Proudly Serving the North Country Since 1988

NCPPC is dedicated to strengthening maternal and community health by identifying service needs and improving access to care through community collaboration, education, and referral for the well-being of every family, every child, every one.



Contact Us

Phone: (315) 788-8533

Fax: (315) 222-7348

Email: admin@ncppc.org

Office Hours: Monday – Friday

8:00AM – 4:30PM

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North Country Prenatal/Perinatal Council, Inc.

Our Locations

Watertown Office

200 Washington St, Suite 300

Watertown, NY 13601

Lowville Office

7383 Utica Blvd

Lowville, NY 13367

Gouverneur Office

68 W. Main St

Gouverneur, NY 13642

NCPPC

North Country Prenatal/Perinatal Council, Inc.

Every Family. Every Child. Every One.

Programs & Services

• Free Support, Education, & Resources •

Serving Jefferson, Lewis, & St. Lawrence Counties



Scan to Connect with Us

ncppc.org

Our Programs

Family Resource Center

Our Family Resource Center is a welcoming place where families with children from birth through age 18 can access free support, resources, and activities. Meet other parents and caregivers, participate in family-friendly programs, and connect with the services you need—all in a safe, supportive environment.

Maternal & Infant Health

NCPPC's Perinatal and Infant Community Health Collaborative (PICHC) program offers free education, outreach, and personalized support before, during, and after pregnancy. Community Health Workers provide guidance on reproductive health, pregnancy, infant care, safe sleep, and more. They help families connect with healthcare providers and community resources at a pace that works for them.



Healthy Families

Healthy Families provides free, voluntary support for parents and caregivers in Jefferson, Lewis, and St. Lawrence counties. We help families navigate challenges, connect with resources, strengthen relationships, and create safe, nurturing homes where children can thrive. Our team is here to listen and support your family every step of the way.

Youth Services

NCPPC offers youth development programs and sexual health education for young people ages 10–21, as well as professional training for adults and guardians who support teens. We partner with schools, healthcare providers, and community organizations to help young people make informed decisions, build healthy relationships, and move confidently toward adulthood.

Health Insurance Assistance

Our certified Navigators provide free, personalized help understanding, and enrolling in health coverage through the NY State of Health Marketplace. We assist with Medicaid, the Essential Plan, Child Health Plus, and Qualified Health Plans. We can answer coverage questions, help locate providers, pharmacies, and connect families with community resources.



Our Services

- Certified Car Seat Technicians
- Certified Lactation Counselors
- Cribs for Kids Safe Sleep Partner
- Certified CPR/First Aid Trainers
- Red Cross Babysitting Course
- Dolly Parton's Imagination Library

Professional Training & Development

- Certified Youth & Adult Mental Health First Aid
- Trauma/Adverse Childhood Experiences (ACEs) Education
- Adolescent Sexual Health Education
- Safe Zone Trainings
- And **More!**