



**It's Back To School Time!**



**Get A "Head" Of Lice**

Head lice live only on humans

Anyone can get head lice but school age children are most likely  
 Prevent head lice by not sharing clothing, scarves, hats or hairbrushes  
 Talk to your doctor for more info or if you need treatment



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

Breastfeeding Support Group: 9/5 and 9/19 1-2:30pm Mercy Conference Room #6  
 Post Partum Support Group: 9/2-3:00pm in Mercy Conference Room #5  
 Parents of NICU Babies: 9/24 5:30pm Dinner provided. RSVP and for directions (518)525-1388  
 Prepared Childbirth Class for Expectant Teens: 9/18 from 6-8pm RSVP (518) 525-1388  
 Variety of classes available. Call (518)525-1388 or visit <https://www.sphp.com/classes-events>



Feeling Sad or Depressed during or after having a baby is common. Talk with your Health Care Provider about these feelings. They can help you find your way through the depression  
**Call (800)522-5006** for more info or talk to your health care provider.



**Celebrities Barber Shop – Community Give Back Day**  
**Sunday September 2nd, 2018 216 Central Ave Albany NY**  
**Free Hair Cuts, Free Book Bags, School Supplies, Cookout and More**  
**Call (518) 729-2913 for More Info**



**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

**Movies Under the Stars**  
**Wonder Woman**

Friday September 7, 2018 7:30pm-10:30 pm  
 Washington Park, Albany NY



**Trinity Alliance Mass Food Distribution**

Arbor Hill-47 N. Lark Street 9/14/18 9am & Salvation Army-20 S. Ferry St 9/18/18 9 am  
 Bring ID and bags/boxes : Available until it's gone!



**The Center  
 for Law and Justice**

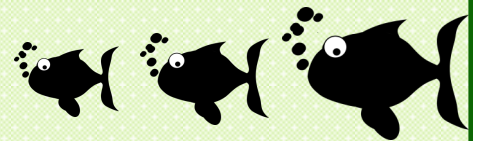
**Center for Law and Justice ~ Service Day**

Speak with financial experts, an attorney, community referrals and health insurance navigators  
 Thursdays from 10am -5pm. 220 Green Street, Albany NY  
 Call for an appointment : (518) 427-8361

**Do You Fish?**

You should avoid eating fish caught in the Hudson River if you are a woman less than 50 years old or a child younger than 15 years old.

Contact Cornell Cooperative Extension for more info **(518) 765-3552**



**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

