



October is Breast Cancer Awareness and Domestic Violence Awareness Month

Let's offer our support to those individuals on the path to health and well being



Health &
Wellness



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



Family Wellness Community Event

Join us in celebrating 2022 Hispanic Heritage Month
Saturday, October 1st from 11am to 4pm
Capital District Latinos @ 160 Central Ave, Albany
Activities for kids, resources, wellness info, music and food!

Parents
&
Families



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



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

Career Service • Home Weatherization • Food Pantry • & More

333 Sheridan Ave • Albany, NY 12206 • (518) 463-3175 • www.albanycap.org



Lead Poisoning Prevention Week ~ October 23-29, 2022

Get the facts about lead and lead poisoning.

Get your home tested for lead. Get your 1 & 2 year old children tested.
Call Albany County Department of Health for more information on lead poisoning **(518) 447-4620**

Other
Services



Trinity Alliance Mass Food Distribution

Salvation Army- 20 S. Ferry St October 4th @ 9:00am
Arbor Hill- 47 N. Lark Street : October 14th @ 9:00am
Bring ID and bags/boxes - Available until it's gone!



Equinox Domestic Violence Services

Local Domestic Violence Hotline Available 24/7 : **(518) 432-7865**
Walk-in Center 526 Central Ave Albany~ Resources, housing, counseling, supports for individuals
experiencing domestic violence/intimate partner violence



Blessingdales Clothing Center

Clothing and Household Items
95 Trinity Place Albany NY



Provided by Capital City Rescue Mission

Women's Hours: Wednesday and Friday
9:00-11:00 am and 1:00-3:00 pm
Call **(518) 462-0459 ext. 258**



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!

