

Are you...

Pregnant?

need info?



Parenting?

have questions?

**In need of a
doctor for
yourself or
your child?**



REACH CNY's Maternal and Child Health Services Directory is for you! Visit www.reachcny.org and click the **Get Help Now button to find this, and other information on:**

- Childbirth classes
- Childcare resources
- Healthcare providers for the whole family
- Breastfeeding support
- Many more ways to keep your family healthy and happy!

REACH  CNY

REACH CNY

Serving Cayuga, Madison,
Onondaga and Oswego Counties

www.reachcny.org

(315) 424-0009

toll free: 1-888-295-8662

Who We Are:

REACH CNY is a Not For Profit organization centrally located in Syracuse, NY and serving pregnant and parenting families and Health and Human Services Professionals in Cayuga, Madison, Onondaga, and Oswego counties.

Our Mission:

To provide resources, education, advocacy, and collaboration for a healthier Central New York.



How Can We Help You?



REACH CNY wants to help your family stay healthy and happy! We offer free online and community-based support, and easy-to-read info about

pregnancy, birth, breastfeeding, parenting, safe sleep, and more. Get in touch— our contact info is at the top of the page— and let us know how we can help you!

- Visit REACH CNY online at www.reachcny.org
- Like what we do? Tell us about it at facebook.com/REACHCNY.
- Call REACH CNY M -F, 8:30 am—5:00 pm