



**2022**  
 HAPPY NEW YEAR

**New Years Resolution ? (Pick just one for a healthier you!)**

Think about cutting back smoking! Save a bit of money every week!  
 Get an annual check up! Eat colorful plate of fruit and veggies!  
 Ask for help and support from friends and family!



**Health & Wellness**



**COVID 19 Walk-In Clinic at ACDOH**

Wednesday Walk-In Clinic is for booster doses.  
 Pediatric appointments are available on the ACDOH link. Call ACDOH Clinic at 518-447-4589 to schedule 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> dose appointments for persons aged 12+



**January is Cervical Health Awareness Month**

Educate and Raise Awareness about Cervical Health and Cancers  
 Vaccinate against HPV, Get a Pap Test Annually  
 Check with your Health Care Provider for more information



**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

**Parents & Families**



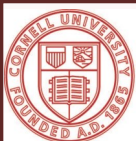
**Early Childhood Education | Community & Career Services | Energy Services**  
**Head Start & Early Head Start—Open for Enrollment**

Career Service • Home Weatherization • Rental Assistance • Food Pantry • & More  
 333 Sheridan Ave • Albany, NY 12206 • (518) 463-3175 • [albanycap.org](http://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.



The Magic Years— a 6 hour program for parents/caregivers with children ages 0 to age 4  
 Tuesdays Jan 18th, 25th, Feb 1st, 8th and 15th  
 Via Zoom 6:30-7:45pm

Contact Maria DeLucia-Evans at [mks59@cornell.edu](mailto:mks59@cornell.edu) or at (518) 598-9937

**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**



**Do you need Health Insurance? YOUR FAMILY COULD BE ELIGIBLE!**  
**Regardless of your immigration status. Call us at (518) 486-8405**

**Do Necesitas Seguro Medico? TU FAMILIA PUEDE SER ELEGIBLE!**  
**No importa cual sea el estatus migratorio. Llamanos al (518) 486-8405**



**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

