



**Have an Enjoyable and Safe Summer!**  
Happy Independence Day!



**Ask a Community Health Worker...**

**Health, Wellness, Resources, Services and more...**

Learn more about Health Insurance, Health Education, Doctors, Counseling, Free/Low cost birth control, Social services, Daycare And other Resources offered For further details contact (518)447-4684

**Location:** Albany Public Library  
161 Washington Avenue  
(Downstairs)  
**When:** Wednesday July 25th  
11am-12pm

**Health & Wellness**



ST PETER'S HEALTH PARTNERS

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

Breastfeeding Support Group: 7/11, 7/25 1-2:30pm Mercy Conference Room #6  
Post Partum Support Group: 7/16 2-3:00pm in Mercy Conference Room #6  
Parents of NICU Babies: 7/30. Dinner provided. RSVP and for directions (518)525-1873  
Prepared Childbirth Class for Expectant Teens: 7/17 from 6-8pm registration required  
Variety of classes available. Call (518)525-1388 or visit <https://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



The "baby blues" are different from postpartum depression.  
If you feel sad, anxious or depressed for several weeks during/after pregnancy, talk to someone.  
Mom's health helps babies thrive! Call (800)552-5006 for more info



**Breast Pumps Available with a Doctor's Prescription Through Participating Providers**

Call The Albany County Department of Health **WILLOW** Program for info (518) 447-4684



**Parents & Families**



W.A.G.E Center 200 Green Street, Albany  
**Summer Family Card Games for Parents and Children Grades K-6**  
Based on "Acing Math: One Deck at a Time"  
Wednesdays from 1 pm-2pm beginning June 27  
(518) 380 - 5600 or [www.WageCenters.com](http://www.WageCenters.com)



**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](http://www.albanycounty.com/health/lyme.asp)



**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

**Other Services**



**ACAP Early Head Start for children 6 weeks-3 years of age** Call (518) 463-3175 Option 2  
Locations at 25 Monroe St or 170 Ontario St Albany OR  
**ACAP Head Start for children ages 3-4** Apply In Person at:  
Enrolling now for Albany, BKW, Colonie, Cohoes, Green Island, Watervliet & Ravena 333 Sheridan Ave Albany NY



**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

