



FIGHT THE BITE~ Ticks and Mosquitos are a Summer Pest!

How to avoid bites: Wear long sleeve and pants, light colored clothing, use mosquito or tick repellents, daily tick checks on yourself, children and pets. To learn more visit www.albanycounty.com/health/lyme.asp



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



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

Breastfeeding Support Group: 7/10 & 7/24 1-2:30pm Mercy Conference Room #6
 Information Night for NICU Parents: 7:29 5:45-7pm Dinner provided. RSVP (518) 525-1388
 Prepared Childbirth Class for Expectant Teens: 7/16 6pm Registration required (518) 525-1388
 Variety of classes available. Call (518) 525-1388 or visit <https://www.sphp.com/classes-events>

Health & Wellness

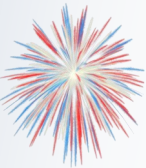
Visit the Teen Clinic At Planned Parenthood Health Center

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



Momma’s Milk Club with WMYHC WIC

Breastfeeding education , encouragement and support—children of all ages welcome!
 July 18th Arbor Hill Library 1:30 to 3:00 pm



Feeling sad or depressed during pregnancy or after having a baby is common. Talk with your health care provider about these feelings. They can help you find a way through depression
 Call (800) 522-5006 For more info or talk to your health care provider.

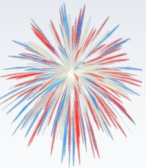


Parents & Families

Free Movies Under the Stars



June 14th: Spiderman: Into the Spideverse — Washington Park, Albany 7:30-10:30pm
June 21st: Mary Poppins Returns — College of St. Rose 432 Western Ave, Albany 7:30-10:30pm
June 28th: The Lego Movie 2 — Sage Colleges 140 New Scotland Ave, Albany 7:30-10:30pm



Healthy Families Series — Albany Public Library Howe Branch

Available to parents/caregivers and youth to attend. Interactive activities to keep families healthy and safe
 Tuesday evenings— July 9-30th 5:30-7:30pm 105 Schuyler St Albany
 Advance Registration Required. Call Maria at (518) 765-3559



Trinity Alliance Mass Food Distribution

Arbor Hill- 47 N. Lark Street : 7/12/19 9:00am & Salvation Army- 20 S. Ferry St : 7/16/19 9:00am
 Bring ID and bags/boxes - Available until it’s gone!



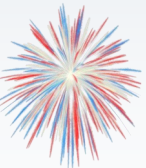
Other Services



Do you have a child under the age of 18 in need of free breakfast and lunch this summer?

Text **FOOD to 877877** and you will received a message to the closest location for summer meals. No paperwork to complete, no income requirements. Many sites offer activities in addition to meals.

<https://hungersolutionsny.org/get-food-help-0/summer-meals-ny/>



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



Quick Help at Trinity Center
 3 Lincoln Square— The Collaboratory
 call with questions: (518) 449-5155 x 102



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, counseling, self-care education and more
 The Single Point of Entry Referral Form and information is now available online: <http://www.albanycounty.com/spoe.aspx>

