





November is Prematurity Awareness Month
 You are more likely to have a preterm birth if you:
 Had a previous premature baby (born before 37 weeks), Are pregnant with twins or more,
 Have high blood pressure, or smoke, drink or use drugs
 To Learn More, visit www.marchofdimes.org




This Month at the Women's & Children's Health Education Center
 Bereavement support for pregnancy loss- Memorial Service Nov. 7 @ 7pm at SPH Chapel.
 Parents of NICU babies: Nov. 18 5:45pm RSVP (518) 525-1873. Dinner provided.
 Prepared Childbirth for Teens: Nov.19 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





Feeling sad, anxious or depressed after a new baby is quite common for moms
 If you or someone you love is suffering from postpartum depression, there is help available
Call (800) 522-5006 For more info or talk to your health care provider.





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!

Parents & Families

Play, Learn Soar– A Community Play Group for Families
 A free play group for parents and caretakers with children birth to 3 years old
 November 25 and November 26th, 2019
 Arbor Hill Elementary– 1 Arbor Drive Albany
Registration is required. Email: playlearnsoar@gmail.com or contact Shanae Lawrence at 518-475-6628






Interested in breastfeeding or in need of breastfeeding support/coaching?
The Baby Café is now open!
 The Baby Institute - Tuesdays 10:00am to 12:00pm 301 Washington Ave Albany NY





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) opens 11/12/2019
 Go to 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




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

ACDOH publishes this Community Resource Bulletin to increase awareness about community services available to women and children in Albany County. Community service providers interested in having their services listed here are encouraged to submit information to Lara.Madison@albanycountyny.gov

Albany County Department of Health
 Daniel P. McCoy, County Executive
 Elizabeth F. Whalen, MD, MPH
 Commissioner of Health



Albany County Department of Health
 is nationally accredited and meets rigorous public health standards set forth to best meet the needs of our community.

