

FREE RESOURCES FOR FAMILIES IN ONONDAGA COUNTY



FOOD & OTHER BASIC NEEDS



Baby Clothing & Supplies

Sankofa Reproductive Health & Healing Center

2331 South Salina Street, Syracuse, NY 13205
(315) 920-2787 • sankofaheals.com

New Hope Family Services Care Corner

3519 James Street, Syracuse, NY 13206
(315) 437-8300 • newhopefamilyservices.com

Disposable Diapers

cnydiaperbank.org/families

Parents receive 50 free diapers per child/month at several walk-in locations around the city and through partnering agencies. Check the website above for distribution sites in your area.

Food Bank of Central New York

(315) 437-1899 • foodbankcny.org

Free food distribution across the city. Enter your home address in the website's "Food Finder" to locate the distribution site closest to you.

Food \$en\$e Program

foodbankcny.org/our-programs/food-sense-program

Stretch your food budget by purchasing quality food at a discounted price. Monthly boxes include 12-15 staple grocery items. Check the website to find participating sites across Onondaga County.

Women, Infants & Children (WIC) Program

(315) 435-3304 • ongov.net/health/WIC.html

Nutritional counseling/education, breastfeeding support, referrals, and food benefits for pregnant, breastfeeding and postpartum mothers, infants, and children up to age 5.

EARLY LEARNING SUPPORTS



Early Head Start / Head Start

eclkc.ohs.acf.hhs.gov/center-locator

Provides free learning, development, health, and family services/supports to low-income families and children from birth to age 5. Visit the website above to locate the program closest to you.

Dolly Parton's Imagination Library

(315) 706-6924 • onliteracy.org/enroll-a-child

Children birth through age 5 receive a free book in the mail once a month. Register at the website above.

Help Me Grow Onondaga

Call 2-1-1 & Ask for Help Me Grow • helpmegrowny.org

Developmental questionnaires, referrals to early childhood services and supports, assistance with basic needs (formula and diapers), and free developmental enrichment bags (with completion of a questionnaire).

Onondaga County Public Libraries

(315) 435-1900 • onlib.org

Children aged 5 and older may apply for a library card (with parental accompaniment) at any of the county's 30+ public libraries.

SCSD Universal Prekindergarten Program (UPK)

(315) 435-4276 • syracusecityschools.com

Effective standards-based instruction for preschoolers (3 and 4 year olds) and comprehensive services for their families. Half and full day sessions available.

Talk, Read, Sing Onondaga

facebook.com/TalkReadSingOnondaga

Free "Brain Builder" tote bags for parents/caregivers with children birth through age 5.

PARENTING IS HARD, BUT YOU **DON'T** HAVE TO DO IT ALONE.

CHILD CARE SERVICES



Child Care Solutions

(315) 446-1220 x303 • childcaresolutionscny.org

Provides referrals for high quality child care and shares information about regulations, costs, and possible resources for financial aid. To download the Parent Guide to Finding High Quality Child Care, visit childcaresolutionscny.org/download-our-parent-guide.

Onondaga County Child Care Assistance Program

(315) 435-5683 • ongov.net/dss/childcare

Covers most (or all) of the cost of care for qualifying families. Call/visit the website for more info or to apply.

HOME VISITING SUPPORTS



Catholic Charities

ccoc.us/parent-education-programs

Offers a variety of home visiting programs - Better Beginnings, ParentChild+, Family Advocacy Program - aimed at promoting school readiness, improving parent wellness, and strengthening parent-child relationships. Call (315) 475-9844 x17 for more information.

Healthy Families Home Visiting Program

(315) 435-2000 • onhealthyfamilies.com

Free home visits to pregnant women, new moms, and their babies. Visits include health screenings, family planning, nutrition, baby care, growth and development, and other maternal child health topics.

FINANCIAL SERVICES



PEACE, Inc. Free Tax Prep Program

315.634.3756 • peace-caa.org/programs/taxes

Provides year-round tax prep assistance for individuals and families with a household income under \$60,000.

Syracuse Financial Empowerment Center

(315) 474-1939 x5 • syr.gov/Syracuse-FEC

Free financial counseling on subjects such as setting goals, reducing debt, increasing savings, building credit, student loans, tax relief, banking, and more.

CHILD & HOME SAFETY



Child Passenger Safety Program

(315) 424-1800 • ccoc.us/parent-education-programs

Free car seats for income eligible families who complete safety training through Catholic Charities of Onondaga County. Call to register for the next available class.

Healthy Neighborhoods Program

ongov.net/health/env/healthy-neighborhoods.html

Free home safety checks (air quality, fire hazards, lead, slip/trip/fall hazards, etc.), pest control, asthma education, and safety supplies (carbon monoxide and smoke detectors, fire extinguishers, etc.) for Syracuse residents. Call (315) 435-5431.

PARENT SUPPORTS



Catholic Charities

ccoc.us/parent-education-programs

Offers a wide variety of programs - Lullaby League, Incredible Years, Circle of Security, and more - aimed at strengthening parent-child relationships and supporting development. Call (315) 475-9844 x17 for more info.

Children's Consortium

(315) 471-8331 • childrensconsortium.org

Provides parenting education to caregivers, parents and grandparents of children birth to 18 years of age, with a focus on positive methods of discipline, communication, and family functioning.

Early Childhood Alliance Parent Partners

(315) 627-2704 or (315) 627-2705

Parenting and early learning tips. Connections to basic needs (formula, diapers, food) and early childhood services/supports. Assistance monitoring child development and finding child care.

Thriving, Not Just Surviving

(315) 627-2706

A group for women with children ages 5 and under to link up, learn, and lead. Fun activities, learning opportunities, food, and stipends provided.