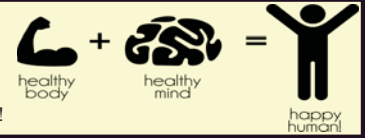


Be A Well Woman And Encourage Others To Be Also!

- ◆ Schedule an annual physical— include talking to your doctor about healthy weight, family planning and increasing exercise
- ◆ Make sure you are up to date on your vaccines— adults need boosters too!
- ◆ Being a well woman includes being emotionally, socially, spiritually and financially well— seek resources to help with all of it!



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



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

Breastfeeding Support Group: 4/3 and 4/17 1-2:30pm Mercy Conference Room #6
Postpartum Support Group: 4/22 2p-3p in Mercy Conference Room #6
Parents of NICU Babies: 4/22 @5:30 Dinner provided. RSVP and for directions (518) 525-1388
Prepared Childbirth Class for Expectant Teens: 4/16 6pm Registration required (518) 525-1388
Variety of classes available. Call (518) 525-1388 or visit <https://www.sphp.com/classes-events>



National Infant Immunization Week — April 26th -May 3rd, 2019

Love Them. Protect Them. Immunize Them.

Infant Immunization protects people from vaccine preventable diseases throughout their life
Parents are encouraged to have their children immunized by age 2. Call ACDOH at (518) 447-4589 for more info

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



Parents & Families

Feeling sad, anxious or depressed after a new baby is quite common for moms.
If you or someone you love is suffering from postpartum depression, there is help available.
Call (800) 522-5006 for more info or talk to your health care provider.



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!



Do you have a 4 or 5 year old that is starting Kindergarten in the Fall? Help them get ready by...

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

Other Services



Trinity Alliance Mass Food Distribution
Arbor Hill— 47 N. Lark Street : April 12, 2019 9:00am & Salvation Army— 20 S. Ferry St : April 16, 2019 9:00am
Bring ID and bags/boxes - Available until it's gone!



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>

