




New Years Resolution ? (Pick just one for a healthier you!)

- ~Think about quitting or cutting back on your smoking!
- ~Save a bit of money every week!
- ~Get an annual check up!
- ~Eat a colorful plate of fruits and veggies!
- ~Ask for help and support from friends and family!




Health & Wellness



January is Cervical Cancer Awareness Month
 HPV causes several types of cancer in males and females. The HPV vaccine protects against certain cancers and most genital warts. The vaccine works best if 2 doses are given at age 11 or 12.
Contact the Albany County Department of Health at (518) 447-4589 for more info or to schedule an appointment



This Month at the Women's & Children's Health Education Center
 Breastfeeding Support Group: 1/9 & 1/23 1-2:30pm Mercy Conference Room #6
 Postpartum Support Group: 1/7 2:30-3:30pm in Mercy Conference Room #6
 Parents of NICU Babies: 1/28 5:30pm Dinner provided, RSVP and for directions (518) 525-1388
 Prepared Childbirth Class for Expectant Teens: 1/15 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>





Parents & Families


Be Your Child's 1st Teacher !
 Baby Institute will be starting the next session on January 12, 2019
 Parents and their children ages 0 to 3 Years old are welcome
 Contact Noelene Smith at (518) 275-0752 to register



At Age 1 and 2- Testing for Lead is What to Do!
 Lead is very dangerous for children- it can affect a child's brain and cause problems with learning.
 For more information call Albany County Department of Health at (518) 447-4615



The "baby blues" are different from postpartum depression.
 If you feel sad, anxious or depressed for several weeks during/after pregnancy, talk to someone.
 Mom's health helps babies thrive! Call (800)522-5006 for more info



ACAP Early Head Start for children 6 weeks-3 years of age Call (518) 463-3175 Option 2
 Locations at 25 Monroe St or 170 Ontario St Albany OR
ACAP Head Start for children ages 3-4 Apply In Person at:
 Enrolling now for Albany, Cohoes, Green Island, Watervliet & Ravena 333 Sheridan Ave Albany NY



Other Services

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.




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 one of the 36 stops nearest to you- Call (518) 274-8685



Quick Help at Trinity Center
 15 Trinity Place Albany
 call with questions (518) 986-3842

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

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




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

