

Walking with Moms in Need 2021 Resource Directory Watertown, NY

Pregnant and parenting moms in need are in our parishes and our neighborhoods. As Pope Francis reminds us, our parishes need to be “islands of mercy in the midst of the sea of indifference.” Everyone in the parish community should know where to refer a pregnant woman in need. Inspired by St. John Paul II’s call to assess our efforts in building a culture of life, the intention of Walking with Moms in Need is to increase our outreach to pregnant and parenting women facing difficulties. To assist you and your parish community we share this directory and a link to the directory on line. www.catholicwatertown.org

For more information about the USCCB sponsored program
Walking with Moms in Need,
visit www://walkingwithmoms.com

Table of Contents

Pregnancy Resources	5
Private Medical Practices	5
General Health Related Resources.....	8
Household & Housing Assistance	11
Child Care Programs.....	16
Job Training.....	17
Family and Parenting Education.....	19
Legal Support	20
Other Community Resources/Service Organizations	21

Why “Walking with Moms in Need” is important

When the angel Gabriel first appeared to Mary, she was troubled and confused at the unexpected news, yet faithfully embraced God’s plan for her life. As a young, unmarried, pregnant woman, Mary would face many challenges. Today, mothers facing an unexpected pregnancy may have trouble recognizing the great gift God has given them. Concerns about a lack of material and financial resources, as well as physical and emotional support systems often crowd their minds and their hearts. Fear and anxiety can push women to believe that abortion is their only option. As Catholics, we know that abortion is never the answer for a woman in need. During challenging periods in our lives, we all need the care and support of others. For a pregnant woman in need, the real, tangible support of others can allow her to see a way forward. Knowing she is not alone can allow her to open her heart to God’s plan and choose life.

Abortion can often be seen as a partisan and political issue which can deter Catholics from participating in pro-life initiatives and activities. Feedback indicates that a parish focus on help for pregnant and parenting moms in need can be a *unifying* message. It can initiate or improve upon the collaboration of those working in various parish ministries and move the conversation from what sometimes seems like a partisan divide into pastoral unity.

Despite how courts and legislatures may treat abortion in the future, our pastoral response must continue to focus on the needs of women facing unexpected or challenging pregnancies. *Walking with Moms in Need* is a response to Pope Francis’ repeated challenge to go to the margins and bring hope and help to those in need.

Listing in this directory does not mean the agency has an endorsement from the Catholic Church. This is simply an effort to gather information on resources available to assist young women and their families facing a crisis. Neither is it meant to be an all inclusive listing of resources.

Pregnancy Resources

North Country Perinatal Council

200 Washington Street, STE 300
Watertown, NY 13601
315-788-8533
NCPPC.org
Education, referrals
M-F 8 am to 4 pm

Elizabeth Ministry

c/o Pastoral Center
123 S. Massey Street
Watertown, NY 13601
315 921-2806
catholicwatertown.org/elizabeth-ministry

Elizabeth Ministers are women who have experienced the joys and sorrows of life related to child bearing. We offer encouragement, hope and healing on issues related to childbearing, sexuality and relationships. Please be sure to leave a message when you call our phone line. This is an entirely volunteer ministry.

Private Medical Practices

Comprehensive Women's Health

622 Washington Street
Watertown, NY 13601
315-788-2003
Pregnancy care, GYN services
M-F 8:30 am to 5 pm Appointment only
Deliver at Carthage Area Hospital & Samaritan Medical Center

Fort Drum OB/GYN

826 Washington Street
Watertown, NY 13601
315-785-4624
Pregnancy care, GYN services
M-F 7 am to 4 pm Appointment only
Deliver at Samaritan Medical Center military families only

Wise Women

172 Clinton Street
Watertown, NY 13601
315-782-6262
womenshealth.to
GYN care only
M-F 8 am to 4 pm

Women's Wellness & Breast Care

1575 Washington Street
Watertown, NY 13601
315-785-4155
samaritanhealth.com
Pregnancy care, GYN services
M-F 8:30 am to 5 pm Appointment only
Physicians & Midwives, deliver at Samaritan Medical Center

Women's Way to Wellness

117 N Mechanic Street
Watertown, NY 13601
315-493-3100
carthagehospital.com
Pregnancy care, GYN services
M-F 9 am to 5 pm Appointment only
Deliver at Carthage Area Hospital

Community Hospitals

Carthage Area Hospital

1001 West Street
Carthage, NY 13619
315-493-1000
carthagehospital.com
Emergency care, outpatient and inpatient care, laboratory, radiology

