



### New Years Resolution ? (Pick just one for a healthier you!)



- Think about cutting back your smoking!
- Save a bit of money every week!
- Get an annual check up!
- Eat colorful plate of fruit and veggies!
- Ask for help and support from friends and family!



### January is Cervical Cancer Awareness Month

~Human Papillomavirus (HPV) is very common and the HPV Vaccine can prevent some types of cancer and genital warts  
 ~HPV is preventable with vaccination and regular screenings  
 Contact the Albany County Department of Health at 518-447-4589 to schedule an appointment



### Health & Wellness

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



Breast Feeding Support Group- 1/10 and 1/24 1-2:30pm Mercy Conf Rm 6  
 Post Partum Support Group 1/15 2-3pm Mercy Conf Rm 6  
 Prepared Childbirth for Teens 1/16 6-8:30 (call to register)  
 Variety of Classes available call 518-525-1388 or visit [www.sphp.com/classes-events](http://www.sphp.com/classes-events)

### Visit the Teen Clinic at Planned Parenthood Health Center

Walk-In Services Available Thursday afternoons, 3pm-6pm, 855 Central Avenue in Albany

Most teens are eligible for coverage under the Family Planning Benefit Program, free insurance that covers all birth control methods, annual exams and pap smears. Bring your ID and proof of current residence



### Parents & Families



### Be Your Child's 1st Teacher!

Baby Institute will be starting the next session on January 13, 2018  
 Parents and their children ages 0 to 3 Years old are welcome  
 Contact Noelene Smith at 518-275-0752 to register

### Did You Know about the New Mother's Rooms?



The Albany County Department of Health & Department of Social Services now have Mother's Rooms available for visitors and employees. Mother's Rooms can be used by women to breastfeed their children, or to pump breast milk in private. Talk to a representative at those locations for more info!

### 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



### The Center for Law and Justice

### Other Services



### Capital Roots Veggie Mobile

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



### W.A.G.E. Center

Walk-in job application clinic on Mondays from 8:30-12 and 1-4:30. Tuesdays from 1-4:30 pm.  
 Located at 200 Green Street, Albany NY  
 Call for more information: 518-380-5600



### Refugee Community Health Partnership Program

QUICK HELP with Insurance Navigator Appointments  
 Trinity Center, Trinity Place Albany Tuesdays only 9:00 am-12:30pm  
 January 2,9,16,23 and 30.

### 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

