



Health & Wellness

World Breast Feeding Week August 1st –7th, 2018

Many Events and Opportunities to Support Breast Feeding for Women and Infants
Contact WILLOW for a complete listing of events (518) 447-4684

Black Breast Feeding Week August 24th — 31st, 2018

Share your birth stories and breastfeeding experiences:

- August 28th 6pm-8pm Arbor Hill Library
- August 29th 6pm-8pm Delaware Ave Library
- August 30th 6pm-8pm Howe Library



August is National Immunization Awareness Month

For Pregnant Women: Protect yourself and pass your protection onto your baby

For Babies and Young Children: A healthy start begins with on-time vaccinations!

Call your Doctor or Albany County Dept. Of Health at (518) 447-4589 with questions



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

Breastfeeding Support Group: 8/8 and 8/22 1-2:30pm Mercy Conference Room #6
Post Partum Support Group: 8/6 1-2:00pm in Mercy Conference Room #6
Parents of NICU Babies: 8/27 5:30pm Dinner provided. RSVP and for directions (518)525-1873
Prepared Childbirth Class for Expectant Teens: 8/21 from 6-8pm registration required
Variety of classes available. Call (518)525-1388 or visit <https://www.sphp.com/classes-events>



Up to 1 in 7 pregnant women have moderate to severe anxiety or depression.

Getting help is critical to your health and your baby's health

Call (800)552-5006 for more info or talk to your health care provider.

Get ready
for Kindergarten
Registration!



Registration is Open for 2018-2019 75 Watervliet Ave, Mon-Fri, 8:30 to 4:00

Registration requires proper ID , which includes an official birth document, parent/guardian photo ID, proof of address, immunization record, custody documentation. (518) 475-6125 for info



Parents & Families



FIGHT THE BITE~ Ticks and Mosquitos are a Summer Pest!

How to avoid bites: Wear long sleeve and pants, light colored clothing,
Use mosquito or tick repellents, daily tick checks on yourself, children and pets.

To learn more visit www.albanycounty.com/health/lyme.asp



Movies Under the Stars

The Last Jedi

Friday August 17th, 2018 7:30pm-10:30 pm
140 New Scotland Ave- Sage College of Albany

Other Services

Trinity Alliance Mass Food Distribution
Arbor Hill- 47 N. Lark Street August 10, 2018 9am & Salvation Army- 20 S. Ferry St August 21, 2018 9am
Bring ID and bags/boxes : Available until it's gone!



Be Your Child's 1st Teacher!

Baby Institute will be starting the next session on 9/15/2018
Parents and their children ages 0-3 years old are welcome to attend
Contact Noelene Smith at (518) 275-0752 to register



Capital Roots Veggie Mobile

Fresh fruit and veggies available all year long! Cash, EBT/SNAP, WIC fruit and vegetable checks
Farmer's Market Nutrition Program accepted
To find one of the 36 stops nearest to you Call (518) 274-8685



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

