



Health & Wellness



Parents & Families



Other Services



Be A Well Woman And Encourage Others To Be Also!

- Schedule an annual physical- include talking to your doctor about healthy weight, family planning and increasing exercise
- Make sure you are up to date on your vaccines- adults need boosters too!
- Being a well woman includes being emotionally, socially, spiritually and financially well- seek resources to help with all of it!

Bats play an important role in nature but may also carry rabies

Rabies is a deadly virus that attacks the nervous system.

Watch Albany County Department of Health's video on safe ways to capture bats at: <https://on.ny.gov/2GDeWSV> Or contact Albany County Department of Health for more info **(518) 447-4620**

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

Albany County Healthy Neighborhood Program

Free health and safety survey, education, resources and referrals for identified zip codes in Albany County
Free safety and cleaning products available if qualified
Schedule a Healthy Neighborhood Home Visit! **(518) 765-3512**

Feeling Sad or depressed during pregnancy or after having a baby is common. Talk with your health care provider about these feelings. They can help you find a way through the depression

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

The Magic Years:

A 4-part, researched-based parent education program for parents/caregivers of children from birth – 4 years old

Via Zoom 6:30-7:30 p.m. Wednesdays, September 2, 9, 16, 23 **Advanced Registration required: Contact Maria at (518) 765-3559**

Enrollment for this program year and next year ~ Ages 6 weeks to 5 years are welcome

Programs include: free tuition, breakfast and lunch, quality early childhood education and CPR/1st Aid certified staff.

Call now to enroll your child : **(518) 463-3175** press option 2

albany community action partnership

In the U.S. 50 children are backed over EVERY WEEK because the driver could not see them!

- Do not allow children to play in driveways or parking lots unsupervised
- Roll your window down while backing up and LOOK! Never rely on mirrors or backup cameras
- If you need to move your vehicle, try to have another adult present to keep an eye out for children or pets

For More info: www.kidsandcars.org

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

National Grid employs Consumer Advocates to assist income-eligible and special needs customers facing financial hardship. Consumer Advocates also offer a variety of services to homebound customers.

For more information, customers are encouraged to contact a consumer advocate in your area.

Upstate New York: **1-800-443-1837** or ConsumerAdvocatesUNY@nationalgrid.com

nationalgrid

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 PDF Fillable Form and information is now available online: <http://www.albanycounty.com/spoe.aspx>

