



Health & Wellness



~ National Infant Immunization Week ~

Stay on track for your baby's well visits and routinely recommended vaccinations. Giving babies the recommended vaccinations by age two is the best way to protect them from serious childhood diseases

STI Awareness Week ~ April 9th to 15th

Know Your Status ~ Get Yourself Tested.  
Albany County Department of Health, 175 Green St., Albany, offering STI/HIV testing on Tuesday and Thursdays.  
Call (518) 447-4589 for an appointment.



Bats play an important role in nature but may also carry rabies

Rabies is a deadly virus that attacks the nervous system.  
Watch Albany County Department of Health's video on safe ways to capture bats at:

<https://on.ny.gov/2GDwSv> Or contact Albany County Department of Health for more info (518) 447-4620



Trinity Alliance's Under the Sea Baby Shower

Thursday April 13th 4:30-6:30 pm  
15 Trinity Place Albany Food/Music/Games/Prizes!!



Parents & Families



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](http://www.albanycap.org)

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



Other Services



**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

~The Legal Aid Society ~

Legal Aid can assist with legal matters involving domestic violence/child custody/divorce, housing/eviction proceedings, and public benefits such as welfare/SSI/Medicaid and Social Security.

For more info, contact the Legal Aid Society of Northeastern NY (833) 628-0087



Trinity Alliance Food Pantries

**Mass Food Distribution:** April 12th 8:00 am until food is gone. 47 Lark St. Bring ID/Bags/Carts  
**Regular Food Pantry:** 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, Albany



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

