



Have a Wonderful Thanksgiving and Upcoming Holiday Season



**Fall and Winter is Coming -- Clean Indoor Air is Important to Your Health!**

- Quit smoking and don't let others smoke in your home
- Avoid burning scented candles, oils or incense
- Use a HEPA filter vacuum cleaner to help cut down on dust and allergens

Call Healthy Neighborhoods Program at  
**518-765-3512** For More Information!



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

Breastfeeding Support Group: 11/14 and 11/28 1-2:30pm Mercy Conference Room #6  
 Post Partum Support Group: 11/5 2-3:00pm in Mercy Conference Room #6  
 Parents of NICU Babies: 11/19 5:30pm Dinner provided. RSVP and for directions (518)525-1388  
 Variety of classes available. Call (518)525-1388 or visit <https://www.sphp.com/classes-events>

**Health & Wellness**



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



**BE HEALTHY ~ Starts with a Flu Shot!**

- \*Wash your hands often
- \*Stay home when sick
- \*Cover coughs and sneezes with your elbow

Many providers, pharmacies and your local health department can provide the flu shot



**\*\*\*November is Diabetes Awareness Month\*\*\***

- ◆ Prediabetes and high blood pressure affects 1 out of 2 adults. Most people do not show any signs
- ◆ Know Your Numbers: See your medical provider. Check your blood sugars, check your blood pressure
- ◆ Eat Healthy-- Make half of your plate fruits and veggies
- ◆ Get Active-- 30 Minutes Daily

To learn more: [gethealthystayhealthy@albanycountyny.gov](mailto:gethealthystayhealthy@albanycountyny.gov) or 518-447-4639

**Parents & Families**

**Albany Police Department**  
 Child Safety Seat Installation Station  
 161 Washington Ave-- Main Branch Library



**Call to Schedule an Appointment**  
 (518) 427-4355 or Email at [carseats@albany-ny.org](mailto:carseats@albany-ny.org)



**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**

**Center for Law and Justice: Thursday Service Day**

220 Green Street, Albany NY

- Financial experts, attorney (s), health navigators/info and community resources
- From 10am-5pm, 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, counselling, self-care education and more

