



# OPTIONS



REACH  CNY

**Q: What is OPTIONS?**

**A:** OPTIONS is a free and voluntary program to help women of childbearing age and their families

**OPTIONS' workers can:**

- ◆ Work one-on-one with you to help you achieve your goals
- ◆ Connect you to community services
- ◆ Help you find health insurance
- ◆ Advocate for you and your family to receive appropriate services
- ◆ Educate on pregnancy, parenting, life skills, etc.
- ◆ Assist with school, work, housing, and referrals
- ◆ Go with you to appointments

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Can we leave a message?  Yes  No

Email: \_\_\_\_\_

**Please check all that apply below:**

**I am:**

Pregnant     Parenting     Planning a pregnancy     Not planning to become pregnant  
 Not sure if I am pregnant

**I could use some help with:**

getting health insurance     connecting to services in community     information about my child's health  
 finding answers to health questions     getting to appointments     school, GED, work  
 finding a regular doctor for me or my family     information for a healthy pregnancy     housing  
 learning about and/or obtaining birth control

**Please have an OPTIONS worker contact me:**

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Best way to contact me: \_\_\_\_\_

**Please contact an *OPTIONS* Worker today!**

18 East Cayuga Street, Midtown Plaza Oswego NY 13126  
phone: 315-342-7532, Fax: 315-342-7554, Text: 315-297-8228  
Email: [options@oco.org](mailto:options@oco.org)

