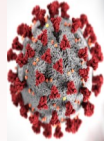





**Health & Wellness**



**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 ages 12+

 **ALBANY MED** | SPECIALIZED CARE CENTER FOR ADOLESCENTS & YOUNG ADULTS

Serving youth ages 13-24, Offering HIV/STI testing, treatment and prevention including PrEP  
 For information call (518) 262-9789


**Tips for an Asthma Friendly Home**

Keep your home and car smoke free. Keep pets out of bedrooms. Remove clutter and piles of paper.  
 To find out more tips on how to make your home asthma friendly  
 Call Albany County Department of Health (518) 447-4615




**Parents & Families**




 **Albany City School District and Whitney M. Young Health Center Now Offering School Based Health Centers**

Free health services to any student living in the district  
 Primary care - physicals - sick visits - vaccines - referrals to specialists  
 Call (518) 407-0172, leave a message with your name and call back number to schedule an appt

 **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




**Baby Cafés are FREE for pregnant and breastfeeding families and offer:**

Support from specifically-trained staff, Opportunities to share experiences and make friends, Refreshments, comfortable seating, and open-forum discussions  
 Visit: [healthprograms.org](http://healthprograms.org) for more information and class schedule




**Other Services**




 **The Legal Aid Society ~ Worker Protection Program**


If you are having legal issues with your employer such as:  
 Discrimination in the workplace ~ Not being paid the correct hourly wage  
 Not receiving sick leave ~ Working under unsafe conditions  
 Contact The Legal Aid Society of Northeastern NY (833) 628-0087

National Grid employs Consumer Advocates to assist income-eligible and special needs customers facing financial hardship. Consumer Advocates also offer a variety of services to homebound customers.  
 For more information, customers are encouraged to contact a consumer advocate in your area  
 Upstate New York: 1-800-642-4272 or [ConsumerAdvocatesUNY@nationalgrid.com](mailto:ConsumerAdvocatesUNY@nationalgrid.com)



 **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




**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

