

# Women's Resources

(updated October 2014)

**“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter many defeats, so you can know who you are, what you can rise from, how you can still come out of it”**

**- Maya Angelou**

## Crisis Intervention

### **Alternatives for Battered Women**

**232-7353**

Offers support and information for women in abusive relationships. 24- hour hotline, emergency shelter, counseling, support groups, children's services, family court services, education, etc.  
phone: 232-7353, (TTY) 232-1741 [www.abwrochester.org/](http://www.abwrochester.org/)

### **Restore Sexual Assault Services( formally rape Crisis Service)**

**1-800-527-1757**

24 hour confidential hotline. Provides crisis intervention and support, support through medical treatment, accompaniment through legal processes, short-term counseling, etc.  
phone: 546-277 or toll-free 1-800-527-1757  
Planned Parenthood, 114 University Ave, Rochester, NY 14605

### **Safe Journey**

**425-1580**

A non-residential resource and support center located in Fairport, NY, that serves women rebuilding their lives after domestic abuse and violence. Services include: safety planning, individual counseling, community resource coordination, resettlement support, life skills training, community and teen violence/abuse prevention education, and more.  
Fairport NY  
Mon. – Thurs. 9-5.

## Pregnancy and Families

### **292-BABY Community**

**292-BABY**

Talk free to a Registered Nurse from 7:00 am to midnight, any day. NON-EMERGENCY questions answered by professionals who would love to talk to you about your children and babies. In case of an emergency, please call 911. (For Spanish speakers, please call during regular business hours Monday through Friday)  
phone: 292-2229 [www.292baby.org](http://www.292baby.org)

### **BirthRight of Rochester**

**1-800-550-4900**

A free, confidential support service available to any woman who may be pregnant and in need of help in determining an appropriate course of action. Birthright services include: free pregnancy tests, friendship and emotional support, childbirth classes, mentoring, maternity/infant clothing and referrals (depending on circumstances, appropriate housing, medical, adoption, legal and financial support is identified and contact arranged).  
320 N. Washington St., Suite 116 Rochester, New York 14625  
Mon-Fri 10-5pm  
phone: 385-2100 National 24-hour Hotline: 1-800-550-4900  
<http://birthright.org/en/landingpage/lp-rochesternymain>

**Effective Black Parenting Program**

12-Week parenting workshops based on the Effective Black Parenting curriculum provides the tools, options and techniques to be an effective parent from an African American perspective. Free childcare and transportation assistance may be provided upon request.

To register call Gloria Aponte (585)-428-6889.

<http://www.cityofrochester.gov/blackparenting/>

**Healthy Moms****368-3490**

Provides moms with the support they need to reach their full potential as a parent and as an individual. Eligible mothers are pregnant women and women with children under the age of two years old. Services include pregnancy education classes, On-site mental health counseling and wellness groups, and "Project Independence" Job Training Program.

Unity Health Systems, St. Mary's Campus

89 Genesee St, Rochester. NY

Phone: 368-3490

**New Journey, Judicial Process Commission****325-7727**

Service Coordinators and mentors link pregnant women or women with children 12 and below exiting the Monroe County Correctional Facility with housing, treatment, education/employment, baby items, identification, mentor, employment related legal services and therapeutic group support.

1921 Norton St. 14609

Contact: Sue Porter, 325-7727

**Nurse Family Partnership Program****753-KIDS**

Free home visits during pregnancy and babies 1<sup>st</sup> and 2nd year from Community Health Care Nurses. Eligible women are 32 weeks pregnant or less and have no more than one other child. Referrals for other clients considered on a case-by-case basis.

691 St. Paul St., 4<sup>th</sup> floor, Rochester NY

fax: 585-753-5272 phone: 585-753-5437

[www.monreocounty.gov](http://www.monreocounty.gov)

**Women's Care Center****865-0360**

Serves women involved with unplanned pregnancies. Offers free and confidential services including: pregnancy tests; information about pregnancy, abortion, fetal development, etc.; referrals (ultrasound, medical, legal, financial, adoption); abortion recovery support and counseling. Provide maternity & baby supplies (including diapers, formula, baby equipment, clothes, etc.) if available – call 865-0360 to schedule pickup.

