

FREE RESOURCES FOR FAMILIES IN ONONDAGA COUNTY



FOOD & OTHER BASIC NEEDS



Central New York Diaper Bank 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.

New Hope Family Services (315) 437-8300 • newhopefamilyservices.com/pick-up

Free baby supplies (diapers, wipes, and formula) and clothing for children under age 5. Call or complete the form at the website above to make a request.

Sankofa Reproductive Health & Healing Center (315) 920-2787 • sankofaheals.com

Free essential items for pregnant and postpartum families (diapers, wipes, children's clothing, etc.) available weekly at Wellness Wednesday. Call for more info.

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 5.

EARLY LEARNING SUPPORTS



Early Head Start / Head Start headstart.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/imagination-library

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 filled with early literacy resources for parents/caregivers with children birth through age 5.

NEED HELP? DON'T KNOW WHERE TO START? CALL 2-1-1 & ASK FOR HELP ME GROW.

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/services/capacity-building-services/parent-education-programs

Offers a variety of home visiting programs aimed at promoting school readiness, improving parent wellness, and strengthening parent-child relationships. Call (315) 362-7544 for more info.

Healthy Families Home Visiting Program

(315) 435-2000 • onhealthyfamilies.com

Free home visits to pregnant and parenting families with babies up to two years old. Visits include health screenings, family planning, nutrition, baby care, growth and development, and other maternal child health topics.

Sankofa Reproductive Health & Healing Center

(315) 920-2787 • sankofaheals.com

Community-based doula care, breastfeeding, and abortion doula care. In home and virtual support for families at any stage of preconception, pregnancy, and postpartum. Individualized childbirth and breastfeeding education.

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

ccoc.us/services/capacity-building-services/parent-education-programs

Free car seats for income eligible families who complete safety training through Catholic Charities of Onondaga Cty. Call (315) 424-1800 to register for the next class.

Healthy Neighborhoods Program

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

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

PARENT SUPPORTS



Catholic Charities

ccoc.us/services/capacity-building-services/parent-education-programs

Offers a wide variety of programs aimed at strengthening parent-child relationships and supporting development. Call (315) 362-7544 for more info.

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.

REACH CNY

(315) 424-0009 • reachcny.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.

Sankofa Reproductive Health & Healing Center

(315) 920-2787 • sankofaheals.com

Individual and group classes for postpartum and parenting families. Newborn care and parent education. Virtual CoMothering gathering for new moms. Essential resources, including diapers and wipes, available weekly at Wellness Wednesday. Call for more info.

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.