to learn about the program and about filing a claim.

7. How can I learn more?

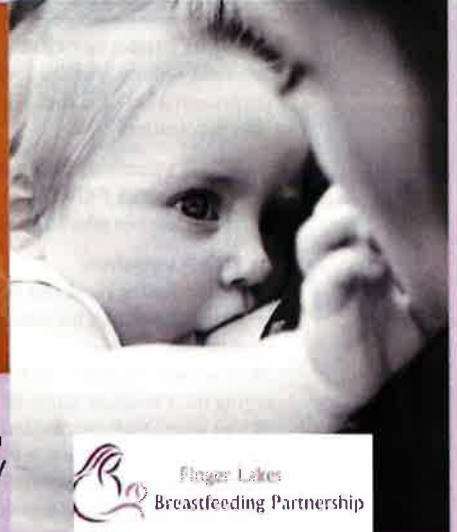
- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call 1-800-232-4636 (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/vaccines.



2023 Ontario County Resource Guide

Appendix L: Breastfeeding Resources

Breastfeeding Resources Brochure Page 1 (English)



**EVERY PARENT
NEEDS A LITTLE
SUPPORT**

Reliable Websites

New York State Department of Health
<http://www.health.ny.gov/community/pregnancy/breastfeeding/>

Office of Women's Health
<http://www.womenshealth.gov/breastfeeding/>

Centers for Disease Control and Prevention
<https://www.cdc.gov/breastfeeding/index.htm>

La Leche League International
www.llli.org

WIC
<https://wicworks.fns.usda.gov/>

WHERE TO FIND US

(585) 396-4558

www.facebook.com/FLBreastfeeding

christy.richards@ontariocountyny.gov



BREASTFEEDING RESOURCES

in the
Finger Lakes

