



The staff of the WILLOW wishes  
 all of the amazing Mothers and Grandmothers  
**A Very Happy Mother's Day**



**Health & Wellness**



**COVID 19 Vaccination Clinic at ACDOH**  
 Daily from 9am to 3pm  
 Or call Albany County Clinic at **(518) 447-4589** to schedule an appointment



**May is Mental Health Awareness Month**

Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. Everyone has mental health, and it deserves your attention just as much as your physical health does!

If you're worried about your mental health or want to check in with yourself, take a screen at [MHAScreening.org](https://MHAScreening.org)



**Parents & Families**



**WMYHC WIC has now opened a new location at 526 Central Ave with Whitney Young Pediatrics and Women's Health**  
 Open Monday-Friday 8am to 4:30pm  
 Call **(518) 694-9005** for more info



**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](https://healthprograms.org) for more information and class schedule



**Are You A Victim of Domestic Violence Who is Pregnant or Has Children?**

Money is available for income-eligible survivors for short-term emergency expenses like rent, utilities and groceries

Go to [OPDV.NY.GOV](https://OPDV.NY.GOV) or Call **(800) 942-6906** for more info



**Other Services**



- 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.



**Are you or someone you know facing an unplanned pregnancy and don't know where to turn? You are not alone. We can help.**

Contact us 24 hours a day/7 days a week:

**CALL US: (800) 321-LOVE (5683) TEXT US: (646) 306-2586.**



**Trinity Alliance Mass Food Distribution**

Arbor Hill- 47 N. Lark Street : May 13 9:00am & Salvation Army- 20 S. Ferry St May 3rd 9:00am

**Bring ID and bags/boxes - Available until it's gone!**



**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](https://www.albanycounty.com/spoe).

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

