

# OPTIONS

Helping women and infants  
live healthier lives!

## Highlights of OPTIONS -

- Breastfeeding support & education with Certified Lactation Counselors
- Help quitting smoking — smoking cessation while earning free diapers
- 1:1 parenting education
- Childbirth education
- Transportation to appointments (case by case)
- Help accessing breast pumps, car seats, and Pack-n-Plays
- Connection to community resources



## FREE & Confidential!

we can meet where it's convenient to you — at home, online, or out in the community!



# OPTIONS

Connection to resources in the community to meet a wide variety of needs:

- Health insurance
- Finding a doctor
- Health screenings
- Prenatal care
- Family planning
- SNAP & WIC
- Support for substance use disorders
- Housing resources
- Mental health & depression support

We're here for you - Let's talk!  
Every message gets a response—  
always as soon as possible!

Hours ~ Mon—Fri. 8:30 to 4:30  
*with flexibility*



[facebook.com/OCOptions](https://www.facebook.com/OCOptions)

Text: 315-602-6043

Phone: 315-342-0888 x 6

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

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