



Health & Wellness

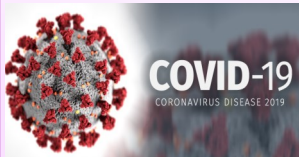


August 1st-7th is World Breastfeeding Week
 August 25th-31 is Black Breastfeeding Week

Breastfeeding significantly improves health, survival and well-being of infants, children and their mothers



BLACK BREASTFEEDING WEEK



Albany County Department of Health Offering
WALK-IN COVID Vaccinations

Monday-Friday 9:00am to 3:00pm
 175 Green Street Albany, NY



St. Peters Health Partners Baby Café

Now offering virtual support for new moms, babies and anyone looking for breastfeeding support
 Tuesdays and Wednesdays from 12:00pm to 2:00pm
 Thursdays 9:30am to 11:30am and every 1st and 3rd Wednesday from 6pm to 7:30pm
 To join: <https://trinity-health.webex.com/meet/stephanie.avienu>

Parents & Families



Whitney M Young WIC Office is Now Open!

WMYHC WIC Office now has Farmers Market Coupons
 \$35 coupons available for every WIC certified participant
 Stop by WMYHC WIC offices M-F 8am to 4pm to pickup!



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**



Strengthening Families: The Middle Years

For Parent Education for parents/caregivers of children ages 5-10 years
 Wednesday August 4th, 11th, 18th and 25th from 12:00pm to 1:00pm via Zoom
 Contact Maria DeLucia-Evans for registration and additional info: (5618)765-3559 or mkd59@cornell.edu

Other Services



Trinity Alliance Mass Food Distribution

August 3rd 8:45 am Salvation Army- 20 S. Ferry St Albany
 August 20th 8:45 am Arbor Hill Center 47 Lark St Albany
 Bring bags/boxes and identification~ Available until it's gone (10:30-11am)



Equinox Domestic Violence Services

Local Domestic Violence Hotline Available 24/7 : **(518) 432-7865**
 Satellite office now open at Albany County Family Court for assistance in family court matters



The WAGE Center is OPEN!

200 Green Street Albany, New York
 Offering employment assistance, career planning, and resume services
 By appointment Monday-Friday 8:30am to 4:30pm CALL **(518) 380-5600**

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>.
 Operators available to answer questions, offer support and make referrals to medical and dental providers, counseling, self-care education and more

