

Pregnancy Assistance

Catholic Charities, Public Health Departments, and the WIC programs offer education to expecting mothers along with additional assistance programs for low income expecting mothers.

Birthright

This organization provides services to women who are facing an unplanned pregnancy including testing, counseling, and education. The offices listed below serve multiple counties.

Website: www.birthright.org

Albany County

586 Central Ave.
Albany, NY 12206

Ph: 518-438-2978

Saratoga County

40 Front St.
Ballston Spa, NY 12020

Ph: 518-885-4117

Schenectady County

164 Lafayette St.
Schenectady, NY 12305

Ph: 518-370-1532

Warren County

22 Central St.
Glens Falls, NY 12801

Ph: 518-792-6539

Comprehensive Prenatal-Perinatal Services Network

Services are provided to uninsured/underinsured women to promote healthier pregnancies and infants through education, counseling, and referral services.

Upper Hudson Primary Care Consortium Greater Adirondack Perinatal Network

9 Carey Rd.
Queensbury, NY 12804
P.O. Box 357
Glens Falls, NY 12801

Ph: 518-761-0300 Ext. 219

Fax: 518-480-0100

Email: azanghi@medserv.net

Community Cradle-Maternal Infant Network

324 Broadway, 2 EComm Square
Albany, NY 12207

Ph: 518-426-1153

Fax: 518-426-1237

Planned Parenthood

Services through this organization are offered on a sliding scale fee program and most types of insurance are accepted. Planned Parenthood offers a wide variety of maternal services and also offers services for the sexually active, including education and testing.

Albany County

Upper Hudson Planned Parenthood

855 Central Ave
Albany, NY 12210

Ph: 518-434-5678

Fax: 518-434-0732

Columbia County

Upper Hudson Planned Parenthood

190 Fairview Ave.
Hudson, NY 12534

Ph: 518-828-4675

Fulton County

Planned Parenthood Mohawk Hudson, Inc.

400 North Perry St.
Johnstown, NY 12095-1115

Ph: 518-736-1911
Fax: 518-736-1923

Montgomery County

Planned Parenthood Mohawk Hudson, Inc.

4803 State Hwy 30
Amsterdam, NY 12010

Ph: 518-842-0285
Fax: 518-627-0009

Rensselaer County

Planned Parenthood Mohawk Hudson, Inc.

200 Broadway, Suite 201
Troy, NY 12180

Ph: 518-274-5640
Fax: 518-274-5646

Saratoga County

Planned Parenthood Mohawk Hudson, Inc.

1673 Route 9
Clifton Park, NY 12065

Ph: 518-383-1783
Ph: 518-383-1786
Fax: 518-383-2312

236 Washington St.
P.O. Box 5029
Saratoga Springs, NY 12866

Ph: 518-584-0041
Ph: 518-584-0070
Fax: 518-581-2524

Schenectady County

Planned Parenthood Mohawk Hudson, Inc.

1040 State St.
Schenectady, NY 12307

Ph: 518-374-5353
Ph: 518-374-5385
Fax: 518-374-8234

Schoharie County

Planned Parenthood Mohawk Hudson, Inc.

109 Legion Dr.
Cobleskill, NY 12043

Ph: 518-234-3325
Ph: 518-234-1768
Fax: 518-234-4277

Warren County

Planned Parenthood Mohawk Hudson, Inc.

135 Warren St.
Glens Falls, NY 12801

Ph: 518-792-0994
Fax: 518-745-5946

**Washington County
Planned Parenthood Mohawk Hudson,
Inc.**

11 Quaker St.
Granville, NY 12832

Ph: 518-642-1590
Ph: 518-642-3277
Fax: 518-642-3061

**Additional Services
Medicaid Obstetrical and Maternal
Services (MOMS) Program
Cohoes Family Care**

95 Remsen St.
Cohoes, NY 12048

Ph: 518-235-7282
Fax: 518-235-4274

This program provides pregnancy testing, counseling and referral, education, and assistance in selecting an obstetrician or midwife. Bilingual services and transportation assistance are also provided.

Prenatal Care Assistance Program

Ph: 1-800-522-5006
This program provides health care for low income pregnant women lasting at least 2 months after birth. The services offered include routine check-ups and testing, hospital care during pregnancy and delivery, counseling, assistance in applying for other relevant services, and healthcare for the infant for at least 1 year after birth.

Albany County
The Family Life Center
20 Elm St.
Albany, NY 12202

Ph: 518-465-0241
Website: www.familylifecenter-albany.org

The Family Life Center offers support and guidance to new and expecting parents as well as maternal and child health programs.

**Schenectady County
Bellevue Woman's Care Center**

2210 Troy Rd.
Niskayuna, NY 12309

Ph: 518-346-9410

The Woman's Care center offers free programs to assist and guide women who are choosing to breastfeed their newborns. Additional educational programs are offered for a fee including childbirth classes, sibling education classes, and parenting class, including how to identify if a newborn is sick and infant CPR.

**Teen Parents Mentoring Program
Ruth Lightcap**

550 Ontario St.
Schenectady, NY 12306

Ph: 518-785-8753
Ph: 518-810-4490
Fax: 518-783-5094

Email: ruthlighcap@cdyfc.org

This is a Christian based program that matches pregnant teens with a Christian mentor that guides them through their pregnancy and becoming a parent. This program also offers peer support groups and activities, assistance in locating community programs, and educational seminars.

Rensselaer County

Alight Care Center

500 Federal St., Suite 200

Troy, NY 12180

Ph: 518-270-5540

Fax: 518-271-0580

Email: office@alight.org

Website: www.alight.org

This service provides free testing and education for individuals who are expecting a child. Some educational courses are provided at a fee.

Additional programs for low income parents and expecting parents include free diapers to eligible individuals, free infant clothing, and a reward program to assist in purchasing baby furniture. Programs are also offered for parents of older children and people seeking to avoid becoming parents. This program services individuals outside Rensselaer County as well.

The Mommy Project

Kelly Duheme

1300 Massachusetts Ave.

Troy, NY 12180

Ph: 518-268-5999

Fax: 518-268-5997

This is a free program to women under 22 who are pregnant and in the Seton System. This program provides education and support to assist young mothers in preparing for their infants arrival.