Monday, Wednesday, Friday 12-4.

3252 Lake Ave. Rochester NY

**YWCA - Teen Services****546-5820**

Teen Services include one-on-one counseling with school-age parents and mentoring to help teens who are pregnant or parenting graduate and look to the future. Open to pregnant and parenting young women at the following Rochester City School District high schools: Charlotte, East, Edison, Franklin, Jefferson, Marshall, Young Adult Evening High School, and Young Mothers & Interim Health Academy. Short-term child care is available to all mothers who participate in YWCA programs.

YWCA of Rochester & Monroe County. 175 N. Clinton Ave, Rochester NY

[info@ywcarrowchester.org](mailto:info@ywcarrowchester.org), [www.ywcarrowchester.org](http://www.ywcarrowchester.org)

## Medical

### **Outreach Community Center**

**328-0887**

The community clinic assists individuals in accessing medical information and find a primary physician and offers referrals to specialists and other regional hospitals. Fully comprehensive medical care or prescription medications may be offered.

447 Genesee St., Rochester NY 14611

### **St. Joseph's Neighborhood Center**

**325-5260**

A non-profit, government qualified Monroe County clinic. Patients qualify for sliding scale costs based on their income or insurance status. A phone interview is required prior to becoming a client at St. Joseph's.

417 South Ave., Rochester New York 14620

### **UR Well Student Outreach (Asbury First United Methodist Church)**

**271-1050**

Free Walk-in Clinic on Thursday nights (6-9 pm) with U of R medicine students and community physicians. Patients are seen on a first come, first served basis. 1st Thursday of every month work/school physicals are offered for those who qualify, dermatologists on site every 3rd Thursday.

### **Women's Initiative Supporting Health – Transitional Clinic (WISH)**

**353-9490**

Connects women 18 years and older recently released from Monroe County jail or NY state prison with needed medical health services, including mental health services. Offers some primary medical care, including medical exams, prescriptions and referrals. Referrals directed to Precious Bedell, Project Health Counselor (353-9490), [precious\\_bedell@urmc.rochester.edu](mailto:precious_bedell@urmc.rochester.edu).

2613 West Henrietta Road, Rochester, NY 14623

[www.urmc.rochester.edu/psychiatry/wishtc/](http://www.urmc.rochester.edu/psychiatry/wishtc/)

### **Trillium Health**

**585-545-7200**

A community based health care provider. Provides HIV testing and prevention, general practitioners, and women's gynecological services among other services.

259 Monroe Ave. Rochester NY, 14607

Toll Free: 1-800-266-9292 Health Services After Hours: 585-258-3363

## Support Groups

### **Kairos Outside**

**436-4114**

Free retreats for women ex-offenders or women that have family/friend who have been incarcerated. The retreat team include local Christian clergy. Retreats begin Fri. nights and conclude Sun. afternoon. Funds to cover child care may be provided (case by case basis only).

Church of Love – Rochester, 30 Waring Road, Rochester, New York, 14609

Contact: 585-436-4114 Maurva, [m.d.gibson@frontiernet.net](mailto:m.d.gibson@frontiernet.net)

### **Step By Step of Rochester, Volunteers of America**

**402-7256 or 402-7212**

Assists women who are incarcerated or who have been or who are at risk of being incarcerated. Life History classes, 8 weeks at Albion Correctional Facility.. Monroe County Corr. Facility workshops include: Parenting, Choices and Life History. Groups focus on gifts and strengths through women telling their personal story and goal setting. Workshops available at VOA include Re-entry Family Circles.

214 Lake Avenue, BLDG C, Rochester, NY

Contact : Sally Kohler 402-7256 or Julie Burke, Dir. 402-7212

**Turning Points Family Center****328-0856**

An information center for families whose lives are touched by incarceration. Meet Saturdays from 10-12 at St. Stephan Episcopal Church.

