



World Breast Feeding Week August 1-7: For A Healthier Planet
Black Breastfeeding Week August 25-31: Revive. Restore. Reclaim!
Lets Support and Encourage Our Breastfeeding Moms!



Health & Wellness



Now is the time to start thinking about school readiness and immunizations

If your child needs to catch up on their shots ~ contact your pediatrician today and schedule an appointment
 The Health Department is also available to help ~ Let's create a Community of Immunity!
 Call **(518) 447-4589** for more information



Changes to Teen Clinic At Upper Hudson Planned Parenthood Health Center

- The Teen Clinic hours have been suspended. At this time, Planned Parenthood is on Instagram live at 5pm every Thursday : @omgpp.
- UHPP also posts content on TikTok and Facebook under the name @uhppyp



Up to 1 in 7 pregnant women have moderate to severe anxiety or depression.
 Getting help is critical for your health and your baby's health

Call **(800) 522-5006** For more info or talk to your health care provider.



Parents & Families



4 STEPS TO CHOOSING QUALITY CHILD CARE

1. Search 2. Tour 3. Select 4. Engage

Contact **BRIGHTSIDE:UP** (formerly the Capital District Child Care Council)
 for more information or assistance **(518) 426-7181**



Whitney M. Young Health WIC is OPEN!!

Conducting all appointments by phone.

Farmers Market Coupons also available, if you need benefits or Farmers Market Coupons call us at **(518) 465-9387**
 Visit us on Facebook for regular updates at "[Whitney Young Health WIC](#)"

Other Services



Trinity Alliance Mass Food Distribution

Monthly Food Distribution to registered individuals in the community

Contact Trinity Alliance for registration to receive the distribution:

(518) 449-5155 M-F 8:30am-5pm



Virtual Legal Clinics Offered by The Legal Project

Free legal consultation with an attorney- use your computer, laptop, iPad, smart phone common cell phone or land line phone. Many legal issues included

Call for more information and to schedule an appointment **(518) 435-1770**



Albany County Offers Services for Women, Infants, & Children

If you need assistance connecting with community resources, navigating government programs, learning about your pregnancy and how to best care for yourself and your family, contact the

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

Operators available to answer questions, offer support and make referrals to medical and dental providers, counseling, self-care education and more
 The Single Point of Entry Referral Form and information is now available online: <http://www.albanycounty.com/spoe.aspx>

