



Health & Wellness



In Support of Breast Cancer Awareness Month and Domestic Violence Awareness Month

The WILLOW Community Bulletin has gone **PINK** and **PURPLE!**



Free Cancer Screening Series

Mammograms/Clinical Breast Exams/PAP Tests /FIT Kits available for eligible, uninsured women 40+
Call (518) 525-8680 for more information or to make an appointment



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

Breastfeeding Support Group: 10/3, 10/17 and 10/23 1-2:30pm Mercy Conference Room #6
 Post Partum Support Group: 10/1 2-3:00pm in Mercy Conference Room #6
 Parents of NICU Babies: 10/29 5:30pm Dinner provided. RSVP and for directions (518)525-1388
 Prepared Childbirth Class for Expectant Teens: 10/16 from 6-8pm RSVP (518)525-1388
 Variety of classes available. Call (518)525-1388 or visit <https://www.sphp.com/classes-events>



If you are feeling depressed during pregnancy or after having a baby, it's important to get help quickly. Your baby needs a healthy mom to thrive!

Call (800)552-5006 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

But also...

* Cover coughs and sneezes with your elbow

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

Parents & Families



Albany County Department of Parks and Recreation
Free Youth Sports Programs: Karate, Flag Football and Lacrosse

Visit <http://www.albanycounty.com/recreation.aspx> or call (518) 655-7948
 For Info or to Pre-Register



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



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



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

Trinity Alliance Mass Food Distribution

Arbor Hill- 47 N. Lark Street 10/12/18 9am & Salvation Army- 20 S. Ferry St 10/16/18 9 am
 Bring ID and bags/boxes : Available until it's gone!



Quick Help at Trinity Center

Languages of Burma
 Tuesdays 9:00-12:30pm

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

