

**Wishing You Good Health, Hope and Kindness This Holiday Season**

From all of us at WILLOW: Shylan, Vanessa, Megan, Szatha, Tamara and Lara



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

Bereavement support for pregnancy loss- Memorial Service January 2 @ 7:30pm in Rm 3566  
 Parents of NICU babies: Dec 16th 5:45pm Rm 3566 RSVP (518) 525-1873. Dinner provided.  
 Prepared Childbirth for Teens: Dec 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>



**Health & Wellness**



**Upper Hudson Planned Parenthood Now Offers Wellness Counseling**

Schedule an appointment with a counselor to discuss: relationships, alcohol/substance use, anxiety and/or depression, domestic or intimate partner violence, trauma, grief or loss, stress and other areas of need.

To Schedule an Appointment at the Albany Health Center : (518) 434-5678 x102

**ALBANY MEDICAL CENTER IS NOW OFFERING INDIVIDUAL AND GROUP THERAPY SERVICES FOR PREGNANT AND NEW MOMS**



AMC 2 Clara Barton Drive, Albany

Call (518) 262-5756 for more information or to make an appointment



**December 1, 2019 is World AIDS Day ~ Educate. Empower. End Stigma.**

Observances on December 3, 2019 9am to 6pm Empire State Plaza Convention Center

Contact Albany County Department of Health for more information (518) 447-4589



**Play, Learn Soar- A Community Play Group for Families**

A free play group for parents and caretakers with children birth to 3 years old  
 December 16th and December 17th, 2019  
 Arbor Hill Elementary- 1 Arbor Drive Albany

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

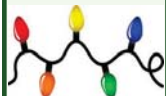


**Parents & Families**



**Strengthening Families Program**

For Parents and Caregivers to attend with youth ages 8-12  
 Wednesdays, December 3-17th, 5:30pm-7:30 pm Thomas O'Brien Achievement Academy (TOAST) 94 Delaware Ave, Albany  
 Interested families can contact Maria DeLucia-Evans at (518)765-3559 to register for classes



**Are you pregnant and need supplies?**

Our FREE 5-week program can earn you much needed baby supplies!  
 Wednesday at 12:30-1:30pm Advance registration required.  
 Please call (518) 462-2188



**Other Services**

**Blessingdales Clothing Center**

Clothing and Household Items  
 Women's Hours: Wednesday and Friday  
 9:00-11:00 am and 1:00-3:00 pm



Provided by Capital City Rescue Mission

95 Trinity Place Albany NY

Call (518) 462-0459 ext. 258

**Home Energy Assistance Program (HEAP) is now open!**

Go to [www.otda.ny.gov/programs/heap](http://www.otda.ny.gov/programs/heap) to determine how you can apply in your area  
 Contact OTDA Hotline at 1 (800) 342-3009 for more HEAP Information



For information on assistance programs, visit National Grid's website: [www.ngrid.com/discount](http://www.ngrid.com/discount)



**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

