

HOME HEALTH CARE

ARISE, Consumer-Directed Personal Assistance Program (ext 214).....	342-4088
Home Health Services.....	349-3548
Hospice Care (For terminally ill).....	349-8259
Public Health Nursing Service.....	349-3548
Seniors Helping Seniors	720-4441

MENTAL HEALTH/COUNSELING SERVICES

Adult Mental Health (Catholic Charities) Step by Step Wellness & Peer Advocacy.....	598-3980
ARISE Mental Health	298-5726
Center for Therapeutic Healing (http://therapeutichealingcny.com)..... (Clinical therapy, anger management, couples workshops, youth recreation therapy groups)	382-5684
Child Advocacy Center	592-4453
Contact –Syracuse (free 24 hour counseling Children & Adults)	251-0600
Family Partners & Counseling	342-0033
Integrative Counseling Services, Inc. (Dr. Jodi Mullen)..... Insurance list changes so you need to call for insurance information	342-4471
Information & Referral (Onondaga County).....	435-8300
Liberty Resources Kinship Program..... Medicaid/Child Health Plus; Temporary assistance for needy families Work with preschool children All services come through the Department of Social Services	598-4642
Oswego Hospital, Mental Health Services.....	343-8162
Oswego County Opportunities Mental Hygiene Services..... Developmental Disabilities, Day Habilitation, Chemical Dependency	598-4710
Oswego County Veterans Agency.....	591-9100

OSWEGO COUNTY HEALTH DEPARTMENT

Main Switchboard.....	349-3545
Diabetes Screening (1 st Thurs. of month 9-12)	
Hypertension Screening Clinic	
Immunization Clinics (Oswego-Fri. 12:30 – 3:30 pm) – (Pulaski – Fri. 9 – 11:00 am)	
Physically Handicapped Children’s Program	
Prenatal Services	
Public Health Nursing Services	
Sexually Transmitted Disease Clinic (Mon. 2:00 pm)	
TB Clinic	
Children with Special Needs.....	349-3500
Environmental Health.....	349-3557
Home /Long Term Care Nursing.....	349-3548
Hospice.....	349-8259
Immunization Clinic.....	349-3547
Pulaski – 1 st and 3 rd Fridays 9:00 AM-11:00 AM	

OTHER HEALTH RESOURCES

AIDS Community Resource.....	475-2430
AIDS Hotline.....	1-800-592-0830
Cancer (Information Service).....	1-800-422-6237
Growing Up Healthy.....	1-800-522-5006
Office for the Aging.....	349-3484
Women, Infants, Children Supplemental Food Program (W.I.C.).....	343-1311
Toll Free.....	1-888-730-3803
Rabies Vaccine Clinic –OCHD.....	349-3547
Animal Bite.....	349-3564

PREGNANCY/CHILDBIRTH

Crisis Pregnancy Center Hotline	343-7147
Family Planning Health Centers:	
Mexico (Wednesdays)	963-0815
Pulaski (Friday only)	298-4878
Lamaze Childbirth (Oswego Hospital).....	349-5572
LaLeche League Oswego (breastfeeding program).....	343-4046
Oswego County Adolescent Pregnancy Prevention and Service Project ...	963-4361
Oswego County Pregnancy Care Center	343-4866
OPTIONS - Teen Pregnancy and Teen Parenting Program	598-6664
Mom's Program	349-3391
Oswego County OB/GYN. (Not PCAP)	343-2590
Pregnancy Care Program/Public Health	435-2000
Women, Infants, Children Supplemental Food Program (W.I.C.)	343-1311

PRESCHOOLS - NURSERY SCHOOLS - DAY CARE

Head Start Office	598-4711
Toll Free.....	1-800-359-1171
Low Income Day Care Subsidy (DSS)	963-5000
Toll-free:.....	1-888-963-5377

ALTMAR/PARISH/WILLIAMSTOWN

Parish Community Preschool	625-4682
Williamstown Community Preschool	964-1132

CENTRAL SQUARE

A.A. Cole PTO Pre-K.....	623-9823
BASCOL	622-4815
Brewerton Community Child Care	668-7444
Sunny Days Pre-K.....	676-4379

MEXICO

Little Steps, Mexico.....	963-7113
Pinnacle School.....	963-3680
Oswego County Child Care Council.....	343-2344
A community resource for education, training, information and referral	
Low Income Day Care Subsidy.....	963-5456
Applications taken at Office of Employment & Training	
Success by Six	593-1900

