



# WILLOW Community Resource Bulletin March 2018

ALBANY COUNTY  
Cares about our health

## No Health Insurance? No-cost mammograms and more available

FREE Tests for eligible, uninsured women age 40+  
St. Peters Hospital Breast Center 317 S. Manning Blvd Albany NY  
March 22, 2018 4pm-6pm Call to make an appointment  
(518) 525-8680



Albany and Rensselaer  
Cancer Services Program  
Your partner for cancer screening, support and information  
Funded by the New York State Department of Health

### Health & Wellness



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

Breast Feeding Support Group 3/7 and 3/21 1-2:30pm Mercy Conf Rm 6  
Post Partum Support Group 3/19 2-3pm Mercy Conf Rm 6  
Parents of NICU Babies Support Group 3/26 5:30pm-7pm meet in NICU unit  
Variety of Classes available call (518) 525-1388 or visit [www.sphp.com/classes-events](http://www.sphp.com/classes-events)

### Visit the Teen Clinic and Planned Parenthood Health Center

Walk-In services available Thursday afternoons, 3pm-6pm, 855 Central Avenue, Albany  
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 ID and proof of current residence



Whitney Young Health Center is hosting a Flu Clinic  
Thursday 9:00am-3:00pm 920 Lark Drive, Albany NY  
Call to make an appointment (518) 465-4771 Walk-Ins welcome as well  
Fight the Flu with a shot, hand washing and staying home when sick!

### Parents & Families

### Did You Know about the New Mother's Rooms?

The Albany County Department of Health & Department of Social Services now have Mother's Rooms available for visitors and employees. Mother's Rooms can be used by women to breastfeed their children, or to pump breast milk in private. Talk to a representative at those locations for more info!



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, BKW, Colonie, Cohoes, Green Island, Watervliet & Ravena

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

### Other Services

Blessingdales Clothing Center  
Clothing and Household Items

Provided by Capital City Rescue Mission  
95 Trinity Place Albany NY



Women's Hours: Wednesday and Friday  
9:00-11 am and 1:00-3:00 Call (518) 462-0459 ext 258



Capital District Educational Opportunity Center  
No cost academic and vocational training for those who qualify  
HSE/College Prep, Welding, CNA, Culinary Arts, Cosmetology and More  
Troy and Albany locations — Call today: (518) 273-1900



Capital Roots Veggie Mobile  
Fresh fruit and veggies available all year long!  
Cash, EBT/SNAP, WIC fruit and vegetable checks and the Farmer's Market Nutrition Program accepted  
Find on of the 36 stops nearest to you— Call (518) 274-8685



W.A.G.E. Center  
Walk-in job application clinic on Mondays from 8:30-12 and 1-4:30. Tuesdays from 1-4:30 pm.  
Located at 200 Green Street, Albany NY  
Call for more information: (518) 380-5600

### 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, counselling, self-care education and more

