



*The WILLOW Team would like to wish all mothers, aunts and grandmothers a*  
**Happy Mother's Day!**

**Health & Wellness**

**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



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

Breastfeeding Support Group: 5/1, 5/15 and 5/29 1-2:30pm Mercy Conference Room #6  
 Postpartum Support Group: 5/13 2p-3:30p in Mercy Conference Room #6  
 Parents of NICU Babies: 5/20 @5:30 Dinner provided. RSVP and for directions (518) 525-1388  
 Prepared Childbirth Class for Expectant Teens: 5/21 6pm Registration required (518) 525-1388  
 Variety of classes available. Call (518) 525-1388 or visit <https://www.sphp.com/classes-events>



**Bats play an important role in nature but may also carry rabies**

Rabies is a deadly virus that attacks the nervous system.  
 Watch Albany County Department of Health's video on safe ways to capture bats at:  
<https://on.ny.gov/2GDeWSV> Or contact Albany County Department of Health for more info (518) 447-4620



**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!



**Parents & Families**

If you are pregnant or recently had a baby, feeling sad or depressed is common.  
 Up to 1 in 7 women feel this way. Help is available  
 Call (800) 522-5006 For more info or talk to your health care provider.



**Play, Learn Soar- A Community Play Group for Families**

A free play group for parents and caretakers with children birth to 3 years old  
 May 14th, 2019 Arbor Hill Elementary- 1 Arbor Drive Albany



Registration is required. Email: [playlearnsoar@gmail.com](mailto:playlearnsoar@gmail.com) or contact Shanae Lawrence at 518-475-6628



**ACAP Early Head Start for children 6 weeks-3 years of age**  
 Locations at 25 Monroe St or 170 Ontario St Albany  
**ACAP Head Start for children ages 3-4**  
 Enrolling now for Albany, Cohoes, Green Island, Watervliet & Ravena

Call (518) 463-3175 Option 2  
 OR  
 Apply In Person at:  
 333 Sheridan Ave Albany NY

**Other Services**



**Trinity Alliance Mass Food Distribution**

Arbor Hill- 47 N. Lark Street : May 10, 2019 9:00am & Salvation Army- 20 S. Ferry St : May 21, 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>

