

WILLOW Community Resource Bulletin February 2019

ALBANY COUNTY
Cares about our health

February Is Childrens Dental Health Month



Brush, Floss and Get Regular Check-ups, Avoid sugary sweets and soda

Your teeth will thank you!



Celebrate Heart Health Month!

- Have your blood pressure checked by your doctor
- Get plenty of exercise
- Eat more fruits and veggies every day

Visit the Teen Clinic At Planned Parenthood Health Center

Walk-in services available Thursday afternoons 3pm-6pm, 855 Central Ave. Albany NY

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



Health & Wellness



ST PETER'S HEALTH PARTNERS

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

Breastfeeding Support Group: 2/6 & 2/20 1-2:30pm Mercy Conference Room #6
Postpartum Support Group: 2/11 2p-3p in Mercy Conference Room #6
Parents of NICU Babies: 2/25 @5:30 Dinner provided. RSVP and for directions (518) 525-1388
Prepared Childbirth Class for Expectant Teens: 2/19 6pm Registration required (518) 525-1388
Variety of classes available. Call (518) 525-1388 or visit <https://www.sphp.com/classes-events>



Seasonal Affective Disorder (SAD) also known as the "Winter Blues" occurs during the early fall and winter when days are shorter (less sunlight). Symptoms show during the teen years and is more common in women than men. Talk to your doctor about how you are feeling and what you can do to lessen the effects.

For additional Information on SAD go to: <https://newsinhealth.nih.gov/2013/01/beat-winter-blues>



BE HEALTHY ~ Starts with a Flu Shot!

- *Wash your hands often
- *Stay home when sick
- *Cover coughs and sneezes with your elbow

Many providers, pharmacies and your local health department can provide the flu shot



Up to 1 in 7 women have moderate to severe anxiety or depression. Getting help is critical for your health an your baby's health
Call (800) 522-5006 for more info or talk to your health care provider.

Parents & Families



ACAP Early Head Start for children 6 weeks-3 years of age

Locations at 25 Monroe St or 170 Ontario St Albany

ACAP Head Start for children ages 3-4

Enrolling now for Albany, Cohoes, Green Island, Watervliet & Ravena

Call (518) 463-3175 Option 2

OR

Apply In Person at:

333 Sheridan Ave Albany NY



The Magic Years: Educational Sessions for Parents/Caregivers of Children Ages Birth-4 years old

3 Session starting February 26th , March 5th and March 12th 6:00pm-7:00pm
Green Island Head Start, 171 Green Island

Advance Registration Required. Call Maria at (518) 765-3556

United Tenants Association (UTA) is Changing!



Tenants seeking any assistance from UTA must call the **Housing Hotline** at (518) 436-8997 x 3. Assistance is being provided by phone only. You can also email questions about services to: Admin@unitedtenantsalbany.org.

Other Services



Languages of Burma
Tuesdays 9:00-12:30pm

Quick Help at Trinity Center

15 Trinity Place Albany
call with questions (518) 986-3842

Other Language Groups
Wednesdays 9:00-12:30pm



Blessingdales Clothing Center

Clothing and Household Items

Women's Hours: Wednesday and Friday
9:00-11:00 am and 1:00-3:00 pm



Provided by Capital City Rescue Mission

95 Trinity Place Albany NY

Call (518) 462-0459 ext. 258

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