Lewis County General Hospital

North State Street
Lowville, NY 13367
315-376-3200
lcgh.net
Emergency care, outpatient and inpatient care, laboratory, radiology

River Hospital

4 Fuller Street

Alexandra Bay, NY 13607

315-482-2511

riverhospital.org

Emergency care, outpatient and inpatient care, laboratory, radiology

Samaritan Medical Center

830 Washington Street

Watertown, NY 13601

315-785-4000

samaritanhealth.com

Emergency care, outpatient and inpatient care, laboratory, radiology

Birth Center

Wellness & Birthcenter

121 Market Street

Potsdam, NY 13676

315-261-4370

MidwifeSunday.com

Out of hospital prenatal care and birth for low risk mothers

Call for an appointment

Other Resources

WIC

238 Arsenal Street

Watertown, NY 13601

315-782-9222

northcountryfamilyhealth.org

Diet & nutrition education, lactation support, food vouchers, food banks

M-F 8 am to 6 pm

Located at North Country Family Health Center

North Country Family Health Center

238 Arsenal Street

Watertown, NY 13601

315-782-9450

northcountryfamilyhealth.org

Adult, newborn, child health care. Health & Nutrition education

M-F 8 am to 6 pm Sat 8 am to 12 pm

General Health Related Resources

Catholic Charities

44 Public Square
Watertown, NY 13601
315-788-4330
cathcharities.org
Counseling, case management, parenthood education, financial assistance
M-F 8:30 am to 12 pm 1:00 to 4:00 pm

Cerebral Palsy of NNY

167 Polk Street
Watertown, NY 13601
315-403-4879
cpnorthcountry.org
Provide comprehensive, accessible health and human services to low income, medically underserved or people with disabilities
M-F 8 am to 4 pm
Jefferson, St Lawrence and Franklin counties

Family Counseling Services of NNY

531 Washington St, Ste 4124
Watertown, NY 13601
315-782-4483 FAX: 315--785-9210
fcsnny.org/services
Individual/family/couple counseling, parent education, anger management, domestic violence, PTSD
M-F 9 am to 6 pm Appointment only

Jefferson County Department of Social Services

250 Arsenal Street
Watertown, NY 13601
315-782-9030
co.jefferson.ny.us/ SocialServices
Day care assistance, adult services, financial assistance, supplemental nutrition assistance,
Tax preparation, Medicaid
M-F 8:30 am to 5 pm July & August: M-F 8:30 am to 4 pm

Transitional Living Services of NNY

7550 South State Street

Lowville, NY 13367

315-376-5450

tlsnny.com

Behavioral health & wellness, adult and child case management

M/F 8 am to 4:30, T/W/T 8 am to 6 pm

Lewis County

Transitional Living Services of NNY

482 Black River Parkway

Watertown, NY 13601

315-782-1777 24/7 315-405-0696

tlsnny.com

Behavioral health & wellness, adult and child case management

M 8am to 6:30 pm T-F 8 am to 4:30 pm

Jefferson County

United Way of NNY

200 Washington Street

Watertown, NY 13601

315-788-5631

unitedway-nny.org

Assists with improving lives of low income families in Jefferson, Lewis and St Lawrence counties

Local Food Pantry or Food Assistance Programs

Community Action Planning

518 Davidson Street

Watertown, NY 13601

315-782-4900

capcj.org

supports and empowers people through diverse programs designed to alleviate poverty, promote self-sufficiency and advance community prosperity.

M-F 8 am to 5 pm

Food Distribution Center

223 JB Wise Place

Watertown, NY 13601

315-782-9450

North Country Children's Clinic

Food Stamps Department

250 Arsenal Street
Watertown, NY 13601
315-782-9030
co.jeffersonny.ny.us

You may apply in person at the Jefferson County Department of Social Services or at myBenefits.
M-F 8:30 am to 5 pm

Grace Food Pantry

Church Street
Gouverneur, NY 13642
315-287-7656
foodpantries.org

Provides listings of food pantries and information on: food closets, food banks, soup kitchens, congregate meal locations, food boxes, and vouchers.

Opened on Thursday 9 am to 12 pm

Non-profit, donations and volunteers

Lowville Food Pantry

7646 Forest Ave
Lowville, NY 13367
315-376-7431
lowvillefoodpantry.org

Established to meet the emergency food needs of individuals and families having a food hardship and to aide during natural and man-made emergencies.