RECREATION

Amboy 4-H Environmental Education Center.....	963-7286
ARISE at the Farm (Chittenango).....	687-6727
Camp Hollis.....	349-3451
Camp Zerbe	349-3451
CYO	598-3980
Central New York Girl Scout Council	698-9400
Fort Ontario State Historic Site	343-4711
Haldane Center	298-5274
Pulaski/Richland Summer Recreation and Skating Rink	
Hiawatha Council – Boy Scouts	463-0201
Summer Recreation Programs:	
Town of Constantia @ David Webb Memorial Park.....	623-9206
Village of Central Square/ Town of Hastings Recreation.....	668-2558
Town of West Monroe.....	668-8314
Local Libraries:	
Brewerton(Onondaga County Public Library)	676-7484
Central Square.....	668-6104
Parish.....	625-7130

Mexico.....963-3012
 Camden.....245-1980
 Young Life/Wylde Life – Central Square..... 882-7959 and www.younglife.org
 Dee Kerby, Director younglife.central.square@gmail.com
 (Middle & HS Students; groups meet every Tuesday after school until late buses & Friday evenings 6:30 – 8:00 pm)

SENIOR SERVICES

Experience Works.....963-5223
 For 55 and over with limited work experience
 OCO Nutrition Services.....598-4712
 Meals on Wheels, Dining and Activity Centers, OCO-RIDES medical transportation)
 Office for the Aging..... 349-3484
 Retired Seniors Volunteer Program (RSVP) 341-2317
 Seniors Helping Seniors 720-4441
 Social Security Office..... 1-800-772-1213

SUBSTANCE ABUSE SERVICES

County of Oswego Council on Alcoholism.....342-2370
 Alcoholics Anonymous.....463-5011
 Or 471-0191
 OCO Arbor House (Alcohol Halfway House).....564-5506
 Harbor Lights.....963-0777
 Farnham Substance Abuse Treatment & Prevention.....342-4489
 Narcotics Anonymous Info Line.....472-5555
 Anonymous Drug Tip Line.....1-888-511-8997
 STOP DWI in Oswego County.....349-3210

SUPPORT GROUPS

Alzheimer’s Support Group.....	1-800-272-3900	
(4 th Monday at 7 pm at the Universalist Church, Central Square)		
Anorexia-Bulimia Support Office (M-F 8:30-5:00)	445-1975	
Non-emergency calls can leave message on answering machine after 5:00		
ARISE		
(Central Square – call Oswego to make appointment within the local area).....	342-4088	
(Pulaski)	298-5726	
Aurora of CNY, Inc. (Visually & Hearing Impaired Services).....		422-7263
Fax Number	422-4792	
Bereaved Parent Group (Hope for Bereaved)	475-4673	
General support group, suicide support, youth groups and one on one counseling		
Child Advocacy Center	592-4453	
FADD (Families with Attention Deficit Disorder)	216-6425	
or	343-9562	
Relatives Raising Relatives	598-3980	
Liberty Resources.....	598-4642	
Domestic Violence & Sexual Abuse Groups (Oswego County Opportunities)	342-1600	

TRANSPORTATION

Medical Transportation

A & E Medical Transportation.....	343-2804
Oswego County Opportunities, Inc.—Medical Rides.....	598-4713
Veteran’s DAV Van	425-4352

Public Transportation

Oswego County Opportunities Inc. www.oco.org/transportation.htm	598-4713
Toll Free.....	1-877-484-3287
Trailways Bus Line.....	1-800-858-8555
Pete’s Taxi Service (County Route 37).....	676-2777

VETERINARY SERVICES

Allstate Wild Life Control (Oswego County)	488-0634
Animal Ark Veterinary Hospital	623-9842
Highland Animal Hospital.....	676-7387
North County Veterinary Services	298-5141
Oswego County Humane Society	207-1070
United Friends of Homeless Animals.....	298-4733

OTHER SERVICES

Bureau of Vital Statistics (Birth Certificates, City of Oswego births only).....	342-8114
County Clerk’s Office.....	349-8385
Motor Vehicle Bureau – Pulaski	298-6521
National Grid	1-800-932-0301
Volunteer Opportunity Services (OCO)	598-4712 Ex. 1807
Retired Seniors Volunteer Program (RSVP)	341-2317
Seniors Helping Seniors.....	720-4441
Office of Emergency Management (Oswego County)	591-9150
Oswego County Coop. Ext. (Nutrition/Education).....	963-7286
Oswego County Board of Elections	349-8350
Oswego County Offices (General Information).....	349-3400
Toll Free.....	1-800-596-3200
Traffic Safety Board	343-2344
Veteran’s Service Agency.....	591-9100
or.....	343-0394