



WILLOW Community Resource Bulletin February 2018

ALBANY COUNTY
Cares about our health

Health & Wellness



Brush, Floss and Get Regular Checkups!
February is Children's Dental Health Month!
Learning good dental care early in life can lead to good habits and strong teeth
Brush after eating and avoid sugary sweets and soda
Your teeth will thank you!



Take Care of Your Heart!
Celebrate Heart Health Month
Have your blood pressure checked by your doctor
Get plenty of exercise—20 minute walks are great!
Eat more fruits and vegetables every day



This Month at the Women's & Children's Health Education Center

Breast Feeding Support Group— 2/7 and 1/21 1-2:30pm Mercy Conf Rm 6
Post Partum Support Group 2/12 2-3pm Mercy Conf Rm 6
Parents of NICU Babies Support Group: 2/26 5:30 pm meet in NICU unit
Prepared Childbirth for Teens 1/16 6-8:30 (call to register)
Variety of Classes available call 518-525-1988 or visit www.sphp.com/classes-events

Visit the Teen Clinic at Planned Parenthood Health Center

Walk-In Services Available Thursday afternoons, 3pm-6pm, 855 Central Avenue in Albany
Most teens are 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 current residence**



Whitney M. Young Health Center

Welcomes Dr. Samina Mian and Dr. Janice Kao to their Pediatric Staff

Now accepting new pediatric patients Contact 518-465-4771 for Albany and
518-833-6900 for Watervliet and Troy appointments

Parents & Families



Preventing Parent Burnout Webinar

Join this webinar to learn positive ways to cope with and effectively manage emotional and physical stress

To register for the webinar: <https://attendee.gotowebinar.com/register/2138882555710467329>

Or Call Shannon McCracken at (800) 305-8813

Did You Know about the New Mother's Rooms?

The Albany County Department of Health & Department of Social Services now have Mother's Rooms available for visitors and employees. Mother's Rooms can be used by women to breastfeed their children, or to pump breast milk in private. Talk to a representative at those locations for more info!



Resources for Parents and Guardians Regarding Children and Their Education



The New York Parent Guide: www.nysparentguide.org
The Multiple Systems Navigator: www.msnavigator.org
Every Student Present: www.everystudentpresent.org

Check these valuable resources out today!

Other Services



Capital Roots Veggie Mobile

Fresh fruit and veggies available all year long!

Cash, EBT/SNAP, WIC fruit and vegetable checks and the Farmer's Market Nutrition Program accepted

Find on of the 36 stops nearest to you—Call 518-274-8685



W.A.G.E. Center

Walk-in job application clinic on Mondays from 8:30-12 and 1-4:30. Tuesdays from 1-4:30 pm.
Located at 200 Green Street, Albany NY
Call for more information: 518-380-5600

Albany County Offers Services for Women, Infants, & Children

If you need assistance connecting with community resources, navigating government programs, learning about your pregnancy and how to best care for yourself and your family, contact the

Single Point of Entry (SPOE) line : (518) 447-7777, Monday-Friday 8:30-4:30

Operators available to answer questions, offer support and make referrals to medical and dental providers, counselling, self-care education and more