M-F 9 to 11:30 am By appoinment only

Rohde Center Food Pantry

2 East Church Street
Adams, NY 13605
315-232-2621
foodpantries.org

Food pantry, food sense, food co-op, fresh foods

M, Th, F: 9:30 am to 12:45 pm Tues 11:00 am to 2:30 pm 3:00 pm to 6:45 pm

The Salvation Army

723 State Street

Watertown, NY 13601

315-785-5582

salvationarmy.org

Led by Salvation Army Officers who are responsible to lead by assessing needs, delivering programs and directing ministries for the local community.

M-S 10 am to 7 pm

VEM Food Pantry

495 S Washington Street, PO BOX 566

Carthage, NY 13619

315-493-1341

carthagevem@gmail.com

Food pantry

M 9 am to 12 pm F 9 am to 12 pm

(VEM) Village Ecumenical Ministries

Watertown Urban Mission

247 Factory Street

Watertown, NY 13601

315-782-8440

Food pantry, food sense, dollar dinners, Meals on Wheels, critical needs

M-F 8:30 am to 4:30 pm, closed 12-1 pm

Closes at 4 pm July and August

Household & Housing Assistance

Community Action Planning Council of Jefferson County

518 Davidson Street

Watertown, NY 13601

315-782-4900

capcj.org/programs

Weatherization assistance program, housing and energy services, fair housing

M-F: 8 am to 5 pm Call for appointment

Habitat for Humanity

1 Paddock Arcade
Watertown, NY 13601
315-785-0308
habitat.org

Habitat for Humanity is a partnership, not a giveaway program—Habitat’s families buy the houses that Habitat builds and renovates, invest hundreds of hours of their own labor working alongside volunteers. Habitat for Humanity houses are affordable to low-income families around the world.
Call for appointment

Housing Assistance Program

749 LeRay Street
Watertown, NY 13601
315-788-0193
lewiscountyoportunities.com

The most common programs are home rehabilitation assistance and first time home buyer assistance.
M-F 8 am to 4 pm

Impossible Dream

247 Factory Street
Watertown, NY 13601
315-782-0090
Donated clothing and household items
May-Oct: M-F 9 am to 7 pm, S 9am to 6 pm, Sun 12 pm to 5 pm.
Nov-April M-S: 9 am to 6 pm, S 12 to 5 pm

Jefferson County Department of Social Services

250 Arsenal Street
Watertown, NY 13601
315-782-3000
jefferson.ny.us/ socialservices
HEAP: Home Energy Assistance Program
M-F 8:30 am to 5 pm July & August: M-F 8:30 am to 4 pm

Neighbors of Watertown

112 Franklin Street
Watertown, NY 13601
315-782-8497 FAX: 315-782-0102
angelica@neighbors of watertown.com
Assistance with rental/housing, education for first time buyers
M-F: 7:30 am to 6 pm

North Country Affordable Housing

118 Franklin Street

Watertown, NY 13601

315-785-8684 FAX: 315-782-0102

northcountryaffordablehousing.com

Mobile home replacement, owner occupied rehabilitation, rental assistance

M-F 7:30 am to 6 pm Appointment only

Low to middle income families

Transitional Living Services of NNY

7550 South State Street

Lowville, NY 13367

315-376-5450

tlsnny.com

Support housing, case management

M/F 8 am to 4:30, T/W/T 8 am to 6 pm

Lewis County

Transitional Living Services of NNY

482 Black River Parkway

Watertown, NY 13601

315-782-1777 24/7 315-405-0696

tlsnny.com

Residential services, support/homeless housing, case management

M 8 am to 6:30 pm T-F 8 am to 4:30 pm

Jefferson County

Watertown Housing Authority

142 Mechanic Street

Watertown, NY 13601

315-782-1251

info@whany.org

Provides assistance for affordable, safe housing

Hours vary, please call for an appointment

Drug & Alcohol Abuse Counseling

Alcoholics Anonymous

44 Public Square
Watertown, NY 13601
315-788-2280
aajci.org
Fellowship with others to stop drinking
Use website to find scheduled meetings

ANCHOR Recovery Center of NNY

241 State Street
Watertown, NY 13601
315-836-3460
anchorrecovery center.com
Community-based program that provides support in a substance-free environment where peers can assist each other in their recovery journey
M,T W 8 am to 7 pm T, F 8 am to 4 pm

Army Substance Abuse Program(ASAP)

Building 10250 Fourth Armored Division Drive
Fort Drum, NY 13602
315-772-6704
asap.army.mil
Provides education and early intervention for commanders, civilian supervisors, and installation community to promote healthy lifestyles
M-F 7:30 am to 4 pm

CREDO Community Center

595 W Main Street
Watertown, NY 13601
888-585-2228
info@credocc.com
Assessment, telehealth, individual/group therapy, peer advocacy, referrals, residential programs, addiction/psychotropic assessment and medications
M, W, F: 6:30 am to 5 pm T&T: 6:30 am to 7 pm Sat: 6:30 to 11:30 am

PIVOT Alcohol and Substance Abuse Council of Jefferson County, Inc.

