



Oswego Health Center  
10 George Street  
(Right Side Entrance)  
Oswego, NY 13126



## Health and Pregnancy Care Services for Women and Infants in Oswego County

- ◆ Do you need health insurance?
- ◆ Do you have medical issues/  
concerns and need help getting  
medical care?
- ◆ Are you pregnant and feeling  
overwhelmed?
- ◆ Have you recently had a baby?
- ◆ Do you suffer from Depression or  
Addiction?
- ◆ Do you need Birth Control?
- ◆ Are you a teenager who is sexually  
active, or thinking of becoming  
sexually active?

Pre-conception, Pregnancy,  
Prenatal & Postpartum Care

Breastfeeding

Safe Sex — Family Planning

Smoke Free for Baby & Me

Plus help with Breast Pumps

Car Seats — Diapers

Pack-n-Plays...and More!

For more information or to sign  
up for services:

Phone: 315-342-0888 x 6

Confidential Fax: 315-207-2754

Text: 315-297-8228

Email: [options@oco.org](mailto:options@oco.org)

For more information or to sign  
up for services,  
Please contact an **OPTIONS**  
Specialist today!

**OPTIONS** is FREE and  
Confidential!

REACH  CNY

Resources, Education, Advocacy,  
and Collaboration for Health



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