



### Albany County Department of Health- WILLOW is happy to offer Women to Women Support Groups

March 12 1:00-2:30 Cohoes Family Medical 55 Mohawk St Suite 105, Cohoes: The Conference Room  
 March 14 11:00-12:30 Schuylar Inn 575 Broadway, Menands: The Berkshire Room  
 Please contact Winell at (518) 447-4588 for more info or to attend!



### 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: 3/6 and 3/20 1-2:30pm Mercy Conference Room #6  
 Postpartum Support Group: 3/18 2p-3p in Mercy Conference Room #6  
 Parents of NICU Babies: 3/25 @5:30 Dinner provided. RSVP and for directions (518) 525-1388  
 Prepared Childbirth Class for Expectant Teens: 3/19 6pm Registration required (518) 525-1388  
 Variety of classes available. Call (518) 525-1388 or visit <https://www.sphp.com/classes-events>



Serving youth ages 13-24 years old, offering HIV/STI testing, treatment and prevention, including PrEP.  
 For information call (518) 262-9789.

### Tips for an Asthma Friendly Home



Keep your car and home smoke free — Keep pets out of bedrooms & wash hands after touching pets — Remove clutter and piles of paper

To find out more tips on how to make your home asthma friendly Call Albany County Department of Health (518) 447-4615



Know an expecting or new mom? Maternal depression affects 1 million women in the U.S. each year.

Know the signs, listen and support her. Offer help.

Call (800) 522-5006 for more info or talk to your health care provider.



## Parents & Families



### DID YOU KNOW?

Albany County Department of Health and St. Peter's Health Partners have opened 2 new lactation rooms in our community where children can be breast or bottle fed, and women can pump in privacy.

Located at:

Whitney M. Young Health Center 920 Lark Drive

ShopRite Grocery Store 709 Central Avenue

Please see an associate at those locations for more info!



### Strengthening Families Program with Cornell Cooperative Extension Albany County

Wednesday evenings March 14<sup>th</sup> – April 11<sup>th</sup>, 2019 from 5:30 – 7:30 p.m.

Arbor Hill Elementary School, 1 Arbor Drive, Albany

For parents/caregivers to attend with youth in ages 8-12. Advance Registration Required Call Maria at (518) 765-3556



Do you have a 5 year old that's starting Kindergarten in the Fall? Help get them ready by...

- ◆ Scheduling an annual physical
- ◆ Make sure they are up to date on their vaccinations
- ◆ Scheduling a dentist appointment



## 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, 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>