167 Polk Street #320
Watertown, NY 13601
315 788-4660

jcasac.com

Specializes in the treatment of alcoholism, opioid addiction, substance abuse, and mental health
M-F 8:00 AM – 4:00 PM to schedule an appointment.

Samaritan Behavioral Health Services

1575 Washington Street
Watertown, NY 13601

315-779-5060 Addiction: 315-779-5074

samaritanhealth.com

Individual/group counseling, couple/family counseling, play therapy,
sexual abuse, Inpatient/outpatient services

Call for appointment

Hotline: 315-785-4516

Watertown Behavioral Counseling & Rehab

53 Public Square #102
Watertown, NY 13601

315-557-0880

sober-initiative.com

Assists in guiding individuals to counselors and treatment facilities.

Opened daily from 7:00 am to 10:00 pm

Child Care Programs

Community Action Planning Council of Jefferson County

518 Davidson Street

Watertown, NY 13601

315-782-4900

capcj.org/programs

Head Start, child care resource and referral, registration of child care providers, food & nutrition programs, child development programs

M-F: 8 am to 5 pm Call for appointment

Family YMCA

514 Washington Street

Watertown, NY 13601

315-755-1208

watertownymca.org

Childcare for children 6 weeks to four years of age in a safe, caring, and fun environment. Certified eco-friendly facility.

Apply on line. Fees vary depending on child's age.

Jefferson County Department of Social Services

250 Arsenal Street

Watertown, NY 13601

315-782-3000

[co.jefferson.ny.us/ SocialServices](http://co.jefferson.ny.us/SocialServices)

Child protective services, foster parent program, ongoing child programs, child support, PINS program, financial assistance

M-F 8:30 am to 5 pm July & August: M-F 8:30 am to 4 pm

Job Training

Community Action Planning Council of Jefferson County

518 Davidson Street
Watertown, NY 13601
315-782-4900
capjc.org/programs
Tax preparation, Ready to Work,
M-F: 8 am to 5 pm Call for appointment

Jefferson/Lewis BOCES Adult & Continuing Education

20104 NYS RTE 3
Watertown, NY 13601
315-779-7000 315 779-7220
BOCES.com

The mission within the New York State Education Department is to promote, develop, and support adult education programs with the goal of providing adult students with successful pathways and transitions to post secondary education, apprenticeship training, and the workforce where lifelong careers begin. Call for more information

Technical and academic training go hand-in-hand as both high school students and adults experience high quality programs

Watertown City Civil Services

245 Washington St, Room 201
Watertown, NY 13601
315-785-7733
watertown-ny.gov

Hire, train and retain skilled and capable individuals, without bias and based on merits.
M-F 8:30 am to 4:30 PM

The Work Place

1000 Coffeen Street
Watertown, NY 13601
315-786-3651
co.jefferson.ny.us/theworkplace

One-stop center for employment related services. Job seeking assistance, workshops and use of a resource room.

M-F 8:30 am to 4:30 PM Call for appointment

Adoption Agencies

Adoption Star

131 John Muir Drive

Amherst, NY 14228

315-703-7511

adoptionstar.com

Open/closed adoption support/counseling, medical expense assistance,
resources and referrals, home studies

Call for appointment

The House of the Good Shepherd

26515 NYS Route 3

Watertown, NY 13601

315-782-8064

HGS-Utica.com

Foster care and preventive services, educational and residential services

Please call for information

Jefferson County Department of Social Services

250 Arsenal Street

Watertown, NY 13601

315-782-3000

ocfs.ny.gov

Adoption services, foster parent program, child protection program

M-F 8:30 am to 5 pm

July & August: M-F 8:30 am to 4 pm

Family and Parenting Education

North Country Perinatal Council

200 Wahington Street, STE 300

Watertown, NY 13601

315-788-8533

NCPPC.org

Parent education, referrals

M-F 8 am to 4 pm

Family Counseling Services of NNY

531 Washington St, Ste 4124

Watertown, NY 13601

315-782-4483 FAX: 315--785-9210

fcsnny.org

Parent education and counseling

M-F 9 am to 6 pm Appointment only

Domestic Violence/Sexual Assault/ Child Abuse

Victims Assistance Center

418 Washington Street

Watertown, NY 13601

315 782-1823

vacjc.com

Provides service to all individuals in our community who are impacted by violence or crime through advocacy, education, and emotional support.

