




Health & Wellness




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




Thanksgiving is Coming!
 Be food safe this holiday season:
 Cook your turkey to 165 degrees F ~ Keep all food at 135 degrees F after cooking ~ Refrigerate leftovers
 Prevent Illness and Contamination ~ Be Food Safe!




Albany County Healthy Neighborhood Program
 Offering health education, safety assessment, resources and referrals on
 Home/child safety, asthma control and cleaning supplies for City of Albany, Cohoes and Watervliet
 Call **(518) 765-3512** to schedule a visit


Albany County Department of Health Offering WALK-IN COVID Vaccinations
Monday-Friday 9:00am to 3:00pm
 175 Green Street Albany, NY




Parents & Families



Early Childhood Education | Community & Career Services | Energy Services
Head Start & Early Head Start—Open for Enrollment
 Career Service • Home Weatherization • Rental Assistance • Food Pantry • & More
 333 Sheridan Ave • Albany, NY 12206 • (518) 463-3175 • albanycap.org




Alpha Pregnancy Center offers childbirth preparation, support groups and parenting
 Classes are held via Zoom. Pre-registration required.
 Please call the main number: **(518) 462-2188** to schedule an appointment.








Postpartum Depression Support Group with Albany Med Pediatrics
 Offered In-Person Tuesdays from 4:15pm - 5pm at 357 Myrtle Ave Albany
 Offered Virtually via ZOOM Mondays from 12pm -12:45pm
 November 1st - December 27th, 2021 Email Selina at: grant3@amc.edu with questions




Other Services



Trinity Alliance Food Pantries
 Open for On-Site Pick-Up's Wednesday/Thursday/Friday
 Bring photo ID and proof of address to 15 Trinity Place , Albany NY
Call with any questions (518) 364-1103

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

Free job search and placement assistance


- Career readiness services via the telephone, email, Zoom meetings, and individual in-person appointments.
- Resume development, cover letter tips and career counseling.
- Job search assistance to include review of employers' job descriptions, discussion of job search strategies and interviewing tips.
- Online computer training resources for Microsoft Word, PowerPoint and Excel.

Please call **(518) 242-8249** for information and program eligibility.



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

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.