



*October is Breast Cancer Awareness and
 Domestic Violence Awareness Month
 Let's offer our support those individuals on the path to health and well being*



**Health &
 Wellness**



National Lead Poisoning Prevention Week ~ October 25-31, 2020

Get the facts about lead and lead poisoning.
 Get your home tested for lead. Get your 1 & 2 year old children tested.
 Call Albany County Department of Health for more information on lead poisoning. (518) 447-4620



Fight the Flu at Home and School!

Get a flu shot ~ Stay home if you or your child is sick ~ Wash hands often with soap and water
 Contact your Doctor or Albany County Department of Health to schedule your flu shot!



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

**Parents &
 Families**



Strengthening Families Program

A 4-part, researched-based parent education program for parents/caregivers of children 11+ years of age
 October 14th, 21st, 28th and November 4
 Via Zoom Youth Program 5-5:30, Parent Program 6:30-7:30 **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



**Other
 Services**



The Arbor Hill/West Hill and Howe Branches of the Albany Public Library are Now Open by Appointment!

Monday- Friday 12:30-5:30 for Computer Use, Printing, Copying, Reference and CDTA Navigator Cards
 Arbor Hill/West Hill call (518) 694-5096 x221 for an appointment
 Howe Branch call (518) 472-9485 x221 for an appointment



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



The Albany Damien Center ~ Family Stabilization Support Services

If you or a family member is HIV+, a dependent under the age of 21, child with a disability and
 your legal needs are not criminal in nature
 You may be eligible for Free Legal Assistance
 Call Peg at (518) 449-7119 for more information



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>

