



REACH  CNY

Q: What is OPTIONS?

A: OPTIONS is a free and voluntary program to help women of childbearing age and their families

OPTIONS' workers can:

- ◆ Work one-on-one with you to help you achieve your goals
- ◆ Connect you to community services
- ◆ Help you find health insurance
- ◆ Advocate for you and your family to receive appropriate services
- ◆ Educate on pregnancy, parenting, life skills, etc.
- ◆ Assist with school, work, housing, and referrals
- ◆ Go with you to appointments

Name: _____ Date of Birth: _____

Address: _____

City: _____ Zip Code: _____

Primary Phone: _____ Cell Phone: _____

Can we leave a message? Yes No Email: _____

Please check all that apply below:

I am:

Pregnant Parenting Planning a pregnancy Not planning to become pregnant
 Not sure if I am pregnant

I could use some help with:

getting health insurance connecting to services in community information about my child's health
 finding answers to health questions getting to appointments school, GED, work
 finding a regular doctor for me or my family information for a healthy pregnancy housing
 learning about and/or obtaining birth control

Please have an OPTIONS worker contact me:

Print Name: _____ Date: _____

Signature: _____ Best way to contact me: _____

Please contact an *OPTIONS* Worker today!

18 East Cayuga Street, Midtown Plaza Oswego NY 13126
phone: 315-342-7532, Fax: 315-342-7554, Text: 315-297-8228
Email: options@oco.org

