



Health & Wellness



World Breastfeeding Week

August 1-7, 2022

Breastfeeding provides food security and reduces inequalities

Providing support to breastfeeding individuals in Albany County- Contact your WIC office or WILLOW for more info

Upper Hudson Planned Parenthood Teen Clinic

Thursdays from 3:30-5:30 855 Central Ave. Albany NY
 Appointment slots available ~ Most teens eligible for coverage under the Family Planning Benefit Program ~
 Free insurance that covers all birth control methods, annual exams, and pap smears.
 Bring your ID and proof of residence



Upper Hudson Planned Parenthood

Time to start thinking about school readiness and immunizations

If your child needs to catch up on their shots before school starts ~
 contact your pediatrician today and schedule an appointment
 The Health Department is also available to help ~

Let's Create a Community of Immunity! Call **(518) 447-4589** for more information



BACK TO SCHOOL

DO YOU NEED ASSISTANCE WITH CHILD CARE COSTS?

If your household income is at or below **300% of federal poverty level** **YOU** may qualify for assistance!

To apply Call: **(518) 447-7435** OR Email: DSSCHILDCARESUBSIDYUNIT@ALBANYCOUNTYNY.GOV



Parents & Families



Farmers Market Coupons are Back! Along with our increased fruits and veggies.

WIC is providing Farmers Market Nutrition Program coupons throughout the summer and fall.

Please contact **(518) 432-4033** for more info

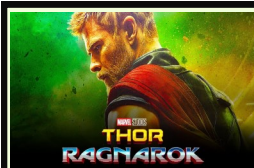


SUPER HERO SUNDAY!

Thor Ragnarok

Sunday August 21 4:30pm

Free at MVP Arena, S. Pearl St Albany - Bring a chair, snacks and enjoy the movie



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**



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.



Trinity Alliance Mass Food Distribution

Salvation Army- 20 S. Ferry St August 2nd @ 9:00am
 Arbor Hill- 47 N. Lark Street: August 19th @ 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>.

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