St. Stephan Episcopal Church, 350 Chili Ave, Rochester NY  
[turningpoints4families@frontier.com](mailto:turningpoints4families@frontier.com)

**Wesley's Mothers (Support Group)**

An anonymous meeting for mothers of incarcerated children. Meetings are every Tuesday from 2:30-4:00 pm at Spiritus Christi Church.

Spiritus Christi Church, 121 N Fitzhugh St, Rochester NY  
phone: 489-5559 (Eileen), 563-7802 (Donna)

**Housing****Bethany House****454-4197**

Must apply before released from prison/jail and must follow rules including: eat dinner at 6:00 PM with others, no drug or alcohol use and curfew at 9 PM Sunday-Thursday and Friday and Saturday 10 PM. Limit 1 stay per year per client. They accept mothers and children when space is available.

1111 Joseph Ave., Rochester, NY

Contact: Donna Ecker 454-4197 fax 730-8042, [rbethan1@rochester.rr.com](mailto:rbethan1@rochester.rr.com)

**Hope House/Salvation Army****697-3430**

Transitional housing for homeless women or women coming out of jail or prison.

506 West Broad Street Rochester, NY

Contact: Claudette Fuller 697-3430, Fax 697-3450.

**Jennifer's House/Spiritus Christi****288-1074**

Housing for women and children. Support groups at Monroe County Jail and a Support Group provided at Jennifer's House, Tuesday nights from 6:30 to 8 PM for mothers and kids, transportation provided. (call Delena to attend 288-1074)

934 Culver Rd., Rochester, NY

Contact: Delena Harper 288-1074, [scpojs@frontiernet.net](mailto:scpojs@frontiernet.net)

**Out of Darkness/Christian Fellowship****232-3777**

Housing for women (and their kids) exiting the Monroe County Correctional Fac. Women enrolled in outpatient treatment that are clean may apply also.

169 ST. Bridget's Dr., Rochester, NY

Contact: Sonya, 232-3777

**RAIHN: Rochester Area Interfaith Hospitality Network****506-9050**

Provides emergency shelter for families w/ children under the age of 18.

34 Meigs Street, Rochester, NY

Contact: Nancy Elliot P: 506-9050 fax (same as #)

**Sojourner House****436-7100 Ext 110**

Housing for homeless women & children or for those exiting the Monroe County Jail. Pre-release help for women from Monroe County Corr. Facility.

30 Millbank St., Rochester, NY 14609

Contact: 436-7100 Ext 110; 436-7497fax

**Steppingstone Supportive Living - YWCA****368-2225**

Steppingstone Supportive Living offers housing for women and their children during recovery treatment for Alcohol and Substance Abuse. Program offers both individual and group counseling and weekly skill-building workshops and referrals to community resources such as health care and vocational training. Short-term child care is available to all mothers who participate in YWCA programs. This is not a treatment program. Contact: Amy 546-5820 phone, fax 232-3540.

YWCA, 175 N. Clinton Ave, Rochester NY

[info@ywcarocheater.org](mailto:info@ywcarocheater.org), [www.ywcarocheater.org](http://www.ywcarocheater.org)

**Women's Place (address confidential) – Catholic Family Center****436-5452**

Women's Place, with 19-bedrooms, provides shelter for single women and women with children.

Contact: Brenda Rumph P: 436-5452 Fax 436-2158

**YWCA – Housing****546-5820**

Offers short-term emergency and longer-term transitional housing, including single rooms at the N. Clinton location and apartments at Vermont Manor. Vermont Manor is managed by Keynote Property at 325-2752. Short-term childcare is available to all mothers who participate in YWCA programs.

Contact: Carrie Michael-Winne 546-5820 fax: 546-1077

Or Supervising Case Manager: Sharon Johnson 368-2296.

[info@ywcarocheater.org](mailto:info@ywcarocheater.org), [www.ywcarocheater.org](http://www.ywcarocheater.org)