

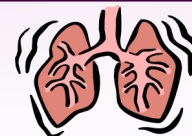


**Health & Wellness**



**Tips for an Asthma Friendly Home**

Keep your home and car smoke free. Keep pets out of bedrooms. Remove clutter and piles of paper.  
 To find out more tips on how to make your home asthma friendly  
 Call Albany County Department of Health **(518) 447-4615**



**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/](http://www.postpartum.net/get-help/psi-online-support-meetings/)**



**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

**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 200 S. Pearl Street



**Parents & Families**

**The Hannaford Kidz Expo is Back at the Empire Plaza**

Saturday March 4th 2023 from 10am to 5pm

A day full of fun and activities to keep the kids moving and learning!



**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](mailto:DSSCHILDCARESUBSIDYUNIT@ALBANYCOUNTYNY.GOV)**



**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.**



**Other Services**



**Trinity Alliance Food Pantries**

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.

**Trinity Center, 15 Trinity Place or Arbor Hill Center, 47 North Lark Street**

**Blessingdales Clothing Center**  
 Clothing and Household Items  
 95 Trinity Place Albany NY  
 Call **(518) 462-0459 ext. 258**



**Provided by Capital City Rescue Mission**  
 Women's Hours: Wednesdays and Fridays  
 9:30 to 11:30 am and 1:30 to 3:00 pm



**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

ACDOH publishes this Community Resource Bulletin to increase awareness about community services available to women and children in Albany County. Community service providers interested in having their services listed here are encouraged to submit information to [Lara.Madison@albanycountyny.gov](mailto:Lara.Madison@albanycountyny.gov)



Albany County Department of Health  
 Daniel P. McCoy, County Executive  
 Elizabeth F. Whalen, MD, MPH  
 Commissioner of Health



**Albany County Department of Health**  
 is nationally accredited and meets rigorous public health standards set forth to best meet the needs of our community.