



*October is Breast Cancer Awareness and Domestic Violence Awareness Month  
 Let's offer our support those individuals on the path to health and well being*



**Health & Wellness**

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

Breastfeeding Support Group: 10/2 and 10/16 1-2:30pm Mercy Conf Rm #4  
 Parents of NICU Babies: 10/28 5:45-7:00pm Room #3566 RSVP (518) 525-1388  
 Prepared Childbirth Class for Expectant Teens: 11/19 6:00pm Registration required (518) 525-1388  
 Perinatal Memorial Service Show 11/7 7:00pm in the Chapel  
 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**



If you are feeling depressed during pregnancy or after having a baby, it's important to get help quickly. Your baby needs a healthy mom to thrive!  
**Call (800) 522-5006** For more info or talk to your health care provider.



**Parents & Families**



**Interested in breastfeeding or in need of breastfeeding support/coaching?**

**The Baby Café is now open!**

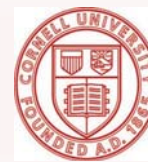
The Baby Institute - Tuesdays 10:00am to 12:00pm 301 Washington Ave Albany NY



**Strengthening Families with Cornell Cooperative Extension  
 ~Just for Parents and Caregivers~**

9/25, 10/2, 10/16 and 10/23

10:00 am to 12:00 noon, Giffen Elementary School 274 S. Pearl Street  
 Advanced registration required: Contact Maria at (518) 765-3556



**National Lead Poisoning Prevention Week ~ October 20-26, 2019**

Get the facts about lead and lead poisoning. Get your home tested for lead. Get your 1 & 2 year old children tested.

Call Albany County Department of Health for more information on lead poisoning.  
**(518) 447-4620**

**Other Services**



**W.A.G.E Center**

Offering Application Clinics- Get help finding and filling out online applications!  
 Mondays, Tuesday and Thursdays 8:30am -12:00 and 1:00pm-4:30 200 Green Street Albany



**Trinity Alliance Mass Food Distribution**

Arbor Hill-47 N. Lark Street: 10/11/19 9:00am & Salvation Army- 20 S. Ferry St: 10/15/19 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.



**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>

