

BETTER BABY CARE CAMPAIGN

ROCKLAND COUNTY CONNECTIONS FOR PREGNANT WOMEN AND FAMILIES OF INFANTS AND TODDLERS

HEALTH, SAFETY and OTHER SERVICES – (Call to see if you qualify for some services)

- If you need referrals to health and human services available in Rockland, InfoRock is your single point of contact. Call specialists are available 8am – 8pm, Monday thru Friday to assess your specific needs and make appropriate referrals. Call 364-2020.
- If you want free, confidential information about families and babies call 2-1-1. (Multi-lingual)
- If you have a Medical Emergency call: 911. Poison Control: 1-800-336-6997.
- If you need health insurance for your child, call: 364-3312.
- If you are worried about your child's development, call: Rockland County Early Intervention 364-2620.
- If you need free immunizations for your child, call: 364-2520.
- If you want help with breastfeeding, call: La Leche League 365-3917
Nyack Hospital 348-2676
Good Samaritan Hospital Resource Center 368-8270
- If you are having a problem caring for your child because of drugs or alcohol, call: 348-6760 or 358-HELP.
- If you need a car seat or help to install one, call: SafeKids 368-5405.
- If you feel as if you may hurt yourself or someone else, call: The Crisis Center 364-2200.
- If you feel you or your child may be in danger because of violence in your home, call: 634-3344.
- If you need a free nutrition program for pregnant women and children under 5 (WIC), call: 364-2577.
- If you need child care and early education information, call: Child Care Resources of Rockland 425-0009.
- If you need childbirth and newborn care classes call: Good Samaritan Hospital 368-8230
Nyack Hospital 348-2639
- If you need food stamps and emergency food, call: 364-3100.
- If you feel overwhelmed and need some support to help care for your baby, you can reach Preventive Services for Families at 364-2020.
- If you need baby clothes, call: Birthright 623-9098.
- If you would like to learn more about pregnancy, parenting and child development or want to participate in groups for parents of infants and toddlers, call:
 - ❖ EPIC (Every Person Influences Children) 352-9105.
 - ❖ Family Resource Centers – 627-5437
 - ❖ Local Libraries – See folder for List
 - ❖ March of Dimes – 1-888-MODIMES
 - ❖ Mothers/Fathers Morning Out – 348-2676
 - ❖ Rockland-Parent Child Center – 358-2702
 - ❖ Volunteer Counseling Services (VCS) – 634-5729
 - ❖ Birthright - 623-9098
- If you want to get a “Head Start” for your child's education call: Head Start of Rockland 942-4609 or
CIC Early Head Start 354-4118
- If you are looking for women's health services call: Nyack Hospital's Pre-natal Clinic - 348-2550
Planned Parenthood – 1-800-230-PLAN
Women's Health Services – 364-2531

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