



Health & Wellness



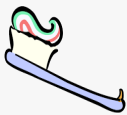
Parents & Families



Other Services



February Is Children's Dental Health Month



Brush and floss daily, Get regular check-ups, Avoid sugary sweets and soda
 Call the Albany County Children's Dental Clinic for an appointment **(518) 447-4587**



Postpartum Support International

Online Support Groups ~ English and Spanish offered, Variety of Topics
PSI Online Support Meetings | Postpartum Support International (PSI)
www.postpartum.net/get-help/psi-online-support-meetings/



Upper Hudson Planned Parenthood Teen Clinic

Upper Hudson Planned Parenthood

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

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

Thursdays from 11am to 1pm~ Albany Housing Authority 200S.Pearl Street



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

School Based 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 at wmyhealth.org or the school nurses office



Free Job Search and Placement Assistance

- ~ Career readiness services via in-person, classroom sessions and Zoom meetings
- ~ Resume development, cover letter tips, and career counseling
- ~ Job search assistance includes review of employment descriptions and interviewing tips
- ~ Online computer training courses for Microsoft Word, Power Point and Excel

Please call **(518) 242-8249** for information and program eligibility.



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



Are you in need of free and healthy food?

The Free Food Fridge of Albany is available to help!
 Visit www.freefoodfridgealbany.com for a complete list of locations

In Albany: The Free School, In Our Own Voices, Albany Center Gallery, Radix Center, Albany Barn, Boys and Girls Club

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

