

We can meet where it's convenient to you — at home, online, or out in the community!

FREE & Confidential!

- Breastfeeding support & education with Certified Lactation Counselors
- Help Quitting Smoking—smoking cessation while earning free diapers
- 1:1 parenting education
- Childbirth Education
- Prenatal care
- Transportation for appointments (case by case basis)
- Family planning
- Help accessing breast pumps, car seats, and Pack n Plays

Helping women and infants live healthier lives!



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Connection to resources in the community to meet a wide variety of needs:

- Health insurance
- Finding a doctor
- SNAP & WIC
- Support for substance use disorders
- Health screenings
- Housing resources
- Mental health & depression support

We're here for you - Let's talk!

Every message gets a response—always as soon as possible!

Hours ~ Mon—Fri, 8:30 to 4:30 *with flexibility*

Oswego Health Center

10 George Street (*outside, right rear door*)

Phone: 315-342-0888 x 6

Confidential Fax: 315-207-2754

Text: 315-602-6043 Email: options@cco.org

facebook.com/0Coptions

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