



World Breastfeeding Week and Black Breastfeeding Week

August 1-7 and August 25-31

Many events in our community supporting breastfeeding
Please contact **(518) 447-7777** for a full listing and details!



BLACK BREASTFEEDING WEEK
AUGUST 25-31

Health & Wellness



The only exemption to the vaccine requirements for school is a medical exemption.
If your child needs to catch up on their shots, the health department is here to help!

Let's Create a Community of Immunity!

Call **(518) 447-4589** to schedule an appointment.



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

Breastfeeding Support Group: 8/7 and 8/21 1-2:30pm Mercy Conference Room #6
Postpartum Support Group 8/19 2-3:30 Mercy Conf Room #6
Parents of NICU Babies: 8/26 5:45-7pm Mercy Conf Room #6
Prepared Childbirth Class for Expectant Teens: 9/17 6pm Registration required (518) 525-1388
Variety of classes available. Call (518) 525-1388 or visit <https://www.sphp.com/classes-events>



Upper Hudson Planned Parenthood Now Offers Wellness Counseling
Schedule an appointment with a counselor to discuss relationships, alcohol/substance use, anxiety and/or depression, domestic or intimate partner violence, trauma, grief or loss, stress and other areas of need.

To Schedule an Appointment at the Albany Health Center : **(518) 434-5678 x102**



Up to 1 in 7 pregnant women have moderate to severe anxiety or depression.

Getting help is critical for your health and 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

Call (518) 463-3175 Option 2

OR

ACAP Head Start for children ages 3-4
Enrolling now for Albany, Cohoes, Green Island, Watervliet & Ravena

Apply In Person at :
333 Sheridan Ave Albany NY



In the U.S. 50 children are backed over EVERY WEEK because the driver could not see them!

- Do not allow children to play in driveways or parking lots unsupervised
- Roll your window down while backing up and LOOK! Never rely on mirrors or backup cameras
- If you need to move your vehicle, try to have another adult present to keep an eye out for children or pets

For More info: www.kidsandcars.org



Other Services



Trinity Alliance Mass Food Distribution

Arbor Hill-47 N. Lark Street : 8/9/19 9:00am & Salvation Army-20 S. Ferry St : 8/20/19 9:00am

Bring ID and bags/boxes - Available until it's gone!



National Grid has Consumer Advocates that help income eligible and vulnerable customers having trouble paying their bill.

Call **1-800-642-4272** and ask for a Consumer Advocate.



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/>



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>

