

Oswego County Wellness



Healthy Kids

Health, Safety, & Wellness

Oswego YMCA
342-4870
www.oswegoymca.org

Fulton YMCA
598-9622
www.fultonymca.com

Jobs & Money

Job Readiness & Employment Opportunities

Oswego Co Workforce NY
591-9000
www.yourcareerconnection.org

OCO Youth Services
342-7532
www.oco.org/youth

Depression & Suicide Prevention

Risk Factors, Interventions & Services

Oswego Hospital Behavioral Services
343-8162
www.oswegohealth.org

Catholic Charities
598-3980

www.jasonfoundation.com/student.html
www.sprc.org
www.kidshealth.org

Alcohol, Tobacco, & Other Drugs

Prevention, Interventions, & Treatment

Farnham Family Services
342-4489
www.farnhaminc.org

COCOA
342-2370

Tobacco Free Network
343-2344

Tobacco Free Network Smokers Quitline
1-866-NYQUITS
www.nysmokefree.com

Teen Pregnancy, HIV, STDs

Information, Guidance, & Counseling

Adol. Pregnancy
Prevention Program
963-4361

OCO Health Educ.
598-4715
www.oco.org/health

OCO Options
342-7532
www.oco.org/youth

Prenatal Care Assist. Program
349-5800
www.oswegohealth.org

www.kidshealth.org/teen

www.pregnancycenters.org