Legal Support

Court Approved Special Advocates

500 Washington St #5124

Watertown, NY 13601

315-785-9210

resolution-center.net

Advocates for abused and neglected children in the Family Court system to assist with permanent placement.

M-T 8 am to 4 pm Call for an appointment

Jefferson County Bar Association

307 State Street

Carthage, NY 13619

315-493-6619

Legal Aid Society of Mid-New York, INC

215 Washington St, Ste 202

Watertown, NY 13601

315-955-6700

lasmny.org

Domestic violence and sexual assault, disability, foreclosure, Elder Law, Farmworkers Law, free clinics,

M-F: 9 am to 5 pm Call for appointment

Resolution Center of Jefferson and Lewis Counties, INC

500 Washington St #5124

Watertown, NY 13601

315-785-9210

resolution-center.net

Provides alternative dispute resolution services for Jefferson and Lewis County citizens through the use of trained staff and volunteers

M-T 8 am to 4 pm Call for an appointment

Other Community Resources/Service Organizations

American Red Cross

203 N Hamilton St
Watertown, NY 13601
315 782-4410
redcross.org
Hours may change under current circumstances

American Legion Post 61

138 Sterling Street
Watertown, NY 13601
315 788-0911
Welcomes veterans from all branches of armed forces

The ARC - Jefferson & St. Lawrence

380 Gaffney Drive
Watertown, NY 13601
315 788 -2730
thearcjslc.org

Children's Miracle Network of NNY

Samaritan Medical Center 830 Washington Street
Watertown, NY 13601
315 779-6696 315 785-4053
samaritanhealth.com/cmn
Making miracles happen for children in Jefferson, Lewis and St. Lawrence Counties

Cornell Cooperative Extension of Jefferson County

203 N. Hamilton Street
Watertown, NY 13601
315 788-8450
ccejefferson.org

Disabled Person Action Organization

617 Davidson Street
Watertown, NY 13061
(315) 782-3577 (800) 533-2859
dpao.org

Provide quality and effective individualized services to developmentally disabled children and adults in Jefferson and Lewis Counties. The services are primarily geared toward helping families cope with the stress of caring for their disabled loved ones.

Elizabeth Ministry

c/o Pastoral Center
123 S. Massey Street
Watertown, NY 13601
315 921-2806

catholicwatertown.org/elizabeth-ministry

Elizabeth Ministers are women who have experienced the joys and sorrows of life related to child bearing. We offer encouragement, hope and healing on issues related to childbearing, sexuality and relationships. Please be sure to leave a message when you call our phone line. This is an entirely volunteer ministry

ELKS Lodge 496

728 Bradley Street
Watertown, NY 13601
315 788-1270

elks496.org

Civic membership organization

Italian American Civic Association

192 Bellew Avenue
Watertown, NY 13601
315 782-1080

iacawatertown.com

Civic membership organization

Knights of Columbus Council 259

870 Arsenal Street
Watertown, NY 13601

kfc259.org

Catholic Men's membership organization

Lions Club

728 Bradley Street
Watertown, NY 13601
315-782-2589

e-clubhouse.org

Best known for fighting blindness, but we also volunteer for many different kinds of community projects - including caring for the environment, feeding the hungry and aiding seniors and the disabled.

Literacy Volunteers of NNY

200 Washington Street
Watertown, NY 13601
315 782-4270
literacynny.org

Mental Health Association of Jefferson County

425 Washington Street
Watertown, NY 13601
315 788-0970
mentalhealthjc.org

Rotary Club of Watertown

200 Washingtgon Street suite 409
Watertown, NY 13601
315 782-3381
Civic membership organization

Salvation Army

723 State Street
Watertown, NY 13601
315 782-4470
empire.salvationarmy.org/EmpireNY/watertown

Salvation Army Thrift Store

20886 State Route 3
Watertown, NY 13601
315 785-5582

VFW Baren-Jones Post 1400

231 Bellew Avenue
Watertown, NY 13601
315 788-2945
Nonprofit service organization for USA military veterans

Victims Assistance Center

418 Washington Street

Watertown, NY 13601

315 782-1823

vacjc.com

provides service to all individuals in our community who are impacted by violence or crime through advocacy, education, and emotional support.

Watertown Catechetical Board

Special Education Program

1 Sterling Place

Watertown, NY 13601

315 782-0030

specreled.org

Watertown Family YMCA

119 Washington Street

Watertown, NY 13601

315 782-3100

watertownnymca.org

,