



The Measles are Back!

Measles is a very catchy virus. Measles is a serious illness. Measles is preventable.
Be sure you and your children are vaccinated!
Questions? Call Albany County Department of Health (518) 447-4589 or your doctor!



Momma's Milk Club with WMYHC WIC

Breastfeeding education, encouragement and support—children of all ages welcome!
Starting June 18th and will be on the 3rd Thursday each month, Arbor Hill Library 1:30 to 3:00 pm



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

Breastfeeding Support Group: 6/12 and 6/26 1-2:30pm Mercy Conference Room #6
Postpartum Support Group: 6/17 2p-3:00p in Mercy Conference Room #6
Parents of NICU Babies: 6/24 5:30-7pm Dinner provided. RSVP Mercy Conference Room #6 (518) 525-1388
Prepared Childbirth Class for Expectant Teens: 6/18 6pm Registration required (518) 525-1388
Variety of classes available. Call (518) 525-1388 or visit <https://www.sphp.com/classes-events>

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



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!



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



Parents & Families



Play, Learn, Soar— A Community Play Group for Families

A free play group for parents and caretakers with children birth to 3 years old
June 11, 2019 Arbor Hill Elementary— 1 Arbor Drive Albany

Registration is required. Email: playlearnsoar@gmail.com or contact Shanae Lawrence at 518-475-6628



Looking for Summer Camps for Kids?

Albany County Department of Recreation:
Contact by Phone: (518) 655-7948
Or by Email: recreation@albanycountyny.gov



Albany PAL Summer Camps:
Contact by Phone: (518) 435-0392
Or by Email: programs@albanypal.org

Other Services



Trinity Alliance Mass Food Distribution

Arbor Hill— 47 N. Lark Street : 6/14/19 9:00am & Salvation Army— 20 S. Ferry St : 6/18/19 9:00am
Bring ID and bags/boxes - Available until it's gone!



Center for Law and Justice: Thursday Service Day

220 Green Street, Albany NY

- Financial Experts, Attorney (s), Health Navigators/info and Community Resources
- From 11:00 am-4:30 pm, Call to make an appointment **(518) 427-8361**



The Center
for Law and Justice



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



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>

