



Health & Wellness



Tips for an Asthma Friendly Home

Keep your home and car smoke free. Keep pets out of bedrooms. Remove clutter and piles of paper. To find out more tips on how to make your home asthma friendly Call Albany County Department of Health **(518) 447-4615**

This Month at the Women's & Children's Health Education Center

Free Maternity Information Night— for those delivering at SPH March 12th 6:30 pm registration required
 Bereavement support for pregnancy loss- March 5 @ 7:30pm in Rm 3566
 Parents of NICU babies: March 30th 5:45pm Rm 3566 RSVP (518) 525-1873. Dinner provided.
 Prepared Childbirth for Teens: March 17th 6pm. Class is free but does require registration. (518) 525-1388
 Variety of classes available. Call (518) 525-1388 or visit <https://www.sphp.com/classes-events>



**Do you have a 5 year old starting Kindergarten in the Fall?
 Help them get ready by...**

- Scheduling an annual physical
- Make sure they are up to date on their vaccinations
- Scheduling a dentist appointment



Play, Learn Soar— A Community Play Group for Families

A free play group for parents and caretakers with children birth to 3 years old
March 23rd and 24th, 2020

Arbor Hill Elementary— 1 Arbor Drive Albany

Registration is required. Email: playlearnsoar@gmail.com or contact Shanae Lawrence at **(518) 475-6628**



Parents & Families



BOYS & GIRLS CLUBS
 OF THE CAPITAL AREA

After School Programs Available For Youth Ages 5-12

Boys and Girls Clubs of the Capital Area

Help with Homework, Academic Enrichment, Sports, The Arts and STEM
 Contact Ta-Sean Murdock at (518) 462-5528 x1014 for More Information

Interested in breastfeeding or in need of breastfeeding support/coaching?

The Baby Café is now open!

The Baby Institute - Tuesdays 10am to 12pm 301 Washington Ave Albany NY



Other Services



DRESS FOR SUCCESS®
 ALBANY

Going Places. Going Strong.

Clothing Sale!

Dress for Success Albany Annual Spring Clothing Sale
 Siena College, Foy Hall, Loudonville NY
Saturday, March 21st from 10am-2pm

Open to the Public. *Cash & Credit Cards Accepted.* **(518) 463-3175 ext. 131**

Trinity Alliance Food Pantries

Various Hours — Monday through Friday

Documentation needed to qualify

Call **(518) 449-5155** for More Information

DON'T GO HUNGRY, Trinity Alliance Can Help!



Resources for Parents and Guardians Regarding Children and Their Education



The New York Parent Guide: www.nysparentguide.org

The Multiple Systems Navigator: www.msnavigator.org

Every Student Present: www.everystudentpresent.org

Check these valuable resources out today!

Albany County Offers Services for Women, Infants, & Children

Single Point of Entry (SPOE) line : (518) 447-7777, Monday-Friday 8:30-4:30

The Single Point of Entry Referral Form and information is now available online: <http://www.albanycounty.com/spoe.aspx>

Operators available to answer questions, offer support and make referrals to medical and dental providers, counseling, self-care education and more

