



Health & Wellness



Get A "Head" Of Lice

Head lice live only on humans
Anyone can get head lice but school age children are most likely
Prevent head lice by not sharing clothing, scarves, hats or hairbrushes
Talk to your doctor for more info or if you need treatment



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

Breastfeeding Support Group: 9/4 and 9/18 1-2:30pm Mercy Conf Rm #6
Bereavement Support for pregnancy or infant loss 9/5 7:30 pm in Mercy Conf Rm #6
Parents of NICU Babies: 9/23 5:45-7pm Mercy Conf Room #6 RSVP (518) 525-1388
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



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 the depression

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 10am to 12pm 301 Washington Ave Albany NY



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 : 9/13/19 9:00am & Salvation Army- 20 S. Ferry St : 9/17/19 9:00am

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



Capital District WERC will be offering FREE classes focused on obtaining employment in Customer Service and Clerical Opportunities

Classes will be from September 9th to September 24th from 9:00am to 3:00
Call (518) 242-8249 for info, eligibility and to register



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>

