



Fight the Flu at Home and School!



Get a flu shot ~ Stay home if you or your child is sick ~ Wash hands often with soap and water
Contact your Doctor or Albany County Department of Health to schedule your flu shot!



Health & Wellness

November is Prematurity Awareness Month

You are more likely to have a preterm birth if you:

Had a previous premature baby (born before 37 weeks), Are pregnant with twins or more,
Have high blood pressure, or smoke, drink or use drugs To Learn More, visit www.marchofdimes.org



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

Parents & Families

School Base Health Center (SBHC)

Available to all students living in the Albany City School District
Services available include: physicals, sick visits, vaccinations and COVID 19 testing
Call (518) 407-0172 to schedule an appt. Paperwork available at wmyhealth.org or the school nurses office



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

Legal Hand Call-In Center — Serving Albany and Schenectady Counties

These are trained volunteers who provide free info, assistance and referrals to people to resolve
issues like employment, housing, family, immigration, domestic violence and benefits
Call (518) 400-5544 or email at schenectadyalbanyhelp@legalhand.org



Other Services



Trinity Alliance Food Pantry

15 Trinity Place or 47 Lark St, Albany

Photo ID and a piece of mail or lease arrangement to prove an area address.

Pantries will be open 5 days per week for on-site pickups. Monday – Friday 9:30am – 4:30pm.



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!

